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including Ashley Down, Horfield & St. Andrews

Matters

issue 99, Sept 2016

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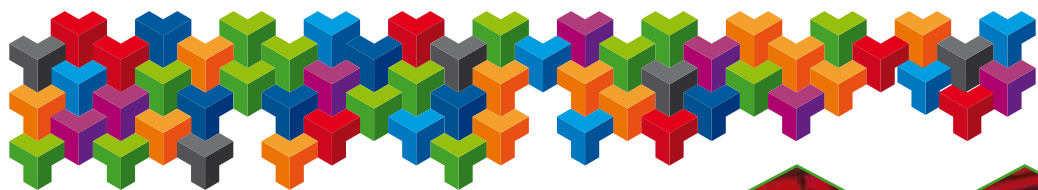
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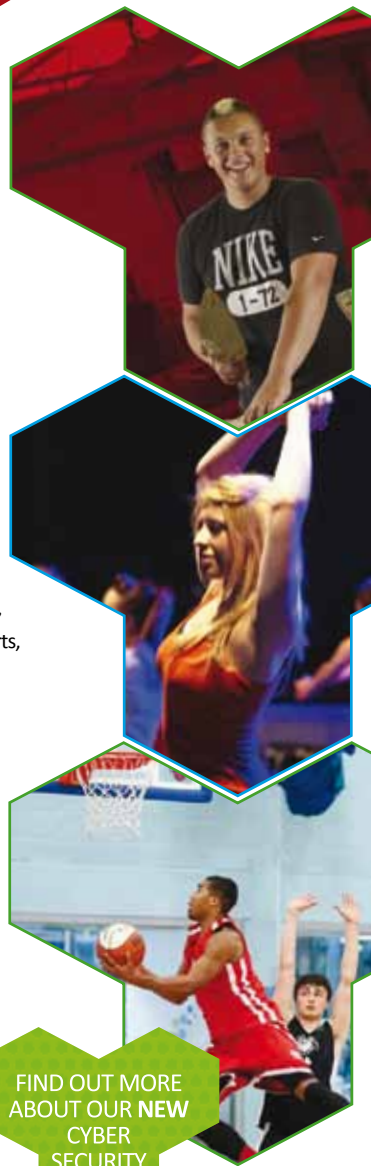
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FIND OUT MORE ABOUT OUR NEW CYBER SECURITY ACADEMY

Dear Readers...

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I hope you have all had a wonderful summer, there has been lots of fab local activities to take part in; I hope you enjoy reading reports on these throughout the magazine.

There is still plenty to look forward to; Saturday 17 September is a date to mark in the diary, with the Bishopston, Cotham and Redland Neighbourhood Partnership Community Festival taking place at St Michael's Church Hall, the Golden Hill Community Garden Harvest Fair and the fabulous Party in the Park 2016, at Golden Hill Sports Ground. I look forward to seeing many of you out and about on what promises to be a fun-filled day!

It is great to report that construction of the new park area on Ashley Down Green has finally got underway! The Friends of Ashley Down Green bring us up to date on news of this and their first summer picnic.

The Friends of Horfield Common have had an extremely active few months; they invite you to get involved and join this friendly group of community-minded people. Congratulations goes to Friends - Sarah and Fiona, who recently had their heads shaved for charity - check out the before and after shots!

I had the pleasure of meeting with three local mothers who all have a child with SEND (special educational needs and disability) this month, to learn more about their mission to work with local people and businesses to create inclusive communities. I hope you will help them with their plight - together, I am confident we can do it!

There is also news of two, free local treasure hunts taking place soon, thanks to Book Island and the Gloucester Road traders; find out how to take part.

Kerry X

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

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bringing the community together in all its colours.

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Summer has been pretty busy on Ashley Down Green!

The Friends of Ashley Down Green held a 'Picnic on the Green' for all the local residents in early July. There were cakes to buy, fun games for children, and a challenging quiz on local knowledge for the adults! Thanks to all the volunteers who contributed their time and enthusiasm to make this a success, and thanks to all those who attended and supported this community event. The Friends Group will certainly be looking to hold more events like it in the future to bring local people together to enjoy the open space.

The most significant development of the past few months has been that the long-awaited play area has finally been approved for construction, and contractors moved onto the site on 8 August! The play area will take shape over the next 2-3 months, with a grand opening planned for the middle of October – a date which no doubt can't come soon enough for the eager younger residents – who have already had their faces pressed up against the temporary fence watching the digger do its work.

The Friends Group will be sending regular updates about the construction of the play area, as well as details about future family events. To stay in touch, you can be added to the mailing list by emailing ashleydowngreen@gmail.com. Please also like our page on Facebook www.facebook.com/FriendsADG/ and follow us on Twitter twitter.com/friendsADG to see the pictures of how the construction is taking shape!



Construction has begun on the new play area



Ashley Down ladies, Val and Elinor, were keen to bring people together with a summer picnic. In true community spirit Val even planted 200 snowdrops and daffodils this year to make this space "more beautiful" – Thanks Val!



Introducing Coco & Mono

Hola! We are Tamara and Lu from Coco & Mono. We are really excited to be starting new fun and engaging Spanish classes for toddlers at the Wildgoose Space in St. Werburghs, on Friday 9th September.

We teach Spanish through games, songs and stories for children aged 0 to 4, so they have a great time as well as learning a new language! We are qualified primary school teachers with lots of experience teaching languages in schools and we have seen how much children enjoy learning Spanish.

I live in Ashley Down and Lu lives just around the corner. We met during our teacher training (PGCE) at UWE, where we qualified as primary school teachers with a specialism in Spanish. We have a shared interest in languages as they have been a big part of our lives. Lu is Spanish and fluent in English having settled in Bristol eleven years ago, and I'm bilingual having lived in Spain for most of my childhood.

Since Lu has become a mum, she relishes sharing her knowledge and enjoyment of both languages with her daughter Norah, who is one and a half. It's been lovely to see how many Spanish words Norah is already speaking at such a young age!

As friends, we are thrilled to be starting this venture together. We will be teaching on Fridays (term time only) at 11am, Wildgoose Space, St. Werburghs.

If you would like to join us with your baby or toddler, call us on 07734935062 / 07931989235 or email us at cocoandmono@hotmail.com.



Tamara, Lu & Baby Norah




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5.00-5.45	7-9 yrs



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NEW Autumn Classes at KudaCan

As KudaClub enters its fourth year, the popular breakfast & afterschool club is almost full to capacity! Owner Pegah tells us how their focus will be on further developing their holiday club during the half terms after a successful start this last year. Meanwhile check out all the new events at KudaCan below!

Baby Senses – Sensory classes for babies aged 0-12 months. The ability to see, smell, touch and hear are among your baby's most important learning tools. **Mondays, 1.45pm.**

Postnatal Pilates – Postnatal Pilates is a safe and effective way back to exercise following pregnancy. The classes focus on regaining strength in the pelvic floor, retraining core abdominal muscles and rebalancing posture. **Tuesdays, 1.30pm.**

Family Ballet – A ballet based class for adults and little ones alike. Combining co-ordination, confidence boosting and social skills for the little ones, with a few fun toning exercises for the adults. **Thursdays, 10am.**

Diddi Dance – Action packed with dancing, singing, action songs, fun props and bespoke music that will help boost your little ones confidence, gross motor skills, social skills, rhythm, co-ordination, and so much more. **Fridays, 10am.**

Dance Mums – You get to boogie whilst toning your whole body and meeting a new bunch of fun mummy friends! **Mondays, 10am.**

Little Stars – Join Hannah for a creative hour of arts and crafts, sing along and story time designed for children age 2-4yrs. **New time! Thursdays, 11.15am.**

After-School Drama – Shout Out! drama club is a jam-packed hour of fantastic games and activities that aims to teach children aged 5-10 years old professional drama skills whilst really boosting their confidence and soft skills. **Fridays, 4.15pm.**

Weaning Workshops – Gentle Touch will be running these helpful sessions on an ad hoc basis, call or visit the website for further information.

Tel: 0117 9422877 visit www.kudacan.co.uk or pop into KudaCan, 7 Dongola Ave, BS7 9HG. Open: Mon-Sat 9.30-5pm, (Sun-private events only).




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Academic, Creative and Performing Arts, and Sport Scholarships are available for entry into Year 7, Year 9 and Lower Sixth, in addition to means-tested bursary awards.

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.





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Bishopston Congested Residential Streets – Public Forum

A special public forum meeting is planned to discuss the problems of residential streets in Bishopston that suffer from the effects of road congestion. It is being organised by the Bishopston, Cotham and Redland Neighbourhood Partnership in response to local residents. Many streets in the area, including Church Road, Dongola Road, Kennington Avenue, Longmead Avenue and Nevil Road suffer from road congestion.

Several issues have been reported. They include: vehicles using the streets as short-cuts to avoid main roads at peak times; safety concerns due to speeding vehicles in residential areas; face-offs involving vehicles who cannot pass in the narrow streets, especially where there is parking on both sides; delays when delivery vehicles stop in the road because they have no space to pull in.

The public forum will allow residents to report and share the issues they face. It will also allow representatives of groups, such as the local SAFERoads campaign, to describe what they have found when monitoring their roads. Possible approaches to address the issues will be considered, including their advantages and disadvantages. So this will be a chance to look at options and see what support they have from residents. The results of the meeting will help inform the Neighbourhood Partnership in making recommendations to Bristol City Council about future road schemes.

Chair of the BCR NP Sustainable Travel group, Roger Gimson, said, "There is a very limited budget for road schemes in our area, so it is important that every penny is spent wisely and with the full support of local residents".

The forum will take place on Tuesday 27 September, 7–9pm, at the Horfield Quaker Meeting House, 300 Gloucester Road, Bishopston, and is open to the public.

Anyone will have an opportunity to speak, but if you have something specific you would like to say on behalf of the residents in your street, please let the Neighbourhood Partnership know (info@bcnp.org.uk).



How businesses along Gloucester Road are doing their bit for carers

If you know someone who is a carer looking after a family member or friend in Bristol or South Gloucestershire, tell them about the Carers Emergency Card. Over 4,500 carers in Bristol and South Gloucestershire carry the card in case they are taken seriously ill or have an accident or emergency that prevents them from caring. It ensures the person they look after gets vital help through the local authority, and this is a free service.

Cardholders are also able to access discounts as part of the Carers Emergency Card Benefits scheme. If you know someone who runs a business, tell them traders can offer discounts to carers by linking up with Carers Support Centre. Over 150 local traders already offer discounts on days out, relaxation, therapies, retail and eating out. Carers show their Carers Emergency Card to claim discounts.

Keith Sinclair, Chief Executive of Carers Support Centre, said: "We are inviting businesses to support carers and show they are 'carer-friendly' by joining the Carers Emergency Card Benefits Scheme.

"Caring is an issue that touches many people. Locally, 2 out of 5 people will become carers at some time in their lives. There are 68,000 carers in Bristol and South Gloucestershire and the time and care they give saves local health and social care services a staggering £1.19 billion every year."

Amy Flood is a carer who looks after her disabled son. She said: "Having a Carers Emergency Card has offered me real peace of mind, and these additional new discounts are a wonderful idea. It's lovely to know that so many traders have opted in... it's great for the local community, and being part of the scheme will hopefully see businesses benefit from some extra trade, too!"



Participating businesses in our area:

Ablectrics, Art at Bristol, Born, Harvest Natural Food, I love my PC, La Ruca, MAKE, Planet Pizza, Playfull Toyshop, Poppers the Party Shop, Room 212, Scoopaway Health Foods, Sood Chemist, T & PA Murray Ltd, The Fish Shop.

Follow the hashtag on Twitter: #cecbenefitscheme

A Big Thank You!

It's now been just about a year since our move to Gloucester Road and we would like to take this opportunity to give a massive thank you for the support we have received over the last twelve months, which has made the shop such a success.

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September free wild play sessions

Avon Wildlife Trust's FREE wild play toddler sessions are back! Starting 7 September at Horfield Common. Unleash your child into the urban wild in your local park. Sessions include mud painting, songs & stories and take-home nature crafts.

Thanks to the support of the players of People's Postcode Lottery, Avon Wildlife Trust has been given funding to provide these regular wild-play sessions for free, to six communities across Bristol.

Where? Horfield Common (meet near the café)

Who? Aimed at families with 2- 4 years olds (younger siblings welcome)

When? Every other Wednesday during term-time 10am – 11.30am (starting 7 September 2016)

What to bring? Wear old clothes and sturdy footwear ready for muddy adventures! Don't forget a snack and bring a rug to sit on.

Visit avonwildlifetrust.org.uk/mywildchild for all dates and more information. Join our facebook group [facebook.com/groups/mywildchild](https://www.facebook.com/groups/mywildchild).



The Search for the Lost Olympic Rings

It all started when the Head of the Olympics visited an Ashley Down assembly and invited the children to help with the search for the lost Olympic rings!

What a lot of fun we had watching them retrieve them all, we were taken on an entertaining journey to a deep dark forest, the moon, an enthusiastic rock band performance, the USA Basketball team taking part in a training session and finally a wonderful, colourful, joyous carnival in Rio.

I particularly enjoyed the band 'rocking out' across the stage, the fluent bleep, bleep, bleep, blop, blop, blop Alien language spoken and the song, "We are the children of Ashley Down School, we take pride in the things we do. Learning together and having fun, lets find the rings for everyone!"

The play was created by the children and what a fantastic job they did. The packed hall was full of love and good cheer, you couldn't help but be entertained with a huge smile across your face as you enjoyed the vibrant performance.

At the end of the play, Year 2 teachers – Ms Bliss and Mr Baughan told us they had enjoyed an amazing year with this fantastic group of kids, it was clear to see why.



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<https://exppsy.onlinesurveys.ac.uk/nbu-food-choice-study-2016>

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Looking to the future – As always there was a positive buzz when I visited Niche recently. Original owners Peter and Jane took on Niche back in 1994; the hard-working couple have always moved with the times while maintaining a high level of customer service. Over the years they built a strong, skilful team and are pleased to now hand-over the full time running of the business to directors – Joe (their son) and Rupert. This may be a new role for Joe and Rupert but the partnership has years of experience working at this successful, creative print and framing business, and they are looking forward to many more! Niche is also pleased to introduce Abi as the new shop manager.



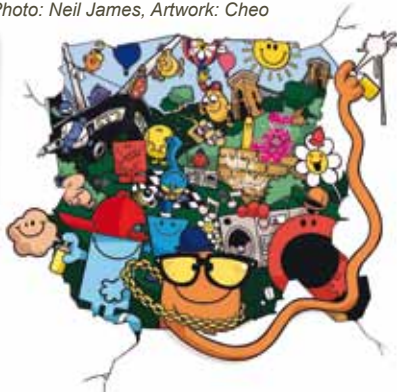
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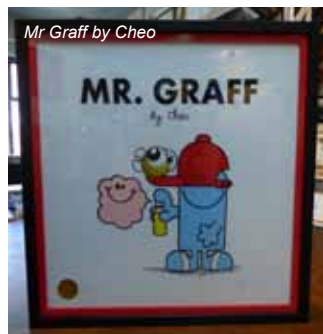
Photo: Neil James, Artwork: Cheo



Upfest – The Stokes Croft business was heavily involved with Bristol Upfest, both in sponsorship and producing over five hundred prints for the festival this year. Rupert told me how much he had enjoyed working on Bristol street artist's Cheo's – Mr. Graff. The fantastic character was fully endorsed by the creators of Mr. Men. Niche would like to congratulate the organisers of Upfest on another fantastic event; they are already looking forward to next year!

Folding Canvases – Always keeping up to date with the latest products that will benefit their customers, Niche is pleased to introduce – Folding canvases. These canvases are created in cardboard and folded from flat, into a robust, good quality three-dimensional canvas. As well as being less expensive, strong – but lighter to post, the major advantage of this canvas is the fast turnaround; you can potentially have your photos or art prints transferred to canvas in just twenty-four hours!

Aluminium-Faced Mounting – For a sleek, contemporary finish, Niche is now pleased to offer Aluminium faced mounting. This premium product results in a very flat, durable finish that is ready to be float-mounted. This service is available for images printed at Niche.



Mr Graff by Cheo

Wow-factor Wallpaper – The team are enjoying creating custom wallpaper for clients. They recently worked with an art consultancy in creating bespoke wallpaper for eighteen different rooms in a boutique hotel.

Price Freeze – In spite of recent events Niche holds a positive outlook for the future. Despite their costs from European suppliers increasing by twenty percent, they are holding their prices for customers.

Local Delivery – The weekly local delivery service that Niche now offers has been well received by their customers. Look out for the branded van across Bristol!

If you would like to discuss your creative printing or framing project, or anything that is mentioned in this article, do get in touch with the helpful, professional local business.

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Stylist Amelia wins Gold Award!

Amelia (pictured left) joined the Green Room in October 2015. She recently completed her hair dressing qualifications in fine style – winning gold at the Reflections hair training academy (see fabulous winning style far left). Jo and Karen told me they are very proud of her achievements and are delighted to have her as a junior stylist. The talented Amelia is now available for clients.

A strong team, celebrating 8 Years!

The Green Room enjoyed celebrating their eighth anniversary on Gloucester Road this year. Owners Karen and Jo would like to thank both their customers for their support and their fantastic team of stylists. Senior stylists, April has been with them for eight years and Paul for over six. Jess has been at the salon for a year and is doing very well, proving to be popular with clients. Jo, who is pleased to be back from a little leave, told me the happy team feels stronger than ever.

Latest Kevin Murphy products – The salon 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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MAKE - sure you visit soon

MAKE Fashion on Gloucester Road has been a favourite of fashionistas for many years. Now under new ownership in the hands of one time MAKE employee, Sophie Hanson (pictured below), the business has started its next chapter with a complete make-over!

Sophie has lived in the local area for the last decade and often shopped in MAKE before starting to work there part-time in 2010. When her boss announced that she was thinking of selling up, Sophie's entrepreneurial spirit and her passion for fashion kicked in and she leapt at the opportunity to take over the business and inject her own style into MAKE. She feels strongly that independent shops add colour and personality to the high street, and need to be cherished.

When I first stepped into MAKE, I couldn't wait to delve into the colourful collections on the rails! I love the new colour scheme of natural woods, whites and deep sea blues. It feels fresh, calm and inviting – perfect for browsing!

My first impressions were further complimented by Sophie's choice in stock, not only has she assembled a collection that any student or fashion-mad teenager would be happy with, but has also put together an enviable range of beautiful garments us more mature ladies will love. It's classic and trendy vintage style.

Sophie's favourite brand (although a tough decision!) is Lily & Me, a family owned British clothing company from Cornwall – you can pick up some lovely dresses and tops in beautiful fabrics featuring nature inspired prints. Her favourite part of running the business is seeking out new brands and products, and she is constantly updating the stock in the shop. Recent additions include the fun, foldaway backpacks and holdalls from Eco Chic (perfect for travelling light), pretty and practical clothing from British brand Brakeburn, and if you are into the vintage look, then you are going to love the gorgeous, printed cotton dresses from Circus. MAKE also has a colourful array of accessories from scarves, sunglasses, handbags, make up bags, and jewellery. With Sophie's first love being jewellery she is looking forward to expanding her range soon!

Look out for news of a launch party later this autumn 2016...You can keep up to date by following MAKE on Facebook – @MAKEgloucesterroad. In the meantime, take advantage of the fantastic discount below!

59 Gloucester Road, Bishopston, BS7 8AD • Tel: 0117 942 3030

info@makefashion.co.uk • Open Monday to Saturday 10.00am till 6pm.

Autumn Offer – 20% discount when you spend over £50*

Come and check out MAKE's new Autumn/Winter range, arriving in store now!

Sophie is offering a fantastic 20% discount when you spend over £50!

**Excludes sale items and the Jewellery by Jody range. Valid until 30/09/16.*

Simply bring in this magazine or mention this article in Bishopston Matters.





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October Half Term FREE KIDS' TREASURE HUNT!

Stuck for activities over the October half term? The Bristol Best and Brilliant Treasure Hunt will keep you and your little ones on your toes!

Hidden in the displays of the shops of Gloucester Road and Cheltenham Road, see if you can spot the many Bristol-themed creations designed by the children of our local primary schools. Solve the accompanying clues and claim your sweet treat from Bishopston Co-op.

The treasure hunt promises to be a family fun activity as well as enhance local knowledge of Bristol.

Go to www.bishopstonmatters.co.uk for details of the treasure hunt and to download your treasure hunt answer sheet (from mid September).

Bishopston Matters community magazine is pleased to be supporting this fantastic local event and providing a prize. Thanks also goes to the following sponsors – Children's Scrapstore, Enso Martial Arts, the Co-op as well as trader Shelley Swift for organising this fun event.

HAVE FUN!

If you are in the trailing mood – why not double the fun and attempt the Book Island trail too! (see page 13 For full details).



Shelley Swift



Matilda, Olivia, Isabelle and Evie from Dolphins Primary School ready to get arty!



BISHOPSTON CUSTOM PAINTS

Quality Paints & Accessories

A new family business pleased to be serving the people of Bishopston. We stock a huge range of competitively priced, quality paints and complimentary products.

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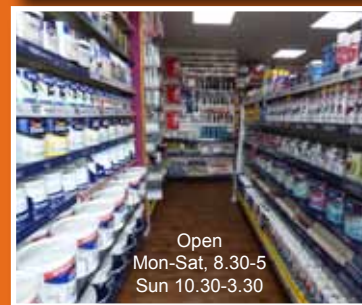
We hope local people will support our new business, we will do all we can to support you.

Sister business

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Tel: 0117 239 1995



259 Gloucester Rd,
BS7 8NY
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info@lunaroptical.com www.lunaroptical.com

Open: Mon, Fri & Sat - 9.30am to 5.30pm

Tues, Wed & Thurs - 9.30am to 6pm



Autumn News from Hair Mechanics

Rejuvenate your Hair, with Systems Professional – The team recently enjoyed receiving further training on delivering the Wella System Professional range of hair treatments. Hair Mechanics offers a wide variety of products – something to suit every hair type and perfect to rejuvenate your hair after the damage of summer sun. They range from quick five minute in-salon applications to restore instant health and shine, to more intense, long-term treatments for more damaged hair. You can receive Energy Serum, to the Luxury Care Combination from just £5 to £16. Ask in salon for more details, they will be pleased to advise you.

Good luck and farewell to Becky – Hair Mechanics would like to say a fond farewell to stylist Becky, as she is set to embark on a new career; they wish her all the very best of luck. Experienced stylist Vickie will be taking on her clients and looks forward to welcoming them back to the salon. Over the coming months, Hair Mechanics will be introducing a new stylist to their friendly, talented team. If you think this could be the job for you, find out more on their Facebook page or drop your CV into the salon.

Fab new hair cut for charity – Hair Mechanics was pleased to welcome one young, local resident to their salon recently, who came in to have her beautiful long locks cut off to donate to charity. The sixteen-year-old



(pictured below left) was delighted with her new, short haircut and has already booked in to maintain the stylish look. The salon was pleased to send her off with a selection of hair products to mark her generosity to the cancer charity.

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

Gift vouchers available!

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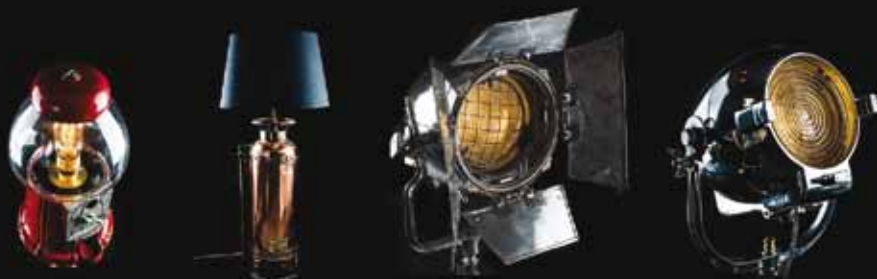
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Bishopston Cotham and Redland Neighbourhood Partnership Community Fair



Following the
success of last
year's event,
the Bishopston,
Cotham and
Redland
Neighbourhood
Partnership is

again running its Community Fair on
**Saturday 17 September at St Michael
and All Angels Church, Pigsty Hill,
160A Gloucester Road. The fair will run
from 12:30 to 16:30, and will have many
stalls and food, as well as events and
entertainment.**

There will be lots of attractions for all ages, including
face painting, entertainment from Mr Gotalot,
activities from Litterarti, music, a raffle, and free
bike repairs from the Bike Man and bike marking
from the Police. There will also be food from Nico's
Kitchen and free drinks.

Groups of all types and interests are invited to
use the fair as an opportunity to tell people about
what they are doing in the area. Attending this year
are groups as diverse as The Bishopston Society,
Bristol Energy, Friends of Horfield Common, Glos
Rd Central, University of the Third Age, and the
newly formed Friends of the Memorial Ground. It's
also an opportunity to talk to the working groups of
the Neighbourhood Partnership, which are made up
of local residents, councillors and council officers.
Residents can tell them about ideas for the area,
issues that could be improved, and how this could
be achieved.

There will also be the opportunity to vote on Little
Grants for Big Ideas, which is a way for groups
and individuals to get some funding for an idea to
improve our area. Members of the public attending
the fair will be able to view and discuss the different
applicants and then vote for the winners.

For instance, last year a grant was given to
Chandos Neighbourhood Association to carry
out activities and research in their area, and the
Neighbourhood Partnership was ecstatic to hear of
all they have managed to achieve using the Little
Grant to kick-start their project. Window Wanderland
was another recipient and the Neighbourhood



Partnership is delighted that the original Big
Idea has spread to, not only more areas in our
Neighbourhood, but across Bristol.

**In addition to attractions that are running
all afternoon, there will be activities at the
following times:**

12:30 – Bishopston Bayou Band

13:30 – Bishop Road Community Choir

14:00 – Ashley Down Choir

14:30 – Bristol Folk Singers

**15:00 – Presentations by the applicants for
Little Grants for Big Ideas**

**15:45 – Little Grants vote closes, raffle
announcement**

16:00 – Little Grants awards

**If anyone is interested in finding out
more about the Community Fair, they
can email info@bcrnp.org.uk. The
Neighbourhood Partnership also has
a website, Facebook Page and Twitter
account; just search for "bcr_np".**



Looking for an exceptional local school?

Look no further as we celebrate a significant rise of **6%** in overall results from last year!

Open Evening: Thursday 22nd September 6-9pm;

Open Mornings: Thursday 29th & Friday 30th September, Tuesday 4th & Wednesday 5th October 9.15-10.30am. **All Welcome!**



“Amazing students, very enthusiastic staff, feels very warm, welcoming and inclusive - love it - Prospective parent

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www.fairfield.bristol.sch.uk



Ofsted

...good with outstanding features

News from Fairfield High School

'Making lab' opens up exciting possibilities at FHS

Students at Fairfield High School will soon be literally at the cutting edge of digital technology. The school has won a £35,000 grant from the Wolfson Foundation to install a Making Lab, where students can create 'almost anything'.

For the first time, they will be able to design products on computers and then build them using digital fabrication technology. There will be a particular emphasis on robots and electronic devices. The new design studio and lab, which will be ready for use in September, opens up many possibilities for further development of GCSE courses in engineering, computer science, science, fine art, graphics and photography.

Local primary schools will also be able to benefit from the improved facilities and it is hoped that in time the project might be upgraded to a Fab Lab.

Assistant Principal Vanetta Spence said the introduction of the CAD/CAM (computer aided design/computer aided technology) technology and the digitally controlled machines and tools was very exciting for the school.

The launch of 'You Are Not Alone'

'You Are Not Alone' is a short film by four Fairfield High School students, which encourage children and young people experiencing abuse to seek help. The film can be viewed via <https://www.youtube.com/watch?v=nv1ojj4VGIE>

The campaign and film, made by Shushana Seymour-Grigg, Nadia Shamow, Rahma Osman and Freya Parsons for the annual Sharp Shotz competition, combines interviews with animations to help and encourage young people to engage with the variety of help that is out there, and to understand and believe that ultimately - 'You Are Not Alone'.



The FHS students worked as writers, directors, production team and campaign leaders on the project. FHS is the official school partner for Sharp Shotz, which was founded in 2007 to give young people the chance to highlight social issues, working with charities and other partners including the BBC, UWE Bristol and Aardman.

Head of Arts at FHS David Otlet comments: "Sharp Shotz is a unique project. It provides a great way to link English, arts, humanities and personal, health, social and emotional education in a way that really means something to students. Congratulations to our students, whose film was chosen as one of the winning entries."

Call for lunchtime club volunteers!

FHS is seeking individuals to come forward to run a club related to any area - sports, crafts, arts, music, cookery, drama, technology, science, journalism, gardening... as long as you can commit to running a club on the same day every week - then we would be delighted to hear from you! While there are a handful of clubs currently running, we have many more students we would like to provide a fun and interesting experience to during their lunch break. Please note that volunteers are subject to DBS checks. **Please contact Ben Spence on vsp@fairfield.bristol.sch.uk for more information.**

Thank you in advance from Team FHS!



Henleaze Tutoring

Is your child struggling in English and/or Maths?

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or saoisob@hotmail.com

BLOGGS SALONS



Bloggs Hair Design, a long time fixture on Gloucester Road has recently enjoyed a radical make over. This summer marks the salon's six-year anniversary and owner and founder, Joe Hemmings has celebrated the occasion by giving the salon a fresh contemporary look, the new name, 'Bloggs Salons Gloucester Road' and a cutting edge website, www.bloggssalons.com

'I've always had a clear vision of what I want to achieve and it's been great to see it become a reality. I love living in Bristol and working on Gloucester Road and the team I have is one I am immensely proud of. In 2010 I opened my first salon here on Gloucester Road and personally put together a team of eight stylists and colour experts who over the years have become something of a family' says Joe.



He has always wanted the very best for his clients and his team and Joe loves what he does. As a result, Bloggs Salons Gloucester Road has become infamous for delivering excellence in colouring, cutting and styling for both women and men. Guaranteeing flawless results, whether classic or cutting edge and providing a personalised service that is second to none has ensured clients have always felt welcome and at ease.

'Much of what I have achieved has been made possible by the incredible support my long standing clients have shown me' says Joe, 'many of whom have been coming to see me from day one and the relationship we have is very special. I am incredibly grateful and will never take that loyalty for granted'.

New Harbourside Salon

Unsurprisingly this allegiance has led to an appointment book that is bursting at the seams and Joe is now opening a second salon. At the end of the year, Bristol will welcome 'Bloggs Salons Harbourside'.

'I chose the Harbourside because of its beautiful location and the opportunity to introduce my brand of hairdressing to a new area in Bristol' explains Joe. "The salon will be perfectly tailored to fit the needs of busy professionals. We will be opening early and offering breakfast appointments where clients can combine hair and an early bite to eat. There will be express hair and blow dry appointments so you can get your hair done just before a big meeting or for an after work date. We will also be offering after hour's appointments at the end of the day when you can relax with a chilled glass of wine or beer."

Join this fantastic team

The Gloucester Road makeover and Harbourside expansion not only means two beautiful new salons are about to be unveiled, it also means Joe is expanding his staff. *'I am currently looking for fabulously talented people*

"I love living in Bristol and working on Gloucester Road and the team I have is one I am immensely proud of"



ranging from front of house receptionists to senior stylists to join the Bloggs Salons team'.

If you are interested, please send your CV to careers@bloggssalons.com

L'Oreal Portfolio Salon

'We are very busy working towards becoming the city's first L'Oreal Portfolio Salon and with two members of the team already part of the L'Oreal ID Artist programme and another boasting a L'Oreal Colour Specialist degree with a distinction, Bloggs Salons have to now be the go to salons in the city. Tempted? What are you waiting for, come and be part of it!' teases Joe.

Never one for convention, Joe is turning hairdressing on its head and is truly making it all about the client. Don't just take our word for it though, come and see for yourself. Whether you would like a quick blow dry or complete hair colour change and restyle, you will be welcomed as an old friend. One thing is for sure, time at Bloggs Salons is time you can relish.

BLOGGS SALONS

**288 Gloucester Road, Bristol, BS7 8DP
Harbourside, Bristol, BS1 5SY
(opening end of 2016)**

0117 924 4006

www.bloggssalons.com



#teambloggs



#bloggssalons



@bloggssalons



A Change of venue for Life & Soul Empowerment

Osteomyologist, Dawn Clode is excited for the future as she announces a change of venue for her healing business.

I regularly visit Dawn to keep my body balanced and pain-free, which is especially needed after several hours in front of the laptop during deadline week.

Osteomyologist Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

Since the launch of the holistic business it has been located at 133 Gloucester Road. However, from 27 September 2016, Life & Soul Empowerment will be situated closer to home for Dawn in Little Stoke. The fabulous new treatment room will mean less of a commute for Dawn, just a few steps in fact – as it is based in her back garden! Dawn told me,

"I have loved my time on this vibrant high street and have met some special people. The opportunity arose for me to have a bespoke treatment room created in my garden and I couldn't turn that down."

The journey is not that far away and Dawn's clients are committed to moving with her. If you are interested in her services, please do get in touch and take advantage of the Reader Offer below.

We wish Dawn the very best of luck for the future and thank her for all her contributions to the Gloucester Road community.

For further details, visit www.life-and-soul-empowerment.co.uk, or call Dawn on 0795 1099 491.

Reader Offer: £10 off your first appointment! Mention Bishopston Matters when you book in.



Dawn with her Osteomyologist of the Year award



Jo Gray Hypnotherapy

What do you want to change in your life?

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I can help you with problems such as:

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Mob 07999 711846

www.bishopstonbowen.com

Email jane.hird@blueyonder.co.uk



Children's Classes

Children really enjoy doing yoga and it's a lovely discipline to learn when young. It is taught in a different way from adult yoga, so we run courses after school for 2 different age groups.

Key Stage 1, Yoga for 4-7s

Tuesdays 4 til 4.45pm

45 minutes of yoga designed for key stage 1 children. This class is limited to 12 children and booking in advance is required.

Children can expect to be taken on an adventure: diving to the bottom of the ocean or saving a princess from a grumpy giant! Of course, the children are always the hero at the end of every adventure and an emphasis is placed on helping and respecting each other.

Next course dates

Sept 13, 20, 27, Oct 4, 11, 18 (six weeks)

Want to try it out? Try the first class for £6, after that you can sign up for the remainder of the course.

Key Stage 2, Yoga for 7-11s

Tuesdays, 4.45 til 5.30pm

45 minutes of yoga designed for key stage 2 children. This class is limited to 12 children and booking in advance is required.

The group learn fun, flowing postures with yoga sequences, either energetic or calming. Sessions end with relaxation and games.

Want to try it out? Try the first class for £6, after that you can sign up for the remainder of the course.

Next course dates

Sept 13, 20, 27, Oct 4, 11, 18 (six weeks) Cost £36.

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Teenager Yoga

Teenagers can really benefit from yoga: as well as flexibility and calmness, it helps with focus and concentration, particularly at times of stress. We now run two yoga for teenagers classes – Mondays and Thursdays. The classes are targeted at the needs and capabilities of the students attending. There is an age overlap which means that students can come to the most appropriate class for them (based on experience, friendship groups and school timetables). Some teenagers choose to do yoga as part of their Duke of Edinburgh award in Bristol.

Yoga for Teens (11-16s)

Mondays and Thursdays, 4.30 til 5.30

An hour of yoga designed for secondary school age children. Students will learn a variety of yoga poses to help them with balance, focus and concentration, as well as relaxation and stress relief.

Taught by Diana Penny (Mondays) and Zoë Hope (Thursdays): experienced Iyengar teachers who have taught children/teenagers for many years.

Next Course Dates

Mondays Sept 12, 19, 26, Oct 3, 10, 17 (6 weeks)

Thursdays Sept 15, 22, 29, Oct 6, 13, 20 (6 weeks)
Cost £36.

Want to try it out? Try the first class for £8, after that you can sign up for the remainder of the course.

www.yogawest.co.uk • Tel: 0117 924 3330

Find Yogawest at the end of Denmark Place, Bishopston, walk down the lane next to Bishopston Hardware.



Mindfulness in Movement - Tai Chi/Qi Gong
Bristol Buddhist Centre, 162 Gloucester Rd BS7 8NT

New Course Starting – Taster/Intros,
Wed. 14th + 21st Sept. 5.30pm - 7.00pm

For Beginners & Experienced
Learning aids + equipment provided

www.bodytomind.co.uk

timmahamason@gmail.com

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You can give blood locally

Blood donations are vital for helping save and improve lives. Each donation can help up to three people.

Craig Shellard, (pictured right), knows just what an amazing gift blood donation is. The 35-year-old received numerous transfusions of blood and platelets after being diagnosed with a type of blood cancer called Follicular Lymphoma.

"I took it relatively well, the most difficult part was telling family and friends," said Craig. "At the time it was considered non-curable." After the cancer was diagnosed in 2008 Craig began a treatment journey that took many years. Both cancer and chemotherapy damage the body's bone marrow, which is where blood and platelets are produced. Blood transfusions are a vital part of treatment for many cancer patients. Unfortunately Craig's cancer returned after treatment and he also needed a stem cell transplant – receiving both his own stem cells and stem cells from his brother in 2013. When Craig then developed Graft Versus Host Disease – his immune system started attacking his own body – he was given only a 10 per cent chance of survival. Craig had specialist treatment at NHS Blood and Transplant's Therapeutic Apheresis unit in Bristol, and a further blood transfusion. He recovered gradually and was able to return to work as a



business analyst in spring 2016. Craig said: "I have needed many blood products over the years and I am indebted to donors for the help I received."

Blood is always needed and hospitals in England rely on around 6,000 units a day to treat patients. NHS Blood and Transplant particularly needs people with blood groups O negative, B negative, AB negative and A negative to come forward, and people from Black and South Asian communities.

Bristol's blood donor centre is on the grounds of Southmead Hospital and it is open every week day and every other week day with free parking and wifi. Please make and keep your appointment to donate this summer by calling 0300 123 23 23 or visit www.blood.co.uk

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ENSO Martial Arts, 190 Cheltenham Road

Introductory Offer – Midweek Special!
Weds only – first two 90 min sessions £35 each

A strong team at BROOKFIELD

Friends Pete Coles and Steve Hale launched Brookfield Garage in 1999, on Brookfield Avenue Bishopston. They worked hard to build a strong business and great reputation, based on their values of being friendly, honest and reliable.

In 2008 they moved to their current location – 140 Ashley Down Road, a larger space that enabled them to respond to demand and grow their business. The venue has recently had a re-paint, and new equipment installed. I think you will also agree; the happy team look great in their new overalls! The business continues to expand and as part of this growth, they are now a quality adaptation specialist for all your driving controls and aids.

Owners Pete and Steve told me it is important for the business to always be moving forward, whilst still holding onto their core values. They are also pleased to employ a large team; giving jobs to hard-working individuals and opportunities to young people is a big part of what they enjoy about running their own business.

In 2014, in response to so many customers asking them to recommend or look over potential cars for them to buy, Brookfield launched their car show room at 32 Filton Road. Pete told me it was a natural progression for the business; they apply their same excellent customer service and honest advice to car sales. I was pleased to use Brookfield Sales when purchasing our last car; we handed over a list of requirements with our budget and

let them do all the hard work in sourcing our vehicle. All cars purchased from the garage will have had a full service history and warranty.

Brookfield is firmly rooted in the community, working with local businesses and schools both in Bishopston and in Bradley Stoke (where Pete lives).

Brookfield take pride in the fact most of their business is from repeat customers, who recommend friends and family to experience the great and reliable service the team provides. This support has helped them become the largest independent garage within North Bristol.

Why not pop in and speak to the team regarding your servicing and repair needs and any adaptation requirements, they will be more than happy to help and also advise you on any special promotions available now or in the future.

Pete, Steve and the team would like to thank their customers for all their support over the years; they look forward to welcoming you back as well as new customers in the future.



SALES:	SERVICES:
32 Filton Road	140 Ashley Down Road
Horfield, Bristol BS7 0PA	Horfield, Bristol BS7 9JS
Tel: 0117 239 5018	Tel: 0117 951 2285

www.brookfield-garages.co.uk



Party in the Park 2016 10th Anniversary celebrations!

Saturday 17 September, 1pm – 8.15pm

The Event

Our 10th year is a celebration! Attractions include

Tethered Hot Air Balloon ride (weather permitting)

Firework display (due to start at 8pm)

Bath race! (team entries invited)

Bubble football

Inflatable village

Climbing wall

Disco dome

Live music stage – great live local acts

Live displays – Japanese Drummers, Tae Kwon-do, marching band, Zumba and many, more

Shopping village

Food stalls, raffle, licensed bar and much more.

The Reason

PITP's purpose is to repay the ground purchase loan – and we are nearly there! The loan should be cleared in August 2017.

All future events funds will then help to start build funds for the next project – the renovation and development of the pavilion.

Everyone at Golden Hill Sports would like to say a big thank you to all those people that have come along and supported PITP over the years and made it such a success. We would like to invite you all back again this year, along with anyone who has never been before to help us celebrate the 10th anniversary of this annual event in style!

The History

PITP first started in 2007 and was created by the Golden Hill committee as a way of both – A) meeting the financial obligations of the Ground Purchase Loan and, B) giving something back to the community who helped the registered charity (Golden Hill Sports) in purchasing this valuable ground.

PITP was created to share the venue with the community who helped buy the field in 2008. It was set up with an aim of jointly raising funds with the community. Funds are generated whilst providing the local community with a great, fun day out for all ages.

The annual celebration has helped raise well over £50,000 in the 9 events held so far, with in the region of £12,000 being raised last year alone!

PITP has attracted well over 3,000 people during the course of the day in the past. Our slogan is "Bringing the community together" and we truly believe that this event does just that.

We are so grateful for our PITP organising team – most have been with us since the start and give us countless hours to make this event the success it is. All funds from the event go to the registered charity GHS, who's charitable objectives are the protection and wellbeing of the sports field and provision of sport for the membership, which is open to everyone.

For more information visit:

www.goldenhillsports.com/party-in-the-park/ or Facebook: Party In The Park

Enjoy a Chippy Tea this September!

Positive feedback continues – This month the Bristol Fryer will have enjoyed a year under new management. Many positive changes have been made both to the venue and the menu. Fred told me that he's delighted to receive so many lovely comments about their great-tasting fish.

Extended Opening Hours – as we still enjoy the longer, lighter evenings, the Bristol Fryer is pleased to extend their opening to 10 pm (Monday to Saturday).

Congratulations Bristol Rovers! – Owner Fred, would like to say a big congratulations to our neighbourhood team for their successful promotion. He told me that, on the day they went up, there was a huge celebration in and around the Bristol Fryer – they served up several hundred portions of fish, chips and sausages! As the new season gets underway he wishes them every success!

Event catering – Fancy fish and chips at your family or work party? The Bristol Fryer will be happy to cater your event/gathering for you. They are pleased to offer good discounts for group bookings such as these. Get in touch with Fred to discuss your party details.

The Bristol Fryer, 431 Gloucester Rd, BS7 8TZ

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Small Grants Fund – Bishopston, Cotham and Redland Neighbourhood Partnership



Bishopston, Cotham and Redland
Neighbourhood Partnership
www.bcrnp.org.uk

The deadline is approaching to apply for the Bishopston, Cotham and Redland Neighbourhood Partnership's Small Grants Fund – applications for this round of funding must be received by **midday on 5 September**.

The Small Grants fund is for groups to apply for money to improve or enhance our local area, meeting one or more of the Neighbourhood Partnership's Priorities. These include parks and green spaces, street scene, enterprise and initiative, trees, sustainable travel, the community, quality of life, and security.

There is no minimum or maximum amount that can be applied for (the annual pot for all grants is £25,000). Details of how to apply are available on the Neighbourhood Partnership's website: www.bcrnp.org.uk.

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The U3A (University of the Third Age) is a national organisation which is open to retired and semi-retired people.

Bristol has a particularly active and exciting branch and they welcome new members. The belief is that it is never too late to learn. Bristol has over 130 different groups, where members can learn new skills or pass on skills they themselves have. The groups are listed on the U3A website www.u3asites.org.uk/bristol/groups.

Bishopston Activities

Interests vary enormously and include such topics as art, music, cinema, sport, literature, gardens, languages, history, current affairs, reading, crafts, and many, many more. Bishopston itself has specialist groups including French discussion, reading, tai chi, biography, calligraphy, and singing. In addition, there is a social group, which meets on the third Monday of the month at 10.15, at Horfield Lodge Kellaway Avenue. Members of this group meet for a coffee and a chat and to organise trips to museums, galleries and restaurants, etc., as well as walks and other outings. But members can attend any group in any part of Bristol. For most groups, it would be wise to contact the group convenor, via the groups page of the website, before you attend a meeting. If you have an interest and find there is no group covering that particular subject, you are more than welcome to start a group. The Bristol U3A, will provide masses of help and support to anybody who wants to form a new group.

New members welcome

Membership currently costs just £15 a year, but prospective members are welcome to attend a couple of taster sessions before they join.

There is a monthly meeting held on the third Tuesday of most months. It is held at Broadmead Baptist Church, Union Street, Bristol BS1 3HY, between 10am and 12 noon.

34 There is always a speaker and the topics

in the autumn will be Female Explorers, The Great Western Cotton Factory and the Children of Katmandu. Coming in 2017, will be talks on Bee Keeping, Fireworks, Auctions and the King of Swaziland.

Where else can you get non-stop learning and entertainment, new friends and an exciting new social life, for £15 a year!



Ashley Down Community Choir to Glos.Vox

The Ashley Down Community Choir will be starting the new autumn term in a new venue and with a new name! Glos.Vox will now be rehearsing at Horfield Baptist Church on Gloucester Road. They meet every Wednesday night within term-time from 7-9pm, with a break in the middle for tea and biscuits.

This term they will mainly be focussing on carols and Christmas songs, but generally they cover a range of repertoire including folk, world and contemporary.

Glos.Vox are an a cappella choir, which learns everything by ear, so you don't need to read music to join and there are no auditions. This local group would welcome some new members, so if anyone fancies meeting some friendly people and having a good sing in an un intimidating atmosphere, they should go along.

It's £5 a week if you want to pay for the half-term, or its £7 on the night. The first choir practice will be on Wednesday 7 September.

Affordably Fabulous eyewear at Lynne Fernandes Optometrists

As usual we've got lots going on at our Gloucester Road practice. We're in the final few days of our amazing summer sale and we're excited to introduce our new eyewear collection – *Affordably Fabulous*!

Half price sale – If you're quick, there's still time to grab a bargain in our half price designer frame sale which ends on 5th September. We're giving you up to 50% off designer frames, including Michael Kors, Anna Sui, a selection of Oakley and Ray-ban frames, plus more. Sale stock is limited so pop in soon.

Affordably Fabulous eyewear – Buying new glasses can appear an expensive business and there may be times when your budget just won't stretch. So, we've launched a new eyewear collection with the emphasis on value but without compromising on quality.

Glasses you'll love – Our *Affordably Fabulous* range has been carefully selected with you in mind. We know that value doesn't come from cutting quality and slashing prices, so we've hand-picked frames from reputable manufacturers who produce quality eyewear that we know you'll love. The collection boasts a variety of styles and colours, so there really is something for everyone. And, priced from just £99 with single vision reflection free lenses, it really is *Affordably Fabulous*.

Fabulous vision – We're also offering *Affordably Fabulous* varifocals which combine different prescriptions in one lens so that you can see clearly and comfortably at every distance. If you need glasses for reading and for driving, why not try *Affordably Fabulous* varifocals.

Find your fabulous – Call into our Gloucester Road practice, browse the new collection and take advantage of a complimentary frame style consultation. Our frame stylist will help you find your *Affordably Fabulous* specs!

Book your appointment now at www.lynnfernandes.co.uk, call or pop into see us. Follow us on Twitter – @lynnfernandes1 and FaceBook – @lynnfernandesoptometrists and join the #affordablyfabl conversation!

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News from Glos Rd Central

Thank you! Businesses on Glos Rd Central have had a great summer and we hope you have too. We're very lucky

to have such a wealth of choice on Gloucester Road but traders can only continue with the help of the community – every penny spent in our shops ensures we'll still be there for you tomorrow. Thank you for your continued support.

Glos Rd Central is blooming! Our planters have continued to flourish throughout the summer and the bees and butterflies are regular visitors to the Gloucester Road flowers. Some shops have even got tomatoes and squash growing out on the pavements, along with a mixed variety of herbs. A few plants have been stolen but traders have been replacing them and some customers have kindly donated replacements. The Bishopston Garden Society sold a beautiful array of flowering plants outside Room 212 at the beginning of the summer, in aid of the Bristol Refugees, to great success! Hopefully many of you saw us featured on BBC's Springwatch and you may have seen the feature on Gloucester Road in The Avon Wildlife Trust magazine this summer.

We plan to continue growing plants throughout the



winter. Cyclamen and pansies mixed with ivy and evergreen shrubs should bring colour to the road until bulbs come up in the spring. As ever, we're asking for your support in keeping an eye on our planters to make sure they stay rubbish free. We'd also like to ask for your votes at the upcoming Neighbourhood Partnership Community Fair on Saturday 17 September. There are a few small grants up for grabs and we're going to apply for one of them. If we are successful in winning the funding, we will use it to buy our winter plants. The Avon Wildlife Trust has offered to make a contribution towards bulbs and all the traders are responsible for their own planters.

September Community Fair – The BCR (Bishopston Cotham & Redland) Neighbourhood Partnership Community Fair is taking place at St Michaels Church Hall at Glos Rd Central on Saturday 17 September from 12.30 - 4.30 (read more on page 21). This is a great chance to find out about what our Neighbourhood Partnership does for us and the community groups it supports. Sarah Thorp, owner of gallery Room 212, is now the Trader Representative for the Bishopston Cotham Redland Neighbourhood Partnership, and also the chairperson of Glos Rd Central. She will be setting up a stand at the Fair, so if you'd like to find out about our upcoming events or learn more about Gloucester Road plans in general, come along and have a chat.

There'll be lots of music and activities for all the family, kicking off with the fantastic Bishopston Bayou Band at 12.30pm followed by Bishop Rd Community Choir and the Ashley Down Community choir. Mr Gotalot will be popping along to say "hi" and Baby Bank Network will be serving up delicious cakes.

Green Theme – The Glos Rd Central green theme continues in our galleries this autumn. Room 212 is featuring artist Natasha Clutterbuck, who draws vegetables and flowers grown in her garden, using locally sourced charcoal and natural pigments. Natasha's work has been featured in Gardens Illustrated and Country Living magazine and she is resident artist at Yeo Valley Organic Garden. www.natashaclutterbuck.co.uk.



Nature Exhibition – Meanwhile, one of the members of Paper Plane, Jessica Baldry, will be exhibiting her lovely handcut paper art inspired by nature throughout September. Her work will be hung in the exhibition space to the back of the shop. www.jessicabaldrydesigns.com.

Celebrate 5 years with Artemis! Artemis is celebrating their 5th anniversary this month and they are having a birthday party on the evening of Friday 16 September, 5–9pm. They will welcome all their customers with a glass of bubbly and a free raffle ticket – your chance to win one of five, £100 gift vouchers to spend at Artemis.

Continued on following page ►



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Check out our **NEW** website –

www.osna-therapy-centre.com

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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News from Glos Rd Central

Continued from following page ►

Back to School – If you have any last minute school uniform worries remember that Moodles and Odd Sox have everything your child needs to look smart for the new school year.

On your bike! Wednesday 14 September is Cycle to Work Day, so pop into Millards or Roll Quick for all your bike requirements.

Picture book trail – Independent publisher Greet Pauwelijs recently moved to our area and will be running a Picture Book Trail in collaboration with thirteen independent shops on Gloucester Road. All families will be able to take part and win Book Island titles for themselves AND their school. Register for Book Island's newsletter if you want to be the first to hear about this trail and other local initiatives: www.bookisland.co.uk and join them on social media. (See page 13)

Buddhist Centre Open Morning – The Bristol Buddhist Centre at 162 Gloucester Road, BS7 8NT is having a FREE Open Morning on Saturday 10 September. Drop-in anytime between 10am and 1pm for a friendly chat about what they do at Bristol Buddhist Centre and to try meditation. Tea and cake provided! See the full programme of events at bristol-buddhist-centre.org.

FREE IT Overview to local Glos Rd Central shops and business. Talk to Xpress Computers regarding back up, storage and IT support, 176 Gloucester Rd. Tel: 0117 908 0290, mention Bishopston Matters and get 10% OFF (T&C apply).

Looking for something a bit different?

Why not visit BS7 Emporium on Glos Rd Central? The venue hosts a number of interesting, quirky shops on its premises.

North Bristol Art Trail 2016 – Looking further ahead, the North Bristol Art Trail takes place over the weekend of 26–27 November. Many of the artists from this trail show their work year-round in the galleries of Glos Rd Central, so you can get a taste of what will be on offer and plan which artists you'd like to meet. This year the 212 Eco



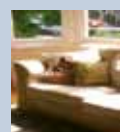
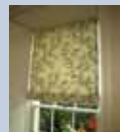
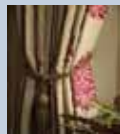
Natasha Clutterbuck



House will be one of the venues – a perfect opportunity to look around this lovely house and garden. The Bristol Impressions Calendar 2017 is now on sale in some of our shops, featuring scenes across Bristol by local artists.

Street banners in the planning – Excitingly, there are also plans afoot to install street banners all the way up Gloucester Road. Bristol artists and community groups will be invited to submit designs for over fifty banners. The banners will brighten up Gloucester Road and entice people to explore our fantastic high street of independent shops. More news to follow!

Follow our glosrdcentral facebook page or twitter to be kept up to date on all our news.



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Fancy a stay in the 212 Eco House?

Nearly all of you will have visited the fantastic Room 212 Art gallery and shop but are you aware of what is tucked behind the Gloucester Road venue? A beautiful eco house constructed with timber, sheep's wool, mud and straw!

The official launch of the eco home took place during Glos Rd Central's Mayfest, one of the popular community events that takes place on this buzzing section of the Gloucester Road, largely thanks to the endless enthusiasm and energy of 212's owner Sarah Thorp.

It was great to have a tour of the stunning eco build and hear more from Sarah about the project and her decision to let the property out as a guest house for part of the year.

Sarah told me, "I'm hoping that people staying here will be inspired by the sustainable building methods used or by the fact that nearly all the furniture and fittings are up cycled, including the king size bed made from chunky old roof timbers."

The creativity doesn't stop within the building, the garden is also inspiring, with all the benches and flower beds made from bricks and timbers from the original Victorian warehouse that stood on the spot. The interior has been done out beautifully, with open plan kitchen, living area, two bathrooms and a large bedroom. I could have climbed into the luxurious, king sized bed there and then! The comforts of home (and a very nice home at that) in a completely eco build, with all the attractions of Gloucester Road on your door step.

The Longmore family that enjoyed a stay there recently, told me, "The Eco House was the perfect venue for our family to enjoy a mini-break, both the location and facilities are fantastic. We arrived by train and it was important to us to find accommodation in the heart of the action, with easy access to different attractions across the city, what better place than the vibrant Gloucester Road. We were delighted by the beautiful care and detail that has gone into finishing the interior. It was bliss to enjoy breakfast in the stunning court yard garden. We highly recommend a stay."

If you would like to book into the guest house or any further information, visit the 212 Eco House page at – www.room212.co.uk, call 07702 598090 or see the Facebook page – 212 Eco House.



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Room 212 Eco - Guest House

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10% off for residents within Bishopston Matters distribution area.

10 % off certain prints, gifts and cards from Room 212 for guests.

News from Golden Hill Community Garden



Hi everyone,

It's September, the garden is bursting with produce and all the fruits of the labours of our lovely volunteers, so it can only mean one thing... It's nearly time for our **Harvest Fair! 17 September 1–4pm**. Come along for general loveliness at the local community event.

They'll be loads of tasty stuff including delicious cake and pizza from the frog oven, loads of **free fun stuff for kids**, including our famous 'Make a funny vegetable monster competition', pond dipping, face painting. And great music... **maybe even the return of the punk badger!**

Hope you've all had a lovely summer. Ours has been especially fabulous; we ran our usual fabulous **adventure days**. This year, full of warriors and sword making, druids and wand carving, nomads, horses, all sort of high jinks and the usual work out for the imagination for 5–12 year olds. And we'll be back on **25 and 27 October for more**.

We also ran our **first inclusive family adventure days**. Aimed at local families with a child with special educational needs or a disability, these days were wonderful. Full of laughter, parachute games and singing, toasting popcorn on the fire, laughing and playing together. There was something for everyone and parents told us they were, "superb", "magical", "probably the most enjoyable thing we've done". It was a great chance for parents to get talking and their children to be supported to have a really fun time outside in our beautiful garden.

Thanks to the BCR Wellbeing grant from the council for making this possible, and to local parents group, SEND a Welcome.

We've got purple beans! Golden beetroot! Red

potatoes! Yellow courgette! Black tomatoes! It's been a great year for vegetables, except carrots... just don't mention the carrots. Come and get involved any Wednesday, 10–4 to get your hands on this delicious harvest.

And get in touch to book on to our lovely Golden Buds Toddler group! 9:30–11am and 11:30–1:30pm every Tuesday in term time – all year round outside fun... with a cosy inside spot when we need it.

See you in the garden!

Lucy Mitchell

Community Project Worker

For more info - 07506 905 394
thegoldenhillcommunitygarden.com



SENDaWelcome

Three Bishopston mums are inviting local people to join their mission to 'SENDaWelcome' to every member of our community.

I caught up with Katz, Julie and Viviana at one of the new, inclusive kids' events at Golden Hill Community Garden. These inspirational women took some time out to share with me their mission and how their strap line – **'Local people building inclusive communities'** – came about.

The three women met at a neighbourly house party hosted by Viviana and her family when they first moved to the area. While chatting, they discovered they all had a child with SEND (Special educational needs and disability). They began to meet up for coffee and share their frustration at the lack of support for people with special needs in our area, and the negative impact this has on both the individuals requiring the care and the family unit as a whole. They all told me how their children with SEND had to attend different schools across the city and that attending the same social clubs or activities as their siblings could often prove difficult.

It is both sad and disruptive for all family members when siblings cannot join in with the same groups. All of the women had found it extremely hard-work to attempt to have their child with SEND included in a local children's activity, as it requires endless phone calls, forms to be completed, as well as applying for additional funding. Katz told me, *"Trying to coordinate all of these things can be too much of a challenge. The result of these and other barriers means children with SEND can become isolated in their own communities."* The trio therefore decided to join forces and appeal to the good people of Bishopston to assist them in their plight.

We live in a fantastic community with wonderful green spaces, opportunities for children and a buzzing high street; SENDaWelcome would like these resources to be obtainable by all community members. Sadly, we do not see many people with special needs involved in local activity, and this needs to change.

The first positive step was taken over the summer holidays, when SENDaWelcome's first project successfully took place. Three inclusive activity days for all children took place at the Golden Hill Community Garden. They were so popular that a waiting list was necessary – proof in itself for the need for such events. The women would like to thank Lucy for organising such a wonderful day of activities with a sensory walk, hammocks, pond dipping, treasure trails... which were embraced and enjoyed by all. Thanks also goes to the Bishopston, Cotham and Redland Neighbourhood Partnership for their funding.

Special Educational Needs & Disabilities – all Welcome



Viviana, Katz, Julie and children at the recent Golden Hill activity day

This, however, is just the start; although brilliant, these activity days need to build into something more widespread and sustainable. SENDaWelcome are looking to build a 'model of good practice' in Bishopston for people with special needs that can be shared and celebrated across Bristol and beyond.

People of Bishopston – we need you!

Katz, Julie and Viviana are well aware that this is quite an undertaking, which they cannot achieve alone. They are however confident, as I am, that the good people of Bishopston will rise to the challenge and come together to make this happen.

What SENDaWelcome needs the most at this time is to build a team of local volunteers who have the time and aptitude to work with people with special needs, to enable the child to take part in mainstream local activities. Any existing skills or experience in this area is welcomed but training is also possible. With the help of volunteers, the group is also keen to work with local traders to enable people with SEND to access and be welcomed to local shops, as well as the possibility of some work experience and employment. Julie told me, *"All it often needs is for local businesses to have the confidence to spend time with the individual. We hope to support this with awareness raising and training."*

I think this is a fantastic idea! My passion and pride for this area is consistently well documented in the pages of Bishopston Matters. We live in a wonderful area that has so much to offer, it is time these resources are made available to all. We need to take the time to think of all the members of our community – come on Bishopston, we can make this happen!

If you would like to get involved, please email sendawelcome@gmail.com – they would love to hear from you.

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It is important to give yourself time to grieve. Take time to talk to your friends and family, you should never feel self conscious about your grief. Many people experience feelings of guilt "Did I do the right thing, what could I have done to prevent it?" This is normal and will subside with time. Remember the word euthanasia comes from the Greek for 'a gentle death'. It is a great gift to be able to prevent unnecessary pain and suffering.



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- Are you, through no fault of your own, facing the agonising prospect of having to give up your beloved dog?

These are just some of the reasons why Love My Dog At Home was created by local resident Kath Mortimer. Knowing the huge, positive difference having regular contact with a loving canine can make to the quality of our lives, she is passionate about providing flexible alternatives when full-time commitment to dog ownership is not possible.

I was interested to know more about Love My Dog At Home providing dogs for those that cannot commit to full ownership. Kath explained, "This service is largely for the benefit of either professionals with busy lives (we'd provide the dog and boarding whenever required) and people who live alone and feel isolated." It was great to learn that, for clients living alone, Kath would provide

human as well as canine companionship so, in addition to a dog and boarding, regular visits and trips out to the park/shopping/GP... would be included too. Kath told me, "Sadly I've known a few elderly people who drifted into depression after the loss of a long-term partner, and I'm sure they would have really benefited from this type of service."

Whether you need to spend a few nights away from home, you're planning a holiday or you just need to pop out for a few hours – stop worrying, their fees include unlimited drop-off care for their dogs. Kath told me they take great pride in providing a service tailored to each individual's needs. So whether you already have a dog or would like them to provide one, please get in touch if you think Love My Dog At Home could be right for you. We'd love to hear from you!

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Autumn News from **Roxford's Pet Shop** Open 7 days a week • Free local delivery

Cool Coat & Mats – If your dog suffers with the heat, as many of them do, why not treat your canine friend to one of the new Ancol cooling products available at Roxford's? The wraparound coat goes from chest to tail and importantly keeps the heart cool. To use, you simply submerge the coat in cold water, wring out, shake the coat to re-form the shape, and fit to your dog. The 'Kelvinator effect' of the moisture evaporating from the coat ensures your dog's temperature will be lowered. Also available are Pet Cooling Mats, which keep your pet 7 degrees cooler by them simply sitting on it. The mat absorbs their heat, making your pet comfortably

cool. Roxford's owner Sarah trialed one under her sheets during the hot summer's evening – and can assure you, they work!

New Toys! – A dog can never have too many toys! Roxford's is pleased to add more cuddly friends to their extensive range. Roxford's love the new super-soft, cuddly 'Huge Hog', a perfect comforter for your favourite pooch.

Monty dog recommends the soft Racoon that has a bouncy ball inside, he has had endless fun with it! There are different animals and sizes to choose from.



New Toys!



Huge Hog



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Charity Abseil for Home-Start Bristol

If you're looking to take part in an event that pushes you to the limits, at the same time as raising money for a truly worthwhile cause, then Home-Start Bristol's latest fundraiser could be the perfect challenge.



On Saturday 24th September 2016, their sponsored abseil will take place in the Mendips, with brave participants scaling heights of 150ft to fundraise for the charity. Hoping to beat the success of their previous 2013 Avon Gorge abseil, you can sign up for the event as

individuals or as part of a group – so you can get your friends and colleagues involved too.

The money you raise will go towards helping Home-Start Bristol and the work they do to support local struggling families, with at least one child under 5, in Bristol and South Gloucestershire. A small local charity, Home-Start Bristol recruits, trains and matches volunteers with families that need support. By taking part in the fundraising abseil, you will contribute towards making a lasting and positive impact on the development of children, and the health and welfare of families in the community.

To book your place at the event you can register at <http://uk.virginmoneygiving.com> or email abseil@homestartbristol.org.uk for more information - places are limited so early registration is advised.

Date for your Diary

On Saturday 22 October a nutritionist from raw dog foods 'Nature's Menu' will be at Roxford's from 10.30am to answer questions and give advice.



Lungworm Club

In recent years a new worm has been seen in the UK and is now posing a risk to the health of our dogs, as we see more cases in Bristol. The worm, *Angiostrongylus*

vasorum, was initially found in France and is now travelling across all of Europe. It is thought that climate change could be the reason that we're seeing the worm here.

The worm is spread by slugs and snails; most often these are eaten accidentally by the dog while the slug or snail is crawling across a food bowl or chew. Once in the dog, the larvae mature into adults in the heart, travelling into the lungs causing much damage and then via the trachea to the intestines; they then pass out as larvae in faeces to be eaten by a slug or snail, and the cycle starts again.

Clinical signs are seen just a few weeks after ingestion of the larvae and are related to the respiratory tract. You may notice a cough or breathing difficulties, initially. Other signs can be weight loss, poor appetite, vomiting or diarrhoea, bleeding, anaemia or tiring easily. The signs can be quite non-specific and easily confused with other conditions.

A blood test that can be performed in the consult room while you wait is available for diagnosis.

Treatment is usually successful if the disease is caught early enough. If left untreated, a potentially fatal pneumonia may develop.

There is no risk to human health or to cats from *Angiostrongylus*.

Prevention is definitely better than cure. Worming to protect your dog has to be with a specific licensed product that treats lungworm, which is only available from your vet. The wormer has to be given monthly to be effective at prevention.

To help owners with monthly compliance, Animal Health Centre has set up a 'Lungworm Club' for all clients who wish to treat their dog monthly. The club gives you 25% discount on an effective wormer as we recognise that this can be expensive to dose monthly and we want to encourage as many as possible to do so.

Please call the surgery for more information and to join up.

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News from the Friends of Horfield Common

Come and join us!

FOHC's next meeting is on 12 Sept 2016 at 7pm in the container space at the Café on the Common. We are recruiting for new members who have some time to contribute, and who would like to get involved in some of the great work – all led by local volunteers – that is happening on the common.

We would like to recruit new volunteers who are happy to take on a bit of the organising needed to ensure projects happen, and also those who are enthusiastic about the common and have some time they are prepared to commit to be 'helping hands,' on a range of the projects we are working on.

We are a friendly bunch, with a shared love of Horfield Common and desire to support improvements for the benefit of all of the local community. Do come along and join us – you'll be very welcome!

Horfield Common Wildlife Plan 'My Wild Park'

It's been a wonderful summer on Horfield Common with people of all ages enjoying this wonderful green space for recreation and play. The Friends have been busy behind the scenes working on a range of projects including our partnership with Avon Wildlife Trust 'My Wild Park'.

The planting of the new 'Fruit & Nut' hedgerow around the Ardagh earlier in the year completed the Horfield Common Tree Planting plan, which FOHC volunteers had worked on over the previous 4 years, our new pond dipping platform was installed earlier this year, and the

fencing around the pond repaired. The wildlife and biodiversity group is now turning its full attention to the Horfield Common Wildlife plan, which is likely to take a similar timescale to deliver.

Following a number of consultation events, through which lots of local people have fed into the developing plans for improvements which can support increased wildlife and biodiversity on the common, we met with Bristol City Council Parks Department and the My Wild City project officer to agree a final plan for the common, and to discuss how to take the project forward. Changes to the way in which green spaces in the city are managed have to be co-ordinated between a range of partners. As landowners, Bristol City Council is responsible for the maintenance of the common – including, for example, the frequency at which grassed areas are cut.

FOHC is discussing with BCC and AWT how local volunteers can enhance this maintenance programme, for the benefit of wildlife in the area – for example, removing the cuttings from allocated areas following mowing (BCC's equipment cannot do this, hence why cuttings are left), which will enable them begin to 're-wild' – encouraging pollinator species and other native plants to re-establish.

We will keep everyone updated with any plans for changes to the maintenance regime, and any opportunities to come along and get involved in practical conservation activities on the common. If you are interested and would like to get involved, please do get in touch.



Summer BBQ Fun!

RHS In Your Neighbourhood

We were delighted to welcome RHS judge, Ian, to the Ardagh on 28 July to see the work that volunteers have done over the last year at the Ardagh and around the wider common. The idea for the 'Fruit & Nut' hedgerow was borne out of Ian's visit last year, so it was wonderful to be able to show him the new hedgerow – an incredible achievement of 0.4 km of new hedgerow planted, which so many local people got involved in – along with the gardens inside the Ardagh, which you will have seen being transformed over the last 12 months; and the wonderful planting around the café, which has helped to establish the café as such a wonderful new community space.

We will hear the outcome of the visit and judging later in the summer, and we'll keep you posted – fingers crossed!

Charity Fundraiser – Summer 2016!

On 6 August the team at the Café on the Common hosted a Summer Picnic and BBQ which was well attended by local residents of all ages, and



thoroughly enjoyed! Following the BBQ, Café Manager Sara and FOHC Vice-Chair, Fiona, took centre stage as they had their heads shaved, 'Braving the Shave' for charity. Sara was raising money for Macmillan Cancer Care, and Fiona for Children's Hospice South West. Between them, they have raised more than £1500, which is a fantastic achievement – well done to both of them, and thank you very much to all who gave so generously to their fundraising campaigns. It was great fun and all in a very good cause.

www.friendsofhorfieldcommon.com

Congratulations Sara and Fiona!

I took the picture below when I visited the cafe recently, I think they both look great. Sara (left) and Fiona (right), are delighted with the amount they have been able to raise for charity and would like to say a huge 'Thank you!' to the numerous local people who have supported them. They told me they were now looking for the next challenge – so get your ideas in!





Older people across the city support each other to tackle isolation and loneliness

"When I came out of detox, a peer support worker took me out for coffee, and that changed and saved my life; it took me out of my depression", says one of Bristol Drugs Project's Champions, sharing his experience being supported by a peer during his recovery. Now this group of older people are returning a hand, helping others overcoming similar issues.

The Champions are a group of older people who have been trained to support peers in their journey to recovery. These volunteers have undergone 6 weeks of training that has given them the confidence and tools to make home visits to people facing

similar issues who are in earlier stages of recovery. BDP's Champions is one of 17 projects funded by Bristol Ageing Better as part of their group work and peer support stream of funding.

Andy Bowles, BDP's Older People's Service Worker, highlights the need for peer support when addressing this issue among Bristol's older population: *"If you are visited by someone of a similar age who has had a similar experience, you'll feel less judged, more comfortable and more able to accept help, hopefully."*

Bristol Ageing Better, a partnership of organisations working together to reduce loneliness and isolation among older people in Bristol, recognises peer support groups as a key element to address social isolation. Peer support provides a safe and understanding helping hand at difficult times in people's lives, and gives hope of a better future.

Following seven pilot contracts awarded in September 2015, BAB commissioned another 10 group work and peer support projects to further support isolated older people in the city. These projects include gardening group activities for people living with dementia and their carers by Growing Support CIC; 'Living together with dementia' counselling for couples by The Harbour; Bristol & Avon Chinese Women's Group multicultural cooking classes; and Wellbeing Champions training for older people by Happy City.

For more information about Bristol Ageing Better and these pilots, please visit www.bristolageingbetter.org.uk or call 0117 928 1539.



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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



Do you have a problem or are concerned about anything?
Come to a Councillor advice surgery!
Bishopston & Ashley Down Councillor Tom Brook will be holding regular surgeries on every second Saturday of the month from 1pm - 3pm at the Quaker Meeting House, 300 Gloucester Road.
No appointment necessary, just drop in. If your issue is urgent then please contact Tom at cllr.tom.brook@bristol.gov.uk, 07584370425, or write to him at Labour Councillor Group, Member Services (CH), PO Box 3176, Bristol, BS3 9FS.



Local History Matters
Hunting in Horfield

BHA local history research – text by Andy Buchan ©

In 1285, Edward I granted free-warren to John de Marina, abbot of St Augustine's Bristol, and lord of the manor of Horfield. The grant gave the abbot exclusive rights over the hunting of small game

and vermin (hare, partridge, fox, rat, etc.). It allowed him to hunt on his own demesne, typically with hawks, dogs or ferrets. Rabbits (i.e. coneys) had been introduced into Britain in the early-13th century and were much prized as food. They were bred in Horfield on the hillside above Cutlers Mills brook as it descended to Coniger bridge, across ground still known at the parish tithe survey in 1841 as East & West Conygre (tithe nos. 2–3).

Where there was game, there was also poaching. George Bennett, John Adlam and William Thomas were charged in 1700 with keeping hunting dogs (*Canis veneticus*) without a licence, and James Higgs, William Kingsbury and Samuel Vowles were charged in 1794 with keeping 'several Lurching and other Dogs...to the great Inconvenience of Parishioners'. Mere possession of a lurcher, a cross-breed, part-collie, part-greyhound, might lead to prosecution. William Dymock, on the other hand, seems to have held a licence. One part of his tenancy agreement in 1652 was a payment in kind of woodhen, valued at ij.d (two pence).

Deer were also hunted in Horfield. EP Shirley in *Some Account of English Deer Parks* (1867) distinguished between parks and hayes = OE hedge. Hayes were not intended for the permanent preservation of deer, but as a means to entrap them from the wild. 'From the hayes they could be transferred to parks securely fenced with wooden pales, whence they were hunted when it was the pleasure of the king or owner'. Horfield had no deer park but it had a deer hayes, a combination of banks, ditches, fences or walls best adapting the landscape to its function. The Horfield tithe survey shows a cluster of four contiguous fields named 'Allhays' (tithe nos 61–3–4–5), the whole roughly elliptical in shape. It is very clear that Quab Farm's curtilage (tithe no. 60) had been taken from Allhays (tithe no. 61) and that the field called Golden Hill (tithe no. 64) was contemporary with the rest of the Allhays cluster. In other words, the Horfield hayes dated from the time of the Abbey. One essential feature of the hayes (or of deer enclosures in general) was 'some little brooke of spring-water running along by the place'. Horfield's hayes contained 22 acres 1 rood, 11 perches. Its spring was known as Colwell in 1488 and its perennial



small stream ran from Hither Allhays (tithe no. 63) down the meadow called 'Longmead' (tithe no. 55) to run alongside the highway.

Another essential feature of a hayes was a leap-gate, and Horfield manorial records contained half a dozen references to it. All of them said roughly the same thing: that the gate needed repairing and/or hanging and that certain named tenants were responsible for repairs by a given date. As to its more exact location, the leap-gate was said to lead to the common and it was near Hall heys lane-gate, which also led to the common. The last mention of the Horfield leap-gate was in October 1751. Sometime between that date and the late-19th century publication of the *Oxford English Dictionary* (OED), the word 'leap-gate' became obsolete. The OED's definition – 'a low gate in a fence which can be leaped by deer, while keeping sheep from straying' – was misleading, since it left out the whole idea of entrapment. In fact, the design of the hayes boundary led the deer to entrap themselves. They could leap into the hayes but not out of it. Cantor's definition in *The English Medieval Landscape* is typical. A leap-gate was 'a device which enabled deer to enter the park but not to leave it'.

New Library on Track Again

Work has re-commenced on the old Bristol North Baths site which, when completed, will house the new Bishopston Library among other facilities. At the present time there is no confirmed date for the completion of the work.

Cheltenham Road Library remains open for business as usual, although it will be put on the market for sale in the near future. There is still time for people to leave their ideas and thoughts about the new building at the Wishing Tree in the foyer. The library service is particularly keen to establish a Friends Group for the new library and would like to hear from anyone interested in finding out more about this. Kate Murray, Head of Libraries said, "We believe that an active Friends Group can be a vital part of shaping the life of the new facility. Working in partnership with the library staff, they can act as a link to the local community, helping to deliver a range of events and activities that can make the library a real focus for everyone in the area."

If you would like more information about the Friends of Bishopston Library or have any other thoughts on the new facility, please contact: Denis Wise, Library Development Officer, at denis.wise@bristol.gov.uk.



Kate Murray with the Wish Tree - share your hopes for the new Bishopston Library



Good Work 40th Brownies



The 40th Bristol Brownies recently held a Bring and Buy sale, and used the money raised to buy some cuddly toys to be given to children at the Children's Hospital.

They all enjoyed making things for the sale, and then the selling and buying.

We couldn't all go to the Children's Hospital so we picked names out of the hat and the attached pictures show them in the play area of the hospital with the colourful presents. The Brownies made the wrapping paper as part of their artist badge and each parcel had an individually decorated label on it.

Dianne Bromley, Brown Owl




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Mamanatal has enjoyed a super busy summer supporting parents in Bristol and beyond. Through their social media community, blog and meetups, Mamanatal aims to provide mums and dads with a 'village' of support around parenting.

The blog features articles on subjects from the benefits of yoga in pregnancy to being a working parent - and even how to prepare postpartum placenta smoothies - as well as all kinds of birth stories. It's honest and aims to be completely no-holes barred - Mamanatal aims to publish the good, the bad and the ugly, and give mums and dads a true representation of pregnancy, birth and parenthood, in real terms!

Events run in a similar way and while we sadly missed their picnic at St Andrews Park earlier in August, their next official meet up is in the diary for Sunday 18 September. Join them, 10am-12pm at Cox & Baloney on Cheltenham Road where they'll be joined by Nina Hollingsworth, a chiropractor who'll be chatting to them about postnatal recovery for women, repairing those all-important core muscles, pelvic floor exercises, correcting your posture while feeding, as well as some baby development info.

The event is free to attend and although there will be a short talk from Nina, it's very much interactive and you'll be able to ask questions and chat to each other throughout. Mamanatal meetups are themed and just aim to get people chatting about issues they might not talk about otherwise. Dads and kids are welcome too and there'll be teas, coffees and yummy cakes for sale (as well as their yummy breakfast menu - Sunday brunch anyone?!).

Follow Mamanatal on Instagram (@mama_natal) or on Facebook (www.facebook.com/mamanatalbristol). You'll find their blog at www.mamanatal.co.uk.



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A fun packed summer for 63rd the Scouts

The young people in the 63rd Bristol Scout group are now fully settled into the new Hut 6388 in St Bartholomew's Road Ashley Down. The building is in use every night of the week for Scouting and Guiding activities, with more than 300 young people using it each week.

Celebrate with us!

We are also delighted that other members of the community are getting a real benefit from the amazing space. We will still be holding community events to get people together. The hut is fully paid for and we want to thank everyone in the community who have helped in so many ways. We will be having a **celebration event on Saturday 8 October, 2-5pm**. We invite everyone to come along and join in. There will be displays, activities to try, and refreshments.

The summer term was very active for scouting group. We held a family camp at the local Scout camp site. The weather was good, and we did a number of activities including archery and crate stacking. After a lovely walk down to Tockington on the Saturday afternoon, the highlight for the young people was a fire on the Saturday evening where they toasted marshmallows.

The Beaver Scout colony is full at the moment on both evenings, with a good mix of boys and girls. We are celebrating 30 years of Beaver Scouts with special badges and activities. During the summer term we built dens and cooked on fires. We also went for several local walks to find out about the area we live in. Towards the end of the term, we had an evening of water games, finishing with a water fight. In the autumn term the Beaver Scouts will be attending a sleepover at @Bristol and a 30th Birthday celebration event at Puxton Park.



The Cub Scout packs are also full, with a good mix of boys and girls. The highlight of the summer term was a district Cub camp at Woodhouse Park; we took 60 Cubs to meet up with over 200 Cubs from other local packs. It was great to see so many young people together having fun, doing adventurous activities and making new friends. The camp began on Friday evening with a short opening ceremony and then some games for the whole camp to enjoy together. The Saturday included activities such as archery, air rifles, climbing, abseiling, leap of faith, an adventure/obstacle course and craft activities. There was also a range of bases run by various Cub packs; these were based on the different decades starting in 1916 when wolf Cubs were first introduced. The day concluded with each pack sharing information about their decade with everyone else and then a camp fire. Sunday morning was bright and sunny and the Cubs were put into mixed teams to undertake a number of challenges, many including water.

All too soon, the morning was over and it was time to eat lunch, pack up and go home. Everyone agreed it had been a brilliant weekend.

During the autumn term, we will be doing a mix of activities from the old wolf Cub handbook as well as activities towards current badges. This will all culminate in a 100th birthday event at the hut on 16 December.

Both Scout troops have completed team work challenges and a range of outside scouting activities, including gutting and cooking fish on a fire. We also did the pioneering badge, which included building various structures. The plan is to complete the badge in September by building a bridge structure. As I write this, the



final preparations are being made for the troop summer camp. This is being held at a Scout campsite near Taunton. The autumn term will see an influx of Cubs moving into the troop and some of the older scouts moving on to Explorer Scouts.

Have fun and get involved

The group is now looking to consolidate and grow. To do this we need to increase the number of adults who are involved on a regular basis in planning and delivering activities. We are working with Brunel Scout district to achieve this. We have an amazing group of parents who are already helping on a parent rota but we still need people to work in background on administration, fundraising / social events, sharing a skill or hobby. However, our biggest need is still to get more people involved in planning and delivering the weekly meetings. No previous involvement with Scouting or Guiding is needed. This does not have to be every week; Scouting is about flexible volunteering and we will tailor a role to suit your skills and available time. Full support and all necessary training will be provided free of charge, existing skills are recognised, and you will not be asked to do unnecessary training. A DBS enquiry will need to be completed.

To find out more, phone Mike Evans on 07722632468 or email at mikeevans3@virginmedia.com.



All welcome at Bristol St Andrews Bowling Club

Following a previous, smaller taster session, three groups (Cubs & Scouts) from the local Bristol 63rd Scout Group returned to visit Bristol St Andrews Bowling Club in July. 70 children with parents attended, with lots of sweets and lollipops given as prizes! After the success of these sessions, we are hopeful that a few more of the youngsters and parents will be joining the club in the future.



Later that week, our resident group, Glos Rd WI, linked up with two other groups from Clifton and Durdham Downs, for some bowls coaching; again we hope all enjoyed it and that they wish to take up the sport in future.

At time of writing, Bristol St Andrews are currently top of the North East Bristol Division 2; we have played 11 and won 11 so far (7 games to go) for the push for promotion and our Bristol and District side are mid-table after 11 in Division 1. Our Sunday league team are trying to stay up in the Glos League, Div 1, which is a higher standard of bowling.

We host friendly mixed matches on midweek afternoons and weekends, for all to take part in, with an offer for adults to join the club from now until the end of October for £10, and children for £5.

The club provides coaching for new bowlers and can obtain all the equipment you will need.

For more information on the club, please see our Website www.bristolstandrewsbowlingclub.co.uk/ or email: bristolstandrewsbowlingclub@hotmail.co.uk

We have our end of seasons Open Fours Competition on Sunday 25 September for anyone wishing to enter, £24 per rink.

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If you would like to find out more about garden rooms or any other garden project, please do get in touch with us.

Ali

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News from Horfield Common Community Interest Company

Shed Men

We are thrilled to have launched the Bristol Ageing Better-funded Ardagh 'Shed Men' project. 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.

Next sessions are 6 and 20 September. All welcome to just drop in on the days to see what's happening and find out more!

The Future is Bright!

Project co-ordinator, Rob was delighted to present the most up-to-date 'vision' for the future of the Ardagh site, to an enthusiastic crowd at the last Bishopston, Cotham and Redland Neighbourhood Partnership forum. This vision for the future of the site has been informed by consultation with thousands of local residents, and wider users of the Ardagh site and Horfield Common over the last six years.

Rob discussed these plans and ideas further with local residents who attended the Friends of Horfield Common (FOHC) Summer Picnic. These vision documents will be circulated to all on our mailing list (and by FOHC to their wider membership too).

It is important to note that at this stage, these are aspirations and there is much more detailed work to be done to realise this vision. There is not currently any funding package in place that will enable us to deliver this outcome, but this is what we are now working on, alongside beginning to develop more detail about each of the aspects that will make up the new Ardagh – providing high quality, affordable, community, sports and leisure facilities for local people, and enabling a new, revitalised and sustainable future for this wonderful public facility. We are very proud to have developed this work to this stage, and are continuing to work with a wide range of partners including Bristol City Council Parks, Sports and Community Buildings teams,

the Lawn Tennis Association, Sports funding bodies and community business funders to explore how we may be able to bring together a complex funding 'jigsaw', which will enable us to submit a comprehensive and robust business case to complete the Community Asset Transfer for the site before the end of 2016. It has been fantastic to welcome new Bishopston Councillors, Tom Brook and Eleanor Combley to the Ardagh several times since the recent elections. Both have already been actively pursuing a range of potential opportunities for support for the project, bringing officers from a range of departments together to discuss how planning and opportunities for progressing the project can be supported. Thank you, both; we look forward to working with you further over the next four years. We would also like to use this opportunity to thank outgoing Bishopston Councillors, Daniella Radice and Tim Malnick for their consistent support and significant work to support local residents to enable the project to progress during their time in office.



Project Ardagh has been ongoing since 2010. Thank you to all who have contributed to this work to date. Please do watch this space for updates; we are hoping to be able to confirm a range of potential funding options (and to therefore develop more detailed proposals, which people can get more involved in considering – these are very much 'the big picture' aspirations) by the end of October 2016. We will keep you posted and as ever, if you have any comments, or would like to get involved in helping to move this community-led project forward; please do get in touch.

Info@theardagh.com

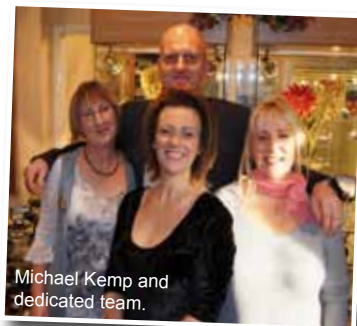


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Aims of Friends of the Memorial Ground

Friends of the Memorial Ground (FOMG) held their Constitutional Meeting on 18 July, at Horfield Baptist Church, and approved the FOMG Constitution, elected officers, and discussed future activities.

The aims of FOMG are:

1. To inform the wider public about the founding purpose of the Memorial Ground (Memorial Stadium) as a place of remembrance for the more than 300 Bristol rugby players killed in the 1914–1918 war.
2. To ensure a future for the Mem in keeping with the founding intentions: i.e. that the land be 'used for football or other athletic sport or recreation'.
3. To work with other local, and national, organisations to preserve and develop the Memorial Ground as a place for remembrance, and as a place for sport and recreation.
4. To promote the value that the Memorial Ground holds for the Bristol community, its culture, heritage, economy and wellbeing.



At the FOMG meeting were representatives from The Bishopston Society and from Sporting Memories (who run reminiscence workshops for senior citizens). Other new members included local residents interested in honouring the fallen, preserving the heritage sport site, community welfare and the economic wellbeing of the area, as well as those with concerns about previous unsuitable planning proposals and air pollution. Some local councillors, our MP and the Royal British Legion are also supportive.

FOMG will strive to secure a future for the sports ground that respects what it is: Bristol's largest – most significant and most effective – war memorial. Obviously it is neither respectful nor appropriate to discuss war memorials in terms of real estate, as brown field development sites. A great future for Bristol's most famous sports ground beckons, starting perhaps with a key role next year, as Bristol becomes the UK's European City of Sport.

The Bishopston Society is running a survey about the ground's future: www.bishopstonsociety.org.uk/news/other-news/833-memorial-ground-survey.

You are very welcome to join FOMG. Membership is £5 per year. For an application form and any enquiries, please email FriendsoftheMemorialGround@gmail.com. More info: <https://memorialgroundbristol.wordpress.com/>.



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News from our Bishopston & Redland Councillors

Bristol North Baths

Finally, there are builders on site! We can now dare to hope that our long-awaited new Bishopston library will materialise early next year (after fitting out). We've been told that the flats should be ready for occupants within a few months, and new public toilets, too. In the meantime, if you have any thoughts on what the new library should look like, or extra services it could offer, then do get in touch, as we all want the new facility to meet the needs of local people as much as possible. There's a new Friends of the Library group being set up and people with ideas for running community activities are going to make a key contribution to a thriving facility. Contact Cheltenham Rd Library in the meantime or call them on 0117 903 8562. See page 50 for further information on this.

Ashley Down Green

Work has started at Ashley Down Green on the new play area and access from Stoney Lane. The project is anticipated to continue until mid-October. During this time, work will take place between 8am and 4pm Monday to Friday to avoid disturbing neighbours. If residents experience any issues, they are advised to contact Dan Judges from the council: daniel.judges@bristol.gov.uk / 07880 400358.

See page 5 for further details on Ashley Down Green.

Cricket Club

We've been meeting with Gloucestershire County Cricket Club and the Howzat? residents' group to discuss the problems and issues that have arisen during the cricket season so far. The results have been promising and all parties will continue working together, alongside other partners such as the Police. If you have an issue on match days, please report it – don't assume someone else has! The Neighbourhood Partnership has produced the following FAQs, which will help you work out who to contact, and please copy us in to any correspondence so we are aware of any issues arising: www.bcrnp.org.uk/2016/05/26/gloucester-county-cricket-ground-faq.

Wetherspoon's

Wetherspoon's has put in another application to convert 349–353 Gloucester Road into one of their establishments. While we would love to see this building back in use for the community, and while Wetherspoon's has improved their application since last time, there are still issues with the application. These include noise, the impact on other businesses (cafes and restaurants as well as pubs), anti-social behaviour, and the fact that the

building lies within the Gloucester Road Cumulative Impact Area. To this end, Tom and Eleanor will both be submitting oppositions to the application. (Just a reminder, you can view and comment on all city planning applications at: www.planningonline.bristol.gov.uk/online-applications).

Little Grants for Big Ideas!

The Bishopston Redland and Cotham Neighbourhood Partnership Community Fair takes place on September 17, 12.30–4.30pm at St Michael's Church Hall on Gloucester Rd. Come along and find out more about the local Neighbourhood Partnership and get involved in local groups that make a real difference to our area. There will be stalls, entertainment and food plus reports on last year's Little Grants, what the local neighbourhood initiatives are up to, and how you can help with things like highway schemes, parks, street scene and much more. See page 21 for more information on events taking place on the day.

If you have an idea that needs a small injection of cash, then ask us about the Little Grants fund which will be allocated at the fair. Ideas should be submitted now to get them a chance of the votes on the day. To pitch an idea email info@bcrnp.org.uk. There will be grants of up to £350 per project. More details are at www.bcrnp.org.uk.

Redland High School

You may have noticed that the school site is now up for sale. This is clearly an important space (with listed buildings) so we will be doing our best to see that any future uses meet the needs of local people as far as we can. We have also asked the council to investigate whether part of the site could be used to meet any additional needs within nearby Redland Green School.

At 2.9 acres, it's likely to be the largest development in Redland ward for many years and we'd like to ensure local residents get a say in what happens next on this site.

Residents parking changes

Finally, the legal Traffic Regulation Orders are being advertised to make the long-awaited extensions to the Redland and Cotham residents parking zones so that they can include areas at the north of Redland Rd. Subject to the consultation, this will come as a relief to many residents who have been suffering the effects of displacement parking. There will also be a variety of minor changes to the current schemes to take account of feedback.

Just to reiterate, there are no firm plans as yet for any new zones, or indeed to remove existing ones. The Mayor has, however, indicated that any new

plans must have the support of both residents and councillors, so get in touch with us with any views.

Front garden bike sheds

Martin had some case work about planning enforcement to remove bike sheds in gardens. Structures in front of houses need planning permissions and this may not be granted. But there seemed a clear anomaly that parts of the council are encouraging more cycling, supporting bike training and loans, and we're promoting storage hangars in streets, plus making the city more cycle-friendly, but planners were responding to complaints by telling people they had to remove secure bike storage. It emerged there is no guidance on what could be permitted and how to ensure a structure that helps provide storage without breaking rules. After asking questions of the Mayor in May and liaising with the council's transport and development management teams the good news is there is now a draft being developed to explain what to do to ensure storage meets permitted rules. Apparently fifteen different locations across the city were subject of notices to remove bike sheds with no guidance on how to make them legal.

Bus changes

We have had a lot of correspondence from residents over the First Bus changes to services for bus numbers 8, 9 and 72, which start on 4 September. The route of the no. 72 bus will be amended to adopt the route of the cancelled Wessex no. 19 service. This will allow passengers to have continued access to both universities and will operate every 30 minutes Monday to Saturday. This is hopefully welcome news to those who were affected by the 19's cancellation! The 8 and 9 will now run separate services with a connection at stops by Redland station.

If you use these services, please do check the amended timetables before setting out. It's probably worth pointing out that, as these services are not subsidised by the council, we have very limited influence over decisions made by First Bus. We are, however, very concerned by the potential impact of the changes and are considering a meeting with First Bus to represent residents over the matter.

Highways projects

We're expecting the construction of local highway projects by the gates of St Andrews Park and at the North Rd end of Cromwell Rd as we write. These, and the Sommerville Rd traffic calming scheme, are now in Ashley ward, but were developed when the area was in Redland ward. The good news is a local scheme has also been under construction at Halsbury Rd to make the crossing safe for



Some of the local groups that featured at the BCR Community Fair last year – Top: the amazing Misfits Theatre Group. Below: 1st Bishopston Scouts.

residents. We're now supporting residents on Cranbrook Rd who are concerned about the need for a safe crossing, following some minor collisions involving local children and cars.

In other news: Fi has been kept busy with her new Cabinet role which covers health and wellbeing across the city. Broadly, this includes areas such as sport and activity, food policy, alcohol and tobacco but mainly trying to make sure that a public health perspective is built into all areas of the council's work. It's been a steep but interesting learning curve.

Please do get in touch!

Bishopston Ward

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk

See page 48 for details of Tom's monthly surgeries.

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk

Redland Ward

Fi Hance, Green Party - Cabinet member for

Health and Wellbeing. Cllr.fi.hance@bristol.gov.uk

Tel: 07833484346

Martin Fodor, Green Party - Chair of Development

Control. Cllr.martin.fodor@bristol.gov.uk

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We welcome new players joining. We are a very friendly group, you will always find tea and biscuits at the club.

Bowling is an activity for everyone, and sociable way of keeping fit.

If people are interested in joining or for further information, please contact: Derek Lewis on 0117 985 8816 or Fred Kirk on 0117 942 1268.

The Little Black Box Choir

Tyndale Baptist Church, Whiteladies Road,
Bristol BS8 2QG



Come and join us! No audition and no previous music experience or music theory needed - singing can improve mood, your heart, your lungs and your life - the evidence is out there!

We cover an eclectic mix of songs from Bowie to The Script via Adele and Sting as well as a touch of gospel and folk - something for everyone!

Intrigued? Come along for an initial, no obligation, free taster session on Mondays (term time) from 7.15pm till 9pm.

Next term commences Monday 12th September 2016. For further information or to let us know you're coming, email nestles55@hotmail.com.



Bees are buzzing, birds are singing and barbecue smoke is everywhere blowing across your lawn, so it's time for The Moggery Christmas Fair. What? That's right, Christmas Fair!



Last year the helpers were complaining about being cold giving out leaflets outside the venue so we have decided to have our Christmas Fair in the summer in 2016.

Every year The Moggery clashes with schools and churches holding their fairs in November and December so this year we will stand alone! Come along to find wonderful bargains, suitable presents and the usual games. Enjoy a free mince pie with your hot chocolate in our Moggery cafe. Bring friends and family, everyone will have fun!



Saturday 3rd September at St Michael & All Angels Church Hall (Pigsty Hill), Gloucester Road, Horfield. From 1pm - 3.30pm.

Come early to get the best bargains!



Apple Day

Join in this community celebration on Sunday 16 October at Horfield Organic Community Orchard (HOCO)

Membership is open to all. Anyone who joins HOCO. Being involved is a practical way to learn about growing, eating and preserving fruit. It's also a good time to become involved with the exciting Home Orchard Plot project - a mini orchard with a 10 x 4 metre footprint.

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

What would you celebrate in your local area?

Big Lottery Fund's Celebrate England scheme provides grants of between £300 and £10,000 to enable voluntary or community organisations, schools and statutory bodies to hold one off events and activities which give their community the chance to come together to mark something important, commemorate a local historic event or get to know the neighbours better. Find out more and apply www.biglotteryfund.org.uk/celebrateengland

Bristol Photographic Society -
"2016 Annual Photography Course"
starts on Tuesday 6th September for 11 consecutive weeks.

Beginners/Improvers welcomed.

Location: Unit 13 Station Rd.
Montpelier BS6 5EE.

For full details go to:

www.bristolphoto.org.uk
or contact Derek on

bps.ptc@gmail.com or 07976-188517



'Qi' in the Park - BRISTOL BS7

Local Qi Gong teacher and mindfulness coach, Tim Mason is offering free tasters of the ancient art of Qi Gong - a form of exercise and moving meditation closely related to Tai Chi.

Horfield Common (by the Ardagh Centre)
11.00am Sat 3rd & 5.30pm Mon 5 Sept

St Andrews Park (Dog free area by children's play) 1.30pm Sat 3rd & 1pm Wednesday 7th
Look out for the banner, sessions will run whatever the weather.

Qigong is a system of gentle physical exercise and mindfulness practice that originated in China thousands of years ago, but is now practiced throughout the world. It requires no particular religious or philosophical beliefs - just a lively interest in exploring and appreciating our own experience and relationship to the environment. Its integration of physical exercise with mental focus has benefits for bodily, mental and spiritual health well-being.

Find out about regular classes at the Bristol Buddhist Centre, 162 Gloucester Road BS7
www.bodytomind.co.uk T. 07789 200685



Community Matters...

Walking is the closest thing to perfect exercise



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 30 August – Swineford. Meet at The Horsefair (back of Primark opp M&S) 10.10 Bus 37. A riverside walk from Swineford to Keynsham, part of The River Avon Trail. Leaders: Stuart, Joan, 'C'.

Tuesday 13 September – Leigh Woods. Meet at Horfield Leisure Centre 9.50, Bus 505. Over the Clifton Suspension Bridge to Stoneleigh camp and Iron Age Fort. Good views of Clifton and Suspension bridge. Leaders: Stuart, Joan, 'C'.

Tuesday 27 September – Historic Stapleton. Meet at Horfield Leisure Centre 10.00, Bus 17. 'Gas Lamps and Cut Throats'. Leaders: Sheila, Joan, John.

There are also weekly walks (45–60 minutes) in Stoke Park on Wednesdays. Meet at the Hub, Gainsborough Square 1.30 pm.

Message from Chatterbox
– After a busy 2016, Chatterbox re-opens on Friday 9 September, however due to the small number of children who left for school, these places will be filled by those already on the waiting list. Please do contact us on elsie.murray@sky.com if you are interested in going on the waiting list, this will save arriving on the day to disappointment, thank you.

A game of pétanque anyone? You are invited to go along and play pétanque on Thursday 15 September, 6pm

in Queen Square by Alliance Française de Bristol. No need to know how to play, expert Bill will show you all you need to know! It's free, please just let them know if you are going to attend via info@afbristol.org.uk or call Audrey on 07903 821 655. Bring your boules if you have some! The group's free enrolment night for French courses, will take place at Henleaze Library (BS9 4HP) on Wednesday 7 September, 7.30 to 9.00pm. www.afbristol.org.uk.

News from the local St Alban's Players –

This year we need to raise funds for a new stage apron for St Alban's Church Hall, which will cost approximately £6,500, so we have lots of fundraising to do!

Our first event will be a final performance of our history-making England One Act Finals Winning entry – Jimmie Chinn's 'Interior Designs', which went on to represent England in the British Final in July.

Doors will open at 7pm and the play will be performed at 8pm. Between 9 and 10pm there will be the opportunity to meet members and find out more about the club and what we do and new people will be able to sign up as Friends or Members and discover other ways they could get involved in the club.

The performance will take place on Thursday 8 September, 7-10pm at Trevor Smallwood Theatre, Colston Girls' School, Cheltenham Road, Bristol BS6 5RD. Ticket Price: £12, to include nibbles and a drink. Please contact the Box Office: email stalbansplayers@gmail.com or phone: 07425 198859.

St Alban's Players are proud to present a fundraising evening and the final showing of this production which represented England in the British Final of the One Act Festival!

Winner of the All England Theatre One Act Festival 2016

Interior Designs by Jimmie Chinn

With Gill Cowen as Irene	Rebecca Hastehurst as Amy	Andrea Pleasant as Holly	and Rory Adamson as Him
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LAST CHANCE to see this multi award winning production of an intriguing and beguiling one act masterpiece at the TREVOR SMALLWOOD THEATRE, COLSTON'S GIRLS' SCHOOL, CHELTENHAM RD, BRISTOL, BS6 5RD. Tickets £12, with complementary drink and nibbles, available from stalbansplayers@gmail.com or 07425 198859. ONE NIGHT ONLY: Thursday 8th September 2016, doors open at 7pm, performance starts at 8pm, reception 9-10pm. Directed by Barbara Cross, assisted by Betty Willis, Lighting by John Davey, Stage Managed by Charlie Whitehead with Continuity provided by Jeremy Livitt.

saintalbansplayers

THE GOLDEN HILL
COMMUNITY
GARDEN

HARVEST FAIR

Saturday 17th September
1pm-4pm
Adults £1 Kids: FREE

Music and dancing!
Pizza from the clay oven!
Free kids' activities!
Facepainting! Cake!
Pond dipping! Traditional games! Vegetable creations!
And lots more at our lovely community event...

Our site is wheelchair accessible including the loo.
Find us through the gates at the bottom of Monk Rd, BS7 8NE.
Contact Lucy for more info: info@hcgarden@gmail.com 07506 905 394

"How could so much beauty and meanness exist in one World?"

GIRL RISING



One girl with courage is a revolution

Girls all over the world are battling to get to school, being refused an education simply because of their gender, but many are bravely standing up to that injustice.

Come to ARNOLFINI on 3rd September at 7pm to hear their stories and help change their lives!

Join us for a screening of Girl Rising, the groundbreaking feature documentary at the heart of the global campaign for girls' education and empowerment.

Girl Rising follows the life stories of nine girls from Egypt, Afghanistan, Nepal, India, Sierra Leone, Haiti, Peru, Ethiopia and Cambodia. Not only is this powerful film endorsed by Michele Obama and written by some of the world's best female writers, it is also voiced by A-list actresses such as Meryl Streep, Cate Blanchett and Freida Pinto. Academy Award nominated Director Richard E Robbins completes the powerful team. Some of the cinematography is heart-stoppingly, jaw-droppingly beautiful.

The evening will begin with a complimentary glass of wine and end with a charity auction, giving you the chance to bid on a swim and breakfast for two at Clifton Lido, signed Portishead albums, a flight in a light aircraft, award-winning wildlife prints or a family foraging weekend. All gifts have been donated so 100% of the profits can go to running our life-changing projects in Ghana and Tanzania.

Our film night will give you the chance to meet all kinds of passionate and interesting people! We'd love to see you there. Tickets are £8 and any profits will go to African Initiatives' women's rights and girls' education projects.

Book your tickets today by searching online for "Bristol, Girl Rising, Eventbrite", call 01179 150001 or email Lindsay@african-initiatives.org.uk.

Local community groups

Free cycle repairs and marking

Family activities

Live Vote to give Community Projects Cash

Local food and drinks

Neighbourhood Partnership working groups

Bishopston, Cotham and Redland Neighbourhood Partnership

COMMUNITY FAIR

Saturday 17th September
12.30-4.30
St Michaels and All Angels Church, Gloucester Road

View the full programme at:
www.bcrnp.org.uk
Making a difference together

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SEPTEMBER OFFER! JUST £10 JOINING FEE



STUDENT MEMBERSHIPS AVAILABLE

A range of student deals are available at BS7 Gym with big savings to be made! Enquire at reception or see the website for more information.

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MEMBERSHIP INCLUDES:

- Free classes including Bootcamp, Spin & Yoga
- Free personal training session when you join us
- No minimum contract
- Discounted swimming at local pool
- Free entry to Gloucestershire Cricket home group matches
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Telephone: 0117 910 8016 Visit reception or go online www.bs7gym.co.uk for more information



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