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issue 130, Sept 2019



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Dear Readers...

I hope you enjoyed a fabulous summer (I know it is not quite over yet!). I have been lucky enough to enjoy some wonderful family time with my little ones and celebrate my 40th birthday!

On the centre pages we are happy to share our experiences of the brilliant Pantaloons production of Sense and Sensibility in St Andrews Park and the Friends of Horfield Common's Fun Dog Show. Bishopston Matters is always pleased to sponsor this local event that showcases the amazing variety of pooches we have in our community.

Another fantastic, family day out is Party in the Park on Saturday 14 September, starting at 1pm and going out with a bang at 8pm with a firework finale! Bishopston Matters is pleased to sponsor the Horsey Hopper races again this year. I hope to see

many of you there.

As you can see from our front-page photo, groups of young people in our local area have been gathering before school to display their fears on climate change and demand action be taken now! Momentum is building; read how you can get involved.

This month we are pleased to share a report from Glos Rd WI, and discover age is just a number for this group, which has so much to offer to all who attend.

Before the end of the school term I had the pleasure of watching Ashley Down's school play and Brunel Field's Samba performance - both amazing! I am pleased to share reports from these and good news from other local schools throughout the magazine.

Take care until next time, **Kerry x**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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All aboard the SS Great Friend-Ship!

What a lovely time I had setting sail from Bristol docks and travelling across countries and time with the brilliant Ashley Down Year 2 pupils, for their end of term show.

This fabulous piece of theatre (created by the pupils) encapsulated everything *Bishopston Matters* loves – talented local people, bringing joy to others and sending out positive messages of friendship, community and celebrating the great things that can happen when we work together.

Pupils taught a lonely Isambard Brunel to never give up and helped him discover a whole host of new friends, to include our Bristol Giants Goram and Ghyston, African animals, monsters (I loved the monster mash dance) and the Queen even made an appearance to launch SS Great Friend-Ship!

The story was beautifully narrated in rhyming verses and had a series of entertaining song and dance routines, that warmed everyone's hearts. Congratulations Ashley Down!



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What do we want? **Climate Justice!**

When do we want it? **NOW!**



This was the united chanting on Ashley Down Road by concerned pupils from Brunel Field school at their last protest at the end of July. These monthly protests were initially started by Sefton Park Primary, who have now inspired Brunel Field, Ashley Down, The Dolphin, St Werburghs, Fairlawn, Henleaze and Bishop Road schools to take part in demonstrations too. It is hoped this momentum will spread across the city.

It was moving to observe the passionate youngsters giving their voice to this issue, which after all stands to effect their futures the most. Numerous passers-bys, cyclists and drivers gave their support to the crowds.

Helen Jackson Brown, who was involved with the first gathering at Sefton Park said, "The protest at Sefton Park School started with a discussion with the Deputy Head Teacher about how we can support those pupils concerned about Climate Change. The school organised a protest before the school day and the turn out was fantastic. We are empowering our young people to have a voice in their future and to express their concerns to those in positions of power and the general public; this is a very powerful lesson for them."

If any other schools are interested in taking part in these protests, please email Sefton Park Deputy Head, Dan Simson at mr.simson@seftonparkschools.co.uk.

*These local protests were inspired by the movement – **Bristol Youth Strike 4 Climate**. Their next event takes place on Friday 20 September. You can find out more by emailing bristol.y4c@gmail.com*

BGS is on the World Interactive Map of Climate Change Teachers

Rachel Atkins is the first teacher in Bristol to be a UN-accredited Climate Change Teacher. Rachel can now deliver up-to-date climate change lessons to all pupils at Bristol Grammar School and plans to share best practice with all teaching staff, so that they too can take part in this new innovative programme being trialled in UK schools.

Rachel Atkins, Head of EPQ and teacher of Geography at Bristol Grammar School, says, "The course has been really inspiring, and helps to develop a greater understanding of both the evidence of climate change and also its impact. There were courses on how climate change impacts gender, cities, children, health and also the legal framework around climate change.

Providing avenues for children to hear and respond to climate change issues is really important. Being a school with one of the first eighty accredited teachers on the staff means we have access to the next phase of the EduCCate project, and gives us a platform to collaborate with other schools bringing together all that BGS is doing and will be doing with the other accredited schools."

The pioneering programme was launched on April 22 and is free for all primary and secondary school teachers. The online training for teachers

has been designed to equip educators with the knowledge and confidence to deliver lessons on the topic of climate change to their class and across the school curriculum. Once teachers have completed the five units of the Climate Change Teacher Course, they become accredited by UN CC:Learn to deliver climate change facts and mitigation best practices.



BGS has already been at the forefront of raising awareness of the impact of climate change with impressive whole school assemblies delivered by the Environmental Society, by eliminating the use of single-use plastics in the dining hall, installing energy-efficient lighting and heating, using an online school trips management system saving 35,000 letters being sent in the last two years, and even having urban bees.

Climate change is embedded into teaching and learning throughout the School and will expand into creating new resources to be delivered through the Wellbeing programme in the next academic year by Rachel Atkins. From September, the Environmental Society will be working with other schools, Bristol Council and local organisations to create an exciting project and then to initiate some of the ideas at BGS.

Wanted!

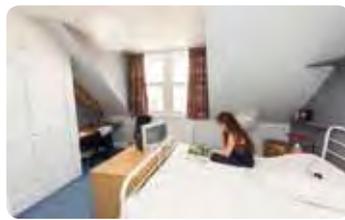
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The future is bright! Ardagh Community Trust secures a sustainable, community-led future for the Ardagh site in the centre of Horfield Common

Ardagh Community Trust (ACT) is celebrating the achievement of a community asset transfer (CAT) lease for the Ardagh site, which signals the start of a bright new future for this much-loved public asset under community management!

ACT is a charity set up by local people to take on responsibility for community management of the Ardagh in the centre of Horfield Common following more than 9 years of community-led activity to develop a vision for the future of the site as a public asset – and secure the funding needed to achieve it. A CAT lease has now been signed between ACT and Bristol City Council which gives the Trust responsibility for management of the Ardagh site through a 35-year lease. The successful achievement of the CAT lease is a significant milestone in the charity's development and will enable the group to proceed with plans developed by the local community to ensure that the site is accessible to all, and that it serves the needs of the widest range of local people possible.

ACT grew out of a campaign by the Friends of Horfield Common in 2010 when the Ardagh site was

threatened with disposal for development as part of the citywide Area Green Space Plan proposals. The site had been removed by BCC's sports strategy and while it was being used by a very small number of members of a private sports club, had fallen into disrepair and was considered to be underused, and therefore not sustainable by the local authority.

Since 2010 local residents have worked together to find out how the community would like to see the site better used, developed plans – working in partnership with a wide range of local, citywide and national groups to ensure that these are robust – and secured the funding necessary to achieve their ambitious plans. The plans have been informed by thousands of local people throughout this time with priorities including working to the highest environmental standards possible, ensuring accessibility for all is central, increasing facilities for people of all ages, including play facilities for children and young people and co-creation and partnership working with other groups across the area high on the agenda.

The group set up a community café in a previously



disused external goods yard at the Ardagh in 2015, to begin to reanimate the site and demonstrate its value to the local community. Since then, regeneration of the site has begun in earnest with hundreds of local volunteers involved in a range of projects and activities to improve the facilities, and encourage more local residents to use and enjoy this fantastic public facility.

ACT has secured funding through Power to Change's Community Business Fund, which will enable them to renovate part of the currently inaccessible and dilapidated pavilion building at the site. The aim is to create a new, year-round café facility and community hub, with new, fully accessible public toilets including a changing places facility which will provide suitable facilities for all members of the community.

The charity is continuing to work with Bristol City Council and other partners including Sport England to develop plans for improved formal sports and informal play facilities at the site in response to need in the local area – specifically for accessible play facilities for children and young people. Additionally, the group are seeking funding to improve the formal gardens at the site and to bring these back into full use as public gardens.

ACT is run by volunteers, and the charity is currently recruiting new trustees who can help the charity to achieve its aims for the next exciting



phase in its development. If you would like to get involved, please contact hello@theardagh.com for further information. On Saturday 7 September 2019, Ardagh Community Trust invites you to join trustees, staff and volunteers to celebrate the achievement of a CAT lease for the Ardagh site and to contribute your ideas and feedback into planning for a bright, community-led and managed future for this much-loved public asset.

Find out more about Ardagh Community Trust, how you can get involved at the drop-in celebration event on Saturday 7 September, 1–4pm. www.theardagh.com follow ACT on Twitter: @TheArdagh and join us on Facebook: The Ardagh.

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Golden Hill Sports - Party in the Park 2019!



Golden Hill Sports (GHS) are very pleased to report that the community fair we call Party in the Park (PITP) generated record funds for the club from the 2018 event held in September.

These funds have gone towards the start of some much-needed upgrading to several areas on the first floor of the pavilion that we hope will benefit both the existing members and users of the club house and attract new ones as well.

GHS are extremely grateful for all the support we receive from the local community for PITP who have turned up in their thousands over the years.

We would like to thank everyone who came along to PITP in 2018 and in previous years and invite them all back again this year along with their family and friends and anyone who has never been before to **PITP 2019 on Saturday 14 September starting at 1pm and ending at 8pm** with the now traditional firework display.



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Long-time business owner of the Blue Lagoon on the Prom, Aly Hussein is so passionate about coffee, he is now bringing Perfecto Coffee to Gloucester Road. During one of his frequent visits to Italy he trained at the home of Perfecto coffee and is now keen to share these quality products with the people of Bishopston.

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News from Joe's

Celebrating 1 year of trading at the Breadstore – Joe's at the Breadstore, has recently celebrated its first year in business. Owners Jane and Martin are delighted to now be serving quality baked goods to both ends of Gloucester Road. They have received great support from local customers and traders.

Vegan delights! Now joining their mouth-watering **vegan Sausage roll** are equally delicious **vegan Lemon slice** and **Farmhouse Loaf cake**. If you love cake, you will love these beautifully moist, packed full of flavour, comforting cakes. When I last visited Joe's, master baker Martin told me the quality of vegan ingredients has improved greatly over recent years and are getting better all the time, enabling the creation of a wide range of scrumptious bakes, to include their new **vegan Spelt Croissant**. From personal tasting, I can highly recommend all of these vegan products, as well as their new, in-house, daily-made, **Onion Bhajis** – perfectly spiced to create heat with crispy onion edges.

Have you tried Portokalopipa? Inspired by a recent trip to Greece, where Martin learnt how to create this much sought after dessert first hand, Joe's are now pleased to share this authentic Greek recipe. A special custard is added to layers of filo pastry that are then baked, and soaked in an aromatic orange syrup, left to absorb overnight. The use of Greek yogurt and oil means the fat content is not as high as you would think – so do enjoy – guilt free!

Portokalopipa



Vegan Lemon Slice



Vegan Onion Bhajis

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The future of Window Wanderland



After five successful years of lighting up the streets of Bishopston with dazzling window displays, the Wanderland team needs new members to step forward this year

to ensure it continues. We hope that enough local people will want to see future events and will come forward to help with duties such as marketing, press, social media, sponsorship and schools' liaison. Maybe you could be a street rep to help get neighbours involved, or maybe you are part of a local community group and want to run it with your team.

Cath Rymell has been part of the core team since 2016 but due to family and work commitments is stepping down to make room for someone else to get involved.

"It is a fun, positive and inspiring event and volunteers will be part of something really special and unique. I have watched it grow, not just here in Bristol, but globally, and I really hope it is able to continue spreading joy for many years to come."

Window Wanderland started in Bishopston and was set up to tackle loneliness and connect communities, and over the course of its existence it has certainly done just that. By inviting schools and businesses to get involved it has created opportunities for collaboration while spreading happiness and a sense of belonging in neighbourhoods.

We are pleased to announce that it will return for a sixth year on the leap weekend of 29 February 2020 and, as it could be the last, this is the year to get involved, throw those curtains wide and spread the Wanderland love to help make it another huge success.

It's your window for you to say what you want, make what you want, join forces with neighbours, it's entirely up to you!

If you would like to get involved and chat to our team please email wwbishopston@gmail.com.



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yogawest Children, Teenager & Family Classes



Children really enjoy doing yoga and it's a lovely discipline to learn when young. Places are limited, so advance booking is required, but children can try a

class before committing to a course.

Young Children (6–11s) – Classes for primary school age children run on Tuesday afternoons, guiding children through age-appropriate yoga, encouraging body awareness, confidence, balance and focus. Children can expect to be taken on an adventure: diving to the bottom of the ocean or saving a princess from a grumpy giant! Of course, the children are always the hero at the end of every adventure and an emphasis is placed on helping and respecting each other.

Teenagers (11–18s) – Children come under a lot of stress during their teenage years, and benefit hugely from coming to a regular yoga class. A balance of active and restful sequences held in a supportive environment (on Mondays and Thursdays) encourage focus, concentration, flexibility and well-being. This is a suitable activity towards a Duke of Edinburgh award.

Young Adults (16–21s) – A class better suited to older children and young adults, learning strategies and sequences to cope with the stresses of life. Monday afternoons.

Parent/Teenager yoga – Yogawest offers several suitable classes to come together, for example Friday 4.30pm.



Family Class – An occasional fun weekend class for all the family. Upcoming dates are listed on the website and must be booked in advance.

Baby Massage – Baby massage is a lovely way to bond with your baby, a time of intimacy, loving touch and relaxation. Yogawest run regular courses.

Adult Classes – Yogawest runs drop-in adult classes for all abilities and levels 7 days a week, including 5-week foundation courses, beginner and gentle classes.

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Mini-meditators – Buddhist meditation for children this Autumn at Sakya Buddhist Centre Bristol

Sakya Buddhist Centre in St Andrews has been a feature on the Bristol landscape for over 40 years, offering the opportunity to make sense of – and bring spaciousness to – our busy, online, 21st century lives. Over that time, we've had a variety of classes and events to come along to, from major Buddhist teachings and classes on meditation and Buddhism, to study groups and Tibetan language classes. During 2019 we have also started to offer families the opportunity to bring primary school age children (aged 5 to 11) to have a go at meditation and learn a little about Buddhism.

We've had three successful sessions already this year, and our last **Mini-meditators event of 2019 will take place at Sakya Buddhist Centre Bristol on Saturday 28 September, 3–3.30pm.** The session, which is run by volunteers who are experienced Buddhists and parents too, starts with a few minutes of meditation, followed by a Buddhist story on topics such as friendship, wisdom and kindness. Don't worry if your child hasn't meditated before as full instructions will be given. Even if your child normally never sits still, it's worth trying it out as they may just surprise you! After the session, we'll have time to chat over light refreshments for both grownups and children in the Centre's kitchen, or out in the beautiful garden if the weather is kind.

There is no charge for the session and no need to book, just come along. As we are a charity, we suggest a donation of £2 per child or whatever you feel able to offer to help with the running costs of the Centre. All children should be accompanied by an adult. To find out more about the session, email us at bristol@dechen.org or visit www.sakyabristol.org. You can find us on Facebook too: [@SakyaBuddhismBristol](https://www.facebook.com/SakyaBuddhismBristol).



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"My son's confidence has grown hugely since attending Little Foxes! He's made good friendships and learnt so much in your wonderful environment. Thank you." Nikki, Little Foxes Mum.



All hands on deck as local students live and learn aboard the 'Wettest Classroom on Earth'

On Saturday 25 May, eight adventurous students from Venturers Trust set sail from Welsh Back harbour in Bristol aboard a classroom like no other. With a host of family, friends, classmates, teachers and governors waving from the dockside and a choir from The Dolphin School singing songs of encouragement, the *Queen Galadriel* departed on the first of eight legs that took a total of 96 shipmates, made up of school children and teaching staff, around the UK coast over a two-month voyage of adventure, that concluded on 26 July.

As well as sailing the ship under the watchful eye of a skilled crew, the children spent time learning, working, eating and sleeping on board the ship for seven days at sea, before docking in harbour where a new group of students took to the ship's wheel and set sail for the next destination.

The initiative has been developed by Venturers Trust, together with Extreme Classrooms, the Cirdan Trust, Whole Education and Kunskapsskolan. The Wettest Classroom has been over two-years in the making, including a challenging selection camp last summer, held in Snowdonia for 166 students from across the country. A fully inclusive expedition, children from all over the UK are working together, encouraging each other and overcoming challenges as a team – all on the open sea.

During each leg at sea, home for the students was a Baltic Trader, 32.9 metres long with a beam of 6.6 metres, built in 1937 in Denmark. The ship, which sleeps up to 16 crew members, was bought by the Cirdan Trust in 1983 and renamed *Queen Galadriel*.

When the ship set sail from Welsh Back in Bristol, the crew consisted of three children from Venturers' Academy and five children from The Dolphin School in Montpelier, accompanied by seven teaching staff.

The vast majority of funding for the 27 Venturers Trust children taking part, was provided by the Society of Merchant Venturers, whose members



Far left: Dolphin shipmates settle into their bunks for the night.

Left: Dolphin student Esme learns onboard skills.

donated £45,000. The Society is co-sponsor of Venturers Trust, along with the University of Bristol. Trystan Williams, Principal of Venturers' Academy and spearheading the initiative on behalf

of Venturers Trust, said: "Real-world experiences bring the curriculum to life and can be quite literally life changing for young people. The depth of commitment required to bring together an event like this is extraordinary and I am grateful to everyone who has helped to move this incredible initiative from the drawing board to the water!"

Fern, age 11 and a pupil at The Dolphin School, said: "The Wettest Classroom was an amazing experience, especially seeing all the sea life. The trip has definitely made me more responsible and resilient. It also made me realise that I can explore new places and home will always be there when I get back."



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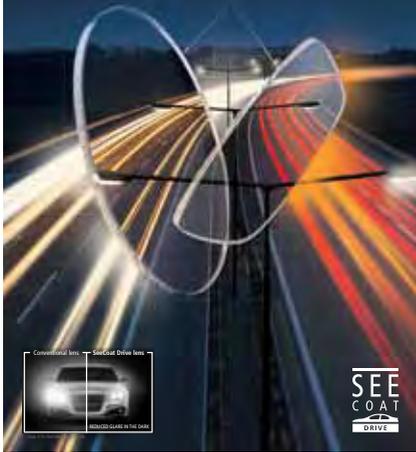
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This month marks our 10 year anniversary and we would like to thank all our clients for your amazing support and loyalty. Many of you have been with us from the start and we really couldn't have done this without you. Over the past decade the salon has doubled in size and we are so proud to be home to such a talented team of diverse, wonderful therapists. We've never been happier to be part of the thriving Gloucester Road community and can't wait to see what the next chapter brings!

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*Valid from 1–31st Oct 2019. To redeem offer quote 'Bishopston Matters October offer' when booking.

Age is just a number at the Gloucester Road WI



Where can women from their 20s to their 80s come together to have a go at Bollywood dancing and Bhangra drumming, listen to talks on music therapy and modern-day slavery, learn about car maintenance, make jewellery and festive wreaths? And yes, sometimes grow the biggest courgette and bake the best layer cake?

The answer is the Women's Institute (WI). Because this is the age range of the women at the Gloucester Road WI and just some of the activities they get up to.

Meet Gloucester Rd WI members Becky, Jenny and Mary aged 28, 47 and 81 respectively, who all joined the Gloucester Road WI to meet new people and do new things.

Here's what they say about being part of an organisation for women that spans the generations.

Why they joined the Gloucester Rd WI

Mary, 81, recently arrived from Yorkshire and wanted to do more than the stereotypical WI activities with older women. Jenny, 47, who runs her own business, hoped to widen her social circle from other mums with young children. Becky 28, says her own mum told her not to join such a stuffy organisation. So, she was surprised to find that her new boss – still in her thirties – was the President of the local WI. She loved the sound of what they got up to and went along to find out for herself.

The activities and talks bring people together

The activity or talk may be the focus of the meeting but they also spark the conversations that help people get to know each other. For Mary, the activities are like playing and as she says "when you're playing together age doesn't matter". For Jenny, the meetings are a chance to talk to women

with a wide range of ages, jobs and backgrounds who don't necessarily share her opinions. For her, it's a refreshing change from the social media echo chambers that generate content based on what she already thinks and believes.

Activism at the heart of the WI

All three women have been surprised by the campaigning that's integral to the WI.

From being warned off joining by her mum, Becky went on to take her suggested resolution – a campaign to stop plastic soup and microfibers – to the WI National AGM. At first, she felt slightly intimidated by giving a presentation to 5,000 mostly older women. But as soon as they started chatting and sharing experiences, all that changed. As Mary puts it, when it comes to campaigning "it doesn't matter whether you're in your 20s or 80s, it's the collective voice that counts".

Breaking down the barriers and stereotypes

Jenny and Mary have been to Denman College together – the WI's centre for learning, which runs cookery, craft and lifestyle courses. Here's what Jenny says about her time there.

"There were women there from the very traditional, long-running WIs as well as the so called 'new wave' WIs with a younger membership. On the face of it, I thought I don't have a lot in common with these women. But you get talking and then what a surprise, you find you do have things in common and we're having a laugh together. I love it for that!"

Want to get involved?

If you'd like to join us, whatever your age, we meet the third Tuesday of every month. Doors open at 7.30pm for 8pm start at St Andrew's Bowling Club, Derby Road, Bristol, BS7 9AQ. Membership is £42 for the year starting in January, pro rata if you start later. Or you can come as a guest for £5 to try us out.

Follow on social media and visit our website for more information.

www.gloucesterroadwi.org

All women welcome. We look forward to meeting you.

Forthcoming meetings

17 September – Bhangra drumming workshop

15 October – AGM & female butcher/knife skills

19 November – A talk from a renowned historian



Top: Jenny & Mary. Above: Becky



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By popular demand our sale has been extended and is running for a few more weeks so there's still time to grab your designer look for less!

International designer eyewear

We've got some amazing brands up for grabs. Here's just a small selection of the international eyewear brands on offer across our optician stores. To find out what's available at Gloucester Road call us on 0117 9426843 or pop in, browse and try them on.

Oakley – Form and function blend seamlessly to create these industry-leading designs.

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News from the green room

Natural Hair Salon

Stunning shades –

Fresh back from their courses with @notanotheracademy, senior stylists Paul and Karen have both been enjoying producing some amazing colour work. Ask in salon for their new rose toner that created the beautiful peach/pink colour pictured left.

Illustrated below is some gorgeous, soft, subtle baylage colouring by senior stylist Paul. Client Natasha was delighted with her stunning hair, just in time for her prom!

Baylage is a French word that means sweeping; applied to hairdressing, it is a skilled, freehand colouring technique that enables natural blend and less-noticeable re-growth. If you would like a natural, sun-kissed look, do book in with the talented Green Room team soon!

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

Tel: 0117 942 75 75  The Green Room



September is all about Refresh, Renew & Repair

The summer may be drawing to a close but do not despair – Refresh, Renew, Repair with Urban Beauty, who bring you some fantastic Autumn offers!

Comfort Zone Sublime Deluxe Peel & Lift £65 (usually £70)*

Feeling in need of renewing your skin and repairing any damage caused from a summer of bright sunshine and warmer temperatures? Well this facial is perfect for you. Indulge in 75 minutes of relaxation, intensive peeling action and super hydration.

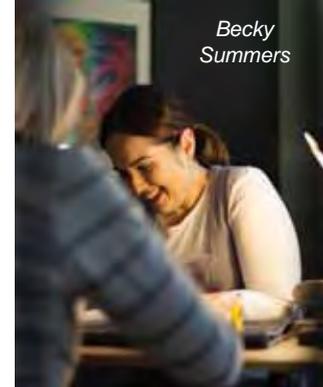
Comfort Zone Tranquillity Pro Sleep massage INTRODUCTORY OFFER £55 (will be £65)*

For anyone who is in need of melting any mental, emotional and physical tension away. This treatment really is 60 minutes of pure relaxation using techniques unique to Comfort Zone.

The Real Treat Pedicure with a Specialist Peel £40 (usually £45)*

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**These offers are available on the above treatments throughout September 2019 and are not valid with any other discount.*



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Urban Beauty is set within Illusions Hair Salon on the Prom, Gloucester Road and owned by the lovely Becky Summers.

With over 15 years in the beauty industry, working in professional salons both in Bristol and Australia, Becky has built a loyal following of clients. The opportunity to have her own beauty rooms on the popular Gloucester Road, an area she loves and knows well, was too good to be missed and she is excited to now be her own boss.

Always putting the client first – Although an expert in delivering beauty treatments, for Becky her relationship with her clients is just as important; she told us, "My main aim for any client visiting, is that they feel welcome, comfortable and most importantly satisfied that they have received a treatment which has exceeded their expectations." The string of positive reviews on her Facebook page is testament to her achieving this. Becky goes on to say, "The knowledge and experience I have been fortunate to obtain has enabled me to create an inviting and relaxing hub in one of the most bustling areas of Bristol."

Specialising in: Comfort Zone Facial & Massage, Shellac and OPI manicure / pedicure, LVL lash lifting, facials, massage, Waxing and St Tropez spray tanning.

Tel: 0117 907 7447 to book in (via Illusions)

Instagram: Urban_beautybristol

Facebook: Urban Beauty Treatment Room

Opening hours: Tues 10–6, Wed & Thurs 10–8, Fri 10–6 and Sat 9–4



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To book your open day place, please contact:

Email: admissions.stbonaventures@bristol-schools.uk

Web: stbons.uk

Phone: 0117 353 2830

All are welcome at St Bonaventure's.



News from St Bon's

Swimming success at St Bon's

We have a strong tradition here at St Bon's of successful swimming teams. This year, we have reached a new milestone by taking eight of our Year 5 and 6 children to the ESSA national swimming competition in Sheffield in June. They did fantastically well, with the girls' team coming sixth in the whole country and the boys coming 16th.

It was a wonderful opportunity for the children to compete at such a high level and to work with other Bristol primary schools to represent the South West. St Bon's was also delighted to win the Penguins Swimming Gala at Easton Leisure Centre in the same week!



Left to right: Sarah Ballantine and Lucille Charles

New Headteacher at St Bon's

As many of you in the community will already know, our Head teacher, Lucille Charles, retired at the end of the summer term after being Head here for the last 20 years. Needless to say, she will be sadly missed but we wish her all the best for a happy and healthy retirement. We had a lovely mass in the Church as well as goodbye celebrations at school which included the whole school teaching Mrs Charles the Cha Cha Slide!

Sarah Ballantine, our current Deputy head, was appointed Head teacher earlier in the year and is

looking forward to stepping into her new role from September.

Health and Fitness Week

Our annual health and fitness extravaganza took place the week before the end of the summer term. The whole week was devoted to the children being able to try out a huge variety of activities from yoga to basketball and from cookery to singing. Our two sports days also happened during the week as well as a trip for children from Years 3 to 6 to a North Somerset farm to find out more about our countryside. Thanks to Mrs McGrath for timetabling the whole week and to the whole staff team for making it run so smoothly.

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Many local people have chosen to extend their homes; Roof lanterns are a contemporary light solution that will brighten up any extension.

Bi-folding doors are also extremely popular with modern living – blurring the lines between indoor and out. Created in aluminium, these beautifully designed doors come in a wide range of colours.

For further information please contact the efficient team: **Tel: 07957 360927**
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Visit: www.1staztec.com



News from the Goldenhill Community Garden

Hi everyone,

Summer in the garden is always great – this year's heatwave has however meant all our veg have been great! Delicious cucumbers, luscious blueberries and we even managed a proper crop of carrots. Now as the summer starts to slip into autumn, it's time for our **Harvest Fair on Saturday 28 September, 1–4pm!** There is a £1 suggested donation for adults and kids come free! It will be the usual lovely mix of **live music, delicious cake, pizza fresh from the clay frog oven, apple bobbing, veg monster creating, pond dipping, face-painting and giant games.** It's a great year for apples so Pete will have the apple press and we'll be getting juicy again! So, come and bring all your friends!

every Wednesday for anyone to come and get involved, children and dogs on a lead are welcome, you don't have to stay all day or come every week and no experience or tools necessary, just bring yourself and you can just pop in for a chat and a look around or get stuck in! We're through the gates at the end of Monk Road, behind Horfield Prison. It's a great time to come along because we share the harvest every week and at the moment, we are harvesting all sorts of delicious vegetables.

See you in the garden! *Lucy*

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

We've also got spaces in our **toddler group that runs Tuesdays 11.30am–1pm**, described by one parent as **"definitely the BEST thing to do with a pre-schooler"** and by another as **"for sure the best toddler group ever!"**. Our beautiful garden is the perfect place for small children to really explore nature, find newts, help with the veg, make things, sing, or just dig big holes and get really muddy! We run every Tuesday in term-time and have a warm indoor space, a huge pond, lots of toys and countless snails, woodlice, worms and more. We take bookings by the term and it works out as £6 a session including hot drink and snack but you're very welcome along for a free taster! Just get in

touch. Also, the waiting list for the 9.30am group isn't very long at the moment so it's good time to get in touch about that too.

As always we're open



area, and getting notice boards installed. Our Friends Group continues to work with Bristol Parks Department to maintain the Green, ensuring some areas of

grass are allowed to grow so that wildflowers can flourish and seed at different times of year, and planting bulbs and flowers for spring and autumn colour. We would like to plant more trees to allow shade for people to sit under and give shade to a corner of the play area but, as an unfunded Friends Group, we need to raise £300 per tree to do this (for the costs of maintenance by the Parks Department while the trees establish).

On Sunday 8 September, 10am–12 noon, we will be holding a Cake Sale and 'Bric-a-Brac Sale' on the Green, to raise funds for tree-planting.

We'd love to see you there!

Nicola Harwin, Friends of Ashley Down Green

News from Ashley Down Green

Cake and 'Bric-a-Brac Sale' Sunday 8 September

Ashley Down Green is a small park just off Ashley Down Road behind the Muller House apartments, and above the Ashley Down allotments, accessible on foot from Stoney Lane and Dirac Road (no parking). It has great views to the North and East of Bristol, and a small active Friends Group that was been successful in campaigning for a lovely play

Fairfield High School

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Thursday 19th September, 6pm

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“ The sheer quantity of opportunities FHS provided to progress & improve our passions and interests is unbelievable. - Alex (student) ”

www.fairfield.bristol.sch.uk



News from Fairfield High



Bristol Healthy Schools' Health & Wellbeing badge

Fairfield High School (FHS) is delighted to have been awarded the Bristol Healthy Schools' Health & Wellbeing badge, in recognition for its considerable work to address the issues around this complex subject throughout the whole school community.

This award is a celebration and culmination of excellent work, including an open culture where talking about mental health and asking for help is encouraged; curricular and extracurricular activities (focusing on mental health and wellbeing) are embedded to promote healthy lifestyles; and staff and students working together to plan and deliver initiatives to promote good mental health.

For example, FHS empowers its students by offering multiple opportunities for them to share their opinions, with concerted effort on the areas surrounding mental health and wellbeing. An outcome of this being an all gender toilet in response to feedback from the school's Lesbian, Gay, Bisexual and Transgender (LGBTQ) group; this group also ran a training session for staff to educate them on how to address and deal with transgender students.

Staff are just as important to the FHS community with wellbeing featuring on every formal agenda. Staff surveys on wellbeing are regularly conducted; recent changes as a result of these including the review of the schedule for meetings and parents' evenings, reviewing the pattern of the school day and adjusting it in response to staff suggestions.

Janice Callow, Strategic Projects Lead at FHS comments: "The general wellbeing of our staff and students is of utmost priority, and we are over the moon that our efforts, which take place effortlessly on a daily basis, have been recognised in such a manner. We appreciate that every individual is unique with a variety of needs, which is why we put so many measures in place to accommodate these. We shall be displaying this badge with pride, and would like to thank the Healthy Schools team for all of its hard work and efforts."

Poem: Bristol – Our Home

Well done to Year 8 students from FHS Lou, Ettie, Oona and Tilda who wrote this stunning and thought-provoking poem entitled *Our Home*, which was picked as the winner in a recent in-class competition.

The students were studying culture poetry – the ideas surrounding culture and multiculturalism – and the various poems which represented this from around the world.

To sum up their learning, in groups, the students wrote some collaborative culture poetry. The poems are also a response to images about culture (busy markets, traditional dress, Bristol etc).

Oona comments: "Our task was to write a poem. We had one lesson, four pictures, four brains and we went for it! We all had some good ideas which we put together to create this poem. It also helped that we were able to choose who we could work with."

Ettie adds: "Bristol is such beautiful place to live, so we tried our best to capture that in this piece of writing. We started with a simple metaphor which developed and blossomed until we had our finished piece."



From L to R: Ettie, Oona, Tilda & Lou

Our Home

Shades of yellow go dancing by
Majestically standing, head held high
Scales flowing, traditions ignite
Culture is beautiful, traditions are light

The bubbling bustle of rainbow fruits,
Colourful cultures embracing their roots,
Glistening raindrops like tears from the sky,
This doesn't faze them, their lives will go by

Celebration of culture, family's unity,
The past is our values, and for our values we'll fight
Holiday habits, traditions fly high,
Just as the moon and stars in the sky

The houses are whispering, tree confer
The air buzzing with our city's purr
The rainbow of colours reminds us of home
Our city of joy with clouds of foam

Bristol, Our Home

Bump to Cradle

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At Bump to Cradle, we believe that antenatal classes should be relaxed and sociable but also truly informative – delivering evidence-based information and practical skills from highly trained and experienced experts. We offer a comprehensive course, superior to traditional antenatal classes, packed with up-to-date, balanced information.

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Learn from midwives, physiotherapists, maternal mental health specialists, obstetricians, paediatricians, feeding specialists and, of course, from each other as we guide you through the later stages of your pregnancy, birth and beyond.

Your pregnancy, labour and the first few months with your newborn can be an anxiety-inducing and challenging time, and we strive to ensure that you feel as prepared and as confident as can be. The course provides you with practical knowledge and

“ Bump to Cradle helped us feel so confident that we were making decisions that were right for us and our baby with all the information we needed; more than that, through it we’ve met a wonderful group of fellow parents-to-be who are going to be such a vital part of our support network.”

Ross



“Our Mission is to improve the quality of antenatal education so that you can learn from the experts, make friends for life and approach parenthood feeling calm, confident and informed.”

skills across a range of topics to help you stay in control during those first few weeks of caring for your new baby.

Postnatal reunion & Support pack

Every group will enjoy a postnatal reunion organised by us and every couple will receive the Bump to Cradle tote bag packed with freebies from our partner brands. You will also receive a copy of the Bump to Cradle handbook with notes and follow up information on all the sessions.

Nursery Advice & Beauty Indulgence Evening

In partnership with John Lewis Cribbs Causeway, we are also thrilled to be able to offer all our parents-to-be complimentary tickets for an evening event. The evening will be hosted by the highly experienced nursery team, with access to the full nursery department, so that you can try out all the buggies and equipment you may need without the usual Saturday crowds! There is also a pamper element for our mums-to-be with a chance for everyone to enjoy some free pamper treatments and leave with a goodie bag full of products from major cosmetic brands suitable for use in pregnancy and beyond.

Find out more about our complete antenatal offering and book your spot at bumptocradle.com

Got a question or an enquiry? Drop us a line or give us a call.

email: mim@bumptocradle.com

Local mums bring you Green Monkeys

Jo and Lizzie are two local Mums who have been friends since primary school, and initially pursued their own careers in the health and well-being sector. Since having children of their own, they have become concerned about the harmful chemicals often included in baby products. They wanted to give their kids the best products for their well-being but found little information out there to make it easy to make safe choices.

They have made it their mission to research the healthiest and most eco-conscious children's products for their own babies and share their findings with other time-pressed parents. With this in mind, Green Monkeys was born!

Following extensive research to understand the health and eco market for young children, Jo and Lizzie carefully select brands that provide the safest products for kids and their planet.

The current selection of brands includes *The Little Green Sheep*, *Jack N' Jill*, New Zealand's internationally acclaimed *Ecostore*, *Muddy Puddles*, *Bobux*, *koko kids*, *Sleepy Doe*, vegan and reef friendly *Badger suncream*, *Chilly's bottles* and



stylish wooden toy brand *Kids Concept*.

If you want to try and make ethical purchasing decisions for your little ones, to make that switch from plastic to bamboo, to choose healthy skincare products designed specifically for a baby's delicate system, then please take a look around their online shop.

Visit www.GreenMonkeys.co.uk. For their latest blogs, offers and information about the products available, follow them on social media:

 @Green.Monkeys  @greenmonkeysshop



Feast Day 2019

On Sunday 14 July the school and parish came together for our annual celebration of the Feast Day of our saint, St Bonaventure. Mass was held in the sunshine in the school playground by Fr Tom, where we were joined by all the children who had recently completed their First Holy Communion. This was followed by a BBQ, bouncy castle, bar, vegan food stall, face-painting, games and fantastic music by Funk City Band.



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Amitabha Kadampa Meditation Centre

Amitabha Kadampa Meditation Centre on Gloucester Road in Bishopston is dedicated to the study and teachings of Buddhist practices and meditation.

We offer drop-in lunchtime and evening classes throughout the week and some weekends. Everyone is welcome irrespective of their previous experience or beliefs. The classes are aimed at providing everyone with practical knowledge and methods to make their daily lives more peaceful, harmonious, meaningful and happy. We emphasise transforming our present daily activities into a spiritual path rather than making sudden changes to our life circumstances. In this way we practise and teach Buddhism suitable for the modern world.

We hope you can visit Amitabha KMC and enjoy the community, classes, World Peace Cafe and beautiful garden. Everyone can benefit greatly from a peaceful and balanced mind, good heart and a sense of community. **For more info:** meditationinbristol.org

South West Dharma Celebration of
Buddhism for the Modern World

Friday 7:30pm 15th November
to Sunday 17th November

a weekend of teachings and meditations

everybody welcome

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ALCHEMY 198

September Events

17th-30th 'Transformation' exhibition by Prodigal Arts
Artwork by prisoners & ex offenders on the theme of change

Thurs 5th	Old Malthouse Jazz Band	8-11pm
Weds 11th	Funny Women Comedy Open Mic	8-10pm
	Time of the Month Workshop, £5	6-7.30pm
Sat 14th	Ukelele Festival	2-11pm
	Live Music & workshops by local & London groups	
Mon 16th	Cajun Swamp Club, music & dance	8-11pm
Tues 17th	Flash Fiction Workshop & Open Mic	6-11pm
Fri 20th	Ruby 2 Shoes Swing Band	8-11pm
Tues 24th	Open Mic Semi Acoustic Night	8-11pm
Weds 25th	Jim Reynolds	8-11pm
	Blues, Ragtime & Ballads	
Thurs 26th	Trad Jazz with Andy Leggatt & friends	8-11pm
Fri 27th	Minor Setbacks, A Cappella (inc beatbox)	8-11pm
	Creative Club drop-in sessions £5 every Friday 10.30am-12.30pm	

Extinction Rebellion post meeting
Social every Tues from 9pm



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Rollquick News – They've been busy with expansion!

It's been five years since Dan upgraded from his garden shed location to his shop on Gloucester Road. This local and popular independent bike shop is going from strength to strength as it grows to meet the community interest in cycling.

Their recently extended shop space (which is currently having the finishing touches done), can now house at least 100 bikes! This means there is a much wider selection of bikes for sale. While of course they continue to offer their thoroughly useful maintenance and repair service (which now due to the extension offers a much quicker turnaround), Rollquick is also now hosting bike maintenance courses for either a half or full day – ensuring our bikes are shipshape for the road. Course vouchers are available too – we think they would make a handy gift to the cyclists in your life.

On their half-day programme you can expect to finish with the confidence to make those tweaks to your gears, brakes as well as repairing punctures

and other general maintenance; the full-day course goes into a little more depth with parts and replacements – things like cables and pads. But if your dread is simply getting a puncture, they also offer straight-up puncture repair workshops. For information on all Rollquick courses or to book, visit their website.

Especially exciting news is that Rollquick has become the first to offer bike hire in the area. Whether you are an aspiring Chris Froome or seeking nostalgia à la Julie Andrews cycling style, they have on site a fleet that includes hybrid bikes, road bikes and mountain bikes. So, pop down to the shop or call them and rent yourself a bike either for a lovely Sunday afternoon cycle ride for a few hours, or for a few days in the interim of having your bike repaired.

ROLLQUICK

220 Gloucester Road, BS7 8NZ
07784122595 • bristol@rollquick.co.uk

Shop Talk

Calling all independent businesses!
ShopTalk on community-focussed radio station BCfm 93.2 is on the lookout for the stars of the high streets, independent businesses who would be happy to take part on the show.

Local resident Anne-Louise Perez is a volunteer presenter on the Silver Sound Show; she explains, "the aim is for listeners to get to know their local traders more. Guests will be interviewed about themselves and their business and will get to choose their favourite tracks to be aired live. Think Desert Island Discs."

"The show has already attracted a lot of interest from businesses across Bristol but living so close to our fabulous Gloucester Road, it would be nice to have some local ones too!"

To find out more or to express an interest, please email Anne-Louise at yourstreetconsulting@gmail.com.



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Healthy Eating Tips

As we come out of summer and into the autumn months it's easy to fall into old habits by letting your

diet slip a little. Just because the summer sun isn't beating down on us anymore doesn't mean we can't maintain or achieve a healthy lifestyle. Bear these principles in mind when thinking about your health and fitness regimes; they really do go hand in hand.

Eat slowly and stop at 80% full – The communication between our gut and brain is slow. Eating slowly, chewing food properly with no distractions, enables us to become in better tune with our appetite signals.

Eat protein-rich foods with each meal – A portion size of protein is about the size of your hand (20–30g). Women should aim for one portion per meal and men two portions, e.g. meat, fish, eggs, tofu, dairy products, pulses, soya, Greek yogurt.

Eat veg with each meal – At least two servings of fruit and/or veg with each meal. Seven to ten servings a day is ideal but build up to this gradually.

For fat loss, eat the majority of your carbs after exercise – If your goal is to lose body fat, you have to earn your carbs. First, swap sugary drinks for water, then switch white processed carbs to unprocessed nutrient-dense foods such as wholegrain rice, pasta and bread.

Eat healthy fats daily – About 30% of our diet should come from fat – a thumb sized portion with each meal. A mixture of saturated, polyunsaturated and monounsaturated. Eggs, meat, fish, nuts, seeds, avocados are all good examples.

The 'how you should feel timeline'

- **0 hours** – Still a little hungry, remember it takes 15–20 mins to get a sense of satisfaction.
- **2 hours** – you may start to feel a little hunger – you could have a healthy snack.
- **3 hours** – you should start to feel like it's time for the next meal. Possibly higher if you exercised.
- **4 hours** – you are very hungry. The 'I would eat anything' feeling!

Horfield Leisure Centre team
Everyone Active

Let's work together and update the Diagnostic Radiography degree programme at the University of the West of England, Bristol



- ❖ Do you live in the city of Bristol?
- ❖ Have you ever had a 'health scan' or x-ray? If so, it is likely this scan was taken by a radiographer.

The University of the West of England, Bristol has been training radiographers for over twenty years.

- ❖ We would like your help in updating our radiography training course.
- ❖ We are using an on-line tool to create an opportunity for people to have their voices heard.

From the 09th September 2019 you can help shape our future by:

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- ❖ Rating other people's views

All ideas are anonymous.

To find further information please go to:
<https://crowdcurriculum.cleverttogether.com>

**This recruitment strategy has been agreed by the Swansea University Medical School and Faculty of Health and Applied Sciences at UWE, Bristol ethics committees*

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'Sense & Sensibility' in St Andrews Park



For various reasons over recent years (Glastonbury and then trying to get my young babies off to sleep!) I have not had the pleasure of experiencing theatre in the park first hand. Well this year I did – and what a treat!

Despite threats of rain, a cheerful crowd turned out, laden with delicious picnics to be shared with family and friends (oh and members of the cast!).

This year the Pantaloons delighted us with their interpretation of Jane Austen's *Sense & Sensibility*. For any one fearful this regency classic may be a bit stuffy, it was positively brought to life by this quartet of talented performers.

While telling the story many of us know so well and staying true to its sentiment, the cast took the opportunity to bring much humour to the classic tale. I particularly enjoyed the dashingness and excitement of, love rat – Willoughby, represented with sunglasses and leather jacket.

'Rain Danger' was also hilariously brought to our attention – in Austen's novels you really did risk fever or death by stepping out into a storm!

For those of us fond of Austen's other work, a smile was raised when characters horses were referred to as Emma and dogs Lizzie and Darcy!

Clever use of props, lightning-speed costumes



"It was great to have the Pantaloons back for this, their third performance in our wonderful park. Despite an unpromising forecast for the evening, we welcomed over 200 people, more than enough to make an enthusiastic crowd for yet another wacky, engaging and high energy interpretation of a literary classic. We are already are getting excited about their return in 2020!"

Organiser and member of The Friends of St Andrews Park, Paul Bullivant.

changes, wonderful musical interludes and excellent delivery of lines all enabled the audience to be thoroughly captivated by only four performers and transported into the heart of the tale.

The setting of our stunning park with age-old trees in their full glory only enhanced the experience – there was even some impromptu visits from some bemused dogs on their nightly walk!

What a joyous evening, sat in one of my favourite places watching great theatre with a mug of coffee (from the Tea Garden) in hand, listening to corks pop throughout the fabulous performance. Thank you to the Friends of St Andrews Park for organising and of course the Pantaloons. The good news is there is already a date set for next year! **So, mark Sunday 14 June 2020 in your diary to enjoy the Pantaloon's rendition of *Sherlock Holmes*.**

All images thanks to Paul Bullivant



Best in Show!



Ziggy with proud mum!



The ever-popular, annual Horfield Common Fun Dog Show took place this summer – and for Ziggy Perez it was his introduction to the world of doggie glamour – not that he seemed to notice as there were just so many dogs to meet and play with! Ziggy also took his own Anne-Louise, who was invited to represent event sponsors *Bishopston Matters* and judge the Best in Show!

With a good selection of categories and of course the Best in Show champion of champions, it would prove to be a great morning for our loyal friends. The event kicked off with Best Rescue, quite the international collection – with thankful dogs from Romania, Cambodia, Cyprus, England and Italy – but it was Romania that won the heart of the judge. We then saw Dora – a graceful and dignified greyhound – become the proud recipient of Best Veteran; and Best Junior Handlers, Ben, Sophie and Phoebe were over the moon their Peggy led them to victory. The Look Alike Their Owners group really did get you believing there is something to be said about dogs and their owners, and the winner Hercules – a sausage dog cross – had a running style that had clearly rubbed off on his owner as she trotted around the paddock in complete synchronicity with him. The big moment – Best in Show... it had to be the friendliest and the most humble little long-haired Jack Russell. And Ziggy, well not too shabby for his debut – 3rd in Best Pup!



No deal Brexit and the Pet Passport



31 October 2019 – Brexit! (possibly). The date is fast approaching and we still do not know what agreement we will have with the EU. As the date approaches a 'No deal' Brexit seems more likely. There are so

many implications but as a Government 'Official Veterinarian' (OV) my concern is professionally with the possible changes for the Pet Passport Scheme.

DEFRA is already issuing advice to pet owners to cover all eventualities and in particular the possibility of a 'No deal' Brexit. The advice currently to pet owners wishing to take their pet abroad either using an existing passport or needing a new passport is to think ahead and assume the worst 'just in case'.

So, what happens if we have No deal? After 31 October 2019, dogs, cats and ferrets would continue to be able to travel from the UK to the EU but the requirements for documents and health checks will differ depending on the 'listed' status of the UK post Brexit. Very possibly we will not know the listed status of UK until Brexit happens so it may be best to plan now for the 'worst case scenario' so our pets can continue to travel without interruption.

If the UK becomes an unlisted third country it will have major implications for pet travel. Instead of the almost instant issuing of a Pet Passport and travel to the EU 21 days later, we would now have to plan our trips to EU at least 4 months in advance.

The new rules for an unlisted UK will require pets to have a microchip and a rabies vaccine. A minimum of 30 days later to have a blood test to prove that the vaccine has been effective. Provided the pet passes the rabies blood test, he then has to wait a further 3 months from the date of the blood test before being allowed to travel to the EU. All in all, taking 4 months. In addition, a health certificate will be needed for each trip to EU to be issued by an OV within 10 days of the date of travel.

If your pet has already had a rabies vaccine it may be recommended to repeat the vaccine before a rabies blood test is taken as the peak levels are reached to pass the test soon after 30 days post vaccination. If your pet's vaccine was given even only a few months previously then the likelihood of failing the blood test is high.

No one knows what the final situation will be but the current advice is for owners wishing to travel their pet to the EU to keep an eye on the Government website for up-to-date information. If you are already certain that you will be wanting to travel your pet after 31 October 2019 it may be sensible to start the four-month process now regarding vaccination and blood test so you won't be caught out.



Both Holly Rowe and I, Nicky Bromhall, are Government OVs; if you have any questions do please call us at Animal Health Centre and also keep watching the Government website <https://www.gov.uk/guidance/pet-travel-to-europe-after-brexit>, as well as a help page from the Royal College of Veterinary Surgeons <https://animalowners.rcvs.org.uk/help-and-advice/pet-travel> for further information.

Nicky Bromhall MRCVS
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New Hedgehog food – Brambles have brought out a new range of crunchy hedgehog food for our spiky friends. It is important to still feed these lovely animals throughout the summer as they will be looking after babies and need to make a certain weight before being able to hibernate.

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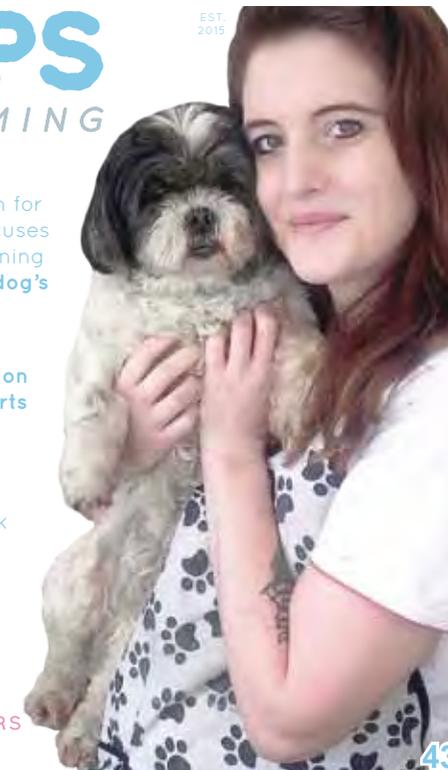
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News from the Friends of Horfield Common

Join the Friends of Horfield Common (FoHC)

– Following completion of a range of long-term projects (woo-hoo! well done, all!), several members of FoHC's existing committee will be standing down at the end of 2019. For FoHC to continue to represent park users, and to continue our work to enhance the park for the benefit of all, the FoHC are now seeking to recruit new members to its volunteer committee, including:

- Secretary (to manage emails and organise meetings/bookings etc)
- Treasurer (to manage the group's finances, ensuring accurate records are kept and presented to meetings and that payments are made in accordance with agreed procedures)
- General Committee member (Events Lead)
- General Committee member (Local Community Engagement/Partnerships)
- General Committee member (Social Media Lead)
- General Committee member (Bristol Parks Forum Lead)
- General Committee member (Wildlife & Practical Work Parties)

FoHC would like to recruit up to ten new committee members who can help to take the organisation forward, bring new ideas and energy to the committee and support the ongoing development of FoHC's work which currently includes the below priorities:

- Horfield Common Wildlife Plan
- Community Events Programme
- Liaison with Bristol City Council Parks & Bristol Parks Forum
- Fundraising
- Activities for young people on Horfield Common
- Community Engagement

If you are interested in getting more involved with FoHC's work, and have time to commit to volunteering in your local community – this could be for you!

If you would like to talk to current volunteers about what volunteering for FoHC might involve, existing FoHC committee members will be available on **Saturday 7 September 2019, 1–3pm at the Café on the Common**, at the Ardagh, as part of **Ardagh Community Trust's Open Day event**. FoHC aim to have a new committee in post by the end of December 2019 when several of our existing committee members are moving out of the area and/or on to new challenges! Do get in touch if you are interested in getting involved.

Junior Parkrun – Planning for Junior Parkrun is continuing. We are delighted to have reached our target for the Parkrun kit – thank you to everyone who has supported this fundraiser so far; we now need to raise the funding for a defibrillator and we will be ready to get started! Junior Parkrun needs a team of volunteers to ensure that the event is delivered weekly – if you would like to join the group planning for this and get involved as a volunteer, please get in touch and/or come and see us at the event on 7 September at the Café on the Common.

As always – please do keep in touch

via www.friendsofhorfieldcommon.com, follow us on **Twitter @FOHC_Bristol** or join us on **Facebook 'Friends of Horfield Common'**.



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News from Glos Rd Central

We hope you have had a lovely summer and are looking forward to settling back into the daily routine in and around Gloucester Road.

As the children go back to school (don't forget their new shoes from Oddsox!) many of us are looking to learn skills, get creative or just meet new people. Alchemy 198 offers a variety of clubs, workshops and events to help you out. The popular **Creative Club** is a £5 drop-in session on Friday mornings, 10.30–12.30, led by local art teacher Debby Bird, who always has something in her bag to get you started if you don't already have a project to bring along. A new group, Craftisan, is starting on Wednesdays, to welcome knitters and crafters.

For those of you who would like to share your short story writing skills there will be monthly **Flash Fiction events starting on 17 September**, led by Flash in Hand who will offer workshops followed by open mic readings. The Bristol Songwriters Group will run meetings on the third Tuesday of the month for those looking for support and advice. The Bristol Acapella group the Minor Setbacks use Alchemy for their Sunday rehearsals. They will be performing their songs on Friday 27 September and all are welcome to watch and maybe join this fun-loving group.

Funny Women is a national organisation to help women find their voice through performing, writing and using humour in business and everyday life. Local comedian Louise Leigh has been running the Bristol branch at Alchemy since January, with great success. These will start again at Alchemy from 11 September and continue on the second Wednesday of the month. Come along to the workshops to improve your skills then perform or just join the audience for a laugh from 8pm.

The first ever Bristol Ukelele Festival takes place on Saturday 14 September. Bristol ukelele groups, including Bishopston's BUG, will be joined by well-known ukelele groups from London to perform live music and offer workshops during the day and evening. This will be an immensely enjoyable light-hearted event, organised by Uke Lift Project. For more information go to www.ukelifft.com.

Alchemy is hosting an exhibition entitled **'Transformation'**, put together by Prodigal Arts, a charity that provides opportunities for talented prisoners and ex-offenders to produce and sell artwork created in their own voluntary time as part of their ongoing rehabilitation. Using different media and styles the artists were challenged to depict



transformation and what change might look like when they are released. Artwork is produced for sale directly to the public and so you are invited to visit the exhibition when Alchemy is open from 5pm Tuesdays to Fridays and from 2pm on Saturdays. There will be examples of the artwork at Room 212 as well. Part of each sale goes to the artist available on release, and part to Prodigal Arts to continue the project. The aim of Bristol-based Prodigal Arts is to help people in prison and post-release 'unlock' their creative potential, 'setting free' a positive sense of individual achievement and self-worth which aims to contribute to reducing the chances of re-offending. The exhibition will run from **16–30 September**.

Various venues on our section of Gloucester Road will play host to artists on the **North Bristol Art Trail** at the end of November so put **Nov 23–24** in your diaries. This much-loved art trail has been going for 15 years and showcases artwork by established artists in our area as well as those dipping their toes in the water for the first time. Artists show their work in public spaces such as St Michaels and Horfield Baptist Church Halls as well as their own homes and workshops. www.northbristolartists.org.uk

As we become aware of the impact of climate change, traders on our high street are doing their bit. Giles Butchers are offering to refill your containers rather than give out plastic bags and Joe's Bakery have



switched to paper wherever possible and of course Preserve are already 'zero waste'. Room 212 is known for its beautiful window displays reflecting the season or Bristol Festivals but now they are becoming more thought provoking. July's theme was Sea Levels are Rising, August was Protect our Skies and now September will be Back To Our Roots with



our sights set on future solutions. Room 212 offers space outside on the wide pavement for groups to talk to passers-by about important environmental issues. This is also true at Alchemy 198 which offers space for fundraising events, meetings and talks. Owner of both businesses, Sarah Thorp, knows that our community is generally switched on to the effects of climate change and wants to learn more about how we can act. She says, "I have successful businesses on Gloucester Road but I don't want to run them for profit alone. We have moved into a time when community, sharing and acting together for the future of our children and our planet is paramount".

This doesn't mean life has to be taken too seriously all the time. Alchemy 198 will be hosting various live music and comedy events during September (see page 36).

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Transformation
Prodigal Arts Exhibition

16th - 30th September 2019
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Alchemy 198, Gloucester Road (Cafe, Bar, Gallery)

An exhibition featuring high quality artwork for sale, produced by prisoners and ex-offenders from HMP Leyhill Prison.

The artists were challenged to depict transformation and what change looks like when they are released. Artist Davey

"Knowing that someone wants to buy my artwork has had a profound affect on my self esteem and has given me a new purpose when I'm released..."

www.prodigalarts.org www.alchemy198.co.uk

Artwork displayed at the exhibition is available for sale. Prodigal Arts CIO is a charity registered in England and Wales Charity Number 1169287



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Whilst out working or relaxing in our gardens we all appreciate and enjoy watching insects busying about, the joy of bird song, and small mammals scurrying away from sight. Encouraging wildlife into your garden is not only good for them, but it's also good for us.

Over the last fifty years we have lost 97% of Britain's meadows, which decreases biodiversity. Leave a little part of your garden untouched and allow wild flowers to sneak in, or sow a native wildflower seed mixture. Wildflowers will attract a multitude of wildlife that could not thrive in other habitats. Perennial wildflowers prefer poor soil, as grasses compete with them less. If your soil is quite rich, remove the top layer of soil prior to sowing seed. The autumn is the best time to sow a wild flower meadow, so prepare your site now.

Dry stone walls provide a varied and valuable habitat for creepy crawlies, birds and small mammals, as well as mosses, lichens and a variety of plants. Dry stone walling is a tradition dating back hundreds of years, but if you don't live in the countryside or have a large garden, you could still create your own miniature dry stone wall in your garden. You could use old pieces of slate and paving, rocks, pebbles and bits of old tile. Stack them creatively; horizontally on top of each other, slanted diagonally on their side, or even vertically. Create patterns and use different sized stone to encourage gaps and holes that creatures can inhabit. A small dry stone wall could be a little rockery in your garden, and depending on space and aspect, it will thrive in either shade or full sun.

Leave rose hips and spent, dried flower heads during the winter as nourishment for wildlife, and



allow seeds and berries to form, rather than cutting everything back during the course of the year.

Encouraging beneficial predators into your garden can help with pest control, without the use of chemicals. Hedgehogs, newts, toads and some birds like to eat slugs and snails, ladybirds and green lacewings eat aphids, and ground beetles, damsel bugs and braconid wasps prey on caterpillars.

A pond in a garden is an absolute winner for wildlife. Water offers an essential drinking and bathing place for birds and mammals, and by growing a range of plants around the edge of the pond, they will draw in an even greater diversity of wildlife. And a pond doesn't have to be large, you could use a halved wooden wine barrel (as shown above), a wide shallow bowl, old metal planters, or perhaps offer a bird bath or water feature if a pond isn't possible.

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Bristol U3A

Are you interested in learning more about Charles Dickens, or charities in Bolivia, or vintage maps of Bristol or even the Brigstowe Village band? These are just some of the topics spoken about at the U3A monthly meetings.

The U3A, University of the Third Age, is a national and international charity promoting life-long learning, for those who are no longer in full-time employment, in a relaxed environment. There are no exams, no qualifications and no limit on how much or how little you can participate.

Every month there is a speaker and the above list is those who will address the U3A members between now and Christmas.

The monthly meetings generally take place on the third Tuesday of the month in the mornings at Broadmead Baptist Church, Union Street, Bristol. Tea and coffee are served and there is an opportunity for members to have a chat before the speaker begins.

In addition to the monthly meetings, there are over 150 special interest groups within the Bristol U3A. These meet at various venues all across Bristol. There is bound to be a group which covers your own particular interest. For more information please have a look at the website: www.u3asites.org.uk/bristol or email: judyeparker@hotmail.com.

Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

Coffee & Board Games

Thursday 5 September, 10.30am. £1 p/p

Light Lunches

Thursday 12 September, 12 noon – 1.30pm

Friends Ageing Better Local Catch ups!

Catch Up Café on the Common every Tuesday

Join FAB for a warm cuppa and a friendly chat at the Café on the Common at the Ardagh every Tuesday 10.30am to 12 noon (with a free Tai Chi session from 10am for the early risers!).

The Café on the Common is located at The Ardagh, Off Kellaway Avenue, BS6 7YL.

Boston Tea Party, every second Tuesday of the month, 2–4pm

BTP, 293 Gloucester Road, Bishopston BS7 8PE.

These Catch Up Café are run by Friends Ageing Better (Age UK Bristol), a community of people aged 50+ who come together once a week and share what is happening locally.

Our sessions are lively and fun, and you get to find out about other things happening in the area and sign up for freebies and discounts in local shops. We will be there to meet you and have a couple of tables reserved, come and say hello!

If you need transportation to attend, please let us know and we can arrange this for you free of charge. For more info please contact Silvia or Clare on 0117 440 4301 or email fab@ageukbristol.org.uk.



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Exciting news for the street: Thanks to a collaboration between the former Gloucester Road Business Improvement District, local business owner (former levy payer) Juliana Hounsfeld of the Family Practice and the Applegreen Petrol station, Gloucester Road has its first defibrillator – making this much-loved high street an even safer place to visit. It's located at Applegreen petrol station on Gloucester Road on the side of their building. The portable device known as a Public Access Defibrillator has a great advantage in that it can be used by members of the public who have no prior medical training. Full instructions are voice delivered – or you might receive instructions from the emergency call handler.

New Life-Saving Defibrillator on Glos Rd

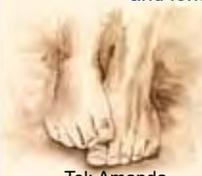
Exciting news for the street: Thanks to a collaboration between the former Gloucester Road Business Improvement District, local business owner (former levy payer) Juliana Hounsfeld of the Family Practice and the Applegreen Petrol station, Gloucester Road has its first defibrillator – making this much-loved high street an even safer place to visit. It's located at Applegreen petrol station on Gloucester Road on the side of their building.

"If this life-saving equipment makes a difference to just one family, then it is worth it. As one of the last projects to be funded by the local BID traders, we feel we are leaving the community with another positive legacy evidenced by the huge supportive public reaction." Anne-Louise Perez
In the event of a suspected cardiac, arrest call 999 and a code will be given to unlock the portable device.

This project was funded by the Gloucester Road Business Improvement District earlier this spring before the end of its 5-year term.
Images thanks to Anne-Louise Perez.

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Good news from the Friends of St Andrews Park

The Friends of St Andrews Park is very pleased to announce that, after last year's survey of views about redeveloping the play area, we were successful in securing grants totalling £52,500 from the Ibstock Enover Trust and the Government's Pocket Parks Plus Fund, including some matched funding. These will cover the cost of installing a new multi-play unit to replace the younger children's play structure, which, while popular, is coming to the end of its life. There will also be some additional sensory play panels with safety surface added to the children's play area.

The council is processing these grants currently and we anticipate that the work will be undertaken from mid-September. This means that section of the play



area will be fenced off for a few weeks to enable the work to be undertaken safely.

The next stage is to raise funds for a new and more varied structure for the 6 to 12 age group to replace the wood and rope unit at the top of the playground. To help with this we have recently undertaken a survey of the areas from which people visit the park. While naturally a majority come from nearby neighbourhoods, the survey has borne out our impression that the park is also popular with people from across North, Central and East Bristol, which means it acts as a 'destination park'.

www.friendsofstandrewspark.com



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Would you have a winning Strategy?

Teams of Guides from the 93rd and 1st Bristol Guide units joined 2,000 other Guides and Scouts at Strategy Camp in June. In its fifth year, Strategy is a multi-activity

challenge hike consisting of three hubs of ten bases – each of varying difficulty and complexity – set around a 3,000-acre site on Earl Bathurst's estate, Cirencester Park.

Each challenge was worth a different number of points and teams had to plan their own route and decide which challenges to visit in the allotted time, to score the most points. Base challenges ranged from pioneering to supermarket sweep, rock-climbing to paper bridges, and problem-solving to rifle shooting! They could be anything which tested physical stamina, mental prowess and/or Guiding and Scouting skills. As well as the main challenge, there was a host of entertainment and activities to do during the rest of the weekend.

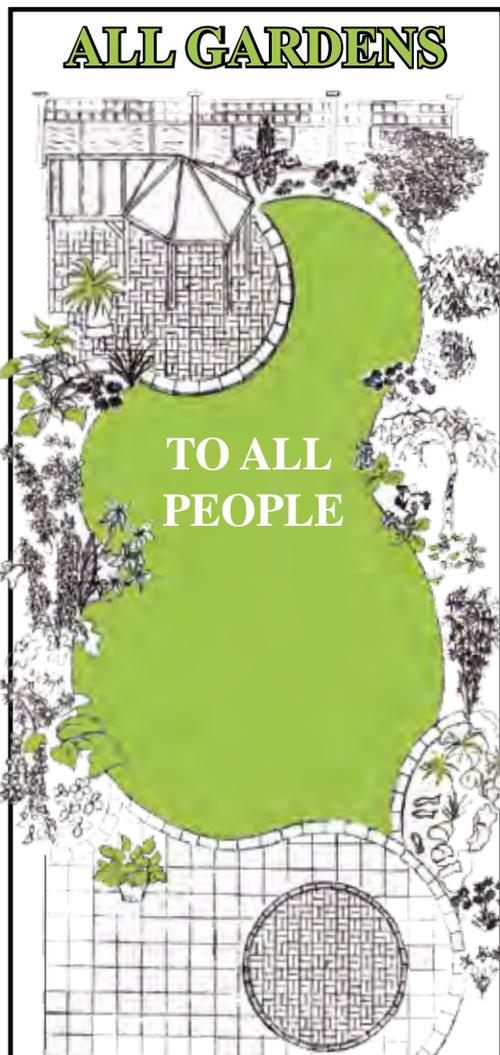
All of the Guide teams did really well with one team excelling. Team Optima won Hub C and when all the results were put together came second overall, narrowly behind the winning team, having covered 24 out of the 30 bases. Well done Team Optima!

Both units are part of Bristol Northwest Division which has many units for Rainbows, Brownies, Guides and Rangers. If you are interested in your daughter joining, take a look at our Division Facebook page. If, however, you are over 18 and thinking, 'that sounds like fun', or 'I used to love doing that sort of thing', we always have room for more volunteers to join our leadership teams to make Guiding happen. Full training is given so don't worry if you have not done this sort of thing before. An enhanced DBS check (which is organised by the Division) is all that is required to volunteer. In both instances, take a look at the Girlguiding website to register your interest or send an email to our Division commissioner to find out more.

northwestdivision@girlguidingbsg.org.uk

www.girlguiding.org.uk/

www.facebook.com/GGBristolINW/



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Samba fever at Brunel Field!

What a great way to start the day, watching a live performance of Samba music by the enthusiastic Year 5, Brunel Field pupils, at the end of last term.

You know you are going to have fun when you are warned at the start, "this is going to be loud!"

Pupils had been working with a Samba musician for ten weeks in the build up to this performance and the hard-work everyone had put in was apparent.

We learnt how although a Brazilian music genre, Samba has its roots in Africa, represented with the continual drum rhythm. The young musicians, adorned in their fabulous, flamboyant head dresses showed great concentration as they played nonstop for fifteen minutes.

Over sixty pupils took part, split over two performances. There was so much joy in the room; the infectious beats had everyone tapping their feet and soaking up the carnival atmosphere. The celebratory music united all those who took part, playing instruments, dancing and grinning from ear to ear.

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What's on at Bishopston Library



At our last event before the summer, Maureen Armstrong talked about *Bombweed*, the title based on the local name for rosebay willow herb, which grew on the bombsites of London. The story was first written in 1947 by Maureen's mother Margaret as a fictionalised memoir of her life during the war, running to over 700 pages and never published. In 2014, Maureen and her sister Gillian Fernandez Morton took on the task of reworking the manuscript, with Gill focusing on the story while Maureen edited lengthy pieces of description and dialogue. Over a four-year period, their challenge was to maintain a sense of the 1940s while producing a readable, 312-page book for today's audience.

The story is entertaining and poignant, charting the tough practicalities of women's lives, their friendships and their different responses to loss and sorrow. Published 71 years after it was first written, it brings their wartime experiences to life and will resonate with many readers from personal or family histories.

We are now planning our autumn events. The first of these is a new venture, a **Community Fair**, being held on the first floor of the library on **Saturday 21 September, 1.00–3.30pm**. Come along to find out more about various community groups and organisations in the area, with a mix of stalls, activities, refreshments and music, there is sure to be something of interest.

If you are involved with a local voluntary organisation and would like to exhibit, please contact community.fair@bishopstonlibrary.org.uk and we will send further information and a booking form. There is no charge either to exhibit or to attend.

Libraries in the digital world is the theme of Libraries Week, running on **7–12 October**. Technology plays an increasingly important part in all our lives, but we need to have confidence to use it effectively. Libraries already make extensive use of technology, and during the week we will be finding fun ways to make it more available for everyone, and show you just what is available online. We will be running a 'digital café' on Thursday 10 October, serving hot and cold drinks and cakes.

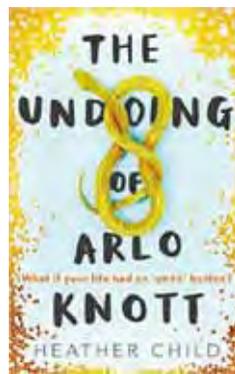
Our AGM on Wednesday 23 October features local author Heather Child, who will talk about

her debut, *Everything About You* and her latest novel *The Undoing of Arlo Knott*. Arlo develops the mysterious ability to reverse his last action. It makes him able to experience anything, to charm any woman and impress any friend; a life free of mistakes, a life without regret. But are second chances all they're cracked up to be? Come along and find out.

Our brief AGM will include a report on our activities to date and how we have spent money to support and enhance the library. **We will also be electing the Friends of Bishopston Library committee**, and are always keen to recruit new members if you have some time to spare.

You can join the Friends, find out about events and support the library at [facebook.com/bishopstonlibrary](https://www.facebook.com/bishopstonlibrary), at bishopstonlibrary.org.uk or contact us at friends@bishopstonlibrary.org.uk.

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



The Bartholomites need you



We are a pantomime group based at St Bartholomew's Church Hall, St Andrews.

Rehearsals for our 2020 show will begin in September for adults and October for children.

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Local History Matters – Disappearing Architecture

BHA local history research – text/photos Andy Buchan ©.

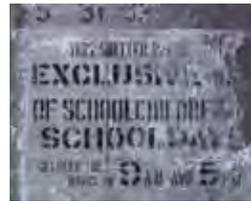
This month's article is about the rapidly changing face of architecture in north Bristol; it is not about wanting to save everything, but to at least record what was there before it is lost.

Often buildings must be repaired because of decay or damage, and to repair or replace in the original style and to the original standard can be very expensive. Change may also be needed when a building changes its use, may be from commercial to domestic. Original parts of buildings may be able to tell us much about the history of a building or perhaps a street – when it was built, the type of housing it was and perhaps the class of people it was originally built for.

Roads with Victorian and Edwardian terraces, where every house would have looked almost identical, through to similar 20th century council housing, have now had modern individuality stamped on each house, but where examples exist, they should be recorded before it is too late. In times gone by, particularly in the first part of the 20th century, photographers would often photograph streets and houses, and these photographs can tell us a lot about when houses were built, and the people who lived in different streets.

Everyone talks about the rapidly changing face of the 'high street', but it is not only the businesses themselves that are changing, the buildings themselves are changing and in some cases are going from commercial to residential, often without any record.

Featured on this page are examples of disappearing architecture and other changes.



This air raid sign on Ashley Down School, (photographed about 10 years ago) is almost unreadable today.



Gloucestershire brings Street Art to the County Ground



Gloucestershire Cricket has undergone a major revamp of the Bristol County Ground. Featuring bespoke street art designs and installations, new signage and painting works.

Spectators passing through the Grace Gates at the Nevil Road entrance to the ground will be able to view the creations of Silent Hobo, the street artist who has worked with the Club to bring images of cricket and the city of Bristol to life on six of its large walls. In addition, a giant yellow cricket ball, featuring the Club crest, is depicted bursting out of the main entrance wall to provide a 3D element to these artworks.

The extensive project was born out of the desire to better reflect the Club's brand and colours – yellow and black – around the ground and be in-keeping with its city and community.

Will Brown, Chief Executive of Gloucestershire Cricket, explained why the Club commissioned numerous street art works:

"It is important to us at Gloucestershire Cricket to reflect our place in the city and community; Bristol is one of the most internationally renowned street art cities and the Gloucester Road area itself is a haven of colourful street art, reflecting its creative neighbourhood. The designs used on our walls – which celebrate our city and that cricket is a game for all ages, genders and races – is something that will help to bring our ground to life, help to attract a new audience to the game and our venue, and ensure that the Bristol County Ground is more easily identifiable to visitors and spectators, be they in the venue or watching on television."

Spectators can book tickets to matches at the Bristol County Ground online through www.gloscricket.co.uk or by calling 0117 910 8000.



Please share your memories of St Andrews Park to mark its 125th celebrations!

Next year will be this special park's 125th anniversary of opening. The Friend's of St Andrews Park have some commemorative activities planned.

The Friends are asking if you can share some of your memories of this wonderful community, green space with them please?

It could be childhood memories or taking your children or grandchildren to the park. Please do include a photo or two if you can as well.

The memories will be displayed at an Anniversary day at the park on 3 May 2020.

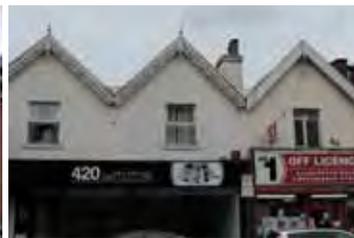
Please email: jennybroe2008@yahoo.co.uk or post or your memories to

Jenny Broe, 2 Gleneagles Drive, Henbury, Bristol, BS10 7PS.

Thank you.



↑ The advert for Horfield's steam bakery in Downend Road has faded significantly over recent years.



↑ The buildings on the left have original 19th century decorated and pierced bargeboards, while the building on the right has a plain modern replacement.



↑ A beautifully maintained Edwardian house, with all its original decoration.



↑ This shop is in a rank on the lower part of the Gloucester Road, and this is the only building with its original 19th century windows and glazing, contrast with the building on the right.



↑ An example of a shop being converted to a residential dwelling in Downend Road.

→ A beautifully preserved late Victorian doorway on a house that has maintained many of the original features.



These are just a few examples of disappearing architectural details on buildings in our area; some might be maintained, others are not iconic enough to be conserved/preserved but should be recorded.

Roads where original Victorian and Edwardian terraces, where every house would have looked almost identical, through to similar 20th century council housing, have now had modern individuality stamped on each house, but where examples exist, they should be recorded before it is too late.

Similarly, other architectural details, commercial signage etc. should be recorded, where they cannot be saved.

News from our Bishopston & Redland Councillors

Bishopston ward news

Ashley Down Station – The council has recently reaffirmed its commitment to delivering a new rail station at Ashley Down. The station will be at the site of the former station at the bottom of Station Road, adjacent to the Concorde Way cycle route. We're very excited to see the plan come to fruition in the coming years, as it will have a transformative impact for residents in both our ward and across Muller Road in Lockleaze, where hundreds of new homes and a new secondary are being built in the near future. The station should also alleviate some of the pressure on local streets during cricket and football match days. Later in the year, a consultation will take place on the public access arrangements for the new station. Watch this space as we'll inform residents when we know more!

Bishopston Medical Practice – We were disappointed to learn that the Bishopston Medical Practice, on Nevil Road, will be closing down. The NHS Clinical Commissioning Group (CCG) have reviewed options for the future of the practice and decided that closing it down and dispersing the patients to nearby surgeries was the best option. We disagree – having a local surgery to serve the community in that area is very important and it will be sorely missed. Patients should have received a letter recommending a practice to move to. The CCG have identified five surgeries nearby that between them have the capacity to take all patients from Bishopston. If anyone comes across any issues with the move then please let us know.

Horfield Common – the Ardagh – We are delighted to learn that the Ardagh Community Trust has been granted a community asset transfer (CAT) for the Ardagh building on Horfield Common. The CAT covers the part of the building not used by the Bowls Club, and also includes the tennis courts (but not the Bowling Green or car park). The Trust has ambitious plans for the future of the Ardagh and Horfield Common, including redevelopment of, and an extension to, the pavilion. We'd like to use this opportunity to congratulate the Trust on gaining the CAT, thank them for their hard work so far and wish them all the best for the future! You can find out more about the Trust at: www.theardagh.com.

Polling places review – The council is undertaking a review of the suitability and accessibility of polling stations within the city in order to improve election voting arrangements

for all residents. The proposals will see some administrative changes in our ward, but the polling stations everyone votes at will remain the same. You can review and respond to the consultation at: <https://bit.ly/32ksjP5>.

Please let us know if you have any comments or questions.

Tom Brook, Labour Party
Cllr.Tom.Brook@bristol.gov.uk

Eleanor Combley, Green Party
Cllr.Eleanor.Combley@bristol.gov.uk

Redland ward news

Funds staying in fossil fuels – Many local people have or will have their pensions provided by Avon Pension Fund – the local authority pension provider for the councils in the west of England. With increasing concerns that investment in fossil fuels will become stranded (losing their value as coal and oil will be left in the ground) the governor of the Bank of England has warned funds to consider moving the money for long-term benefits (income) to continue. Martin presented a motion to the city council in July calling for it to press for funds to be divested (moved) and diversified into sustainable energy opportunities in line with the climate emergency motions approved by the councils in the region. Unfortunately, the Labour group voted with the Conservative group to block this, saying funds needed to stay in fossil fuel companies and that dialogue with the companies was best. The London Labour Mayor has advised all the boroughs in London to move their pension funds out of fossil fuels.

There's a petition for fund members and everyone in the region to call for divestment – see: <https://you.38degrees.org.uk/petitions/petition-for-avon-pension-fund-to-end-investment-in-fossil-fuels>.

Mixed news on speeding cars – Some free-hand painted 20mph roundels have mysteriously appeared on several Redland roads as local people despair at poor enforcement. The council has agreed to put up some more signage but there are concerns that drivers continue to drive irresponsibly close to schools and where children play. New official 20mph Roundels have however now been painted on the steep roads: Berkeley Rd, Egerton Rd and Somerville Rd – but we know people really want other physical road safety initiatives to calm speeding traffic.

Martin and Fi are continuing to press for money to help solve transport problems. Currently we are told that any improvements have to be paid for out of CIL funding, which developers have to pay. Unfortunately (or not, depending on your viewpoint), there is very little development in our area and therefore very little money. We don't think that this is fair! Martin has also pressed the mayor for some transparency on how officers agree to back road safety schemes so that residents know on what basis crossings or sites are rated for safety measures to be prioritised (i.e. the formula about injury accidents).

Special educational needs – We are being contacted by a worrying number of parents who feel that they are not being supported adequately by the council regarding children with additional needs (known as SEND). We know that Bristol lags way down the league tables for the amount of time it takes to assess children, but suspect that problems may be more widespread than we think. If you need some help, or even if you would like to tell us about any good service you have had from the council then please get in touch.

Refuse – These problems are dragging on with further reports of missed collections. We are trying to get some useful information out of Bristol Waste Company to clarify whether our anecdotal evidence that collections are worsening is true or not but still no hard data. We'll keep you posted. We do hear however that around 50% of the new fleet have been rolled out, so hopefully things will improve.

Parking – We understand that in the autumn there may be some form of official council consultation on parking issues in our neighbourhood. We have little idea what form it will take yet (maybe a post card), but are hoping that it will be meaningful and lead to some long-term solutions. We've asked to be involved so that local people can have useful input

Please do get in touch

Fi Hance, Green Party
Cllr.fi.hance@bristol.gov.uk

Martin Fodor, Green Party
Cllr.martin.fodor@bristol.gov.uk
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Community Noticeboard

For free listings contact
kerry@bishopstonmatters.co.uk
For the online 'What's on' diary
of events visit
bishopstonmatters.co.uk

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

September 17 – Talk by Steve Stacey, the son of a GI
who married a Bristol Girl and went to Australia.

15 October – Chris Bigg. Broadmead and
Beyond.

bishopstonhistorysociety.wordpress.com



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Circle Dance Evenings

At The Old Library on the last Tuesday evening of
the month led by Susannah Temple

24 September, 7:30–9:30pm

**First tinge of Autumn! Come and see which
dances we'll do this time!**

As always, enjoy music from different countries.
Beginners are welcome and you don't need to have
a partner. Great variety of dances, from peaceful to
lively. Join in as much or as little as you want.

Susannah teaches as we go along, so you can pick
it up gradually. Wear soft shoes or bare feet – floor is
carpeted. Light refreshments provided Five pounds
or so donation for The Old Library gratefully received
Welcome to all!

Warm, informal community dance evenings for all
abilities Helping to raise funds for The Old Library.

For more details, get in touch with Susannah:
0117 979 1519 susannah@temple.com
Information also at

www.theoldlibrary.org.uk

Act of Faith presents DARK and LIGHT

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SEPTEMBER

2-4 p.m.

You are invited to an afternoon of
light-hearted and more serious musical
performances by local sing-writing
collective Act of Faith – our name comes
from Bono saying 'Song-writing is an Act
of Faith'. Come prepared to laugh and cry!

Tickets £4.40 in advance from www.wegotickets.com
£5.00 on the door – if
any left!

When it
is dark
enough,
you can
see the stars...



'In Accord' choir warmly invites sightreading
singers (alto, tenor and bass) to join us.

Our growing repertoire includes early (Renaissance
and Baroque) and twentieth century classical music
reaching across Europe to the Caucasus and the
Americas – recently for 'A date with Leonardo'
for the 500th anniversary exhibition at the City
Museum and Gallery ([https://soundcloud.com/
user142347467/sets/a-date-with-leonardo](https://soundcloud.com/user142347467/sets/a-date-with-leonardo)) and at a
'Celebrating European Cultures' event at Redland
Quaker Meeting House. We are planning gigs
in churches, theatres, gardens, and new spaces
waiting for the music to happen. Almost anything is
possible.

Please contact Tom Allport (tom.allport@bristol.ac.uk)
with brief details of your musical experience,
and we will invite you to join us for 2–3 rehearsals to
'try out' together. We meet on Thursdays 8–10pm, in
Redland, Bishopston or St Andrews.

www.facebook.com/inaccordbristol/



Do you have questions
about life?

Horfield Baptist Church
invite you to their next
Alpha course. Alpha is
a way to explore the
Christian faith in a relaxed,
welcoming and non-
judgemental environment. Each week the group
will share a cooked meal, watch a short video, and
then discuss any issues or questions you have.
Whether you've ever been to church before or not,
Alpha could be for you. The course is completely
free and will run on Thursday nights from 5
September, 6:30–8:30pm at Horfield Baptist
Church, Gloucester Road, BS7 8NY. For more info
email: office@horfieldbaptist.net.

October 5 Come and
December 7 share
 the fun with
 us!

More details from the church office
office@horfieldbaptist.net
0117 924 3608

Come and join us at Sprogs...
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Please share your memories of St Andrews Park to mark its 125th celebrations!

Next year will be this special
park's 125th anniversary of
opening. The Friends of St
Andrews Park have some
commemorative activities
planned.

The Friends are asking if
you can share some of your
memories of this wonderful
community, green space with
them please?

It could be childhood memories
or taking your children or
grandchildren to the park.
Please do include a photo or two
if you can as well.

The memories will be
displayed at an Anniversary
day at the park on 3 May 2020.

Please email: [jennybroe2008@
yahoo.co.uk](mailto:jennybroe2008@yahoo.co.uk) or post or your
memories to Jenny Broe, 2
Gleneagles Drive, Henbury,
Bristol, BS10 7PS.

Thank you.



Community News/Events...

Lockleaze & Horfield Strollers, now part of The North Bristol Walking Group – www.walkingforhealth.org.uk/walkfinder/north-bristol-walking-for-health. Contacts for further info are jlgowin@btinternet.com / joanaharvey@gmail.com.

3 September, Staple Hill to Royate Hill – Meet at Horfield Leisure Centre at 10.00am (Bus 17). A chance to enjoy another section of the leafy Bristol to Bath Cycle Path. Leader: Sheila.

17 September, Almondsbury Village to Knowle Farm – Meet at Horfield Leisure Centre 9.15am (Bus T2). There are some great views across the Severn Valley on this walk. Leader; Sheila.



Ladies – come and join our friendly choir! Henleaze Ladies' Choir, conducted by Jane English; sing a wide range of music from Brahms to songs

from shows like 'Cabaret'. They meet on Thursday afternoons from 1.45–3.45pm at St Peter's Church Hall, Henleaze and re-start after their summer break on 12 September 2019. Go along and see what you're missing – singing in a choir has big health benefits and is a lot more fun than working out! Contact Jean on 0117 9624466 or Jane on 07752 332278 for further details.

Keep fit with dance moves – at Horfield Baptist Church, 279 Gloucester Rd/Brynland Ave, BS7 8NY, Tuesday mornings, 10.15–11.15am. Improve your mobility and general well-being, have fun, challenge yourself and feel more confident, keeping fit to music. The class also includes some body conditioning including seated exercise. Working at your own pace, the class is suitable for all abilities. Go along and make new friends at this very social and friendly class. Pay as you go at £4 per session. Wear comfortable clothing and appropriate footwear. For further information contact Eileen Scott, on 07969 929733, or email scottyartois@hotmail.com and visit the website: www.keepfit.org.uk.

The Bartholomites need you! This local pantomime group are based at St Bartholomew's Church Hall, St Andrews. Rehearsals for their 2020 show begin in September for adults and October for children. The group is looking for people to join them, both on stage and off. All ages welcome. No prior experience necessary. Good sense of humour needed! For more info contact: thebartholomites@gmail.com.



2019 Bristol Tree of the Year Competition

"The true meaning of life is to plant trees under whose shade you do not expect to sit."

Nelson Henderson

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, producing oxygen and reducing rainwater runoff.

To celebrate this, Bristol Tree Forum is hosting its second Bristol Tree of the Year Competition aimed at increasing public awareness of our arboreal heritage and the many benefits that trees bring us. They intend to make this an annual event.

Local Bristol community groups and organisations are invited to submit their candidate tree before 1 October 2019. Just one tree per group or organisation may be submitted. The tree must be within the Bristol City Council boundary and in a public space accessible to everyone.

Voting for your favourite tree will open on 15 October 2019 and will close one month later at midnight on 15 November 2019.

The winner will be announced during National Tree Week, which will be held between 23 November and 1 December 2019.

To find out more, visit www.bristoltreeforum.org/2019/07/14/bristol-tree-of-the-year-competition-2019/ and search for #BristolsFavouriteTree on twitter.



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Nick T – Westbury on Trym

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Mrs Jones – Bishopston

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Steve – Redland

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