



Bishopston

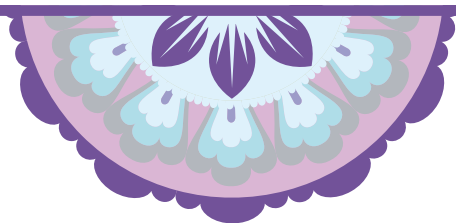
including Ashley Down, Horfield & St. Andrews

Matters

Hello Summer!



issue 118, June 2018



The heart of yoga in Bristol

yogawest

0117 924 3330

Classes at Yogawest run every day for all levels of ability and experience, including children, pregnancy, postnatal and gentle.

5-week total beginner courses start regularly.

www.yogawest.co.uk

Denmark Place, Bishopston, Bristol BS7 8NW

It's time to
treat your smile...



Horfield
dentalcare

0117 951 3026

Register & Book Online

525 Gloucester Road | Bristol | BS7 8UG E: info@horfelddentalcare.co.uk | W: www.horfelddentalcare.co.uk



Find Bishopston Matters on Facebook



Follow @bishmatters on Twitter



BS7 GYM

COMMIT TO BE FIT

WHERE YOUR GOALS, ARE OUR GOALS

MEMBERSHIP INCLUDES

- Free classes incl. Bootcamp, Spin & Yoga
- Free car parking
- Free personal training session when you join us
- Free entry to Gloucestershire Cricket's home matches
- Free Squash
- Utilise specialist training zones

FOR MORE INFORMATION

VISIT RECEPTION, CALL 0117 910 8016 OR GO TO WWW.BS7GYM.CO.UK

BS7 Gym at Gloucestershire Cricket, Brightside Ground, Nevil Rd, Bristol, BS7 9EJ



Dear Readers...

Another fab month in our community; we were basked in glorious sunshine for Glos Rd Central's Mayfest - the Green man and his merry followers well and truly welcomed in the summer season.

The weather held for Golden Hill Community Garden's Spring Fair too; it was wonderful to see so many families embracing this local green venue. We all enjoyed the merriment; Henry took particular delight in the live music, both joining in with the drumming and dancing on the decking!

We are pleased to bring you news of theatre in St Andrew's Park this June. After the success of last year, the Friends of St Andrew's Park once again bring you the Pantaloons theatre company, with their production of The Importance of Being Earnest, I can't think of a more beautiful

venue than our glorious, green park as a theatre.

Our park was also the venue for a recent celebration to mark the unveiling of a blue plaque for musician and entrepreneur Henry Illes, whose matrimonial home was on Somerville Road; we hope you enjoy the account of the day.

Tatiana Stankovic Davis was posthumously honoured with a Lord Mayor's award for her incredible fundraising for the charity Fairy Bricks. We hear how proud her parents were to collect the well-deserved award in her honour.

If you are looking for some top food, why not take advantage of your 10% reader discount at the fabulous new smokehouse and grill, Voodoo-Q, see page 11.

Have a wonderful month, **Kerry x**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
Bishopston Matters, PO Box 337, Bristol, BS9 4WT Tel: 07881 924 059 / 0117 349 4483 @bishmatters

Xpress Computers

REPAIRS • UPGRADES • SALES

Computer problems?

- Computer Viruses
- Malware Removals
- Upgrades / Set Up
- Computer Networking
- Wireless Networking
- Data Recovery / Back Up / Transfer
- Hardware / Software Installation
- General Sales
- Internet Security
- Games Console Repairs
- Broken Screen Repairs
- PC & Mac Specialists



www.xpress-computers.co.uk

Telephone: 0117 908 0290
176 Gloucester Road, BS7 8NU

At Xpress Computers, we talk plain english to our customers, not technical jibberish.

Lost data?

Talk to us, we may be able to recover your data!



10% OFF WITH THIS ADVERT

facebook.com/xpresscomputers176
 @XpressComputer1

ABLETRICS
Electrical Wholesaler &
Fully Fitted Lighting Showroom
Online / Instore / Mobile

131, Gloucester Road
BRISTOL
BS7 8AX
Tel: 0117 942 5355

Opening times:
Mon - Fri 7am - 5:30pm
Sat 8am - 5:30pm



Our **BIG** summer sale is on Saturday June 2nd.
Save **15%** all day in our showroom on all lighting,
LED lamps and RAKO home automation.

Use discount code **JUNE1518** online all
weekend and save 15% off on our website.

E&L **ElectricsandLighting.co.uk**
The ABLETRICS Online Store



John Henry Iles, Bristol-born entrepreneur honoured in style

City of Bristol Brass Band performed at the unveiling of a blue plaque to commemorate John Henry Iles. Lord Mayor Councillor Lesley Alexander did the honours at a ceremony in St Andrews Park.

John Henry Iles was born in Bristol and the band played at the ceremony outside his matrimonial home, 91 Somerville Road, on Sunday 29 April.

A colourful and diverse entrepreneur, Iles was one-time owner of the British Bandsman newspaper, R Smith & Co music publishers and the founder of the National Brass Band Championships. He was also highly successful in the Amusement Park business and became owner of Belle Vue, Manchester and also the British Open Brass Band Championships.

It was while in Manchester that he fell in love with the sound of a brass band, commenting: "It is not too much to say that I was positively astounded... I came away from that contest a completely converted enthusiast for their cause".

As a result, he organised a massed band concert of 10 bands, conducted by Sir Arthur Sullivan, at the Royal Albert Hall in 1900 for veterans of the Boer War. These massed band concerts were to become a much-loved post contest feature of the National Brass Band Championships, which he instigated at the Crystal Palace and then moved to the Royal Albert Hall.

Iles had promoted a world tour by the famous old band, Besses o' th' Barn, from Manchester and while with them at Coney Island, New York he bought the UK rights to a dream train which he had built at Blackpool Pleasure Beach. He went on to purchase a small pleasure garden in Margate in which he invested significant sums of money to make Dreamland, which has just recently taken on a new lease of life after a successful council – community partnership. The amusement park



empire was extensive, including many in the UK and also Barcelona, Paris, Berlin, Cairo and St Petersburg.

John Henry had worked in his father's grocery business and also a timber mill locally before turning to publishing, including The Cyclist's companion and road guide for Bristol. He was a successful amateur singer and played three times for Gloucester CC alongside WG & EM Grace but was advised to choose between cricket and his other endeavours!

The local ceremony, which was facilitated by the Worshipful Company of Musicians (who award the Iles Medal for services to brass bands), was attended by his grandson and great-granddaughter as well as members of Bristol Civic Society who designed the plaque and arranged the installation.

Band Chair, Steve Ellis, commented,

"This has come about through a chance conversation between one of our members and his former neighbour, who had been researching the inventor Gordon Iles and became interested in his father John Henry. The band are delighted to have been able to help see the project through and mark the occasion with a short concert for this important local character who did so much to promote and develop brass bands in the first half of the 20th century"

www.cobbb.co.uk



Bishopston Open Gardens 2018

June is a favourite time for seeing gardens at their best, so this year **Bishopston Garden Group** are opening their gardens for charity on **Sunday 10 June, 2-5pm**.

Whatever the weather, we enjoy showing visitors round, chatting about plants and indulging in some delicious home-made cake! As usual there will be a large selection of plants for sale in Logan Road and tea and cake at St Bonaventure's Presbytery. Monies from garden entries, plant sales and teas will help provide play items for the family room at the Prison, planting for the roof garden at our new Library, and CAFOD.

The gardens in our area are mature in most cases; some contain trees dating back to before the land was divided up and sold for housing in the 1860s. Many people have old apple trees, the variety of which their owners have been unable to identify in some cases. There are many with wells, underground water tanks, pumps and other features dating from Victorian times. Styles of planting vary. Some members have studied for RHS certificates and have used their knowledge to source some unusual plant species, others have experimented and learnt as they've gone along, so I am sure you will find something to inspire you for your own garden.

Whatever the level of knowledge of our members, we have all been beaver away to make the most of our gardens, so we hope you will come and enjoy a pleasant and sociable afternoon.

Lorna Rankin, Bishopston Garden Group



New Orchard Learning taster sessions at Midsummer Orchard Open Day

Horfield Organic Community Orchard welcomes all to enjoy a Midsummer Orchard Open Day on **Saturday 16 June, 1-5pm**

This annual event is part of Get Growing June 2018 Garden open days organised by Bristol Food Network. It also takes place during Bristol Food Connections festival week. New this year – free Orchard Learning taster sessions.

*"Did you know that Bristol's pioneering community orchard celebrates its 20th birthday this year?" asks orchard member, Shannon Smith. "Come and take a look at our new **Home Orchard Plot**, now happily toddling along at 18 months old. We're sure it will inspire you to grow more fruit in small spaces."*

The **Orchard Learning Programme** is another new project being developed to mark the orchard's 20th anniversary. This practical, orchard-based course started in February 2018. Participants are learning how to look after over 100 different fruiting trees, bushes and vines, and playing an active part in organising the orchard. The course was oversubscribed and seems very likely to be offered again in 2019.

"There's a huge appetite for learning about fruit growing," adds Shannon. "If pruning, pests, or



Image thanks to Jamie Carstairs

diseases mystify you, then pop along to an Orchard Learning taster session at our summer open day. See the HOCO website for more details."

Orchard members are on hand to answer fruit-growing questions. Homemade cakes, refreshments, produce and plants are for sale. There's a compost loo on site.

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

Visit: www.community-orchard.org.uk

Tel: 0117 373 1587

MARIALINA

Fabrics & Soft Furnishings

Quality made to measure soft furnishings – curtains, blinds, loose covers, cushions and more

We have a fantastic range of fabrics, wallpapers, poles, tracks, accessories and gifts

Free measuring service and advice on styles

We offer an installation service

Come to the shop and be inspired this summer

210 Gloucester Rd, BS7 8NU
Tel: 0117 329 0899
Mob: 0772 999 7359
Email: info@marialina.co.uk
Web: www.marialina.co.uk

Open: Tues to Sat 10am – 5pm.
 Ring for appointments outside these times

FIT ARCHITECTS

A 156 BRYNLAND AVENUE
T RICHARD ON 0117 944 1588
E MAIL@FITARCHITECTS.CO.UK
W FITARCHITECTS.CO.UK

SEFTON PARK ROAD

Chartered Practice

QUALITY KITCHEN FACELIFTS

Brighten up your kitchen this summer

Before

EST. 1999

- Trusted reputation
- Huge choice of doors, worktops, appliances, sinks & taps
- Free planning & design service
- Door swaps to full kitchens – tailored to your needs

CALL FOR A FREE ESTIMATE:
0117 911 6773
dreamdoors.co.uk

Visit our showroom:
 11/12 The Promenade,
 Gloucester Rd, Bristol BS7 8AL

DREAM DOORS®
 NEW LIFE FOR OLD KITCHENS

Checkatrade.com



Little Foxes Forest Pre-School is North Bristol's first outdoor nursery for 3-4 year olds. The Pre-School is based in BS7 just a 5 minute drive away in the beautiful woodland and meadows of Stoke Park Estate. Founded and run by ex-primary school teachers and local Mums, they are proud to offer an unusually high adult to child ratio – 1:5 instead of the government recommended 1:13.

FIND OUT MORE – We'd love to let you know more about us. Visit: www.littlefoxesforestschoo.com or call **0117 332 3683** to learn about waiting lists for our Pre-School, our Monday stay and play group and upcoming events.

"The change we have seen in Jacob has been huge! He is so much more confident going into new situations and I am sure this is because of Little Foxes Forest School." Hannah, local mum.



SPARE ROOM? BECOME A HOST WITH EF

*Turn your spare room into extra income
by hosting an international student.*

CONTACT US NOW

International Language
Centres
0117 930 3500

www.ef.com/host



The Pantaloons Are Back!

Following the success of their riotous performance of *A Midsummer Night's Dream* in St Andrews Park last year, the Pantaloons team this year present their own wacky family-friendly interpretation of the Oscar Wilde classic, *The Importance of Being Earnest*.

This energetic musical production infuses Wilde's witty words with snappy new songs and frantically funny physical theatre to give this perennially popular play a hilarious contemporary twist.

Promoted by the **Friends of St Andrews Park**, the Pantaloons will be performing on the grass slope between The Tea Garden Cafe and the bowling club. The two-hour performance takes place on **Sunday 24 June** and starts at **7.00pm with entry from 6.00pm**.



Organiser Paul Bullivant is delighted to welcome the Pantaloons back: *"The Pantaloons have a busy summer schedule performing The Importance in over 50 locations – from Glasgow to Penzance – so we are really pleased that they could fit in a return visit to our wonderful park."*

Thanks to the support of an enthusiastic audience of over 300 last year we made a small surplus which we used to help pay for essential improvements in the park. We do hope that as many friends and neighbours as possible will support this performance by the Pantaloons – it will certainly be another memorable evening of family-friendly fun and laughter."

As there will only be a few tickets 'on the door' it is best to book tickets in advance through the Pantaloons website at: pantaloons.co.uk

FREE Local Bike Checks!



People living in Bristol are being urged to fall in love with their bikes again as part of a national drive by the cycling charity, Cycling UK.

Cycling UK has pledged to get at least 25,000 people back into cycling nationwide by the end of the summer as part of its Big Bike Revival project.

Local charity Life Cycle UK is lending a hand by putting on events at The Life Cycle Hub (located in the carpark of Horfield Prison, Cambridge Road, Bristol, BS7 8PS). Anyone can turn up and receive a free bike check-up or purchase one of Life Cycle's professionally refurbished, second-hand bikes at an affordable price.

The service is open for adults and children so the whole family can get involved. **The Hub will be open, 9:30am – 1:30pm on the following Saturdays: 2, 16 & 30 June; 14, 21 & 28 July.**

You can find full details on the website
www.cyclinguk.org/bigbikerevival



Clean Air Bishopston project unveiled

As this issue of Bishopston Matters was going to press the 'Clean Air Bishopston' project team was poised for its launch, and the project website will be live by the time you read this.

Driven by the seriousness of air pollution, which has been termed a public health emergency, the project focuses on what we as local citizens can do individually and as a community to clean up our air, as well as campaigning for others like the City Council to act.

The team, set up by Bishopston Society, Sustainable Bishopston and others, is aiming to encourage walking, reduce local car use, and improve transport, as well as increase public awareness of the problem of air pollution and the practical steps we can use to clean up our air.

They're also planning Bishopston-based activities on **National Clean Air Day, Thursday 21 June**.

Details available on the new project website at
<http://bishopstonsociety.org.uk/cab>



Bristol
Grammar
School

Life changing

Come and visit us to
discover all that we can
offer your child.

Call Hollie Matthews on
0117 933 9885





SENDaWelcome is having a good year so far. We've already exhibited and enjoyed stunning art displays from local children with Special Educational Needs and Disabilities (SEND) in the windows of Boston Tea Party as part of Window Wanderland, had a mention in parliament from local MP Thangam Debnair in a debate on accessibility and inclusion, presented to over 50 learning disability nursing students at U.W.E and continued our great partnerships with local providers such as Kings Lawn Tennis Club, Baby Bites and Golden Hill Community Garden!

Our project is working locally with groups, facilitators and families to support better access for our children with SEND to local space and provision, and to ensure that they have a



WW workshop facilitated by local artist Barbara Disney and run in partnership with SENDaWelcome and Room 212. Keep an eye out for the mosaic Barbara will be creating for Room 212, based on the artwork by the children.

platform on which they are seen, heard and valued. Ensuring our children with SEND are part of their community is something everyone can play a part in. Please check our website for ways you can get involved or show support by following us on Twitter @SENDaWelcome and on Facebook @SENDaWelcomeBristol.

We are in particular need of help with fundraising at the moment as we have loads of exciting projects in the pipe-line but not enough time to find the cash to get them going! Please contact us if you can spare some time and have skills in fundraising.

Finally, put **Sunday 24 June** in your diary as we are running our **Summer Social** at St Michael's Church Hall, Pigsty Hill 2-4pm with the old favourites – the Sensory Truck, cake decorating with Baby Bites, Nelly the Therapy Dog, cake, play and more! We couldn't run the event without the support of Bristol Association for Neighbourhood Daycare Ltd (BAND), who are funding the sensory truck to be with us and providing brilliant toys for all to enjoy.

www.sendawelcome.co.uk

e: sendawelcome@gmail.com

Follow us on Twitter @SENDaWelcome and on Facebook @SENDaWelcomeBristol

SENDaWelcome invites children with SEND, their families and friends to an afternoon of socialising, cake, activities, music & play

Sensory Truck • Face painting • Cake decorating with Baby Bites • Nelly the dog • Play • Tea, Coffee and Cake

Please bring a cake to share!

2pm to 4pm **Sunday 24th June**

SENDaWelcome is a small group of local volunteers working in BS7 (Bishopston, Cotham and Redland) to make our community a more inclusive place for children with special educational needs and disabilities (SEND) to live, play and access opportunities

St Michael's Church, 160a Gloucester Road, BS7 8NT



• SMOKEHOUSE & GRILL •

MASTERS OF THE BARK ARTS



AUTHENTIC AMERICAN BBQ FOOD

Including Vegetarian/Vegan Options and Kids Meals

Find us at 185 Gloucester Road, Bristol BS7 8BG

KIDS MEALS
JUST £6
INCLUDING
FREE
DESSERT



#goodfoodvoodooq

OPEN TUESDAY FROM 5PM UNTIL 10PM.
OPEN WEDNESDAY-SUNDAY FROM NOON
UNTIL 10PM. BOOKING ADVISED.

**SAVE
10%**

ON YOUR FOOD BILL.
SIMPLY SHOW THIS PAGE WHEN
YOU PLACE YOUR ORDER.
EXP. 31 AUGUST 2018



Get in touch! 0117 942 8800

info@voodooQ.co.uk



Millions Missing, ME Matters!

On 12 May, Bristol joined over 100 cities around the world calling on governments

and health officials to end the inequality of funding and research into Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS).

Hundreds of ME sufferers, their families, and 'well' allies gathered in Queen Square, central Bristol, as part of #MillionsMissing, a global day of protest spearheaded by

international health network ME Action.

People from Bristol and the surrounding areas contributed pairs of shoes labelled with a short message about their experience of living with ME. These shoes – unused due to the debilitating symptoms of ME – were laid out in Queen Square as a poignant representation of those “missing” from their everyday lives.

ME is a systematic neuro-immune disease characterised by an extreme form of fatigue and a severe worsening of symptoms after even minimal physical or mental exertion. It affects an estimated 250,000 men, women and children in the UK.

The event was organised by a team of volunteers, two of which (who are ME sufferers themselves) live in the Bishopston area and belong to the Bristol ME Support Group. The group runs regular meet-ups across the city (including the local area), sends out newsletters and operates public and private Facebook pages.

Many of the group's members made a huge effort to attend the event and show their support (despite knowing it would cost them in the later days/weeks). This was the first time many people had met in 'real-life' (as opposed to online due to their condition making them house/bed-bound) and it proved an emotional, heart-warming and moving demonstration of support from across Bristol and surrounding areas.

Contact the Bristol ME support Group via their Facebook page, [bristolmesupportgroup.wordpress.com](https://www.bristolmesupportgroup.wordpress.com) or answerphone 07443 475 474 to find out more.





CLIFTON COLLEGE
ESTABLISHED 1862

For children and young people aged 3–13 years

Holiday Club & Activity Courses

OPEN

EVERY SCHOOL HOLIDAY

- Early Drop from 8am and Late Stay until 6pm
- Fantastic indoor and outdoor facilities
- Wide range of exciting and fun activity courses
- Daily swimming for Juniors & Kids' Club



For further information:
T: 0117 315 7666 E: ccsl@cliftoncollege.com
www.ccsl-cliftoncollege.com



Tribute to Tatiana

Many of you will remember the fantastic fundraising that young, local resident Tatiana Stankovic Davis undertook, while being treated for leukaemia. Sadly, Tatiana lost her brave fight with cancer and tragically died in August 2017.



Her heroic fundraising efforts meant that to date she has raised nearly £20,000 for Fairy Bricks, a charity that meant a lot to the Lego-loving Tatiana.

While in hospital she was able to play with Lego sets donated to the play team by the wonderful Fairy Bricks charity; Lego is both stimulating and distracting – just what children need in hospital. Being a generous, thoughtful person, Tatiana started fundraising to enable more children in hospitals to receive Lego sets.

This May, Tatiana's parents Nada and Simon proudly received the Bristol Lord Mayor's medal posthumously on behalf of their amazing, kind daughter.

The Lord Mayor and councillor Fi Hance made it very clear that Tatiana had made a significant contribution to the city of Bristol.

The ceremony in the Lord Mayor's parlour was a fitting tribute, and some of Tatiana's school friends from Colston's Girls' School were able to attend this and feature on BBC Points West that evening.

Her father, Simon, said, *"Tatiana's kindness and selflessness touched not just Bristolians, but also people across the UK and overseas. Her charitable fundraising for the FairyBricks charity www.fairybricks.org has raised almost £20k, which will benefit children in hospitals across the UK."*

People can still donate – via <https://mydonate.bt.com/fundraisers/simondavis1>



LEGO galore arrived at Bristol Royal Hospital for Children, thanks to Tatiana



Tatiana with dad Simon

STUART OLIVER
CERT ED

ACOUSTIC & ELECTRIC GUITAR
TUITION

LEARN TO:

- PLAY SONGS ALL STYLES
- IMPROVISE
- STUDY FOR EXAMS
- IMPROVE THEORY & TECHNIQUE

15 YEARS
EXPERIENCE
ALL AGES & ABILITIES

Tel. 07817 860 205
iwanttolearntheguitar@hotmail.com



70% NOW SOLD AT LOFT HOUSE

LOCATED NEXT TO GLOUCESTERSHIRE COUNTY CRICKET GROUND, LOFT HOUSE IN BISHOPSTON IS AN EXCITING NEW DEVELOPMENT OF 1, 2 & 3 BEDROOM APARTMENTS, DUPLEXES AND HOUSES SET IN A BEAUTIFULLY CONVERTED HISTORIC GRADE II LISTED BUILDING. THESE NEW HOMES WILL FEATURE CONTEMPORARY FINISHES AND ORIGINAL DETAILS AS WELL AS SOME BENEFITTING FROM ALLOCATED PARKING, ALL WITHIN A 10 MINUTE WALK FROM GLOUCESTER ROAD.

PRICES FROM £285,000 - £420,000

HELP TO BUY AVAILABLE. BUY YOUR NEXT HOME WITH JUST A 5% DEPOSIT.

CONTACT SAVILLS ON 0117 910 0360 OR OCEAN ON 0117 946 9838

www.acornpropertygroup.org

different by design



Prices correct at time of print. Image shown for illustrative purposes only. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE OR OTHER DEBT SECURED ON IT. Credit is secured against your home. Subject to status, Help to Buy Terms & Conditions and available on selected properties in England only. Eligible applicants will be offered an equity loan up to a maximum of 20% of the purchase price (based on the open market value). Applicants are required to fund at least 80% of the purchase price by means of a conventional mortgage, savings/deposit where required. The equity loan is provided by the HCA and held as a second charge. This offer is not available in conjunction with any other promotion. Full details will be provided on request.

New development Loft House, Bishopston is now 70% sold

New homes by Acorn Property Group at their Loft House development in Bishopston have been proving hugely popular with over 70% of homes now sold. The second and final phase of the scheme has been released for sale so buyers are being urged to contact selling agents Savills and Ocean quickly so not to miss out on a new home in this historic landmark building.

Located next to Gloucestershire County Cricket Ground and just a 10-minute walk to Gloucester Road, the Grade II-listed Brunel House is being sympathetically restored and converted to create a collection of new and truly individual one-, two- and three-bedroom homes. These new homes will combine the high ceilings and double height windows of the original period building with a contemporary interior, bringing together space, light and history. Select apartments will also benefit from allocated parking and stylish mezzanine floors with vaulted ceilings to make the very best of the living space.

Acorn Property Group is an independent development and regeneration company, specialising in creating distinctive and bespoke homes. Established in 1995, they have a wealth of experience and awards over the last twenty years and have won the 2018 property category of the prestigious Bristol Life Awards. Acorn creates beautiful homes which are different by design, imaginatively utilising space, light and original features wherever possible.

With Help to Buy available, you could buy a new home in this popular area of Bristol with just a 5% deposit. Prices at Loft House start at £285,000 for a two bedroom apartment.

For further information or to arrange an appointment contact Savills on 0117 910 0360 or Ocean on 0117 946 9838.



Windsor Road Garage

Family business est 1964

- Car Servicing • MOT Testing
- Vehicle Repairs
- Classic Car Maintenance

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.

Windsor Road Garage, Windsor Rd,
St Andrews, Bristol, BS6 5BP

windsorroad@btconnect.com
www.windsorroad.co.uk



Wanted: 8 discerning travellers

Catalonia Unlocked is an exciting new travel company offering small-group tours that get under the skin of this fabulous region of north-eastern Spain

We are looking for 8 discerning travellers to come on our cost-price pilot trip in September

- 7 nights in hand-picked, quality local hotels
- Authentic Catalan culture, wine and cuisine
- Visits to Girona, Figueres and Cadaqués
- Transport by luxury vehicle
- Fully guided by Spanish and Catalan speakers

To find out more about this fantastic opportunity, get in touch using the contact details below

Nick Clark on 07919 926 975
nick@cataloniaunlocked.co.uk
www.cataloniaunlocked.co.uk

We look forward to hearing from you!



Welcome to Bakery108:

a new, local, artisan microbakery with its roots

firmly in Bishopston & St Andrews. What's more, it gives you the **convenience of online ordering and home delivery** – all with a personal touch.

Friends and bakers Helen Lockett and Carla Shepherd have lived in the local area for over 20 years. They have both always loved baking for friends and neighbours, so when Helen suggested to Carla that they start a microbakery based out of Helen's kitchen, it made perfect sense.

"We knew that we wanted to bake the highest quality breads, cakes and pastries", says Helen, "but we also wanted to have a connection with the people we are baking for. We bake everything ourselves and do our own deliveries, so we really get to know our customers and value their feedback."



Our small size and personal approach enables us to meet customer requests quickly; for example we've added Spelt bread to our regular Bakery108 range, made a Dorset

Apple Cake as a birthday cake, and created a lovely vegan chocolate cake for customers."

While home delivery is at the heart of Bakery108, it has also branched into supplying businesses with delicious treats. "Our range of cakes and cookies is always changing, with new specials each month, so there is plenty to keep business customers coming back for more" says Carla.

The Bakery108 website is the bakery's 'shop window', full of enticing breads (think sourdough, proper ciabatta and amazing baguettes) as well as a wide range of cookies, cakes and pastries. Bakery108 delivers every Friday evening, all ready for the weekend and delivery is free with the £10 minimum order.

So why not check out Bakery108.co.uk and see what Helen and Carla are baking this week, or get in touch at Hello@Bakery108.co.uk

Twitter & Instagram @Bakery108brist

Bakery 108's Helen & Carla



bomboloni

ITALIAN KITCHEN

An Italian inspired restaurant on Gloucester Road, Bomboloni aims to achieve the atmosphere of a relaxed Italian family kitchen, at the same time providing excellent value for money and great quality.

Opening at 10am (Mon-Sat), mornings offer great coffee and breakfast pastries.

Lunch is a traditional Italian menu, with a lighter touch, from 12 noon.

Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied, delicious menu.



Bomboloni – a truly family affair

Opening Hours: 10am-10pm
Tuesday to Saturday
12 noon-4pm Sunday

225 Gloucester Rd, BS7 8NR

Tel: 0117 2396506
bomboloni.net

Friends of St Andrews Park News and Views

Any budding journalist students out there?

This is my first contribution to *Bishopston Matters* in my role as chairperson and I am hoping it will be my last! Let me explain, I am very keen to broaden the membership of FOSAP and I am wondering if there is a young student perhaps thinking about a career in journalism who would like to be our reporter? It would mean looking out for stories and interviewing and then writing it up. Perhaps we could start our news letter again? I am sure all FOSAP members would give support and encouragement. We have a press liaison person who is also a film director and best selling author so, working with him would be a great chance to develop skills. Could look good on a CV! Please email me for a chat.

The future of the Tea Garden

At time of writing, Tea Garden owner Fay, believes she will be trading until the end of June, after that unfortunately she does not know. Any legal challenge is going to be prohibitively expensive so Fay (hopefully) will be tendering to keep her business in the park that is so well loved by our community. FoSAP will be offering maximum support.

Making a splash!

Hooray, the paddling pool will be open for the summer. It didn't get a lick of paint but there will be lots of exciting splashing.

Toilet Opening hours

According to Bristol City Council's website, summer opening hours will be 8.30am to an hour before sunset. These restricted times will still lead to some problems in the park. FoSAP is trying to liaise with the council to have an automatic closing system or perhaps even a small coin charge. Please let us know your views.

Love St Andrews Park? Please join us

FoSAP is bracing itself for a challenging time ahead. The massive cuts to parks budgets will have an impact. Some we might be able to mitigate, some



may require a robust response or it may be a case of compromises. What is certain is there will be changes. We need all the support we can get. Why not join us – its very easy. All you have to do is email membership secretary Jonny Gibson Jonny@Gibson.com saying you would like to be a member, agree to our aims and objectives (constitution is on our web site) and agree we can store and use your email address to keep you in touch with FOSAPs activities and other members.

Theatre in the Park

We look forward to a great night in the park on Sunday 24 June. The Importance of being Ernest will be staged by the Pantaloons Theatre Company. Full details on page 9 or visit thepantaloons.co.uk (under shows). Volunteer stewards needed to help. Email paul.f.bullivant@gmail.com. Tickets limited to 300 so you will need to book early as a sell-out is expected.

Future projects, your comment please

Just before the latest round of funding applications for the Co-op community fund closed we learnt that FoSAP was now eligible to apply. We had a quick discussion at the AGM and have gone for creating a sculptured art work that is also a climbing frame from the felled tree near the cafe. The current idea is for a gigantic snake. The tree is not in good shape but carving will help preserve it, although it will need to be oiled annually to stop further rot. We also have gone for out door gym equipment for adults and children. Comments please.

The play ground consultation is now over and FoSAP is summarising the results in preparation to making an application for funding for a play area makeover.

We would very much like to hear from any disabled person adult or child. How user friendly is the park? What should we be planning?

David Cemlyn, Chair of FoSAP
chairfosap@gmail.com



THE ElectricBike

SHOP

Large range of electric bikes in stock Book A Free Test Ride!



www.theelectricbikeshop.co.uk

116 Coldharbour Road, Bristol, BS6 7SL
Call: 0117 403 1103

WE SERVICE AND REPAIR ANY TYPE OF BIKE



Brookfield Garage

Independent Ford Specialist but any make or model are welcome for our expert car servicing and repairs.

SUMMER OFFERS!*

- 10% Discount on Brake Fluid service with any routine car service.
- Save £15 with every service and MOT combined booking.
- Free air conditioning cleaner and purifier with every air conditioning service.

*Offers valid until 31/08/18

RAC
Approved Garage



To book in Tel: 0117 951 2285 • www.brookfield-garages.co.uk
140 Ashley Down Road, BS7 9JS



Brookfield Mobility Solutions



Motability
The leading car scheme for disabled people

Brookfield Mobility Solutions continues to deliver high quality customer focused service. We offer a bespoke car adaptation fitment service.

- Push-Pull hand controls ▪ Left foot throttles
- Scooter and wheel chair hoists
- Control aids ▪ Electronic signalling

It is our aim to provide a personalised solution to all our customers in conjunction with our high class suppliers of adaptations. BMS can fit your adaptations at your convenience either at your supplying dealer, home address or place of work. We can also fit at our fully equipped workshop.

For full details of our services and product range visit
www.brookfieldmobility.co.uk or Tel: 0117 239 5018



30-32 Filton Rd,
Bristol, BS7 0PA

News from Friends of Horfield Common

NEW! Horfield Seedlings Gardening Group

Friends of Horfield Common is thrilled to confirm that we will be starting a gardening club for children and families at the Ardagh in partnership with the RHS' Community Outreach team. *Horfield Seedlings* sessions will take place on Thursdays from 7 June to 5 July 2018.

FoHC's volunteers spent a day in May, training with Sarah Ricketts, RHS Community Outreach Officer, South West in the new garden room at the Ardagh. It was a great day packed full of fun activities and discussions and planning for the new group. Thank you to all the volunteers who attended and who are supporting the delivery of this wonderful new project.

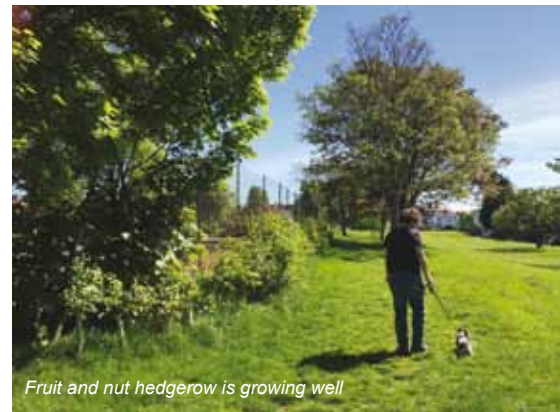
Horfield Seedlings is for children and families interested in gardening, being outdoors, and learning how to plant, grow and care for all sorts of flowers, herbs, vegetables and plants. The project will help to contribute to the regeneration of the Ardagh gardens as well as enhancements for the wider common.

Sessions will include lots of fun activities including:

- Sowing
- Growing
- Planting
- Crafts
- Storytelling

The group is aimed at primary school-age children and their parents/carers. Adults must stay with their children during the sessions. Places are limited so booking is essential.

There is a small fee of £5 per child for the five week block, payable in advance to secure a place. And provide a small budget for resources and equipment. If you and your children would like to come along, please book via www.friendsofhorfieldcommon.com or pop in to the



Fruit and nut hedgerow is growing well

Café on the Common on a Fri/Sat/Sun and fill in an application form. We'll confirm your place as soon as possible and can't wait to get started!

1st Bishopston Cubs volunteer work party on Horfield Common!

FoHC were delighted to host 1st Bishopston Cubs for a working party on Horfield Common on 14 May, which helped to maintain the fruit and nut hedgerow planted by local volunteers in 2015/16. They were a brilliant and energetic group who put their all into the activities and their contribution has made an enormous difference to the ongoing maintenance of the hedgerow which will continue to help it to thrive. Thank you very much to all of the cubs, their leaders and our volunteers for your time and energy to help keep Horfield Common a lovely place for people and for wildlife. We look forward to welcoming 1st Bishopston Cubs back to Horfield Common in the future.

For further information about FoHC, please see: www.friendsofhorfieldcommon.com. Meeting dates are published on our website – ALL WELCOME!



Bright planters for the Horfield Seedlings group (made by the ShedMen)



525 Gloucester Road, BS7 8UG



Regional Centre of Excellence
Guaranteed whiter smile



Horfield Dental has recently become the regional centre for ENLIGHTEN.
ENLIGHTEN offers the worlds best performing whitening treatments, guaranteeing the lightest shade of teeth. The system offers the most effective, long lasting results with low sensitivity. Get in touch with practice today to find out more.



Come and join us!
New patient examinations
including x-rays and a
cosmetic consultation
just £38.50*

*Offer valid until 30/06/18



BOUTIQUE
WHITENING



Cfast



**Emergency Appointments
Available – Book Online**



0117 951 3026

www.horfielddentalcare.co.uk

Book
Online



Match your colour to your mood this summer at Hair Mechanics

New! Wella Colour Create – The team at Hair Mechanics are enjoying working with the new Colour Create product from Wella Professionals. Salon manager Vickie told me, these fresh colours are perfect for the festival and summer sun season. Once you have selected your desired shade, you can have the colour intensity as vibrant or subtle as you like. The colour can be effectively applied to a full head of hair, mid lengths or ends. Once applied, the fabulous colour will last up to 20 washes and fades quite naturally. Brighten your mood and look – book in and select the perfect colour for you!

Wedding Hair – If you are in the process of planning your big day, why not tick one thing off your list and book in with Hair Mechanics to take care of your wedding hair.



The salon was sad to say farewell to stylist Chris this spring, the team recently enjoyed a big night out to make sure they saw him off in style!

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



For more info on offers,
check out the A-board outside the salon or visit their Facebook page.



be daring! with Slimming World

Thursdays

Bishopston Meetings

B&A Church Gloucester Road (formally St Michaels)
160A Gloucester Road, Bishopston, Bristol, BS7 8NT

Mornings – 9.00am and 11.00am

Evenings – 5.30pm and 7.30pm

Tel: Sue – 0117 9243556

Mob: 07702 578 298



slimmingworld.co.uk 0344 897 8000

The Bowen Technique

Jane Hird

BA (Hons) ECBS, BTPA, CNHC

The Bowen Technique is a soft tissue therapy for treating musculo-skeletal conditions such as neck and shoulder pain, back ache, knee pain, tendonitis and sports injury. The therapist uses fingers and thumbs to make precise rolling moves at key points of the body, interspersed with short breaks.

Developed in Australia during the 1950s, Bowen has become increasingly popular as a means for reducing tension and imbalance in the body which can cause pain and dysfunction. As a bonus, many people find they sleep better, feel calmer and have an enhanced sense of wellbeing after a course of Bowen.

If you would like to find out more please call me on 07999 711846, Email: jane.hird@blueyonder.co.uk or visit: www.bishopstonbowen.com.

Appointments available at The Bristol Natural Health Service in Horfield and Carpe Diem Therapy Centre in Staple Hill.



LOOKING FOR A NATURAL WAY TO FEEL BETTER? TRY NUTRITIONAL THERAPY

As a Nutritional Therapist and Health Coach I can help you achieve your health goals, whether it's to lose weight, balance hormones, increase energy, reduce stress, or any other health issues that may be troubling you.

I look at your current diet and find realistic and easy ways to improve it - through good nutrition and lifestyle changes - offering you health coaching along the way so you feel supported and confident to accomplish your health goals.

Consultations are held at Bristol Natural Health Service, 407 Gloucester Road, BS7 8TS.

Call or email today to book your free 15-minute telephone assessment, to see how I can help you.

Ruth Raymond, The Soulful Nutritionist

Dip CNM, Dip AP, mBANT, mNNA, mCMA, rCNHC

e: ruth.e.raymond@gmail.com

t: 07983 411 664 or 01179 444 448

w: www.bristol-natural-health-service.co.uk



Love your hair

Be Beautiful

HAIR CUTS. COLOUR. EYELASH EXTENSIONS. NAILS. HAIR EXTENSIONS. WAXING. BRIDAL HAIR. PEDICURES. MANICURES. EXPRESS FACIALS. PAMPER PARTIES.

01173293633
07842950065

22 Kellaway Avenue, BS6 7XR, inside Trainhairs gym

Instagram & Facebook
@LOVEYOURHAIRANDBEbeautiful

Trainhairs

Ladies Only Gym:
for your 30 minute workout

for ladies of all ages, shapes and abilities

Free Introductory Trial, plus;
Medical Exercise Referrals,
Ante and Postnatal Programmes,
Nutritional Advice,
1:1 Aerobic Sessions, Boxing,
Running Groups, and more!...

trainhairs.co.uk

22 Kellaway Ave
0117 944 6650

Mon - Fri 8am - 8pm
Sat - Sun 8am - 1pm

THE body workshop PILATES

- Group Mat Classes
- Boutique Mat Classes
- 1:1s
- Workshops

"Through Pilates we want to help you find the best possible movement strategies and balance so that your mind and body can achieve their full potential."



#movementforlife

www.thebodyworkshoppilates.net/bristol

becky@thebodyworkshop.net

07789 687 128

Classes in Ashley Down, Bishopston,
Clifton & Westbury-on-Trym

Our story

Icon Beauty first opened its doors in 2009 and we are proud to be part of the beautifully bohemian Gloucester Road. In the last few years we have doubled in size and if you have not been in to see us recently, you may be surprised at the scale of the salon now residing behind our front door! Our vision has always been to create a luxurious environment where you can relax and escape the stresses of everyday life. Our generous treatment rooms and elegant décor will leave you feeling re-energised, whether you pop in for a regular treatment or take time out for a complete mind, body and soul experience.

Fresh new look

Our commitment to offering clients the most advanced services available continues and this year we have added many new treatments to our portfolio. You can find all of these and more in our brand-new brochure and website that we know you will just love...read our new blog, pick up valuable beauty tips and find out what's hot on Gloucester Road right now.



News

We are delighted to welcome back the lovely Tanya from maternity leave. We have really missed her, and it is great to have her in the salon. Tanya works Mondays, Tuesdays and Fridays 9.30am – 4.00pm and is already in great demand. **We also welcome Sarah Palmer**, a highly experienced therapist, specialising in Pregnancy, Sport, Deep Tissue, Hot Stone and Bamboo massage. All of which are now available at Icon Beauty. Lastly **congratulations to the new Mr. and Mrs. Brooker!** Jordan recently got married and looked radiant on what was a truly special and beautiful wedding day enjoyed by us all.

To get hold of your new brochure, call in or we will be delighted to post you one, and don't forget to check out www.iconbeauty.co.uk

See you soon,

The Icon Beauty Team



ICON
BEAUTY

www.iconbeauty.co.uk ■ 267-269 Gloucester Road, BS7 8NY ■ 0117 924 5566

Summer vibes are on the way

And the focus this season is very much on advanced skin care treatments. We have a wide range of treatment options to suit all skin types and concerns so there is something for everyone.

NEW Dermalogica Pro 60 & Pro 30 facials

These are customised treatments using advanced products, techniques and technology to address all your key skin concerns and achieve healthy glowing skin. We also offer FREE Skin Fitness Mapping and skin consultations, so you can discover how to achieve your best skin ever. Receive a FREE Dermalogica Dewy Skin DUO with every Pro60 facial treatment (while stocks last).

NEW Jan Marini advanced peels

One of the most advanced and powerful facial treatments available, giving immediate visible results and long-term benefits. Simple, safe, non-invasive and unbelievably effective, Glycolic peels resurface the skin, giving a dramatically softer smoother texture, whilst reducing fine lines, wrinkles and scarring. Jan Marini facial treatments are also particularly effective when treating acne, rosacea and pigmentation.

NEW CACI Synergy facials

These red-carpet treatments deliver visible, long lasting results without surgery or anesthetic and are continually voted the most effective anti-aging treatment available. We are the only salon in Bristol to provide this pioneering technology, offering a complete range of anti-ageing, skin rejuvenation solutions using just one advance treatment system.

LVL Lashes

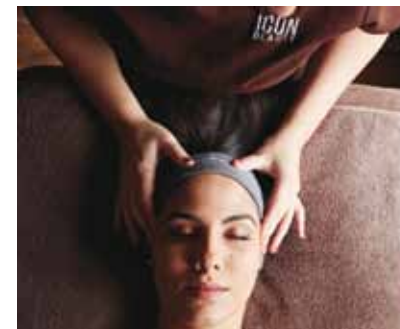
Did you know LVL eyelash lift treatments are available at Icon Beauty? Unlike a traditional perm, LVL Enhance straightens your natural lashes at the root creating the appearance of longer, thicker lashes giving an immediate and very effective result without the need of extensions or mascara. Perfect for the summer holidays.

NEW NHS discount

We give a 10% discount to all NHS staff as a little thank you for all the wonderful work you do. To enjoy this saving, you simply need to produce a valid NHS card.

To book any of these treatments or for more information, call 0117 924 5566.

ICON
BEAUTY



www.iconbeauty.co.uk ■ 267-269 Gloucester Road, BS7 8NY ■ 0117 924 5566

Osna Therapy Centre

This year Osna Therapy Centre is proud to be celebrating 20 years of trading on Gloucester Road. To mark this happy occasion, they have given the Centre a fresh and exciting new look.

Owner Bridget Tyrrell (pictured right) told us, "We have enjoyed this incredible journey with all of our loyal clients. We are just as passionate about our work today as when we launched all those years ago".

The team at Osna are continually updating their skills and techniques, which enables the therapists to give the best possible experiences and outcomes for their clients.

Bridget went on to say, "We are all very excited for the future! Throughout 2018 we are planning on running regular workshops and talks. These sessions will be available to the public, to introduce them to our various therapies and give them a greater understanding of how they work and which therapy may be appropriate for them."

The team enjoyed a fantastic Mayfest, with people showing a huge interest in all the talks the Osna team delivered on the day.

New Products! Osna recently launched their new range of soya candles. These gorgeous products are soon to be followed by a wonderful new soap, as well as a mens range of beard oils and waxes. There are also exciting plans for Pure&Natural by Osna to produce a vegan Face & Body range. All of their products are made with love and created out of organic, natural ingredients and scented with essential oils.

To find out more, visit their Facebook page: [Osna therapy centre](#), call 0117 907 5884 or visit 234 Gloucester Road, Bristol BS7 8NZ



Glos Rd Central's Mayfest 2018!

This year's Mayfest was a scorcher! Glos Rd Central's shops put on activities for all to enjoy, as well as inviting local groups and charities to set up stalls and take part.

As always, free biscuit and cupcake decorating for kids was a huge hit outside Joe's Bakery (this was definitely Henry's highlight of the day – as you can see below!) – 100s were devoured over the day!

Osna Therapy offered taster sessions of their therapies and people took great interest in their talks that took place throughout the day. You may have spotted a young, spring lamb taking part in the festivities too!

Live music outside Chimp House added to the celebratory atmosphere as you browsed the stalls.

Baby Bank Network were there to raise awareness of their great cause; see www.babybanknetwork.com for more information.

Adding some glamour were Icon Beauty, who offered free nail painting, and Ace Paint who did a fantastic job creating beautiful face-painting designs.

Knitnatterstitch put on free creative craft for children and Paperplane showed them how to make origami animals.

Xpress ran their annual T-shirt design competition on the day, and if you would like to win a **FREE PC health check** (worth £50) now, simply email your details to – xpresscomputers176@gmail.com

New shop Preserve gave a taste of what will be in store when they open shortly, selling out of their wooden toothbrushes and reusable metal straws.

As always, the arrival of the Green man with his merry, musical followers offered a fantastic finale!



Pearce's Hardware Store

Trading for 125 years! Pearce's Hardware is a traditional store with traditional values, we sell just about everything you can imagine you might need for your home and garden.

We are proud of our heritage and our contribution made to the Gloucester Rd over many years.

We sell... tea pots, draught excluders, big chains, little chains, strong chains, weak chains, watering cans, mouse traps, glues, plugs, shower heads, thermos flasks, duct tape, plant food, umbrellas and staple guns. We are happy to provide goods by special order if we do not have it in stock and provide advice on your home improvement projects.

If you want it, the chances are we will have it!

295 Gloucester Road, BS7 8PE
Tel: 0117 924 5787



Artemis
designer jewellery and gifts
Home of
Catherine Amesbury
contemporary jewellery design

At Artemis we are proud to offer our instant jewellery commission process - if you can't find the perfect piece from our existing collection, you can sit and create something unique and special with one of our talented designers

Artemis is also known as an Aladdin's cave of gorgeous gifts and decorations which complement our jewellery beautifully

Free gift wrapping service with every purchase

214 Gloucester Road, Bishopston, Bristol, BS7 8NU
Tel: 0117 924 1003 www.artemisbristol.co.uk



Nola Interiors

Since opening on Gloucester Road in November 2017, Nola Interiors has gone from strength to strength and was successful in becoming a Finalist in the Bristol Life Awards' Homes & Interiors category.

With an ethos in mind of selling environmentally friendly products and with a passion for paint and colour, I have become the local specialist for *Little Greene* and *Earthborn* who both produce natural and virtually VOC free paint. I feel that people are more aware of the effects of chemicals on the environment and the impact within their home surroundings.

Weaver Green, another environmentally aware company, produce beautiful throws, cushions, rugs and bags made from 100% recycled plastic bottles but with the look and feel of wool. This incredible range has appealed to many customers who want to be environmentally conscious.

Mini Moderns is a very cool, retro British company selling exciting, original wallpapers made from recycled paper with every design "telling a story". A colourful range of scented candles and diffusers complement the designs and patterns of the wallpapers.

We also stock a wide range of homeware products and gifts that complement the home decorating products including sheepskin rugs, pure wool throws in gorgeous colours such as orchid pink and turquoise, storage baskets, pillar candle holders, photo frames, pots and vases.

Nola Interiors may be bijou but it has a big heart and has been described as a treasure trove full of beautiful products for your home.

We will be displaying a selection of eco paint and textiles at the **Go Eco Event on 23 June at Ronak Cafe**, come along for advice and inspiration!

Tel: 07909 308668



Window Wanderland Awarded!

"I know it's a cliché but we are stronger together, and I would like to thank the good people of Bristol for this award."

Lucy at the Bristol Life awards

Huge congratulations go to our Window Wanderland creator and local resident Lucy Reeves Khan, for her well-deserved win at the Bristol Life Awards.

Window Wanderland scooped the Creative award, which is just fantastic. Bishopston Matters hopes our whole community feels proud, as although the concept has spread, with over 20 events taking place nationwide, the original event launched in the streets and homes of Bishopston, in 2015.

Lucy not only showed huge creativity in coming up with the idea but she ignited artistic flair across our neighbourhood, sparking creativity in hundreds of local households for the 2018 event.

As well as being brilliantly creative and fun, Lucy also launched the event to help bring people

together, as she shares in her acceptance speech, "*Window Wanderland came out of a very dark time in my life, and although the images are light and fluffy there is a serious side to it that helps tackle social isolation and brings people who feel invisible out into the light.*"

WW is run entirely by volunteers so, if you would like to help keep this annual event going, they would love to hear from you; visit windowwanderland.com

The final words go to Lucy, "*If you believe in communities coming together and giving access to Art for everyone then please support us to keep the love going around.*"



Environmentally friendly, water and natural oil based paint in beautiful, harmonious colours. The water based paints are virtually VOC free and made in the UK with 50% recycled tins.



Textiles and rugs which are made entirely from recycled plastic bottles but with the soft look and feel of wool and jute. Machine washable.



Eco friendly, clay and water based paint, free from acrylics, oil and vinyl in 72 beautiful colours. Breathable paint, perfect for the home and the environment. Certified safe for use on children's furniture and toys.



Vibrant, mid-century inspired patterns are used across the range of wallpaper and homewares. Made in the UK to minimise the carbon footprint.



Nola
INTERIORS

- Environmentally friendly paint
- Wallpaper
- Soft furnishings
- Homeware
- Colour consultancy

168 Gloucester Road
Bishopston
Bristol
BS7 8NT
07909 308668
www.nolainteriors-bristol.co.uk

BS9

**Saturday 9 &
Sunday 10 June
11am - 5pm**

Arts Trail

**One postcode
- so much to see!**

**MEET
THE
ARTISTS**

**76 artists in venues around Henleaze,
Westbury-on-Trym and Stoke Bishop.**

Affordable paintings, prints, turned wood, sculpture, jewellery, mosaics, ceramics, photography and more!

Brochures, with the Trail map and artists' details, available at local libraries, cafés and shops.



www.bs9arts.co.uk @BS9Arts



MOCKINGBIRD

PUTTING THE ART INTO PRINT

www.mockingbirdpressbristol.co.uk

Run by Artists, for Artists
in association with

tinca
framing

facebook.com/tincagallery instagram.com/tincagallery

At last a complete fine art reproduction and framing service all under one roof in Bishopston

Help to End Duchenne in Ten

I was recently contacted by local family, Sara, Olly, Ben, Harry and Oscar Smedley. Sara asked if we would be happy to share their story, in order to help them raise funds for Duchenne UK. The charity is extremely close to their hearts since their youngest son, Oscar (who attends Bishop Road school), was diagnosed with Duchenne muscular dystrophy. Please read their moving story below and give generously to their cause.

20 October 2017 is a day that we will never forget. It is the day we were told that our youngest son, Oscar, has muscular dystrophy. It is the day the bottom fell out of our world.

It is really difficult to describe the grief, pain, and devastation we felt in those early weeks following diagnosis. In the course of one short phone call our hopes for our son's future were replaced with overwhelming grief and unbearable sadness; we were heartbroken.

For those of you who don't know much about the disease, Duchenne Muscular Dystrophy is a genetic disorder that causes muscle weakness and wasting. It is classed as a rare disease – there are around 2,500 patients in the UK and an estimated 300,000 sufferers worldwide. It is the most common fatal genetic disease diagnosed in childhood. The disease almost always affects boys. Whilst the prognosis is improving, there is still no cure. By the time Oscar is a teenager he will be confined to a wheelchair. By late teens most young people with Duchenne lose the ability to move their arms and experience problems with breathing and the heart. It is unusual for someone with Duchenne to live beyond their 30s.

A few months in and I guess we are learning to live with the diagnosis. The truth is, we have no choice. Our 3 amazing boys continue to be amazing. Ben

shows such determination and resilience in all aspects of his life; Harry's energy, enthusiasm and empathy makes us smile every day; and our Oscar, well,

LtoR: The Smedley brothers – Harry, Ben & Oscar



Please support the Smedley family with their fundraising

he continues to be the fabulously laid back little chap he has always been – filled with happiness, love and kindness and a calm and laid-back nature that never ceases to astonish us.

I said above that we have no choice but to learn to live with this diagnosis, however, Emily Crossley, the co-CEO of Duchenne UK has taught us that what we do have a choice about is the way that we deal with it. As Maya Angelou said "I can be changed by what happens to me but I refuse to be reduced". Emily set up and runs the charity Duchenne UK (www.duchenneuk.org).

Duchenne UK has a clear mission: to fund and accelerate treatments and a cure to end Duchenne Muscular Dystrophy in a decade – to 'End Duchenne in Ten'. Duchenne UK is funding some really exciting research and is really making a difference – it has given us hope.

My husband Olly and I have made a choice – we refuse to be reduced. We will fight for our son in any way that we can. We will fight to give our son the best life possible and we will fight for his future. And we think the best way to start doing this is to support Duchenne UK in their fight to find treatments for Oscar and for all of the other boys like him. So that is why we have signed up to the Duchenne Dash.

The Dash is a 300km cycle from London to Paris – which has to be done in 24 hours! There is no doubt that this ride is going to hurt. A lot. But we think we can guarantee that however painful the ride is, it cannot come close to the pain that we have felt over the past few months.

So, we are coming to you, with an unashamed plea to ask you to help us support Duchenne UK to achieve its mission and help find a cure, so that we can offer our son and everyone else living with Duchenne a more hopeful future. Please visit:

<https://uk.virginmoneygiving.com/Team/OllyandSara>

Thank you, Sara Smedley

The ROYAL OAK
GLouc ROAD
PUBLIC HOUSE & RESTAURANT

THURSDAYS

Steak & Fries

5-9pm £35 for 2 people

80Z STEAK, CHIPS, SALAD, SHELLFISH + HOUSE WINE OR FIZZ

CALL OR EMAIL TO BOOK YOUR TABLE

0117 989 2522 | THEROYALOAKBRISTOL@GMAIL.COM
385 GLOUCESTER RD, BS7 8TN

Bristol's Independent District News – brought to you by the GRBID



Bristol's Indie District (managed by GRBID) is keeping you all entertained this June and July with a focus on food, shopping and our local environment.



Charity Shop Tours with a Personal Stylist – June and July Dates Available

Love sustainable slow fashion? Bristol's Independent District is offering unique shopping experiences on and around Gloucester Road in Bristol. Whether you'd like to delve into the world of vintage clothing but don't know where to start or are a seasoned vintage shopper these tours will be perfect for you.

Charity Shop Tours combine a luxury experience with pre-loved clothes. These local tours in Bristol are a fun and accessible way to work with professional personal stylist – Becky Barnes on the longest stretch of independent shops in the UK, with clothes and accessories galore. If you live in the city, or are just visiting, Becky knows where all the best vintage and

second-hand shops are, and can show you how to style vintage clothes and accessories in a more contemporary way. Expect to find everything from affordable vintage to high end designer wear. By the end of the tour you'll be able to navigate the independents like a regular and have some gorgeous booty to show your friends.

Bespoke Shopping Tours – All tours can be tailor made to your exact requirements, so if you'd like to pre-book as a group go ahead! It might be that you would like an overview of the best shops, or are looking for specific items. Whatever your needs, a tour can be custom made specifically for your group – email becky@beckybarnesstyle.com

The World Food Passport Trail 11–17 June – Bristol's Independent District invites you to participate in a World Food Passport Trail to celebrate Bristol Food Connections. Book your ticket, and your passport will be valid for the whole week of the 11 – 17 June, you'll travel around a world of food experiences in the Cheltenham Road, Zetland Road and Gloucester Road area.



At each stop you'll be given a different complimentary taster, and then you'll get your passport stamped – keep your passport as a souvenir of the time you tried something delicious from some of our best local, independent and award winning food places (bonus our passports have been designed by famous artist Susan Taylor). Ticket information on our events page @Bristolsindiedistrict.

Gloucester Road Indie Food Tour, 16 June – A special tour of Gloucester Road – Bristol's Independent District, home to many of our favourite food joints! We are keeping the route a surprise, but safe to say it will be jam-packed full of tasty treats and local trivia!

Tickets available from www.thebristolfoodtour.com and include at least 8 generous tasters and a guided walking tour of the area. Only 8 spaces available, so you'll have to be quick!

Go Eco June 23 This is a free public event where everyone is invited to Café Ronak 4:30 – 19:00, for an opportunity to meet people with some ideas to inspire you. Whether you are considering trying an electric bike or growing a vertical garden or considering alternatives to single use plastic, join us for a friendly and informal event of talks, music, displays and since it's a café of course food and drink will be available to purchase.

Bristol Hopper Beer Tour July – Date is to be confirmed but you'll get to explore our lovely pubs and bars on this all-inclusive beer filled early evening out. And you may even get to pull your own beer!



Other News – GRBID has begun the process to put forward a proposal for a new BID in 2019. All information is on www.bristolsindependentdistrict.co.uk

GRBID – Call Out – If you are a GRBID member and would like to get involved with the GRBID, we have openings on the Board of Directors. It involves donating a bit of your time, about one evening per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the bid – grbidoffice@gmail.com if you would like to find out more.

Your News, Events and Job Vacancies

Please do send us any events or news you have so we can share on our social media pages.

grbidoffice@gmail.com ■ www.facebook.com/BristolsIndieDistrict

Keep up to date via our website –

www.bristolsindependentdistrict.co.uk



LOCAL EVENTS Summer 2018

- | | |
|------------|--|
| June 2 | <i>Free Summer Party Nailsea Electrical</i> |
| June 11–17 | <i>World Food Passport Trail</i> |
| June 16 | <i>Gloucester Road Indies Food Tour</i> |
| June 22 | <i>Gloucester Rd Charity Shop Tour with a Personal Stylist</i> |
| June 23 | <i>Gloucester Rd Charity Shop Tour with a Personal Stylist</i> |
| June 23 | <i>Go Eco Event Café Ronak 16:30 – 19:00 / Free</i> |
| July 20 | <i>Gloucester Rd Charity Shop Tour with a Personal Stylist</i> |
| July 21 | <i>Gloucester Rd Charity Shop Tour with a Personal Stylist</i> |

VISIT Facebook @Bristolsindiedistrict for more information, passports, tickets & future events

www.bristolsindependentdistrict.co.uk

Brought to you by
GRBID

News from the green room Natural Hair Salon

KEVIN.MURPHY concept salon – This association with Kevin Murphy means a fantastic education for all the stylists at the Greenroom. 2017 saw the team visit KEVIN.MURPHY in London 26 times, to take part in courses to learn all the latest techniques, to pass on to their clients.

RETOUCH.ME is here! Colour Maintenance Made Easy! RETOUCH.ME is the newest member of the KEVIN.MURPHY & COLOR.ME family. These all new colour 'touch up' sprays seamlessly blend greys, cover regrowth or add temporary colour to your hair.

NEW!



You can maintain your salon-perfect hair and keep your colour looking its freshest, vibrant best in-between salon visits. Easy and quick to use, with a long-lasting formula that will see you through to your next wash.

Available in the four most sought-after shades – Light Brown, Dark Brown, Black and Auburn, which blend seamlessly with the existing hair colour to create a natural, multi-tonal result.

Key ingredients Orange and Tangerine Peel Oil help to create natural shine. Vitamin E keeps the pigments true to colour. Ask in salon for more info and to purchase this new fabulous product.



Tennis champ Elina Svitolina getting ready for the Australian Open Gala dinner. Hair by Kevin Murphy (pictured). Photo thanks to Luis Murphy

15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75



The Green Room

Green Room vouchers
make a great gift!

REHAB & UNKNOT with MRS. KEON WILLIAMS REMEDIAL & SPORTS MASSAGE THERAPIST

Specialising in treating soft tissues – muscles, tendons and ligaments. This is achieved through massage, which helps to identify overuse and underuse of muscles. If not treated, this can cause imbalances within the body which can cause one to suffer with aches and pains of back, neck, shoulders, etc and even wear and tear within joints.

Along with massage, stretches and rehabilitation exercises are given to clients, which will help to prevent the return of symptoms.

This treatment is for everyone, of any age.

Sessions available at Bristol Natural Health Service, 407 Gloucester Rd, BS7 8TS

Core Stability and Correct Posture Alignment class at Gloucester Road Fitness Gym, BS7 8PD. Wednesdays, 9.45–10.45am.

For more info and to book contact Keon:

**T: 07796578793 • E: keonwilliams20@gmail.com
www.bristol-natural-health-service.co.uk**



THE FLOWER SHOP BRISTOL



We love nothing more than arranging flowers for a day filled with love. Our decades of professional experience and innovative imagination help us to know how every wedding should be treated: as an individual event that requires the utmost attention.

145 Gloucester Road, BS7 8BA

Local & National deliveries available

www.theflowershopbristol.com

Tel: 0117 942 0050

Win an Apple iPad – Join EyeStyle today!

It's competition time! We're giving one lucky person the chance to WIN a brand new Apple iPad in our free prize draw.

Our competition takes place online and in our practice giving you the chance to win a 9.7-inch Apple iPad. We're also inviting you to join EyeStyle our new members club with access to exclusive offers, eye care advice, money off your specs and more! Join EyeStyle today so you never miss our exclusive offers again.

Take part now

To enter our prize draw and for full terms and conditions visit our blog at www.lynnfernandes.co.uk or pop into 75 Gloucester Road and talk to a member of our team. Good luck!

About EyeStyle

EyeStyle has been created with you in mind. It's free and easy to join and gives you access to a host of member benefits. So, if you love special discounts, being in the know about stylish eyewear events, keeping up-to-date with eye care news and getting regular money off, EyeStyle is for you. Full details are on our website.

Award for vision and family values

In the last issue of Bishopston Matters we announced that we had been shortlisted for the national Optician Awards. We're delighted to tell you that our Wells Road practice won the Family Optician of the Year award, beating stiff competition from across the country! You can read all about it on our blog.

For more on all of the above, please visit www.lynnfernandes.co.uk

Pop into **75 Gloucester Road**, call us on **0117 942 6843** or book an appointment online.



Exclusively yours

- ✓ **FREE** standard vision lenses or £50 off when buying complete specs
 - ✓ Member-only offers
 - ✓ EyeTalk eye care e-newsletter
 - ✓ **VIP Event** invitations
 - ✓ Annual **FREE** glasses MOT, lens spray & cloth
- Plus more!**

Join in-store or visit www.lynnfernandes.co.uk

75 Gloucester Road, Bishopston, Bristol BS7 8AS

Tel: 0117 942 6843

EyeStyle cannot be used in conjunction with any other offer



HOW COULD TECHNOLOGY HELP US STAY HEALTHY AT HOME?



Healthcare is changing and more conditions need to be managed outside hospital. SPHERE is working with homes across Bristol to explore this challenge and test an exciting new solution.

SPHERE sensors are placed in the home to create a picture of how we live – from eating and sleeping to how active we are. Other sensors will measure room humidity, temperature and energy use.

This information will help clinicians and researchers improve healthcare at home in the future - by spotting early warning signs of medical issues such as strokes and predicting falls.

It could also help manage other conditions including obesity, depression, diabetes and asthma.



100 homes in Bristol can trial the technology.

Would you like to be one of them?

If so, the SPHERE team at University of Bristol would love to hear from you.

E-mail sphere-admin@bristol.ac.uk or call 0117 331 5689.

www.irc-sphere.ac.uk



SPHERE - Sensor Platform for Healthcare in a Residential Environment

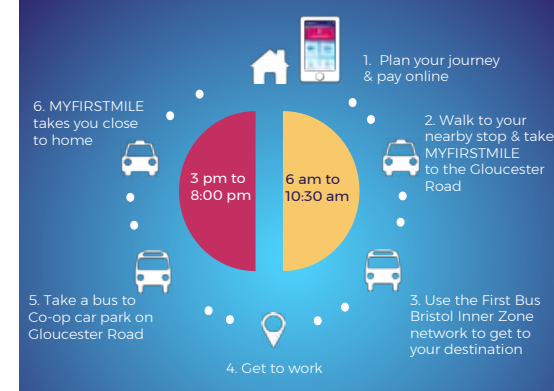
First collaborates in new service to connect people living in Henleaze and Westbury Park to the rapid bus network

MYFIRSTMILE, a new shared transport service, launched on Tuesday, 15th May connecting people living in Henleaze and Westbury Park to the rapid bus network on the Gloucester Road. There are 25 'stops' across the area meaning passengers can reach a 'stop' within a 3-minute walk. It will cut journey times by bus from the area to destinations like Abbey Wood, Parkway and UWE by up to 45 minutes.

A local resident who has been trialling MYFIRSTMILE ahead of its public launch says "Delivered straight to the bus, I've never felt more in control of my time in the morning rush hour."

The service is a collaboration between First West of England and Esoterix Systems, a Bristol-based technology start-up, to deliver an integrated, convenient, affordable service.

James Freeman, Managing Director of First West of England, says "This is a great way of helping commuters who live too far from a bus stop to use the bus. By bringing a service closer to their homes, their daily commute is easier. Plus, there's no need to hunt for or pay for a parking space at work".



The new service runs Monday to Friday from 6am to 10:30am and from 3pm to 7:45pm (last drop off at 8pm). But it operates differently in the morning and the afternoon.

In the morning, the vehicles (which are MYFIRSTMILE branded Hackney cabs) run fixed routes. Passengers don't need to book. They 'catch' the service, much as they would a bus, albeit that they need to pre-pay. The routes are all timed to arrive at the Nevil Road bus stop to connect to services travelling north, to the 'North Fringe' area, and south, into the city centre.

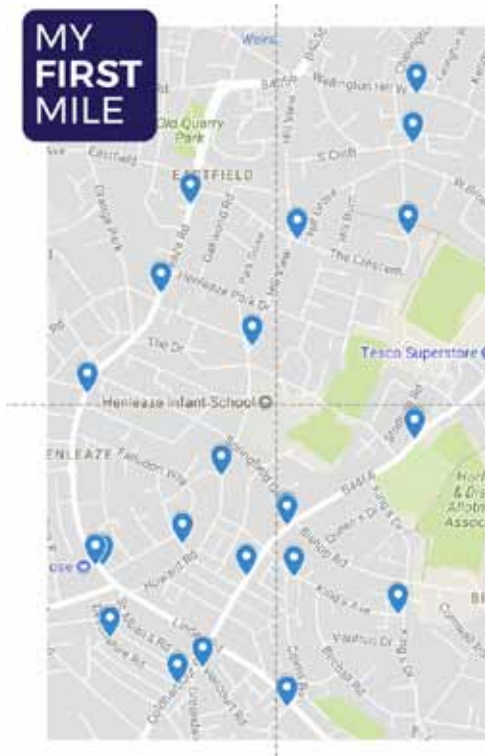
In the afternoon, MYFIRSTMILE vehicles are waiting in the Co-op car park (335 Gloucester Road). The vehicle will leave within a few minutes and take the boarded passengers back to their nearest stop using the most efficient route for that journey.

Having signed up and pre-paid for their travel via the app, passengers have unlimited access to the MYFIRSTMILE and the First Bristol Inner Zone networks. Daily travel costs just £6 all-inclusive but can be as low as £4.45 per day with a monthly pass. Week and month passes also give passengers weekend access to the First Bristol Inner Zone network for free (MYFIRSTMILE currently doesn't run on weekends).

"We're doing more than connecting transport services," says Liz Davidson of Esoterix Systems, the company behind the service. "By using the Co-op as a 'hub', passengers can easily pop in for some groceries on the way home. And because they are dropped at or very close to home, they don't have to carry their shopping far."

If successful, MYFIRSTMILE may be rolled out to other areas of the city and the country as an effective way to improve public transport options and reverse declining bus numbers.

You can download the MYFIRSTMILE app from the App Store and Google Play. It includes a full journey planner showing how MYFIRSTMILE services connect to the First Bus network and secure online payment. Register on the app to receive one day's free travel.





News from the Ardagh Community Trust

Ardagh Community Trust: Celebrated Community Business Weekend 2018 at the Café on the Common

ACT took part in the nationwide celebration of Community Business on Saturday 5 May with a celebration event at the Café on the Common. Hundreds of visitors came along to chat to trustees, staff and volunteers about the café, community projects running at the Ardagh, opportunities for local residents to get involved in volunteering, fundraising and a range of projects which aim to improve outcomes for the community in the local area, and become members. It was a wonderful afternoon which gave us a chance to talk to local residents about plans for the future of the Ardagh site (including regeneration of the pavilion building to provide new, fully accessible public toilets and community space) and ACT's plans as a community anchor organisation. If you would like to know more, join ACT as a member, or get involved in any of the wide range of projects ACT is working on – please see the website at www.theardagh.com and get in touch!

Beginners sewing classes at the Ardagh

From June, fabulous tutor Ali Bingham will be running short skills-building courses at the Ardagh, starting with *Sewing for Beginners* running for 7 weeks, from 6 June – 18 July. These will be small group classes with plenty of time for individual attention. Participants will learn about fabrics, basic cutting, stitching, and how to use a sewing machine. They will also create a range of practical and decorative items while learning new skills and meeting new people. For more information, and to sign up – please see www.theardagh.com



Repair Café

Requests for a range of practical skills-building workshops to be run from the Ardagh, have been coming in from participants in the regular Repair Cafes that take place on Saturday mornings. **The next Café is on 4 June**, then we'll be taking a break for a couple of months and will be back on 1 September. Alongside this, the Repair Café volunteer team are going on tour! We've been invited to run a pop-up session at Henbury Library for the launch of 'Here We Grow!' a Bristol Ageing Better funded project, undertaken by multimedia artist Lily Green, which explores ageing in Bristol. Several of our volunteers have been contributors to the project and are looking forward to the launch. For more information, or to book a place at the launch itself, see <http://bristolageingbetter.org.uk/news/coming-soon-the-herewe-grow-launch-events/>

We're all looking forward to it, and will report back in the next BM!

www.theardagh.com



News from the Goldenhill Community Garden

Hello everyone

Thanks to all the people that came to our spring fair and batted rats, baked cakes and bought plants, pond-dipped, played music and pizza munched! It was our biggest and best fair yet – with over 850 people through the gate – and we raised over £2700!

And if you missed out on a chance to visit our lovely garden and you'd like to come and buy some plants then we'll also be open as part of the city-wide **Get Growing Trail, 2 June, 11am – 2pm**. Why not pop into say hi! There'll be pond-dipping and free crafts for kids as well garden tours chats and tea and cake. Feel free to bring a picnic and enjoy the lovely garden!

Also, we've got spaces coming up in our Golden Buds toddler group, Tuesday 11:30am – 1pm picnic session. These are really lovely sessions and great for 18 months until school age; there's digging, singing, crafting, exploring, pond-dipping, learning, chatting, watering, harvesting and munching! We take booking by the term and it works out at £5 a session and £2.50 for extra siblings; under 12 months are free. Get in touch for a free taster session!

Finally, we're happy to announce Catriona Irvine, a Play Therapist in Bishopston, is opening a private practice to help build stronger, more resilient kids who she hopes will go on to rule the world! With over 7 years' experience at schools across Bristol, Catriona – known to everyone as Cat – decided it was time to offer her services to children whose schools don't have the resources to offer play therapy in-house. Based in The Bale House, in the Golden Hill Community Garden, she is well placed to offer her services to local primary schools and private clients and we're happy to have her in the garden.

See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

AFRESH GARDENS

For a quality comprehensive service

Landscaping services • Maintenance
Make overs • Commercial & Domestic

Free quotes, no obligation

Contact Chris Knowles, *RHS Advanced NCH Hort*

T: 07794 701 637

E: christopher.knowles@mypostoffice.co.uk

Lead on
WAGGY TAILS Dawn Best

DOG WALKING SERVICE

Choice of walks available • 60 and 90 minute walks
Will collect/return • Walking Mon – Sat • Fully insured

Mob: 07592 555 696 | Email: dawn.best710@btinternet.com | www.leadonwaggytails.co.uk



Sustaining Gloucester Road – A Great British High Street

The new style 'Question Time' chaired by Nick Plant of Bishopston Society at the County Cricket Ground in April introduced five panellists: Councillor Eleanor Combley; Anne-Louise Perez of Gloucester Road Business Improvement District (GRBID); Sarah Thorp of Glos Road Central; Peter Brown of GRE&T; and Chris Wallace of the Gloucester Road Story who, from their different perspectives, were available to discuss and take audience questions on the future success of Gloucester Road. They all shared a common desire to see this much loved high street prosper.

So how does Gloucester Road survive the next 10 years? Anne-Louise Perez was quick to share her view that consumer culture had changed and that the customer now sought experience over product. She hoped local traders would consider this trend and explore ways to incorporate experience-led activities in their business. Sarah Thorp confirmed too that local events such as the recent May Fest trebled her takings and those around her benefitted too.

Equally important, Anne-Louise advocated for local traders to embrace ecommerce to complement their bricks and mortar. Traders with both were seeing an increase in revenue – Sarah Thorp was quick to back this up, highlighting that since she had started her ecommerce last year, she had seen increases in both revenue and footfall to her shop, Room 212.

The recent increase in business rates was highlighted as potentially limiting for traders. And whilst 50% of traders on Gloucester Road are exempt, a review of the current system was longed for. How do trader bodies such as BID and GRE&T help to counter this? They develop and deliver projects to encourage increased footfall and spending. For GRBID a production of a local map was a vital start and Peter Brown was keen to share that his GRE&T newsletter was an effective communication tool for traders – offering a platform for news, and strategies to support traders.

Pollution, traffic and buses were considered. Do the bus lanes help or hinder trade? How do we persuade the local community to leave their cars behind when shopping locally for example or school pickups? Should we



Nick Plant, Bishopston Society chair (left) welcomes panelists (left to right) Peter Browne, Sarah Thorp, Eleanor Combley, Anne-Louise Perez and Chris Wallace

introduce a 'Stop Idling Campaign' targeting parked vehicles that leave engines running?



Image thanks to Anne-Louise Perez

How can the aspect of Gloucester Road be enhanced? With persistent issues of litter, graffiti, trader and student waste, it was welcoming to learn from audience member Liz Kew – a volunteer at Street Scene – their dedication to removing graffiti tags on a daily basis, and monitoring fly tipping.

Could traders consider more eco-friendly food packaging, takeaway containers? The audience and panel view was a resounding yes. Are tiffins a possible solution? Or do we simply need more bins?

Tackling plastic bag use, GRBID was pleased to announce that new eco jute shopping bags were in production – soon to be available from local traders for shoppers.

Highlighted by Chris Wallace, with his immense local knowledge on the history of trade on Gloucester Road since the early 1900s, it is clear that the success of Gloucester Road was in part due to its diversity and that it met the needs of a residential community. However, whilst welcoming the ever-increasing coffee shops and restaurants, a balance needed to be maintained. How could we best communicate the importance of that necessary balance before empty shops are occupied?

With this subject so close to people's hearts, it's highly likely that this is not the end of the debate.

But for now, shop local – ditch the car and get social at local events! Your trading community needs you, and you need them – nurture it and it can grow.

For more information on the evening, please visit www.bishopstonsociety.org.uk.



Not your typical optical practice...

Yes, we do all the usual things you would expect from your optician, but we do it with a difference.

At Lunar we provide a full, thorough comprehensive eye examination to check the health as well as the vision of your eyes.

We source our frames from a wide range of independent suppliers, with some ranges that are not available anywhere else in Bristol. We have something for everyone, no matter what their budget, and our team are on hand to give honest style advice.

LUNAR
OPTICAL

291 Gloucester Road, Bishopston, BS7 8NY | 0117 942 0011 | info@lunaroptycal.com
Open: Mon 9.30am–5.30pm | Tue, Wed, Thu, Fri 9.30am–6.00pm | Sat 9.30am–4.30pm
www.lunaroptycal.com

As Nikon lens specialist we are offering a second pair of Nikon lenses at Half Price* until the end of June.

**conditions apply*



I SEE PERFECT VISION
through Nikon spectacle lenses



Natural Treats at Roxfords Pet Shop

Open 7 days a week • Free local delivery

Treat your dog the natural way – Although pig ears or chicken feet may not sound the most appetising thing to us, for our doggy companions these are the foods dreams are made of, and best of all, they are **100% natural!**

Air dried for preservation, with nothing else added, Roxfords carries a large range of natural treats, to include – lamb, chicken, liver and rabbit (good for delicate stomachs) jerky, cow tendons, muscles and shin bones, black pudding (perfect for chopping up and using for training), as well as old favourites, chicken feet and pigs ears, sure to keep your canine friend happy and quiet for a while.

If your dog prefers something fishy, you can pick up bags of dried sprats or salmon, also 100% natural and rich in fish oil.

Roxfords of course caters for dogs on a purely wet or raw diet, with their good selection of natural, frozen 'Raw Chews'. You can choose from bags of delicious marrowbone, duck or turkey necks and beef ribs.

Ask one of the friendly team for more information on any of these natural treats; dogs really do love them.



Stress free vet visits?

In a recent survey it was found that **51% of pets dislike going to the vets**, which is maybe not too surprising given that the surgery is well out of their comfort zone for most cats and many dogs, more surprising is that the same survey revealed that **38% of pet owners get stressed about going to the vet too!**

So how can we reduce those figures and make visiting the vet a more pleasant experience for all?

When booking your appointment maybe ask for a first appointment in a session, so that there is less likelihood of the vet keeping you waiting and the waiting room is relatively quiet.

For cats, the problem often starts with the journey to the surgery as most cats prefer not to travel at all. Many cats see the cat box coming out of the loft and know it can mean only one thing! Introduce the box into the house at least a week in advance if possible, for a cat that has to make regular visits consider leaving the cat box out at all times for familiarity.

Getting the cat into the carrier is often a cause of great stress too, all top opening boxes are much easier to drop your cat into rather than front opening doors. Make the box comfortable with a blanket or towel that your cat is familiar with, it will help your cat to get a grip and prevent slipping. Put newspaper under the blanket in case of any leaks!

Use a calming spray in the box, pheromone sprays usually work better than calming odours, as cats can become used to odours and hence the calming effect is lost. Cover the cat box around 3 sides, most cats do not like to see out but do leave one side clear so he can have a peek if he wants to. Carry the cat box in your arms rather than swinging by the handle to help your cat feel more secure.

Travel your pet on an empty stomach if possible, it will help to reduce travel sickness, and if any blood tests are required they can be taken at the same time so preventing the need for a second visit.

On a cold day maybe warm your car before the journey and on a hot day ensure you have plenty of ventilation to keep cool.

Classical music has been shown to be the most calming for our pets and in particular solo piano music! Maybe tune the car radio to a more relaxing station, it may also help you too!

Dogs can be helped in their fear of visiting the vet by having *Happy Visits* where they can be led into the consulting room and offered food treats and then taken home again with nothing more done to them. These visits can be very beneficial to our more

scared patients, they also help to relax owners as they get to know us at a less stressful time.

Thundershirts for anxious dogs can be very helpful, using constant pressure to relieve anxiety and calm a worried dog or even an overexcited dog.

In severely affected cases prescription medications can be dispensed and over the counter herbal remedies can sometimes help. Please ask us for more details.

We work hard to make visits to our practice as stress free as possible for our patients and owners. We all prefer to see a happy pet at the surgery and generally a relaxed pet results in a more productive examination. Please do call us about *Happy Visits* if you think it may help your dog.

Nicky Bromhall Veterinary Surgeon
Animal Health Centre, 0117 9247832



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



Friendly, trustworthy and reliable pet services

For your all your pet care when you can't be there.

Although we cannot replace you, we hope to come close.

For reasonable, flexible pop-ins for your pet, just contact us or visit our website

www.rosieposiepetservices.co.uk

RosePosiePets – Tel/Text: 07518537251

Email: rosieposiepets@gmail.com

Bristol Landscaping Services



Garden Design & Construction

**Patios • Decking • Fencing
Driveways • Turfing • Edging
Planting • Ponds • Hedge Trimming**



T: 0773 447 6145

enquiries@bristollandscapingservices.co.uk
www.bristollandscapingservices.co.uk



Home Improvement & Repairs

***** "Keep me by the phone" *****

Small repair & maintenance jobs.
Larger projects also done.

Kitchens - Bathrooms - Plumbing - Electrical - Roofing
Painting & Decorating, Gardening Services etc.
Clean, tidy, trustworthy, experienced & reliable.

Reasonable rates & references available.
Co-ordinated team of trades people... local, small & friendly!.....Call for a free estimate on:

**Phone: 0117 9830668
Mobile: 07966 291323**

HOMEFIX www.homefixweb.co.uk



Animal Health Centre

**Gloucester Road's
Independent Veterinary Practice**

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

- Our facilities include: • Appointment system
- Free Nurse's clinics • Modern surgical facilities
- In-house laboratory • Full dental facilities
- Annual health checks • Weight-watchers clinics
- Advice on buying new pets • 24 Hr emergency service

Nicky Bromhall BVSc MRCVS
Principal Veterinary Surgeon since 2002

358 Gloucester Bristol BS7 8TP
www.animalhealthcentre.org
0117 9247832

**Puppy and Kitten
Packages Available**



Legal Advice in the Heart of Bristol

Call us today on 0117 909 4000

www.henriquesgriffiths.com | info@henriquesgriffiths.com



Henriques Griffiths is a law firm established in Bristol in 1973. Today, we have offices in Bristol and Winterbourne that service business and individual clients across England and Wales.

Our services:

- Landlord and Tenant • Dispute Resolution and Debt Recovery • Family Law
- Wills and Probate • Commercial and Residential Property

Central Bristol Office: 18 Portland Square, Bristol BS2 8SJ

Summer Planting Schemes for Town Gardens

At secret garden we think a lot about planting schemes for town gardens. One of the main themes, which is perfect to embark on at this time of year, is vegetables. Many people are keen to get into growing their own but cannot get an allotment. Why not turn your shrub and flower border into a decorative vegetable one, which not only looks good but provides for you as well?

The idea of growing a beautiful vegetable garden is not new; the French vegetable gardens or potagers traditionally combine vegetables, flowers, herbs and other edible plants – laid out within decorative edging.

The edging can be a great feature of the design. Brick, wood and stone are all possibilities but even better would be a living edge, like Parsley, Lavender, Marigolds or miniature fruit trees. Larger espalier trees will create a backdrop that changes and develops with time. Planting holes on paths with herbs such as Thyme and Camomile can even transform the pathways into productive space.

Decorative vegetables come in many forms and varieties; there are stems and leaves like Swiss chard, lettuces, Globe artichoke or even the ferns of Asparagus. Edible flowers like Nasturtiums and Marigold (pest control) will add a fantastic splash of colour. All the fruits, flowers and leaves of vegetables from courgettes and squash – even potatoes, to beans and peas, tomatoes and

aubergines – the list is long. Creating a working plan that combines all these elements is the central part of the whole design.

Other features such as wigwams for beans and peas add height and texture to the border. Cloches come in interesting shapes and sizes and protect plants when small and delicate. Both of these add to the spectacle of the design not least because of their practical use. That is the point of this type of garden; the beauty grows from the functionality.

Dear Ali, Just wanted to thank you for the terrific work you and your team have carried out on our garden, it's now a pleasure to be in.

The men worked very hard in all weathers – in some instances during horizontal hail – without stopping, which meant the job was completed as quickly as possible. They are all also a pleasure to have around and very knowledgeable about their work – we really enjoyed their company.

The standard of work is great and we are delighted with the end result, so thanks again for a great job. We will recommend you to anyone looking to transform their garden.

Very best wishes, Jim and Alice, Bishopston.

We love to sit in the garden with friends and family eating and socialising. Having a decorative vegetable border could enhance this by adding real meaning to your garden. There would be something to put the compost on, opportunities to propagate seeds and cuttings, a chance for the kids to learn valuable skills while connecting to the earth and, most importantly, there is

nothing like eating your own produce.

We really believe that the ideal garden is one that is both useful and beautiful. Growing vegetables fulfils these criteria perfectly. If we can help you get started – we can provide planting plans or even a full garden design – we would love to get involved. Who knows maybe this year you will be eating your own sprouts at Christmas, looking out onto a garden that gives you the best of both worlds.

Ali



Creative Design
Hard & Soft Landscaping
Maintenance & Clearance
Hedges & Trees

0117 9092 088 or 0777 9180 855
info@secretgardenweb.co.uk
www.secretgardenweb.co.uk

39 Horley Road, St Werburghs, Bristol



HAVE FUN. BE SAFE. LEARN TO SWIM.

With millions of Britons already looking forward to their summer holidays, it's a great time to help your children stay safe in the swimming pool.

Everyone Active's award-winning swimming lessons are the best way to boost water confidence and learn an essential life skill.

Classes are available throughout the week for kids aged from just four months old.

EVERYONE WANTS THEIR KIDS TO BE SAFE THIS SUMMER

Visit www.everyoneactive.com for details of your local Everyone Active swim centre.

**everyone
ACTIVE**

facebook.com/everyoneactive @everyoneactive



A N.E.A.T way to get your body in shape for summer!

Make simple changes to your daily routine to accelerate your summer body results, using the

N.E.A.T principle. How we chose to use each 24 hours will enable either a positive or negative result.

N.E.A.T stands for Non-Exercise Activity Thermogenesis and can be used to both increase your metabolism and the number of calories you burn throughout the day. While an hour at the gym is always a healthy choice, when it is followed by 8 hours of sitting at a desk it doesn't always bring you the results you would hope for.

Each individual has a resting metabolic rate (RMR or BMR) that is basically the number of calories your body is burning when you are still. The food we consume has a thermic effect during digestion, which also burns calories. All other caloric shifts take place through either the consumption of food or body movement (both in exercise and in daily life).

Weight loss or weight gain is a simple formula – the number of calories you consume in a day needs to be lower than your BMR + thermic effect of food – N.E.A.T/exercise. Our bodies are made to burn calories as energy; however, if more calories are consumed than are needed for energy, over time it will lead to weight gain.

Simple changes can increase the number of calories you burn as you go about your day. Parking on the far side of the car park can burn an extra 100–400 calories per day, which can translate to a massive 2,800 extra calories burned in one week! Coupled with your gym programme, these extra calories could be the difference between achieving your goal weight and reversing the negative impact a sedentary lifestyle has on your body.

Smart phones and watches often have built-in pedometers that track your steps throughout the day and translate your steps into calories burned. This is a great way to track and challenge yourself, gradually increasing your activity over time.

Kurtis Walters

Contract Fitness Manager, Everyone Active



Blue Skies Hypnotherapy

No matter how difficult things are... how far you are from where you want to be in your life...there are always blue skies on the horizon...

Solution focused hypnotherapy is a combination of Brief Therapy and Hypnotherapy. It can help with many situations including anxiety, depression, low confidence and self esteem, poor sleep, stress, birth preparation, phobias, relationship problems, weight loss, addictions, and other recurrent patterns which are unhelpful.

What if you could make changes, increase your happiness and confidence, reduce negativity and worry, whatever your circumstances... I'm here to listen and to support you.

My name is Karen, I am passionate about helping people to be healthier and happier. I am a Solution Focused Hypnotherapist, a compassionate, experienced and knowledgeable healthcare professional. Please contact me to talk about how I can help, or to book an initial appointment.

Tel: 07708512520 or visit www.blueskieshypnotherapy.com

Rebecca Ramsden Editorial Services

Refining your written message

- websites • leaflets/posters • letters/reports
- theses/dissertations

Don't let a typo cost you business

Contact me to find out more about the proofreading and editing services I can offer your business.

Based in Horfield, Bristol

07967 273595 rebeccamramsdend@gmail.com

TREAT YOUR FEET

Registered Foot Health Practitioner
and former District Nurse



The following treatments are undertaken

- Nail cutting & filing
- Callus removal
- Cracked heels
- Corn removal
- Fungal & thickened nail
- Verrucas
- Ingrowing toenails
- Diabetic foot care

Tel: Amanda
07907 584566

Archfield House Nursery and Pre-School

Established
1986



Ofsted
Outstanding
Provider

Graded **OUTSTANDING** in ALL areas following
our recent Ofsted inspection (July 2017).

We offer care for children aged 0 to 5.
Our opening hours are 7am - 6:30pm.

0117 942 2120

2 & 4 Archfield Road, Cotham, Bristol, BS6 6BE.

www.archfieldhousenursery.co.uk

Acorns & Oaks

It was lovely to attend a local Acorns & Oaks session at Horfield Lodge Nursing Home. Myself, Henry and Freddie had a wonderful time engaging with the residents, children, parents and staff.

We were invited by local parent and group leader, Claire Sapsford (pictured right), who told me all about this wonderful organisation. Acorns & Oaks reconnects generations by running weekly playgroups in care homes across Bristol, led by a volunteer. The regularity and structure means the children feel comfortable in the home and the residents get to know the children and the routine.

I was interested to know how Claire became involved and was it something she would recommend to others?

"I saw a notice on a BS7 Facebook page for volunteers and thought I would give it a go; it does not take much work and is massively rewarding. It has been lovely to build relationships and for the residents to watch my 15-month-old daughter go from toddling to confidently walking. I would definitely recommend becoming a leader to others."

Some of the residents of Horfield Lodge are living with dementia, sitting and observing the play sessions lifts their spirits immensely. It was both wonderful and touching to see the light come over some of the residents' faces when baby Freddie gave them a beaming smile, their joy was instantly reflected back at him.

Could you help bring more joy?

There is currently a waiting list (that I will be joining) for the sessions at Horfield Lodge but, the Acorns & Oaks organisation is keen for more groups to



be established in care homes across the city. I can't think of a better way of donating just a small amount of your time each week, which will result in you having such a hugely positive impact on local children, care home residents and of course yourself.

If you would like more information about becoming a volunteer or joining one of these groups, please visit www.acornsnoaks.org.uk or email: acornsnoaks@gmail.com



Sakya Buddhist Centre
121 Sommerville Road,
St Andrews BS6 5BX
0117 924 4424
bristol@dechen.org



Buddhist Meditation

Wednesdays 10.30am

Discover Buddhism: Meditation & talks

Tuesdays 8.00pm & Saturdays 10.30am

All above sessions at Sakya Buddhist Centre

Discover Buddhism in Clifton

Thursdays 8.00pm

Multifaith Chaplaincy, 1 Woodland Road BS8 1AU

Suggested donation £4; £2 for Wednesdays



Bristol Buddhist
Meditation Meetup



www.sakyabristol.org
www.dechen.org



Homestay accommodation wanted in 2018 for overseas students aged 16+

Throughout the year, but particularly in July and August.

In Clifton, Cliftonwood, Redland, Cotham, Henleaze, Westbury Park, Stoke Bishop, Bishopston and St Andrews.

£150 per student per week half board (18+)

£165 per student per week half board (under 18)



Please contact: **The English Language Centre Bristol**

0117 970 7060

email: accom@elcbristol.co.uk
www.elcbristol.co.uk

News from Fairfield High

FHS receives 400 new trees from 16 different species

Fairfield High School's Nature Club was delighted to officially be presented with over 400 trees, as part of the Wild Harvest Tree Pack, courtesy of The Woodland Trust.

As part of FHS's commitment to the natural environment, it has consistently endeavoured to improve the school grounds for wildlife, knowing also the positive impact a greener environment has on the wellbeing of its students and local community. The saplings from 16 species including Silver Birch, Hazel, Goat Willow and Dog Rose will be planted to enhance the biodiversity of our existing hedgerows around the school's sports pitches.

This very welcome donation will add to native trees previously donated to the school and planted by its Nature Club, and adds to the fruit trees planted by each of the Year 7 tutor groups annually in September.

Scott Mears, Science Teacher at FHS comments: "We would like to take this opportunity to publicly thank the Woodland Trust for this initiative which can only have a positive impact on our local environment. Our Nature Club are a fantastic group of dedicated students who are excited to be planting this variety of saplings, with the prospect of watching them grow over the coming years."

FHS takes a creative & powerful stance to Mental Health Awareness Week

With Mental Health Awareness Week raising awareness of critical issues, Year 7 students at Fairfield High School (FHS), have been doing their bit to raise awareness of this growing problem nationwide via the power of stitching, in order to empower students and encourage open dialogue around the subject.

In order to prepare, they looked at current statistics and people's perceptions surrounding mental health. As a result, simple messages saying 'How are you?' and 'Mental illness is NOT a decision' are being created to help students feel better about themselves, less isolated and that they have the support and strength they need.

This isn't the first time this group of students have adopted this approach with great success – back in October they launched an inspirational project involving stitched 'positive words' to brighten everyone's day, which popped up on display around school.



Harriet Page, Textiles teacher comments: "Once again we are really proud of the content and quality of this piece of work; especially so considering some students had never threaded a needle before joining Fairfield. Communicating vital messages via stitching is incredibly powerful and creative, and we hope that when the project is complete it will help lift the taboo often associated around mental health."



Graham Sothcott Guitar/Ukulele Tutor

Electric, Acoustic, Bass, Ukulele

One-to-one tuition from
his local Studio

Preparation for Grades. Music theory.

Tel: 0771 4949 930

graham.sothcott@dsl.pipex.com

Member of the
Registry of Guitar Tutors

THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

- Digital Aerials
- Fully Guaranteed
- Repairs
- Sky Work
- Free Quotes
- OAP Discounts
- Poor Reception Problems
- Additional TV Points
- Humax Recorders
- TV Sales

Freesat
 Which?

0117 967 9028
07818 413 451
www.theaerialman.co.uk



0117 9248755
MON-SAT, 9AM-6PM

25% OFF
*Only on Ink Cartridges



- ✓ PC & LAPTOP REPAIR SERVICES
- ✓ NEW PCs, LAPTOPS & TABLETS
- ✓ REFURBISHED PCs & LAPTOPS
- ✓ PC HARDWARE & PERIPHERALS
- ✓ CUSTOM BUILT PCs
- ✓ FREE COUNTER SERVICE

10% Student Discount

(Only with valid student card, all prices include VAT)

www.i-love-my-pc.com 207 GLOUCESTER RD, BISHOPSTON, BRISTOL, BS7 8NN

* Applies to Ink Cartridges Only, with this advert.



CLIFTON COLLEGE
SPORTS CENTRE

MEMBERSHIP
FROM AS LITTLE AS

£41
A MONTH

FIND YOUR INNER STRENGTH

MEMBERSHIP INCLUDES



FREE WEIGHTS &
RESISTANCE ROOMS



25M INDOOR POOL



CARDIO ROOM



RACKETS FACILITIES
AND MUCH MORE!

FOR MORE INFORMATION ON THIS
FANTASTIC OFFER PLEASE CONTACT:

0117 315 7678

WWW.CCSL-CLIFTONCOLLEGE.COM

Events at Bishopston Library

1st Birthday Celebrations!



Tracey Wintle
Library Supervisor
cuts cake



Thanks to everyone who came along to help celebrate Bishopston Library's first birthday on 3 May. The library looked very festive and there were plenty of treats to enjoy, plus a delicious birthday cake supplied by Gloucester Road's Turkish bakery, Bristanbul.

It was lovely to have time to talk to people about the work of the library and the Friends; the exhibition about our activities is on display for a few more weeks. Do complete one of the volunteer forms if you

would like to help out at any of the events.

We asked you to guess the number of library visits over its first year – interestingly everyone underestimated the totals. Over the first year, an amazing 97,309 visits were made, with 720 turning up on opening day. The following Saturday, May 6 set the highest for the whole year, with 760 visits, a very busy day! Even on 28 December, the quietest day, 215 visits were made. The figures speak for themselves – we really love our library!

Final Climate and Energy Talk

Our programme of free Climate and Energy Talks by researcher/writer Nikki Jones has been popular, and you might still catch the last talks in the series:

Thursday 31 May – *The Way Forward*

Doors open at 7pm, and there will be hot drinks available. You can book at bishopstonlibrary.org.uk, at the library, or just turn up.

Celebrating National Writers Day



Wednesday 27 June is National Writers Day, and activities to inspire you to get writing your story will be taking place across Bristol libraries.

Ralph Hoyte, live-art poet, immersive literature creator,

writer of Gothic ballads and author of *Something Needs To Be Done About The Humans* will be performing at Bishopston Library in the evening.

Doors open at 7.00pm for 7.30, and tickets are just £3.00 from bishopstonlibrary.org.uk or at the library. There will be a cash bar with wine and soft drinks. This promises to be a lively, engaging evening with Bishopston's very own performance poet.

Look up! To celebrate the arrival of summer, we've used profits from recent Friends of Bishopston Library events to provide some outdoor furniture for the first-floor terrace looking over Gloucester Road. Look up next time you're passing if you didn't realise there was an outdoor terrace.

Regular groups at Bishopston Library

Shared Reading group Weds 11.30am – 1pm

Reading group 2pm, third Mon of month

Reading discussion group 3pm Creative writing group, Weds, 11am – 1pm

Baby Bounce and Rhyme, Weds, 11.30–12.00 (term time only)

Pre-school Children's Storytime, Sat, 11.30–12.00 (term time only)

Library Opening Hours: Mon: 1–7pm • Tues: closed • Wed–Sat: 11am – 5pm • Sun: closed.

You can join the Friends, find out about events and support the library at facebook.com/bishopstonlibrary or at bishopstonlibrary.org.uk, or email friends@bishopstonlibrary.org.uk



New Goals for Bishopston United

After playing together for almost 10 years, first as Bishop Road School and then as Bishopston United, the team played their final match on Sunday 13 May at Eastville Park. Last year, Bishopston United won promotion from the AYL under 15s league into division 3 of the under 16s league this year. While most of the team stayed together, a number of key players left due to GCSEs and to pursue other sports. The core of the team is made up of players from both Redland Green and Cotham schools.

Head coach Nigel Pollett said, *"This season has been very challenging for a number of reasons. The squad decreased in numbers and a few players picked up injuries which meant that we were struggling to field a team each week. The weather did not help with almost all of the matches in January, February and March being either postponed due to either a water-logged pitch or snow. We finally had to play catch-up at the end of the season with fixtures re-arranged for Sundays and Thursday evenings in April and May. This added even more pressure given that the boys were busy studying for their GCSE's."*

Sunday's game was a tense affair played at home, Eastville Park, against Longwell Green. Bishopston got off to the perfect start scoring 4 goals, 2 from Sonny, 1 from Rohan and 1 from Danny, in the first 20 minutes. However, Longwell Green fought back and scored 2 goals before half time to make the half-time score 4-2. Early in the second half, Longwell Green scored again, but in a tense finish Bishopston held on to win the game 4-3. It was only the third win of the season for United but a fantastic way to finish. As there is no under 17s league next year, the players will now go their own ways.

Pictured above, from left to right – Lark, Kai, Ant, Toby, Rohan, Josh, Sonny, Tad, Luca, Danny and Will. Other team members Jack and Frankie were injured and Amaan and Joffel not available.

ALL GARDENS

TO ALL PEOPLE

SMALL GARDEN SPECIALISTS
25 YEARS EXPERIENCE
BASED IN BISHOPSTON

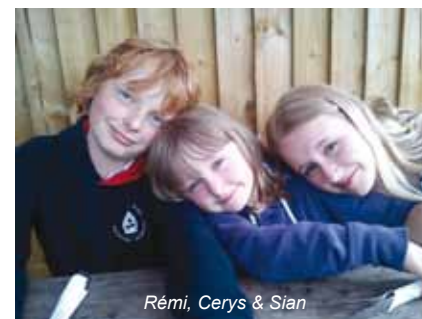
Phone Pete 0117 9421 685
e-mail peter@allgardens.co.uk
visit www.allgardens.co.uk
All Garden Craft DESIGN

- Garden Clearance and maintenance
- Garden make-overs
- New Lawns
- Fences/stone walls

- Patios & Decking
- Ponds
- Tree pruning

Running for Rémi

I ran the 2018 London marathon to remember our son, Rémi (13), who died suddenly in December 2016 from heart failure. Both myself, Catrin (Rémi's mum) and his two sisters, Sian (now 16) and Cerys (now 11) were with him when he died. I also ran to raise money for The Rainbow Centre, a local Bristol charity, that supports bereaved children and their families.



Rémi, Cerys & Sian

Rémi was an active, fun-loving boy who lived all his life in Bishopston. We had moved to Bristol from London as a family of three in 2003, and later that year Rémi arrived, an active riot of noise and energy. A people person from the start, Rémi loved company, family, films, gaming, reading and so much more. He attended Bishop Road Primary School and Redland Green Secondary school, and played for Bishopston United football team. Over the years we spent a lot of time on Gloucester Road as a family – coffees and Orangina in the old Spice Route café, frequent visits to Totally Toys, the Green Room in later years for haircuts, regulars at Cheltenham Road library and the Amnesty book shop (Rémi was a voracious reader) and the occasional lime and soda at The Flyer.

Rémi's death was completely unexpected and the unimaginable trauma continues to profoundly affect us. Our house is quieter now. There is no shouting and whooping from the shared Minecraft games played with friends in various bedrooms across

Bishopston, and we get through less Weetabix and honey. There is a Rémi-shaped hole, never to be filled. As we journey through the changed landscape of our family life we have received love and support by the bucket load from family, friends and the local community. We are grateful to them all.

Death and

bereavement are not something I had a lot of experience of until Rémi died. I don't think they get talked about much. Now I find myself wanting to talk about them all the time, wanting to say Rémi's name to anyone who'll listen. To tell his story, and with it my own.

Rémi watched me run the London marathon several times, it was important for me to take part in the event this year, to run to remember him, wearing a vest with his name and picture on it, and with him in my heart and my soul. I am also raising money for The Rainbow Centre, just off Wells Road. It is somewhere which supports bereaved children and their families. They have provided us, particularly the girls, with uncomplicated care, kindness and specialist support. They are a small local charity which we are very grateful to be able to access. They provide a range of services, particularly for children, who need support, love, care and understanding to move forward in life, alongside grief.

Can you help?

The link to myJustGiving web page is below. If you'd like to sponsor me please do.

www.justgiving.com/Richard-Davis21



To find out more about The Rainbow Centre visit their website at: www.rainbowcentre.org.uk or Tel: 0117 9853 343

As Captain James T. Kirk said, in one of the many film franchises Rémi enjoyed, *"How we deal with death is at least as important as how we deal with life."*

Love always Rémi.

Richard Davis



Richard Davis with his 2018 London marathon medal



BCR Community Partnership has been asked by local councillors to continue to hold public forum

meetings during the coming year in Bishopston, Cotham and Redland. These meetings provide an opportunity for local people to find out about and comment on issues such as the street scene, parks, traffic, council services and neighbourhood policing.

The **next forum** will be on **Monday 11 June 7-9pm** at Colston's Primary School, Cotham Grove. It is expected that the consultation on the 20mph speed limit will be a hot topic by then, so come and have your say on that and other local issues.

In addition, **Mayor Marvin Rees** is visiting each area of the city for a 'community conversation'. He is due to visit our area on **Friday 15 June 1.30-3pm**. For full details of this and other events in BCR, visit the **Community Partnership website** at **www.bcrp.org.uk**.

BCR Community Partnership is a voluntary organisation that includes representatives from 20 local community groups as well as individuals who care about our neighbourhood and the services and community involvement on which it depends.

DO YOU NEED ADVICE ON YOUR SETTLEMENT AGREEMENT?

→ DISCOVER MORE

0117 985 1026
www.scraselaw.com
 The Coach House,
 52a Egerton Road,
 Bishopston, BS7 8DT

SCRASE
 employment solicitors

Learn a new language with the University of the Third Age

We continually read about how to keep both our bodies and our brains fit as we age. And everybody seems to agree that exercise is extremely good for both our body and mind. We also know that we should keep challenging our brains as we get older, to help keep us bright and alert. Learning a foreign language is one of the best things you can do to keep your brain on its toes, and if you can go for a brisk walk while you are learning, then so much the better!

But once people retire, it is not so easy to keep challenging the brain. When there are no more work-related problems to solve, no more research to be done, no more reports to write, how should we keep both our bodies and our brains fit and active?

Well, one way is to join the U3A. The University of the Third Age. This is an international organisation, whose motto is "Live Laugh and Learn". In Bristol there are nearly 2000 members, with 150 individual groups which give members the opportunity to learn. As you can guess from the motto, the learning element is very relaxed and indeed there are plenty of opportunities to socialise. But the emphasis is on learning. You would be amazed how many different topics you could study in a friendly and supportive environment. There are no tests, no exams, no qualifications, simply discovering information for the sheer joy of learning it.

There are Latin, French, Italian and Spanish groups already in existence, and we are hoping to start groups in Arabic, Mandarin, German and Greek. So, if anybody has any knowledge of these latter four languages, the Bristol U3A would love to hear from you.



So, if you feel your brain needs a challenge and you have given up full-time work, do have a look at the U3A website and discover for yourself the many topics you could learn about. Membership is £20 per year, and there are no other fees. www.bristolu3a.org.uk

Bonjour **Buongiorno** **Guten**
Tag **Chao** **Marhabah** **Hola**
Bom dia **Ohayou** **gozaimasu**
Ni hao **Jambo** **Hej** **DOBRY**
RANO **Dia** **Duit** **Namaste**
Yia sou **Shalom** **Goedendag**
Ahn nyeong ha se yo **HELLO**

Kemps Jewellers

established 1881

Not your normal sleepy village jeweller ...

A large range of new and second hand diamond jewellery

Gifts for all occasions

Repairs & Bespoke jewellery service

Competitively priced

Professional friendly advice • Beautiful gift ideas

9 Carlton Court, Westbury-on-Trym
Tel 0117 950 5090 • WWW.KEMPSJEWELLERS.COM

Alpine LANDSCAPING

Established Family Firm with 25 years experience

- ❖ **Senior Citizens Special Rates**
- ❖ Garden Clearance - Regular or One Off
- ❖ Patios ❖ Fencing ❖ Tree Work ❖ Turfing
- ❖ Hedgecutting Planting (Shrubs etc)
- ❖ Organic Manure Delivered - Also applied
- ❖ Professional and Guaranteed Work
- ❖ Brick & Blocklaying

Call Joe for a Free Quote
0117 959 2143
07891 253 122

25% Off
 with this advert!

www.alpine-landscaping.co.uk
 79 Falcondale Road, Westbury-on-Trym

Need an Accountant?

TaxAssist Accountants
 The Accountancy and Tax Service for Small Business

Our services include Accounts for Sole Traders, Partnerships, Limited Companies, Tax Returns, VAT, Payroll, Business Start-ups and Company Formations

0117 370 0016

FREE initial consultation
iansmith@taxassist.co.uk

Fixed fees agreed in advance

Visit us at www.taxassist.co.uk/horfield
 or at 288a Gloucester Road,
 Bristol, BS7 8PD



News from Ardagh Bowling Club

Why not try Lawn Bowls?

The new outdoor season is now underway; the first games resulted in Ardagh managing to win one and obtain a draw in the second. The green is coming back to life with the hard work of the green keepers and will continue to thrive with the onset of good weather.

We invite you to try something new this summer and join us for a game yourself; you will receive tuition from our friendly coaches. **Come along on Friday evenings 6-8pm**, just turn up with flat-bottom shoes as all other equipment is provided. For further information please contact Chris: 0117 9790571 or Martin: 0117 9426580.

Ardagh Bowlers Garden Group

With summer upon us, the Ardagh Bowlers Garden Group are looking at how we can make the best use of our outside space. We hope to continue with our award-winning designs by starting to revamp the raised beds. We enjoy the assistance of our helpful toddlers in updating the beds at the front of the patio. Our large flower statues made a great impression last year at the entrance to the Ardagh and we hope to maintain our art theme.

Lunch Club

The group was thrilled to be chosen by FareShare (the UK's largest charity fighting hunger and food waste), to participate with local supermarkets in addressing their food waste. We collect fresh in-date and good-to-eat surplus food, which would otherwise go to waste, twice a week. We then provide a homemade meal on a Wednesday to members of our community. Local volunteers and members of the bowls club cook and serve the food to a variety of guests. Quite often people will see the signs, smell the food and pop in. It is wonderful to welcome many members of the local community and we have a few regulars.

Our doors open 12-1.30pm each Wednesday at the Ardagh, for those who appreciate a tasty cooked meal, dessert and hot drink for just £3.50, all to be enjoyed with good company.



Ardagh Toddlers

It is fantastic to see our Monday morning toddler group thrive. We are open for fun 10-11.30pm, and you even get a drink and biscuit with your £2 entry fee. In response to local demand, this drop-in toddler group is run by bowlers and local volunteers.

Available for hire

The Bowling Club is available to hire for all celebrations. We offer a discount for regular members of the Toddler Group, and the option to hire some of the toys to occupy the younger children.



Local History Matters John Frost, Chartist

BHA local history research – text copyright Denis Wright, gravestone image copyright Andy Buchan.

A modern headstone on the west side of Horfield churchyard commemorates the nineteenth-century burials of John Frost (Chartist, JP, and one-time mayor of Newport), Mary his wife, and Henry Hunt Frost, their son.

The Newport uprising of November 1839 was an early show of force by Chartists in their campaign to win the vote. Fourteen people were killed and fifty injured. The leaders of the insurrection – John Frost, Zephaniah Williams and William Jones – were sentenced to death, commuted to transportation for life. The ship left Falmouth for Van Diemen's Land on the 'last day of February' 1840 and anchored in the River Derwent 'before Hobart Town' on 'the last day of June' after a voyage of 16,000 miles in 'exactly four calendar months'. Frost wrote a letter to his wife, dated July 21 1840, which probably arrived in England by the end of December.

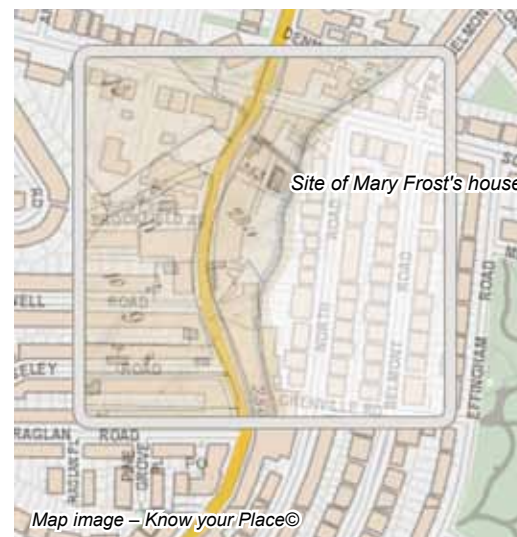
The contents (covered by *The Times*) were read 'amid loud cheering' to an audience of over a thousand Chartists at the Bristol Hall of Science (alias Public Rooms, Broadmead) on 11 January 1841. The reader was Henry Hunt Frost, 'a lad of about 17 years of age'.

Frost's letter was intended to assure his wife, Mary, that all was well. He was living in a penal colony, not 'for what is called punishment', but 'to fill certain offices'. Williams was made 'a superintendent at the coal mines', Jones was 'at the juvenile establishment', and Frost was a clerk to the Governor. They were living in 'a very healthy place (with) a fine open bay before us'. Most prisoners on arrival were 'stripped quite naked, all their clothes taken from them and burnt ... they are then put in the prison dress, generally yellow, sometimes black and yellow'. However, Frost, Williams, and Jones kept their clothes.

Frost also wrote to Mary because he wished 'the exact state of things to be known'. It will be said that we are in the chain-gangs and that we are treated as the vilest of the vile [but] I wish that truth should prevail'. He was aware, for example, 'that all letters sent from and received by every prisoner are read by the commandant', adding mischievously that the Colonial Secretary was welcome to read them too so long as he sent them on to their addresses. *The Times* commented on the perversity of British Government policy by printing a message from the *Sydney Monitor* on the same page as Frost's letter, welcoming him and 'other unemployed, discontented, starving Chartists of Great Britain', adding that it would

certainly be more humane to forward them here as immigrants, through the aid of a Parliamentary grant, than to drive them to this country through the instrumentality of State prosecutors

According to the tithe survey and the census of 1841, Mary Frost (then aged 60) was living in Horfield in a brook-side cottage behind the Waggon and Horses, immediately south of the present Bolton Road. She was presumably still a Horfield parishioner in 1842 when her son (then 'of Ashley St Paul') was buried on 29 March (aged 18). John Frost was pardoned in 1854 but it was three years before he could afford to buy a return passage to England. Mary Frost was buried at Horfield in 1857 and John in the same churchyard on 3 August 1877 (aged 94). The original headstone is in Caerleon: its replacement in Horfield was unveiled (20 March 1986) by Neil Kinnock MP, leader of the Labour Party.



News from our Bishopston & Redland Councillors

Bishopston ward news

Lidl – The application to build a Lidl on the site of the Muller Road bus depot was considered by a committee of councillors on 16 May (after Bishopston Matters went to press). We will update residents next month as to the decision that was taken.

Students Moving In & Out – As we're entering the time of year when students in our area are moving in and out, we thought it would be pertinent to highlight a few things. The annual Bristol Big Give is happening again, with British Heart Foundation donation points placed across the area. The banks are being emptied regularly, but if you spot any that have fly tipping next to them you can report it at bristol.gov.uk/flytipping. You can also use that link for any other fly tipping that you might spot.

The University of Bristol has a number of good resources on their website, including flyers you can print out to put through letterboxes to say hello to, or advise, new neighbours. For any students who are reading, there also resources you can use too. bristol.ac.uk/accommodation/community/complaints.html

If you find an issue can't be resolved by speaking to the students, then we'd advise you to get in touch with the universities at community@uwe.ac.uk for UWE or community-living@bristol.ac.uk for the University of Bristol. As always, we'd be happy to help too.

Wetherspoons – Wetherspoons has put in another planning application to convert 349 Gloucester Road into one of their pubs. While it would be great to have this derelict eyesore back in use, we are concerned about the impact that the pub would have on noise, anti-social behaviour, odour, parking, and the economic wellbeing of existing nearby businesses. Both of us have objected to the proposal on these grounds. Furthermore, the application has been called in to ensure that it is decided on by a committee of councillors, should the initial recommendation from officers to be to approve it. We will update you on progress as the decision-making process continues.

Please do get in touch

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk / 07584 370425

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk / 07584 370427

Redland ward news

Redland Mayfair success! Congratulations to the organisers and volunteers for another successful Redland Green May Fair – it was a wonderful day and the weather smiled on us. This is testament to the army of volunteers who plan this event for months to bring the community together and support charity. Fi and Martin are working hard to discourage the council from prohibitive event fees that would threaten this local celebration and other community events.



Parking debated – In response to concerns by residents of Bishopston and St Andrews about persistent parking problems, a hundred local residents attended a meeting on Saturday 12 May, supported by councillors from both sides of Gloucester Rd and hosted by local MP Thangam Debbonaire. There were strong views for and against a parking permit scheme, with a majority in favour in a straw poll, but the group divided into smaller groups and many ideas and issues to be taken into account were then discussed in a respectful manner. These will all now be collated and written into a report. No rapid resolution of parking problems could be promised, as this is not currently a priority for the Mayor nor something attracting resources from the council. Even adding double yellow lines was accepted as an expensive and slow response.

The options and limitations of a residents' parking scheme were debated, as well as the many issues for residents, tradespeople, carers, local businesses, and those who might be outside any future scheme. It was agreed there are a great many perspectives that need to be taken into account, from those who walk, cycle, have mobility issues, own multiple cars, and deliver to the area, and that not all ideas are compatible.

Please do continue to get in touch with us if you have local concerns or ideas for how to manage parking and traffic in our congested neighbourhood. We'll continue to press for support from the council to tackle these pressures.

Toilets on the Downs – We've been contacted by numerous residents concerned at the closure of toilets on the Downs. The Downs are now managed more directly by the dedicated committee, comprising an equal number of Merchant Venturers and councillors, and are raising more of their own budget as council funding gets reduced. The committee is taking responsibility for the public toilets and future of the changing rooms by the water tower café. We are assured they shall be keeping these facilities and have plans to refurbish the Sea Walls toilets with a visitor /education space in future.

Trader news – A wide-ranging discussion at the recent Bishopston Society public meeting showed the great interest in our local traders and raised many ideas about how to support them adapt to the future. We're glad to see that the theme of sustainability and issues like travel and deliveries are being explored.

Planning applications – From time to time people contact us about local development proposals. While as councillors we can't stop proposals, we are happy to offer advice to residents about the complex process and the issues that are valid in the way decisions are made. We're also grateful when people copy us in to share comments or objections they have made so that we know what feelings there are about a proposal.

Data Protection – From late-May new regulations are tightening up how we can manage data about residents even if we have responded to any contact from you about a local issue. If you receive our occasional e-newsletter, or would like to, please do get in touch if you want to continue to receive it, as we can no longer add anyone's email details to the distribution list without your express permission. Please email either of us to opt in – we'd like to share local news with you occasionally.

Please do get in touch

Fi Hance, Green Party - Cabinet member

Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party -

Cllr.martin.fodor@bristol.gov.uk / 07884 726101



Exclusive Reader Offer
MOT for just £35!*

**By appointment only,
simply quote
Bishopston Matters
at time of booking.*

Telephone
0117 942 1130



Working just off Gloucester Road in Brookfield
Avenue, behind C J Hole and the Bristol Flyer.

Brookfield Avenue, BS7 8BP

Bristol Building Company

Quality building and garden solutions

- Refurbishment
- Extensions
- Roofing
- Kitchens
- Re-wiring
- Plumbing
- Windows
- Gardening Projects

References available.
Local, family run
company for 35 years.



"My tired old house has been transformed into a fantastic home for my family." Joanne, Bishopston

"We have found the workmanship completed to a very high standard. I would thoroughly recommend the company to all." Mary, Horfield

"We would have no hesitation in recommending Dale to anyone and will certainly be using him again in the future." Jennie, Lockleaze

Tel: 0117 952 1944 or 07977 116842

92 Bromley Road, Ashley Down

1st AZTEC Ltd

UPVC WINDOWS, DOORS & CONSERVATORIES



We supply and fit UPVC Sash Windows that can give the appearance of traditional wooden frames, in a range of colours.

UPVC Sash Windows require no maintenance and ensure your period property is draft proof, cutting your heating bills.



Contact us for further information

Tel: 0117 939 0841

E-mail: info@1staztec.com

Website: www.1staztec.com

COLLINS TREE SERVICES

Free quotes Fully insured

Pruning Hedge Trimming
Felling Stump Grinding Planting

All work considered All waste recycled
Friendly and professional service

0752 591 6882 0117 965 8399

info@collinstreeservices.co.uk



free quotations
serving Bristol and surrounding area

Charnick Electrical

- re-wires
- additional sockets
- landlord reports
- inspection and testing
- fuse board upgrades
- fire alarm installation
- security alarms
- emergency call out



M: 07967563298 H: 01179557227

www.arnickelectrical.co.uk
leroy@arnickelectrical.co.uk

SASH WINDOWS

Renewed, repaired, repainted
Draught proofed & Double glazed
Repairs to Victorian & Georgian joinery

Doors, Shutters, Architraves,
Dados, Picture rails

Carpenter John Clements

Tel 0117 9244245 / Mob 07770963583

Based in Horfield

Facebook: [John Clements Sash Windows](https://www.facebook.com/JohnClementsSashWindows)



WILD ABOUT GARDENS

Design & Build

Fencing, Decking & Turfing

Astro Turf

Tree Surgery & Pruning

Hedge Cutting, Planting Schemes

General Maintenance

Over 20 years experience ✨ Based in Bishopston

DOES YOUR GARDEN NEED A ONE OFF CLEAR UP?

CALL SARAH WILDMAN

T: 0117 924 4550 M: 0777 923 7750

FULLY INSURED LICENCED WASTE CARRIER

EXPAND BUILDING

High Quality Construction

Expand Building is a Bristol based building company with an excellent reputation. Delivering high quality construction.



Find out more

www.expandbuilding.co.uk

📞 0117 959 1777

We specialise in: Extensions and Loft Conversions

📞 07813 328 387 | 📞 07972 577 827 | email: info@expandbuilding.co.uk

Expand Building, 124 Falcondale Road, Westbury on Trym, Bristol BS9 3JD | Company Registration No. 7933161

MD Aerials
Call Michael Dagger

T: 01454 418 341 M: 07817 304 236

All types of aerial and satellite work undertaken including:

- Digital aerial installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up & tuning
- Free quotations

Freeview
freesat

mike@mdaerials.co.uk www.mdaerials.co.uk

Stephen Carter
Painter & Decorator
Professional Decorating Services

Painting & Decorating Association
Accredited (with PDA guarantee)

For a free competitive quotation:
07786 513788 or 0117 907 6997
Cranside Avenue, Redland BS6 7RA
www.carterdecorating.co.uk

prime properties
BUILT ON TRUST

Our professional service has been created to make your home renovation project as seamless and stress-free as possible.

extensions | loft conversions | basement conversions

To find out more, or to arrange a FREE no obligation quote, please get in touch today.
0800 955 3123 / 0117 369 0060
www.primegroup.org.uk

The Roofing Company

- Tiling & Slating
- Lead Work
- GRP Roofing Systems
- UPVC Fascias & Guttering
- Roof Carpentry

Free no obligation quotations
Competitive Pricing
0117 950 2610

E-mail: roofingco@btconnect.com
Unit 1, 'Perroco', Hallen Rd, Bristol, BS10 7RP

NFRC **TRUST MARK**
THE NATIONAL FEDERATION OF ROOFING CONTRACTORS LIMITED Government Endorsed Standards

Which? Trusted trader

Over 20 years experience

ALL WORKS BRISTOL LTD PLUMBING & HEATING

- Gas Safe Registered
- Specialist Boiler Servicing, Repair and Installations
- Up to 10 year warranty on new Worcester boiler installations
- Accredited installers for Worcester and Vaillant

ALL WORKS BRISTOL LTD BATHROOM INSTALLATIONS

- Professional, fully qualified and experienced
- Complete Bathroom Installation
- Bathrooms
- Wet Rooms
- All Plumbing Works
- Tiling and Flooring

www.allworksplumbingandheating.co.uk
www.allworksbristoltd.co.uk
Enquiries **0117 3048043**

WORCESTER Bosch Group Accredited Installer
BRITISH INSTITUTE OF KBB INSTALLATION MEMBER
3116 0122573

Orchard Carpentry
All Carpentry work undertaken
Friendly & Professional Service

Repairs to window frames, sills, doors, rotted timbers, sash cords. We also decorate, fit kitchens, tiling, decking, fire doors etc

NVQ qualified. Fast & efficient
Competitive rates & free quotations.

Over 20 years experience
Locally based with references available
Please contact Simon: 0786 781 3722

A&P Plastering Specialists
All aspects of plastering...

- Skimming over artex • Coving • Artexing
- Small jobs welcome • Plaster boarding
- Over 25 years of experience
- Clean and professional service

Contact - Philip Rogers
Tel: 0117 9425762 or 0775 9255438
Radnor Road, Bishopston

Redland Electrical Services

Additional Lighting / Sockets * New Fuse Board
* Rewires * Home Security * Inspection & Testing

No Job Too Small
ELECSA approved contractor
Part P Building Regulations approved 17th Edition BS7671

John Chambers
07734 326 915 / 0117 9246154
info@redlandelectricalservices.co.uk
www.redlandelectricalservices.co.uk

LEE'S CARPETS
EST. 1957

A family run business serving Bristol for 50 years. Extensive range of carpets, laminate & vinyl flooring. Our own team of carpet fitters are on hand to professionally supply and fit your new flooring.

Tel: 0117 951 4262
5 Muller Road, Horfield, Bristol, BS7 0AB
Open Mon - Sat 9am - 5pm, Sun Closed

Price Glass *Choices*

WINDOWS • DOORS • CONSERVATORIES • EXTENSIONS • KITCHENS • BATHROOMS

Incorporating P G & G Building Services

**Fensa registered Glass Experts • Glass installed with care
10 year insurance backed guarantee on PVC Doors & Windows
Established 1973**

- | | |
|----------------------|--|
| GLASS CUT TO SIZE | PVC, ALUMINIUM & HARDWOOD
WINDOWS AND DOORS |
| SLIDING SASH WINDOWS | |
| SECONDARY GLAZING | BUILDING & INSTALLATION WORK |
| CONSERVATORIES | COLOURED SPLASHBACKS |
| BI-FOLDING DOORS | LEADED LIGHTS |
| FRENCH & PATIO DOORS | REPLACEMENT/REPAIR SERVICE |

**1st Class Product - 1st Class Workmanship - At An Affordable & Fair Price
Private & Commercial jobs undertaken**

Call - 0800 975 7967

www.priceglassbristol.co.uk • E-mail - office@priceglassbristol.co.uk



**Visit our
showroom at
4-6 Ashley Down Rd
Bristol, BS7 9JW**



Natural BORN FLOORING

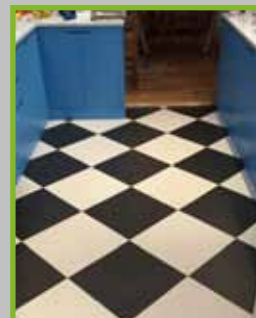


01179 427829

Natural Born Flooring
203 Gloucester Road
Bristol, BS7 8NN

Customer parking at the rear of the shop
www.naturalbornflooring.co.uk

**MARMOLEUM • KARNDEN • CARPETS & VINYL • COIR • WOOD & BAMBOO
SISAL • RUBBER & LEATHER • CUSTOM RUGS & RUNNERS • SEAGRASS**



Natural Born Flooring is an established family-run flooring specialist now in its sixth year on the famous Gloucester Road. Its modern showrooms feature all the major brands you would expect to find from a high-end flooring retailer.

The shop is split into three easy-to-navigate areas. As you enter the store you will be greeted by carpets rugs and runners, both of natural and man-made fibres. The rear showroom is dedicated to luxury vinyl tiles, perfect for all areas of the house and, with Amtico, Karndean, Distinctive, Polyflor and Harvey Maria, there is plenty of choice for the design-conscious.



Downstairs is all about real wood, parquet and engineered oak flooring and has the South West's only Bolefloor display floor, so you can see the live-edge technology in the flesh. Bespoke finishes are available on their solid block herringbone and wood plank oaks so you can really have a one-of-a-kind floor. With best selling ranges from Ted Todd, V4, Woodpecker, Love Floors and more, there is something to suit all tastes and budgets.

Natural Born Flooring's team has an enviable reputation for their knowledge in natural flooring – hence the name – and works all over the UK with

major brands, designers and natural flooring manufactures, installing these tough materials to the highest possible standards.

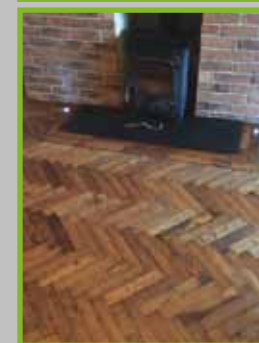
The company's talented team have a combined experience of more than 50 years, with old methods being enhanced by the most up-to-date installation courses to create bespoke floors, which other companies simply cannot match.

Natural Born Flooring offers a gimmick-free service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices all year round.

Call today for a free consultation on 01179 427829

www.naturalbornflooring.co.uk • 203 Gloucester Road, BS7 8NN

Customer parking to the rear of the shop



From a single tile
to a whole roof, all
build and roof works
undertaken, pitched and flat.



We have over 20 years experience
are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey,
just give us a call.

Office: **01454 615354** Mobiles: **Ben Peters:**
07724 681620 or **Steve Coles: 07724 639830**
E-mail: roof-tech@hotmail.com

Home Improvement & Repairs

***** "Keep me by the phone" *****

Small repair & maintenance jobs.
Larger projects also done.

Kitchens - Bathrooms - Plumbing - Electrical - Roofing
Painting & Decorating, Gardening Services etc.
Clean, tidy, trustworthy, experienced & reliable.
Reasonable rates & references available.
Co-ordinated team of trades people... local, small
& friendly!.....Call for a free estimate on:

Phone: 0117 9830668

Mobile: 07966 291323

HOMEFIX www.homefixweb.co.uk

Brickwork

by Denise Howard



Decorative Brickwork

different colours, patterns,
features and structures

Bespoke Designs

in both reclaimed and new bricks

Walls Repointed, Restored and Rebuilt

including complete walls, small areas, minor
repairs, missing bricks and patios

Lime or cement based mortars used

Locally based in Bishopston/Horfield

Liabilities Insurance held
References available

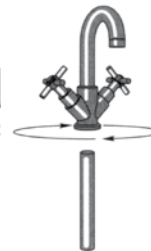
City & Guilds Advanced Construction
Award - Brickwork - Distinction

t: 0117 9249166 or 07710 827467

e: brickworkbydenise@gmail.com



jw presland
HEATING ENGINEER



Gas Boiler Service
Maintenance
Breakdowns
Boiler Changes
Full Systems Installed
Power Flushing Service
10 year manufacturers
warranty on Vaillant boilers



214 Cranbrook Road
Redland, Bristol, Bristol BS6 7QX
Tel **0117 983 7442**
Mobile **07973 530959**
Email **info@johnpresland.co.uk**
Web **www.johnpresland.co.uk**
www.checktrade.com/JohnPresland



- Loft conversions
- Extensions
- Kitchens
- Bathrooms
- High quality carpentry

0783 710 14 15
01179 939 15 00
hal@halldor-building.co.uk

www.halldor-building.co.uk

BS7 BUILDING & CARPENTRY

Alcove shelving • Kitchen fitting
Extensions • Loft conversions • Doors
Windows • Floors/Decks • Skirting
Plaster boarding • Architraves

For a free quote contact Scott Bayler:

scottbayler@gmail.com

07399 261663

Paull Property Services

All aspects of property maintenance and refurbishment
undertaken by a local, experienced professional



Domestic & Commercial properties

Renovations

Decorating – inside & out

Fascias & Soffit boards

Plumbing

Small and Large projects

And much more – please just ask

References & Testimonials available • Fully insured

Contact

M: 07866 066 971 T: 0117 9614 774

E: paullpropertyservices@googlemail.com

renovate
building & maintenance



Extensions
Bathrooms

Bedrooms
Kitchens

Loft Conversions
Gardens



T 0117 969 2740 M 07515 945 992

E info@renovatebm.co.uk

renovatebm.co.uk

Electrical and Plumbing



All electrical work - from complete rewire to additional sockets

Domestic plumbing and tiling - showers, underfloor heating etc.
City & Guilds and NVQ. Part P compliant.

Free estimates - Call to discuss your requirements

Matt. Pederick - 0117 9246886 or 07958 753588



CATHERINE DIXON

Committed to gardening organically
Based in Bishopston

- Garden Maintenance
- Planting Plans
- Design

Est 1997 • Tel: 0117 9095460

Visit: catherinedixongardens.co.uk

Email: info@catherinedixongardens.co.uk

Changing Rooms? Painting & Decorating



- Large or small jobs
- Reliable efficient service
- No Obligation quotations
- References available if required
- No VAT charged



For more information contact: **Alan Anstey**
Tel: 0117 9859256 Mobile: 07980 413355

JAMIE ERIKSSON Carpentry services

Fitted furniture with period detail
Bespoke joinery and storage solutions
General renovation and repairs
Painting and decoration

No job too small
Free quote, friendly and efficient service

07783 904 842

jamieeriksson@hotmail.com

Roost Plumbing & Heating

All aspects of plumbing & heating including:

- Complete Bathroom Installations
- General Plumbing Maintenance & Repairs
- Full Central Heating Systems
- Boiler Replacements
- Boiler Servicing & Breakdowns
- Landlord Safety Certificates
- Power Flushing and System Restoration

All Workmanship Guaranteed



Please contact Paul for a friendly, no obligation quote.



0117 230 3071

07841 641423

www.paulroostplumbing.co.uk

Advanced Decorations

Peter McGahan

07805704901

0117 9556198

- Over 30 years experience
- Interior and exterior decorating to a high standard
- Advice on colour schemes
- Wallpaper specialist
- Free consultation and written estimate with no obligation.
- No VAT as sole trader

advanceddecorations.co.uk

info@advanceddecorations.co.uk

THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

- Digital Aerials
- Fully Guaranteed
- Repairs
- Sky Work
- Free Quotes
- OAP Discounts
- Poor Reception Problems
- Additional TV Points
- Humax Recorders
- TV Sales

Freesat **0117 967 9028**

07818 413 451

www.theaerialman.co.uk



JPK PLUMBING

From a dripping tap upwards

Reliable, qualified, fully insured

Phone: John Keegan

125 Bishop Road, Bishopston, BS7 8LX

elfontanero@hotmail.co.uk

www.jpkplumbingbristol.co.uk

07900 582 817 • 0117 924 7286

M^cCALL PLASTERING SERVICES

EST 1976

- ALL ASPECTS OF PLASTERING UNDERTAKEN
- OVER 30 YEARS EXPERIENCE
- INTERIOR & EXTERIOR WORK
- QUALITY WORK
- COMPETITIVE RATES

Call: 0117 949 0147

07909 937 229 or 07970 596 260

mccallplastering@hotmail.co.uk

Community Noticeboard

For free listings contact
kerry@bishopstonmatters.co.uk

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

Call 07881 924059

Bishopston, Horfield & Ashley Down Local History Society

All meetings are on Tuesday and start at 7.30pm at
Horfield Quaker Meeting, Gloucester Rd, BS7 8PD

19 June The Mulberry Harbours – Paul Barnett

17 July Sisters of the Somme – Penny Starns

bishopstonhistorysociety.wordpress.com

Redland Green School

1pm - 4pm

Saturday 16 June & 21 July 2018

**CAR
BOOT
SALE**

Admission £1
Kids go free!

RGS PTA

At Redland Green School, Redland Court Road,
BS6 7EH

To book, contact rgspatcarbootsale@gmail.com
or call 07720 387982 510 per pitch
Refreshments and toilet facilities

A fund raising event organised by
Redland Green School PTA

Second-hand
RGS uniform
Indoors if
wet

THE OLD LIBRARY ~ EASTVILLE ~

Events at the Old Library Muller Road, Eastville, BS5 6XP

Community Gardening Club 9 June 10am-2pm

On the first Saturday of every month, the Old Library invites everyone to join for a garden and outdoor community session to help transform the garden space, grow flowers and tend to beds, pick fruits and plant trees, mow lawns, rake leaves, create seating and sensory spaces, design walk throughs, work on new ideas for the community and learn lots of new skills together!

CLASSIC PUNK COVERS FROM THE MUTOIDS, documentary PUNK: ATTITUDE and a cheeky punk quiz! 23 June 7.30-10.30pm

Free Entry but donations kindly requested to help fundraise for the Old Library! Plus we will be licenced for the evening – beer, cider, wine & more!

Our first ever Table Top sale 25 June, 11am – 2pm!

Come and join us and find some lovely stuff, from handmade goods to preloved items, grab yourself a homemade cake and coffee in our community cafe, and relax in a book, in our book nook or out in the garden!

CIRCLE DANCE EVENINGS 26 June, 7.30pm-9.30pm

The last Tuesday of every month. Led by Susannah Temple, a warm, informal community dance evening for all abilities, helping to raise funds for The Old Library, donations of £5 gratefully received – thank you! Come along and have a go. No need to have a partner. OK to be a beginner. Enjoy music from many countries and join in as much or as little as you want. For more information, get in touch with Susannah: 0117 979 1519.

www.theoldlibrary.org.uk/events

Horfield Families Group

We are a group of women (and sometimes men) who meet every second Wednesday of the month from 7.45pm in the Horfield Parish Church Hall, Wellington Hill, Horfield. Our meetings include speakers who inform and encourage us to join in different activities. We also enjoy a variety of outside visits. We raise money for a different charity each year. All this gives us a sense of support and companionship.

New members are very welcome. If you are interested please visit our website
www.horfieldfamiliesgroup.co.uk
You can get in touch with us via the Contact section.



THE FILTONES' 18th ANNUAL CHARITY CONCERT



Friday 15 June 2018 at 7.30 pm

EDEN GROVE METHODIST CHURCH
EDEN GROVE, HORFIELD,
BRISTOL BS7 0PQ

RAFFLE AND RETIRING COLLECTION IN AID OF OUR
CHARITY FOR THE YEAR



www.alzheimers-brace.org | Charity Reg.No. 297965

Ticket £7.50

For further information and tickets in advance
Tel. 0117 9690654 or
e-mail dorothy.bryant@btinternet.com
or Tickets at the Door
www.thefiltones.weebly.com

PROPS

PROVIDING OPPORTUNITIES AND SUPPORT

Kerry Dutton is raising much needed funds for a great local charity called PROPS, based in Fishponds. The charity provides support for young people with learning difficulties and disabilities, working tirelessly to help them achieve their full potential in the community. It is run by a lovely bunch of staff, as well as being supported by a number of committed volunteers who give up an awful lot of their spare time. You can find more information at www.propsbristol.org

You can support one of Kerry's fundraising events and have a fabulous time in the process!

Why not book yourself in for a charity dinner at Voodoo – Q, a great new restaurant on Gloucester Road. The owners are really supportive and have agreed to host the event on the evening of **Thursday 7 June**. All proceeds from the event will go directly to PROPS.

As well as great food, there will be a raffle or auction at the event, and some local businesses have already been hugely generous in donating gifts to raise money. Some of the local benefactors include; Room 212, artist Jenny Urquhart, Zzone, Ocean and Reason.

If anyone wishes to donate a prize, or is interested in buying a ticket to attend, please contact Kerry on 0795 8577493.



Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

New Friends Group

Meeting on Wednesdays at 2.30pm.

13 June – Talk to be arranged.

27 June – Scones and cream tea.

Light lunches

Will be served on

28 June from 12-1.30pm. Varied menu and good company if you want it.



Community News/Events...

The Bristol Ladies Choir – is giving a charity concert of light choral music on Friday 15 June at Tyndale Baptist Church, Whiteladies Road, at 7.30pm. Proceeds will go to the charity Brace. Tickets are £6, obtainable by calling 0117 9246587 or on the door.

Grains of Truth – FREE exhibition of sculpture, woodcarving and installations, by Smith and Moore, Santiago Bell (a Chilean political activist) Arun Weys and friends. At Victoria Methodist Church, 1A Whiteladies Road, Clifton, BS81NU. Monday 4 – Friday 29 June 2018, (Mon–Fri 12noon–2pm; Sat 10am–2pm. For further information contact Jane Stacey on vicmethevents@gmail.com / www.vic-methodist-bristol.org.uk.

North Bristol Community Project, 160 Gloucester Road, BS7 8NT. For more information on any of the below Tel: 07742 377 799 or 0117 9246 228.

Personal Development: Free. Tuesdays mornings 9.30–12.30am. Explore a variety of ways in which to change, grow and achieve your potential. Make plans and set personal goals. Explore future careers, educations and volunteering options.

Arts for Well-being Drop In: Thursday mornings 10–12am. A contribution towards cost is welcome. Relax and unwind, as you enjoy exploring your creativity. Learn new skills, make new friends, gain confidence as you learn to collage, paint, draw, print and create an art journal about your life or interests. No previous experience necessary, all abilities welcome, refreshment provided.

Sewing: Monday mornings 9.30–12.30am. Free for those on means-tested benefits. Learn to use a sewing machine and hand stitch. Repair, recycle, embellish and customise your clothing. Explore the possibility of self-employment.

How low can you go? The Minor Setbacks, a 12 person a Cappella group based in Bristol with members who live in Bishopston, are currently looking for a LOW BASS.

The group sing pop and rock songs and perform without a conductor or sheet



music (but they learn from scores). There is some movement in the performances (so you have to be happy to sing and move). If you're interested they would love to hear from you! Please email: theminorsetbacksacappella@gmail.com!

Redland Green Choir will combine with the Burnham and Highbridge Choral Society and the Long Ashton Orchestra to perform Beethoven's 9th symphony and choral works by Brahms at Clifton Cathedral at 7.45pm on 14 July. Tickets are £12 (£10 concessions) from www.redlandgreenchoir.org.uk or at the door.

BS7 Road Safety Group – If you are a parent/carer of children attending Brunel Field, and are concerned about the lack of school signage and road safety provisions surrounding the school, then please join our Facebook group. Please share your thoughts/concerns about road safety issues so we can work to improve safety for all those using the area. There is information on the page about how to report incidents. Any questions please contact either Roxanne Moore mooreroxanne@hotmail.com or Daniella Radice daniellaradice@hotmail.com.

Lockleaze & Horfield Strollers – This local group walks fortnightly on a Tuesday morning with numbers of around 15. 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). www.walkingforhealth.org.uk.

Tuesday 5 June South Bristol Parks meet at Bristol bus station 9.55, Bay 18 (bus 376 @ 10.05). A chance to enjoy Redcatch Park, Perretts Park and Victoria Park with coffee in Bedminster.

Tuesday 19 June Eastville Park to Oldbury Court meet at Horfield Leisure Centre 10.00 (bus 17 @ 10.00). A lovely walk along the River Frome and valley before the climb up to Oldbury Court Estate.

A Request from Numansdorp – Horfield Parish Church have received an enquiry from an elderly gentleman living in Numansdorp in Holland. It refers to a member of the RAF, a Sergeant Edwin C.A. Barnes, aged 20 years, whose aeroplane was shot down in July 1943. He was buried in the local cemetery and ever since, the local people, and this Dutch gentleman, have ensured that his grave is tended; and also each Christmas Eve a lighted candle is placed at his gravestone. It is known his parents, Charles and Violet Barnes, were living in Horfield in 1943, but since that time links have faded.

Does anyone know of any family descendants of Mr and Mrs Barnes as the Dutch gentleman wished to make contact before it may be too late. Any information please contact A.G. Hopton, email – aghopton49@gmail.co.uk.

Vote for your favourite Tree! Bristol's trees form the green framework to our lives. They bring beauty and character to the city's green spaces and to its streets. They also deliver many other important benefits that improve the quality of our lives, making us happier and healthier and giving us a sense of place and of our history. Trees encourage plant and animal diversity and help mitigate climate change by absorbing pollution, capturing carbon and reducing rainwater runoff. To celebrate this, Bristol Tree Forum is hosting its first Bristol Tree of the Year Competition aimed at increasing public awareness of our arboreal heritage and the many benefits that trees bring us. To find out more, visit their website at <https://bristoltreeforum.org> and search for #BristolsFavouriteTree on twitter.

Westbury Park Orchestra is a friendly non-auditioned, orchestra under the baton of Ben England with a repertoire of classical and modern pieces with an emphasis on having fun. You will ideally be of a good standard (string and brass players particularly welcome). They meet at Westbury-on-Trym Methodist Church, Westbury Hill on Monday evenings between 8.00 and 9.30pm (term-time only). Free taster session for newcomers. www.westburyparkorchestra.com.

Bristol Community Gamelan play the music of Java, and is looking for new members. Playing gamelan is a communal activity that only needs a sense of rhythm, numeracy up to 6 and the ability to sit on the floor. They meet every Monday evening at Cotham School from 6.30–8.30pm, to play traditional and modern pieces. If interested email: keithringley27@gmail.com or call: 0117 9444241.



Westbury Park Art Fair takes place on Saturday 30 June 2018, 10.30am–5pm at the Methodist Church Hall, North View, Westbury Park, BS6 7QB.

The Westbury Park Fair returns again as part of the Westbury Park Festival 2018. There will be 18 artists showing and selling their Arts and Crafts. Also, there will be live music throughout the day, including the Gaswork Singers and Ian Lord, a talented folk guitarist. Tea and homemade cakes will be served and the proceeds will be given to local charities. So please do go along for an enjoyable day out.

Volunteering Matters



Living in Horfield, I have always been surrounded by people who are willing and active in helping others who are disadvantaged. This has inspired me to want to take any opportunity to help others and prompted me to volunteer this year in Italy.

On 3 July I will be joining *Projects Abroad* for three weeks helping refugees from Africa re-adjust to their new lives in Italy. After crossing thousands of kilometres for a chance at a better life in Italy, their struggle will often not end because the government agencies and infrastructures put in place to help them has become overloaded. I will be working in a 'second response' team going to where many migrants and refugees have been relocated and housed, where I will be helping in a day-care centre, looking after young children, or running workshops.

I am currently fundraising as I have to raise £1500 for flights, food and accommodation. While I have many fundraising plans, I am still seeking sponsorship and would be very grateful for any help that anyone can give, whether that is sponsorship or simply raised awareness of the situation!

To help please go to my JustGiving page which is www.justgiving.com/crowdfunding/grace-adams



Reasons To Be Cheerful Midweek

LifeTrack is an exciting new way to brighten up the middle of the week. Each second Wednesday of the month, a special guest in conversation

with TV and Radio's Maggie Ayre and Ali Vowles will choose their favourite piece of music and talk about why it inspires them. There'll be discussion, DJs, live performance, music and the chance to bring along and talk about your own life track in a friendly setting.

LifeTrack is run by local resident Maggie Ayre and Polly Barnes, who simply want to create events they'd like to go to themselves.

The evenings will be a mix of special guest discussion, live performance, music and dancing. The first event kicks off at the Balloon Bar at Bristol Student Union on **Wednesday 13 June at 7pm** till 11 with guest Mike Bullen, author and writer of ITV's *Cold Feet* talking about his LifeTrack and how it's shaped his life and career.

Index of Local Advertisers

Accounts / Book-keeping

Tax Assist 59

Aerials

Dan Grace Aerials 53,72

MD Aerials 66

Architects

Fit Architects 6

Bakeries

Bakery 108 17

Buddhist Centre

Sakya 51

Building Maintenance/Construction

Bristol Building Company 64

Denise Howard Brickwork 70

Expand Building 65

Halldor 71

Homefix 44,70

Prime Properties 66

Renovate 71

Carpentry/Bespoke Items

BS7 Building & Carpentry 71

Orchard Carpentry 67

Carpets/Flooring

Lee's Carpets 67

Natural Born Flooring 69

Cars

Brookfield Garage 20

CC Garage 63

Windsor Road Garage 15

Childcare

Archfield House Nursery 50

Clifton College Holiday Clubs 12

Little Foxes Forest School 8

Complementary/Holistic

Blue Skies Hypnotherapy 49

Jane Hird Bowen 24

Osnia Therapy Centre 28

Remedial and Sports Massage Therapist – Keon Williams 36

Computers

I love my PC 52

Xpress Computers 3

Dental Care

Horfield Dental Care 1,22

Editorial Services

Rebecca Ramsden 49

Electric Bike Shop 19

Electricians/Electrical Shops

Ablectrics 4

Leroy Charnick Electrical Services 65

Matt Pederick 72

Redland Electrical Services 67

Estate Agents

Ocean (Loft House in Bishopston) 14,15

Events

BS9 Art Trail 31

Flowers

The Flower Shop 36

Foot Health Practitioner

Treat Your Feet 49

Framing

Mockingbird Press 31

Garden Design/Maintenance

Afresh Gardens 41

All Gardens 56

Alpine Landscaping 59

Bristol Landscaping Services 44

Catherine Dixon (Organic) 72

Collins Tree Services 65

Secret Garden 47

Wild About Gardens 64

Glazing & Doors

1st Aztec Ltd 64

Price Glass 68

Gloucester Road Improvement District

GRBID 34,35

Hair & Beauty

Hair Mechanics 23

Icon Beauty 26,27

Love Your Hair & Be Beautiful 24

The Green Room – Hair 36

Hardware Stores

Pearce's Hardware 28

Health, Diet, Fitness & Sport

BS7 Gym 2

Clifton College Sports Centre 54

Horfield Leisure Centre 48,49

The Soulful Nutritionist – Ruth Raymond 24

Trainhairs 24

Heating - Gas/Elec

All Works Plumbing & Heating 66

Heating Engineer – John Presland 71

Roost Plumbing & Heating 73

Holiday Clubs for kids

Clifton College Holiday Clubs 12

Home Interior Shops/Services

Bathroom Installation – All Works 66

Nola Interiors 30

Marialina Fabric & Soft Furnishings 6

Homestay Accommodation required

EF Language School 8

English Language Centre 52

Jewellery

Catherine Amesbury – Artemis Shop 28

Kemps 58

Kitchen installation / Refurbishment

Dream Doors 7

Music – Tuition/Performance services

Graham Sothcott – Guitar/Ukulele 53

Stuart Oliver – Guitar 13

Nutritionist

The Soulful Nutritionist – Ruth Raymond 24

Optometrists

Lunar Optical 43

Lynne Fernandes 37

Painting & Decorating Services/Shop

Advanced Decorators 72

Alan Anstey 72

Carter Decorating 66

Pets

Animal Health Centre 45

Lead On Dog walking 41

Rosie Posie Pet Pop-ins 44

Roxford's Pet Shop 44

Pilates

The Body Workshop Pilates 25

Plasterer

A&P Plastering 67

McCall Plastering 73

Plumber

JPK Plumbing 72

Matt Pederick 72

Roost Plumbing & Heating 73

Printing Services/Ink

Mockingbird Press 31

Xpress Printing 3

Property Services

Homefix 44,70

Jamie Eriksson 73

HAL Maintenance (previously Prime) 79

Paul Property Services 70

Restaurants/Cafes/Pubs/Takeaways

Bomboloni 17

The Royal Oak 33

Voodoo-Q 11

Roofing

Rooftech 70

The Roofing Company 66

Sash windows

Carpenter John Clements 65

Schooling/Tuition/Courses

Bristol Grammar School 9

Fairfield High School 53

Slimming Clubs

Slimming World 23

Solicitors

Henriques Griffith 46

Scrase Employment Solicitors 58

Technology Trials

Sphere 38

Transport

First Bus Group Bristol 39,80

Travel

Catalonia Unlocked 16

Vets

Animal Health Centre 45

Yoga

YogaWest 1



YOUR
LOCAL
BUILDER

Make this summer the time you can tick off the list, all those jobs around the house that **STILL** need doing!

Our local, friendly, professional tradespeople can help with –
Decorating ■ Carpentry ■ Building & Refurbishment ■ Roofing ■ Plumbing ■ Electrical
■ General Building ■ Handyman jobs ■ Gardens



Our promise

Whatever your requirement, our highly skilled, uniformed and well mannered tradesmen are fully trained to carry out their tasks professionally and to the highest standard. They will leave your property exactly as they found it and with the minimum of disturbance to you.

All our tradesmen are fully insured and accredited and all work is guaranteed.

Professional • Local • Competitive • Fully insured • Free Quotes



www.halgroup.co.uk
info@halgroup.co.uk
0117 2 591 591

Redland Office
23 Chandos Rd, Redland
Bristol, BS6 6PG

EDITOR'S NOTE: Please note that we try to be as unbiased as possible in the editing of this magazine. We cannot take responsibility for anything stated by an advertiser and cannot be held responsible for misrepresentation in the adverts included. Views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a services that we have participated in). We cannot vouch for every advertiser personally (although since starting this magazine we have used many of the services). Any feedback or experience is welcomed. **The Small Print!** Bishopston Matters will be distributed during the first week of every month (as far as possible) to 3,500 homes per month on a three month rotational basis (10,500 homes per quarter) covering the areas of Bishopston, Ashley Down, Horfield & St Andrews. We cannot be held responsible for any inaccuracies in advertisements nor for any consequences arising from this. We are not to be held responsible for damage or loss of copy or error in printing. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. All artwork used in Bishopston Matters must not be published in any other media without our permission.

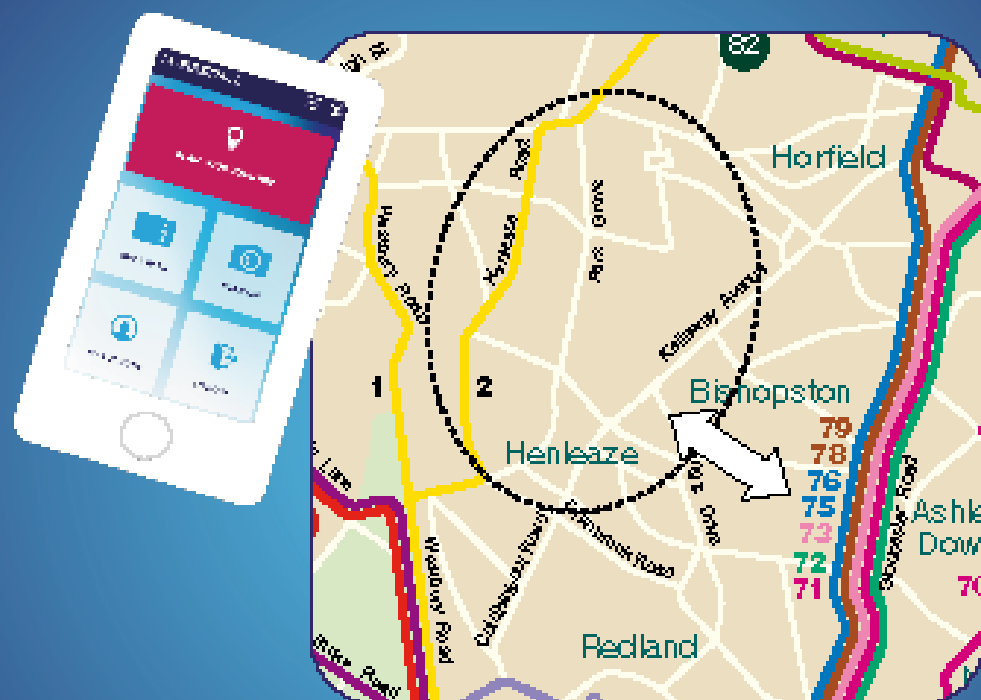
Bishopston Matters is run independently but under licence from the Matters Magazine franchise.

For further information on Matters Magazines see www.mattersmagazines.co.uk © Bishopston Matters 2018

Don't forget to mention Bishopston Matters when replying to ads!

MYFIRSTMILE

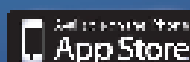
Connecting you to the rapid bus network



Sustainable, all-inclusive commuting service for Henleaze and Westbury Park **from just £4.45 per day*** - including unlimited bus travel

*£4.45 per day is based on a monthly pass of £89 and 20 week days per month

myfirstmile.co.uk



POWERED BY **Esoterix**

In partnership with **First** 

Bishopston Matters Please call Kerry on 07881 924 059