



Bishopston

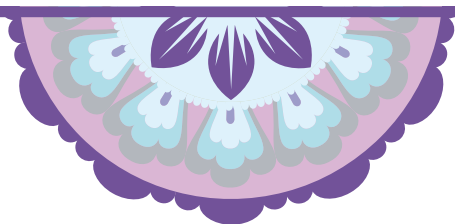
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Matters

issue 97, June 2016



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Saturday 7 May turned out to be a great day of celebration for many members of our community; Henry and I enjoyed handing out balloons to the happy crowds at Mayfest on Glos Rd Central, as well as picking up plants from the Golden Hill Community Garden May fair, all this to the loud cheers from the Memorial Ground as Bristol Rovers rejoiced at their back-to-back promotion!

There are many more activities to enjoy this month too. Local venues that are taking part in the city-wide Get Growing Trail on Saturday 4 June, include Horfield Organic Community Orchard, Golden Hill Community Garden and Horfield Common.

Staying on the green fingered theme, the Bishopston Gardening Group is hosting an Open Gardens Day on Sunday 19 June. A popular day, as the annual Summer Picnic on Horfield Common is also on this date. Monty

and I are particularly looking forward to the new fun dog show this year!

The Ardagh Bowling Club is celebrating its 90th Anniversary by taking on Bristol Rovers in a match. This promises to be a great event with bar and BBQ, all are invited on the evening of Friday 10 June.

This month we welcome new Bishopston Councillors Eleanor Combley and Tom Brook, as part of our monthly councillor report.

The Friends of Ashley Down Green continue to work hard and are pleased to bring us up to date with all their latest news.

There are reports from many more local groups, schools and charities that I hope you will enjoy.

Have a great month, I hope to see many of you out and about,

Kerry x



Email: kerry@bishopstonmatters.co.uk Visit: www.bishopstonmatters.co.uk

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A vibrant new wall has been created on their playground for all the children to enjoy and be inspired by. This was thanks to, the school deciding to re-generate the play space, fundraising by the PTFA, a Site Manager with a good idea and talented parent Alex Hykel.

I recently had the chance to visit the school and witness the fabulous piece of art for myself. I met with Site Manager Jason Holloway and artist Alex (pictured bottom right) to find out more!

Jason explained that the school (across both sites) is currently working hard to raise funds for improvements to their play spaces. As well as the installation of new equipment, they were keen to brighten up some of the boring, plain walls. Jason happened to spot the wonderful illustrations in Alex's sketch book one day and he knew he had found the right person for the job! Alex had taken to drawing at the school whilst assisting his lovely daughter Tula who suffers from chronic fatigue syndrome.

A puppeteer by trade, Alex has brilliantly extended his creative skill set to produce the fabulous illustrated wall. He told me it was great that the school requested it to be in street art style, in order to appeal to all ages.

Creating detailed stencils to spray, was similar to the way he worked when designing puppets. It was interesting to learn that Alex chose to bring to life the Effective Lifelong Learning Inventory characters, which include – Curious Cat, Busy Bee, Creative Unicorn, Stickability Tarantula, Planning Owl, Connectivity Spider and Flexible Cameleon.

The story begins with Busy Bees planting a sunflower seed and over the course of the walls it will transform into a beautiful bold sunflower illustrating the story of life.

The wall is designed to be interactive with the pupils, who will be encouraged to create their own tales from the visual prompts in front of them. It was good to hear that their imaginations are already inspired – Alex fields hundreds of questions each play time as they enjoy watching him work.

Many of the pupils have been pleased to offer input on what will feature on the walls; I look forward to bringing you an update when all three are completed.



Alex Hykel
Artist-Illustrator-Craftsman
07983361150 / alexhykel.com

Lynne Fernandes Optometrist – Summer Events

Open Day Saturday 4 June

You're invited to help us celebrate our 'Optometrist of the Year' Award win and browse the new Walter & Herbert Spring/Summer 2016 eyewear collection at a special Open Day event on Saturday 4 June 2016. Come along, bring a friend and enjoy a glass of bubbly on us! Take a closer look at the quintessentially English Walter & Herbert range – *only available in Bristol at Lynne Fernandes Optometrists* – and receive exclusive offers* and giveaways when you purchase a Walter & Herbert frame at the Open Day. Plus more!

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Kids Day – Tuesday 31 May

Get the kids eyes checked in the holidays at our dedicated Kids Day on 31 May. NHS sight tests are free for children and we'll keep them happy with fun activities while you're in practice!

To book on a complimentary Frame Styling Consultation or our Kids Day call us, book online at www.lynnfernandes.co.uk or pop in to see us.

We look forward to seeing you – especially at our Open Day on Saturday 4 June!

Gerard Fernandes

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Bristol Grammar School's new Performing Arts Centre nearing completion

It is just over a year since the building work on Bristol Grammar School's new Performing Arts Centre (PAC) began. The project, which will open in September 2016, is transforming the corner of the site on the junction of Elton and Elmdale Road into a state-of-the-art series of performance and rehearsal spaces for music, drama and dance at BGS.

As the glazing goes in and the exterior cladding is fitted, the final building is starting to emerge from behind the scaffolding. The interior spaces are also taking shape and a tour of the building reveals just how impressive the facilities will be.

The Elton Road teaching block has been transformed, to include a dedicated music 'live space' in the School's former theatre space, complete with professional standard recording facilities. There are also sound-proofed music teaching and practice rooms to allow students to play without disturbing other users.

Dance students will be able to use the spacious and light-filled dance studio, both for GCSE and 'A' level dance and as part of the co-curricular programme. There is also a drama studio, designed to accommodate a full range of staging arrangements and to allow for the teaching of basic technical skills such as lighting, sound and directing of performance.

The main space, the new theatre, is capable of seating up to 350. In addition to providing state-of-the-art facilities for those putting on performances, the new venue also boasts a large, bright foyer where the audience can enjoy interval refreshments.

Progress on the build is going well and is on schedule for the PAC to be in School use at the start of the next academic year. With such impressive new facilities about to become available, this is an incredibly exciting time for the students and staff at Bristol Grammar School who are looking forward to seeing, and taking part, in the first performances in these fantastic new spaces.





Bristol Grammar School

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ISI Inspection Report, October 2015

Whole School Open Evening

Friday 7 October
4.00pm–8.00pm (until 7.00pm for BGS Infants and Juniors)

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For further information, please contact Hollie Matthews on 0117 933 9885 or e-mail recruitment@bgs.bristol.sch.uk.



Our new Performing Arts Centre, opening September 2016.

Adventure



Friendships



Learning



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Jane Hird BA (Hons) ECBS, BTPA, CNHC.

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Back and pelvic discomfort can make the last few months of pregnancy a difficult time. The hormone relaxin is secreted throughout pregnancy and softens the pelvic joints in preparation for labour. An ever-expanding bump can upset balance; the added weight in pelvic bowl combined with increased flexibility in the hips and sacrum can result in a great deal of pain as the body struggles to maintain stability through the core. Even sitting can be uncomfortable.

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If you would like to try the Bowen Technique for any form of musculo-skeletal pain, please call me on 07999 711 846.

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NEW Summer Classes at **kudaCan** **play learn eat**

Monkeynastix – Do you have an energetic little monkey at home that likes to climb, swing and jump? Then bring them along to Monkeynastix. A combination of yoga and gymnastics, as well as inspired by other sports to shape a diverse and well-rounded programme, ensuring something for each little monkey. A 45 minute Monkeynastix lesson will take them on a journey of discovery. Designed for kids aged 2-4 years, the session offers a fun and challenging movement education programme. **Wednesdays 10 am with a Free taster – 1 June 2016, 10 am.**

Sizzling summer fun: Performing Arts Camp – If you're looking for something amazing for your kids to do this Summer, then this is it! 5 full days of creative workshops for children aged 5-10 years old. This course is designed to not only give the children a great week during their summer holidays but to also provide them with a creative outlet where their confidence, social and soft skills are really boosted! Our Performance Kings and Queens will take part in Drama, Dance, Singing and Arts & Crafts workshops, all culminating in a final performance for parents. **5 days starting 1 August 2016.**

Dance Mums Bristol – a newly developed fun and active class for mums to bring their babies. This class is suitable for all abilities, shapes and sizes. No previous dance experience needed! You can do as much or as little as suits you. There will be lots of toning up movements, stretches, and some new dance routines including Contemporary Dance, Vernacular Jazz, Russian Folk, social Salsa, African dance... **Mondays, 10 am. Contemporary dance** for all abilities – for those wanting to try something different! **Wednesdays, 8 pm.**

KudaTan – With summer upon us, don't forget to book in for your professional Spring spray tan in the Therapy Room upstairs, now for just £15!

Tel: 0117 9422877 visit www.kudacan.co.uk or pop into KudaCan, 7 Dongola Ave, BS7 9HG. Open 7 days: Mon–Sat 9.30–5 pm & Sun 10–4 pm.



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News from the Friends of Horfield Common



FOHC 2016 Summer Picnic, Sunday 19 June 2016, 12-5pm

We are looking forward to our annual Summer Picnic, which will take place this year on Sunday 19 June, 12-5pm, on Horfield Common, outside the Ardagh. There will be a BBQ in the café, arts and crafts activities – including the opportunity to get hands-on and help design some of the new fun pitch and putt/mini-golf-themed course at the Ardagh. We'll be joined by the brilliant Riff-Raff Choir, Reflexology will be on offer for donations, there will be Tennis Taster sessions for adults and for kids, the Edible Garden volunteers will be chatting to visitors about the project, the Shed men will be on hand, making bird and bat boxes, and we'll have the usual plant, book and the legendary bric-a-brac stall, which is always a hit with local residents looking for a bargain! We are delighted that this year's event will include Horfield Common's first fun dog show – which will help raise funds for Project Ardagh, and enable us to celebrate the fabulous dog walking community that use the common daily. Categories including 'Fastest Bonio Eater,' and 'Happiest Dog,' will give you an idea of the tone of the show – do come along and join us for some canine fun on the day!

The annual Summer Picnic is a wonderful, community event and a great opportunity to get together with friends and neighbours, and to make some new friends! We look forward to seeing you there.

Wildlife on the Common

Following the brilliant pond-dipping platform opening event earlier in the summer, and the triumph that was the completion of the Horfield Common tree planting plan, we have been running a range of wildlife-themed activities, including bat walks, junior wildlife clubs and consultation sessions about our developing wildlife plan. Please see the website for more information about upcoming sessions and events, or pick up a printed copy of the

info from the café. Volunteer Rosa is currently working on a series of practical activity sessions for those interested in supporting increased wildlife and biodiversity on the common – if you'd like to get involved in these, please do get in touch.

Horfield Common Edible Garden, Work Parties Sundays, monthly

Horfield Common's very own edible garden is coming along in leaps and bounds. Located at the bottom end of the bowling green in what were previously overgrown flower beds, the range of edible plants are growing by the month! Volunteer Anna-May who was previously leading the project has set off for pastures new (Wales! Thank you very much for your work on the project, Anna-May – it has been wonderful working with you!), so we are seeking new volunteers who might be interested in taking on an admin role for this group, and we are also always keen to welcome new volunteers who are interested in getting involved with planting, weeding and watering! This is a brilliant partnership project with Edible Bristol whose volunteers support the project with advice, guidance and hands-on work parties. Work parties take place monthly on Sundays from 11am – 1pm; next dates are 19 June and 24 July.

What's On: On The Common

**Wednesday 1 – Friday 3 June,
10 am – 3 pm daily**
Woodcraft: Sign Making for Young People

Join Steve England for a 3-day half-term 'hands-on' project, learn a range of practical carving and making skills and design a sign for the Ardagh, or your home to showcase your talents! Suitable for ages 13 - 17. Booking required, lunch included.

Saturday 4 June, 10 am - 1 pm
Junior Wildlife Club – Wild Detectives!

Join Steve England at the new decking platform at the pond, where you will use nets to find out

what creatures live in the brook. There will be a mini laboratory set up with microscopes and charts to help identify the creatures close up! Booking required.

Monday 13 June, 6 – 9 pm
Woodcraft: Make a Walking Stick from Locally Sourced Wood.

Join Steve England to learn practical skills and then leave the workshop with a unique, hand-made walking pole. Over 18s only as sharp tools will be used. £45, places are limited.

Saturday 18 June, 9 pm – 10.30 pm
Bat Walk

Join Steve England for an introduction to Bat populations that share the common! Try out bat detecting for yourself and learn to identify species.

Wonderful fun – a complete sell out last year so book early!

Sunday 19 June, 12 – 4 pm
FOHC Summer Picnic

Book at: <http://friendsofhorfieldcommon.weebly.com/eventsworkshops.html>.

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The New, Improved Bristol Fryer

New local owner Fred, has been pleased to bring his twenty years of experience in the catering business to the Bristol Fryer. He took over the business at 431 Gloucester Road at the end of July 2015, and has been busy making improvements ever since. The chip shop has had a total refurbishment and is looking extremely clean and smart.

It is not only the furnishings that have had a re-vamp, you will no longer find pizza on the menu but all your traditional chip shop favourites. The cooking process has been reviewed to ensure there is no soggy batter! The business is delighted that all of these improvements have been met with great customer feedback.

There is the option to sit in and eat your fish supper, which will be served on proper plates. You can also have a tea or coffee with your meal.

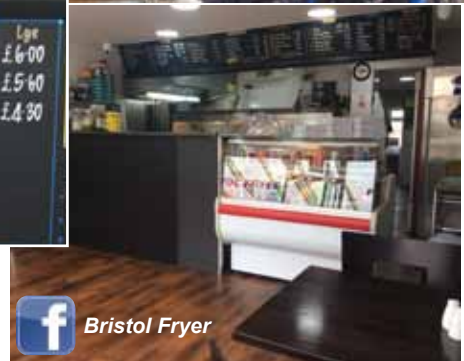
The Bristol Fryer is also pleased to cater to outside events – perhaps you are part of a regular group that meets for lunch – the chip shop would be happy to deliver to your local venue. There are discounts for OAPs so do ask. You can also ring through your orders from home and then come in and collect.

The venue is proud to be a Bristol Rovers supporter; you can enjoy viewing old framed programmes on the walls.

This local chippy is open 7 days a week so why not pop in soon and try it!



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FRI	3rd	POPE OF CHILLITOWN - Ska / Dub / Punk	£3
SAT	4th	SOUL INGREDIENTS - Stax records stylee	
TUE	7th	ROSS LEE (Balls of Steel) - New Comedy Night	
THU	9th	BIMM BANDS SHOWCASE - Introducing Night	
FRI	10th	THE RIN TINS / IMPRINTS - Folk Jive Boogie	£3
SAT	11th	TRIP THE SWITCH - Local Pop / Funk / Soul	
TUE	14th	MARC HALLS / WE ARE ALL FOSSILS	
THU	16th	HANNAH ALDRIDGE Muscle Shoals, Alabama	£6
		LILLY HIATT - Nashville, Tennessee	
		THE FLYIN A's - Austin, Texas	
FRI	17th	BUSTY & THE BASS - [Montreal] ElectroSoul	£3
SAT	18th	"BACK YARD BASH" STREET PARTY	
		KIRRISS RIVIERE BLUES BAND / THE BLUES COWBOYS / ITCHY FINGERS	
		RED RAY / FRANKIE SPAIN & THE INQUISITION POSITION	
		THE BISHOPSTON BAYOU BAND / BILLY IN THE LOWGROUND	
TUE	21st	SAM PIPER -	
THU	23rd	TBC -	
FRI	24th	HENRI HERBERT - Supercharged Boogie	£6
SAT	28th	THE HARRISONS - The Band / Little Feat etc	
THU	30th	THE BAD LOSERS - Garage Rock n Roll	

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Paul Roberts Hi-Fi

the Future's Bright!

Paul Robert's Hifi first opened it's doors on the Gloucester Road back in 1984! This month I met up with owners Martin and Paul for a tour of their newly re-furbished shop.

The pair were clearly proud to be an independent, with a strong passion for both the business they are in and it's setting on Gloucester Road. My kind of people!

As well as being conveniently on our doorstep the following sets this Audio equipment business far apart from chains or online stores –

Try before you buy – All of the products Paul Robert's sell are on display in their Gloucester Road store. Paul told me, "From a set of head phones that cost only £5 to a full sound system for your home, you can try out the equipment in store". If you are not sure where to start they will be happy to advise you.

Personal Customer Service / Home installation

– If like myself, the prospect of both selecting and installing a new sound system feels you with dread, their team will be happy to help. What was even more fantastic to learn was that this doesn't come at any additional cost.

You can get professional advice about all sorts of systems: audio, mix and match equipment, home cinema systems, multi-room, environmental and multi appliance integration. They have installed equipment into hundreds of Bristol homes, gardens, cinemas, factory units, pubs, hotels and restaurants (such as the Blue Lagoon just over the road).

South West's only Bose Centre of Excellence

For the past twenty five years the Gloucester Road shop have specialised in Bose. Martin told me they are simply a great product. He went on to say at Paul Roberts they stock a selection of brands that they believe in and know will perform well for their customers.

Another range that the shop are impressed with is Marley. As well as the quality of sound they produce, their attractive products are made out of ethical materials. I particularly liked the bamboo fronted speaker. A proportion of profits from these items goes to the Bob Marley charity foundation.

Competitive on Price – It may be hard to believe but this quality, customer friendly, local shop can also compete in price with online stores. Martin and Paul explained, they have made adjustments to their business to enable them to pass on savings to their customers. It is the interaction with their customers that makes their job worthwhile.

Record Players & Accessories – The hifi shop carries a good range of decks. Paul told me they have seen a resurgence in the sell of these items, along with replacement cartridges and stylus for record players.

New Look – Same great products and Service

If you haven't already visited this popular local venue I suggest you take a look soon – you can't miss the fab, bright orange floor. They have created a contemporary layout with urban feel, that lends itself well to the music products on display. The uncluttered layout show off the audio items on sale, set up ready for you to trial. If you need any advice or recommendations Martin and Paul will be happy to help.

31-33 Gloucester Road, BS7 8AA
Tel: 0117 329 2460 / 07710 435 254
www.paulrobertshi-fi.co.uk



Summer parties, beach getaways, camping – the **Salty Dog cocktail** is perfectly simple and refreshing!



Ingredients

(just 3!)

40ml of gin

100ml Grapefruit juice (pink or yellow)

Salt

Making

Take a glass lightly rub a wedge of grapefruit around the rim and place rim down in your small pile of salt. Twist a little to get even coverage!

Place gin and grapefruit juice in a shaker (use a jam jar if picnicking/camping!) some ice, and give a good shake.

Pour shaken mixture into your glass (optional over ice).

Decorate with a sprig of rosemary, wedge of lemon or grapefruit

Gin o'clock!

This cocktail works very well with the following London Gins, all stocked at Grape and Grind, 101 Gloucester Road.

Williams Great British Extra Dry Gin £29.99

Broker's London Dry Gin £23.50

Sacred Organic Gin £34.99

Fifty Pounds London Dry Gin £34.50



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www.grapeandgrind.co.uk

Pizzarova – simple – local – delicious!

Pizzarova was launched in 2013 by Alex, initially working out of a converted Land Rover Defender, fitted with a wood fired oven (you may have seen this on the recent Window Wanderland in Bishopston, serving up scrummy free pizza to the community). Jack joined Alex at the start of 2015 and together enjoyed catering for large outside events and markets. Their delicious pizzas attracted a strong following and they soon out grew the trusted Landrover. The team sought to find premises to expand their ever growing passion for the pizza they were producing (although the Defender is still put to good use, with Pizzarova embarking on another busy wedding season).

They felt the Gloucester Road was the perfect venue for their first shop, keen to harness the love of the community and fellow supportive, independents.

Pizzarova is designed to be a casual environment with the focus on their stunning pizza. They like to keep things simple and let their fresh ingredients shine. A huge amount of time and effort when into perfecting their sourdough, which is created with a seventy year old starter, consisting simply of wild yeast (starter), flour and water.

You can build your own pizza from a selection of fresh toppings that change on a weekly basis, reflecting what is in season, to include a few

premium ingredients on their monthly special. I found their margherita to be heaven, with fresh tomato sauce, oozing cheese on a light, crunchy base – simply delicious.

You can enjoy your food within the Gloucester Road venue or take it away. The shop is licensed, you can even have some tins of craft beer delivered with your pizza – perfect! (Free local delivery by bike).

To show their appreciation to their local following and celebrate the positive feedback they have enjoyed, at the end of April, Pizzarova launched their new Pink Card! Holders of this VIP card will be entitled to unlimited free pizza, all day, every day! To qualify for the draw you simply need to drop in your contact details when you are next in their local venue. Keep your eye on social media for further news on this fantastic offer.

289 Gloucester Road, BS7 8NY

0117 942 7770 • gloucesterroad@pizzarova.com

Sun -Thurs; 12pm - 10pm / Fri & Sat; 12pm - 11pm



PIZZAROVA

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	DELIVERY	PIZZAROVA.COM	EAT IN & TAKE OUT	

World on a Plate Day with Sefton Park Primary



Sefton Park Primary School recently celebrated 'World on a Plate Day', which sees families across numerous cultures bring in food that they love to share with all the school members.

Sefton Park PTA shared with us the following account –

We had food from pretty much every continent – that is if you count chocolate penguin biscuits as being from Antarctica! Thank you to everyone who donated food, it was a feast! Thanks also to all the willing

helpers that enabled this popular event to happen.

The FoodCycle team, with their cycle powered liquidiser had children peddling their way to fruit smoothies and blended soup. The fruit and veg had been saved from going to waste by FoodCycle. The organisation had done an assembly at school earlier in the week to tell the children about their work reclaiming as much edible surplus food as possible, and serving healthy meals to vulnerable people.

In celebration of the wide range of international food outlets on our doorstep, several local restaurants and cafes kindly contributed to the feast and the food-themed raffle. In addition to raffle prizes, we had Lebanese Tapas from Lona Grill House, Vegan flap jack from The Black Sheep, Indian Samosas from Indies and Korean cookies and noodles from The Oriental Market.

Indian Chai was also on offer from Bristol's very own genuine Chai Wallah, Indiana Joe Baba.

The following local traders provided raffle donations; Co-op,

Boston Tea Party, Bishopston Fish Bar, Pizza Rova, Tinto Lounge, Indies, L'Artisan. The support from local businesses is very much appreciated.

This year the event was free however, with donations and the raffle, we raised £186. Thank you for everyone's generosity.



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MENU

1. Falafel in a pitta _____ £5.00
(includes all salad)
2. Falafel in a box _____ £5.00
(includes all salad)
+ with a pitta on the side + 50p
3. Falafels on their own
(includes hummus)
6 pieces £2.20, 10 Pieces £2.70
4. Choose your drink _____ £1.30
(freshly pressed juices not included)
5. Meal Deal _____ £5.80
Falafel pitta / Salad box + drink
(freshly pressed juices not included)



67A Gloucester Rd, BS7 8AD

www.eatapitta.co.uk



Additional
seating
upstairs



Open: Tues to Sat 10.30 - 20.30 • Sun / Mon 10.30 - 18.00



Sleep Therapy

Christabel Majendie BSc, MSc, MBSPS

Can't sleep?

I am a psychologist working in the Bristol area, providing therapy for sleep problems. This uses a combination of cognitive and behavioural techniques together with motivational interviewing.

Cognitive techniques address the mental factors that contribute to insomnia such as thoughts and beliefs about sleep and a racing mind. Behavioural therapy aims to re-establish lost connections between the bedroom and sleep and to help individuals establish a healthy sleep routine. In this way sleep becomes a more automatic process and a more reliable sleep pattern is established. Motivational interviewing focuses on the motivational processes within an individual that bring about change.

Evidence shows that these techniques help to overcome insomnia and sleep problems in the long term, whereas the effects of sleeping pills are mostly short-term.

I run individual and group sessions at the Family Practice, Gloucester Rd. For more information contact me on 07881 651091 or christabelmajendie@hotmail.com or visit www.christabelmajendie.co.uk.

LIFE & SOUL EMPOWERMENT

Usui Tradition of Natural

Healing Energies Workshop REIKI I, II & MASTER COURSES



Local osteomyologist, Dawn Clode is busy preparing to share her knowledge and skills with a series of one-day Reiki courses.

I was interested to learn that these courses are not just for practitioners. Dawn told me, "I think we are all healers, and attuning your hands and knowing how to use the universal energy helps you and those around you; so it's great for mums to soothe their kids and great for those lovely empathetic people who all their friends turn to for a kind ear and a shoulder to cry on. Definitely a brilliant extra tool for any practitioner, from a counsellor to an osteopath."

Which course is for you?

Reiki I is suitable to anyone who has an interest in Reiki or alternative health in general and wants to attune their hands so that they can help others; no prequalification requirements. This level would prepare you to treat yourself and family or friends.

Reiki II is for those that have completed Reiki I and practiced some self-healing and/or healing on friends and family. Reiki II is for those of you who would like to progress from the basics of Reiki I and is necessary if you would like to use the treatment in your practice.

(If you have done some online Reiki courses and wish to progress you may be able to do Reiki I and II combined, please contact Dawn).

Reiki Master is for those who have qualified in Reiki I and II and have done a considerable amount of healing. Discuss your experience with Dawn.

For more detailed explanation on all of these course please visit the website below.

Reiki I & II – single days

Sunday 5th June or 26th June

Reiki I – single days

Sunday 19th June or 31st July

Reiki II – single days

Sunday 24th July or 25th September

Reiki Master – single days

Sunday 28th August or 18th September

Visit www.life-and-soul-empowerment.co.uk/reiki-training.htm for full details, or call Dawn on 0795 1099 491.



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Open seven days a week, early appointments and late appointments available.

Get yourself into good shape to enjoy the summer – don't let injuries hold you back from your favourite outdoor activity, we can help!

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Tel: 0117 944 6968

E-mail: osteo3@me.com

www.thefamilypractice.tv





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121 Sommerville Road,
St Andrews BS6 5BX
t: 0117 924 4424
e: bristol@dechen.org

Buddhist Meditation
Wednesdays 10.30am
Mondays 8.00pm
Buddhist Basics: Meditation & talks
Tuesdays 8.00pm & Saturdays 10.30am
All above sessions at Sakya Buddhist Centre

Buddhist Course in Clifton
Thursdays 8.00pm
Multifaith Chaplaincy, 1 Woodland Road BS8 1AU
t: 07809 674 056 e: simon.deeming@dechen.org
Sessions are open to all; £4 suggested donation





www.sakyabristol.org

Double Celebration at Hair Mechanics



Happy Birthday Jon!

Not only does Hair Mechanics celebrate its 25th anniversary in business this year but its much loved owner Jon (pictured left) celebrated his 65th birthday recently! He enjoyed a star-studded evening of glam and glitz at the Gloucester County Cricket Club. He told me he had a fabulous time and wants to do it all again! Instead of gifts, Jon asked if donations could be made to the Motor Neurone Disease Association (an illness close to his heart). He was delighted to send a cheque off to the charity for £400!

I asked Jon if he had any thoughts on retiring? He told me, "I am trying to cut back my hours but my clients won't let me stop! I have been cutting some of their hair for thirty years!"

New Systems Professional Range – now in stock!

As one of Wella Hair's leading South West Salons, Hair Mechanics is pleased to have a full collection of their latest System Professional range in stock. The staff have been fully trained to ensure their clients get the most out of these premium products. On visiting the salon, your stylist will use an app to ask a series of questions, which will result in a diagnosis of your hair and the generation of an 'energy code' specific to your hair. The stylists will then be able to recommend the best products for your hair – ask in salon for more details.

Free Escada Perfume Promotion – To celebrate the launch of these products, Hair Mechanics is currently running a special offer – Buy two products from the New Systems Professional range and choose from one of three Escada scents for free! Take advantage of this offer whilst stocks last.

Hair Mechanics, 69 Ashley Down Road, BS7 9JN • Tel: 0117 924 3611



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Summer News from Icon Beauty



The summer has finally arrived and the therapists at Icon Beauty are busy getting everyone ready for their holidays in the sun!

FOR SUMMER 2016 AT ICON THE FOCUS IS ON OUR SKIN HEALTH FROM SUN UP TO SUN DOWN.



St Tropez Tans: A healthier way to achieve a natural looking tan. Perfect for weddings, holidays or any special occasion. Let's face it, everything looks better with a tan!

St Tropez has brought out new and improved next generation professional spray tans, with three different shades to choose from – Classic, Dark and Luxe Oil, which are available in the salon now. They deliver more outstanding tanning results for every skin type with a quicker smoother application. Exclusive new mood boosting fragrances and NEW Intelligent tan system for a longer lasting tan, giving you a beautiful golden colour for up to 10 days. They are 100% Natural, streak-free, paraben Free, non-transferable (onto clothes and bed covers) and against animal testing.

NEW for 2016 LUXE OIL MIST St Tropez's most luxurious tan yet, for the ultimate natural looking golden glow. Great for dry skin types, this tan gives you a wonderfully radiant dewy glow, hydrating the skin for up to 7 days. A Luxurious lightweight tan with non-greasy Brazil nut oil, which smells amazing!

SPECIAL OFFER £5 OFF ALL SPRAY TANS NOW & ALL SUMMER ONLY £19.50

BEING SUN SMART WITH DERMALOGICA. Working along-side Dermalogica, Icon is part of their summer 'Get Sun Smart' campaign helping their clients to become more sun aware. Informing everyone about the importance of using SPF's for this time of year and every day. Sun protection should not just be for summer.

Dermalogica has a great range of SPF products available including Protection SPF50 Sport, so get yourself prepared and pop down to Icon Beauty to pick one up today.

4 SUN CARE MYTHS YOU NEED TO KNOW:

SPF + SPF = More protection: SPF + SPF Combining SPF's may seem like a great strategy, but it doesn't increase sun protection. For example, SPF8+ SPF30=SPF30 NOT SPF38.

All sunscreens protect against UVA and UVB rays: SPF indicates protection from UVB (burning) rays. To protect your skin from UVA (ageing) rays too, use a product labelled 'broad spectrum'.

You don't need sunscreen on cloudy days: UV Rays can penetrate clouds year-round, which is why it's imperative to protect to protect your skin daily.

A base tan protects you from the sun: There is no such thing as a safe tan. In fact, a suntan is your skin's defence to being harmed by UV exposure, so slather up.

skin health
from sun up to sun down

we've got you covered
with new daylight defense



Rheanna



Jordan

Farewell to two wonderful therapists:

For those of you who do not know yet, Icon Beauty is sad to announce that they will be losing the lovely Rheanna Knight. She has been a very special member of the team for over six years and has played a huge part in making Icon the success it is today. Rheanna has an amazing opportunity to work as cabin crew for British Airways, to help fulfill her love of travel. She is an exceptional therapist and will be greatly missed. We wish her well in this fantastic new chapter of her life. Good luck Rheanna!

Summer 2016 will be an eventful one. As Icon will also be losing the lovely Jordan Monk but thankfully only for a short while. Jordan is expecting a beautiful little baby in June and is now on maternity leave. All the team are extremely excited about the new arrival and wish her well and lots of happiness in this new chapter of her life!

Summertime at Icon is extremely busy, so to avoid missing out book in soon. Call 0117 9245566. Icon Beauty 269 Gloucester Rd, BS7 8NY www.iconbeauty.net

Help our local Hedgehogs

It was a pleasure to take tea, and chat with Mrs Tiggywinkle (the sudaname adopted by Bishopston resident Claudia Bonney, pictured right), whose move to Egerton Road sparked a passion for our humble hedgehog.

Claudia told me, the first evening they let their pet dog out in the garden of their new home, he emphatically brought her attention to a mother hedgehog crossing their lawn with three babies in tow! She was instantly enchanted and set about discovering how she could encourage these quintessentially British creatures to visit again.

It turned out, one of the best things she could do was nothing at all! To leave the border hedge and not erect a new boundary fence as previously planned. This enabled the hedgehogs to roam between gardens, I was amazed to discover a male hedgehog can travel up to 13 kilometres per night!

Claudia's research also led her to discover that their numbers have drastically declined from 30 million in the 1950s, to less than a million today. Rather than get depressed about this sad fact, she decided to take positive action, and then encourage all those around her to do the same. And so began the newsletters from Mrs Tiggywinkle, to appeal to local residents to do their bit too. The advice that featured was similar to the below -

1. Make a couple of small holes in or under your garden fence to allow them to roam in and out of your garden freely, the biggest barrier they face is literally barriers. Fences and walls stop them meeting, mating and gathering enough food to survive and it only needs to be a small gap the size of a CD or end of a house brick for them to squeeze through.
2. Create or buy a hedgehog feeding station and place dried cat food and a bowl of water in it (never bread or milk which makes them ill); there are lots of designs or ready-made ones to buy online.
3. Put a ramp in your pond if it has steep sides; they can swim but need a gentle slope to get out, also ponds are good for biodiversity and provide water for hedgehogs to drink on a hot summer night.
4. Create a hedgehog hotel/hibernation station, again there are lots of designs to make or buy online.
5. Always check before you strim or light bonfires, etc; hedgehogs often make rather clumsy day nests so do check.
6. Use nature-friendly slug pellets or nematodes but once you have happy hedgehogs they will keep the pests down for you, they truly are the gardener's friend.



The great news is, people responded well, and are working together to help ensure a bright future for hedgehogs, who are currently doing far better in an urban environment than the countryside. Claudia even enlisted the help of St Bon's School, who enjoyed a workshop building hedgehog hotels and a feeding station. It was good to hear that Gloucester Road businesses – Animal Health Centre and Roxford's Pet Shop are also supportive.

Claudia's passion for these prickly creatures has led her to meet fellow enthusiasts and nature lovers. It was wonderful to hear that a notice in Bishopston Matters linked her with anthropology PhD student Laura McLauchlan who was running a study on the human aspects of hedgehog conservation. Ben Fogle filmed part of a BBC wildlife programme from her garden and now the Avon Wildlife Trust (AWT) have created a short film from the Egerton Road residence! The local wildlife group is also delighted to have signed Claudia up as a Wildlife Champion.

Her role led her to sign up to My Wild Neighbourhood, part of AWT's wider My Wild City project that aims to create hedgehog-friendly streets in Bishopston.

It was lovely to spend an afternoon with Claudia, I even had the privilege of meeting Richard Hammond the 2nd (so named because when he was rescued, he was small and fast!) the cute hedgehog pictured above, who had previously been nursed back to health. Congratulations to Claudia for making a difference and encouraging others to do the same. I hope many of you may be inspired to join in too!

If you would like any further advice on hedgehogs, please e-mail BS7hedgehogs@outlook.com or visit www.avonwildlifetrust.org.uk/mywildneighbourhood.



Pre-purchase advice from your vet



The recent PDSA Paw report 2015 has highlighted some shocking findings relating to how owners chose their new pets. Over 4.5 million owners did no research at all before taking on their pet. A tiny 4% of pet owners took advice from a vet before taking on their new pet.

Everyone is familiar with the concept of their neighbourhood vet being there for accident and illness and even for the annual vaccination health check, but it seems that the idea of consulting a vet before even getting a pet, is a novel one.

Choosing the right pet is crucial to ensure the human-animal bond; there are so many factors to consider when deciding which pet will fit best in the family and suit the lifestyle.

A vet is in the perfect position to offer pre-purchase advice and share their expertise with would-be owners. We can offer advice on the species – be it cat, dog, rabbit or other small furry creatures, as well as practical advice on the merits of particular breeds within a species. With years of experience of working with animals, we are uniquely placed to give an expert opinion.

All breeds have different health issues; some are healthier generally than others and vets being on the front line have first-hand knowledge that they will be pleased to pass on.

A vet can talk about the care needed, the welfare concerns, as well as feeding, exercise and grooming requirements. Costs of ownership can be discussed; a staggering 12% surveyed by the PDSA thought that their pet would only cost them up to £500 in its entire lifetime. New owners need to be fully informed to ensure that they make a sensible choice that is affordable and have pet insurance explained to them at this early stage.

Vets can also help with advice on where to find your new pet. We fully support the Kennel Club Assured Breeder scheme for well-bred pedigree dogs. We can also steer you away from puppy farms and help you to find a home-bred pup or a rescue cat or dog.

Matching the correct pet to an owner or family is so important; dogs and cats now live up to twenty years in our homes so we need to make the right choice.

At Animal Health Centre we are passionate about the bond that exists between a pet and its owner. We offer our expert advice free of charge to prospective owners to help you with your decision. We love to share our combined knowledge and it gives us great pleasure to see new pets and their owners as they start out on a life time together.

Please do call the surgery to book a free appointment with one of us to chat about your new family member.

For further information on the PAW report please visit www.pdsa.org.uk

Nicky Bromhall MRCVS



Nicky & Lulu



Animal Health Centre Gloucester Road's Independent Veterinary Practice

A small expert team providing friendly, and experienced care for your pet.

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Nicky Bromhall BVSc MRCVS
Principal Veterinary Surgeon since 2002

358 Gloucester Bristol BS7 8TP

www.animalhealthcentre.org
0117 9247832



Puppy and Kitten
Packages Available



Community news from your Co-operative Local Forum



In the Bishopston/Horfield area a Co-operative Local Forum has been set up. Our food and funeral stores will be working alongside this allowing us to be at the heart of the community.

We have done a few events, most recently we held a community walk along Gloucester Road on Saturday 7 May. A group of us enjoyed walking from our lower Gloucester Road store up onto Horfield Common. As we went, we spoke with members of the community on the subject of food waste and how to prevent it.

It was great to give out free goody bags of fruit and veg that would have been otherwise wasted.

The feedback from the day was extremely positive, with comments and discussion about how nice it was to see the Co-op at the heart of the community. During the event we made another few links with local groups and are currently planning events with them, Horfield Lodge being one such group.

Previous to the community walk, we took part in



an event alongside FoodCycle. They used all our surplus waste bananas and got the local children making banana cake.

We are now donating our surplus food to FoodCycle – who run volunteer-powered community events across the UK – all working to reduce food poverty and social isolation by serving tasty, nutritious meals to vulnerable people. It's the first partnership in the country between these two organisations (as far as we know!), and is going beyond the normal charity-supplier relationship with collaborative awareness.

Alongside this we have organised a cake sale, with all the money raised going to another local charity 'Baby Bank Network', a volunteer run charity organisation which tackles child poverty and promotes re-use, collecting pre-loved baby essentials and giving them to families in need.



Please join us for our forthcoming Dog and Cat Day on Saturday 11 June, 10 am to 2 pm at our 117/119 Gloucester Road store.

To support the RSPCA Bristol, this co-op is pleased to act as a collection point for dog and cat food, as well as donations of towels, blankets and toys etc, on this special Dog and Cat Day!

We have more future events and meetings planned, it would be great to see new people come along.

Please follow us on Twitter for updates @horfield_h or check out the website www.co-operative.coop/mycommunity/about/co-operative-local-forums/.

New Passage Cat Kennels



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www.catkennels.co.uk

Fundraising for the Bristol RSPCA

Join us for our 'Dog and Cat Day' Saturday 11 June

10 am - 2 pm

The **co-operative** food

117/119 Gloucester Road

To support the RSPCA Bristol, this co-op is pleased to act as a collection point for dog and cat food, as well as donations of towels, blankets and toys etc, on this special Dog and Cat Day!



Please support local animals in need with donations of food

We would gratefully accept any branded 'complete' dry dog food such as, Pedigree, Butchers, Chappie, Winalot, & Cesar.

And cat or kitten food in Jelly

All donations will go towards the care of thousands of unwanted & neglected animals at RSPCA Bristol & District Branch and Bristol Dogs & Cats Home

Thank You For Your Support!

Pop into the store for further details

or catch us on  @horfield_h

Good things happening in your **Community**

This month we were contacted by local resident Debbie Hunt (pictured right), who is pleased to be fundraising for the Bristol RSPCA. Like many people, Debbie was not aware that all of the branches of the RSPCA are registered separately and need to fundraise individually.



Debbie was delighted to take part in the London Marathon which, with hard work, enabled her to raise a fantastic £2511.52 for RSPCA UK. She would like to thank family, friends and the following Gloucester Road businesses for helping her achieve this amount – Co-op, Grape & Grind, Rosebud Florist, Icon Beauty, Moodles, Moda, Carly Wong from The Pet Collective and BS7 Gym.

After her marathon success, Debbie was inspired to build a relationship with our local RSPCA and as a result of this, has been in regular contact with the RSPCA Bristol fundraising team. She was keen to organise a further event to assist the animal charity. Drawing on her experience of fundraising for Sefton Park School PTA, as well as organising events for her London Marathon, she looked towards linking the wonderful charity with the community work being created by the Co-op Community Forum!

The Gloucester Road Co-op were pleased to get involved and the date of **Saturday 11 June (10 am – 2 pm) was set for their Dog and Cat Day**. As well as being a collection point for pet food, towels and blankets (see advert left for details of preferred pet food), the Co-op staff will be dressed up in animal ears and tails! There will also be members of the Bristol RSPCA team to answer any questions and help raise awareness of this important charity. Do go along and show your support please, it promises to be meow-vellous fun!



48 Albert Road, St Phillips, Bristol, BS2 0XA
www.rspca-bristol.org.uk
Tel: 0117 9714197
Registered Charity No. 205858

News from the Friends of Ashley Down Green



Ashley Down Green is living up to its name, having burst into many shades of green in the past few weeks, evidence that spring has arrived. The reward for the efforts of bramble pruning during the last couple of winters has meant clearer sights of the blossom appearing first on the blackthorn, then hawthorn and now wild fruit trees such as cherry and apple. Next will be wild roses which begin to appear in June. Can you identify the two trees in the pictures (A) and (B) below from their blossom? In the autumn we will be planting more spring bulbs to provide a colourful spring backdrop for Ashley Down Green, and early sources of nectar for our all-important pollinators.

It has been a busy few weeks for Friends of Ashley Down Green. The Council consultation on the play area design and access to Stoney Lane closed on 26 February and 106 responses were logged in total – quite a record for a play area, apparently. Those responses have been analysed and will inform a report due out in the next few days. The Council's findings and recommendation will be available via the consultation hub at <https://bristol.citizenspace.com/> and also sent via email to those

who have provided contact details directly to the Project officers and/or FoADG. Committee members met this week with Dan Judges, lead officer for the design and development of the play area, to discuss the next stage. Whilst the feedback showed a range of views a strong consensus had emerged for a play area with more natural features, including timber construction, and which encouraged more open-ended, imaginative play and good physical activity. Dan and his team are now re-working the design into the next stage which will be shared shortly. Local stakeholders (families, residents, users of the Green) will have an opportunity to view the final design and whilst the play equipment will have been decided and ordered so that work can start in the summer, some minor adjustments may be possible e.g. with regard to position, siting of benches, etc. A very big thank you to all who provided feedback, especially those who provided detailed comments, ideas and examples to support the development of a good quality play area which sits comfortably within our small green space.

Works to open up the access to Stoney Lane should begin around the same time and we have asked that as much notice as possible is given to local residents of start dates for both projects.

A planting plan has been drafted and we have been involved in discussions with relevant council officers re autumn tree and bulb planting. With works planned for either end of the Green, our wildflower strips may have to wait until next spring but hopefully clover will appear in those areas where grass is left uncut, and daisies and buttercups are already appearing.

Discussions have begun about community events which could be held on the Green, perhaps commencing with something easy to arrange, such as a tea party. A task group has been formed to explore a range of options, including open air plays and drama events which could take place on a Saturday or Sunday afternoon. If you would like to suggest ideas, become involved or just receive information, please contact us at –

ashleydowngreen@gmail.com
@FriendsADG

Facebook Friends of Ashley Down Green

Best Wishes,

FoADG Committee

A: Blackthorn (which produces sloes) B: Hawthorn which flowers in May

Summer News from Roxford's Pet Shop

Open 7 days a week • Free local delivery

New Cotswold Raw – dog sausages and mince these easy to handle sausage and mince meals are made in the Cotswolds using fresh, seasonal ingredients with an aim to deliver the convenience of a processed food with all the health benefits of a fresh and varied raw diet. Naturally high in protein, natural enzymes, vitamins, minerals and essential amino acids required for a happy and healthy life.

Funky new feed bowls and mats New for summer are a selection of funky feed bowls with cute dog prints and lime green, fuchsia pink or black bases. These stylish feeders from Ancol not only look good but the coloured rubber stops the items being chased around the kitchen floor by enthusiastic pets! In the same range are some bright feeding mats, with great non-slip properties. These soft, tear resistant products are machine washable for hygiene.

Eco Gum Gum Dog Toys These new toys are created in 100% non-toxic raw rubber with eco-friendly cotton strap. The fun shaped toys are durable and perfect for comfortable and flexible play. Inspired by nature, they don't harm your pet's teeth and gums and provide a healthy alternative for your best friend.

Jumball! Your dog will love these fun, jumbo, durable balls with handles, in a range of styles.



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • roxfordsthepetshop.co.uk

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Get Growing!

Bristol's sixth Get Growing Garden Trail, co-ordinated by the Bristol Food Network, is set to take place on 4-5 June.

Following on from the success of previous years, community gardens, city farms, allotment sites and

local food growing businesses will be open over this weekend to showcase their successes and talk to people from across the city about how they can become involved in Bristol's exciting urban food growing scene/movement. From the smallest community garden to the community supported agriculture schemes, the gardens that are open will be answering questions about how to get involved, as well as highlighting all the benefits of committed involvement, from taking crops home to the health and well being benefits of community growing.

This year will see new activities around the Get Growing Garden Trail in the form of walks around some of the gardens of a specific area. We are lucky to have Steve England leading a walk across Purdown from Eastville Library firstly to Elm Tree Farm and then on to Feed Bristol. Incredible Edible Bristol's Sara Venn will also be leading a walk of the Urban Food Trail, that will lead from Millennium Square through to Temple Meads and ending up at Grow Bristol's aquaponics site on Feeder Road.

With more people moving into the city, and with people struggling to access both outside space and locally grown food, joining a community gardening project in your area, can help to solve both those issues whilst giving the opportunity to become involved with local community. The Get Growing Garden Trail aim is to give every food growing project across the city the opportunity to open and talk to people about how they can be involved. All the gardens need gardeners, but there are a whole range of other ways to get involved, from helping with social media to baking cakes for work parties and many, many more.

For more information please visit the Bristol Food Network site <http://www.bristolfoodnetwork.org/blog/annual-bristol-get-growing-garden-trail/>.

All are welcome to celebrate Horfield Organic Community Orchard's Summer Orchard Open Day

Saturday 4 June, 2016, 1-5pm

Enjoy an afternoon exploring Bristol's pioneering community orchard. Set up in 1998, and cared for by members, who are volunteers. HOCO aims to inspire fruit growing as a way to grow community, wellbeing, and local, sustainable food.

Come and see plans and progress on the exciting Home Orchard Plot project – a mini orchard with a 10x4 metre footprint. See our Orchard Roots Bristol exhibition for stories of local and heritage apples. Find out how a small community group transformed a piece of marginal and neglected land into a beautiful, fruitful urban oasis.

- The relaxed nature of this event gives us time to answer your fruit growing questions.
- Homemade cakes, refreshments, produce and plants for sale.
- Join the orchard in June and share in this year's harvest!

To find the orchard (nearest postcode BS7 8JP) - Walk down the lane beside 22 Kings Drive (between Bishop Road & Kellaway Avenue), turn left and it's the first gate on the right. OR Take the lane beside 134 Longmead Avenue (BS7 8QQ) until you come to the last gate on the left.

More information: www.community-orchard.org.uk
E-mail: hocohello@gmail.com Tel: 0117 373 1587.



News from Golden Hill Community Garden

Hi everyone

Thank you everyone who came to our fifth Spring Fair! Nearly 800 people had a great time rocking out with the punk badger, folding origami, sculpting creatures, weaving willow crowns, eating cake, munching pizza and generally having a very lovely time. We raised over £2000 and are all as pleased as punch.

And if you missed it, come and see us on **4 June 11-3** as we open as part of the city wide **Get Growing Trail**. Marvel at the Tower of Power and have a sit down in the Bishopston Bale House! We'll have loads of lovely plants for sale and they'll be pond dipping for the kids.

We've also been busy with our new afterschool Golden Club which is GREAT. Lots of fires, epic dens, slug hunts, clay mess and all sorts. We run every Tuesday and pick up from Bishop Rd Primary. Get in touch to get your small folk on the waiting list for September and if you don't want to wait that long, then send them along to our next...

Golden Adventure days running Tuesdays in the summer holidays; these fun-packed days for 5-12-year-olds are a workout for the imagination as we live a story through the day with hilarious homemade costumes, excellent activities, treasure hunts, general silliness and have a big adventure with pizza in the middle. £26 per child, 10-4, including pizza from the frog oven. Booking essential.

And of course we're still open every Wednesday 10-4 so come and get involved – no experience necessary, or just come and say hello and bask in the sun by our beautiful pond.

See you in the garden!

Lucy Mitchell

Community Project Worker

For more info - 07506 905 394
thegoldenhillcommunitygarden.com



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Bishopston Open Gardens

Bishopston Gardening Group will be hosting an Open Gardens Day this year on Sunday 19 June, 2 to 5 pm.

The last Open Gardens was held in 2014 and proved to be a very popular event. This year up to 10 gardens, including a 'guerilla garden' will be open, including some not previously seen. The charge for adults is £4 and children 12 and under go free. The profits all go to charity and this year we are supporting the Golden Hill Community Garden and a refugee charity. Teas will be on sale and a plant stall will be at 3 Logan Rd. Several of the gardens are located in Egerton Rd, with others in Berkeley Rd, Dulverton and Wentworth Rd.

A full list will be displayed on posters in the area two weeks before the event and tickets can be purchased at any of the gardens. I can thoroughly recommend this as a lovely Sunday afternoon event, hope to see lots of you on the green trail.



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Wellington Bomber 75th Memorial Service



Jenny Morris
laying a wreath



Assistant Minister
Veronica Lee
addressing the crowd



Two Sefton Park
pupils lay a wreath

On Saturday 30 April 1941 Wellington Bomber T2905 crashed in St Andrew's Park, in a blazing inferno on a dark moonless night. On a sunny morning – 30 April 2016 – a crowd gathered around the Memorial in the Park, erected in 2009, to mark the spot where the plane came down included the Family of Front Gunner Charles Clarke, local residents, FoSAP, RAFA City Club members and Ft/Flt Natalie Wong with Cadets of 2442 Air Training Squadron.

To remember and mark 75 years since that fateful night when three of the crew were killed, three survived and the ordinary local St Andrew's residents responded to the unimaginable scene that unfolded before them.

Local historian David Cemlyn recalled the final fateful moments and the bravery of the local people, many of whom were no more than 19 or 20 years old.

Martin Weitz set the mood for the short service of Remembrance and Reflection with a recording of the RAF March and the Last Post. Martin filmed the event for the FoSAP web site that includes David Cemlyn's account on the bombing of No. 7 Melita Road, a week following the crash on 8 May 1941, in which the family lost their lives.

Wreaths were laid on behalf of FoSAP by two pupils from Sefton Park School and Jenny Morris for the local residents and the family killed at 7 Melita Rd. Flowers were laid by Jon Rogers on behalf of Doug Reid. For the Family of Sgt Charles Clarke, Front Gunner, Arthur Clarke his son planted a Remembrance Cross.

The Royal Observer Corps Association local Standard stood alongside the memorial to remember the local St Andrew's residents who served in the ROC at the time who were the eyes and ears of the RAF pilots.

Assistant Minister Veronica Lee, a member of St Bart's Church team, spoke for all when she observed that we are unable to imagine what it must have been like 75 years ago and just what those people must have felt. What we do know is that they fearlessly ran out to do what

they could with compassion and kindness. Veronica recalled the skills of Dr Heron from Leopold Rd and First Aider Margaret Davis tended the burns of the survivors taken to 61 Effingham Road First Aid Post. Red Cross nurse, Daisy Voice, and her husband Reverend Voice, rushed to the scene from Muller Rd. Without the local people running out – several entering into the burning wreckage to help rescue the crew – many more lives could have been lost. Veronica ended the reflection with the poem written by Ruby Bowell for another fateful crash that occurred in the village of Paulton, Double Hills Memorial.

*'They did not die in Battle's din
Of world renown, or medal win,
But they died for you and me,
And so that the whole world might be free'*

John Clarke, grandson of Charles Clarke, has a web site www.wellingtont2905.co.uk that provides an account of the crash and recollections of the residents and the survivors.

To book a digital slide presentation and talk on 'The Last Flight of Wellington Bomber T2905 and what Happened next' or a presentation on 'The Roles of the Royal Observer Corps' – Contact Jenny Morris local photo/historian (FoSAP member) morrisjc@blueyonder.co.uk / 0117 9424756.

Maisy Jenkins, a local girl who attended the event, wrote this poem.

The Sacrifice

Those who gave their lives.

Those who faced their crooked fate.

Those who made a sacrifice

They who risked their welfare to save innocent lives.

They who faced the smouldering flames.

They who made a sacrifice.

Lives which were lost.

Hearts which were broken.

*Bright eyes hazed with sorrow
for the ones which ended by sacrificing for love in the heart
which is where they will stay respected and mourned but
never forgotten.*

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News from **the green room** Organic Hair Salon

Celebrating 8 Years! The Green Room enjoyed celebrating their eighth anniversary on the Gloucester Road this April; they would like to thank all their customers for their ongoing support and are always pleased to welcome new people to their organic salon.

Newly Qualified Amelia – Owners Karen and Jo are delighted to introduce their latest junior stylist Amelia (pictured right), who joined the team in October 2015 and has recently qualified. Look out for some introductory deals with this talented stylist next month.

Pleased to support local youth – Whilst I was having my hair cut at the Green Room recently, Karen told me how pleased they were with their young Saturday girl Alanna, who lives in Horfield and attends Cotham School. It is great to hear the young lady is making the most of an opportunity given by a Gloucester Road business.

New Kevin Murphy Products – Feedback on the Kevin Murphy colour range has been extremely positive both with clients and stylists, ask in salon for more details.

The Green Room is now pleased to be stocking Kevin Murphy's latest 'Repair Me' shampoo and conditioner repair system for dry, damaged, chemically coloured hair. The products are infused with extracts of mandarin, sweet florals and currant noir.



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Horfield Common Community Interest Company

Dipper Malkin

Volunteers are working hard behind the scenes on the community asset transfer (CAT) application, which will enable the local community to take over the day-to-day management of the Ardagh site, and to improve the sports and community facilities for the benefit of local residents, and wider users of the site and the common. By the time you read this, we will have presented our vision for the site to the Bishopston, Cotham and Redland Neighbourhood Partnership on 24 May, and will be asking for input and feedback from visitors to the **Friends of Horfield Common's 2016 Summer Picnic on Sunday 19 June, 12-5pm**, where we will have a stall and a display showcasing the developing plans. The proposals have been drawn up using feedback from local residents, and users of the Ardagh site and wider common through formal and informal consultations undertaken since 2010 when BCC carried out a public consultation about the future uses of all of Bristol's parks and green spaces, as part of the parks and green spaces strategy. Thank you to all who have contributed their ideas and feedback to date – thousands of local residents have engaged with the project; please do come along on the 19th to talk to volunteers and find out more about how the project is developing.

On 10 May, one of our Directors, and Co-ordinator, Rob was invited to talk about Project Ardagh at a Big Local event at MShed, at which we were asked to share information about our project with residents from areas across the South of England who are working 'to make their communities and their areas even better places in which to live' through the Big Local programme. Project Ardagh was showcased as an inspirational example of a community-led, grassroots improvement project, which was lovely recognition of the work done to date. The presentation was very well received, and we made links with a range of community organisations working on projects in London, Bournemouth and Cornwall who we will be keeping in touch with, to share our experiences as our projects progress.

Musical Fundraisers

Alongside the formal work currently taking place in support of the CAT, we are delighted to have recently launched a new series of music events at the Ardagh. In response to a number of conversations and suggestions from local residents who enjoy playing, and/or listening to live music – and through the networks of FoHC volunteer, and local resident Nick, we welcomed acclaimed folk musicians, Dipper Malkin, with support from Radio 2 Folk Award winner and Bristol student, Archie Chamberlain Moss, to the Ardagh on Sunday 7 May



for an evening of acoustic folk music. The evening was very well supported by a lovely crowd – some of whom were visiting the Ardagh for the first time. We are keen to respond to the enthusiasm there is locally for regular music events at the site. We have been approached by a number of local musicians as well as those from farther afield, who are interested in playing at the Ardagh, and will keep BM readers updated as planning for this progresses through the Summer. Do keep an eye on the FoHC website and Facebook pages for updates. We are currently developing HC-CIC's social media, website and e-mail bulletins and until then are very grateful to the Friends for their continued support to keep everyone informed about what is happening!

New Shed Men Project

We are also very excited to have launched the Bristol Ageing Better-funded Ardagh 'Shed Men' project on 17 May. This is a wonderful new group aimed at older residents who are interested in carpentry, making and who'd like to get involved in supporting Project Ardagh. As well as making bat boxes, bird boxes and other wooden items to help improve the common for wildlife, members are welcome to come along and work on their own projects, in a supportive, social and skills-sharing group. Please do spread the word, and encourage any local residents you think would be interested to come along and get involved.

For more information, please call Chris on 0117 9426580 – all sessions take place on Tuesdays, 9am – 12pm, at the Ardagh, and all are welcome – whether complete beginners or accomplished craftsmen – do come along and get involved. Dates for sessions through Summer 2016 are: 31 May, 14 and 28 June, 12 and 26 July, 9 and 23 August, and 6 and 20 September. Volunteers from the group will also be at FoHC's Summer Picnic on Sunday 19 June chatting to visitors about the group – do come along to meet them and find out more!



News from Glos Rd Central

Mayfest Success!

Once again, the Glos Rd Central Mayfest on May 7th, was a huge success. The sun shone and the streets were alive, especially Bishop Road, which was closed to traffic all day. All the shops took part, offering something for everyone – from food and drink, May crown making and art activities to massage therapy, vintage clothing and special sales. The Golden Lion supplied a sound system for the Bristol Folk and Ashley Down community choirs and various acoustic musicians. Playing Out organised street games, there was lovely face painting and Mr Gotalot and the popular tea cup ride amused children all day long. Various charities and organisations such as Window Wanderland, Greenpeace, Fairtrade and the Babybank Network raised funds and awareness including the Bishopston, Cotham and Redland Neighbourhood Partnership who help fund Glos Rd Central projects. The Gloucester Road WI was delighted to raise £784.70 for Carers Support Centre, by selling their delicious homemade cakes. Matt Collis from Avon Wildlife Trust and Thangam Debbonaire, MP for Bristol West, said a few words to welcome the crowds to tell everyone about the new Glos Rd

Central planters. The day culminated in the arrival of Jack in the Green and his band of merry dancers and musicians who, luckily, were able to stop and do a dance on Bishop Road before the heavens opened and everyone had to crowd into the shops and gazebos to keep dry!

New Eco House The launch of the 212 Eco House coincided with the Glos Rd Central Mayfest. Intrigued visitors were able to pop down Bishop Lane and discover this wonderful little house, built from sustainable and recycled materials, with a living roof and surrounded by a lovely sunny

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garden. Red Kite Design and Build, who also built the straw bale house at the Golden Hill Community Garden, were on hand to explain the building methods they used. A life size wicker fox stood on top of the green roof of the bike shed to advertise an upcoming Weave a Wicker Fox workshop at the Eco House on 11 June, led by local artist Sarah Edwards. If you missed this opportunity to look around the 212 Eco House, there will be another Open Day to tie in with the Big Green Week on 16 June 16, 3–7pm. There is also a competition to win a free night's stay at the 212 Eco House. See the Eco House page on www.room212.co.uk for more details.

Competition Winner! Xpress Computers is pleased to announce the winner of their FREE PC health check competition is local resident, Rebecca Ramsden. See page 3 for the services this Glos Rd Central business offers.

New Loyalty Card Moodles is delighted to have launched their new loyalty card. Receive a stamp every time you spend £10 with Moodles, collect 10 stamps and get 20% off any full price item! **Pick up a FREE stamp with this Bishopston Matters.**

Listen out for local business Osna Therapy Centre owner, Bridget Tyrrell, who will be talking about the recent success of Mayfest, the launch of Osna's fab new website (www.osna-therapy-centre.com) and all the wonderful therapies they offer on Ujima 98 radio show on June 22. Listen in from 12.00 till 2.00 pm. *Continued on following page ►*

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featuring our informative weekly health blog and course info.



Exciting happenings at Osna!

We enjoyed a fantastic Mayfest, where people enjoyed our taster sessions, demonstrations, talks on Mindfulness, Homeopathy and Bach flower remedies. Following on from this success Osna will be running courses soon on Bach flower remedies, see our new website for full details.

Osna owner Bridget Tyrrell will be giving a talk about the popular Therapy Centre on Ujima 98 radio show on 22nd June along with other therapists. Listen in from 12.00 till 2.00 pm.

Contact 'Bridget' Tel 0117 9075884 • Email bridget.osna@hotmail.co.uk

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Continued from following page ►

A buzz on Glos Rd You may have noticed that Glos Rd Central shops now have even more lovely planters full off shrubs and flowers out on Gloucester Road pavements. These were funded by the BCR Neighbourhood Partnership and Avon Wildlife Trust, who organised the construction and planting as part of the My Wild City scheme. Many local people volunteered their time to help. We really hope that the plants survive and grow to improve the street scene and encourage pollinating insects to buzz up and down our streets. The Hives and Herbals beekeeper will once again bring a slice of live hive to set up outside Room 212 on 11 June so you can ask lots of bee-related questions.

Springwatch comes to Glos Rd Central The most exciting news is that BBC Springwatch learnt of the Avon Wildlife Trust plans to get Glos Rd Central growing. They came to Gloucester Road a couple of times during May to film the creation of the planters and learn more about the My Wild City project. Springwatch presenter Nick Baker interviewed Room 212 owner Sarah Thorp, who initiated the planting scheme 2 years ago when she set up an old bath outside her shop and filled it with flowers. This inspired other traders to join in. Sarah applied for funds from the BCR Neighbourhood Partnership and brought the Avon Wildlife Trust on board, who then consulted with traders about the kind of planters and plants they'd like to have outside their shops. The Springwatch season begins on 30 May and runs every evening for three weeks, so look out for the episode with Glos Rd Central! In the meantime, it is down to all of us to ensure that the planters are kept tidy and well-tended.



Austin & Mike
from Pauski



Gloucester Road WI



The fantastic Jack in the Green!

Glos Rd Central Mayfest 2016



Baby Bank



Room 212's
Eco Shed



L to R: Room 212's Sarah Thorp, Thangham Debbonaire MP & Matt Collis of Avon Wildlife Trust.



'Playing Out' took over
part of Bishop Road



Monkey Trousers
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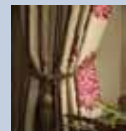
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Members of the BCR
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Henry enjoyed his first Mayfest as we
hand out Bishopston Matters balloons!



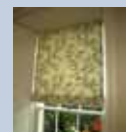
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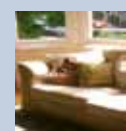
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Little Tinkers Silver Co.



Keen to have a precious memento of baby Henry, which I could keep with me at all times, I was delighted to discover Little Tinkers Silver Company, even better that it was based in Bishopston!

Henry and I went along to meet owner Lucy Willson and to find out more about her business, whilst he had his foot prints taken. Lucy works and lives locally with her husband and two boys Zach and Ollie (pictured top right). It was the birth of her children that inspired Lucy to make the transition from creating silver jewellery as a hobby into her own business.

She told me, "I thought if not now, then when?!" and she has never looked back. She explained it was the desire to have a finger print of her own young boys to keep, which led her to research how their individual designs could be set in silver. After learning this specialist skill and successfully creating jewellery pieces for herself, the seed was sown for her new business.

"I was delighted to have discovered a way of creating such personal and sentimental gifts in silver, that would be treasured by those receiving them. I enjoy meeting my customers as much as making the jewellery."

After Lucy had carefully taken Henry's prints, I was able to select from a wide range of jewellery shapes for them to be displayed on. I chose a circular necklace but Lucy can also translate your children's finger, hand or foot prints into a bracelet, charm, keyring or cufflinks. As well as prints, Lucy told me she can also transform children's drawings, pet paw prints or adult finger prints – they can make lovely wedding gifts. If you have an idea of something you would like created, just ask, and Lucy will do her best to achieve it for you. She recently enjoyed creating a First Holy Communion Cluster Necklace. I found Lucy to be extremely friendly and approachable so do get in touch to discuss your ideas, she will be happy to advise.

It takes around two weeks for your bespoke gifts to be created. It was with some excitement I returned to Little Tinkers Silver co to collect my necklace. Seeing Henry's little prints forever set in a beautifully made necklace brought a tear to my eye – I love it! Lucy keeps all the prints she takes on file, so several items can be created from the initial prints that were taken; it is definitely worth thinking about gifts for dads or grandparents too. Thank you Lucy and all the best with your wonderful creative business that will bring joy to many.

Email: lucy@littletinkerssilver.co.uk • Tel: 07717 722 517



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Blooming Marvellous Result for Bishop Road

Bishop Road Primary has raised more than £3598 to develop the school's outdoor spaces.

The appeal on Crowdfunder.co.uk set out to raise £2,500 but the total was exceeded when more than 130 people pledged to buy rewards on the website.

Rewards included a jute shopping bag and wildflower seed cards designed by pupils from the school and other gifts donated by parents, teachers and Bishopston businesses.

The appeal received a further fantastic boost thanks to Almondsbury Garden Centre. The largest independent garden centre in Bristol is donating £500 to Bishop Road's 'Gardens and Green Spaces' project.

This, together with the funds generated on Crowdfunder, will be used to create a Nature Garden at the school and an Allotment Classroom and Orchard at the school field. The school is one of the largest in the south west in an urban environment surrounded by terraced houses; although play structures are installed in the large playgrounds, the PTFA plans to create spaces that are green and growing.

Deputy Head Teacher, Mr Emissah, said:



"The amount pledged is fantastic – we are delighted with the support and generosity of parents, teachers and the local community."

Parents and teachers have already helped to start create the allotment classroom, which has seven raised beds, one for every year in the school. Also the Orchard and Wildflower area is beginning to take shape with a variety of fruit trees having been planted by the children. In the near future, wildflowers will be sown and hedgerows planted.

If you would like to support the appeal by buying one of the jute shopping bags, they will be on sale at Bishop Road School Summer Fair on Saturday 25 June, 2–4.30 pm.

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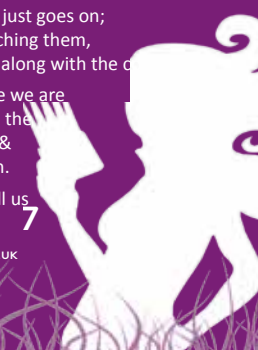
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Local History Matters

Horfield Lodge

BHA local history research - text by Andy Buchan ©

The first known record in which Horfield is named is the Domesday book, written in 1086; but from other earlier records, it is known that the parish, which was larger than the current parish, has existed since at least the late 9th century. However, because Horfield was not a typical nucleated or linear medieval settlement associated with a church or castle or centred around a market, exactly where the people lived at that time or until the later medieval period is not known for sure. Until 2009 only very limited archaeological investigations or excavations had been carried out in the parish and this had only shown evidence of occupation or use of the land during the Roman period c 2nd–4th centuries, but no remains of any buildings. It is likely that any church in the parish has always stood on the site of the current church and it is probable that a stone church has been on that site since the mid-12th century.

Excavations carried out in 2009–2010, on the site of Horfield Lodge, which was latterly known as Concorde Lodge, and is now the site of the Methodist Housing Association's Horfield Lodge, were to change this situation. On this site, archaeologists found for the first time evidence of where some people in Horfield were actually living in the medieval period. At least three and possibly four distinct buildings with stone footings were found, along with other evidence of occupation. The buildings are thought to represent one or two rural medieval farmsteads and associated out-buildings. Based on pottery these are run of the mill rural farms, not high status farms. There was not a great depth of archaeological deposits on the site and this meant that many of the earlier layers had been damaged by buildings and other activity, ditches, etc. built on the site in the later medieval and post-medieval periods. Pottery associated with the buildings suggests that the houses were occupied by the 12th century, and may possibly have been occupied by the 11th century.

Three of the buildings, B, C and D were close together and on the Horfield Lodge site; building A stood near the rectory, closer to the church.

The excavations showed that the buildings were modified/changed over time and probably stood until the 15th–16th century. At about this time archaeological evidence for occupation on this site is sparse – there is no evidence of new buildings and very limited pottery – which may suggest that the site had been abandoned or the use of the site had changed. Documentary

44 evidence does not show any evidence of a



decline in the population or number of farmsteads/houses at this time in the parish as a whole.

In the 16th–17th century a new structure was built and this may have been associated with a farm known as 'Attwood's', after the name of its tenants, which is known to have been on the site at this time. The site appears to have been occupied continuously since this time, and in the mid-19th century, parts of this building were subsequently used as the foundation courses for Horfield Lodge. In the later 19th and early part of the 20th century this building underwent a series of changes and enlargements.



Ardagh Bowling & Sports Club



Horfield Common, Kellaway Avenue, Bristol BS6 7YL Tel: 0117 924 9880



TRIPLE 90th CELEBRATION BOWLS MATCH

June 10th at 6.00pm for 6.30pm

Celebrating the Queen and The Club's 90th and the success of Bristol Rovers F.C.



Kay Thomson Chairperson of Ardagh shakes hands with a Director on the Rovers' Board and Executive member of the Supporters Club Brian Seymour-Smith to endorse this special forthcoming event. On the right Chris Thomson Match Secretary and Bob Bradshaw Hon. Secretary of the Bowls Club.

Unique probably in the history of bowls, a bowls club challenges a football club! However, this is made easier because the challenge goes out to the Supporters Club and those who support Rovers. I expect some of the Rovers players can play bowls but they will be taking a well-earned rest after their success under their new owner Wael Al Quadi and their promotion to League 1 with a breath-taking last match.

The bowling Club's Committee has been hard pushed to decide what to do to celebrate the club's 90th year. The club, formed in 1926 and still retaining its original attractive pavilion, when most

others have gone, has a most beautiful situation, flanked by Horfield Common and tennis courts; it is a quiet haven.

On the evening of 10 June at 6.30pm, this quiet will be somewhat broken when the BBQ and the bar open with Abbey ale on tap and Captain Allan of Ardagh welcomes Bristol Rovers Supporters and announces play to begin, playing 18 ends of bowls. There should be big support for Rovers and we will have the Friends of Horfield common to cheer us on. We don't expect a quiet game!

I must thank my brother John Bradshaw for his help, a supporter and sponsor of Bristol Rovers for over 50 years and always had his place in Box 5 at the Memorial Ground, now unfortunately housebound, he will supply the Abbey Ale and has booked the Jazz Band led by Jeremy Huggett, 'The Dart Valley Stompers' who will round off the evening. John known for his Jazz at the Bell and Ye Old Farmhouse in Bath reminisces about the old players who visited his pub. Geoff Twentyman, Brian Parkin, Andy Tillson, Frankie Prince, Gary Penrice, Keith Curl, Alan Warboys and Ian Holloway, who is known to get behind the microphone with a jazz band. Who knows some of them might be there on 10 June?

Everybody is invited and we hope to welcome many local residents to enjoy this celebratory game.

Bob Bradshaw Hon, Sec. Ardagh B&SC

Web: ardaghbowlingsportsclub.weebly.com

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News from Fairfield High

Duke of Edinburgh's Award 60th Anniversary Celebrations

Teacher Ted Talbot (pictured top right), travelled to London recently to take part in one of the 60th Anniversary celebrations of the Duke of Edinburgh's Awards. Mr Talbot gave us the following account,

"My invitation to Buckingham Palace was an honour; it was such a spectacular event and I thank FHS so much for allowing me to represent our school at the 60th Anniversary Celebration at Buckingham Palace."

Alongside the other UK and International DOE managers, Fairfield High made a special tribute presentation to a selection of Gold Award holders before the Duke of Edinburgh came to mingle with our team to show his respect and appreciation. Unfortunately, no photography was allowed inside the grounds but the Royal Visit will always be in my memory and is a great example of what can be achieved if you work hard to reach your goals."

Permanent playing fields

Students at Fairfield High School will have the opportunity to try out and excel at a wide variety of sports following a long-awaited agreement on permanent playing fields.

Much to everyone at the school's delight, Bristol City Council has agreed to enhancing the facilities at the Muller Road Recreation Ground for joint use. FHS will hold games lessons and matches on the improved pitches during the day, and the facilities, which will include new changing rooms, will continue to be available for hire in the evenings and at weekends.

Neighbouring primary schools will be offered the chance to use the site free of charge in a deal described as a 'win-win' for the community.

Having permanent pitches will enable the school to increase outdoor games, host fixtures against other schools, and improve provision for football, athletics, rounders, cricket and cross country, as well as rugby for both girls and boys.

Amazing skills

Two Year 7 students at Fairfield High School have amazed classmates and staff by learning the periodic table off by heart!

The pair, Saule Zemgulyte and Matty Wangermann, decided to embark on the task after they started learning about chemistry.

Saule's feat is even more remarkable as she has memorised it in her second language of English – she is from Lithuania.



Teacher Adam Hickey said: "I have never in my career met any student, let alone a couple of Year 7s, who had the desire to learn the periodic table. While there are some YouTube clips of celebrities reciting the table in a haphazard way, doing it in the correct order enables the students to know about the number of subatomic particles in the nucleus, which is critical in knowing everything else about the element."

Principal Cat Mangham said: "This is a brilliant achievement. I'm sure these students will go on to have great success in science and other STEM subjects. I hope their initiative will inspire other students to challenge themselves too."



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Friends of the Memorial Ground

The Friends of The Memorial Ground is being set up to secure a fitting future for the Memorial Ground. Bristol is honoured to have this rare war memorial, a sports ground. The Memorial Ground was intended to inspire Bristolians and to last forever. It is still protected by a Covenant on the land, restricting its use to sport or recreation. The Memorial Ground is a major sport heritage site, and a site of remembrance for the sacrifices made in both world wars.

Local residents and traders are delighted that the threat of a giant Sainsbury's supermarket is no more. Bristol Rovers FC, and the club's fans, are celebrating a change in fortune and promotion to League One. The new owner of Rovers is also the custodian of Bristol's war memorial sports ground. A new stadium at UWE is to be built and Rovers FC plan to leave the Memorial Stadium. There is uncertainty about the Memorial Ground's future. An unsuitable development may yet threaten the Memorial. The Friends group is being set up to promote a positive, community use for the site, in keeping with its history and looking forward to the future.

The Bristol Rugby Memorial Ground is a unique, 'living', dynamic, war memorial, created to remember the 300 rugby players who lost their lives in the First World War. It is not brown field development land.

Last year, the Memorial Stadium was listed as an 'Asset of Community Value' by Bristol City Council, after an application was submitted to the council by the Bishopston Society. The Bishopston Society is setting up a survey on their web site, asking how might the community benefit from the Memorial Ground. You are very welcome to contribute your ideas. The land was donated to the rugby club in to be a war memorial. In the early 1920s, Bristolians paid for the leveling of the pitch and for the equipping of the original stadium. It was (and could be again) the pride of our community.

If you would like any further information, or to get involved in any way, please contact the Friends of the Memorial Ground on savethemem@gmail.com.

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Let's Spring Clean our streets

Over the winter there have been several highways / utility projects but unfortunately some highways signs and sandbags have been

left behind. These are not only unsightly but can cause a hazard for walkers.

If you see abandoned road signs, barriers, cones or sand bags, please email: highways.traffic@bristol.gov.uk and ask for them to be removed. You can attach a photo if you wish, but an exact location is still needed as it's a bit difficult to drive a lorry and look out at the same time, particularly in traffic.

In some cases, the sandbags – used to stabilise the signs – have been left and gradually disintegrated on the pavements and in the gutters, causing a mess and a hazard to walkers. Please report this for sweeping by using the web forms –

www.bristol.gov.uk → **report street issues** → **Street cleaning**

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All the Right Noises!

Over May Day Bank Holiday weekend The Noise 2016 happened across north, east and central Bristol. Over 860 volunteers worked on 100 community-based projects, ran 9 local fun afternoons, hosted events for senior citizens, took family photo sessions, and much more! Everything that happened was open to everyone, and it was all FREE!!

'The Noise' hosted another Family Fun Afternoon on Horfield Common on the Saturday. These events have become increasingly popular over the years and it's great to see people of all ages come and be a part of the event. There were lots of inflatable games, a craft zone, cafe area, as well as the ongoing roadshow which included 'Horfield's Got Talent'! It was great to see kids get involved with some football coaching and games run by players from Bristol City WFC – maybe some players for the future?!

A big thanks to all Noise volunteers who made everything that happened over the weekend possible, and for everyone who came and enjoyed it all!



Every new parent needs a Postnatal Angel

Having a baby is the most wonderful experience of most people's lives but it doesn't come without its challenges. I am currently experiencing first-hand the task of balancing work, household jobs, sleep (or lack of) and most importantly caring for and enjoying baby Henry.

No matter how many people tell you how much your life is going to change, nothing can fully prepare you. I am lucky that producing Bishopston Matters allows me to work from home, it is however a time-intensive job and I certainly need some help to enable me to produce the monthly production now our gorgeous boy has arrived.

Thank heaven for Postnatal Angels! – the creation of Mitch and Alison, who have both spent over ten years working as NCT childbirth and parenting educators. Alison also works as a birth doula and Mitch as a pregnancy/postnatal yoga teacher. Both hugely experienced and passionate about improving services for pregnant women and new families, making them extremely well qualified to run Postnatal Angel.

The pair understand there are enormous highs and lows for new parents, and that most of us could benefit from some extra emotional or practical help to smooth the way in the early weeks and months with a new babe (or babes). These ladies will come to your home and take on any job that will make your life easier, this can be caring for the baby whilst you take some time for yourself or they are very happy to run the Hoover round, prepare a meal, get the shopping or take the dog out! Alison covers the South of Bristol and Mitch the North, where she lives, in Bishopston.

Welcoming somebody into your home and allowing them to care for the most precious thing in your world, at a time when you are often feeling tired and emotional, can be quite a big thing for new mums. I would like to re-assure you the worth of making that call. When I opened the door to Mitch she entered our home radiating warmth and calm, I immediately felt reassured by her presence. She also came laden with gifts of nutritious, delicious broccoli, butter bean and spinach soup and some scrummy angel balls, made with dates, nuts, cacao and vanilla – yum! Mitch explained they had been working with a nutritionist to develop some healthy meals and snacks that re-energise new mums, especially helpful if you are nursing.

The Postnatal Angels spend a minimum of two hours with you, and as Mitch reminded me when she arrived, "Treat me as your servant for the afternoon, I am happy to be put to any jobs that you wish". I did initially feel bad about setting Mitch to housework but her willingness to run the Hoover around was greatly welcomed by me, it had been bothering me for a few days and she reassured me she enjoyed getting jobs done and feeling like she has helped. Whilst Henry was still asleep she also had time to chop a mountain of veg for our tea that evening, another great help; it felt good that husband James (who has cooked all the meals since Henry's arrival) would have a bit of a break too. When the little chap woke, I was confident to leave him in Mitch's more than capable hands to be looked after whilst I set about making work calls and returning e-mails. I found myself saying, "you are an angel!". As this is what it really felt like to have this support. Whilst Mitch rocked dear Henry, I found a few minutes to ask her advice on a few baby related topics that were on my mind and felt thoroughly reassured at the end of our conversation.

Henry and I look forward to Mitch's next visit. If you are looking for an additional pair of hands to help you find some extra hours in a day, do not struggle on; I can thoroughly recommend contacting the Postnatal Angels. If any anybody is looking for a gift for a young family, why not show somebody you really care with some Postnatal Angel gift vouchers?

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Mitch & Henry

"Mitch brought a lovely calm to our home, her kind, caring nature, obvious experience with babies and willingness to carry out household chores, meant she was a true angel to have around."

Interested in becoming a Local School Governor?

The Ashley Down Schools Federation is looking for enthusiastic individuals interested in local education provision to apply for the role of school governor.

The Federation covers two schools on separate sites in the Ashley Down/Bishopston area - Ashley Down Primary School and Brunel Field Primary School - and has one governing body covering both schools. The schools are staffed by people who are passionate about providing a great education for all the children attending the schools, and both schools are currently rated 'outstanding' by Ofsted.

The governing body works with the senior leadership team to set the Federation's strategic direction and ensure the budget is properly managed. It is responsible for holding the Executive Headteacher to account for the school's performance, and has a crucial role in making sure every child gets the best possible education.

We are currently looking to fill two vacancies. Potential applicants do not need to come from any particular professional background or "walk of life". However, they should be prepared to devote at least 4-5 four hours each school term to the role and should be dedicated to ensuring excellent education provision for local children.

Whilst the Federation particularly welcome applications from people who may have specialist skills that they can bring to the role, for example, Early Years education, finance, IT, and human resources, this is not essential. There are many training courses available both to introduce new governors to the role and to develop specialisms.

If you are interested in finding out more please contact our Clerk, Jo Gray, jo.gray@bristol-schools.uk Tel 0117 377 2637. Jo will send you further information and an application form and can arrange a discussion with one of our governors if you would like more information on the role before you apply.

To find out more about the Federation go to www.ashleydownschool.org.uk



Looking after someone? Could you be a carer?

Do you look after somebody who couldn't manage without you?

6 – 12 June 2016

A carer is someone who provides support to family or friends who could not

manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. All the care they give is unpaid.

Anyone can become a carer. Many feel they are doing what anyone else would in the same situation; looking after their mother, son, or best friend and just getting on with it.

Carers don't choose to become carers: it just happens and they have to get on with it. If they did not do it, who would? And what would happen to the person they care for?

Caring can have a big impact on your life, and this is only likely to increase as time goes by. Even if you are managing now, don't put off asking for help. Find out what support is available now — don't wait until your situation reaches a crisis point.

There is help out there. Carers Support Centre is a local charity. They can help with benefits and financial advice, give support in gaining access to services and can link you to information, breaks, training and Carers Emergency Card.

See local charity Carers Support Centre website www.carerssupportcentre.org.uk or ring CarersLine: 0117 965 2200.

Free training for carers

Carers Support Centre, is offering a variety of **FREE** tailored training courses and workshops for 2016.

Caring and understanding dementia

Very popular course to give carers a better understanding of the nature and effects of dementia. Next course starts Thursday 9 June, 6.30 pm to 8.30 pm, for 5 weeks, at Carers Support Centre in Fishponds.

Caring for those in the later stages of life

For those caring for someone with a life-limiting illness. It gives carers a safe space to discuss complex issues. Next course starts Tuesday 21 June, 1 pm to 3 pm, at Carers Support Centre in Fishponds.

Well-being courses for older carers

For carers over the age of 50 living in Bristol. This course will help you create a healthy balance between your own life and your caring role, look at reducing the risk of loneliness and isolation, show how relaxation techniques can help in times of stress and how to focus on yourself.

Barton Hill Settlement, 32 Ducie Road, BS4 0AX. 5 weeks on Fridays, 10.30 am to 12.30 pm, starting Friday 3 June.

Greenway Centre, Doncaster Road, BS10 5PY. 5 weeks on Mondays, 1 pm and 3 pm, starting Monday 11 July.

Postural care Workshop: Monday 23 May, 10 am and 1 pm, Carers Support Centre, Fishponds.

For carers who look after a child who finds it difficult to move or to change position without help. It is really important to protect children as they grow—because this is when they are most vulnerable to their body's changing shape.

To find out more, call Pauline Edwards-Samuels on 0117 958 9988, or email training@carerssupportcentre.org.uk

Or see: www.carerssupportcentre.org.uk

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Local Resident Offers Counselling Help

Bishopston Matters was pleased to chat to local resident, Christine Brown who is a qualified counsellor/psychotherapist. Originally from London, she has also lived in Brighton and places further afield. During her childhood she lived in the Bahamas, and as an adult - Australia and Dubai.

Christine made Bradley Stoke her home 10 years ago and followed her ambition to become a counsellor; by achieving a BA Hons Degree in Social Psychology, then a further Degree in Counselling. She has completed additional courses and continues to study in order to enhance her therapeutic practice. In addition to this, Christine works voluntarily as a counsellor for a charity in the community, helping adults with their individual needs.

If you need clarity in your thinking, strength to adjust to new situations or help with a specific emotional or psychological issue that has become unmanageable, then Christine may be able to assist you. During times of stress and emotional upheaval it is easy for a person's confidence and self-determination to become diminished or blocked. This is where counselling could help to release the tension, which in turn facilitates a personal change, giving meaning and purpose to your life.

Christine offers a welcoming environment where confidentiality, empathy and genuine care in a non-judgemental setting, is guaranteed. Each therapeutic session is 50 minutes and most clients contract for 6 sessions initially. If you would like to learn more of what a therapeutic relationship could possibly offer you, take the first step and give Christine a telephone call, or alternatively send an email for further information.

Enso Healing Rooms, 190 Cheltenham Road, Bristol BS6 5RB

• 07856 260267 • cb23.counselling@gmail.com

Growing Support

Growing Support helps people living with dementia to enjoy the garden and stay connected with their local community. We run gardening clubs with activities specially designed to increase opportunities for people with dementia to go outdoors, have more light exercise and be socially active.

Studies show that regular gardening as part of a sociable group can help people with dementia feel a renewed sense of purpose and belonging, reduce agitation, and improve sleep and appetite. Yet as people grow older, particularly if they have dementia, they are less likely to be active or meet new people.

Growing Support runs thriving and sociable gardening groups in care homes and community gardens across Bristol, supported by local volunteers. Volunteers provide support for the more difficult tasks so that everyone can take part, they create a cheerful social atmosphere, chatting with the gardeners and encouraging reminiscence.

Perhaps the best way to describe what Growing Support does is through the experience of one of our gardeners. Doreen was very upset when she

arrived at the gardening club — care staff commented that she was 'inconsolable'. A volunteer walked around the garden with her and they chatted until she became calmer. The group leader then supported her to plant flowers. After an hour Doreen was much calmer and interacting with the rest of the group, laughing when they laughed, and contributing to group activity. We were amazed at the change in her!

It is this kind of positive impact on mood and behaviour that Growing Support wants to share with more people living with dementia in Bristol.

New volunteers are always very welcome. Full training is provided along with regular social events. If you would like to find out more, please visit our website <http://growingsupport.co.uk> or contact Sam at volunteers@growingsupport.co.uk.



Scout's Honour!

It is wonderful to report that, our very own, Mike Evans has been recognised with an award from the Lord Mayor, for his outstanding hard- work and dedication to scouting. He has volunteered as a leader for the past 42 years and has recently been pivotal in the rebuilding of the 63rd Scout Hut, working to raise £400,000, which stands as a testament to what can be achieved with dedication, perseverance and hard work.

When I spoke with Mike to congratulate him on his well- deserved award, he was naturally modest, "It is nice to think local people have taken the time to nominate me, but I accept the award on behalf of the whole, hard-working team that raised funds and project managed the re-building of our hut".

I asked Mike if he had enjoyed attending the Lord Mayor's Mansion House to collect the award?

"Yes, it was good day out, it was interesting to talk the other friendly winners and I always appreciate a nice cup of tea and cake!".

The hut re-build has been an aspiration of the scouts since the 1970s, so you can understand why they are so delighted to have this dream realised. Mike explained what it meant to finally have a building fit for purpose, "Our amazing new building means we have a sustainable future in the local area. A few hundred youngsters visit the venue on a weekly basis, which is fantastic! We are also delighted that the improved facilities enables the wider community to make use of the venue, with a breakfast Club, school classes, birthday parties, dance and Pilates sessions all taking place there." If you would like to hire the venue during the day, please e-mail Lesley Spring at lspring453@gmail.com.

Now that this major project is complete I was interested to know what was next for the group?

"We hope to work on the outside landscaping over the summer and then are efforts are to concentrate on recruiting new volunteers. We now have a brilliant building to serve us but the group needs more people to ensure all the scouting sessions can continue."

There are numerous reasons why volunteering is beneficial, from building your CV, giving something back to meeting a whole world of new friendly people, I was interested to know why Mike had served the scouting organisation for so many years?

"I have a lot of fun, it is very satisfying to observe youngsters really achieving things and seeing



what this means to them. The scouting movement enables them to build their skill set, challenge themselves, all whilst making friends for life. People need only volunteer for a couple of hours a month and I guarantee they will get such a lot of it."

Mike turned sixty this April and looks great, staying so active and volunteering with the young people certainly seems to keep him young!

If you would like to find more out about the 63rd Scouting group, please phone Mike Evans on 07722 632468 or e-mail at mikeevans3@virginmedia.com



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News from Horfield Baptist Church

Horfield Baptist Church has been a familiar part of the landscape on Gloucester Road since 1901 (although the original church building on the site fronting Brynland Avenue at the rear was built some 6 years earlier). The building to the right of the church itself, looking from Gloucester Road, was erected in 1921 in memory of those who died in the First World War. Sadly, it's inevitable that buildings that old will show signs of their age and that's certainly true of all three constructions, all now needing some fairly urgent external T.L.C.

So when the government set up a fund to assist churches with roofing repairs, we put in an application and were extremely fortunate to succeed. After lots and lots of paperwork and a great deal of planning, things began to come together and now, at long last, as the photo shows, work has actually begun.

The church sanctuary is of course open to all for Christian worship Sunday by Sunday, but the remainder of the premises are used extensively by the community in many different ways with hundreds of people passing through

the doors each week for all sorts of group activities. Well used too is our Fresh Ground café, open Monday to Friday from 10 a.m. – 2 p.m. during term times, which would be glad to welcome you. Our aim is to be a valuable community resource and we very much hope that the works being carried out over the next weeks will enable us to go on providing that for many years to come.

New minister for Horfield Baptist Church

The Reverend Sarah Phillpot has joined Horfield Baptist Church as its new pastor.

Her arrival marks the end of a nearly three-year period during which the church has been without a minister.

Sarah was unanimously selected by the church members and moves from a position as Associate Pastor at New Life Baptist Church in Woking, Surrey. She brings to the church gifts as a pastor, preacher, teacher and belief in the renewing power of the Christian message for individuals and communities.

Sarah said: "Our life is a journey which is often undertaken in isolation and can lead to brokenness, loneliness and sorrow. I believe that God loves us and forgives us and a life lived with him and in community with others gives us hope, purpose, friendship and loving company on the journey and leads to healing for the brokenness and isolation that blights many lives."

Horfield Baptist Church with its twin towers has been a Gloucester Road landmark for over 100 years.

The church continues to be a focus for its neighbourhood's Christian and community life including:

- **Sunday Worship at 10.30am**
- **Messy Church meetings**
- **Fresh Ground church community café open weekdays 10am to 2pm**
- **Hosting or running groups and services – including the popular Chatterbox parent and toddler group.**

For more information about Sarah and the church visit www.horfieldbaptist.net



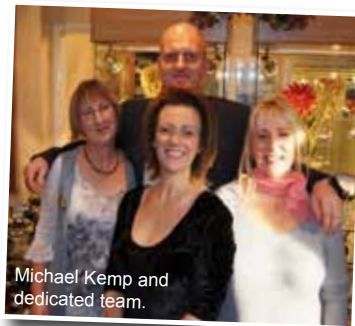
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Kemps Jewellers still going strong!

It was great to catch up with Michael Kemp in his family jewellers in neighbouring Westbury-on-Trym. Kemp's has been trading for an amazing 134 years!

It is always lovely to visit an independent business that is thriving; a string of customers came into Kemp's whilst I chatted with Michael – a couple looking for an anniversary present, a young bride to be, confirming the words to be engraved on her wedding rings and somebody collecting their repaired jewellery.

I asked Michael why he thought this family business continued to be so popular? He told me he felt their diversity of product was a big attraction. They chose not to stock brands but instead source their jewellery from a wide variety of suppliers to include small independents, as well as buying second-hand jewellery from the public. This enables their customers access to unique items that you would not find in the chain stores or online.

I viewed some beautiful period pieces including an Edwardian brooch with vibrant diamonds, with a total of 1.00cts, a 15ct bracelet set with Amethyst and green Garnet and classic Onyx black brooch set with diamonds.

As well as these traditional second-hand pieces, they have a wealth of classic modern items, something to suit all ages and tastes. He went on to say that their items are extremely competitively priced. There is something for every budget, from silver earrings at £10 to £15 to diamond jewellery of several thousand pounds.

Michael told me if people have inherited collections of jewellery that are not necessarily to their personal taste, the jewellers will often take the items in exchange for another special item in their store.

It is clear the knowledgeable team of staff enjoy their work and are passionate about the jewellery and watches within the store. They are extremely approachable, on hand to assist customers with their every need.

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Golden Years brings Silver Screen to Horfield Common



Members of the Ardagh Bowling Club that played extras in Golden Years

The Ardagh Bowling Club is excited to be one of the settings at the heart of the newly released feature film Golden Years. The film is directed by Bristol-based John Miller, who wrote the script with TV presenter Nick Knowles, and Jeremy Sheldon.

Some members of the Horfield Common-based bowling club even featured as extras within the film, which they told me was a wonderful experience when I met with them recently.

The lead character, 69-year-old Arthur, played by Bernard Hill (Wolf Hall, Lord of the Rings) finds facing poverty after five decades of law-abiding, tax-paying citizenship awakens something in him and he makes a bold decision: the financial industry has stolen the hard-earned pensions of him and his friends... so he's going to steal the money back with his wife Martha, played by Virginia McKenna (Born Free, Sliding Doors) as they set about a series of bank heists!

Other cast members include best-loved British actors: Sue Johnston (Downtown Abbey, Royle Family), Alun Armstrong (Braveheart, New Tricks), Simon Callow (Four Weddings and a Funeral, Amadeus), Brad Moore (The Rise, North V South)

Una Stubbs (Sherlock), Phil Davies (Vera Drake, Notes on a Scandal), Ellen Thomas (Teachers) and Mark Williams (Harry Potter, Father Brown).

I had the privilege of interviewing the film's producer Mark Foligno of Molifilms Entertainment (pictured below). We discussed the making of Golden Years and his successful career in the British film industry.

How did you get involved with Golden Years, what drew you to produce the film?

I met the film writers John Miller and Nick Knowles through a mutual friend. I really enjoyed the premise of the script, and knew with some tweaking it would make a great film. That was six years ago now.

It is extremely exciting to have a film featuring our local bowling club on Horfield Common, how did you select this venue?

It was John Miller's decision, who lives locally to the venue. We were looking for a bowling club to be a centre point for the film and the Ardagh is exactly the sort of club we were looking for. In fact, the Ardagh very much has the same positive spirit of the one featured in the film. When I visited, I thought it was a great location and was sold!

How did the local extras perform?

They did a wonderful job! And are named in the credits. We had a great time filming at the Ardagh and the club looks brilliant on screen. It is a very warm, fun, family film.

Are there any other local venues we can look out for?

Yes, the Old Bank of England in town. Tyntesfield National Trust and Henleaze Road. I am sure people that know Bristol will spot more venues they recognise. I would like to thank Bailey Caravans of Bristol for providing us with the getaway vehicle!

When was the film released?

It opened on Friday 29 April at all Odeon cinemas across the UK.

How long have you worked in the film industry?

I first started work in TV/ Film in 1996, so twenty years now!

You have worked on some extremely interesting and successful projects; can you share some of the highlights of your career?

Each film I work on brings its own highlights. I have the pleasure of working on great films with new teams each time.

The King's Speech was a fantastic project to work on with the likes of Colin Firth and Geoffrey Rush. Ironclad was an epic production filmed in Wales with talented actor James Purefoy. Really enjoyed working with director Rowan Athale. Working with actors Sam Rockwell and Kevin Spacey on Moon and Timothy Spall on The Rise was also great. The cast of Golden Years with older statesmen of British acting – Bernard Hill, Alun Armstrong, Simon Callow, Una Stubbs, Virginia McKenna and Sue Johnston were all fantastic. I really enjoyed shooting in Bristol, it is a great city.

As a champion of British Films, do you think the industry is currently in good shape?

Yes, it is in good shape. We have blockbusters such as the Marvel films being shot here as well as fine British drama.

What is your favourite British film?

That is an extremely difficult one! A film that I still love to watch is Slum Dog Millionaire. But I also have a special place for the Bond films and early Star Wars movies that were all shot in the UK.



Lights, camera, action! At Ardagh Bowling Club on Horfield Common

I have always enjoyed the Ealing comedies that I feel we give a nod to in Golden Years.

What is the next project we can look out for?

We are currently working on Gloves Off that will be released at the end of the summer and Angel in the Autumn, which has the very talented Paul Andrew Williams directing it.

Why not join the Ardagh Bowlers?

The Ardagh Bowling Club welcomes you Friday evenings 6 to 8 pm. Come and chat to our friendly members and try bowling.

All equipment will be provided along with qualified coaches, just wear flat shoes.

If you can't make one of these Friday sessions, please contact Chris on 0117 942 6580 to organise another time.

Please keep in touch to see other activities for the year – County Matches • A match with players from Bristol Rovers • BBQ and music evenings • Table Top Sales • Treasure Trail and more!



L to R: Mark Foligno, Mark Williams and John Miller



Film scenes within our local Ardagh Bowling Club



News from our Bishopston & Redland Councillors

Our Thanks

Thanks to everyone who voted in the recent elections, including those voters who supported us, of course. We're delighted to have been re-elected by local residents, in a very high turnout, and both with good majorities – we're back at work for everyone in the ward and look forward to representing the area again. We're also sad to lose our old colleague Daniella but looking forward to working with the new councillors and the local partnership groups again in supporting the neighbourhood. We were also glad to see the total Green vote across Bristol West was the highest of any party – thanks to everyone for your continued and clear support!

Unapproved development of a café

We were contacted by a number of local residents about the construction of a new café at the Applegreen petrol filling station at Berkeley Rd. The café application was still open for public consultation when they started clearing vegetation and building a café in the retail unit. This is especially sensitive as the garden was planted by school friends of a pupil killed by a hit and run driver some years ago, and the company began leafleting the opening date before planning permission was even given. While the trees are protected there may not be grounds to object to the development, however, there are concerns about traffic, noise and cooking smells, plus road safety at this busy junction used by drivers for U-turns around the crossroad. At the time of writing we are considering 'calling in' the development so it can be heard in open planning committee. If refused it would have to be restored to the previous state. We've also contacted Applegreens head office who have expressed their willingness to work with the local community to erect a suitable memorial.

Library ideas

What do residents want from the new local library on Gloucester Rd? In preparation for the completion of the new library, there's been a consultation on what people would like to see taking place in the new space. Ideas for activities, clubs, facilities, and so on are welcome. If anyone did not have a chance to visit the Cheltenham Rd site or send in their ideas, please feel free to email proposals to us and we'll of course pass them on. We're hoping there will be an active friends of the library group and creative ways to extend opening hours and services to the area.

Chasing Bristol North Bath progress as we were promised!

Martin had a promise from the previous Mayor that we'd be kept informed about progress completing this project. As a result, we have had a recent briefing which says 'Bishopston Medical Practice several times ... have confirmed their willingness to enter into negotiations for a new lease within the building.', which sounds hopeful. Fingers crossed.

RPS in Redland – TRO delays

At the time of writing we're still waiting for the much delayed advertising of the Traffic Regulation Orders, the legal stage that precedes the decision to implement revisions and an extension to the residents parking schemes in Cotham North and Redland, to extend it to streets in the north of Redland.

Collision in Cranbrook Road

We have been alerted by a number of residents to speeding traffic affecting school crossings and poor visibility on the Cranbrook Road and Cairns Road junction. Sadly, we heard of a collision affecting a child recently, thankfully not serious.

To tackle the speeding traffic, we're helping residents get the issue monitored and are working to help identify solutions that could resolve this. A petition is being prepared by residents with a call for a safe way to cross the road. Do get in touch if you want to be involved.

Cycling and Walking

Bristol City Council has some money to make small improvements to walking and cycling routes. Fixing small things can make a big difference – bugbears are the small irritating things that hinder your cycling and walking through Bristol. It could be roads that could be made safer, missing signage, overgrown paths, uneven surfaces, obstacles or potholes. See the Bugbears website: <https://bristolbugbears.commonplace.is/> Use the slider to indicate how critical the issues are for you. The current funding does not include bigger projects like new pathways, but if you mention these they will gather them for future bids.

Redland Green School expansion

New rooms are being built on the popular Redland Green school site. We're also pleased the education director has agreed to investigate if there's a viable way some of the site of Redland High School, which is soon to be vacated, could be used to help provide any extra places or facilities. The alternative will be

to see what planning proposals come forward for the site and what development gets proposed.

Following the May BCR Forum the next meeting of the Neighbourhood Partnership itself is on 20 June. There are lots of ways to get involved e.g. via the working groups and projects supported by the partnership. Please visit www.bcrnp.org.uk for information about groups like streetscene, trees, as well as the local grants and other events.

New ward boundaries

Just a gentle reminder to residents east of Gloucester Rd: you are now in Ashley ward so need to contact councillors for that ward to deal with any issues. Residents west of Gloucester Road, north of the railway line and Redland Rd, and south of prison are in Redland ward.

Get in touch

Redland Ward

Cllr Fi Hance - Green Party

Tel: 0117 3534720 / Fi.hance@bristol.gov.uk

Cllr Martin Fodor - Green Party

Tel: 07884736101 / Martin.Fodor@bristol.gov.uk

An introduction from our new Bishopston Councillors



Eleanor Combley

As the new Green councillor for Bishopston and Ashley Down, thank you all for giving me the opportunity to represent you on Bristol

City Council for the next four years. With a Labour mayor and majority council, it will be important to have independent Green voices: able to cooperate constructively, scrutinise decisions, ensure accountability, and promote solutions that are greener, bolder and more imaginative.

Thank you to everyone who spoke to me over the past few weeks. I know this area well but still I loved the experience of campaigning, exploring every corner and meeting so many lovely people. I hope, as your councillor, to have many more chances to meet you, so do let me know if there is something happening in your neighbourhood.

The main message was that people are mostly happy with our area, and many generously raised concerns that affected not them but others more vulnerable. That said, there will be issues that affect some of us over the next four years and if that is the case I hope you will feel free to contact me so that I can help and support you.

Finally, I would like to thank Tim Malnick and Daniella Radice, our out-going Green councillors. They have been such great advocates for our area, and it is clear from other councillors and council officers that they are highly regarded across the city. I will be working closely with them to ensure as much continuity as possible.

cllr.eleanor.combley@bristol.gov.uk

07584370427

www.bishopstongreencouncillors.info



Tom Brook

Hello! For those who don't know me yet, my name is Tom Brook and I am one of your new councillors (Labour) for Bishopston and Ashley Down. I've lived in or around the area ever since I moved to Bristol, and I'm thrilled to be able to represent it now.

My background is in mechanical engineering, specifically within low carbon energy. Therefore, I am very interested in all things infrastructure and environment; things which, from speaking to many of you on the doorstep, I know are also of key interest to people in the area.

I would like to take this opportunity to offer my sincerest thanks to all those who cast their votes for me. I am deeply honoured that the people of Bishopston and Ashley Down have put their faith in me to represent this great area of the city, and I will work tirelessly to fight for you and to represent your views.

With a new administration in City Hall we will begin to see real positive change on the big issues in the city. We want to be a Council that listens and takes into account the views and needs of everyone, so over the next few months I'd like to meet with as many local groups, organisations and individuals as possible to see how I, as your councillor, can help you.

Please do get in touch; my email address is cllr.tom.brook@bristol.gov.uk.

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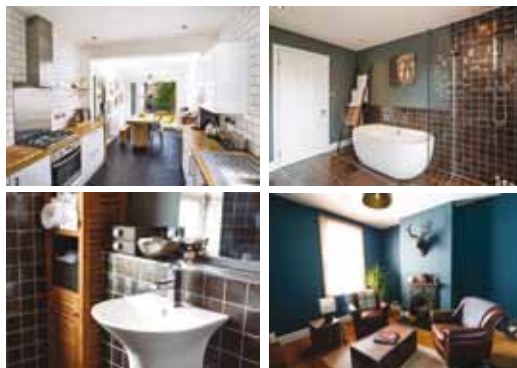
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Community Noticeboard

For free listings contact
kerry@bishopstonmatters.co.uk

For the new online
'What's on' diary of events visit
www.bishopstonmatters.co.uk

Call 07881 924059

Bishopston, Horfield and Ashley Down Local History Society

All meetings are on Tuesday and start at 7.30pm at
the Friends Meeting House, Gloucester Road.

21st June

My Life Behind Bars - Jill Sims, MBE.

Tuesday, 19th July - Beaufort and Cleeve Hill
Military Hospitals 1914-1919 - Roger Anderson.

bishopstonhistorysociety.wordpress.com

New Library opening hours

Please go to www.bristol.gov.uk/libraries
for more information

Henleaze Library - 0117 9038541

Mon & Tues 11am - 5pm

Wed 1pm - 7pm

Thurs 11am - 5pm

(Story Time session

11.15am and Rhyme Time 2pm)

Fri 1pm - 7pm & Sat 10am - 5pm

Westbury Library - 0117 9038552

Mon 2pm - 7pm

Tues 11am - 4pm

Wed 11am - 4pm (Rhyme time 11.15am)

Thurs 11am - 4pm

Fri 11am - 4pm (Story Time 11.15am)

Sat 11am - 4pm



An Afternoon of Enchantment and Fairy Tales

with HTC Singers

Sunday 19 June 2016
2.30pm (doors open 2pm)

Horfield Parish Hall, Wellington Hill
Bristol BS7 8ST

Tickets £5
(includes a cuppa and a cake)

Ticketline: 0117 969 5716
or book online: www.horfieldtheatre.co.uk

Spring 2016 Concert

2 July 2016 - at 7.30 pm
finishing at 9.30 pm

Bristol Cabot Choir - Summer Concert -
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Come and join us at Sprogs...

'Children's Nearly New Sale'

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Saturday 18th June - 10-11.30am

Horfield Parish Church Hall, Wellington Hill, BS7 8ST

Yummy Tea and Cakes Served!

All enquiries and to book a table contact -
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£1 adult admission
(Donation goes to the charity: Children's Hospice South West)



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AT ST ALBANS CHURCH
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WEDNESDAY 22nd JUNE 2016, AT 7.30 PM

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9241318 or from choir members or at the door

Life Cycle celebrate National Bike Week with a Bike Raffle

This year's
National
Bike Week
runs from
Saturday 11
June and
will involve
a variety
of events
across the
country. To
mark the
occasion,
Life Cycle
is offering
local people
the chance
to win a bike
from their
workshop in Horfield Prison.



On Thursday 16th June, alongside their
regular weekly bike sale, the Life Cycle
team will be out selling raffle tickets. If
you would like a chance to win, you can
find them on the corner of Cambridge
Road and Gloucester Road between
10am-3pm.

It is a great opportunity to learn more about
the many projects that Life Cycle run, which
enable more people in Bristol to get cycling
and a chance to support them simply by
buying a ticket.

Life Cycle mechanic John Russell told us
"We have a cracking bike allocated for the
prize but we can change it to accommodate
the specific needs of the winner if it isn't
suitable."

The choir at Horfield Parish Church,

consisting of adults and children, sings at
10.00 am. Mass on Sundays, and once a
month, also presents an evening service
with more elaborate music - either a fully
choral evensong or a service of readings
and music. New singers are always
welcome, and at present, more sopranos
and altos are particularly required.

For further information, please contact
the Director of Music on 0117 3300792.



Community Matters cont...

Lockleaze & Horfield Strollers. This local group walks fortnightly on a Tuesday morning with numbers of around fifteen. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire please contact – healthwalks@bristol.gov.uk or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday – Friday).

Tuesday 7th June – Bennett's Patch and White's Paddock Meet at Horfield Leisure Centre 9:50, Bus 505. A chance to visit Avon Wildlife Trust's new Nature Reserve. Walking from The Downs to Sea Mills it will be a longer walk. Leaders Stuart, Jane.

Tuesday 21st June – Oldbury Court to Eastville via Snuff Mills Meet at Horfield Leisure Centre 10:00, Bus 17A. Walking down the Frome valley, coffee break at Snuff Mills, with option to take bus or walk to Eastgate. Leaders: Stuart, 'C'.

Volunteer to bring joy to the lives of older people. Volunteers (aged 50+) are sought by respected charities, Alive! and RSVP, to lead activity sessions for older people in care homes involving music, poetry, reminiscence and armchair exercise. Make a real difference to the lives of older people and have a great time doing it. Comprehensive training and ongoing support will prepare you for one of the best voluntary roles in town. Feel good, meet new people, develop your skills and use your outgoing personality to light up lives in Bristol care homes. For further information: contact jan.snook@rsvp-west.org.uk or ken.dolbear@rsvp-west.org.uk or 0117 942 3085.

The 2016 St Werburghs Arts Trail will take place on Saturday 24 and Sunday 25 September in homes, artists' studios, parks and community venues throughout St Werburghs. Registration is open to all local artists and crafts people alongside musicians and performers, and anyone else with artistic skills to show off or share. Participation is not restricted to those who live or work in St Werburghs. People who do not have their own venue to exhibit in will be matched to a number of community venues in the area. Anyone wishing to participate should fill in the online form at website www.stwerburghsarts.org.uk.

Friends lunch group, open to all. Bishopston Methodist Church invites you to come and share lunch. They charge a nominal amount i.e. soup and a roll 60p, Jacket Potatoes £1.00. There is always a choice of salad and desserts with ice cream or custard. Tea and Coffee also available. They are open from 12 noon to 1.30 pm on Thursday, June 23 and July 21. Please go along and join the welcoming group for some stimulating conversation or just to sit quietly.



Riff Raff's Grand Night Out takes place at the Colston Hall on Sunday 24 July at 7 pm. The resplendent Riff Raff Choir will rock Colston Hall with a riot of pop songs from across the decades. The majority of the songs are original arrangements and performed a cappella with a huge amount of energy and enthusiasm.

Riff Raff's Grand Night Out will start with an exhilarating performance by Reduced Riff Raff, a multi-talented, a cappella quintet of professional



singers. The concert will build as different parts of the choir join together to sing a selection of memorable tunes before coming together as the full, magnificent 200-strong Riff Raff Choir. The concert will be sure to leave you smiling, uplifted, and wanting more.

This concert will raise money for Wallace & Gromit's Grand Appeal – £2 from the sale of each ticket goes to the charity – to benefit Bristol Children's Hospital and provide life-saving equipment for babies and young children.

The Lazy Dog on Ashley Down Road is hosting a glorious ladies fashion and accessories event, brought to you by Gabriella & Pilar! From 2.30 -16.30 on Saturday 11 June. Get your sexy Spanish outfits here for your hols this summer!



Rag Rugs for a great cause

once again, Bishopston resident Kath Mayall returned to The Gambia last November to spend the

winter months. Men and women are still making these beautiful rugs from recycled fabrics for Kath to bring home and help sell. Kath told me, "I had two students from Ghana

last winter, who were working in The Gambia for four months, they were pleased to take their new rug making skill back home with them. I hope that they will keep in contact with me and I will be able to see some of their beautiful creations.

The income from the sale of the rugs is vital to the men and women who make them. Every winter I am able to teach new people and help them to generate some much needed money. The tourist season there is very short and people fortunate enough to work in the tourist industry have to survive during the off-season with the money they have earned during the winter months. Others are not so fortunate so making these beautiful rugs has become a very important way to generate an income. I am looking forward to craft fairs and the fantastic Bristol Art Trails during the summer, where I hope to sell them all and take the profits back to The Gambia with me next winter".

In the meantime if you would like to purchase one of these wonderful bespoke rugs please call Kath on 0117 9246714.



Bristol Bach Choir hold their next concert on Saturday 25 June 2016, 7.30 pm at St Mary Redcliffe. The performance will be conducted by Christopher Finch with Nigel Nash on the organ. The city of Bristol has a long tradition of trade with countries bordering the Baltic Sea. Bristol Bach Choir continues that spirit of exchange in a programme that showcases choral music by the finest contemporary composers from Estonia, Finland, Sweden, Poland and Latvia alongside pieces by the 16th century English masters, William Byrd and Robert Parsons and Germany's Dietrich Buxtehude. In the year we celebrate the 400th anniversary of the death of another great 16th genius - William Shakespeare – the concert includes settings of his immortal words to music by Vaughan Williams and two current Scandinavian composers, Jaakko Mäntyjärvi and Nils Lindberg. Tickets are: 20, £15, £10: students and under 25s, £5. Visit bristolbach.org.uk / 0117 214 0721.



Bristol MP, Walter Ayles – Word War 1 Pacifist – Remembered

On Sunday 17 April, 12 Station Road, Ashley Down, unveiled a new English Heritage Blue Plaque, to commemorate Walter Ayles. Walter, a well-

known local pacifist and part of the No-Conscription Fellowship founded in November 1914 was eventually imprisoned for leafleting! Leaving prison, he continued with politics and became a Minister of Parliament for Bristol. He remained in politics until his death in 1953. Ironically and sadly his own son, Ronald, lost his life in 1944 in WW2.

Bishop Road School Summer Fair takes place on Saturday 25 June, 2-4.30pm at the local primary school, all are welcome.

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