



# Bishopston

including Ashley Down, Horfield & St. Andrews

## Matters

issue 132, Nov 2019

Proud to be in print for...



Thank you for your support



The heart of yoga in Bristol  
**yogawest**

### Termtime Courses

for children, teenagers,  
early morning and gentle  
classes: booking now!

See website for full details  
or call 0117 924 3330

[www.yogawest.co.uk](http://www.yogawest.co.uk)  
Denmark Place, Bishopston, Bristol BS7 8NW

## A REASON TO SMILE

Horfield Dental Care,  
525 Gloucester Road, Bristol, BS7 8UG



**Horfield**  
dentalcare

0117 951 3026

Register & Book Online

[www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)

✉ [info@horfielddentalcare.co.uk](mailto:info@horfielddentalcare.co.uk)



Find Bishopston Matters on Facebook



Follow @bishmatters on Twitter



**BS7  
gym**

**BS7 GYM**

# COMMIT TO BE FIT

WHERE YOUR GOALS, ARE OUR GOALS

**BS7 GYM JUST GOT BETTER**

**WE HAVE JUST EXPANDED OUR GYM AREA  
COME ALONG AND CHECK IT OUT!**

VISIT **WWW.BS7GYM.CO.UK** FOR MORE INFORMATION

OR CALL US 0117 910 8016 TO BOOK YOUR FREE TRIAL



## Dear Readers...

As you can see from the front cover, this month Bishopston Matters is proud to celebrate 12 years in print! Thank you to all of you who support this community magazine, you make the publication possible. I am still as passionate about this glorious area as when I started all those years back.

This month starts with a BANG as the fabulous Bishop Road Fireworks Extravaganza returns to Bishop Road school field on Saturday 9 November.

The last weekend in November sees one of my favourite local events take place - the North Bristol Art Trail, which never fails to deliver in quality and creativity.

I know for some it is too early to be thinking about Christmas but it feels good to get organised! Throughout the magazine we feature details of some special festive,

local events to get in your diary and on the centre pages you will find our annual Christmas Gift Guide. This year we have tried to feature presents that will enable us all to have a greener festive period, while supporting the fabulous, independent traders on our doorstep.

Another wonderful, winter event that takes places throughout our local streets is Window Wanderland, a date for the 2020 trail is in place but the team could really do with some more volunteers to ensure its future, so please do get involved if you can.

We also bring you reports from local Scouting groups, Bowling clubs, The Bishopston Society, Friends of Horfield Common, Gloucester Road WI, Goldenhill Community Garden and many more!

Here's to the next 12 years! **Kerry x**

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

- # BANNERS
- # POSTERS
- # SHOP FRONTS
- # VEHICLE GRAPHICS
- # WINDOW GRAPHICS
- # POP UP BANNERS
- # EXHIBITION PRINTS
- # FULL DESIGN SERVICE
- # CLOTHING
- # FLYERS & LEAFLETS
- # WEBSITES
- # BROCHURES
- # BUSINESS CARDS
- # STICKERS



**XPRESS  
LARGE  
FORMAT  
PRINTING**



Telephone: 0117 908 0290

176 Gloucester Road, Bristol BS7 8NU

[info@xpress-company.co.uk](mailto:info@xpress-company.co.uk) [www.xpress-company.co.uk](http://www.xpress-company.co.uk)

## LIVE MUSIC AT THE NORTH BRISTOL ART TRAIL

For the eighth year running, Venue 45 on the North Bristol Arts Trail will be presenting poetry readings and song over the weekend of the 24–25 November.

This popular performance element of the Art Trail has widened its appeal and delighted those who enjoy live music and narration. This year there will be four performance strands at Venue 42 over the two days of the Art Trail weekend with sound bath readings and a cappella singing on the Saturday afternoon together with poetry and acoustic song after lunch on Sunday.

The full programme will be as follows:

Chris Bowles and Marilyn Morris use 'Elemental Resonance' to weave beguiling dialogue around sonorous sounds from Tibetan singing bowls, gongs, and an array of intriguing percussion instruments

'Swithin' perform songs you may know and songs you may not... done differently: Danny Hill, Pommy Harmer, Martin Solomon, Dee Jarlett and Judith Rieser

'Kettle of Fish' a cappella group with their quirky, mellifluous and humorous songs: Neil Bett, Tom Allen, Adam Barber, John Drowley, Jorge Sved and Dave Yapp

Jazz loving songstress Julia Turner spins tales of busking, Oz and beyond with intricate vocal melodies interlaced with her guitar finger-picking

**Venue 45 features works from North Bristol artists Maita Robinson and Debbie Bird.**



## The ever-popular North Bristol Art Trail takes place over the weekend of 23–24 November this year, with a preview night on Friday 22.

See work by over 100 artists in their homes, studios and galleries from St Andrews, Redland and Gloucester Road to Westbury Park and Henleaze.

This long-established trail offers an unhurried opportunity to buy original artwork – from paintings and prints to stone sculptures and jewellery – with myriad objects in-between. North Bristol Artists (NBA) look forward to this weekend as an opportunity to show off the artwork they have been creating throughout the year. It's a perfect time of year to inspire people to buy original artwork and handmade designs for loved ones. Trail-goers

Katie Johnston jewellery

can enjoy visiting artists in their own homes and studios, while bumping into friends and soaking up the atmosphere of streets bustling with art lovers.

Some of our artists are recognised at regional and national levels for their art, craft or design work; many show in exhibitions and galleries.

You may also enjoy live music, including local a-cappella group Kettle of Fish, at the home of Maita Robinson, who will be exhibiting her quirky handmade cards alongside textile artist Debby Bird. Other artists offer homemade cakes and refreshments – look out for the symbol on the map.

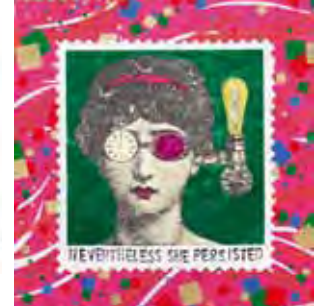
NBA are endeavouring to be as environmentally conscious as possible – from using biodegradable



Laura Robertson



Rosie Webb



Maita Robinson

packing, reclaimed and recycled objects – to eco-friendly products. The trail is a chance for you to keep your carbon footprint down too – buying

directly from local artists – so a great opportunity to do all your Christmas shopping! If you can't afford an original piece you can buy a print or card of the artwork and many artists are represented in shops and galleries on Gloucester Road all year round.

See the NBA website for details of all the artists and to download the map – or pick one up locally at Room 212, Boston Tea Party, Coldharbour gallery

and bar Alchemy 198. You can also follow NBA news on social media to get a feel of what's coming up.

[www.northbristolartists.org.uk](http://www.northbristolartists.org.uk)



## Would you like to make beautiful hand embroidery?

Each week of this beginners course you will be taught new groups of stitches. These range from the simple to the elaborate, building your skills, knowledge and confidence.

Learn in a relaxed setting with a small group under the experienced guidance of your teacher Jemima Lumley.

All materials, worksheets, patterns and refreshments are provided.

2020 courses start in January, April and September and run for 10 weeks. Price £180.

Email [jemimalumley@me.com](mailto:jemimalumley@me.com), or visit [jemimalumleytextiles.com](http://jemimalumleytextiles.com) for more details.

## THE FLOWER SHOP BRISTOL

### MASTERCLASSES

Join us for festive masterclasses this winter season at The Flower Shop Bristol. Whether you're treating yourself or a loved one, make a statement this Christmas and create a beautiful wreath or centre piece. All classes are taught by our professional in-house florists, within our vibrant shop on the hub of Gloucester Road.

All materials will be provided as well as essential mulled wine and homemade mince pies!

We will be holding the classes between 29th November and 18th December at 2–5pm.

Please call us on 0117 942 0050, visit us at [www.theflowershopbristol.com](http://www.theflowershopbristol.com) or pop in at 145 Gloucester Road, BS7 8BA, for more info and to book your spot!



## NORTH BRISTOL ARTISTS

# ART TRAIL

**23–24 November 2019 10am–5pm**  
[northbristolartists.org.uk](http://northbristolartists.org.uk)



### 91st Scout Group cheque presentation to the Bridge in Schools Project

Scouts all over the country are participating in a programme called A Million Hands; it's one way Scouts can take action locally to achieve their Community Impact Activity Badge. The programme centres on six national themes, including 'Better Mental Health for All', which was the theme the 91st Scout Group decided they would like to support.

Based at Horfield Baptist Church, the Scouts decided to fundraise for The Bridge Foundation, a local, long-established counselling and psychotherapy organisation. Bridge in Schools provides specialist mental health services and support for vulnerable children who are having mental health difficulties, across schools in and around Bristol.

The Scouts and Cubs participated in a wide range of activities, including a 500-mile sponsored walk, bakes sales and making keyrings to sell, to raise £1,000. Cathy Benjamin, Chair of the Bridge Foundation, was delighted to receive the cheque on behalf of the charity.

The funding will support the delivery of 1-2-1 child-focused, weekly, counselling sessions. Annie Hedges gave a short presentation of what the Scouts fundraising will help Bridge in Schools to achieve. She showed the children an example of a box of toys that accompany all children's counselling sessions. The money raised will ensure a further 50 boxes of toys can be purchased, in turn helping a further 50 children.

The boxes are central to the counselling session; last year Bridge in Schools delivered almost 2,500 individual sessions of support in schools and of all the children seen, 72% reported feeling better or much better. The schools also highly value the service. Recently the Headteacher at May Park commented: "The impact of BIS shines through into the everyday lives of the families that have been able to access support. We even have parents requesting the service. It's invaluable and we are so grateful to be able to offer it to our lovely families. Every school should have the Bridge Foundation in it! Thank you."



### 63rd Bristol Beaver Scouts go on an adventure!

What an adventure this was! The two colonies of the 63rd Bristol Beaver Scouts enjoying two nights at the Lovell Centre at Woodhouse Park near Almondsbury. Forty 6 and 7 year-old girls and boys were away from home for one or two nights. Away from parents and carers and away from their own beds, some for the first time.

Everything was carefully planned for safety, fun and adventure, under the skilled eye of Group Scout Leader Mike Evans. We collected equipment and games from the hut, then shopped for provisions on Friday afternoon before driving up the A38 to prepare for the arrivals. Each of the six bunk bedded rooms were allocated, and the Beavers were excited as they met their room-mates, chose their bunk and stored their belongings, before waving goodbye to parents and carers.

First night started with some energetic games, running in the local field, exploring the local wood,

followed by a quieter starlit and moonlit walk around Woodhouse Park. Then a warm drink and snack before bedtime. The children were brilliant and settled for the night.

The major activities were on Saturday and Sunday morning. They included climbing, abseiling, crate stacking, go karting, den building, parachute games, wide games, exploring and, of course, cooking marshmallows and baked chocolate bananas over open fires. Breakfasts, lunches and evening meal were prepared by the team and served in and around the Lovell Centre, together with frequent drinks and snacks. Energy levels and excitement were pretty high, and it was great to see how the Beavers worked together, supporting each other in the team activities.

The two days seem to whizz by and we finally headed homewards with lots of happy memories and progress towards some of their Beaver Scout badges! Well done everyone!



Kumon's **maths and English** study programmes are tailored to your child's individual needs, nurturing their independence and enthusiasm for learning.

Contact your local Instructor for a free assessment.

**Ashley Down Study Centre**  
Flora Lau **01173 323682**

**KUMON**

Fees vary. Please refer to your local study centre.

kumon.co.uk

**Develop  
your child's  
independence**



**Bristol  
Grammar  
School**

## Life changing

Reception Open Morning  
Tuesday 26 November  
9.30am–11.30am

Call Catherine Ball  
on 0117 933 9631  
to book your place





## 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](http://meditationinbristol.org)

## South West Dharma Celebration of Buddhism for the Modern World

Friday 7:30pm 15<sup>th</sup> November  
to Sunday 17<sup>th</sup> November

a weekend of teachings and meditations

everybody welcome

at Bristol County Cricket Ground in Bishopston  
hosted by Amitabha Kadampa Meditation Centre

details & bookings (for part of or all weekend):  
[swdharmacelebration.org.uk](http://swdharmacelebration.org.uk) or 07952875526

## Trainhers

Ladies Only Gym:  
for your 30 minute workout

for ladies of all ages, shapes and abilities

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

[trainhers.co.uk](http://trainhers.co.uk)



22 Kellaway Ave  
0117 944 6650

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



## Local Mobile Hairdresser

Home visits

Ladies, Mens & Kids –  
Cutting, Colouring & Styling

Great Prices

**Sarah**  
**07957590883**



## TREAT YOUR FEET

Registered Foot Health Practitioner  
and former District Nurse



Tel: Amanda  
0117 239 8276  
07907 584566

The following treatments are  
undertaken in your home

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

THE  
PILATES  
ROOM  
BRISTOL



MOVE BETTER

FEEL BETTER

Ali is the owner of The Pilates Room Bristol and a very experienced Pilates teacher. She is passionate about helping anyone - regardless of their age or ability - move better and feel better.

## Weekly mat Pilates classes

- Any age and ability welcome
- Male friendly and seniors class options
- BS6 and BS7 locations

## State-of-the-art Pilates studio

- Tailored private lessons available



Get in touch to find out more [ali@thepilatesroombristol.com](mailto:ali@thepilatesroombristol.com)



THEPILATESROOMBRISTOL



THEPILATESROOMBRISTOL

## News from the Friends of Horfield Common

### Parkrun will soon be up and RUNNING!

Friends of Horfield Common are celebrating the achievement of reaching the funding

needed to bring Junior Parkrun to Horfield Common!

After nearly a year of fundraising activities, FoHC volunteers are delighted to confirm that the group is now in a position for Junior Parkrun to begin on the Common. A new volunteer team has been set up which will take on the week-to-week management of the event and it will be starting as soon as the group is fully trained; please keep an eye on the FoHC Facebook page and website for updates. The event will take place weekly on Sunday mornings, starting and ending at the Ardagh. It's for children aged 4-16 and run by a fantastic team of volunteers, to ensure that it will always be free for all who want to take part.

There has been incredible support from local people to raise the funding for this project – including Dad, Robbie Fox who ran the Bristol 10k in support of the project and local Mum, Kimberly Bruce who

completed a sponsored swim in October 2019 – with the money she raised matched by her company – we'll have further news and details of this in next month's BM.

In October 2019, FoHC volunteers were delighted to collect a cheque for £291 from Waitrose Community Matters scheme – thank you to local mum and Waitrose employee, Emma Thompson for putting the scheme forward for support. Thank you also to all who have made donations to this project. There is not space to list all of the local people who collectively have donated hundreds of pounds to get this project up and **running** but your support is very much appreciated, thank you!

**FoHC is recruiting for new members to join our committee.** If you would like to get involved in taking FoHC forward as a community organisation, and continuing to make improvements to the facilities and availability of the park for all local people to enjoy, please get in touch via: [friendsofhorfieldcommon1@gmail.com](mailto:friendsofhorfieldcommon1@gmail.com). Upcoming committee meeting dates are published on the website [www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com) – **please do come along – ALL WELCOME!**

## Divine Ceremony: Celebrate life, at the end of life, in whatever way you choose.



### November Events at The Sanctuary

The Sanctuary, our beautiful new premises, has now been open for six months. Many families from all walks of life have entrusted their loved ones into our care; from secular to faith-based, natural burial to cremation. It is a profound process, deeply

sad for many families – particularly when a death is unexpected or the result of a protracted illness, and yet we are truly able to honour a life well lived and it can often feel like a celebration of a lifetime.

The one thing that every family tells us is how instantly reassuring the Sanctuary feels – how welcoming and approachable.

With so much wonderful feedback, we have decided to open our doors each Sunday afternoon in November. This will be an opportunity for anyone to pop in, have a slice of cake, talk to us about what we do here and what is involved in preparing and planning a funeral.

Each Sunday will have a theme and a short talk by one of the many people we work with. If you would like to come along just turn up on the day, we'd love to see you.

**A Month of Sundays at The Sanctuary, 2-4pm, 2 Zetland Road, BS6 7AE**

**3 November – A Divine Welcome to One and All!** How The Sanctuary came into being and why Divine Ceremony is a new beginning for Funerals.

**10 November – Meet a Celebrant**

**17 November – Meet a Mortician**

**24 November – How to plan a Funeral**

Come on in and ask all the questions you're keen to know but were afraid to ask... How do you have a home funeral? What is a natural burial? How to have a 'green' funeral? Do you have to have a coffin? What are the costs?...

[www.divineceremony.co.uk](http://www.divineceremony.co.uk) • 0117 904 9786

**We are also on Facebook and Twitter**



Divine Ceremony founder & Owner, Dee

## Come and see why St John's is rated 'Excellent' in all categories



### ISI Inspection Report 2019

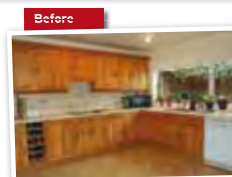
- 'Pupils are highly motivated and embrace new challenges and opportunities.'
- 'Pupils are highly articulate, eloquent and confident communicators orally and in writing.'
- 'The wide and well-planned curriculum supports the achievement of all learners.'



Tutshill, Chepstow NP16 7LE. Tel: 01291 622045  
[www.stjohnsonthehill.co.uk](http://www.stjohnsonthehill.co.uk)  
 email: [admissions@stjohnsonthehill.co.uk](mailto:admissions@stjohnsonthehill.co.uk)

A co-educational day and boarding school welcoming children from 3 months to 13 years

## REFRESH YOUR TIRED KITCHEN by just swapping the doors and worktops



- Excellent reputation
- From simple door replacements to fully fitted kitchens
- Choose from a wide range of quality doors, worktops, appliances, sinks & taps
- Installed quickly and cleanly by our own local professional fitters in just a few days

[www.dreamdoors.co.uk](http://www.dreamdoors.co.uk)



CALL FOR A FREE ESTIMATE ON:

**0117 944 3223**

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



**DREAM DOORS®**  
 NEW LIFE FOR OLD KITCHENS

Over 290 reviews on [Checkatrade.com](https://www.checkatrade.com)  
 9.59/10

See what our customers have to say

# News from Joe's

**Eco-friendly compostable bread bags** – As a business Joe's has made a commitment to do what they can to significantly reduce the use of single-use plastic in their shops. The introduction of compostable bags to encase sliced bread, has largely been met with positive feedback.

**The Bristol & Bath Cook Book** – Joe's is delighted to feature in this fantastic recipe book, with their Greek Portokalopipa cake. The book will be available at Joe's soon and would make a great Christmas present.

**New Potato Rolls** – Introducing the next big thing when it comes to buns – potato rolls. These rolls are huge in America, especially Philadelphia, and can now be purchased on our high street. The soft rolls, available in round or hot-dog style, are made with wheat flour and potato flakes; the attractive golden colour comes from ground turmeric and they are vegan.

**Too good to go** – Joe's is pleased to be a part of this movement to reduce food waste. You can purchase a 'Magic bag', reserved online and then collected from Joe's between 6 and 6.45pm, containing £9 worth of food for just £3! Amazing! To find out more and get involved visit [www.toogoodtogo.co.uk](http://www.toogoodtogo.co.uk).



New Potato Rolls

**Coming soon – Joe's hessian tote bags** – Look out for some gorgeous, bright turquoise, hessian tote bags arriving in your favourite bakery soon. They are the perfect size to fit a box of cakes at the bottom of, so you will be able to leave with an even greater selection of confectionary!

**Seasonal goodies in abundance** – All your favourite, festive bakes – Authentic German Stollen, Panettone Classico, Yule logs and of course mince pies will soon be filling the shelves! Stock up and enjoy some samples at Glos Road Central's Christmas market on Thursday 5 December, 5–8pm.

**Joe's Bakery at The Bread Store, 45 Glos Rd, BS7 8AD**

**Joe's Bakery, 240–242 Glos Rd, BS7 8NZ**

**0117 3303798 (Bread Store) ■ 0117 975 5551 ■ [joesbakery.co.uk](http://joesbakery.co.uk)**



Formally Cafe Ronak, The Nectar House opened its doors in June 2019 after a full refurbishment. Maintaining the ethical ethos and dedication to great food of Ronak – The Nectar House is a natural evolution as the cafe heads into its tenth year on Gloucester Road.

When I visited recently I enjoyed the calm interior with attractive nods to all things bees! I particularly liked the honeycomb decorative tiles.

As I sat in the sheltered outside space, savouring a perfect flat white, it was great to listen to General Manager Dave fill me in on all the exciting developments taking place. Meeting with traders like this, who are brimming with passion for their business is one of the best aspects of my job.

I was interested to know "Why bees?". Dave told me this was exactly the response they wanted to evoke from their customers – inviting a conversation on why bees are so important and what we can do to support these vital pollinators.

The Nectar House is pleased to be working with social enterprise Bee the Change ([www.beechange.org](http://www.beechange.org)) whose work includes – providing educational bee workshops, setting up community beehives in public spaces and schools, creating bee habitats and running sustainable beekeeping courses. The Nectar House sells Bee-associated merchandise with all profits going to this fantastic organisation.

The cafe is also building connections with the Environment Agency, Avon Wildlife Trust and the Woodland Trust, with a view to help spread their important messages, host meetings/talks and collaborate on fundraisers in the future.



All of these fantastic efforts to support our local environment does not distract them from delivering delicious, locally sourced food on a daily basis.

Dave describes the popular venue as a breakfast destination, and it was certainly filled with people happily tucking into tempting plates of food for the duration I was there.

A large part of the re-launch was the introduction of their evening pop-up restaurant. Their extended opening hours (11pm Tue to Sat), evening meals and weekly live music on a Tuesday, have proved to be a hit with their customers, new and old.

The beauty of being home to guest pop-ups, means The Nectar House can focus on delivering people's favourite, classic breakfast and lunches during the day and still offer a wide range of different cuisines by night. At time of writing, Good Green Sushi was serving up delicious vegan Japanese sushi. Throughout November, Jikoni will be offering

stunning East African Cuisine.

Acquiring a licence means as well as excellent fair-trade coffee, people can now indulge in a bloody Mary with their breakfast or local beer or wine with their evening meal.

The happy buzz you experience in The Nectar House is thanks to that perfect synergy of fabulous food and fantastic customer service. Dave told me, "We pick staff for their personality, we can nurture skill but the natural ability to happily liaise with customers is what we are looking for." The reviews I read on online clearly backed up that the venue has got this balance just right.

So why not join this hive of positive activity? Visit The Nectar House for some gorgeous food and drink – day or night – soon!

**T: 0117 942 6807**

**169 Gloucester Road, BS7 8BE**



## DESIGNERS

### BARBER SHOP

Tel 0117 942 9322

Opening Times

Mon 9 - 4, Tues 9 - 5, Weds 9 - 5

Thurs 9 - 7, Fri 9 - 6, Sat 8 - 3

**311 GLOUCESTER RD, BS7 8PE**

FREE WiFi available



Designers Barber Shop

**"Lessons tailored to suit the individual learners needs"**

School of Motoring

Learn to drive in a relaxed and enjoyable atmosphere. Nervous or anxious learners welcome. Learn at your own pace.

See website for further details

**[www.brizzleschoolofmotoring.co.uk](http://www.brizzleschoolofmotoring.co.uk)**

Tel or Text: **07542 784334**

**Graham Sothcott**  
**Guitar/Ukulele Tutor**

Electric, Acoustic, Bass, Ukulele

One-to-one tuition from his local Studio

Preparation for Grades. Music theory.

Tel: 0771 4949 930  
[graham.sothcott@dsl.pipex.com](mailto:graham.sothcott@dsl.pipex.com)

Member of the Registry of Guitar Tutors




## Developing Curious Thinkers

### The Hive and Reception Open Morning

21st November 2019  
26th February 2020

[admissions@cliftonhigh.co.uk](mailto:admissions@cliftonhigh.co.uk)  
0117 933 9087  
[www.cliftonhigh.co.uk](http://www.cliftonhigh.co.uk)

## Great News from the Ardagh Community Trust

Ardagh Community Trust (ACT) is one of seven inspirational community businesses in Bristol which have won funding and support from M&S and Power to Change in a city-wide competition.

The Bristol M&S Community Business Challenge awarded ACT funding and business support at a showcase event in the city, which took place on Thursday 3 October 2019. The award, worth £6,000, will be used to help ACT move from being a seasonal café to opening year-round and for longer hours during the day. Colleagues from M&S will work with staff and volunteers at the Ardagh to help ensure that the new café facility – opening in February 2020 – is a success!

Following the launch of the Bristol leg of the challenge in July this year, residents in Bristol have been voicing their support for the shortlisted community businesses in the M&S city centre store, on social media and online at [www.communitybusinesschallenge.co.uk](http://www.communitybusinesschallenge.co.uk).

Sam Thomson, CEO of ACT, said: "All of our staff currently work part-time, so this funding and support will allow us to spend more time working to grow the business and ensure it's a success for the whole community. Alongside the support we have received to improve the physical facilities at the Ardagh site, this support will enable us to focus on business development, and ensure that our community business can support the ongoing costs of running the site, providing activities and ensuring that the local community continue to lead the organisation to further success in the future."

The Community Business Challenge launched in Liverpool in 2018, as part of M&S's Community Transformation Programme. The retailer is trialling a range of actions in cities like Liverpool and Bristol to help tackle the issues that matter most to communities – such as unemployment, skill shortages, loneliness, mental health and wellbeing. Following the Bristol leg, the M&S Community Business Challenge will move to Bradford in November 2019.

James Shorney, Store Manager at M&S Bristol City Centre, said: "It has been inspiring to learn more about the amazing work of so many community businesses across Bristol. Throughout this



process we've seen great engagement from customers and members of the community, as well as the community businesses themselves. We're proud to be raising awareness of some of the shortlisted businesses in our Bristol store."

Danielle Cohen, Business Development Manager at Power to Change said: "This inspiring event was a wonderful way to connect these seven incredible community businesses. Each business had a clear plan for how they want to expand the great work they're already doing in the city, and it was heartening to see how they all supported each other through the programme. A huge thank you to everyone who took part."

The new, year-round and fully accessible Café on the Common will be opening at the Ardagh on Saturday 29 February 2020 at 10am. Ardagh Community Trust invites all BM readers to come and join us to celebrate this brilliant achievement and find out more about how they can get involved as members, site users and in lots of other capacities.

ACT has recruited two new volunteer Trustees over the last couple of months who will be taking over from some of our existing Trustees who are moving on to new opportunities (or intending to have a rest!). We are looking for a couple more local people who could support the future development of the charity. Specific skills in, and understanding of Finance/Accounting, HR, Construction and Business Development are particularly sought – could you contribute a few hours per month to help ACT move into their next phase of development? Get in touch via [hello@theardagh.com](mailto:hello@theardagh.com) for more info and an informal chat.

**Find out more about Ardagh Community Trust, visit [www.theardagh.com](http://www.theardagh.com) follow ACT on Twitter: @TheArdagh and join us on Facebook: The Ardagh.**





Bristol  
Grammar  
School



# Life changing

Our entrance exams and assessments for entry in September 2020 are taking place in January

Call Hollie Matthews  
on 0117 933 9885



BISHOP ROAD PRIMARY SCHOOL  
**FIREWORKS  
EXTRAVAGANZA**

**SATURDAY 9TH NOVEMBER 2019**  
>>> FROM 5PM, LAST ENTRY 6.30PM <<<

**Bishop Road Fireworks Extravaganza returns to Bishop Road school field on Saturday 9 November! With live Samba band, hot food from great local, independent retailers, as well as two licensed bars and spectacular fireworks, it is sure to be a sell-out event again this year.**

Bishop Road Primary School PTFA is working on making their events more sustainable which means there won't be any plastic novelties on sale at the fireworks this year. Instead kids (and big kids) should come prepared for some UV fun and bring a torch!

Gates open from 5pm (last entry is 6.30pm) so come early to see the fire performers and sample some of the tasty food on offer!

**This lovely community event has SOLD OUT for the last six years, so this year entrance is again by advance tickets only – tickets are on sale at Boston Tea Party, 293 Gloucester Road.**

Tickets are £6 adults, £3 children, under 3s free.

It is great news that local, independent Gopal's Curry Shack, Dave Giles Butchers and Biblos will again be supporting the event with their fabulous hot food available from 5pm.

Kellaway Building Supplies told us, "We are proud to support the Bishop Road Fireworks Extravaganza for a fifth consecutive year. We are always looking for ways to support our local community and look forward to the Extravaganza every year."

**Facebook: @BishRdFireworks**

**Twitter: @BishRdFireworks**



Little Foxes Forest School is delighted to have established itself as Bristol's most popular outdoor nursery. We believe that children are happier and healthier learning outside. Our forest nursery is in BS7 in the beautiful woodland and meadows of Stoke Park Estate. We are open for 2.5–4 year olds, Monday to Thursday, term time only with wraparound care.

Founded and run by ex-primary school teachers and local mums, we offer high ratios, government funded places and a truly exceptional nursery experience unlike any other in Bristol. Our Monday Stay and play is a great way to experience a taster and learn more about us. **FIND OUT MORE – Visit: [www.littlefoxesforestschool.com/monday-playgroup](http://www.littlefoxesforestschool.com/monday-playgroup)** or email [info@littlefoxesforest.co.uk](mailto:info@littlefoxesforest.co.uk) to learn more.

"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.

**\*NEWS FLASH\*** We now offer beach school trips too for our nursery school children!



The  
Dolphin  
School

FOR AGES 4 - 11



"Pupils develop positive attitudes to their learning... and are proud of their school."

OFSTED 2018



## 2019 SCHOOL TOURS

24th September at 18:00 | 3rd October at 9:30  
16th October at 14:00 | 6th November at 18:00  
18th November at 14:00 | 28th November at 9:30  
10th December at 16:00 | 9th January at 9:30 & 18:00

[dolphinschoolbristol.org](http://dolphinschoolbristol.org) | [@TheDolphinSch](https://twitter.com/TheDolphinSch)  
25a Bath Buildings | Bristol | BS6 5PT  
0117 924 0517 | [info@dolphinschoolbristol.org](mailto:info@dolphinschoolbristol.org)



I Love My PC has proved themselves as a capable, local computer store and workshop. The knowledgeable team pride themselves in being approachable, whether you're a novice, technophobe or an expert user.

I can certainly recommend this business; they have got me out of a scrape on more than one occasion and ensured *Bishopston Matters* got off to print on time! When my old laptop could be revived no more, it was great to be able to turn to people I trust to buy my new machine from and even better, leave the transfer of all of my precious files to the experts.

The retail shop is stocked with essential PC and laptop supplies, do drop in to pick up your stocking fillers this Christmas, for the PC nut in your family!

They also stock ex-business refurbished laptops and desktops, which represent great value for very high-quality units, and generally have something for everyone. If you're looking for a new desktop, they can build custom units to order from a basic office desktop to a full-on gaming rig; just drop in or give them a call for more details. You can also take any old computer equipment in to the team, who will re-use items where possible or ensure they are correctly recycled/disposed of.



**Upgrade product of the year! – Solid State Drives (SSDs)** – If you want to give your laptop or desktop a huge performance upgrade, then look no further. Over the last few years, the price of SSDs have fallen massively, and now start at less than £20 for a 120gb SSD. Add to your new SSD a fresh install of MS Windows, with all your data – including email, and you will have super-charged your computer at a fraction of the cost of replacing it! Other features of SSDs include longer battery life for laptops because they use less power regardless of their capacity – up to 1TB and beyond. SSDs contain no moving parts and are entirely electronic which makes them shockproof, unlike mechanical hard drives. Too good to be true? Well not really, provided that you keep a backup of your data because unlike mechanical drives, if an SSD fails it is almost impossible to recover data from it. I Love My PC has sold more SSD upgrades this year than ever before – join the growing numbers of happy SSD owners now!

**207 Gloucester Rd, BS7 8NN • 0117 9248755**

**I Love My PC**  
i-love-my-pc.com

\*\*\*\*\*  
\*\*\*\*\*

25% OFF  
all ink  
with this AD

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

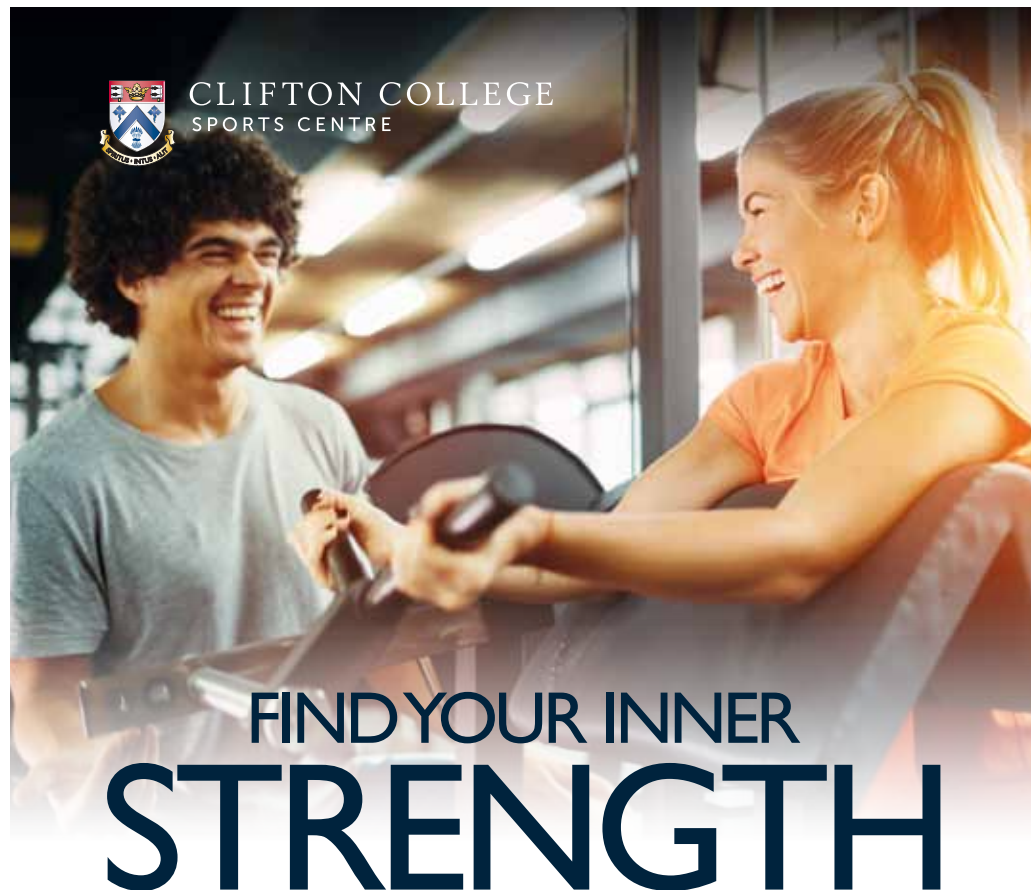
WWW.ILOVEMY-PC.COM

MON - SAT 9AM - 6PM  
0117 9248755  
207 GLOUCESTER RD, BRISTOL, BS7 8NN

HIGH STREET



CLIFTON COLLEGE  
SPORTS CENTRE



# FIND YOUR INNER STRENGTH

All new state-of-the-art gym equipment  
coming this December



25M indoor pool



Free weights &  
resistance rooms



Cardio room



Rackets facilities and  
much more!

**0117 315 7678**

[www.ccscl-cliftoncollege.com](http://www.ccscl-cliftoncollege.com)

# LUNAR OPTICAL

## MODO Eco® Frames

Making a difference starts with making better choices. That's why MODO have made it their mission to use recycled and biobased material in their Eco frames.

They will also plant a tree for every frame purchased. Because all big changes come in the form of many small ones.



Change your look in a snap!  
Experiment with your style and protect your eyes from the sun with Eco magnetic clip-ons.



*Lunar are pleased to welcome new full time dispensing optician Craig to their friendly, knowledgeable team.*

*Craig looks forward to meeting with many of you soon.*

291 Gloucester Road, Bishopston, BS7 8NY | 0117 942 0011 | [info@lunaroptical.com](mailto:info@lunaroptical.com)  
Open: Mon 9.30am–5.30pm | Tue, Wed, Thu, Fri 9.30am–6.00pm | Sat 9.30am–4.30pm  
[www.lunaroptical.com](http://www.lunaroptical.com)

## New – The Ottowin Shop

*Champions of Slow Fashion & Traditional Craftsmanship*

Award-winning Ottowin Footwear was founded in Bristol by couple Lucy Lloyd and Oliver Cross four years ago. Looking for a strong sense of community has brought them to Gloucester Road.

Ollie comes from a creative background and Lucy is a Cordwainer graduate and formerly was head designer of an independent shoe label in London. Out of their feeling of being powerless not only by the methods of production but by the demands of fast fashion typical of globalised manufacturing – and the ensuing waste of materials generated, Ottowin was born. Their business is a platform to actively promote their ethos of slow fashion and ethical production, combined with their love of design, and the arts. All the materials they use are sourced in England, and many here in Bristol.

"It's clear people are becoming more aware of how things are made and at what cost. People are becoming more willing to pay for good quality clothing knowing that it will last rather than the quick fix throw away items that fast fashion offers." Lucy & Ollie.

Using their knowledge of materials, design and craftsmanship they hand make long-lasting, stylish footwear from their studio located in the shop. This highly personal process is reflected in the quality of the end product. They have a collection on display

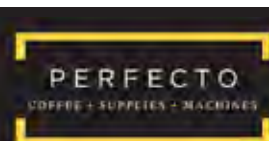
but if they don't have the size or colour you'd like, have a chat – take a look at their leather colour swatches – have your foot measured (they make from size 3–13) – place your order, and three weeks later and you'll be fashioning your own limited edition footwear.

Ottowin is also home to several sustainable clothing lines and accessories designed by independent designers (including oB Wear). Elegant ranges that are less dictated by the seasons, and more for their quality and adaptable wear.

The shop is a contemporary event space too and there are plans to host a variety of talks, exhibitions and workshops including shoe making workshops.

**Join them on Friday 6 December for a Wine & Cheese Evening with the Wyley Sisters.**

56 Gloucester Road, BS7 8BH  
[www.ottowinfootwear.co.uk](http://www.ottowinfootwear.co.uk)



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.

Perfecto have the knowledge, expertise and passion to provide you or your business with the very best Italian coffee and coffee machines. They offer free advice, installation, servicing and on-going customer support for industry, office and home.

Please get in touch to find out more.

**T: 07818 187 373 • E: [perfectocoffeeuk@gmail.com](mailto:perfectocoffeeuk@gmail.com)**





## Local Gardener Tim Foster brings you *Fruit for Life*

impart on growing fruit. In Tim's own words, "This book is divided into two sections: fruit chapters and important fruit-related topics. Each fruit chapter starts with the essentials and is really quite serious. Then, as we continue, there are more useful parts but it also starts to fall apart into frivolous nonsense, Splendid."

The book is filled with helpful information and easy to follow diagrams (by Tim), with his humour preventing you from being overwhelmed on what is such a vast subject. Describing Damson bushes as 'the Peaky Blinders of the fruit world...growing in hostile conditions' and advice that, 'The climbing of trees is essential for all children to retirement age. Beyond that, only do it if you feel comfortable and your creaking joints allow,' –are just a few snippets from his encouraging writing.

When I asked Tim for his highlight of the fruit-growing year, he was delighted that his young apricot tree had cropped for the first time – bearing the most delicious fruit.

***Fruit for Life* can be purchased locally from La Ruca or Harvest on Gloucester Road or ordered from [www.eco-logicbooks.com](http://www.eco-logicbooks.com)**

Long-term readers of Bishopston Matters may recall me first visiting local gardener Tim Foster at his Golden Hill allotment back in 2013, when his book *Good Earth Gardening: A Friendly Guide to Growing Vegetables Organically* was published. Well this month I was pleased to return to his vast allotment space (that contains 35 species of apple alone), to learn more about his latest book *Fruit for Life: A friendly guide to growing fruit organically*.

Tim lives in Bishopston and enjoys taking part in green community life – he was involved in the set-up of the amazing Golden Hill Community Gardens and can now be found at their Open events offering his knowledge. He lectures at the Botanical Gardens and St Werburgh's City Farm and is a frequent speaker with Avon Organics. At time of writing he was preparing to take part in a Q&A for Glos Road Central traders, to advise them how to keep their flower containers blooming.

When I saw a copy of his new lovely book, I immediately recognised the author photo from an episode of Gardeners' World, when Francis Tophill took on a local allotment in St Werburgh's and Tim was invited to be a judge at their end of season produce show.

Tim told me *Fruit for Life* is twice the size of his veg book – because there is just so much wisdom to

### CATHERINE DIXON

Committed to gardening organically  
Based in Bishopston

- Garden Maintenance
- Planting Plans
- Design

Est 1997 • Tel: 0117 9095460

Visit: [catherinedixongardens.co.uk](http://catherinedixongardens.co.uk)

Email: [info@catherinedixongardens.co.uk](mailto:info@catherinedixongardens.co.uk)



## News from the Goldenhill Community Garden

Hi everyone

It's the season of endings as one by one our crops finish for the year – eaten up by the volunteers or killed off by frost. But, even as the days get shorter and colder, **we're still here in the garden busy as ever** and we welcome the start of soup season! Every Wednesday on our volunteer days we pick vegetables and cook a big pan of soup from garden vegetables. Even as we eat our last tomatoes our vegetable beds are full of parsnips, leeks, celeriac, kale and other winter tasties to get us through until spring! And we'll be busy this winter building, painting, weeding, fixing as well as chopping veg, slurping soup and drinking tea. So, wrap up warm and **come and get involved any Wednesday 10-4**; no need to stay all day or come every week and no experience required!



AND we'll be back with our ever-popular **wreath making session on Saturday 7 December 10-4** – last entry by 3pm. No need to book; it usually takes about an hour or so and costs just £10. In our informal and friendly session we help

you weave a willow ring and make your own very beautiful and unique wreath. We have everything you need here but if you want to bring along your

own secateurs, gloves or pretty bits or berries from your travels then that's great. Children are welcome (and if they are making their own wreath it's just £5); well behaved dogs on leads are also welcome (but cannot make wreaths!).

Come and find us at the end of Monk Rd, BS7 8NE or give me a ring if you've got any questions.

See you in the garden!

*Lucy*

**For more info – 07506 905 394**  
**[thegoldenhillcommunitygarden.com](http://thegoldenhillcommunitygarden.com)**

## GRAPE & G GRIND

Delicious wines,  
craft beers and artisan  
spirits & cider

FREE LOCAL DELIVERY

Open 7 days a week  
Come in and say hello or visit  
**[GRAPEANDGRIND.CO.UK](http://GRAPEANDGRIND.CO.UK)**

101 Gloucester Road, BS7 8AT  
0117 924 8718

## G.H Motor Services

Car Servicing • Tyres • Exhausts • Brakes  
• Air Conditioning (R1234YF / R134A)  
Clutches • Cambelts • Headgaskets...

All work guaranteed for 12 months or 10,000 miles.

Horfield – 225b Filton Avenue, BS7 0AY

Tel: 0117 9043 651 / 07786 063 975

**[www.ghmotorservices.co.uk](http://www.ghmotorservices.co.uk)** **NHS discounts**

## SOUND HEALING

DEEPLY HEALING SOUND TREATMENTS  
IN THE HEART OF  
BISHOPSTON

USING GONGS, BOWLS, CHIMES, VOICE AND  
OTHER SACRED INSTRUMENTS...  
YOU WILL BE COCOONED IN SOUND...  
ALLOWING YOU TO LET GO EASILY INTO A STATE  
OF DEEP RELAXATION, QUIET MIND AND  
RESONATING HEART

1-1 SOUND HEALING

WEEKLY GROUP GONG BATHS

FRIENDS/ PEACEFUL HENS  
WITH INTUITIVE ART

RESONATING INTO BEING...  
MANIFESTING YOUR WISHES

WORKPLACE CREATIVE INSPIRATION  
SESSIONS

ESSENTIAL OILS  
AND HEALING CACAO TREATS  
TO WARM YOUR HEARTS

**[WWW.SOULSOUND.CO](http://WWW.SOULSOUND.CO)**

**[HELLO@SOULSOUND.CO](mailto:HELLO@SOULSOUND.CO)**  
07885292482



## Legal Advice in the Heart of Bristol

Call us today on 0117 909 4000

[www.henriquesgriffiths.com](http://www.henriquesgriffiths.com) | [info@henriquesgriffiths.com](mailto:info@henriquesgriffiths.com)



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

### Our services:

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

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



## November offers at Urban Beauty

If you're in need of some winter comfort, Urban Beauty have some great offers that will make it easy to treat yourself!

### £5 off any Comfort Zone Facial\*

Perfect treat to deeply hydrate and infuse skin with brightening ingredients.

### Free eyebrow shape with LVL\*

Great way to get your eyes popping in the lead up to the festive season.

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

### Christmas Appointments and Gifts

It may seem early to be talking about Christmas but Urban Beauty are booking up quickly on the weekends before the special day so get booked in for your festive pamper slot soon!

For those special ladies out there, Gift Vouchers (valid for 12 months) and Luxury skin care sets, make fantastic presents. Available to purchase in salon.

**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](https://www.instagram.com/urban_beautybristol)

**Facebook:** [Urban Beauty Treatment Room](https://www.facebook.com/UrbanBeautyTreatmentRoom)

**Opening hours:**

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



## 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](mailto:wwbishopston@gmail.com).



**Exclusive Reader Offer  
MOT for just £35!\***

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

**Telephone  
0117 942 1130**



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

**Brookfield Avenue, BS7 8BP**



## Palomar Fish house & bar

The concept is boldly and simply quality seafood. Prepare to have your taste buds and eyes dazzled with the fantastic food and drink we are delighted to bring to Gloucester Road.

We thrive on building a rapport with our customers and provide great food that you can share with people you care about.

At Palomar you can choose what you would like to order straight from a cart filled with crushed ice and the catch of the day. Our friendly and experienced staff are there to help you make an informed decision about our food and will always recommend the best wine to go with your dishes.

Our menu is vast and you'll find plenty of options for every occasion: we will always make sure you get the best seafood on your plate.

Our drinks menu is extensive too, we are pleased to have something to suit every taste. We serve up exceptional cocktails, mocktails and local gins.

We're a local, independent business, proud to do things our own way. Please do join us soon!

Sun to Wed 11am–11pm, Thurs to Sat 11am–12am

**35 Gloucester Road, BS7 8AD**

**0117 9425888 • [palomarfishhouse.com](http://palomarfishhouse.com)**



# ALCHEMY 198

## November Events

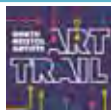
**EAT ME** will offer delicious, veggie Brunches, Lunches & Treats  
From Nov, Tues to Sat from 11am - 5pm. Bar Snacks til 9pm

Sat 2nd	<b>1st Birthday Party &amp; Cafe Launch</b>	
	Food & Music inc James Morton & Sol	2pm – 12am
Mon 8th	<b>Rosalind Moreno Parra Quartet</b>	8-11pm
	Spanish, Latino, Ladino music	
Tues 12th	<b>After Show Magic with Peter Clifford</b>	9.30pm
Weds 13th	<b>Funny Women Comedy Open Mic</b>	8-10pm
	Time of the Month Comedy Workshop, £5	6-7.30pm
Thurs 14th	<b>Fly Yeti Fly 60s folk acoustic duo</b>	8-10.30pm
Mon 18th	<b>Cajun Swamp Club, live music &amp; dance</b>	8-11pm
Weds 20th	<b>FAB Disco for over 50s with Ujima Radio</b>	5-9pm
	<b>Craffivism, protest Climate Emergency with stitch</b>	7-9pm
Sat 23rd / Sun 24th	<b>North Bristol Art Trail</b>	10am - 5pm
	Meet artists Jenny Urquhart, Katie Johnston, Sarah Thorp, Aly Dalrymple	
Fri 22nd	<b>North Bristol Art Trail Preview Party</b>	6-10pm
Tues 26th	<b>Flash Fiction Workshop &amp; Open Mic</b>	6.30-9.30pm
Thurs 28th	<b>Trad Jazz with Andy Leggett &amp; friends</b>	8-11pm

**We can host your Christmas Drinks or Party**



**alchemy198.co.uk**  
198 Gloucester Road, Bristol BS7 8NU



**Nuala Morey Hair & Beauty**



Wow!  
What a month  
Nuala  
Hair &  
Beauty has  
enjoyed –  
visits from  
influential  
bloggers,

meeting hair industry royalty, training  
in the new trends and being announced  
as finalists in the National Hairdressing  
Federation Awards!

### Curly blogger visits the salon

Nuala was delighted to be visited by curly  
blogger @houseofcurls, who enjoyed a  
curly cut and colour and filmed the whole  
process. If you would like to view this and  
the amazing feedback check out  
@nualamoreysalon on Instagram.

### Inspiration at Aveda

**Worldhood** – The team had  
a fabulous time attending Aveda  
Worldhood in early October, where they  
had the opportunity to soak up all the  
upcoming trends for next spring/summer  
2020. Curly/wavy, natural hair is back,  
think 80s with a modern twist (as middle,  
left picture above).

### Meeting some hair industry

**legends!** Nuala had the privilege of  
attending Trevor Sorbie's 70th Tribute  
show, where she had the opportunity to  
meet the man himself, along with Errol  
Douglas (see images above). Nuala told us  
it was a truly inspirational night with the  
most talented people in hairdressing in  
the audience.

### Becoming a curl ambassador

Such is the quality of the work, Aveda  
have asked Nuala to become a curl  
ambassador. They are working together



on some video shoots in London to  
promote natural hair from straight to  
wavy and full on curls. Keep your eyes  
peeled.

**New colours** – The whole team  
has been training this month in colour,  
colouring techniques and business.

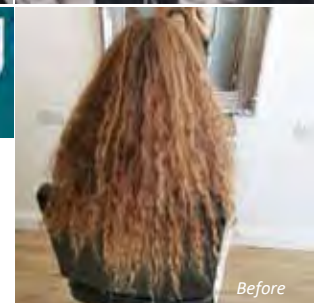
Aveda have some new vibrant colours  
and boy are they vibrant! If you love  
bright colours these will blow you away.  
They are so nourishing and the shine is  
incredible. (Check out the before and  
after pink hair below, right.)

It has been a jam-packed month that has  
left the whole team feeling inspired and  
excited to try new things.

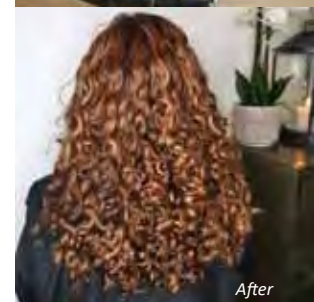
The Gloucester Road salon caters for all  
hair but if you want to see their natural  
hair transformations please add @  
nualamoreysalon to your Instagram.

**Award finalists!** Last but by no  
means least, Nuala Morey Hair has  
been nominated for the 2019 National  
Hairdressing Federation Awards. This  
fabulous local salon has made it to the  
final five for the Best Independent Hair  
Salon in the UK. The talented team  
are both delighted and excited to be  
nominated for this prestigious award. The  
winner will be announced at an awards  
ceremony in the St Pancras Renaissance  
Hotel, London on 17 November; we wish  
them the very best of luck.

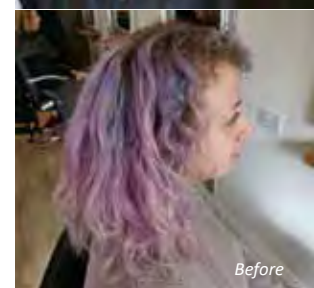
**Nuala Morey Hair & Beauty**  
**178 Gloucester Rd, BS7 8NU**  
**Tel: 0117 924 0940**  
**nulahairdressing.com**



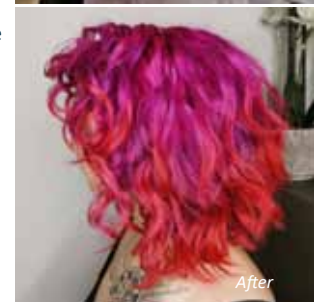
Before



After



Before



After



**Horfield**  
dentalcare

SEND US YOUR  
**SMILE SELFIE**  
FOR A FREE ONLINE  
**SMILE CONSULTATION**

Visit [www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)

**NEW PATIENT OFFER**

Check up including Xrays  
and a complimentary  
Cosmetic Consultation

**FOR £39.50**



Proudly independent dental practice, Horfield Dental Care can look after all your Dental needs including a vast range of top cosmetic dental treatments to improve your smile.

Everyday dentistry  
Cosmetic treatments  
Smile makeovers  
Dental implants  
Whitening  
Childrens dental care  
Emergencies



Call Us Today!

**0117 951 3026**

Register & Book Online

[www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)

✉ [info@horfielddentalcare.co.uk](mailto:info@horfielddentalcare.co.uk)

Horfield Dental Care, 525 Gloucester Road, Bristol, BS7 8UG



## Horfield Dental Practice

*Top rated Bristol Business 2019*

There have been some exciting new developments over the past few months at Horfield Dental Care. **We were recently rated as one of Bristol's Top Dental Practices**, an achievement that we are super proud of, and made only possible by the hard work from our wonderful and friendly team. Some of you may have noticed a bit of building work around the practice, which is now approaching its final stages; we have renovated the practice both internally and externally with the hope of making your visits to us a bit more positive.

### Membership plan

This year we introduced our new 'Denplan essentials' membership, which has been popular for new patients looking to join our practice. Set at £13.25 a month, this includes two check-ups and two visits to the hygienist every year, plus all necessary X-rays and an optional worldwide dental accident and emergency insurance; furthermore,



members benefit from 10% off regular treatment



costs and 5% off cosmetic treatments. This is a good way of spreading the cost of your dental care and reducing the costs of your treatment straight from your first visit. If you're looking for a new dentist then you can book online, call or email us.

### 10-Month interest-free payment plans

If you've ever considered cosmetic treatments, braces, dental implants or even regular dental treatments but you have been worried about the cost, then we can offer you an easy interest-free payment plan to spread your costs over 10 months.

**We are always welcoming new patients so if you need a dentist then why not book online, call or email us.**

[www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)

**01179 513026** • [info@horfielddentalcare.co.uk](mailto:info@horfielddentalcare.co.uk)

### Rebecca Ramsden

Editorial Services

*Refining your written message*

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

**Don't let a typo cost you business**

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

\*Based in Horfield, Bristol\*

**07967 273595** [rebeccamramsdend@gmail.com](mailto:rebeccamramsdend@gmail.com)

## THE AERIAL MAN

TV Aerial and Satellite Specialist

*Affordable Prices - Reliable Service*

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



**0117 967 9028**  
**07818 413 451**

[www.theaerialman.co.uk](http://www.theaerialman.co.uk)



## Need an Accountant?



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

**0117 370 0016**

FREE initial consultation  
[iansmith@taxassist.co.uk](mailto:iansmith@taxassist.co.uk)

**Fixed fees agreed in advance**

Visit us at [www.taxassist.co.uk/horfield](http://www.taxassist.co.uk/horfield)  
or at 288a Gloucester Road,  
Bristol, BS7 8PD

## News from the green room

### Natural Hair Salon

I enjoyed catching up with Salon Director Jo when she cut my hair recently. It was good to hear after many years in the business, she is still extremely passionate about the industry and her Gloucester Road salon. To keep up with demand, Jo has increased her working hours to include Tuesdays and late-night Thursdays.

Junior Zanetta (Zee) is lucky to be receiving Jo's wisdom and experience, working with her on some of her cuts. This talented stylist is now available for colouring and highlighting. Zee is enjoying building her own client base.

The beautiful blunt bob pictured opposite was created by popular stylist Adrienne. If you would like to book in for a chic cut with Adrienne, she works Monday to Saturday with Tuesdays off.

As we head into winter, thoughts start turning to the festive season ahead. It is always good to book in early to ensure you look fabulous for all the Christmas parties! You can also pick up some lovely stocking fillers and gift cards, that make ideal, well-received presents.

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

**Tel: 0117 942 75 75**

**f The Green Room**



Classic short cut by owner Jo

## Vote for Lorraine in the AOP awards

We are delighted to announce that Lorraine from our Gloucester Road Practice is a finalist for the AOP (Association of Optometrists) awards, for 'Practice Team Member of the Year'.

Many of you will know Lorraine, as a familiar face on Gloucester Road; for over 40 years she has looked after many generations of families in our community.

To show your support, simply scan the QR code (right) or visit [www.aop.org.uk/awards](http://www.aop.org.uk/awards) and vote under team member of the year: it's literally a national poll.

**Here is why Lorraine is a deserving winner:** Lorraine says, "Having worked in the same practice for over 40 years, I love knowing so many customers, many of them very well. I laugh with them and greet them by name, and this practice has grown to be an extension of my family. The patients who were children when I first started, now have children, (and in some cases grandchildren!)."

I have seen many changes over the years, especially since Lynne and Gerard took on the practice, but I find the improvements very exciting. I love that my skills and expectations of me have grown over the years. I've developed from reception, to dispensing glasses, to checking orders and styling fabulous new frame designs. The new technology and working with specialist optometrists is amazing – from detecting eye conditions earlier by scanning patients' eyes with the new OCT (Optical Coherence Tomography), to treating short sighted children so they don't get worse, to being able to take lens fitting measurements with an iPad – I'm often ahead of my younger colleagues in terms of embracing technology.

I love choosing frames for patients and I enjoy pushing them out of their comfort zone to try out new styles which results in lovely feedback and happy customers who look great in their new glasses.

It's fabulous to see people collect their new glasses because of the delight on their faces. I am so excited to be a finalist for Team Member of the year – please vote for me!"

**[www.lynnfernandes.co.uk](http://www.lynnfernandes.co.uk) • 0117 942 6843 • 75 Gloucester Road, BS7 8AS**



Help Lorraine win!



**Sakya Buddhist Centre**  
121 Sommerville Road,  
St Andrews BS6 5BX  
0117 924 4424  
[bristol@dechen.org](mailto:bristol@dechen.org)

*celebrating 40 years 1977-2017*

**Buddhist Meditation**  
Wednesdays 10.30am  
**Discover Buddhism: Meditation & talks**  
Tuesdays 8.00pm & Saturdays 10.30am  
All above sessions at Sakya Buddhist Centre  
**Discover Buddhism in Clifton**  
Thursdays 8.00pm  
Multifaith Chaplaincy, 1 Woodland Road BS8 1AU  
Suggested donation £4; £2 for Wednesdays

Bristol Buddhist Meditation Meetup

[www.sakyabristol.org](http://www.sakyabristol.org)  
[www.dechen.org](http://www.dechen.org)

*Kemps is proud to be independent in Bristol for nearly 140 years!*

*Treat someone special at Kemps*

**Kemps Jewellers** est 1881

*A large range of new and second hand diamond jewellery  
Gifts for all occasions  
Repairs & Bespoke jewellery service  
Competitively priced  
Professional friendly advice  
Beautiful gift ideas*

**9 Carlton Court, Westbury-on-Trym**  
**0117 950 5090 • [WWW.KEMPSJEWELLERS.COM](http://WWW.KEMPSJEWELLERS.COM)**

**BOLON**  
EYEWEAR

*Affordably fabulous eyewear from £99*

**LynneFernandes**  
Optometrists

75 Gloucester Road, Bristol BS7 8AS  
Tel: 0117 942 6843

Book your appointment now at  
[www.lynnfernandes.co.uk](http://www.lynnfernandes.co.uk)

[f](https://www.facebook.com/lynnfernandes) [t](https://twitter.com/lynnfernandes) [i](https://www.instagram.com/lynnfernandes)

#affordablyfabl

Hailey Baldwin



## What's on at Bishopston Library

Despite competing with a warm sunny Saturday which encouraged everyone to be outside, we had a good turnout for our **Community Fair** on 21 September. It was successful for stallholders who signed up new supporters

and spoke to lots of people about their activities, and gave visitors an interesting insight into the local community. The fair closed with

excellent entertainment from Glos.Vox choir.

Libraries Week, celebrating **Libraries in the digital world** got off to a creative start with some imaginative Lego builds of libraries of the future. It turns out that there will be lots of open air and gardens in future libraries, which will be self-sufficient and colourful, possibly with hologram books. Thankfully mobile libraries will still be around, and if you end up in space, there will even be libraries there too! Many thanks to the enthusiastic children and parents who took part.

Thanks also to everyone who has donated Lego bricks over the last few months, there is now a fantastic collection. The first event was really popular and there will now be regular **Lego sessions in the library** – look out for further information.

**Libraries Week** also offered opportunities to find out about the range of online services and how to make the most of them, such as downloading eBooks and e-audiobooks. And some people began their family history journeys using Ancestry for free in the library. There will be further **beginners' sessions on how to use Ancestry** to start your family history research; please let staff know at the desk if you are interested.

**Our next event is on Thursday 7 November** at 7.30, when **Rosemary Caldicott** will talk about stories of women whose lives were linked to the

sea, from her book **Nautical Women**. Women in sailor-towns often struggled to keep out of the workhouse; other courageous cross-dressing women sailors went to extraordinary lengths to hide their gender. Rosemary will also consider the fate of African women who were forced onto vessels to be traded and sold as slaves; the lives of black women soldiers and sailors, disguised as men and the tragic voyage of the Hannibal in 1693.



Tickets are £3.00 online or at the library. Doors open at 7.00 for 7.30pm, and there will be a cash bar for soft and hot drinks. We are pleased to accept Bristol pounds (cash only) on the door and the bar.

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

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

### Red Dragons Martial Arts School

Delivers a fun and friendly brand of martial arts. Focusing on positive characteristics such as, leadership, respect and effort.



Classes: **Teeny Titans** (age 2.5-4), **Tiny Titans** (age 3-6), **Junior programme, Adult classes & Ladies only.**

**Currently taking new members.**

Martial arts training is perfect for developing self-discipline, focus, listening skills and motivation. It is also a fun way to get fit, improve your strength and muscle tone.

**Facebook: [Red Dragons Martial Arts](https://facebook.com/reddragonsmartialarts)**

**Email: [info@reddragonsmartialarts.com](mailto:info@reddragonsmartialarts.com)**

**or Call: 07779 740 432 to book your free trial.**



FiZZ Hair Salon would like to introduce FiZZ Nail Bar to the people of Bishopston.

When I met with owner Bianca recently, she told me they are pleased to be offering their clients something more. The team are delighted to welcome nail technician Siân to their friendly salon.

The GelBottle inc products used are not only high in quality and innovative in colour design but cruelty-free and vegan. **To celebrate the arrival of Fizz Nail Bar they are running a special Reader Offer of £15 Gel manicure for new clients**, see full details right. Technician Siân has enjoyed working the industry for the last six years and looks forward to meeting new clients.

Fizz is pleased to be celebrating eight years on Gloucester Road this month. To mark the occasion they are offering **20% off any hair service with new stylist Sophia**, who they are happy to welcome to the team.

To help make life as easy as possible for their customers, the salon offers **late opening until 10pm each Thursday** evening and opens during the day on the **first Sunday of each month**.

The salon offers all a full range of cuts, colours and treatments for women, men and children. They work with popular Schwarzkopf and Moroccan Oil products. If you are an NHS worker you can enjoy a 10% discount or 15% if you are a student.

**Stuck for ideas this Christmas?** Fizz have some fantastic festive packs or gift vouchers available – ask in salon.

**To book in for hair Tel: 0117 329 2151 or Nails contact Siân Tel: 07388 696 010 or pop into FIZZ, 273 Gloucester Road, BS7 8NY - [www.fizzhair.uk](http://www.fizzhair.uk)**

**@fizznailbar** for more fabulous nail designs.

**@fizzhair** for all the latest salon news.



### Reader Offers!

**Fizz Nail Bar  
£15 Gel Manicure\***

\* Valid for your first manicure (extra fee if removal of previous gel manicure required). Valid till 30/11/19.

### Fizz Hair Salon

**20% off**

**any hair service with Sophia\***

\*Valid for first appointment  
Valid till 30/11/19.

# Archfield House Nursery and Pre-School

Established  
1986



**Ofsted**  
Outstanding  
Provider

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

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

0117 942 2120

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

**www.archfieldhousenursery.co.uk**

## Have a Sweet Christmas!

It is the perfect time of year to indulge those you love with their favourite sweet treat; you will be sure to find something delicious to suit all ages and tastes at Scrumptiously Sweet.

If you are going to do chocolate advent calendars then do it properly with luxury Belgian chocolates encased in a classical Christmas scene illustrated box.

Christmas wouldn't be Christmas without chocolate coins; you can select from gold (milk choc) and silver (white choc). If you don't like the boiled version – chocolate sprouts always go down a treat! Kids (young and old) will love the fun marshmallow Christmas trees, jelly penguins and ginger bread people. You will find chocolate Santas in all shapes and sizes, some for the tree and some come flat – perfect for posting.

For the grown-ups there are individual, luxury festive chocs that can be made up into gifts boxes starting with just two chocs up to twenty-four. Superior Mozart chocolates are also hugely popular, as well as Bouchée chocolate elephants.



**Festive bakes** – Scrumptiously Sweet stocks a huge range of baking boards, foils, coloured ready to roll icing and marzipan, seasonal biscuits cutters, sugar-crafted designs, and adorable festive figurines, all perfect for your favourite Christmas bakes.

**83 Gloucester Road, BS7 8AS**  
**scrumptiouslysweet.co.uk • 0117 329 7864**

Open: Tues – Sat: 10–17.00, Sun: 11.30–16.30



**THE YARN SHOP**  
A treasure trove of  
colourful knitting  
yarn, patterns,  
haberdashery and  
buttons

Situated upstairs in  
Scrumptiously Sweet

83 Gloucester Rd, BS7 8AS  
0117 329 7864

Open:  
Tues – Sat: 10–17.00,  
Sun: 11.30–16.30



## 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 sunscreen*, *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](http://www.GreenMonkeys.co.uk). For their latest blogs, offers and information about the products available, follow them on social media:



## Paint the Neighbourhood Green with our Local Christmas Gift Guide


At a time of year that induces volumes of packaging, plastic and excess, Christmas and in particular giving gifts, can be a bit of a challenge if you are trying to lead a greener, ethical lifestyle. So, this year we're giving you a helping hand with your choice of gifts, decorations, trees and food so we can all try and have a more sustainable, eco-friendly Christmas.

We've included long-lasting gift ideas such as experiences, locally made, sustainable

style and some great stocking fillers we think your friends and family would be happy with any one of them under a tree. These gifts do not have to cost the earth – there are many great presents suggested for £10 or under!

And best of all they are all available on our doorstep, from local indie businesses right here on Gloucester and Cheltenham Road – shop local and BE GONE sitting in traffic jams!

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







With an ethos for selling environmentally friendly products and with a passion for colour, Nola Interiors are a local stockist for Little Greene and Earthborn eco-friendly paint, offering advice and colour consultations in-store or in your home environment.

Nola Interiors are also very proud to be a stockist for Weaver Green textiles and rugs (available in six sizes) which are made entirely

from recycled plastic bottles but look and feel like wool. Stain resistant, waterproof and machine washable, they come in a gorgeous range of colours and patterns.



Since expanding the showroom earlier in the year, Nola Interiors are very excited to be supplying Ca' Pietra Artisan tiles, a collection of beautiful designs and colours.

Pop in for a complimentary tile catalogue.

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

**Nola Interiors, 168 Gloucester Road, BS7 8NT • Tel: 07909 308 668**

 Nola Interiors-Bristol.  168nolainteriors



*Dunleavy Brut, Somerset 2017. Hand picked Seyval Blanc from Wrington in Somerset aged for 11 months producing an elegant and fresh style of fizz with a wonderful depth of fruit, £34.99.*

**Grape & Grind**  
101 Gloucester Road, BS7 8AT  
0117 924 8718 • [grapeandgrind.co.uk](http://grapeandgrind.co.uk)



● ● ● ●  
Wild Leaf stocks a huge range of stunning house plants and pots for every budget.

**Wild Leaf**  
63 Overton Road, BS7 5AG  
07570 115 561  
IG: wildleafbristol



● ● ●  
*Beebombs – contain 18 species of wildflowers perfect for pollinators. Individual bombs £7.99, gift set with 2 beebombs, card, and beeswax to make your own candles, £16.99.*

**IOTA**  
167 Gloucester Road, BS7 8BE  
0117 924 4911 • FB: [iotabristol](https://www.facebook.com/iotabristol)



*Scoopaway, specialise in Natural Wholesome Foods and Remedies for the whole family. Discover an abundance of ethical, tasty gifts. Buy all the dry fruit, nuts, spices and much more to create your favourite Christmas bakes and dishes.*

**Scoopaway**  
113 Gloucester Road, BS7 8AT  
0117 987 2199  
[scoopawayhealthfoods.co.uk](http://scoopawayhealthfoods.co.uk)

A wide range of fabulous, ethical, sustainable Christmas gifts and stocking fillers, to include – Chilly's drink bottles, Mutiny shaving sets, re-usable coffee cups and natural toiletries. From £7.

#### Preserve

208 Gloucester Road, BS7 8NU  
0117 944 6927 • [www.preservefoods.co.uk](http://www.preservefoods.co.uk)



Free range, local Bronze turkeys, turkey crowns, fresh duck and geese, as well as joints and Christmas fare. You name it we've got it!

**M. J. Dalton Butchers**  
409 Gloucester Road,  
BS7 8TS • 0117 924 3366  
[mjdaltonbutchers.vpweb.co.uk](http://mjdaltonbutchers.vpweb.co.uk)



Rollquick now stock a range of kids bikes from Squish. Premium lightweight kids bikes that are cheaper than Isla bikes, lighter than frog bikes and hold their value extremely well!

#### Rollquick

220 Gloucester Road, BS7 8NZ  
07784 122595 • [www.rollquick.co.uk](http://www.rollquick.co.uk)



'Hives & Herbs' range by local beekeeper. Eco packaged Lip balms £3.50 & Lotions £9. Beeswax wraps (alternative to clingfilm) £6.50–£14.

#### 7th Sea

198 Cheltenham Road, BS6 5QZ  
07825 567672 • [www.handmade7thsea.co.uk](http://www.handmade7thsea.co.uk)



Natural Christmas wreaths, garlands & festive arrangements. Now taking orders.

#### The Flower Shop

145 Gloucester Road, BS7 8BA  
0117 942 0050 • [theflowershopbristol.com](http://theflowershopbristol.com)



Pottery painting and clay workshops, vouchers available, for kids and grown ups!

**Kiln Workshop**  
63 Overton Road, BS6 5AD  
0117 942 0470  
[kilnworkshop.co.uk](http://kilnworkshop.co.uk)



Enjoy a Gloucester Road gin and tonic, £5.50. Made by Bristol distillery Psychopomp and brought to Alchemy by Grape & Grind.

**Alchemy 198**  
198 Gloucester Road,  
BS7 8NU  
[alchemy198.co.uk](http://alchemy198.co.uk)



These gorgeous bags, blankets and cushions are made entirely from recycled plastic bottles but look and feel like wool, they make perfect gifts. From £30.

#### Nola Interiors

168 Gloucester Road,  
BS7 8NT • 07909 308668  
FB: Nola Interiors-Bristol  
IG: @168nolainteriors

ZERO Barbershop stocking fillers. Highest quality hair and beard products, from £10. Vouchers also available. Merry Christmas from the boys at ZERO!

#### ZERO Barbershop

230 Cheltenham Road,  
BS6 5QU.  
0117 336 3521  
IG: [zérobarbershopbristol](https://www.instagram.com/zérobarbershopbristol)



Upcycled decoupage vases from £12 by owner Sarah Thorp, who will be exhibiting her work at Alchemy on the North Bristol Art Trail.

**Room 212**  
212 Gloucester Road,  
BS7 8NU  
[room212.co.uk](http://room212.co.uk)



Treat someone special to the gift of luxurious pampering with vouchers for The Nail Shed! Visit the salon for lots of other present ideas from stocking fillers to gorgeous gift sets.

#### The Nail Shed

78 Gloucester Road, BS7 8BN  
[thenailshedbristol.co.uk](http://thenailshedbristol.co.uk)  
0117 942 7116



TIDLO wooden fire engine (£39.95) and 8 piece fire fighters set (£19.95). Buy together for £55. Fantastic interactive toys.

#### Playfull

87 Gloucester Road, BS7 8AS  
0117 9446767  
[playfulltoyshop.com](http://playfulltoyshop.com)



For city-dogs that crave adventure! Handmade and exclusive to Lovely Pups – Friendly Dog Grooming. Adjustable Paracord collars (over 15 colours to choose from). From £8.

#### Lovely Pups

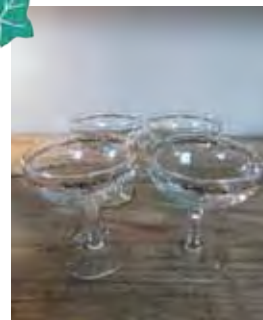
310 Gloucester Road,  
BS7 8TJ • 07522 397405



Stunning MODO Eco® Frames created out of recycled and biobased material. A tree is planted with every frame purchased. From £90.

#### Lunar Optical

291 Gloucester Road, BS7 8NY  
0117 942 0011 • [lunaroptycal.com](http://lunaroptycal.com)



Enjoy your Christmas bubbles out of some beautiful and authentic vintage champagne glasses. Stock frequently changes. Sets start from £15.

**Reason Interiors**  
73 Gloucester Road,  
BS7 8AS  
0117 329 4505  
[reasoninteriors.co.uk](http://reasoninteriors.co.uk)



Panettone Classico – made with love, at Joe's. Delicious Italian sweet bread that makes a wonderful present. One of the many delicious, festive gifts available.

#### Joe's Bakery

45 Glos Road, BS7 8AD &  
240–242 Glos Road, BS7 8NZ  
0117 975 5551  
[www.joesbakery.co.uk](http://www.joesbakery.co.uk)



If you want to give your laptop or desktop a huge performance upgrade, then look no further than Solid State Drives (SSDs). Prices start at just £19.80 for 128 GB.



**I Love My PC**  
207 Gloucester Road,  
BS7 8NN  
i-love-my-pc.com  
0117 924 8755



The World's Strongest Man candle holders, £7.99. For further, fabulous gift inspiration, check out Main's dedicated 'him' and 'her' gift suggestions for under £5 & £10!

**Main Interiors**  
384 Gloucester Road,  
BS7 8TR  
maininteriordesign.com



Aprons, scatter cushions, lavender pouches, purses and door stops in a wide range of beautiful fabrics, all hand-made on site at Marialina. From £3.

**Marialina**  
210 Gloucester Road, BS7 8NU  
0117 329 0899 • marialina.co.uk



1000s of gifts to suit all tastes and budgets! To include – Ravioli maker, Kilner butter churner, Into the Wild, stackable mug set and Taste of London coasters. Come in and discover some treasures soon! From £1.50.

**Pearce's Hardware**  
295 Gloucester Road, BS7 8PE  
0117 924 5787



Local, sustainably grown Christmas trees in aid of refugees and asylum seekers. Prices from £32, delivery available. 100% profits to Aid Box Community. Buy a tree, help a refugee.

**Aid Box Community**  
174 Cheltenham Road, BS6 6RE  
order from  
www.aidboxcommunity.co.uk  
0117 336 8441



Something to delight everyone's taste buds! Create a bespoke box of luxury, festive chocolates. There's a box size to suit every budget, £3-£29.99.

**Scrumptiously Sweet**  
83 Gloucester Road, BS7 8AS  
0117 329 7864 • scrumptiouslysweet.co.uk



Great range of long-lasting LED Christmas lights. New this year – Christmas tree lights with colours that can be controlled from an app on your phone!

**Ablectrics**  
131 Gloucester Road,  
BS7 8AX  
0117 942 5355  
electricsandlighting.co.uk



Treat a special someone to a stunning new hair style or makeover with the talented ladies at A&E.

**A&E Hair And Makeup**  
Studio 7 Gloucester Road,  
BS7 8AA  
0117 279 5044  
aehairandmakeup.com



## A great Reason to get shopping!

There are in fact so many reasons to visit this fantastic interior shop – not only is Reason packed full of fabulous items that make the perfect gift for loved ones (or yourself!), they are all at a reasonable price. What's more, at a time when we are trying to be more mindful of waste and the materials products are produced in, this shop offers the best form of sustainability in the recycling of their ever-changing vintage items, which have been selected for their gorgeousness! The new products they stock are largely made in the UK, fair-trade and hand-made by artisans. They also carry a good number of local artist/makers work.

When I recently visited this family-run business, which is now entering its 10th year, owners Alice, Louise and Sue brought me up to date with all of their favourites – new and old.

At time of writing, the much sought after Angela Harding advent calendars had already sold out! But fear not, more will be in store soon and they have her beautiful 2020 annual calendar (pictured right) on the shelves now.

If you are trying to avoid unnecessary plastic this Christmas you can pick up some Grand Illusions Luxury Crackers, that contain lovely felt, festive decorations as their gifts. As you can see top right – Reason also have a cute range of hand-felted, winter decorations; I loved the hedgehog on skies and squirrel in a skirt!

You are spoilt for choice when it comes to ceramic mugs but Dassie's latest collection of kitchenware particularly caught my eye (bottom left). This handcrafted, contemporary homeware is oven, microwave and dishwasher safe – perfect in looks and practicality!

You will find all your festive favourites including St Eval's advent candles, Archivist Gallery matches presented in a glass bottle and of course vintage glass baubles.

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



Liga table mats and coasters made in Cornwall from sustainable cork.

New! Nkuku Martini & tumbler glasses. Handmade, ethical, eco-friendly.



## Age is just a number at the Gloucester Rd 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.**

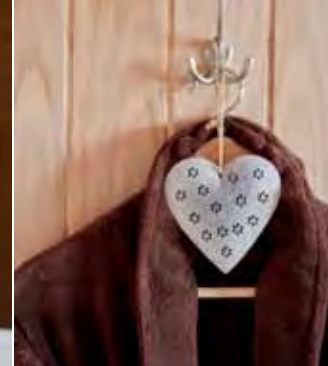
**[www.gloucesterroadwi.org](http://www.gloucesterroadwi.org)**

All women welcome. We look forward to meeting you.

### Forthcoming meetings

**19 November** – A talk from a renowned historian

**December** – Christmas Party



# ICON BEAUTY

## ICON BEAUTY IS 10 YEARS OLD!

We recently had our 10th birthday and would like to thank all our clients for such 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.

## THE PERFECT GIFT THIS CHRISTMAS

An Icon Beauty gift voucher is a present that is guaranteed to be well received. Just the thing for a loved one needing an excuse to treat themselves to a relaxing massage, specialist facial or a pamper manicure. Why not treat a loved one or say thank you to someone special, and don't forget, vouchers can be made up to any value and used for all treatments for a whole year! Pop in to pick yours up or purchase one over the phone or online.

## SALON NEWS

We'd like to give a very warm welcome to Camilla who started with us last month. She is a Specialist Massage Therapist and will work alongside our wonderful Sarah. We are lucky to have such an experienced massage team here and already know Camilla will be a huge asset to the team!



ICON  
BEAUTY

## GIFT VOUCHER

AN OASIS OF CALM IN THE MIDDLE OF THE CITY



[www.iconbeauty.co.uk](http://www.iconbeauty.co.uk) • 267-269 Gloucester Road, BS7 8NY • 0117 924 5566

## 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  
Veterinary Surgeon  
Animal Health Centre



### Animal Health Centre

"A passion for pet care"

- Nicky and her team have been providing expert, friendly and dedicated care since 2002
- A welcoming and relaxing atmosphere
- Free preventative health clinics for your pet
- Modern surgical, x-ray and dentistry facilities

"Absolutely amazed by the service. Wonderful, knowledgeable people."



358 Gloucester Rd  
Horfield  
Bristol BS7 8TP

**0117 924 7832**  
[www.animalhealthcentre.org](http://www.animalhealthcentre.org)

Your local independent veterinary practice

## It's Christmas at Roxfords Pet Shop

Open 7 days a week • Free local delivery

It's beginning to look a lot like Christmas in Roxfords Pet Shop, which has something that is sure to delight all of our four-legged, furry children!

To start there are delicious, doggy choc advent calendars. For those who love a plush soft toy, there are snowmen in tartan, giant, squeaky sprouts and the most adorable ginger bread men. There are rubber pigs that oink, Christmas crackers to be pulled and a giant elf to be chewed!

Your pet can enjoy its very own Forthglade luxury Christmas dinner, followed by dog-friendly individual puddings and hand-decorated biscuits! Your favourite pooch will look the part in this season's, festive woolly pulleys! For felines there are tasty turkey and cranberry sticks, 'naughty' or 'nice' refillable catnip toys and fun laser pens for them to pounce after.

There are hundreds of toy and edible gifts to select from and if you would like a selection, Roxfords much-loved stockings of presents will be in store soon. Owners Sarah and Michael send season's greetings to you all!



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • [roxfordsthepetshop.co.uk](http://roxfordsthepetshop.co.uk)



## LEE'S CARPETS

EST. 1957

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

**Tel: 0117 951 4262**

5 Muller Road, Horfield, Bristol, BS7 0AB  
Open Mon - Sat 9am - 5pm, Sun Closed



# News from Glos Rd Central

November is going to be a very busy month at Glos Rd Central! **We are pleased to welcome two new businesses;** the first is **Perfecto Coffee** (going in to the previous Artemis shop). Long-time business owner of the Blue Lagoon on the Prom, Aly Hussein is so passionate about coffee, he is now delighted to bring Perfecto Coffee to Gloucester Road. The second is **Jo Jo Beauty** (at the previous Bristol Tools site). Owner Jo Tovey is sister to her next-door neighbour Finola, of Nola interiors! The sisters grew up not far from Glos Road Central and are thrilled to be working together in their childhood neighbourhood. **Alchemy bar and gallery is about to celebrate a successful first year** of business with a **big party on Saturday 2 November**, 2pm 'til midnight. Local six-piece Sol Band will be bringing Latin Rhythms and African Beats in the evening while well-known sax player James Morton will entertain in the afternoon.

Alchemy 198 has brought a successful mix of art, live music, comedy and a space for a wide range of community groups to meet since opening a year ago, when Room 212 owner Sarah Thorp totally

renovated the old Venus bar. The Downstairs Gallery is a favourite spot for groups such as Extinction Rebellion to hold meetings and create artwork. Customers are happy in the knowledge that the bar offers local or sustainably produced drinks wherever possible, from Xisto Wines brought by sailing ship to flavoured gins by Cox & Baloney.

However, Alchemy customers have told Sarah they would like food and she has been on the lookout for something that matches the ethos of her establishment from the get go. She was therefore delighted to meet locally based cousins Rosy and May of the **Plastic Free Catering company** who have the fantastic concept of catering with a conscience – delicious homemade food for events with zero plastic used in the whole process. **They will offer their delicious vegetarian food as EAT ME cafe at Alchemy on a daily basis** with brunches and lunches from 11am and bar snacks and small plates from 3pm into the evening.

May says, "It's important to us as an ethical business to support independent local businesses and reduce food miles. We also aim to use seasonal produce where possible". Gloucester Road is



May & Rosy of EAT ME cafe



Jenny Urquhart

therefore the perfect base as they can pick up artisan bread from local favourite Joe's Bakery and top-quality fruit and veg from neighbouring Pawson's. And of course Preserve plays an important role in keeping them plastic free. Plastic Free Catering can cater for events at Alchemy and elsewhere. EAT ME cafe will launch at Alchemy's birthday party so come along for samples from 2pm.

**The North Bristol Art Trail** is the highlight of the year for art lovers in our area. Over the **weekend of 22–24 November** our section of Gloucester Road will be bustling with locals and visitors enjoying artwork by our local artists, from ceramics and jewellery to photographs and paintings. The Nonesuch Cup, Horfield Baptist Church Hall, Alchemy 198 and St Michaels Church Hall are all venues for large numbers of artists on the trail in the Glos Rd Central area and you can also pop down nearby residential streets to meet artists in their own homes. Many of these venues offer drinks and light refreshments as well, offering a chance to sit and reflect on what you've seen. Some artists offer previews on the Friday evening – art always looks even better with a glass of mulled wine! – and it's a chance to pick up an original artwork before the crowds. [www.northbristolartists.org.uk](http://www.northbristolartists.org.uk)

You can find trail maps at many places on our high street, including Boston Tea Party, Fig and Alchemy 198. Room 212 is home to many North Bristol Artists all year round, such as painters Laura Robertson, Jenny Urquhart and Rosie Webb, and the beautiful jewellery of Katie Johnston and Wendy Calder. The shop will put on a window display of North Bristol Artists in the build up to the trail and artwork will be on sale afterwards in case you can't make up your mind during the trail weekend. You may also like to pick up a copy of the Bristol Impressions 2020 Calendar, which has artwork inspired by Bristol by different artists on every page.



**If you fancy getting creative** yourself there are a couple of local friendly groups you can join. North Bristol Artist Debby Bird runs the Creative Club at Alchemy every Friday, 10.30–

12.30, and welcomes knitters and stitchers of all abilities to drop in. Debby's mixed media artwork is currently on show in Alchemy's Downstairs Gallery and she'll be appearing on the North Bristol Art Trail. Meanwhile Jan Coles has formed the Craftivism Group for gentle protest where craft meets activism, inspired by the bestselling book by Sarah Corbett. Join her on Wednesday 20 November at Alchemy, 7–9pm, materials provided. If you're a member of FAB – Friends Ageing Better – then you can have a bit of a bop at the FAB disco on the same evening. The disco, with DJs from Ujima Radio, will run 5–9pm – a good opportunity to put on your dancing shoes!

Finally, do put our **Christmas Street Party on Thursday 5 December** in your diary. This will be the sixth year that businesses on Glos Rd Central will stay open until 8pm and invite other local traders and charities to join them. Expect everything from Christmas goodies at Joe's Bakery to live music at Alchemy 198. A lovely way to start feeling festive!

## Wanted! Homestay accommodation for overseas students

Throughout the year, but specifically in July and August.

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

**£155 per student per week half board (18+ y.o.)**

**£175 per student per week half board (16-17 y.o.)**



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

**0117 970 7060**

[accom@elcbristol.co.uk](mailto:accom@elcbristol.co.uk)  
[www.elcbristol.co.uk](http://www.elcbristol.co.uk)

## Billie-Jean Pop Up Cashmere Event

**Saturday 23 Nov**, North Bristol Art Trail  
& Glos Rd Central **Christmas Street Party**  
**Thursday 5 Dec**, 5–8 pm. On forecourt of



194 Gloucester Road, Bishopston

## ALL GARDENS

TO ALL  
PEOPLE

**SMALL GARDEN SPECIALISTS**  
**25 YEARS EXPERIENCE**  
**BASED IN BISHOPSTON**

**Phone Pete 0117 9421 685**  
**e-mail [peter@allgardens.co.uk](mailto:peter@allgardens.co.uk)**  
**visit [www.allgardens.co.uk](http://www.allgardens.co.uk)**  
**All Garden Craft DESIGN**

- Garden Clearance and maintenance
- Garden make-overs
- New Lawns
- Fences/stone walls
- Patios & Decking
- Ponds
- Tree pruning

### News from Bristol St Andrews Bowling Club

The Bristol St Andrews 'End of Season' Open Fours Tournament took place on Sunday 29 September. The fully subscribed event of twenty-four sides (which included last year's winners The Shaftsbury Four from Dorset), assembled at the green in Derby Road, to compete for the prize money, which this year totalled over £320! No side has ever successfully defended the Derek Sharpe Memorial Trophy, so it was no surprise that after a round robin competition of 96 games, yet another name was to be added to the list of winners.

This year's tournament couldn't have been tighter with three teams finishing the day level on 42 points. This meant that it would have to be decided on Shot difference – but still two sides were tied on +30, so for the first time ever it had to go to shots scored. Page Boys from Page Park Bowling Club Bristol were declared the winners collecting the First Prize of £160 plus the Derek Sharpe Memorial Trophy.

Bristol St Andrews Bowling Club would like to thank all the sponsors of this tournament: Marston Breweries, KP Badges & Trophies, J & C Bowls and Joe's Bakery, plus all of their Club Sponsors.

A charity 'Bowls Spider' raised £91; this money will be added to the £500 raised earlier this year and will be shared equally between St Peter's Hospice and Cancer Research.

It has been another great season for Bristol St Andrews Bowls Club all round. In the City & County of Bristol Bowls Association competitions, club Secretary, Spencer Wintle was runner up in the 4 Wood singles – the first member to reach the finals stage since 2001!

Adrian Dunford/John Golding/Ron Maker, won the triples. Trevor Wilkins/Richard Haynes/Keith Boyland/Richard Ludwell were runners-up in the fours. In the North East Bristol Bowls League competitions Glen Wintle/Richard Haynes/Keith Boyland/Charlie Haynes were runners-up in the fours.

The club is available for function hire; for more info please visit: [bristolstandrewsbowlingclub.co.uk](http://bristolstandrewsbowlingclub.co.uk).

### Time to restore the Clock at Horfield Parish Church

Holy Trinity and St Andrews Church on Wellington Hill (known locally as 'Horfield Parish Church') is pleased to have recently received a grant from Allchurches Trust towards the cost of repairing and maintaining the Tower Clock.

Most of the current church building is Victorian but the tower at the west end which contains the clock is much older, thought to be 15th century.

The clock face on the outside of the tower is an assuming black hexagon with gold numbering. It possibly doesn't look anything special from the outside. However, inside the tower is a very substantial internal mechanism in a large frame. It has no maker's name or date but is typical of the 18th century.

The restoration works are necessary to repair the ancient mechanism, which is suffering from the wear and tear of three centuries, and to restore the chime which has been stopped for some years. It is also hoped to install an auto-winding mechanism as

climbing up into the tower to wind the clock regularly is no easy task – access involves a series of steep ladders and trapdoors – not for the faint hearted!

The grant from Allchurches Trust is a very welcome contribution to preserving this substantial and historic clock in one of our local historic, much loved and very much used buildings.

Allchurches Trust is one of the UK's largest grant-making charities and gave more than £16 million to churches, charities and communities in 2018. Its funds come from its ownership of Ecclesiastical Insurance Group.

For more information about the life and work of Horfield Parish Church please see –

[www.horfieldparishchurch.org.uk](http://www.horfieldparishchurch.org.uk) or  
email [hpc.sec@horfieldparishchurch.org.uk](mailto:hpc.sec@horfieldparishchurch.org.uk)



**BROOKFIELD  
MOBILITY  
SOLUTIONS**

BMS is proud to be a **Mobility Adaption Partner** and installer of adaptions available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).



**What can Brookfield Mobility Solutions bring to you?**

- Professional, friendly customer focused team with a wealth of experience in the adapted vehicle and adaption market.
- Quick and efficient fitting and repair service.
- Fully qualified technicians offering both mobile or workshop based services.
- Advice and installation of vehicle aids to include – Push-Pull hand controls, Left foot throttles, Scooter, wheel chair and personal hoists, Control aids, Electronic signalling.
- Advice and installation on a range of mobility aids, including stairlifts.

For full details of BMS's services and product range, please book a visit to their showroom.  
**30-32 Filton Road, Bristol, BS7 0PA • Tel: 0117 239 5018 • [www.brookfieldmobility.co.uk](http://www.brookfieldmobility.co.uk)**



## News from The Ardagh Bowling Club

**Bowling news** – The final game of the season was held on Saturday 28 October, a hugely competitive President vs Chairlady, played in glorious sunshine with the Chairlady triumphant!

It is now the end of the summer season, so the club move indoors for carpet bowls on a Monday evening, 7.30pm start, open to all with no experience needed for the fun evenings.

We look forward to our prize giving evening on Saturday 9 November at the Ardagh; we hope to have photos to share in the next issue, as quite a few of our members have won prestigious competitions in the City and County games.

**Wednesday Community Lunch Club** – Eating lunch with others is something we all enjoy doing and our weekly Wednesday lunch club brings people together. It is as key piece in the jigsaw of services that support older people living in their own homes, assisting them to live and keep well. It is a wonderful way to participate in a meal outside of the home and for a number of people it is the only freshly cooked food in a week, while providing social contact in the local community. Volunteers are an essential part in setting up, preparing, serving food and clearing away. If you have any time to spare on Wednesday mornings between 10.30am and 2.00pm – we would love to meet you.



### Ardagh Toddlers –

Mondays (term-time) 10–11.30am, £2.50 per child, just drop in. This is a very happy group where children are allowed to play as they wish using all the wonderful toys on offer. Parents and carers can

enjoy each other's company safe in the knowledge that the 'oldies' (volunteers) are keeping an eye on everything that is happening while making friends with all attendees. It is wonderful to see parents coming along with child number two and makes the volunteers feel extra special that we did things right the first time.

**All events mentioned take place at the Ardagh Pavilion, Horfield Common.**



## Should The Bishopston Society close down?

A motion proposed and passed at the recent AGM of The Bishopston Society (TBS) could lead to this popular local group closing down. The Society, which has gone beyond its original focus on local amenities into wider areas over the last few years, is now considered to be no longer viable to run, following decisions made by some of its committee members to step down from their roles. A critical review of options for moving forwards, or not, has therefore been proposed.

Motion: "This meeting notes that the Society's committee membership has dropped to a level which renders its work unviable, and most TBS activities have been suspended. The meeting notes with regret that a winding-up resolution will be presented to a Special General Meeting in the near future. However, the meeting also supports the proposal that a 'viability group' be convened on the same occasion to enable voting members to take into account the independent advice of critical friends on any alternatives which might lead to a continuation of the Society's work, or part of it."

The Society originally focused on Bishopston's amenities and built environment and was particularly popular for representing community interests over planning matters, for example. It has successfully broadened its appeal over the last few years by working additionally on economic and social aspects of Bishopston, including collaboration with traders to celebrate and boost our great British High Street. It also initiated the Clean Air Bishopston project and has demonstrated a commitment to integrating cultural and environmental perspectives on Bishopston's development with its traditional focus.

However, like so many small community groups, TBS has struggled to find adequate resources, primarily in the form of people-power, to run the organisation and has now been forced to consider winding up following the decision of three more of its committee members, including Planning Advisor, Membership Secretary and Chair, to stand down.

In the AGM motion (above), a review of options for the future of TBS was proposed by convening a meeting of a 'critical friends' VIABILITY group (Voluntary Independent Advisory Board Investigating Longterm Interests for TBS this Year).

Outgoing Chair Nick Plant explained, "We're gutted to have to do this but want to be realistic



and open about the next steps. We also think it's important to engage our community in this big decision by providing an opportunity for reflection and evaluation, and to consult over a range of possibilities. We wouldn't rule out some form of rescue plan, if there was a strong feeling that the work must continue, and enough help emerged to carry out a relaunch supported by the two to three of us prepared to continue serving. Equally, we're going to ask the VIABILITY group to consider the possibility of the Society merging with another organisation to exploit economies of scale to sustain some of our activities, or ask another body to take on some of our functions. Or the outcome might be to simply recognise that our time has come and shut up shop."

More details including an in-depth 'think-piece' on future options, are available online via <https://bishopstonsociety.org.uk>, and if you would like an invitation to the VIABILITY group meeting, you are encouraged to let the Society know, give feedback on their work, or offer your views on their future.



## PARTY IN THE PARK 2019!



What a glorious day! We were basked in sunshine throughout this fun, family event. This year Great British Bake Off star and Horfield resident Briony May got proceedings underway. There was a huge array of entertainment for kids of all ages. Bishopston Matters was pleased to sponsor the Horsey Hoppers event that generated much hilarity – those inflatable horses can create havoc over a course of fences! As always the party culminated with an impressive firework display. Congratulations to all of those that made this fundraising day such a great success – roll on 2020!



Red Dragons see page 27



# Alpine

## LANDSCAPING

Established Family Firm with 25 years experience

❖ **Senior Citizens Special Rates**

❖ Garden Clearance - Regular or One Off

❖ Patios ❖ Fencing ❖ Tree Work ❖ Turfing

❖ Hedgecutting Planting (Shrubs etc)

❖ Organic Manure Delivered - Also applied

❖ Professional and Guaranteed Work

❖ Brick & Blocklaying

Call Joe for a Free Quote

**0117 959 2143**

**07891 253 122**

**25% Off**  
with this advert!

[www.alpine-landscaping.co.uk](http://www.alpine-landscaping.co.uk)  
79 Falcondale Road, Westbury-on-Trym

## News from Fairfield High



The country's first black professional footballer visits his old school

Steve Stacey, a former Fairfield High School (FHS) student, took a trip down memory



lane when he visited the Year 10 student cohort to give a fascinating talk and to introduce his new autobiography. Steve captivated

his audience as he shared how Bristol was for his parents – an interracial couple who met during WWII, and how his American soldier father was denied the right to stay in the city. As a result, Steve was brought up locally by his mother and grandparents and would spend most of his free time playing football with his friends.

His audience heard that his football talent did not go unnoticed, for, as a teenager Steve was scouted by both Bristol Rovers and Bristol City. While Rovers were in talks with the Headmaster of Fairfield, City bit the bullet and approached Steve and his Mum directly... leading to a private signing and fee. Before long the young Steve started training sessions with the club. He went on to become the country's first black professional footballer.

At the end of the talk, students had the opportunity to ask Steve about his life, his time at Fairfield and his perspective on football.

Steve Stacey comments "My experience at Fairfield was wonderful. I had a first-class education. Education is one of the finest gifts we can be given and I'm forever grateful. That's not to say that I couldn't have tried harder in every subject, because a bit too much time was probably spent on the football pitch!"

Kate Smee, Director of Humanities Department at FHS adds: "It's very important to us and our culture to welcome former students back to Fairfield. Steve was such an engaging speaker who touched every member of our audience, regardless of their background or interests. We would like to thank him and his team for making that all important difference."

## Windsor Road Garage

Family business est 1964



Serving our community for over 50 years!

- Car Servicing • MOT Testing
- Vehicle Repairs
- Classic Car Maintenance
- AA accredited garage

Get in touch with this trusted, friendly team, to book in call 0117 924 7113.

Open Mon – Fri: 8.30 to 17.30,  
Sat 9.00 to 12.00.

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

[www.windsorroad.co.uk](http://www.windsorroad.co.uk)

Now equipped to service the new  
1234yf Air Con Gas



## A Helping Hand for Habitats in Your Garden

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.

With our dedicated and passionate team we can help you find the magic in your garden!

For a free quote and to discuss your requirements please contact us: [info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)

Ali



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

0117 9092 088 or 0777 9180 855  
[info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)  
[www.secretgardenweb.co.uk](http://www.secretgardenweb.co.uk)

39 Horley Road, Sr Werburghs, Bristol

# 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.

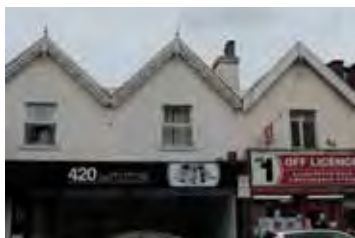
Roads with Victorian and Edwardian terraces, where every house would have looked almost identical, through to similar 20th century council housing, have now had modern individuality stamped on each house, but where examples exist, they should be recorded before it is too late. In times gone by, particularly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



↑ 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.

## Campaigning residents announce a neighbourhood survey

For some years a group of residents living in St Andrews and part of Bishopston – the Bishopston and St Andrews Traffic and Parking Group (BOSA) – have been campaigning about the growing problems of traffic density and parking in their neighbourhood. They are concerned not just about these central issues but also about the effects that result from the increased volume of vehicles in their streets including: the safety of pedestrians and particularly children, vulnerable adults and cyclists; pollution from exhaust fumes as well as from traffic noise; access for emergency and service vehicles; and the detriment to the general quality of life in these often narrow and community-friendly streets.

The development of resident parking schemes (RPS) in the neighbouring areas of Cotham and Montpelier have also affected the quality of life in Bishopston and St Andrews. Commuters now often choose to park in areas adjoining those RPSs as do residents parking their additional vehicles, including large leisure and commercial vans.

Kay, a local resident, is clear about the problems: "Since the declaration of RPSs in adjoining neighbourhoods, we have experienced a steady increase in parking by people from outside our area and this sometimes leads to aggressive competition for parking spaces as well as a general increase in traffic on our narrow streets. Some people drive too fast which increases the risks for pedestrians, particularly for young children, which all adds to the stress of living here – and sometimes emergency vehicles can't get through. Some people we know are actually thinking of moving away because of the stress and anxiety caused by traffic and parking."

In May 2018 MP Thangam Debbonaire hosted a public meeting at which nearly 70% of those



attending supported the introduction of an RPS; but progress since that meeting has been slow due to the Mayor's manifesto commitment not to introduce more RPSs unless there is 'overwhelming support'.

But there are now signs that the Council are now coming around to the view that existing RPSs are popular, and they have recently agreed to gauge public opinion by conducting a neighbourhood wide survey. Full details of the survey including the area of distribution have yet to be announced but it is likely to be widely distributed in the neighbourhood in late October or early November.

BOSA hopes to be involved in the survey and encourages all residents to take this unique opportunity to express their views to the Council about the growing problems of traffic and parking and the related issues of safety and air quality.

**If you want to get involved or to learn more about the activities of BOSA, they can be contacted on Facebook: BOSAttrafficandparking or through their website at [bosattrafficandparking.org.uk](http://bosattrafficandparking.org.uk).**

### Parking Survey – Bishopston and St Andrews



Bristol City Council will soon be asking people for their views on parking in parts of Bishopston and St Andrews, where some people have contacted us

about parking difficulties. The parking survey will be sent to all residents, businesses and organisations in the area shown on the map. The survey will ask people about any parking issues that concern them and what, if anything, they think needs to change.

The survey area does not indicate the boundary of any currently proposed new parking measures.

If you are in the survey area, please look out for a postcard coming through your door towards the end of October/Early November. The postcard will tell you how you can complete the survey.

People who live outside the area can report parking and other local issues at [www.bristol.gov.uk/improve-my-street](http://www.bristol.gov.uk/improve-my-street) or via their ward members. These issues will not be analysed as part of the current surveys.

# JOIN OUR SWIM CLASSES AND KIDS SWIM FOR FREE ALL YEAR ROUND



## LEARN TO SWIM WITH **EVERYONE**

We're proud to be the UK's leading provider of swim lessons - our 3000 qualified teachers help over 130,000 swimmers across the UK every week. At Horfield Leisure Centre we have a wide range of classes available running 6 days a week, 50 weeks a year - and you can join at any time. Call in today to find out more.

Horfield Leisure Centre  
Dorian Road, Horfield BS7 0XW.  
Tel: 0117 903 1643

Everyone Active manages this facility  
in partnership with Bristol City Council



FACILITY OPERATOR  
OF THE YEAR 2018/19



everyone  
ACTIVE

facebook.com/EveryoneActive

@EveryoneActive

www.everyoneactive.com



## Christmas fitness tips



The Christmas break will inevitably bring on the urge to overindulge on your favourite holiday snacks as you wind down towards the end of the year, potentially ending in weight gain and that sluggish feeling at the end of the Christmas break. Here are eight tips that will help keep off the Christmas weight gain.

- 1. Eat before heading out** – First, it is best that you eat something before heading out to visits, trips or family dinners. By doing so, you will no longer be so tempted to overindulge.
- 2. Avoid skipping meals** – Believing that it will make up for the treats you consumed in the previous day, skipping meals may force you to eat more later at night when you're less likely to burn through the calories you have consumed.
- 3. Drink smart** – Drinking alcohol, coke or other juices will add more calories to the ones you have already eaten; opt for the zero or low calories options.
- 4. Be active** – Perform your fitness routine whenever possible and if you can't do that, simply walk more, park your car some distance away from the shop or just use the stairs. Aim for at least 30 minutes of activity per day.
- 5. Don't skip your strength workouts** – Perform your strength training in order to maintain the muscle mass you worked so hard to get. Don't be tempted to just do some cardio, you can have a far bigger impact by lifting weights.
- 6. Time your workouts** – Exercise early in the morning while everyone else is still sleeping; this way you will also avoid remarks like "Oh, come on! It's Christmas..."
- 7. Drink a lot of water** – This can satiate your appetite as well as keep you hydrated at all times. And it will also prevent a possible hangover if you overdo it with alcohol.
- 8. Last, but certainly not least, enjoy yourself!** Trying to restrain yourself totally from some foods will only make you eat more. Feel free to enjoy the treats that you really love just focus on the portion size.

Happy Holidays everyone!

Kurtis Walters

**Contract Fitness manager**  
**Everyone active Bristol**



I was pleased to meet up with local resident Nick Plant (who you may

recognise as chair of The Bishopston Society) at one of both of our favourite shops – Joe's Bakery, where he was making good use of his Bristol pounds!

Bristol Pound (commonly known as £B) is well established as the biggest local currency in the UK. It aims to create a more resilient local economy by keeping money circulating within Bristol, and preventing wealth leaking away to distant headquarters, global supply chains, tax havens and shareholders dividends.

Nick has been appointed as a 'Community Champion' and is part of a small team of volunteers dedicated to becoming the eyes and ears of £B, acting as a local point of contact, getting feedback from business members, encouraging others to take part, and spreading ideas and awareness of how participation enhances both community and economy, as well as helping to roll out the refreshed branding.

He said, "I love Gloucester Road, and I'm enjoying meeting up with traders to get their views on how £B is doing, how we can develop, and how we can continue building community. As a committed individual £B user for years, I also want to persuade others to sign up as consumer members and keep money within the local economy."

Members can use the £B on buses and trains, to pay council tax, buy groceries, services, and much more. You can pay using paper £B or by app, and an increasing number of traders welcome payment in the currency. Individuals can sign up via the new app, which is more reliable and easier to use than the old 'text2pay' system.

Please take a look at Nick's blog entry at [bristolpound.org/nickplant/](http://bristolpound.org/nickplant/) to find out more, email: [nick.plant@bristolpound.org](mailto:nick.plant@bristolpound.org) or go to [bristolpound.org](http://bristolpound.org) for £B info. You can download the app from Apple Store or Google Play to get started.

# News from our Bishopston & Redland Councillors

## Bishopston ward news

**Bishopston Medical Practice** – More than two-thirds of patients who were registered with Bishopston Medical Practice have now transferred to a new practice. If you had not found a practice by the end of September when Bishopston Medical Practice closed, you will be automatically registered to an alternative practice close by, and sent a letter to tell you which practice.

There is capacity for all patients to register with other practices in their area and no one will be without a GP. The Clinical Commissioning Group (the Organisation which runs NHS services in Bristol) has been working with Bishopston Practice to ensure vulnerable patients are supported.

If you think you were registered at Bishopston Medical Practice and you have not been transferred, or are experiencing other problems with this process, please get in touch; we will be happy to support you.

**Double yellow lines** – The saga continues! We understand that work is progressing to complete the long-awaited double yellow lines in the streets around the cricket ground. The council had employed a contractor to do a selection of highways works, and they had taken on a subcontractor to paint our lines, who then let them down badly. They have now dismissed the subcontractor, invested in more lining equipment so that they can complete the work themselves, and promised to make us their number one priority. The work is still dependent on dry weather, but you should see it being completed over the next few weeks.

**Waste collections** – Many residents have reported concerns about missed or delayed waste and recycling collection. Figures for June to August show that Bishopston and Ashley Down has suffered with around 1% of recycling collections missed or delayed. This is well below the level of service that Bristol Waste should be providing. They have now revised their collection times to start from 6am throughout the year, to try to get more of their rounds completed before the morning traffic builds up, and they have ordered five narrow access vehicles to help with some of our narrower streets, which should be in action before the end of the year. Hopefully these two changes will bring improvements, but please do keep reporting missed collections via the council website, so we can keep track of the scale of the problem.

**Work starts at the Ardagh** – Congratulations to the Ardagh Community Trust who have broken

ground on the building works for their new year-round café and community hub (see page 15).

**Parking consultation** – As you may have seen, our neighbours in Redland and Ashley wards are being consulted about how to manage obstructive and dangerous parking in those areas. Obviously, any changes to parking in areas like St Andrew's or around Berkeley Road will have an impact on our area, so we are keeping a close eye on any developments. (see page 57).

**Tom Brook, Labour Party**  
[Cllr.Tom.Brook@bristol.gov.uk](mailto:Cllr.Tom.Brook@bristol.gov.uk)

**Eleanor Combley, Green Party**  
[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk)

## Redland ward news

**Local schools creating climate projects** – Congratulations to the local pupils who've taken part in the launch of the Bristol Education Partnership recently at UWE. Their first projects focused closely on tackling climate breakdown, saving energy, protecting biodiversity, and reducing food waste and plastic use in practical ways in their schools. Schools including Cotham, Colston's and Orchard were involved and their project groups are all pupil-run. At the launch many said their next step is to present findings and ask for headteacher support for their campaigns.

**Funds won for new Cranbrook Road crossing** – Fi and Martin have succeeded in winning road safety funding to support local residents. As reported previously, many local people are desperate for a road crossing on Cranbrook Road so that children can safely walk to school from Cairns Rd to Harcourt Hill. Finally, Fi and Martin have succeeded in getting an agreement for funding up to £31,000 from the next allocation of local money from developers. The budget promise means a Highways officer has now been persuaded to visit the site, and will come up with the best plan for the situation. This will take time and so we're working with residents in the meantime to use creative road markings and planters to improve safety right now.

**Redland Green issues** – Efforts to site a water fountain on Redland green are continuing, with the support of Redland Green Community Group. The lengthy delays are very frustrating but illustrate the complexities of finding a water supply, getting the installation cost covered, and then making sure there's a maintenance budget for hygiene. We are continuing to do what we can to help as new sites

have been created in the city centre and we are hoping that a similar model can be used on the Green. We have shared the same lessons with Friends of St Andrews Park who are also hoping to get a water fountain installed.

At the same time plans for a lucie post (power supply) to ensure there's no diesel pollution near the play area from an ice cream van or other trader have not progressed. Although the group fundraised for this, and we also got this included in plans for a catering concession, the project has now been dropped and no concessions have been let by the council as part of income raising projects.

Finally, Fi and Martin are chasing up promises to get some of the benches in the Park repaired, as a few of them are looking a bit ropey.

**Clean air and local plan** – The council is facing the threat of legal action from the government over the slow pace of action to tackle illegal levels of air pollution in roads in the city. At the same time independent lawyers Client Earth have issued a warning that they may take action too over both clean air and the need for climate change policies in the new local plan to be adequate to deal with the climate emergency. Martin recently issued a reminder from the Green Party about the need for the local plan to take climate emergency more seriously. The draft that was consulted proposed some new policies in chapter 13; however, we think the issue should be a headline topic with a theme running through the whole new plan if the city is to adapt and tackle the causes fast enough over the next decade.

**Fly tipping** – We've had repeated complaints about fly tipping in certain locations along Gloucester Road and have therefore asked for the council's new contractors to prioritise the area. If you have any concerns about fly tipping hotspots please let us know so that we can pass information on and do report any incidents you see using the council website.

**Bin collections** – We contacted the Cabinet member for waste over three months ago asking for collection rates in our area as we have had repeated complaints about missed collections. Disappointingly we've had no response but are now joining forces with other councillors along the Gloucester Road corridor who have similar concerns.

The vehicle replacement programme has been completed and is now moving to the old waste lorries themselves. Some of the previous missed collections have been caused by repeated breakdowns.

Streets with missed collections should be listed promptly on the company website. And we have been lobbying for this. We very much hope that together we can improve services for residents to an acceptable level.

**Parking** – We know that there is a lot of concern about inconsiderate and dangerous parking in the ward and we are very grateful to residents who have got in touch letting us know about the situation in their neighbourhood. Local action group (and stars of Channel 5's 'Britain's Parking Hell') BOSA were planning to issue an online survey in the near future. However, we've just heard that the Cabinet member for Transport has finally confirmed a council-run survey of the most affected. Please keep a look out for a postcard from the council to make sure your voice is heard. We remain concerned that streets just outside any possible parking management area will need to be protected from the knock-on effects of any controls. (see page 57).

## Please do get in touch

**Fi Hance, Green Party**  
[Cllr.fi.hance@bristol.gov.uk](mailto:Cllr.fi.hance@bristol.gov.uk)

**Martin Fodor, Green Party**  
[Cllr.martin.fodor@bristol.gov.uk](mailto:Cllr.martin.fodor@bristol.gov.uk)  
Tel: 0117 3526156



### Bristol Landscaping Services

*Garden Design & Construction*

**Patios • Decking • Fencing**  
**Driveways • Turfing • Walling**  
**Ponds • Artificial Grass**



**T: 0773 447 6145**  
[enquiries@bristollandscapingservices.co.uk](mailto:enquiries@bristollandscapingservices.co.uk)  
[www.bristollandscapingservices.co.uk](http://www.bristollandscapingservices.co.uk)





- Approved for Smoke Control Areas
- Full Supply and Installation Service
- High Efficiency, Cleanburn Stoves
- Family Run & Fully HETAS Approved

[www.kindlestoves.co.uk](http://www.kindlestoves.co.uk)  
[info@kindlestoves.co.uk](mailto:info@kindlestoves.co.uk)

## OPEN 7 DAYS

Pop in to our supersized showroom on the A4 near Keynsham. Big Green Egg, outdoor fires, gas fires and one of the largest displays of wood burners in the South West. Interest Free Credit now available



Glenavon Farm, 331 Bath Road, Saltford, BS31 3TJ  
 01179 243898

## Stephen Carter Painter & Decorator Professional Decorating Services

Painting & Decorating Association  
 Accredited (with PDA guarantee)

For a free competitive quotation:

**07786 513788 or 0117 907 6997**

Cranside Avenue, Redland BS6 7RA

[www.carterdecorating.co.uk](http://www.carterdecorating.co.uk)

## A&P Plastering Specialists

All aspects of plastering...

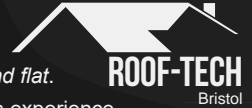
- Skimming over artex • Coving • Artexing
- Small jobs welcome • Plaster boarding
- Over 25 years of experience
- Clean and professional service

Contact - Philip Rogers

Tel: 0117 9425762 or 0775 9255438

Radnor Road, Bishopston

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



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

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

Office: **01275 540952** Mobiles: **Ben Peters:**  
**07724 681620** or **Steve Coles: 07724 639830**  
 E-mail: [roof-tech@hotmail.com](mailto:roof-tech@hotmail.com)

## LOW COST PLUMBING



- Taps, Washers ✓
- Toilets, Cisterns ✓
- Leaks, Blockages ✓
- Tanks, Overflows ✓
- Lead Pipes, Stopcocks...etc... ✓

**OAP DISCOUNTS and NO VAT**

**0117 956 4475**

Wardrobes, Drawers, Cupboards and Shelves  
 full to bursting  
 Hoarding & Collecting  
 Dealing with a relatives home  
 Divorce Bereavement Moving House

## Do You Need Help To Declutter?

I work with you at your pace with  
 empathy and understanding

Free Consultation  
 For help, advice and solutions



DeClutter Services

Fay Gregory

[fmdeclutterservices@gmx.com](mailto:fmdeclutterservices@gmx.com)

**078 2107 8526 0117 9550713**

[www.fmdeclutterservices.com](http://www.fmdeclutterservices.com)

## MOVING HOUSE

Decluttering your property before putting  
 it on the market can increase the selling price  
 enormously and stops you importing  
 clutter into your new home. It presents your  
 property in the best possible light and  
 maximises its selling potential

## HOUSE NOT SELLING LOW OFFERS POOR VIEWINGS

The first time a buyer sees your property  
 is usually online, so images need to be  
 eye catching and enticing. Removing clutter,  
 using the house doctor and handyman services  
 help to attract buyers and create sales

Decluttering and reorganising your  
 home also declutters the mind. It  
 reduces anxiety and stress by making  
 your home an inviting, pleasurable  
 place to live in and somewhere to feel  
 proud of

FM DeClutter Services offer  
 a tailor made service  
 to suit your needs

# Price Glass

**WINDOWS • DOORS • CONSERVATORIES • EXTENSIONS • KITCHENS • BATHROOMS**

Incorporating P G & G Building Services

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

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

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

**Call - 0800 975 7967**

[www.priceglassbristol.co.uk](http://www.priceglassbristol.co.uk)

[office@priceglassbristol.co.uk](mailto:office@priceglassbristol.co.uk)



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



## Useful Trades & Services for the Home & Garden

### Brickwork

by Denise Howard

#### Decorative Brickwork

different colours, patterns,  
features and structures



#### Bespoke Designs

in both reclaimed and new bricks

#### Walls Repointed, Restored and Rebuilt

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

#### Lime or cement based mortars used

#### Locally based in Bishopston/Horfield

Liabilities Insurance held

References available

City & Guilds Advanced Construction

Award - Brickwork - Distinction

**t: 0117 9249166 or 07710 827467**

**e: [brickworkbydenise@gmail.com](mailto:brickworkbydenise@gmail.com)**

### AM & JILL DECORATORS

*Let the women spruce up your interiors*



- 20 years' decorating experience
- Painting walls, ceilings, wood
- Wall-papering
- Tiling, walls and floors
- Stripping walls, wood, metal

**T: 07907 584566 or 0117 955 1360**

**E: [amajilldecorating@gmail.com](mailto:amajilldecorating@gmail.com)**

call now for  
a free quote

### JPK PLUMBING

*From a dripping tap upwards*

*Reliable, qualified, fully insured*

Phone: John Keegan

125 Bishop Road, Bishopston, BS7 8LX

**[elfontanero@hotmail.co.uk](mailto:elfontanero@hotmail.co.uk)**

**[www.jpkplumbingbristol.co.uk](http://www.jpkplumbingbristol.co.uk)**

**07900 582 817 • 0117 924 7286**

### GAROLLA ROLLER SHUTTER DOORS



#### THERMALLY INSULATED ELECTRIC GARAGE DOORS



Acoustic & Thermal  
Insulation

Brush Sealed Rails

Pay on Completion

Two Remote Controls

18 Colours Available

Free Disposal of your Old Door!

**Garolla can save a lot of space  
inside your garage. Rolls up  
vertically into a box. Takes only 8  
inches of headroom! Opens vertically  
so you can park up close to the door.  
Remotely open/close the garage  
even from inside your car.**

**LIMITED OFFER - was £1354**

**NOW ONLY £895**

**INC. VAT & FULL FITTING**

**MADE TO MEASURE, CALL US TODAY**

Save  
**£459**

**0117 369 1061**

**Phone Lines Open 7 Days a Week**

**07537 149 128**

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

## Home Improvement & Repairs

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

Small repair & maintenance jobs.  
Larger projects also done.

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

**Phone: 0117 9830668**

**Mobile: 07966 291323**

**HOMEFIX** [www.homefixweb.co.uk](http://www.homefixweb.co.uk)

## Orchard Carpentry

**All Carpentry work undertaken**

**Friendly & Professional Service**

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

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

**Over 20 years experience**

Locally based with references available

**Please contact Simon: 0786 781 3722**



**COLLINS  
TREE SERVICES**

Free quotes Fully insured

Pruning Hedge Trimming  
Felling Stump Grinding Planting

All work considered All waste recycled  
Friendly and professional service

**0752 591 6882 0117 965 8399**

[info@collinstreeservices.co.uk](mailto:info@collinstreeservices.co.uk)



over 20 years expertise and craftsmanship.

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

0783 710 14 15

01179 939 15 00

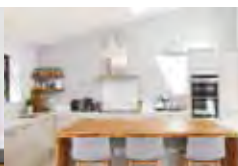
[hal@halldor-building.co.uk](mailto:hal@halldor-building.co.uk)

[www.halldor-building.co.uk](http://www.halldor-building.co.uk)

**renovate**  
building & maintenance



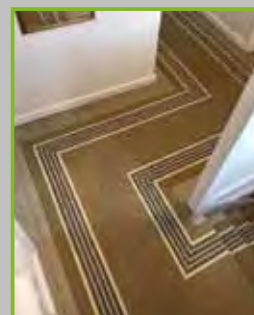
Extensions	Bedrooms	Loft Conversions
Bathrooms	Kitchens	Gardens



T 0117 969 2740 M 07515 945 992

E [info@renovatebm.co.uk](mailto:info@renovatebm.co.uk)

[renovatebm.co.uk](http://renovatebm.co.uk)



**Natural  
BORN FLOORING**



**01179 427829**

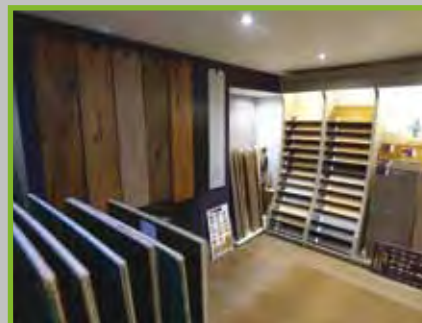
**Natural Born Flooring**

203 Gloucester Road

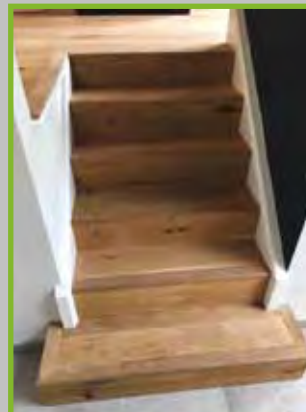
Bristol, BS7 8NN

Customer parking at the rear of the shop  
[www.naturalbornflooring.co.uk](http://www.naturalbornflooring.co.uk)

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



When I recently popped in to Natural Born Flooring, to meet with father and son team – Colin and Ross, it was great to see the family business so busy. Before the pair both dashed out to clients it was good to get an update on some of their new, sought after products and hear



that seven years in, they are still enjoying be a part of the Gloucester Road community.

Their impressive showroom runs over three floors – downstairs is dedicated to real wood, parquet and engineered oak flooring. The rustic look of Rovers reclaimed railway sleepers, that come in a range of shades are proving popular with the people of Bishopston.

The rear showroom displays stylish, luxury vinyl tiles, perfect for all areas of the house with brands such as – Amtico, Karndean, Distinctive, Polyflor and Harvey Maria.

The ground floor is home to an extensive range of quality carpets rugs and runners, both of natural and synthetic fibres.

Natural Born Flooring's team are highly experienced and offer a friendly service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices.

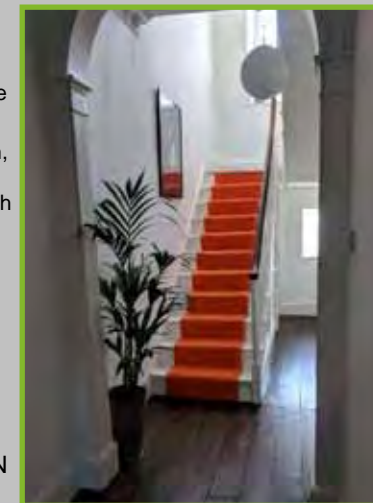
**Call today for a free consultation on 01179 427829**

[www.naturalbornflooring.co.uk](http://www.naturalbornflooring.co.uk) • 203 Gloucester Rd, BS7 8NN

**Customer parking to the rear of the shop**



**Thank you for  
another great year!  
We wish all our  
customers a very  
Happy Christmas!**



**Style, Warmth &  
Economy thanks to**



Bristol based 1st Aztec, are a popular choice in our local area for their range of quality services that help transform your home into a more comfortable place to live.

They are experts when it comes to replacing draughty wooden, sash windows, with thermally efficient, UPVC alternatives. You can still enjoy the appearance of traditional frames, but with far greater energy efficiency, as well as the new windows being acoustically very good at blocking out noise pollution.

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**

**E-mail: [info@1staztec.com](mailto:info@1staztec.com)**

**Visit: [www.1staztec.com](http://www.1staztec.com)**



## Useful Trades & Services for the Home & Garden

### JAMIE ERIKSSON Carpentry services

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

*No job too small*

*Free quote, friendly and efficient service*

**07783 904 842**

**[jamieeriksson@hotmail.com](mailto:jamieeriksson@hotmail.com)**

**[www.jamieeriksson.co.uk](http://www.jamieeriksson.co.uk)**

### Architectural Plans

A fully experienced professional local design and planning service for all home extension, alteration & development projects including kitchen extensions and loft conversions

**078900 58406**

**[office@cad-plan.co.uk](mailto:office@cad-plan.co.uk)**



### Sparkling Clean Bristol

A CLEAN YOU CAN TRUST

Bishopstons  
#1 family  
run cleaning  
company



“Extremely happy with the service, standards remain consistently high and Katie is always punctual and friendly.”

Peter Hunt  
College Fields, Clifton

Call 07927328274 for a free home consultation and no obligation quote.

**@sparklingcleanbristol**

### Bristol Building Company

Quality building and garden solutions

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

References available.

Local, family run company for 35 years.



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

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

“Dale’s team were friendly and professional and the work was done faster than we expected, to a very high standard.” **Cher, Ashley Down**

**Tel: 0117 952 1944 or 07977 116842**

**E: [bristolbuildingco@yahoo.co.uk](mailto:bristolbuildingco@yahoo.co.uk)**

**[www.bristolbuildingcompany.net](http://www.bristolbuildingcompany.net)**

**92 Bromley Road, Ashley Down**

free quotations  
serving Bristol and surrounding area

### Charnick Electrical

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

**M: 07967563298 H: 01179557227**

**[www.charnickelectrical.co.uk](http://www.charnickelectrical.co.uk)**

**[leroy@charnickelectrical.co.uk](mailto:leroy@charnickelectrical.co.uk)**

### THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

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

**0117 967 9028**

**07818 413 451**

**[www.theaerialman.co.uk](http://www.theaerialman.co.uk)**



## ROB'S PROPERTY MAINTENANCE



For all those jobs that still need doing... I am here to help!

**Building & Property Maintenance Handyman**  
Plastering • Rendering  
Decorating • Tiling  
Plumbing • Bathrooms  
Fascia/Guttering  
Gardening/Fencing  
Sash windows

**ROB: 07891 450 047**

robspropertymaintenance@yahoo.com

Advanced Decorations

Peter Mcgahan

**07805704901**

**0117 9556198**

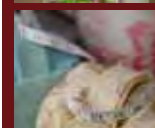
- Over 30 years experience
- Interior and exterior decorating to a high standard
- Advice on colour schemes
- Wallpaper specialist
- Free consultation and written estimate with no obligation.
- No VAT as sole trader

[advanceddecorations.co.uk](http://advanceddecorations.co.uk)

[info@advanceddecorations.co.uk](mailto:info@advanceddecorations.co.uk)

## MARIALINA

Fabrics & Soft Furnishings



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

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

Free measuring service and advice on styles

We offer an installation service

*Come to the shop and be inspired this winter!*

210 Gloucester Rd, BS7 8NU

Tel: 0117 329 0899

Mob: 0772 999 7359

Email: [info@marialina.co.uk](mailto:info@marialina.co.uk)

Web: [www.marialina.co.uk](http://www.marialina.co.uk)

Open: Tues to Sat 10am – 5pm.

Ring for appointments outside these times

## Redland Electrical Services

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

**No Job Too Small**

ELECSA approved contractor  
Part P Building Regulations approved 17th Edition BS7671



**John Chambers**

**07734 326 915 / 0117 9246154**

[info@redlandelectricalservices.co.uk](mailto:info@redlandelectricalservices.co.uk)  
[www.redlandelectricalservices.co.uk](http://www.redlandelectricalservices.co.uk)

## Electrical and Plumbing



All electrical work - from complete rewire to additional sockets

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



Free estimates - Call to discuss your requirements

**Matt. Pederick - 0117 9246886 or 07958 753588**



## INDOOR SELF STORAGE HORFIELD AND LOCKLEAZE

[WWW.STASHEDAWAY.CO.UK](http://WWW.STASHEDAWAY.CO.UK)

Stashed Away, 91a Romney Avenue, Bristol, BS7 9JT  
01179 516325 7am – 7pm, 7 days a week

## M<sup>c</sup>CALL PLASTERING SERVICES

EST 1976

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

**Call: 0117 949 0147**

**07909 937 229 or 07970 596 260**

[mccallplastering@hotmail.co.uk](mailto:mccallplastering@hotmail.co.uk)

**MD Aerials**  
Call Michael Dagger

T: 01454 418 341 M: 07817 304 236  
mike@mdaerials.co.uk www.mdaerials.co.uk

All types of aerial and satellite work undertaken including:

- Aerial Installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up and tuning
- CCTV
- Wi-Fi access points
- Free Quotations

Over 30 years experience

**BS7 BUILDING & CARPENTRY**

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

For a free quote contact Scott Bayler:  
scottbayler@gmail.com  
07399 261663

**The Roofing Company**

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

Free no obligation quotations  
Competitive Pricing

**0117 950 2610**

E-mail: info@theroofingcompanybristol.co.uk  
Unit 1, 'Perrocot', Hallen Rd, Bristol, BS10 7RP

**DHS**  
Dynamic Heating Services

*"for all your plumbing and heating needs"*

*"Our business has grown through reputation and recommendation, so first-class customer service is one of our top priorities"*

 **Boiler servicing**  
 **Quick response boiler repairs**  
 **Boiler installation**  
 **Bathroom creation/facelift**

- Gas Safe Registered
- Accredited Installers
- Up to 10 year warranty on Worcester Boilers
- 0% finance offered
- Excellent customer service
- Serving Bristol for over 40 years!

**0117 924 7200 • www.dhs-uk.com**

**Roost Plumbing & Heating**

All aspects of plumbing & heating including:

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

All Workmanship Guaranteed

Please contact Paul for a friendly, no obligation quote.

**07841 641423**  
www.paulroostplumbing.co.uk

 547772

**Paull Property Services**

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



**Domestic & Commercial properties**

*Renovations*  
*Decorating – inside & out*  
*Fascias & Soffit boards*  
*Plumbing*  
*Small and Large projects*  
*And much more – please just ask*

References & Testimonials available • Fully insured

**Contact**  
**M: 07866 066 971 T: 0117 9614 774**  
E: paullpropertieservices@googlemail.com

**EXPAND BUILDING**

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

Find out more [www.expandbuilding.co.uk](http://www.expandbuilding.co.uk)  **0117 959 1777**

**We specialise in: Extensions and Loft Conversions**

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

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

## Community Noticeboard

For free listings contact  
[kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk)  
 For the online 'What's on' diary  
 of events visit  
[bishopstonmatters.co.uk](http://bishopstonmatters.co.uk)

### Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

#### Light Lunches

Thursday 14 November, 12 noon – 1.30pm

No need to book, all welcome.

#### Advent Fair

Saturday 23 November, 10.30 – 12.30pm

Homemade cakes, Gifts and light morning snacks.



December 7

More details from the  
 church office  
[office@horfieldbaptist.net](mailto:office@horfieldbaptist.net)  
 0117 924 3608

Come and  
 share  
 the fun with  
 us!

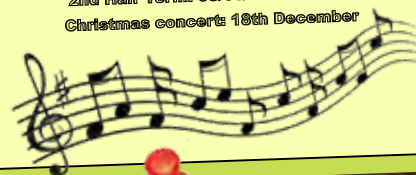
## Glos. Vox

### Community Choir

Folk, world and contemporary songs  
 Wednesdays 7.00 – 9.00pm (term time only)  
 Horfield Baptist Church – Room 1, BS7 8NY  
 £5 p/wk paid termly or £7 PAYG  
[glosvoxchoir@aol.co.uk](mailto:glosvoxchoir@aol.co.uk)  
[www.glosvox.com](http://www.glosvox.com)



1st Half Term: 04/09/19 – 23/10/19  
 2nd Half Term: 06/11/19 – 11/12/19  
 Christmas concert: 18th December



**BISHOPSTON CHRISTMAS MARKET**  
 AT BISHOP ROAD SCHOOL

Gifts, Presents, Handmade Crafts  
 Cards, Books  
 Mulled Wine & Mince Pies  
 Games, Confectionary  
 Textiles, Vintage, Artisan  
 Handcrafted  
 Jewellery & Trinkets  
 Tableware  
 Glass, Wood, Leather, Stocking Fillers  
 Ceramics, Decorations, Chutneys, Preserves  
 Toiletries, Art, Prints, Charms  
 Crafts & Cakes

Bishopston Christmas Market  
 Thursday 21 November 7:15pm to 10pm  
 Bishop Road Primary School  
 Entry £2, over 12's only

Kindly sponsored by: home for you  
 email: [property@h4y.co.uk](mailto:property@h4y.co.uk)  
 web: [www.h4y.co.uk](http://www.h4y.co.uk)



home for you  
 Property Management • Accommodation Agents



THE OLD LIBRARY  
 ~ EASTVILLE ~  
 Muller Road, BS5 6XP  
[www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

### Circle Dance Evenings

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

26 November, 7:30–9:30pm

Liven up November with a range  
 of lovely dances!

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@googlemail.com](mailto:susannah temple@googlemail.com)  
 Information also at

[www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)



Open to Everyone!

Thursdays: 7pm – 8pm

Shine Community  
 Sports Hall, Henleaze,  
 BS9 4DT.

First 3 Sessions FREE!

Contact us:  
[bristolhornets.korfball@gmail.com](mailto:bristolhornets.korfball@gmail.com)

#### What is korfball?

- Team sport, similar to netball/basketball
- Mixed-sex, 4 male and 4 female players per team
- Fast paced, fun and sociable

Facebook/Twitter:  
[@bristolhornets](https://www.facebook.com/bristolhornets)

## Charade Drama

presents

## MURDER ON CUE

by

Robin Jennifer Miller



21 - 23 November 2019

7:30 pm Tickets £8

Box Office : 0117 9508488

Methodist Church Hall  
 Westbury Hill  
 Westbury-on-Trym  
 BS9 3AA

An amateur production by arrangement with Stagescripts Ltd



Christmas  
 Fair & Santa's  
 Grotto

Saturday 7  
 December  
 Midday–2.30pm

### Christmas Tree Sale

Saturday 7 December, 10–2.30pm

Card Payment accepted.

Ashley Down Primary School,  
 Downend Road, BS7 9PD



## Community News/Events...

**Lockleaze & Horfield Strollers, now part of The North Bristol Walking Group** – [www.walkingforhealth.org.uk/walkfinder/north-bristol-walking-for-health](http://www.walkingforhealth.org.uk/walkfinder/north-bristol-walking-for-health). Contact [joanaharvey@gmail.com](mailto:joanaharvey@gmail.com) for further info.

**Tuesday 12 November, Victoria Park Bath** – Meet at Bristol Bus Station 10.00am (Bus X39). From the park to Royal Crescent then down to the river Avon and across the bridge for a riverside walk to the Old Midland line railway station. Coffee in Manvers Street. Leader Joan.

**Tuesday 26 November, From top to bottom in Clifton** – Meet at Horfield Leisure Centre 9.45 (Bus 505). Starting at the Suspension bridge we will walk down the hillside to the Underfall yard. Leader Sheila.

### Children's Scrapstore Events Art for Autumn!

Friday 1 November, 1.45–3.45 pm.  
Inclusive Holiday Stay & Play, welcome, Autumn, the most colourful of seasons! Think suncatchers and

mandalas, leaf-rubbing and pinecone printing, a seasonal bunch of tactile crafts. This session has been planned children with SEND (Special Educational Needs and Disabilities) in mind, with more space and supporting adults.

**Dadcraft With The Man Dem** – Saturday 2 November, 2–4pm. Free arts and crafts sessions for dads and their children. All ages welcome! Dadcast With The Man Dem are hosting free sessions the first Saturday of every month at Children's Scrapstore Bristol for dads to bring their kids have some quality time together and get crafty at the same time! Drop in.

**Simple and Fun Festive Crafting** – Thursday 21 November, 6–7.30 pm. CPD training for Adults. Come away with the ideas, techniques and confidence to facilitate simple and effective festive craft activities. A session for adults. £5 Members, £15 Non-member. Booking/attending any of these sessions entitles you to access to the shop where you can purchase a basket of scrap for £6. All events take place at Children's Scrapstore, 21 Sevier Street, St. Werburgh's, BS2 9LB. For more information, call 0117 9143002 or visit [childrensscrapstore.simplybook.it](http://childrensscrapstore.simplybook.it).

### Raise Christmas cheer in your Santa gear!

Help CHSW raise Christmas cheer in your Santa gear and register to take part today! It's a brilliant festive day out with face painters, music and



entertainment in the event village. Entry includes a free Santa suit and festive treat.

The 2k course, which begins at Lloyds Amphitheatre and winds its way round Bristol Harbourside, is suitable for all ages and abilities and takes place on Sunday 8 December.

The price is £16 for adults and £8 for children. Age 2 and under are free. For more info, or to sign up, visit [www.chsw.org.uk/santasbristol](http://www.chsw.org.uk/santasbristol).

**Redland Green Choir** will perform Karl Jenkins's powerful Mass for Pearce, The Armed Man, at 7.30pm at St Matthews, Kingsdown on 30 November. Tickets are £12 (£10 concessions) from [www.redlandgreenchoir.org.uk](http://www.redlandgreenchoir.org.uk) or at the door.

**Henleaze Ladies' Choir** invites you to kick off your festive celebrations with their Christmas concert on Thursday 5 December 2019, 2–3.30pm at St Peter's Church Hall, Henleaze. Enjoy delightful music and join in the singing of some carols at this FREE afternoon concert, with free tea and mince pies as well! A collection will be taken for the Above and Beyond charity, which supports the work of Bristol's central hospitals. For further details contact Jean on 0117 9624466 or Jane on 07752 332278.

**Local Extinction Rebellion meetings** take place at St Michael's Church, Pigsty Hill on Tuesdays, 7–9pm or The Malcom X Centre, St Paul's Road on Wednesdays 7–9pm. Find out more by visiting the website: [rebellion.earth](http://rebellion.earth) / Facebook: XRBRistol.

### North Bristol Community Project courses

**Arts for Wellness Drop ins** – A chance to relax, unwind, explore your creativity; small supportive groups where you can learn: drawing, printmaking, collage, stitching, claywork and painting. £5 per session. Basic materials included.

**Mindful Stitching Socials** – For hard-working and employed residents who can't come to courses during the day. Wednesdays, 7–9pm. Have a few hours of fun, try something different and make new friends. £10 per session, all tools, equipment and basic materials included.

**Sewing Classes** – Learn how to make your own wardrobe, wearable art, upcycle, repair, alter, embellish or customise your clothing. Tools,

equipment and basic materials are included. Sessions from 4–10 weeks from £68. Thursdays from 10am–12 noon.

**Spanish Conversation Classes** – If you have a basic grounding in Spanish, but would like to improve your conversation skills, then join a small group on Thursdays 6.15–7.15pm. four sessions for £45, eight sessions for £80 (pre-booking essential).

To book in or for more information visit [www.northbristolcommunityproject.org.uk](http://www.northbristolcommunityproject.org.uk) or contact North Bristol Community Project, [nbc84@gmail.com](mailto:nbc84@gmail.com) 160 Gloucester Road, BS7 8NT.

## Friends Ageing Better Local Catch ups!



The next **FAB Disco** takes place on Wednesday 20 November, 5–8pm at Alchemy, 198 Gloucester Road, BS7

8NU. As you can see from the picture above, the last one was a great success!

**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](mailto:fab@ageukbristol.org.uk).



## SENDaWelcome

would like to send huge thanks to musician Ben Spodris (pictured right).



Ben and his Ukulele entertained customers at Reel Soul Fish and Chip shop on Gloucester Road to raise funds for their Community Music Project which provides accessible music workshops on Saturday mornings for young people with learning disabilities age 10+.

Ben also volunteers on the project supporting the young people to develop music.

Check out the website [sendawelcome.co.uk](http://sendawelcome.co.uk) to hear the young people's latest hit 'dinosaurs like cheese'.

The music group is welcoming new members; get in touch or just come along and give it a try.

## SENDaWelcome Community Music workshops are back!



For young people aged 10+ with learning disabilities.

Come along and meet up with other young people with learning disabilities who live near you, make friends, have fun making music and maybe even form a band!

Join Tara from Open Up Music and Bristol band The Rin Tins for accessible music workshops – you don't need any musical experience to take part!

Where: Front Hall at St Michael's Church 160A Gloucester Road, BS7 8NT

Parents and carers will be able to stay in the adjoining link room and enjoy a well-earned cup and a chat!

Cost: £8 a week

When: Saturday 9, 16 & 30 Nov & 7 Dec, 10.30–11.30am

Please email [sendawelcome@gmail.com](mailto:sendawelcome@gmail.com) to book your place

Or turn up on the day to give it a try!  
[www.sendawelcome.co.uk](http://www.sendawelcome.co.uk)

# Index of Local Advertisers

## Accounts / Book-keeping

Tax Assist 31

## Aerials

Dan Grace Aerials 31,69

MD Aerials 72

**Architects** – Cadplan Architects 69

**Art Trails** – North Bristol Art Trail 4,5

**Baby/Child – fashion/interiors/cosmetics**

Green Monkeys (natural, ethical, eco-friendly) 38

## Barbers

Designers 12

Zero Barbers 40

## Buddhist Centres/Courses

Amitabha Kadampa Meditation Centre 8

Sakya 32

## Building Maintenance/Construction

Bristol Building Company 69

Denise Howard Brickwork 65

Expand Building 73

Halldor 66

Homefix 66

Renovate 66

Rob's Property Maintenance 70

**Bycyle Shop** – Roll Quick 41

## Carpentry/Bespoke Items

BS7 Building & Carpentry 72

Orchard Carpentry 66

## Carpets/Flooring

Conran Carpets 80

Lee's Carpets 47

Natural Born Flooring 67

## Cars

CC Garage 26

G.H Motor Services 23

Windsor Road Garage 54

## Childcare

Archfield House Nursery 36

Little Foxes Forest School 17

## Cleaning Services

Sparkling Clean Bristol 68

## Computers

I love my PC 18,42

Xpress Computers 3

## De Cluttering & Home Organisation

FM DeClutter Services 63

## Dental Care

Bupa Dental Care 79

Horfield Dental Care 1,30,31

**Driving schools** – Brizzle Driving School 12

**Editorial Services** – Rebecca Ramsden 31

## Electricians/Electrical Shops

Ablectrics 42

Leroy Charnick Electrical Services 69

Matt Pederick 70

Redland Electrical Services 71

## Embroidery Courses

Jemima Lumley Hand embroidery 4

## Fashion

Billie Jean Pop Up Event 49

The Ottowin Shop 21

**Flowers** – The Flower Shop 4,40

**Food & Drink Shops/Services**

Grape & Grind 22,39

Joe's Bakery 12,41

M. J. Daltons Butcher 40

Perfecto – Coffee, Supplies, Machines 21

## Foot Health Practitioner

Treat your Feet 8

## Garden Design/Maintenance

All Gardens 50

Alpine Landscaping 53

Bristol Landscaping Services 61

Catherine Dixon (organic) 22

Collins Tree Services 66

Secret Garden 55

## Gift / Art Shops

7th Sea 41

IOTA 39

Main Interiors 42

Reason Interiors 41,43

Room 212 40

## Glazing & Doors

1st Aztec Ltd 64

Price Glass 64

## Hair & Beauty

A & E Hair & Beauty 42

Fizz Hair & Nails 35

Icon Beauty 45

Nuala Morey Hair & Beauty 29

Sarah Tones Mobile Hairdresser 8

The Green Room – Hair 32

The Nail Shed 25

Urban Beauty 25

**Hardware Shop** – Pearce's 42

## Health, Diet, Fitness & Sport

BS7 Gym 2

Clifton College Sports Centre 19

Horfield Leisure Centre 58,59

Trainhurs 8

## Heating – Gas/Elec

All Works Plumbing & Heating 72

Dynamic Heating Services (DHS) 68

Roost Plumbing & Heating 68

## Home Interior Shops/Services

DHS – Bathroom Installation 73

Kindle – cleanburn stoves 62

Marialina Fabric & Soft Furnishings 42,71

Nola Interiors 38,41

## Homestay Accommodation required

English Language Centre 48

**Jewellery** – Kemps 32

## Kitchen Installation / Refurbishment

Dream Doors 11

**Martial Arts** – Red Dragons Martial Arts 34

## Mobility Solutions

Brookfield Mobility Solutions 51

## Music – Tuition/Healing

Graham Sothcott – Guitar/Ukulele 12

Sound Healing 23

## Optometrists

Lunar Optical 20,40

Lynne Fernandes 33

## Painting & Decorating Services/Shop

Advanced Decorators 70

AM & Jill Decorators 65

Carter Decorating 63

## Pets

Animal Health Centre (Vets) 46

Roxford's Pet Shop 47

**Pet Grooming**– Lovely Pups 40

**Pilates** – The Pilates Room Bristol 9

**Plant Shop (indoor)** – Wild Leaf 39

## Plasterer

A&P Plastering 63

McCall Plastering 71

## Plumber

JPK Plumbing 65

Low Cost Plumbing 63

Matt Pederick 70

Roost Plumbing & Heating 73

## Pottery Painting & Clay Workshops

Kiln 40

**Printing Services/Ink** – Xpress Printing 3

## Property Services

Homefix 66

Jamie Eriksson 69

Paul Property Services 72

## Restaurants/Cafes/Pubs/Takeaways

Alchemy 198 28,41

Palomar Fish house & Bar 27

The Nector House 13

## Roofing

Rooftech 63

The Roofing Company 72

## Roller Shutter Doors (Garage)

Garolla 65

## Schooling/Tuition/Courses

Bristol Grammar School 7,16

Clifton High School 14

Kumon – Ashley Down Study Centre 6

St John's on-the-Hill 10

The Dolphin School 17

**Solicitors** – Henriques Griffith 24

**Self Storage** – Stashed Away 70

**Sweet Shop** – Scrumptiously Sweet 37,42

**Toy Shop** – Playfull 41

**Undertakers** – Divine Ceremony 11

**Vets** – Animal Health Centre 46

**Yarn Shop** – The Yarn Shop 37

**Yoga** – YogaWest 1

## Zero Waste Food / Home Supply Stores

Preserve 40

Scoopaway 39



# Dental Care

# Stunning smiles at Bupa Dental Care Gloucester Road

New  
private  
patients  
welcome

Everyone's welcome at Bupa Dental Care  
Gloucester Road - you don't need to be  
a member or have insurance.

So why not register and experience  
quality private dentistry today.

Call 0117 911 3879

Bupa Dental Care is a trading name of Oasis Healthcare Limited. Registered in England and Wales no: 03257078. Registered office: Bupa Dental Care, Vantage Office Park, Old Gloucester Road, Hambrook, Bristol, United Kingdom BS16 1GW and Bupa Dental Services are provided by Bupa Dental Services Limited. Registered in England and Wales no: 00479557. Registered office: 1 Angel Court, London, United Kingdom EC2R 7HJ

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

For further information on *Matters* Magazines see [www.mattersmagazines.co.uk](http://www.mattersmagazines.co.uk)

© Bishopston *Matters* 2019

# Conran @ Carpets

*...your next step in floor covering*



▪ Carpets ▪ Rugs ▪ LVT ▪ Linoleum ▪ Vinyl ▪ Laminate ▪ Safety Flooring ▪ Coir ▪ Sisal

Bringing twenty-five years of floor covering experience to Gloucester Road, your new reliable, independent, local, first-class carpet shop.

We always have full rolls in stock and on display ready for your perusal, roll stock always represents best value. Come in to buy or just to say hi, either way we would love to meet you.

- Fully certified and insured in-house fitters
- Full 'no pressure' measuring service.
- Directly dealing with all the major manufacturers

**Let us be your next step in floor covering.**



**WE CAN STILL FIT YOUR FLOORING IN  
TIME FOR CHRISTMAS!**

*(Fitting dates filling fast so be quick!)*

## WHAT OUR CUSTOMERS SAY...

*Fantastic service from new independent shop on Gloucester Road. John was really helpful, and our son has a fab new carpet in his room. Great quality and value. Adam, Horfield.*

278–280 Gloucester Road,  
Horfield, Bristol, BS7 8PD  
(opposite the Post Office)

**Call us on 0117 9425 770**

[conrancarpetsltd@gmail.com](mailto:conrancarpetsltd@gmail.com)

**Open Mon–Sat, 10am–6pm**

