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Matters

issue 102, Dec 2016



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Dear Readers...

'Tis the season to be jolly! I hope the featured festive pictures from Year 2 pupils at Ashley Down Primary will get you into the fun spirit of things.

To help with what can be an overwhelming and stressful task, Bishopston Matters is pleased to assist you with your Christmas shopping. As well as ideas throughout the magazine, to celebrate the fantastic shopping opportunities we have on our doorstep, this year, we have produced a Gift Guide - that will ensure you find the perfect present for everybody! Please do love local!

It is hard to believe that it was a year ago that we were awaiting the arrival of baby Henry, who was due to make an appearance on Christmas Eve but decided to wait until the start of the New Year! He is such a bundle of joy, who we look forward to spending his first Christmas with. Santa will be stopping at our house this December!

At this time of year, we remember those who sadly cannot be with us; we will certainly be raising a glass to my late father, who I know will looking down upon us with his wonderful broad smile. It was lovely to attend the annual 63rd Scouting Awards in November and witness a worthy scout receive the John Macleod Memorial Award, which we were pleased to donate in dad's name.

I wish you all a very happy festive season and look forward to seeing many of you at the local Christmas fairs, carol services and Glos Rd celebrations - you will find details of these throughout the magazine.

Kerry x

Email: kerry@bishopstonmatters.co.uk **Visit:** www.bishopstonmatters.co.uk
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Your Local Christmas Gift List

This Christmas whether you're searching for unique gifts for your family or your home it's all here on our very own Gloucester Road. This year Bishopston Matters hopes to inspire you with our Local Christmas Gift List. No need to fear hours of being stuck in traffic, paying for parking, fighting your way to tills...all your Christmas shopping is on hand right here on your doorstep. We've created categories too, to help you along your merry way. From delicious foods to stocking treats to gifts for kids – we think there are ideas here for all your family and friends. Whatever you need for Christmas, you need look and drive no further. And when the bags are full, check out the Christmas menus at The Gallimaufry, Biblos or The Royal Oak.

This Christmas love local and shop local xxx

Suggested local gift guide – ● Him ● Her ● Kids ● Home



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BS7 8NY
iconbeauty.net



Dougal Shoulder bag – Ollie & Nic. More colours available, £55.

Fox & Feather
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BS7 8AD
foxandfeather.co.uk



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Kevin Murphy hair products – The fantastic Body Mass range for her and Thick Again collection for him. Ask in salon for further advice. From £24.

The Green Room 15 The Promenade,
Gloucester Road, BS7 8AL



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Reason Interiors
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reasoninteriors.co.uk



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Flo-Jo Boutique
36B Gloucester Road, BS7 8AR • flo-joboutique.co.uk



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Craft Work
355-357
Gloucester Road,
BS7 8TG

Suggested local gift guide – Him • Her • Kids • Home

Tree Sculpture in St Andrews Park

It was lovely to spend a beautiful autumnal afternoon in St Andrews Park with sculptor Andy O'Neil, Friend of St Andrews Park – Paul Bullivant and 12 pupils from Sefton Park School.

The creative meeting was to work on ideas for two tree trunks that are going to be carved by Andy (a felled sycamore opposite Maurice Road and the a heavily pruned western red cedar alongside the bottom path near the old sundial base).

It was an extremely productive session, with the encouragement of Andy, the children produced some wonderful nature drawings, that will inspire Andy's final designs.

Funding for these tree trunk sculptures is thanks to donations from some of the Friends of St Andrews Park and local businesses – Elephant Estate Agents, Grape & Grind and Spicer Cole.

Andy will start four days of work creating the carvings of the trunks in early December, so we look forward to bringing you pictures of the completed designs that will further enrich our beautiful park.



A selection of the charming sketches created in the park



An example of the wonderful work of wood sculptor Andy O'Neil

New Play Area on Ashley Down Green – Now Open!

Hurray! The much-anticipated new play area on Ashley Down Green is now open and ready for fun! When I took Henry and Monty dog on one of our regular walks to the green space, it was wonderful to see local children embracing the new play facility.

11-year-old, local resident Luc told me, "I used to go to St Andrews Park to meet my friends, but now I have Ashley Down Green, which is much closer and in the middle. I like to go there with friends after school and it has a nice friendly atmosphere."

The Friends of Ashley Down Green, who worked so hard to ensure this project was delivered, are also delighted that this community facility is now open and is already being well used. "We are very grateful to everyone from the local area who has been involved in contributing thoughts and ideas for this space, and for colleagues from Bristol City Council in listening carefully to views and coming up with this final design. We look forward to it delighting many generations of Ashley Down residents and watching people getting outdoors and enjoying the space. Look out for details of a celebratory event to mark the park's opening this December!"

The Friends Group is about much more than the play area of course, and they are planning a range of other activities including planting, pruning, family fun and more. You can join our mailing list by emailing ashleydowngreen@gmail.com, follow us on Twitter @FriendsADG, and like us on Facebook <http://fb.me/FriendsADG>.





GET 50% OFF FAMILY CLIMBING THIS CHRISTMAS

Get the whole family climbing this Christmas with Family Taster Sessions at Undercover Rock in St. Werburgh's.


Running weekends throughout December, these fantastic and fun climbing sessions are a great way to stay active and try something new as a family during the festive season!

There are also plenty of spaces on our Adult's Taster Sessions too, so if you're looking for time away from the youngsters, don't forget to check them out.

Save 50% by entering 'BM50' at the checkout.

To book spaces, visit undercover-rock.com/kids/all-the-family/family-tasters





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ISI Inspection Report, October 2015

Whole School Open Morning

Tuesday 10 January, 10.00am–12.00 noon

Our Entrance Examinations and Assessments for September 2017 entry into Reception to Lower Sixth are taking place in January.

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

Our 1532 Performing Arts Centre is now open.



Adventure

Friendships

Learning

Life changing

Baby Bites Local Cookery Workshops – something for all the family



Baby Bites cookery workshops are now being run in Bishopston, by local mum Amy. The sessions are designed to help parents cook healthy and delicious food for their families,

without spending hours slaving over the stove, or seeking out rare ingredients! There are also fun cookery classes for children – from pre-school to school age, to get everyone involved in making food!

At the **classes for adults**, parents will build their confidence and learn recipes for tasty simple meals that are suitable for the whole family – from the baby up. They leave with delicious samples of food that they have cooked, as well as clear information about childhood nutrition. All the workshops are really relaxed and fun – and you can even bring your little one along! Classes are 2.5 hours and you can choose from: **Weaning** (£35) for those who are just introducing solid food; **Fingers foods** (£35) which is great for everyone from babies to school age children as packed lunch ideas; and **Family foods** (£40) which is main meals that everyone can enjoy together.



The **kids' cookery classes** are lots of fun and totally hands on. The children get to make new dishes each time they come, and are always very proud of their creations! It's a great way of introducing kids to the fun of cooking while learning new skills and gaining an understanding of different ingredients and flavours.

For **pre-school children** Amy runs weekday classes in the mornings once a week, and also a monthly **Saturday cookery club** for 3–8 year olds. These are 1.5 hours and cost £20/child, or £35 for two siblings. If you book in for more than one class a month there is also a £5 discount. Amy also offers **cooking parties** for birthdays – including make your own pizzas, chocolate fun and cupcake decorating.

For more information or to book a place please contact,

Amy on 07870 677303;
amy.phipps@babybites.
co.uk; www.babybites.
co.uk or on Facebook.

Mention Bishopston Matters for a 10% discount.



Amy & son Jacob

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Exciting times ahead for the Gloucester Road BID

After their recent AGM, we are pleased to introduce you to the new Gloucester Road Business Improvement District Board (GRBID). The team already has lots of ideas for events to engage their local customers.

We welcome new Chair Shelley Swift of Enso Martial Arts and Vice Chair, Nicolo Lecata of the Parlour, both on Cheltenham Road. We also welcome new directors Melonie Telfer of Scrumptiously Sweet, Erika Peto (FloJos), Emma Tovey (7th Sea), Alex Archer (Chattels), Paul Carpenter (Totally Toys), Kiarash Darafshi (Café Ronak), Toby Morse (Iota), David Pavon (El Colmado), Chrissie Beavan (zzzone), James Ayliffe (Hobgoblin) and David Jones (I Love My PC).

The board is composed of voluntary positions of local traders who are dedicated to improving the Gloucester Road area from the bottom of Pig Sty Hill, all the way down to Cox & Baloney on Cheltenham Road and including some of Zetland Road. If you meet the team on your travels do say 'hello'! The board would love to hear your ideas and thoughts about ways to improve the area – whether that relates to an improved shopping experience, a cleaner environment, parking or events.



GRBID Chair Shelley Swift

Christmas Cheer on Gloucester Road

You are in for a bundle of festive fun this year! On 3rd and 4th December, from Cox & Baloney's vintage tea rooms to Nailsea Electrical, explore as you make your journey of Christmas joy along one of the last traditional high streets in Britain. And the excitement does not stop there! If you can't make the big launch event or want to come back for more, the grotto and a sprinkling of market stalls will continue on 10th, 11th, 17th and 18th December.

Santa's Grotto – Come and pay Santa a visit in his twinkly grotto where he will be upstairs at The Parlour. You'll be able to have your photograph taken and receive a gift provided by Totally Toys. Don't worry about waiting in a queue - there will be waffles and ice cream on hand to keep everyone smiling. All proceeds to St. Mungo's charity.

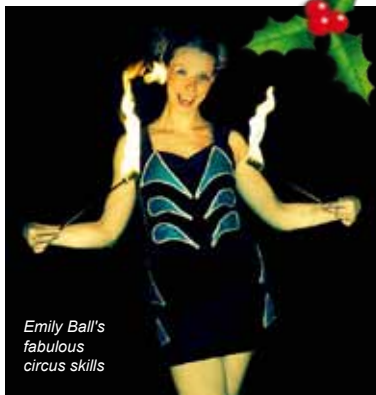
Food & Drink – Through the many top-rated restaurants, bars and cafes you will be taken on a sensory experience of Yuletide spice and all things nice. Mulled wine and cider will be available from numerous venues including the Hobgoblin and Gallimaufry to help you get into the spirit of things!

Whether you want to fill your tummy with Christmas pudding or take home fancy food gifts, you will find everything to satisfy your culinary Christmas cravings. Look out for Murray's sizzling festive sausages or for those with a sweeter tooth, why not explore Scrumptiously Sweet's range of goodies?

Live Music – Vamos! will be joining in on the Christmas festivities located at Nailsea Electrical! This fun and funky band will keep those toes warm as you dance your socks off to their rumba/hip-Latin, soul-ska fast-paced, high energy tunes! Come and soak up the atmosphere at Nailsea Electrical's pop-up Christmas Tavern and enjoy a mulled cider by a fire pit.

Street Entertainment – You can enjoy circus skills, face-painting and even Elvish Presley – something for everyone at this Christmas celebration! Performers will be positioned down the length of the road from 7th Sea to Nailsea Electrical, you can delight in a whole host of entertainment along the way!

Christmas Shopping – With the largest number of independent shops on one stretch, you are guaranteed to find that special something this year.



Emily Ball's fabulous circus skills



there are many more ideas throughout the magazine, that is proud to support local.

Whilst out and about, Pop into FloJo's Boutique for their very own 'Knicker Making Kit', or 7th Sea for handmade jewellery. There are a great many gifts to suit your family and friends including French vintage interior style at Reason through to quirky pug lights from Iota. Look out for a number of Christmas-themed activities and workshops in and around the shops such as the necklace-making workshop at Bamba



One of the stalls on the promenade ready for Christmas

CHRISTMAS CELEBRATION

Sat Dec 3rd - Sun Dec 4th

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Christmas Stalls · Street Entertainers
Live Music · Santa's Grotto

Beads. For a breath

of fresh air in the fashion department, pop into one of the independent clothes shops such as Fox & Feather or Pink Lemons. The children are totally catered for at Totally Toys and if you are seeking a more traditional gift for the children, you can also check out Playfull Toy Shop. Looking for alcoholic gifts? Then Brewer's Droop and Grape & Grind will both give you that fine advice and personal touch that you can only expect from a great traditional high street. Come and enjoy your ultimate, unique shopping experience in one of Britain's most famous independent shopping districts.



A Christmas Carol

Written by Charles Dickens
Adapted by Neil Bartlett

Wed 30 Nov – Sat 10 Dec 2016
Wed – Sat 7.30pm & Sat 2.30pm
Tickets £12 (£10 concessions, see website)
boxoffice@kelvinplayers.co.uk or
0117 924 0899 • www.kelvinplayers.co.uk
253b Gloucester Rd, Bristol BS7 8NY

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Situated on Gloucester Road, in a contemporary and urban-style venue, Paul Roberts HiFi is where Paul and Martin – with their 60 years of combined experience in audio equipment – welcome you in to share their wealth of knowledge and offer ongoing customer support.

Taking the hassle out of installation

If like me, you love the idea of having some quality sounds at the wave of a hand or switch... but alas, your technical abilities stretch to charging a phone and using a remote control; look no further – Paul Roberts are not only the purveyors of audio equipment and your home entertainment requirements, they offer a total in-house installation service. No service is too little, from hiding those unsightly trip hazard leads and wires, to fitting a full audio experience in your garden or re-installations when moving home and 'invisible' multi-room at affordable prices. The service is there for everyone who needs help to put in their systems whether or not you purchased your equipment from Paul Roberts.

So you've chosen the right audio equipment for you – what next? You can either go home and set up yourself or – thankfully – ask Paul or Martin for help! They will come to your house to discuss the best way to set up so you make the most of your new toy. You'll be given a free fixed price quote. They'll go away – you'll have a think and then a couple of days later call them in to do the job. And don't worry, they don't leave you staring down at the remote... they will give you a tutorial on how to use your new equipment. But what happens if two weeks later you are all sat down for family movie night and mid

mouthful of popcorn the sound goes wrong? Don't worry Paul's

Bose SoundTouch Wireless Link adaptor



"Paul, you took the time to understand our requirements and offer sound advice. Your installed system is providing the whole family with hours of pleasure. Thank you very much."

Local Bishopston Matters reader

number is on the website – give him a call! He's only too happy to offer advice and find the solution.

And this is the crux of the matter – whether you opt for installation support or not, you get an end-to-end service package, with the same people there with you throughout. The midwives of audio! They are people with a genuine passion in audio, who know what they are talking about and who are friendly and extremely helpful.

Bose Centre of Excellence – Paul Roberts is proud to be the South West's only Bose Centre of Excellence and is delighted to share with their customers the brand new Bose wireless range that arrived mid October 2016. They recommend the fantastic SoundTouch Wireless Link adaptor, that enables you to transform your speakers and stream all the music you love through them wirelessly! You are invited to find out more about this cutting-edge range and hear the quality in store.

Gift ideas? From £10 you could pick up some headphones or a bluetooth speaker. Or how about a digital radio (there are lots of colours to choose from).

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



New Super Bike designed in St Andrews!

A new bike company, Snowdon Bike, has been set up by long-time St Andrews resident Tim Snowdon. I asked him why and he laughed, "No one was building the bike I wanted. So I decided to build my own! It's taken me a year to get everything right, but now the Snowdon Paradox is finished, and it's everything I had hoped for."

The Paradox is a UK-made, flat bar road bike that is constructed out of grade 9 titanium. It's designed to offer real world speed and control. It does this by using the marginal gains concept – used so brilliantly by British Cycling – and applying it to both speed and comfort.

I was interested to know what Tim would like his Snowdon Bike to be known for? "Brits (and particularly Bristolians) are famous for creativity, for individuality, for invention and, in particular, for quality engineering. They are also good at combining traditional design with cutting-edge thinking. This is what I want Snowdon Bike to be known for. I am proud to be able to build on Bristol's engineering heritage with a beautiful bike that is hand built in the UK."

"Our first bike, the Paradox, is far from conventional, and reflects the city it was born in. Bristol has a proud record of original thinking, in industry as well as the arts. It's also a great cycling city, both off-



The Snowdon Paradox in St Andrews Park

road and on-road. So it's great that a new super bike like the Paradox should come from here."

"While the Paradox is the ultimate city bike, it's far more than that: it can tour and it's great for sportive events or just a ride in the country. Quality flat bar road bikes offer the keen cyclist all-round performance, and the Paradox is the definitive expression of this class of bike. Our website gives more detail about the integrated design philosophy used to create the Paradox. We look forward to hearing from local people that would like to know more."

www.snowdonbike.co.uk @SnowdonBike


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News from Glos Rd Central

North Bristol Art Trail – As you read this the North Bristol Art Trail may be in full swing (26–27 November, 10am – 6pm)

or may have finished for another year. Glos Rd Central were as always, excited to be at the hub of the event. Artemis, Fig, Paper Plane and Room 212 show artwork by North Bristol Artists all year-round. Catherine Amesbury designs bespoke jewellery at her shop Artemis, and showcases work by one of the North Bristol Art Trail founders – Cath Read; Katie Wallis is one of the resident artists at Fig, and Alice Rolfe at Paper Plane.

Christmas Street Party! After the fun of the trail we'll be preparing for our Glos Rd Central Christmas Street Party. This year we're holding it on Thursday 1 December from 5.30–8pm. This community celebration marks the start of many businesses' Thursday late openings (Sunday opening too) in the lead up to Christmas, and is a great way to get in the festive mood, meet your neighbours, entertain the kids and support your local shops.

There will be loads going on for all the family. Golden Hill Community Allotments will have a box of veggies up for grabs in a raffle plus they'll be showing what you can create in their upcoming wreath-making

event. There will be plenty to eat and drink, from burgers at Dave Giles and tasters of all the Christmas delights at Joe's Bakery to Middle Eastern offerings from Cafe Dream.

There will be some fantastic Christmas music to keep you in good cheer. **Bishop Road Community Choir will be performing at 7pm** and **Glos Vox at 7.30**, outside Room 212 and **from 6pm the Bishopston Bayou band** will be keeping us warm with their lively music outside Odd Sox (weather permitting). The Golden Lion will be hosting a Jazz and Blues Night – with Milbone & Co to keep you going once the street party has finished – as well as serving mulled wine throughout the event.

There will be face painting outside children's clothing and toy shop Moodles. Paperplane are pleased to be supporting Alyson Hurst with her Mandala Art Project. They invite you to come along and share in creating a colourful community mandala. There will also be Christmas bauble patterns to colour in and take away. Alyson's unique pieces of work will be available to purchase for a donation. All proceeds will the Dhammadinna Centre in India. Check out her Facebook page Mandala Art project – India 2016.

This is Our Bristol draw – Mr Gotalot will be coming along to say hello and help Jenny Urquhart

announce the winner of her giant painting 'This is Our Bristol'. The prize draw will be held outside Room 212 at 6.50pm, just before the choirs start to sing. Jenny's lovely bright painting incorporates Bristol landmarks and trademark balloons with lots of well-known Bristolians such as James May, Massive Attack, CBeebies' Andy Day, Mr Gotalot and local figures, including Glos Rd Central traders! Posters of the painting are available to buy for £20, which also covers entry to the draw. All proceeds go to CCS Adoption, as Jenny is the patron.

Love Local – Of course, we urge all of you to support your local traders and buy everything you need for Christmas on Gloucester Road. You can get everything you need on our fantastic high street of independent shops and businesses.

Artemis Wish List! With Christmas looming or if you have a birthday or special occasion coming up and want to give family and friends some inspiration, Artemis offer a Wish List Service. Simply go into the shop, find a member of the lovely Artemis team and tell them your name and any jewellery or gifts you would like to add to your wish list. You can include items from small trinkets to handmade jewellery to suit every budget. Room 212 is also offering a similar service. Simply write your request in the book and suggest your nearest and dearest check out your subtle hints!

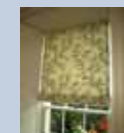
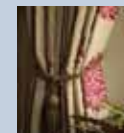


Celebrate the launch of Thursday Late Openings in December
Free Festive Family Fun!
Glos Rd Central 1st Dec, 5:30-8:00 pm

Follow our glosrdcentral facebook page or twitter to be kept up to date on all our news, as well as www.glosrdcentral.co.uk

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Billie-Jean

Cashmere Event



Glos Rd Central Christmas Street Party

Thursday 1 December,
5.30 – 8 pm. Outside Brunel Tailoring,
194 Gloucester Road

BIBLOS on the hill

11 course Christmas mezze dinner tasting menu for two

Served from 6pm, £22.50 per head

- Feta & cranberry parcels
- Hummus, pomegranate molasses and flatbread (GF, Vegan)
- Lemon rice stuffed vine leaves (GF, Vegan)
- Sous vide Jerky turkey breast (GF)
- Harissa lamb meatballs (GF)
- Chickpea, walnut and sunflower falafel (GF, Vegan)
- East African Christmas lentils (GF, Vegan)
- Mixed leaf salad (GF, Vegan)
- Kaushari rice (GF, Vegan)
- Homemade tzatziki & bread sauce
- Spiced chocolate orange cake (GF)



8 course Christmas mezze Lunch tasting menu for two

Served from 12pm to 3pm, £15 per head

- Hummus, pomegranate molasses and flatbread (GF, Vegan)
- Lemon rice stuffed vine leaves (GF, Vegan)
- Sous vide Jerky turkey breast (GF)
- Chickpea, walnut and sunflower falafel (GF, Vegan)
- East African Christmas lentils (GF, Vegan)
- Mixed leaf salad (GF, Vegan)
- Homemade tzatziki & bread sauce
- Spiced chocolate orange cake (GF)

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Please note a 10% optional service charge will be added to the bills.



A Labour of Love

On one of my regular trips to the delightful shop we all know and love as Joe's Bakery, I had a quick chat with owners Jane and Martin. The hard-working couple celebrated 25 years of running their Gloucester Road business in 2015 and decided now was time to give their shop front a make-over. I particularly like the addition of the text on the wall 'Baking is a labour of love'.

Always moving forward, they opted for one of the more modern designs that fellow Glos Rd Central trader, Liam – of Xpress Printing, created for them.

When I visited, Christmas madness was already underway! To give back to their local customers, Joe's are pleased to support numerous local schools and groups by supplying their scrumptious mince pies for all their markets, fairs and carol services.

If you would like to get into the festive spirit, they are on sale now!

Their delicious range of seasonal goodies extends into: Christmas bread, authentic German Stollen, Cinnamon stars, Yule logs and of course traditional Christmas cake. Spelt stollen and mince pies are

available too. As well as stocking up for your own family to enjoy, these items make fabulous gifts.

The bakery looks forward to taking part in Glos Rd Central's forthcoming Christmas Street Party on Thursday 1 December (5.30–8.30pm); there will be plenty of samples on offer for all to enjoy.

If these cold, dark mornings are getting you down, Joe's will cheer you up with one of their comfort breakfasts or snacks; their new range – that is going down a storm – includes panini, croque Monsieur, rizza and omelettes in a bun – all delicious if you fancy a change from the classic bacon roll (which is obviously still available).

Jane and Martin thank all their local customers for their ongoing support and wish them a very Happy Christmas!

Joe's Bakery, 240-242 Gloucester Rd, BS7 8NZ • Tel: 0117 975 5551 www.joesbakery.co.uk



Images thanks to www.louisewender.com

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THE NAIL SHED

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A complete beauty experience

Davinia, no less glam than you would expect of the owner of a nail and beauty salon, warmly invites me in to her Glos Rd Nail Shed.

On arrival I am ashamed of my rather tatty, half-polished nails...but she puts me at ease straight away and assures me she's seen it all!

Being a part of Gloucester Road for eleven years, Davinia felt that there was a gap on our local high street for a luxury nail and beauty salon, and then finding the perfect location provided the ideal opportunity to launch the Nail Shed in 2015. With a fantastic team of experienced beauty therapists, the salon is a place to relax, be pampered, and walk out with nails to proudly wriggle under your friend's noses. A complete beauty experience.

Festive Trends! So what trends can we expect this merry season? With Shellac a favourite you'll find plenty of glitter and shimmer! The Nail Shed is always looking at new trends from crystals to sparkle up your nails, Chrome nails...and my personal favourite the Shellac Ombre - that's two colours blending from dark to light on each nail!

Beauty all the way - It's not all about the nails! Come here and you can also treat yourself to: a Swedish massage, eyebrow shaping and tinting, a pedicure, waxing, facials, and for when you're feeling the winter blues and want some colour - you can have a spray tan!



Field Fox & Wildfire - year round favourites



Christmas glitter - Garnet Glamour

Party Time! Fashionable too are the 'nail parties' that you can book for you and your friends and they also welcome Little Ladies pamper parties for the young beauty lovers. As a person always on the go and not much time for self-preservation, I think I should pop down here with a couple of pals - probably on a **Fizzy Friday** which includes complimentary prosecco ladies! - and get my nails tip top for the festive season!

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Owner Davinia (right) & Chloe



Stunning Shellac Ombre nails

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Fairlawn School – an exciting discovery

A new generation of learners is breathing life into the historic buildings that once housed Fairfield Grammar School in Bristol.

Children aged 4 to 6 are enjoying a great start to their education at Fairlawn School, a new primary in the converted Victorian school in Montpelier. The school, run by the CGS Trust, is now in its second year. By 2021 it will have up to 420 pupils aged 4 to 11.

The first group of children to complete the reception year achieved excellent results, with 69% reaching a Good Level of Development (GLD), above the Bristol and national averages (both 66.3%).

Fairlawn School's vision is "academic success and holistic development for all children". Staff work closely with families and others in the community as well as partner schools in the trust to create opportunities that build pupils' confidence and curiosity.

The curriculum has a strong emphasis on STEAM subjects – science, technology, engineering, arts and mathematics. Last month, Year 1 children enjoyed an inspiring "build a plane" workshop with volunteers from Airbus. The school also uses the local environment as a focus for learning, including regular Forest School visits.



Fairlawn pupils enjoying build a plane day

The 1898 school buildings in Fairlawn Road have undergone an impressive conversion, maintaining their charm and character while creating bright and spacious facilities for 21st century learning. An exciting new outdoor play area has completed the conversion.

Headteacher Julie Molesworth said: "It is such a privilege to be the custodian of such a magnificent piece of Victorian architecture. Our children are fascinated by the history of the building. It is helping to stimulate a passion for learning."

The school already has a strong parent-teacher association, which is organising a **Winter Fair on Saturday 3 December, 3-5pm.**

There are also opportunities to see the school at open evenings on **Thursday December 8 and Tuesday January 10, both 6-7.30pm.**



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Exciting Arrivals at Hair Mechanics

Introducing new stylist Sara – Hair Mechanics are delighted to welcome experienced stylist Sara to their hard-working team. She has fitted in brilliantly and is enjoying working at this fantastic local business. After 19 years at her previous salon in town, Sara told me it was the right time for a change and how happy and settled she feels at Hair Mechanics. Salon manager Vickie added how pleased they are to have Sara with them, and that she is great asset to the team. With years of experience, Sara is good all-rounder but particularly enjoys colouring. Although Sara will be working with some long-standing clients, she also looks forward to meeting new ones, so do get in touch and make an appointment with her today!

A special delivery due in 2017 – Huge congratulations to salon manager Vickie, who is expecting her first baby in February 2017. She hopes to keep working for as long as possible – she told me she will be ecstatic if she makes it until the end of January!

Vickie will be coming back to work at Hair Mechanics after some time off with her little one and will be popping in and keeping an eye on everything before then. The team wishes Vickie the very best of luck and looks forward to meeting the precious little bundle in the New Year.

Christmas all wrapped up! When I last visited, salon owner Jon was perfecting their beautifully festive window display. The salon was adorned in red and gold and you couldn't help but be filled with seasonal cheer. Hair Mechanics has a lovely selection of hair gift sets and you can create your own hamper of gorgeous goodies – bespoke to the hair type/needs of the lucky person you are buying for. The salon also has gift vouchers available, which are always well received.

Jon, Vickie and the whole team would like to wish their clients a wonderful Christmas and they look forward to a great 2017 with you all.

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Treat yourself to Fish & Chips at the Bristol Fryer

Further improvements for customers – Fred, is delighted to have his fantastic new counter range installed. He has changed from the previous island range to the new counter style, to enable him to serve up his delicious food whilst enjoying more conversation with his local customers. Do pop in and see him soon!

New Opening Hours – The Bristol Fryer is pleased to serve customers seven days a week. They are now open everyday from 11.30 – 2 for lunch* and 4 – 10.30 in the evening. When Rovers are playing at home they are happy to be open all day! Owner Fred wishes our local team the very best of luck in their new league this season.

*Closed lunch times on Sunday and bank holiday Mondays.

Welcoming Students with 10% discount! – The Bristol Fryer is a popular venue with the many nearby students. If you have valid student ID you can show to Fred, he will be happy to offer you a 10% discount* to welcome you to the area.

*Offer is currently available until the end of December 2016.

**The Bristol Fryer, 431 Gloucester Rd, Bristol, BS7 8TZ
Tel: 0117 9515 415**



Bristol Fryer



News from Golden Hill Community Garden

Hi everyone!

It's December so it must be time for our ever-popular **Christmas wreath making workshop!**

Saturday 3 December 10-4 (last entry at 3pm) and just £10! It's a lovely and informal drop-in session – it takes about an hour and everyone leaves with something beautiful they've made! We'll show

you what to do and provide lots of lovely willow, ivy, holly but also please feel free to bring along your own lovely stuff from your garden. We also have plenty of gloves and secateurs but bringing your own can speed things up! Each wreath is unique and special and you'll be the envy of your street! Children and well-behaved dogs are welcome. We do have a cosy indoor space but wrap up warm as we'll be mostly working in the polytunnels.

Also, the garden doesn't close in winter! It takes more than freezing rains and frosty mornings to stop us. But we do close an hour early so our **December and January hours are 10-3 and we'll be closed on 28 December.** Apart from that, we'll be there as usual on Wednesdays and **everyone is welcome along.** We pick veg from the garden to make a delicious soup every week and there are still lots of lovely winter harvests to take home! So, if you fancy some fresh air and friendly faces, do pop in for a chat and come and get involved!

Lucy Mitchell

**For more info - 07506 905 394
thegoldenhillcommunitygarden.com**



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Our Treasured Gloucester Road!

The Bristol Best & Brilliant! Treasure Hunt that took place on Gloucester Road during October half-term was well received both by those searching for the treasure and the children that created it.

Twelve local primary schools put their artistic skills to the test when they created collages to represent some of Bristol's many treasures, to include – SS Great Britain, Cabot Tower, The Bristol Old Vic, Balloon Fiesta as well as one of my favourites – Cary Grant with sparkly eyebrows and hair! The winning design was selected by Michael from Totally Toys, choosing the brilliant Banksy collage.

Numerous families took up the challenge to search out the treasure located at 12 of Gloucester Road's shops. On completing the hunt, rewards were given, thanks to the Co-op.

Bishopston Matters was pleased to sponsor a prize and hand over a treasure chest of sweets to the winning school. Dolphin pupil Olivia Worrall collected the prize at Scrumptiously Sweet with her mum Jules and event organiser Shelley Swift (of Enso Martial Arts). We then walked up to view the winning design in the window of Totally Toys. Five-year-old Olivia told me, "I liked when I did the graffiti angel and rainbow. When we won, I was so happy I thought I was going to cry! When I told the class we had won they were very, very excited!" Mum Jules added, "We had great fun doing the treasure hunt and looking at all of the amazing artwork in the shop windows. Olivia was so excited to see her class picture and it was great to see Bristol being celebrated in such a fun way."

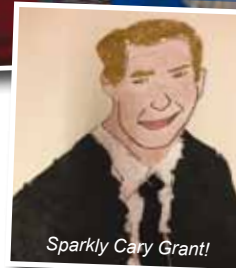
Thanks to Shelley and all her fellow Gloucester Road traders that made this free event possible, as well as the Scrapstore. Bishopston Matters was delighted to support free fun on our treasured local high street.



Olivia proudly stood next to the Dolphin's school winning Banksy design



Jules, Olivia and Shelley collecting winning treasure!



Sparkly Cary Grant!



Our vision is a gift

Short-sight (Myopia) where a person can see objects close to them clearly but not those far away, is on the increase. In fact, a child with one myopic parent is three times more likely to also be myopic. This rises to seven times more likely if both parents are short-sighted.

What can you do? Myopia can't be cured, but research suggests it may be possible to slow the rate of myopia progression. Our Myopia Control Programme aims to do just that and the younger a child starts the programme the better the chance of success.

Myopia Clinic 20th December – If you're concerned about your child's sight, we're running a Myopia Clinic during the school holidays on Tuesday 20th December. Visit our website to find out more about Myopia Control and read our blog to see how the programme has helped 8 year old Lucy's sight remain static.

Christmas wrapped up! Our Affordably Fabulous collection continues due to popular demand! So, if you want to update your specs for the festive season or you want to treat someone to a new pair of glasses for Christmas come and take a look.

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 over 100 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.

Season's greetings – We would like to take this opportunity to thank all our customers for their loyalty and custom throughout 2016 and to wish you a fabulous festive season!

To book our Myopia Clinic on Tuesday 20th December or to book an eye appointment to upgrade your glasses, visit www.lynnfernandes.co.uk, call or pop in and see us.

Follow us on Facebook – @lynnfernandesoptometrists and Twitter – @lynnfernandes1 and join the #affordablyfabl conversation!

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Don't forget your pets this Christmas! Whether you own a Great Dane or a hamster, you will find the perfect festive gift for your much loved pet. There are toys, treats and goody bags for dogs, cats and the little furries! I particularly liked the dog-friendly chocolate puddings and mince pies – brilliant! You can dress up your pooch with novelty antlers or santa's hat, along with a stylish Christmas jumper!

Be light, be bright be seen! It is that time of year again when us dedicated dog walkers are out in the dark exercising our pets. Roxford's has an impressive range of LED flashing lights that can be easily attached to collars, halos, bright leads with fluorescent stitching, tabards and much more!



Congratulations Sally & Julie! Local resident Sally has been fundraising with her guide dog Julie outside Roxford's, to raise funds to sponsor a new assisted dog. They have now met their target of £5000.00! Next year, Sally will be able to name the new puppy. A huge thank you to everyone who has donated.



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Windsor Road Garage

Situated in the heart of St Andrews, just a couple of roads back from the park, you will find Windsor Road Garage, a local, independent business, that was established in 1964.

I recently met up with owner Steve Ingarfill, who told me more about the family business he is so proud of. Joining his father to work at the garage straight from finishing school as a teenager, he is still as passionate about cars today, "If you cut me open I would bleed oil", he joked. Steve is now pleased his son Craig has joined the business too and is showing the same dedication to the industry as his father and grandfather. The team is completed by experienced mechanic, Andy Locke, who Steve described as "being at the garage forever!"

As well as car repairs, MOT and servicing all makes and models of car, Windsor Road specialises in classic car maintenance.

The garage subscribes to the Motor Industry Code of Practice for Service and Repair, and is a Unipart Car Care Centre, which means all parts fitted come with a nationwide 12,000 mile or 12-month guarantee (whichever is sooner).

The team have seen a good deal of changes to the area over the years and have built a great rapport with the locals. As much as they enjoy working with their regulars, they are aware the popular area is always welcoming new people and they would like to let them know where they and that they are ready to help.

Get in touch with this trusted, friendly garage; to book in, call 0117 924 7113. Open Mon – Fri: 8.30 to 17.30, Sat 9.00 to 12.00.



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Clifton High School

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Saturday 14th and 21st January 2017



“Pupils benefit greatly from the small class sizes enabled by the Diamond Edge Model in Years 7 to 9”

ISI Inspection 2016

0117 933 9087 | admissions@cliftonhigh.bristol.sch.uk

The Diamond Edge Model  Realising Individual Brilliance

‘The Best of Both Worlds: the Diamond Edge Model in Action’

As Clifton High School enters the 140th year since its foundation, a glowing report from two independent bodies, the ISI Inspection team and the Good Schools Guide in 2016, validate the School's position as a thriving, fully co-educational community within the Independent sector, operating the Diamond Edge Model of Education. Clifton High is the only school in Bristol and was the first in the South West, to offer the Diamond Edge Model, where boys and girls learn separately in core subjects in Years 7-9, before coming back to study together for GCSE and A level. It has proved a highly attractive offering in the Bristol market.

Through this distinctive approach, the School has bucked the national trend amongst those that move to co-educational provision, and in recent years at both A and AS level, our boys' performance has matched that of our very successful young women.

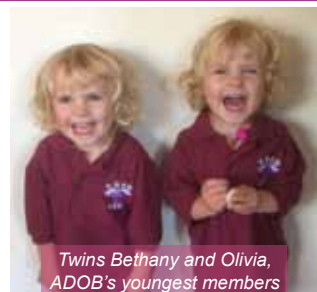
At Clifton High, the curriculum is tailored to enhance and improve the learning outcomes for all: the School firmly believes that for certain areas of learning and therefore for certain subjects, boys and girls learn better in single sex groups, but for other subjects, learning is enhanced by being taught together. Mixed groups containing boys and girls enable pupils to thrive in those subjects where a variety of interpretations and points of view can be most valuable. In History, where debate and discussion

are central, the range of perspectives offered by mixed classes can be very powerful.



Boys and girls learn differently as they move towards adolescence – both boys and girls benefit from time to think and discuss their ideas in pairs before being put on the spot for an answer, but for quite different reasons. Boys tend to be slightly over-confident and have to be encouraged to be more reflective before responding, whereas girls often need that time to build up their confidence to give an answer in front of the group. Every pupil is different and there are boys and girls within each class that challenge these trends, and fortunately the small class sizes at Clifton High School mean that it is possible to really get to know our pupils as individuals.

Dr Alison Neill comments that, ‘Our aim is to produce young people with independent, critical minds, who know how to solve problems and have strong communication skills. We want our pupils to recognise and acknowledge their worth and go out into the world to make a difference.’



Twins Bethany and Olivia,
ADOB's youngest members

New Local Youth Rugby: Live, Breathe, Believe, Achieve!

If you haven't already heard, there is a new local youth rugby section. If you have children aged 3–17 this could be the perfect opportunity to get them involved in sport.

Newly RFU accredited club, Ashley Down Old Boys, is looking for players to join their youth development. The club has recently formed a junior section again after a number of years without one. Children as young as 3 years old are welcome to join. The club is looking to promote sport in our community, build for the future and be able to provide rugby for all ages to

enjoy. Training is on Sunday mornings from 10.15am and has started ready for the 2016/17 season. The sessions are full of fun, and are a great way to learn skills and keep active.

For more information, contact James – coots@live.co.uk or visit <http://www.pitchero.com/clubs/ashleydownoldboys>.

Ashley Down Old Boys has been around for nearly 100 years and is a great club to be a part of. It currently runs two senior sides and is looking for more players. Visit the above website for more contacts or turn up at 7pm on a Tuesday or Thursday.



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SENDaWelcome, our project that aims to create a truly inclusive community for children with special educational needs and disabilities, has really been taking off in the last six months.

Our vision for an inclusive community is one where that those who have physical, sensory and/or intellectual impairments are looked at and valued by society equally with their peers.

As you read this, we will already have held our first social, which came about because of the tremendous interest we have already received for the project and we really wanted to give everyone the opportunity to come together in an informal way to share ideas, have a lovely time and join us in taking the project forward. We have received generous support in kind from Baby Bites, Adventure Team Parties and Sparks after school club and the Bishopston Society.

The wonderfully named Dr Jazz charity has given £100 towards the event and we hope to have raised the rest from crowd-funding. A big thank you if you gave us a donation.

We will be repeating the socials twice a year, so your future support would be appreciated.

As well as the social we have three projects in the pipeline: the first is to enable children with SEND to take part in Window Wanderland, and to raise awareness of our aims.

The second is a mentoring/buddying scheme for children with SEND to enable them to take part in mainstream activities and clubs after school. We are being helped by The Brandon Trust to make this a reality.

We are also working with Golden Hill Community Allotments to set up a monthly club for children with learning disabilities and their non-SEND siblings. This club is a stepping stone towards enabling inclusion.

So, wish us luck and please get in touch if you would like to get involved or support us in any way.

Best wishes, Daniella, Katz, Viviana and Julie.

sendawelcome@gmail.com

A Rewarding Remembrance Sunday

This year the parish of Bishopston and St Andrews conducted a Remembrance service in St Andrews Park, which made a beautiful backdrop for this special occasion. Large numbers of the 63rd Scouting group led a parade to the crowds who had gathered at the top of the park. The service appropriately took place next to the Memorial stone of the Wellington Bomber, which was placed in the park to commemorate the lives lost in the plane crash in WW2 and to pay tribute to the brave local people that came to their aid.

In light of recent world events and those closer to home, Reverend James Stevenson delivered the heart-felt message – *"Darkness cannot drive out darkness, only light can do this, Hate cannot drive out hate, only love can do this."* James invited people to join their congregation and help build a community on love.

It never fails to be moving when we stand together and listen to the lone trumpeter play the Last Post, followed by the church bells ringing out.

"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them."

*Robert Laurence Binyon

After the remembrance service, many of us walked the short distance around the corner to the 63rd scout hut, to join in the celebrations of their annual award ceremony. The venue was jam-packed, parents overflowed out of the glass doors as they proudly watched their children pick up their awards. There was much anticipation and excitement among the troops, as names were called out and cups and shields handed over to the broad-smiling youngsters. You can't fail to have your spirits lifted when you are in the company of so many enthusiastic young people.

This year there was a special award presented to scout leader Janet, who has dedicated 30 years to the local group; they were pleased to thank her for all her hard work.

Scout of the Year over all of the troops was shared for the first time in its long history by Isaac West and Jacob Evans.

My family have taken much pleasure in donating a shield in loving memory of my late father, whose dear scouting memories saw him through many of the challenging times his MS presented to him.

This year the John Macleod Memorial award went to scout Jemima Victory for her fantastic service to the scouts and our community. Jemima joined the local



group when she was just 4 as a Rainbow, and now at nearly 14, enjoys her time as a Scout. Jemima lives in St Andrews, attended Sefton Park school and now studies at Bristol Grammar. She is a youth councillor for Bristol City Council, currently campaigning for changes to the PSHE curriculum, which will enable pupils to talk more openly, Jemima believes if young people are able to discuss things that are important to them, they will have more confidence. I asked why she had dedicated so many years to the scouting group? She told me it was a lovely community; you get to do great things (she is taking on the Ten Tors challenge this year) and she gets to catch up with friends that she has had since beginning her scouting journey. Scout leader Mike Evans praised Jemima for the great service she offers to the group, including helping with badges and the younger members. He went on to say how much she would be missed when she went onto the Venture Scouts and then reflected, *"It is sad when any one of them moves on, they are all so brilliant."* This struck me as such a lovely thing to voice, so I thought I would share it with you all.



Scout Jemima Victory collecting her award



Scouts of the year – Jacob Evans & Isaac West

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As always this family business is gearing up for the festive season with a fabulous collection of beautiful gifts and decorations to adorn your home this Christmas.

Their best seller this year has been the Dassie artisan, fair-trade sequin baskets (pictured above) – at just £21.50 they have been flying out of the shop.

New this season are the Cambridge Imprint, Garland of Stars Origami kits and note books. A set of stunning paper designs all printed in the UK (pictured bottom, central).

Nkuku ceramic bowls and mugs remain a firm favourite, Reason is well stocked with these gifts in different designs.

Filberts of Dorset 100% bees wax candles and Rococo's luxury chocolates both make perfect Christmas gifts.

A range of rustic, metal Plant Domes and Glass Terrariums are new in and already proving popular.

As always there is a wealth of vintage glass, from pretty coloured champagne glasses to crystal decanters.

Reason is stocked full of festive goodies – to include a wide selection of gorgeous printed and 3D honeycomb Christmas cards, garlands, candles, frosted berries and sprout crackers! As always they have a spectacular selection of tree decorations – from traditional glass baubles to sparkly geese! I particularly love the glass hot air balloon bauble with santa – very Bristol!

**Reason Interiors, 73 Gloucester Road
T: 0117 329 4505**



Glass Terrarium



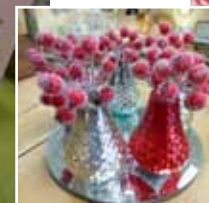
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Xmas Gift List

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- Buy old kids book and frame the illustrations from it for little brother... ✓
- Grab drawing little sis did off the fridge, get it scanned and print it on to beautiful archival paper for Auntie... ✓
- Print off all those awesome memories from last year, straight from facebook or my mobile, and get going on a new photo album ... for me :-)

Call 0117 942 2213 for more info ...

That's christmas sorted!

26 Stokes Croft • Bristol BS1 3QD



Christmas Services



Saturday 10 December

Messy Christmas 10am
(starting in the Fresh Ground Cafe) at Horfield Baptist Church

Sunday 11 December

Family Carols 5pm at St Michael's

Candlelight Carols

6.30pm at Church of the Good Shepherd

Wednesday 14 December

Pop-up Carols 6.30pm in St Andrew's Park.

Saturday 17 December

Sing-a-long Carols from 10am at St Michael's.

Carols on the steps of Bishopston Methodist Church, 11 am

Afternoon Tea & Carols 3pm at St Michael's

Sunday 18 December

Carols and morning service 10.30 followed by a bring and share lunch, Bishopston Methodist Church

Carols by Candlelight 5.30 pm (followed by refreshments)

Candlelit Carol Service 6pm, Horfield Methodist Church

Candlelit Service of Nine Lessons and Carols (led by the choir), 6pm, Horfield Parish Church



Church Venues

Bishopston Methodist, 245 Gloucester Rd, BS7 8NY
Horfield Baptist Church, 279 Gloucester Rd, BS7 8NY
Horfield Parish Church, Wellington Hill, BS7 8ST
Horfield Methodist, Churchsway Ave, BS7 8SN
St Michael's, 160a Gloucester Rd, BS7 8NT
The Good Shepherd, Bishop Road, BS7 8NA

Wednesday 21 December

Family Carol Service 7pm, Horfield Parish Church

Christmas Eve

Family Christmas Praise 4pm, Horfield Methodist Church

Christingle Service 4.30pm, Horfield Parish Church

Fancy Dress Nativities 5pm and 6pm at St Michael's

Midnight Carols with communion 11.15pm at St Michael's

Midnight Communion Service 11.30pm, Bishopston Methodist Church

Midnight Mass 11.30pm Horfield Parish Church

Midnight Carols with communion 11.30pm at the Good Shepherd.

Christmas Day

Christmas Day communion 9am at St Michael's.

Christmas Day Carols 10am at St Michael's.

Family Worship 10am Horfield Methodist Church

Festival Mass for Everyone 10am, Horfield Parish Church

Family Service 10.30 am Horfield Baptist Church (please feel free to bring a gift to open at this service if you wish)

Christmas Message

In the world of Christmas there are long hard journeys
 a baby born in squalor
 people desperate for an unknown land
 and most horrible of all
 a king so threatened
 that he butchers all the babies
 in case one of them topples him

But Christmas says: GOD IS WITH US!

It couldn't happen now, could it?

In the world of 2016 there are refugees drowned in their thousands
 men, women and children slaughtered
 by people who've forgotten to be human
 because they have their own ideas
 because they're different
 because they're in the way

But Christmas says: GOD IS WITH US!

It couldn't happen now, could it?

In the world of this Britain there are foreigners attacked and vilified
 because they're foreign
 judges called Enemies of the People
 because the press doesn't like their judgements
 women abused and threatened
 because they wanted
 Jane Austen on a banknote.

It could happen now, and it does

But Christmas says: GOD IS WITH US!

and invites us to come together
 as a people of hope
 a people of welcome
 a people of compassion
 who sing with the angels
 peace on earth, goodwill to everyone

Christmas says: LOVE IS WHAT MATTERS

so lots of love to everyone
 and a Very Happy Christmas!

John Hadley,
Rector of Holy Trinity, Horfield





Christmas pics thanks to Brunel
and Hyacinth Class, Year 2,
Ashley Down Primary School



Always offering more at BROOKFIELD



Always keen to respond to customer needs and offer their clients more, Brookfield Garage is pleased to announce two new strands to its trusted car business – Safety & Security and Brookfield Mobility Solutions.

Vehicle Safety & Security

As well as offering Car Sales and Repairs, Brookfield is now able to assist with the Safety and Security of your vehicles. Your local garage is pleased to supply and fit a number of excellent products, that will assist in keeping your car safe, such as – Car camera systems, Vehicle GPS trackers and High Security van locks. Manager, Fred, explained that these type of products used to be extremely expensive but now they are much more affordable.

In Car Cameras are proving to be popular with insurance companies as there can be no doubt who is at fault if accidents are recorded on film; in many cases premiums will come down if they are notified your vehicle is fitted with a camera device.

GPS Tracking systems are also a fantastic aid; when fitted, you can simply text your car to see where it is and it will respond with a google map. As well as giving you peace of mind, these systems are also something insurance companies are keen to see installed.

Parking Aids – Brookfield can fit a selection of Parking Sensory kits, which will assist with your parking. These products range from audio notifications to cameras – one camera appears within a section of the rear view mirror. All clever stuff and extremely helpful with day-to-day driving, especially when parking in our tight, busy streets!

Brookfield can both supply and fit all of these items; please just ask in garage for more information.

Brookfield Mobility Solutions

Brookfield now offers vehicle adaptations: they can fit hand controls, steering balls, hoists, etc.

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Brookfield Garage wishes all of its customers a very Merry Christmas and Happy 2017!

FOHC Review a busy 2016!

As we are coming to the close of 2016, it is a good opportunity to review our progress to date, and start to think about priorities for the coming year.

Following years of work, it has been wonderful to see so much activity transforming the common and bringing the quality of this wonderful green space up to the same levels as other parks in the area. The issues caused by the position of the common across multiple electoral, planning and administrative boundaries and the lack of holistic planning for the area had led to a series of poor decisions for the park, which is a wonderful asset for local residents.

That aside, we have made excellent progress. Following 4 years' work, Wellington Hill Playing Field was registered as a Village Green – giving it the highest level of protection possible currently to prevent further proposals to build on it. We owe our success in this to a wonderful local man, and barrister; without his support – pro bono – we could not have won this, and the informal 5k route is called the 'Daniel Bennet 5k' in some kind of small recognition and thanks to him for this.

In the last 2 years, the café on the common has opened in a previously disused and derelict yard at the Ardagh and has transformed the use of the area. Within the plan for the site to become a hub for the community, it will also enable a sustainable future for Ardagh Bowling Club, which, despite being resident at the site for 90 years, is not able – on its own – to meet the council's requirements for the community asset transfer process. Horfield Common Community Interest Company was established late in 2015 to take forward this project and the establishment of this is a considerable achievement for all involved.



Halloween Party 2016

Congratulations to all who have contributed to this; FoHC wish Project Ardagh the very best for the next stages of this project. You can read more about this – and how you can get involved to on page 44.

For FOHC, Project Ardagh has dominated much of our work over the

last 5 years and now that HC-CIC is established, we are looking forward to refocusing our attention on the common itself, specifically on the wildlife and biodiversity that we are lucky enough to share this wonderful open space with. We will be continuing to work with Avon Wildlife Trust and other environmental advisers through 2017–2020 to design and deliver practical work parties on the common, which can help to support wildlife in the area. Planting the new Fruit & Nut Hedgerow in early



Wildlife day 2016

2016 was the beginning of this wonderful new project; the newly installed wildlife garden area will continue to be developed and there are plenty of other improvement plans – see the website for further information and how you can get involved to support it.

Please join us!

A number of FoHC's key volunteers are moving on

in 2017 and we are seeking new volunteers who would like to come along and get involved in this work focused on wildlife across the common. **Our first committee meeting in 2017 will take place on Tuesday 24 January, 7pm in the Container Space at the Café on the Common.** Please do come along and join us – our group is friendly and inclusive and we welcome new volunteers.

The commons select committee, currently hearing evidence about the future for public parks in the UK, has heard how friends' groups are crucial in influencing how local parks should be funded, managed and used. Given the continuing reduction in funding available to local authorities, parks and green spaces are increasingly vulnerable. If you value your local park, we encourage you to get involved in and join the Friends group – in this area, FoHC, FoSAP, FoADG will all welcome new members. The groups are only as effective as the local residents who join them, participate in and support their work.

Happy Christmas to everyone! We look forward to seeing you – and welcoming some more of you as new volunteers in 2017! #parksmatter.



Pond dipping platform opening 2016

A Productive month for Project Ardagh!



We have been lucky to have a group of architects from the

Masters programme at UWE come and work with us on site and respond to all the data we have been gathering through the summer survey and earlier consultations. They have been doing a sterling job at looking at how the entire site works and how it can be improved in light of our ambitions for the site's regeneration.

The architects undertook further consultation – inviting representatives of all the various stakeholders, potential service users, local residents, neighbourhood partnerships and more to come along to the Ardagh to feedback and discuss their thoughts and ideas so far. The focused session was extremely well attended (so much so we had to relocate venue from the cosy warm container with the wood burner providing seasonal 'hygge' in order to get everyone in!) and enabled useful conversations to take place in the break-out groups to flourish and feedback into the project. The responses from both the architects at those attending was that it was a very useful and informative session that got people really seeing exciting potential in the regeneration of the Ardagh site, making it more tangible for all to understand and bring the project one step closer to being a reality! The Masters architects will be presenting a final working proposal and model of the building in the coming weeks, which we will be excited to reveal at a public meeting in the coming months.

We have all been working extremely hard trying to secure funding and we have a number of applications to The People's Health Trust, Architectural Heritage fund as well as BCC's Impact Fund, all with a view to work on improving the Ardagh site and the activities it can bring to the community. FOHC Chair, Sam, has been doing an amazing job working on the business plan for the Community Asset Transfer and we are now just working on the finishing touches before final submission to the council.

Can you help deliver this community project – please?

We are working hard on a sustainable plan for the future of the Ardagh site and are in a strong position to be successful in our application for a community asset transfer. We are now seeking local people who are willing to contribute to the project (specifically people with Legal, Finance, Business Development, Planning, Administration, Community Engagement, HR, Construction & many other skills) and who are able to commit to volunteer for 12–24 months to take responsibility for leading/delivering specific pieces of work – investing time in your community is extremely rewarding, please do help if you can.

If you are interested and able to commit to meeting fortnightly/monthly for a couple of hours with some work in between to help us make the vision for a sustainable future for the Ardagh site a reality – please get in touch with Rob@theardagh.com and come and help us make it happen!



The featured illustrations are architect impressions of what a possible refurbishment might look like, they are not final designs.

Rebecca Ramsden

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Heart Murmurs in Cats: a new blood test!



Many healthy cats can have heart murmurs that are not related to heart disease.

However, some cats with murmurs will have heart disease, which can occur in relatively young cats. Some breeds of cat such as Bengal, Maine Coon and Sphynx cats are at higher risk of heart disease.

Doctors use blood tests for cardiac biomarkers if they suspect a heart attack in a person; vets now have a test that they can use to measure for one called NTproBNP, a hormone released when your cat's heart muscle is stretched or under stress. The blood test will cost only £29 at our practice and is a very useful screening tool!

A positive result suggests that your cat may have underlying heart disease. The next advisable step is for your cat to have a heart scan at a referral practice, which we can arrange for you. Some cats with a positive result will not currently have significant heart disease, however, it is important to rule this out with a heart scan. 98% of cats with a negative blood test do not have significant heart disease currently. We will monitor the murmur at their annual health check and booster vaccination with the option of annual blood tests.

Your cat may well be absolutely fine if we do not perform the blood test; however, if they do have an underlying heart disease, this may worsen over time without our knowledge. Heart failure can cause symptoms that appear suddenly with your cat struggling to breathe or breathing very quickly due to fluid around their lungs or in their abdomen. They can also develop clots that lodge in an important artery supplying their back legs leading to sudden paralysis (dragging their back legs).

This condition has an extremely poor prognosis and is very painful. Any of these symptoms would be a reason to call a vet straight away.

If your cat is diagnosed with heart disease, the vet may prescribe medications for their specific condition or to protect against blood clots. They will also offer advice for monitoring your cat for disease progression. You can monitor their breathing rate at home when they are resting and relaxed – all you do is count how many times they are breathing in a minute; this will tell you what is normal for them, then regularly check to see if there has been any change. If your cat is putting more effort into breathing or their rate is increasing, then give us a call as this can be an indicator that the heart disease is progressing. There are smartphone apps that can help you with this.

If you would like further advice, call us on 0117 924 7832.

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Christabel Majendie BSc, MSc, MBSPsS

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

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

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



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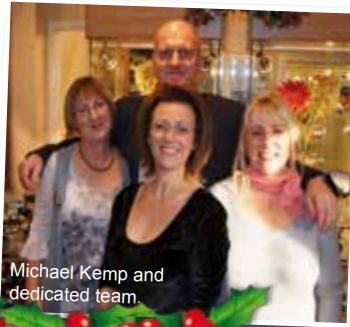


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News from the green room

Organic Hair Salon

Book early for the festive season! The Gloucester Road salon is gearing up for another busy winter season; they advise customers to book their appointments early to avoid disappointment, as we head into the season of Christmas balls, parties and nights out!

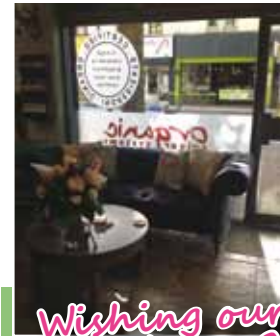
Gift packs & vouchers – The Green Room has some stylish gift packs for that special lady or gent in your life. Vouchers also make a wonderful present, for either hair styling or products.

Don't forget the animals this Christmas – As a long-time supporter of the Bristol Dogs and Cats Home, owner Jo will be taking donations of food and blankets for the

local animal charity. Please let's give them a good Christmas, toys are gratefully received too!

Team news – Stylist April recently had a great time attending a cutting course in London, she has returned inspired after picking up lots of new ideas. The team congratulate Jess, who has earned her stripes and moved up from junior stylist to a stylist.

They thank their customers for another great year and wish them a very happy festive season!



Wishing our customers a Merry Christmas

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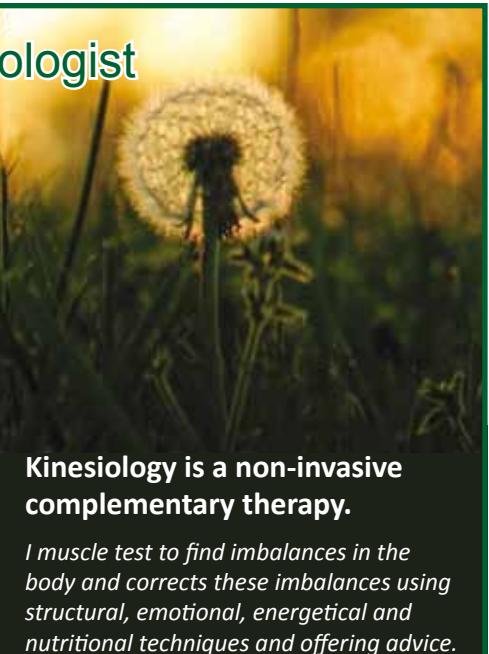
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News from the 63rd Scouting Group

Many readers will be aware of the fantastic work that was undertaken in getting our new Scout hut completed. The time, effort and support from everyone in the community, who worked with us to raise the funds for the build, was amazing.

Since opening the new hut a year ago, the Scout and Guide groups have been using it as a great base to start their adventures from. Our numbers have continued to grow, proving that the hut really is a great place to be.

This also means that we now have a number of vacancies for adult volunteers. So, if you fancy experiencing the fun and adventure that Scouting and Guiding can offer, as well as making a difference to the community, please email us on volunteer63rdbristol@gmail.com. We would love to talk to you about the different volunteering options available. We are particularly looking for a Brown Owl for our Brownies and leaders for our Beaver units. Of course, being the Scouts and Guides, there is plenty of training available, a fantastic support network and you may even learn some new skills.

Scouting and Guiding over the Autumn

Recently, Beavers have been working on their Safety badges and in September they were outdoors working on den building and cooking on fires. They also attended a sleepover at @Bristol in October.

Our Cubs have been working on their navigator badges; this has included several local walks, including a night walk up to the tower on Purdown. In September, they also made the most of the good weather to get outside to work on some pioneering projects and fire lighting. They are now preparing to celebrate the centenary of Cub scouting with a party, sleepover and activity day on 16–17 December.



The Scouts have also been busy completing their pioneering and navigator badges. They are currently working on their teamwork and creative badges. The Guides have been making full use of the hall, where they can often be found doing a wide range of activities including an Eisteddfod performing arts competition, making giant bubbles, learning traditional games, craft activities and campfire songs.

The 114th Bristol Brownies have recently been really creative in making a giant poppy out of coins to raise money for the Royal British Legion, as well as finding time for playing games and having lots of fun!

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Please show your support for the Brunel Bantams

In response to having some footy mad youngsters, a group of local parents got together last year to enable the Brunel Bantams football team to launch. Now in their first season, they could do with a bit of support to assist with kit, equipment and finding a training venue – can you help please?

Brunel Field is a relatively new school and doesn't have any sports facilities outside of the playground/hall. Parent Sam Morrison told me, "As dads of keen footballers, Marcus Johnson, Mark Blakemore and myself talked about setting up a football team – Marcus did a lot of research, phone calls, paperwork, Mark investigated insurance and equipment, and I wended my way to Exeter for FA welfare officer training... several months later we have been joined by dads Richard Glynn-Jones, John Spence, Alastair McKee, Sam Sood and are an FA-affiliated club: Brunel Bantams. After a lot of training sessions last season (often in the rain!) we are in the Friendly Fixtures this season with the likes of Rockleaze and others."

What a great achievement for all involved, the feedback from the children has been fantastic. The team is a mixed squad for ages 5 – 10. Although started with pupils from Brunel Field, they welcome children from other local schools to join them.



Sadly, at time of writing the team have no sponsorship and are a leading a slightly nomadic existence in terms of where they train and play. If a local business/ businesses could come forward and sponsor this passionate team, this would help resolve this.

Sam told me, "We are also looking for sponsorship to assist with ongoing expenses on a season-by-season basis too: kit, balls, goals, insurance, first-aid training and so on. It would also be great to reward the kids at the end of season with player awards and medals/certificates for participation."

Can you help please? If you are interested in sponsoring the team, assisting with coaching, first aiding, a parent to an interested young player or just happy to muck in, please e-mail Marcus: johnsons2006@hotmail.co.uk

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Pedalling for Polar Bears

Nine-year-old, Ashley Down resident, Natasha Phillips was compelled to raise funds and awareness of the plight of the polar bears in the Arctic after viewing a Green Peace film on these great animals over the summer.

She had the idea to get on her bike and take part in a sponsored cycle ride from Bristol to Bath. We are delighted to report she completed this amazing ride on a rather wet Saturday in October, raising a fantastic £420.

Natasha explained what inspired to take action for this important cause, "When I was at Shambala festival, I saw a Green Peace virtual reality video and realised that there wasn't enough support for the polar bears in the Arctic to protect them, which is bad, because companies want to drill for oil in their habitat. If there is an oil spill, the oil would be trapped under the ice and kill all the sea creatures including the fish, which polar bears hunt. If there isn't enough food for the polar bears, they would die out. I decided to do

Thumbs up from Natasha Phillips

a 16-mile bike ride from my home to Bath to raise awareness and money for these beautiful animals that need protection."

On completion of the ride a jubilant Natasha said, "I feel amazing having finished the cycle ride and like I can achieve anything! Thank you to all my friends, family and the Gloucester Road traders for your kind and generous sponsorship. Thinking about the £420 really helped to keep me going! My family is really proud of me!"

For more information on the plight of the polar bears, visit the front page of the Green Peace website: www.greenpeace.org.uk



News from Fairfield High School

Catriona Mangham, Executive Principal of Fairfield High School (FHS) is one of more than 80 headteachers to be appointed to the role of national leader of education (NLE) in the latest recruitment round.

NLEs along with staff in their school use their success and professionalism to provide additional leadership capability in other schools.

NLEs are deployed to suit the needs of each school needing support. The type of support provided is flexible and can sometimes involve NLEs becoming executive headteachers. They also have responsibility for developing the next generation of NLEs and national support schools.

Catriona Mangham comments: "In recognition of the amazing work done at FHS to improve the outcomes of students, and also the incredible work staff do to support other schools, we have been awarded the recognition of being a national support school and myself an NLE. We are very proud of our collective achievements and look forward to sharing our enthusiasm and wisdom with others."

It is not only the adults who have recently been recognised publicly – the results have just been announced from FHS's Science Photography Competition and, the standard from students was very high. The theme this year was 'colour', with the requirement simply to 'use any device to take a photo of something that represents colour to you'.

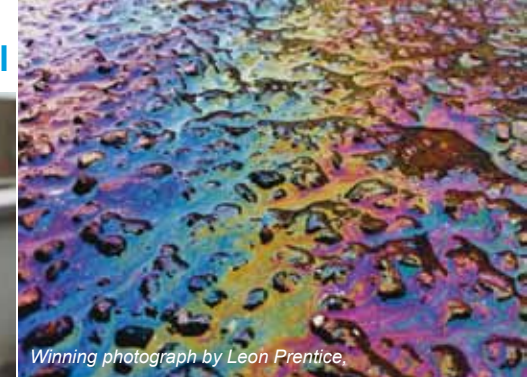
Over 50 entries were received; with the panel finally narrowing them down to three, who each received LOVE vouchers: 1st Place: Leon Prentice, Year 9 2nd Place: Lily Davies, Year 8 and 3rd Place: Suraya Hernandez, Year 9.

Eleri Pace, Director of Scientific Concepts comments: "We received some really terrific entries for this competition, which ran throughout the first term for all year groups, students and adults. It was a pleasurable, but tough job to study each entry in detail in order to decipher who deserved the first, second and third prize. Thank you and well done to all those who took the time to take part. Team Fairfield again at its best!"

Please visit www.fairfield.bristol.sch.uk, then News & Dates/Fairfield News for the three winning entries, together with the talented entries from students whose efforts were recognised as 'Highly Commended'.



Catriona Mangham



Winning photograph by Leon Prentice.



Year 7 students planting fruit trees

As the end of the first term has drawn to a close, the new Year 7 students have been putting down roots by planting fruit trees with their tutor groups. Each group was given a tree they can watch growing over their five years with the school.

Alongside the trees, students buried time capsules, which they will dig up in 2021. These contain photographs and messages that the students can eventually keep as mementoes of their school days.

Being oversubscribed for the second year running, has meant that the 11-year-olds who have started this month have benefited from FHS's unique transition programme, designed to prevent the traditional dip in performance that often happens in the first year of secondary education.

The programme includes one-to-one appointments, picnics, after-school clubs and a summer camp. Its weekly parents' teas again proved highly popular; these are where Year 7 families can catch up with teachers and find out how the children are getting on.

Head of School Mr Nick Lewis said: "We really believe that moving from primary to secondary school should be a seamless experience. We make every effort to know and understand the needs of individual children before they officially start. We want every family to be part of the Fairfield family."

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Plans for Window Wonderland 2017 in full swing!

The 2017 Bishopston Window Wonderland event looks set to be bigger and brighter than ever. The response has been brilliant so far with sign ups from local schools and community groups, businesses and shops – and support from our sponsors for 2017, Lunar Optical, Elephant Estate Agents and Lynne Fernandes Opticians.

The magical event brightens one of the darkest, most uneventful months of the year with a trail of illuminated windows and gardens around the neighbourhood and brings together the local community in a very special, unique way.

Supported by Bristol City Council's Make Sunday Special, the 3-day event on the weekend of 3–5 February 2017 invites all residents of Bishopston to get involved by signing up to take part or simply following the trail on the night.

Visual treats come in the form of window displays from local artists Bev Cavender (The Knitted Pea) at Horders electrical, Laura Robertson at Zzone Photography on Zetland Rd, Sarah Jayne Gardens at Tax Assist Accountants, and a number of other local artists and creative residents.

Bristol North Drop In will be dazzling passers-by with a special Bristol-themed window at Gloucester County Cricket Club, who are involved for the second year running.

There's still plenty of time to sign up and get your house on the map, simply visit windowwanderland.com and find us under 'Coming Events'. You can also get some display ideas there, or find us on Facebook, twitter and Pinterest @windowwander. Anything goes, from a string of fairy lights to simple but effective silhouettes or a front room disco. Thornleigh Rd will once again be a buzzing Wanderland hub and Dale the Dalek's plans for crazy golf are in full swing.

If you are a local community group and would like to get involved, please get in touch and we can help find you a suitable venue.

The Bishopston event was the first of its kind in the UK and its success has led to other Wanderlands as far and wide as Bradford and Bromley.

Window Wonderland is a great excuse to get those winter woollies on, gather friends and family and head out into the dark to explore the Bishopston neighbourhood in a whole new light.

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Bishopston (Crazy) Golf Academy

It is always exciting to see how Dale the Dalek will transform the garden where he resides on Thornleigh Road each winter. The results are always fun and help to raise funds for Children's Hospice South West. This year Dale's dad Keith has assisted him in creating a 12-hole Crazy Golf course – brilliant!

Henry and I recently took a walk to view the spectacle and find out more. When we arrived, Keith's brother was in top hat and tails, ready to tee off. The course looked fantastic, all cleverly created out of old bicycle parts – thanks to Gloucester Road's Roll Quick bicycle shop, who have been a great help with this. The putters have even been created out of old bicycle frames and break blocks!

It was fun to see one of the holes had seven tubes – four of which will take the ball back to the start and one that enables you to make a possible hole in one!

When we visited, Keith was hoping to meet with a Dr of Robotics from UWE, to assist with the final touches with the mechanics of one of the clever holes. Dale the Dalek was relishing meeting the Dr!

This wonderful local crazy golf course is available to be enjoyed whenever Keith is home and is sure to be exceptionally busy over the weekend of the 2017 Window Wonderland event (see more below). It is free to play but a donation to support CHSW would be greatly appreciated.



Bishopston based – Women's Independent Alcohol Support



WIAS founder Patsy Staddon

At the recent BCR Community Fair, a grant was won by the local charity Women's Independent Alcohol Support (WIAS), to set up a new 'drop by' at the Bishopston Boston Tea Party, on Friday morning. It is an informal opportunity to find out more about healthy alcohol use, in a relaxed setting. WIAS also runs a helpline on Wednesday evenings, offers one-to-one counselling, and regularly runs small groups to help women with managing alcohol use and improving mental and physical health. The 'drop by' takes place in one of the Boston Tea Party booths, from 10–12 on a Friday, and is advertised by a small WIAS sign on the table.

Bishopston resident, Patsy Staddon, who founded the organisation, herself recovered from severe alcohol issues many years ago. She later obtained a doctorate in the sociology of women's alcohol use and its treatment, and has

published widely and academically on the importance of gender in the causes and the treatment of alcohol misuse. The organisation brings together the expertise of women in the fields of domestic abuse, mental health and counselling. It is grounded in first-hand knowledge of the different ways that women can learn to drink more safely, or, where appropriate, to live happily without alcohol. For women, there can be a great deal of fear around looking into their alcohol use – they are expected to behave responsibly, and alcohol can be seen to compromise their suitability, for example, to look after children. When WIAS was set up, its motto therefore was 'No blame, no shame'. Most people can develop alcohol problems. Most people can recover.

The 'drop by' is operated by two volunteers from WIAS and carries information from Alcohol Concern, and other useful material to help keep an eye on your alcohol intake. We are easy to talk to – come and have a coffee with us!

For further information please visit www.wiaswomen.org.uk

Growing strong community links – an update from the Living Room Project

The Living Room Project is excited about plans for our planting project due to start in Spring of 2017... We have visited the lovely people at Bristol Wood Recycling to discuss building planters from old scaffolding planks, and come the Spring, we will be encouraging you all to roll up your sleeves and get stuck in!

Brunel Field gardening club is due to talk to Gloucestershire County Cricket Club about the award-winning school gardening club taking responsibility for some new planting and growing space. Will Brown of the cricket club has pledged £1500 towards the planting project and we are in the process of designing planters for their car park area.

Creating opportunities for wildlife and nature is our focus and in doing so we hope to bring the community together in some weekend activities. Keep your eyes peeled for bird box making, seed sowing and we'd love to hear from people about skills or ideas they can share too. Have you, for example, got some experience in building green-roofed cycle sheds, or in creating wildlife bug houses? Do you love growing vegetables and herbs or have some brilliant recipes to share with your neighbours? If you are interested in joining our network and hearing more, please send your email address so we can keep you up to date and make some plans!

As part of our funding we proposed building and stationing a community notice board somewhere in the area as a means to share knowledge, activities and enable community events. We are aware that the future of our neighbourhood is malleable, and that future development and planning can be affected by what we do now. So, for future generations of this area we need to get creative about what we'd like to see here. Voicing a need for community spaces is key at this stage as further development happens across the area. We discussed these ideas and more with the lovely team of architects at AWW who have taken on the development of Brunel House. We are confident of a positive dialogue and ongoing spirit of shared vision with them – and any construction company they choose to work with – in order to best serve the local community. They have listened to concerns about access via the Plaza area to Brunel Field School and have ensured that there will be safe pavement space for families and local residents to walk through the area.



This next phase of development will see big improvements to safety on College Road, and also some creative input as well, ensuring that our spaces are not simply tarmac and brick.

Get involved and be part of the dialogue... sign up at our website –

www.livingroomproject.org.uk
info@livingroomproject.org.uk



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There are many possibilities! We have found this new line an exciting extension of the services we offer and the client feedback on projects we have delivered has been brilliant.

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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Live Laugh Learn! With the Bristol U3A

The U3A (University of the Third Age) is a national organisation for people who have retired or semi-retired. There is a thriving group in Bristol with nearly 2000 members, many of whom live in the Bishopston area. The motto is Live Laugh Learn, and that is exactly what they do!

There are nearly 150 special interests groups in the Bristol branch of the U3A, covering topics as diverse as ukulele to yoga, opera to Spanish. As well these special interest groups, there are many social groups, and lots of discussion groups. So there really is something for everyone.

Membership is currently just £15 per year, and most groups are completely free, although there may be costs involved for refreshments, or room hire etc.

Would you like to play with the local U3A band?

About 18 months ago members of the U3A formed a band. There are now 9 musicians, who meet just off Gloucester Road once a fortnight. They play mainly swing from Lloyd - Webber to Miller and show tunes. They would love to hear from other musicians who could join in and especially from somebody who could write arrangements for them.

If you would like to contact the band, please email – nwgroups@bristolu3a.org.uk and the leader will respond as soon as possible.

Bishopston Social Group – Members of this group meet for a coffee and a chat on the third Monday of the month at 10.30, at Horfield Lodge Kellaway Avenue. Whilst together they organise trips to museums, galleries and restaurants, etc, as well as walks and other outings.

So if you are interested in joining the U3A, whether or not you would like to join the band, do visit the website below. You will be able to see a list of all the groups and get a real flavour of what each group does.

www.u3a.org.uk/bristol



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The exciting project to put giant Gloucester Road Art Banners on lamp posts is now underway. Word has spread among the Bristol art community. Artist submissions are already coming in, with some well-known artists confirming they will be putting forward designs. You can find examples on the Facebook page GloucesterRdArtBanners. Local artists Laura Robertson and Bev Cavendar have offered to help the children put together designs for their local schools. Bishop Road School has confirmed they will be running a programme of activities with the children to produce artwork, as two of their teachers – Safa Aslm and Debby Bird – are local artists.

Sarah Thorp, owner of Room 212, is the driving force behind this project; she is aware that traders and customers would like more art on the street and was inspired by her neighbour, artist Deborah Weinreb, who put up banners in Horfield and Lockleaze as part of last year's community art project, Bristol 2015. She asked Debs to help with the logistics for Gloucester Road.

It is hoped the installation of the banners will encourage people to wander our high street, from Stokes Croft to Southmead, and enjoy the art and all the independent shops, businesses, bars, cafes and friendly community. The project is being funded by Gloucester Road traders and our local Neighbourhood Partnership with help from North Bristol Artists. The majority of funds for the project are in place but a bit more funding would be welcome further down the line – maybe a bit of crowdfunding – so please watch this space!

The Gloucester Road Art Banners will act as a massive outdoor art gallery covering 2 miles from Colston's Girls' School to Horfield Common, for up to 5 years, and EVERYONE is invited to put forward their art ideas. The M Shed have expressed interest in holding an exhibition of the artwork in the summer, when the banners will be launched. Individual artists, groups and societies are encouraged to put on their creative thinking caps. The deadline is February 2017.

There is a great team of judges lined up, from an academician at the RWA to Assistant Mayor (for Neighbourhoods) Asher Craig.

See Art Banners page on Glos Rd Central for more details www.glosrdcentral.co.uk



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News from our Bishopston & Redland Councillors



Bishopston ward news

Ashley Down Green

– Work has been continuing at Ashley Down Green on the new play area and access route from Stoney Lane. We're happy to say that the play area is now finished and open! It's sure to be a great asset for the local area for many years to come.

Ashley Down Traffic Regulation Order

We have been told that Council Officers have now started analysing the feedback from the consultation on double yellow lines in the Ashley Down area. The results should therefore be released in the next few months. Once we know the results and recommendations made, we'll let local residents know.

Congested Streets Forum – We mentioned last month that the Bishopston, Cotham and Redland Neighbourhood Partnership ran a very successful public Forum in September to discuss causes of, and proposed solutions for, Bishopston and Ashley Down's congested streets. The results from the Forum have now been published and are now available at: <http://www.bcrnp.org.uk/bishopston-congested-streets/>

We will be using this information to decide on where to concentrate our efforts and funds going forward, in collaboration with local residents. If anyone is interested in getting involved in the Neighbourhood Partnership and/or as an organiser for their local area, we'd be very happy to hear from you.

Council Draft Corporate Strategy –

The council's draft 2017–2022 Corporate Strategy has been released. This includes what the council and mayor want to achieve over the next five years. It also includes possible solutions to the council's budget gap of at least £92 million, which is a result of continued central government austerity and an ineffectiveness of previous savings initiatives. This is an extremely important document for all who live in Bristol, and a public consultation is now underway – please have your say! You can access the consultation at the following address, and we

would be happy to help with any questions you may have: www.bristol.gov.uk/corpstrategy – the survey closes on 5 January 2017.

Cricket Ground Flats Parking – The City of Bristol College and the Cricket Club, who co-own the car park on College Road, are intending on introducing restrictions on when residents will be able to park in the car park, and charges for parking there during other periods.

We met with the college, the club, the management company and residents' representatives to discuss the plans. It has been agreed that there will now be no charges for using the car park at off-peak times, which is great news for local residents as off-peak charges were originally proposed. Also, the grace period before a fine is issued at peak times will be 45–60 minutes (to be confirmed), and it will be possible to pay to park at peak times. This will be on an incremental but quickly increasing scale so as to allow cost-effective parking for short-term visitors (e.g. maintenance workers, carers, etc.), but to discourage all-day parking. Furthermore, Disabled Badge holders will be able to park for free at all times, Brunel Field School will have spaces allocated for their staff, and there may be the possibility of specific agreements for residents who regularly need to park at peak times. The scheme is planned to be in place in January.

All in all, we think this is a workable solution that will balance the competing needs of the college, club, school and residents. We will continue to argue for the best policy for the whole community throughout the scheme's implementation and operation.

Finally, we'd like to wish everyone a very merry Christmas, and all the best for 2017!

Please do get in touch

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk

Redland ward news

No. 9 Bus – Following a meeting between councillors and First Group, we are receiving reports of unreliability of the no. 9 bus. Given it now has a 30-minute service, we are very concerned about this. The route (and the 8) are purely commercial services so the council has no direct influence, but we are looking at ways to improve this. The Managing Director of First Bus said he is open to changes and we are pursuing this. At time of writing he is due to attend the neighbourhood combined Forum on 21 March.

Bristol North Baths – Work towards completing and selling the flats this year is continuing, with the new part of the development the current priority. We are told that the flats are still on course to be completed in mid-December and the library early next year. No news as yet around any new tenants for the old baths building.

Mayor's consultation on a new Corporate Plan

As already mentioned, a new corporate plan is out for consultation from the mayor, which closes on 5 January 2017 (www.bristol.gov.uk/corpstrategy).

Changes that could affect our neighbourhood include:

- Removal of devolved funding for local highway projects – raising concerns about how locally led schemes can be progressed;
- Alternative ways for delivering parks (maybe trusts or mutual);
- Savings to the budget for Neighbourhood Partnerships and a focus on priority neighbourhoods;
- Fewer council-run libraries – maybe community run centres – we don't know what this may mean for the new site being built at Gloucester Rd;
- Possible urban parishes, which could raise their own budget precept, but be different from NPs;
- Reduced funding for planning enforcement.

We are now in an era of severe cuts to services, so please do read the document and feed in your views. Feel free to copy us in on any submission you make.

Residents' Parking issues – At the recent Congested Streets Forum, a group of residents from both sides of Gloucester Rd near other RPS areas expressed frustration at commuters parking in their area. They have decided to survey streets to see how much call there is for an RPS covering areas like Elton Rd and North Rd. We are still trying to clarify the basis for review of our local areas or developing new schemes following the election and have heard from many residents who have views on the matter. The mayor stated that where residents and local councillors want a scheme and have the support of the Neighbourhood Partnership this should be possible. Please get in touch with Martin and Fi if you have views (either way) on residents' parking or would like to help with a survey.

The crossing at Zetland Rd/Gloucester Rd

– A new scheme called the Southmead Quietway is under development. This is a cycle route to Southmead Hospital designed to follow quiet roads and thus appeal to a wider group of prospective



cyclists, helping encourage active travel and cut car commuting, congestion, pollution and lack of physical exercise. It's basically improved signage, with little budget for new paths or facilities; however, it should involve remodelling the junction of Zetland Rd, Gloucester Rd and Elton Rd. It should also include a new cycle crossing at Coldharbour Rd. Many residents have been in touch about cycling issues, including the Make Space for Cycling initiative and improving the confusing and dangerous junction at Zetland Rd is a long standing local issue. We're therefore delighted this should at last get the priority it deserves and shall be following progress with it.

Air pollution – Local air quality and the breach of safe limits in our air due to traffic pollution is a long-standing issue of concern to residents and recent reports estimate that 300 people in Bristol die from poor air quality. Gloucester Rd is part of the air quality management area but is still polluted. We've been out asking local people what they think about air pollution, whether it affects their health, and solutions they would support to tackle this silent killer. Our party co-leader, Caroline Lucas MP visited Gloucester Rd in October to help find out what residents think. A motion was passed at Full Council recently with unanimous support for a clean air zone and Fi is on the Mayoral air quality group looking at ways to improve the situation in Bristol.

Bristol's big drink debate – Public health is asking Bristol residents to fill in a brief questionnaire about how much and why they drink alcohol to inform our alcohol strategy. If you can spare a few minutes, get in touch at <https://www.bristol.gov.uk/social-care-health/bristol-s-big-drink-debate>.

Please do get in touch

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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Local History Matters Great Mill Furlong

BHA local history research – text by Denis Wright ©

A recent article in Bishopston Matters gave some examples of field-names found in the Horfield tithe survey (1841) and their connection with ways of living, dating back to the Middle Ages; fields such as 'Conygre' and the breeding of rabbits, and 'Allhays' and the hunting of deer. Charles Martin's Record Interpreter (1892) and similar compilations are helpful in tracing words connected with land use which were not simply obsolete but very nearly lost – words or word elements, for example, such as 'tron'. In October 1661, Horfield manor court ordered one of its tenants, George Attwood, to repair the hedge, ditch, and a stile (clymarem) between his field called 'Tronlease' and Nicholas Bennett's 'Tronlease'. According to Charles Martin, 'tron' was the word for a beam used for weighing standard 28 lb wool-sacks. In Horfield, the sheep were probably gathered on the common and herded down Gastons Lane for sorting, shearing and marking, for which the Tronlease boundaries (35a-b & 36) may well have been specially designed. A repeat presentment in 1674 saw the name of both fields changed to 'Golden Hill' but the court reverted to 'Tronlease' in the following year.

In 1890, the rector of Horfield, Fanshawe Bingham, claimed to have found the remains of a tumulus in a field lying between the Rectory and 'Golden Hills', numbered 72 on the tithe map and 52 on the Ordnance Survey map of 1881. Details can be found in Chapter VI of Horfield Miscellanea. Other finds, dating from 1896, after the laying of gas pipes to Golden Hill, were the bones of 'a man of great stature' which Bingham reburied 'in old graves in the Church-yard'. He also seemed to find a sacred significance in the 'many flat stones' at the tumulus and especially 'a large trunk of a tree black with age lying East and West which we did not disturb'. O'Neil and Grinsell's work on Gloucestershire long barrows found the whole of Bingham's account 'unsatisfactory'.

Bingham quoted both the tithe number and the OS number of the relevant field in the process of locating his tumulus but did not think it worthwhile to supply the field-name: Great Mill Furlong. The name was long-established, appearing 200 years earlier in the sale of Episcopal land by Parliament in 1649 and appearing also in a list of customary rents in Horfield in 1541–42. The word 'Great' signifies only that this field was bigger than its neighbour 'Little Mill Furlong'. The word 'Furlong' does not here signify a measure of distance but 'plough-land' in general. The word 'Mill' seems to mean what it says. Arthur Sabin in his Manorial Accounts claimed that there was 'no reference at all to a mill of any sort' in medieval Horfield, but of course 'no reference' does not necessarily mean 'no mill'. There was certainly no water-mill on Great Mill Furlong because there was no watercourse big enough to power it. If there truly was a mill, it must have been a windmill. It certainly occupied a good location on the ridge leading to Durdham Down, from which Bingham says you could see St Mary-Redcliffe to the south and Pen-Pole and the Welsh Hills in the other direction. In view of Bingham's description of 'a tree black with age' the remains may well have been those of a ruined post mill.



*Above: Tithe Map showing the locations of three old Horfield industries based on field-names: sheep-shearing on Tronlease (35a,b-36), deer-hunting on Allhays (61-2-3-4-5-6), and milling on Mill Furlong (71-2).
Below: Modern map showing locations.*



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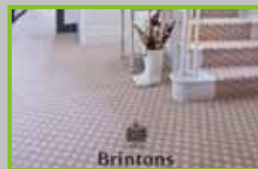


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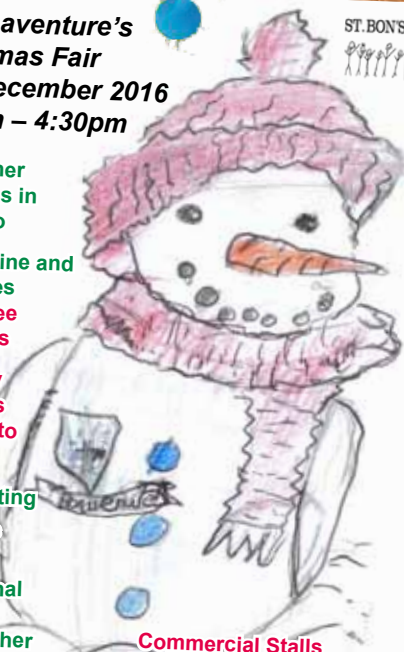
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The band will be The Bristol Ceilidh Quartet and
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The concert will be from 7pm- 8pm and
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Community Matters...



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in this extraordinary dash across the city dressed as Santa and raise vital funds for local charity, Children's Hospice South West (CHSW).

Last year over 2,000 people descended upon Bristol's Harbourside dressed in their complimentary Santa suits to dance/walk/jog/skip their way around the city. The event was a huge success and raised over £53,000 in sponsorship for CHSW's Charlton Farm hospice, which supports approximately 200 families who have children with life-limiting or life-threatening conditions as well as over 55 bereaved families.

Registration for Santas on the Run is £15.00 per adult, £7.50 per child or £37.50 for a family ticket and £135 for a team of 10 adults. Entry includes your Santa suit, medal and festive treats! Sign up at www.chsw.org.uk/santasbristol.

Fairfield High Winter Gala is being held on Thursday 8 December. It will be an extravaganza including musical and drama performances, a German market with a number of stalls selling good quality festive treats and gifts. Everybody is invited to go along. There are still stalls available (£15), please contact: cob@fairfield.bristol.sch.uk

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Bristol Cabot Choir Christmas Concert – Noel! Noel! Monday 12 December 2016 at 7.30 pm at Bristol Cathedral. Conducted by Rebecca Holdeman, with the Bristol Brass Consort and Andrew Kirk, Organ, with a programme of sacred Christmas music and carols choir, brass and audience. Tickets: Reserved £15, Unreserved £10/£5 (under 18s) from Opus 13, 14 St. Michael's Hill, Bristol BS2 8DT or ticket line 0117 923 0164/ or via 0117 9626521. www.bristolcabotchoir.org. Supporting The Bridge Charity.



Streetscene Group – Take 10
The BCR NP Streetscene group has a new initiative to ask you to take 10 minutes a week to volunteer in some way. To help your new year's resolutions start well they will be organising

some Take 10 sessions around the partnership during the first weekend in the new year. Contact the NP for details or find them on our facebook group. www.bcrnp.org.uk.

Bristol-Shotokan Karate Club – This local karate club in Horfield is looking for new adult members. The group train at Horfield Parish Church Hall at 8.45pm on Tuesdays and Thursdays. £5 per session. Further details on their Facebook page – Bristol-Shotokan-Karate-Club.

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 6 December Brandon Hill, meeting at Horfield Leisure Centre 9:50 (Bus 505). A chance to enjoy views across the city from Brandon Hill and walk down to College Green for coffee.

Tuesday 20 December Christmas Walk, meeting at Neptune Statue, City Centre 10:30. Walk along the Harbourside to Pump House for coffee, option to return to Centre or catch bus 505 back.

Bristol's Riff Raff choir Christmas concert series
Riff Raff, Bristol's leading a cappella rock and pop choir, is thrilled to be performing a series of Christmas concerts across the city. Bringing its unique blend of modern song arrangements and close harmonies, together with plenty of Christmas cheer. You can enjoy performances on – Monday 5 December, 8pm, Hen & Chicken, Southville / Tuesday 6 December, 8pm, The Lansdown, Clifton / Wednesday 7 December, 8pm, St Michaels & All Angels Church, Gloucester Road / Thursday 8th December, 8pm, All Saints Church, Fishponds. Each concert will be performed by the Riff Raff group local to the venue, plus extra special guests! Tickets for all performances (except the Clifton gig, which is free of charge!) are just £5, with £1 from every ticket sold going to MusicSpace, the Bristol-based music therapy charity. Tickets are available by emailing riffrafftickets@gmail.com.



WHODUNNIT? A crazy crime caper for the New Year, courtesy of Monkey Trousers Theatre!

Who has burgled Ms Barnet's golden cheese? All will be revealed in the brand new episode of Mr Gotalot's Gotalot

Shim, the enormously popular theatrical sitcom aimed at families in Bristol and the South West.

Want something? Need anything? Been burgled? An extremely clever detective is called to the magical Gotalot Shop to help solve a very serious crime in:

Mr Gotalot's Gotalot Shop: The Cheese Burglar!

There'll be plenty of the usual shenanigans so join locally based, Monkey Trousers Theatre for the sixth instalment of this exciting and totally criminal show for the whole family! Performances are on Sunday 8th, 15th and 22nd January 2017, at 10.30am, 1pm and 3.30pm, at the Kelvin Players Studio Theatre, 253b Gloucester Rd, Bishopston, Bristol BS7 8NY.

Tickets are £7 each for aged 3 and above (babies on laps are free) or £25 for a family of four.

For more information and to book, please visit www.monkeytrousers theatre.com

Bristol Libraries are looking for volunteers to lead either weekly or monthly sessions for members of the community. Some groups are already successfully taking place.



Reminiscence Group Volunteers will lead monthly sessions with a small group of people to share memories and reminisce on the local area. It is great way to make friends and learn something new over a cup of tea.

Code Club Volunteers will lead weekly sessions for children aged 8–11 to learn basic coding techniques. The lessons are pre-planned and there is lots of flexibility to inspire creativity. Volunteers have particularly found it rewarding to watch the progress being made by each child.

If you would like to volunteer for these or other groups then Bristol Libraries would love to hear from you, please contact Nia Crouch at libraries.volunteering@bristol.gov.uk or speak to your local library to find out more. If you would like to find out what library groups you could join take a look at our website <https://www.bristol.gov.uk/libraries-archives>.

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Under 3's and Over 3's

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Saturday

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£5

Pay on the door. No need to book

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