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Matters

issue 138, June 2020



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Dear Readers...

I write this letter with hope things are moving in the right direction; further local businesses are re-opening, and it is marvellous to have the Cafe on the Common and Tea Garden in St Andrew's Park serving us again (complying with social distancing of course).

It comes as no surprise to me that the challenging times we have been experiencing has brought out the best in our community. From sharing colourful rainbows in our windows to brighten the day, to our dedicated local traders ensuring we are supplied with fresh produce. Huge donations have been made to the North Bristol Food Bank whose services have been in high demand. There have been individual acts of kindness, people supporting neighbours with shopping, dog walking and being on the end of a phone for company. Perhaps, through this, new friendships have been formed, set

to continue way past lockdown.

One local group that has not let anything stand in their way to continue with their fun meetings, is the 63rd Bristol Scout Group. What they have achieved via online meetings is fantastic; - I hope you enjoy their report.

We are delighted to share with you some fabulous creativity from local schools who too have worked hard to keep their school community together.

There has never been a better time to get on your bike - we are pleased to bring you a report on local groups and services that can assist you with this.

If you are looking for inspiration for outdoor activities with your children, we have a great article from a local childminder to help you on your way.

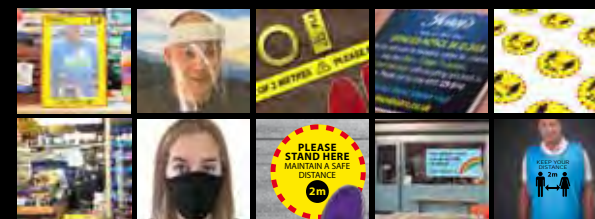
Stay safe and love to you all, **Kerry x**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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Don't forget to mention Bishopston Matters when replying to ads!

Local & online tutor for children aged 6–11

Horfield resident Liz Romero

I trained as a primary school teacher in 2010, after volunteering at St Bonaventure's school, where my daughters both attended. Post qualification, I was a class teacher at Westbury Park, St Mary's Bradley Stoke, and St Bonaventure's. I am now a part-time class teacher at Our Lady of the Rosary, Lawrence Weston. The rest of the time I work as a supply teacher and a tutor.

I love working one to one with a child and watching them grow in confidence. I think it is helpful if I can liaise directly with their class teacher so that I can tailor my tutoring to their needs in school.

My teaching style is positive and warm but focused so that we make good progress during a session but it is still fun. I can tutor in any of the subjects in the Primary Curriculum and I can also prepare children for entrance exams to grammar school or private school. I am delighted to have assisted students to successfully secure places in their desired schools.

I live near Gloucester Road in Horfield and would like to tutor children in their homes within walking distance of my home, or online. I am fully DBS checked and can provide references on request. I won't be asking parents to commit to a series of sessions unless they want to. I am happy to work on an ad hoc basis, at a reasonable hourly rate, afternoons or weekends. Whilst schools are closed, I can tutor online on most days.

Please email me on eromerotutor@gmail.com or call **07824 700 439** if you would like to discuss how I can help boost your child's confidence.

"My teaching style is positive and warm but focused so that we make good progress during a session but it is still fun."



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News from St Bon's

Here at St Bon's, we have been open for children of key workers and for our vulnerable pupils. Our staff have shown their usual dedication and hard work at what has been a difficult time.

We are missing all our children and their families very much. It has been lovely to receive messages of support and encouragement from so many – thank you to you all.

Pupil well-being and maintaining interactions with familiar adults have been priorities for staff as we work to provide a sense of normality for those of our pupils who are learning from home. Class teachers have been posting video messages on the class pages of our website and Mrs Ballantine, our Headteacher, has been making weekly video messages for the children.

Three weeks ago, Mrs Ballantine invited all pupils to engage in art activities at home and to send these into school. We have been delighted with the number of parents who have been able to send in examples of the work which children are proud of. Mrs Ballantine then showcases these in her weekly video message. We are also working with the PTFA to decide how we can celebrate this art work and share it with the school community once we return to a new 'normal'.

You can see here a small selection of the children's fabulous artwork.



Jake, Yr 3



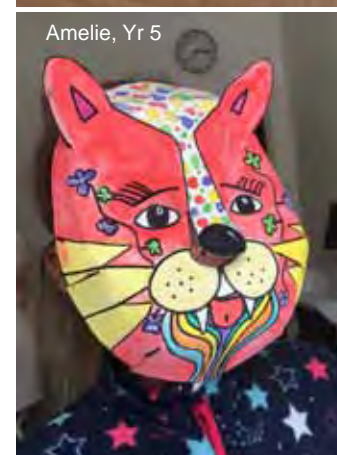
Charlie, Yr 4



Marinella, Yr 2



Carmela, Yr 1



Amelie, Yr 5



Fern, Yr 0



Emily, Yr 6



News from Brunel Field

During lockdown, Brunel Field Primary School has been producing their very

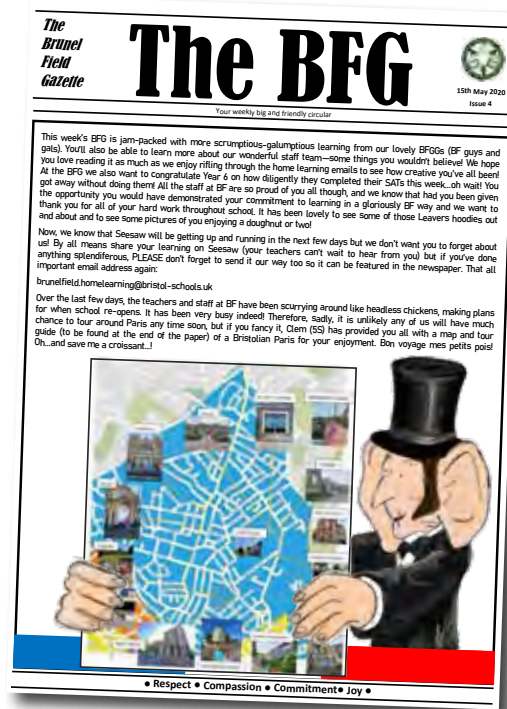
own newspaper – the *Brunel Field Gazette* (affectionately known as 'The BFG').

The pages feature a compilation of learning and photographs from school families, enabling the community to stay together by sharing what everyone's been up to.

There is a 'Feature Teacher' page where one teacher shares a little something about their interests/hobbies and a Superpower section where staff members explain what their superpower is... we've had DJing, Gymnastics and Reading so far. There is also a weekly 'Eco Corner' and an activities page.

Pupils and teachers were able to share how they marked V.E. Day with special celebrations.

Bishopston Matters commends this positive journalism sharing good news and championing the community coming together.



Enjoying the great outdoors

Hello my name is Louisa Tickner-Jenkins and I have worked in the early years sector for 30 years and I have been a childminder for the last 14 years.

As I write this, we are 8 weeks into the lockdown and the restrictions are slowly beginning to lift. We are now allowed to go out for exercise more than once a day and venture a bit further, still adhering to social distancing requirements.

I was reflecting recently about what have been some of the key aspects of usual activity that young children have been restricted on. With playgrounds closed many children will not have had many opportunities for climbing and playing on swings or roundabouts, especially if you do not have a garden or those kind of play resources in your garden. **Heading out to the woods provides great opportunities for children to climb and balance.** We are extremely blessed to have a number of inner-city woodland areas and spending time in woodlands can be very calming for children. There are often fallen branches or tree trunks for

children to balance along and you can have lots of fun searching for a climbing tree. Make sure you do a quick risk assessment of climbing opportunities; for example, that all the branches are 'live' so they do not snap and that you are able to keep your child within reach in case they need help. Ensure the tree is a very established tree so that you do not damage it.

Being outdoors can really help children engage their senses, take full advantage of a cloudy day, find a space to lie down and cloud watch.

Encourage children to use their imagination to see pictures in the clouds. Use water and a paintbrush to 'paint' your own clouds on the ground and see how long it takes for them to evaporate. **Play a game where everyone closes their eyes and listens carefully to what they can hear;** with older children see if they can hear different bird song, perhaps record the bird song and then search online to see if you can identify the bird, and then head out again with some binoculars or homemade binoculars for some bird spotting. Play 'guess the object', where children close their eyes and you ask them to feel an object and guess what it is, for example a twig, leaf, pine cone, stone, shell. You can play the memory game with the same objects where one item is removed and the child guesses which one is missing. **Make up a scavenger hunt** or search online for one to download; it could be a nature scavenger hunt or a city scavenger hunt. If you have an abundance of plants/flowers growing in your garden make potions and explore the smells they create, or buy some flowers from the shops that are on sale and use those.

Being outdoors provides a great opportunity for collecting 'loose parts' to play with. Loose parts is a term used to describe a collection of objects/materials that provide opportunities for children to explore their own learning with no pre-planned use, rather than 'toys' that may have a prescribed way to play with them. With loose parts children can combine, redesign, line up, take apart, move, in multiple ways to explore and play with. If you are taking 'loose parts' home from nature ensure the children are not picking live plants/branches/leaves but collecting found items, for example fallen



twigs, pine cones, acorns, fallen leaves. Ensure you supervise children fully so they do not pick mushrooms for example that maybe harmful. Loose parts play is something we can do at home either indoors or outdoors. How often do we hear that a child played for hours with the cardboard box a toy arrived in. Collect empty cereal boxes and other boxes of various sizes, empty pots with lids, jam jar lids, pebbles, to name but a few, and store these alongside your child's toys this can breathe new life into toys that had lost interest value for a child.

We can create pictures and patterns from found objects; if children would like to create something, a piece of card, a glue stick or double-sided tape enables creations to be more permanent. If you search 'loose parts' online you will come across a

plethora of ideas of what to collect, setting items out so they are inviting for children, and more focused activity ideas using loose parts. Having an old sheet available to make a den over a washing line in the garden, or look in the shed for spare pieces of wood that can be painted to make a road track, or spare guttering for water play, balls, cars. Use loose parts for pretend camping in the garden, make a tent/den, build a pretend fire, make pretend food from stones, sticks, leaves. The story *Alfie's Shop* is a lovely example of loose parts play in the outdoors. The possibilities are really endless, but always ensure any loose parts do not have sharp edges, and anything that presents a choking hazard is not left available for children to help themselves but played with under close supervision and then packed away again.

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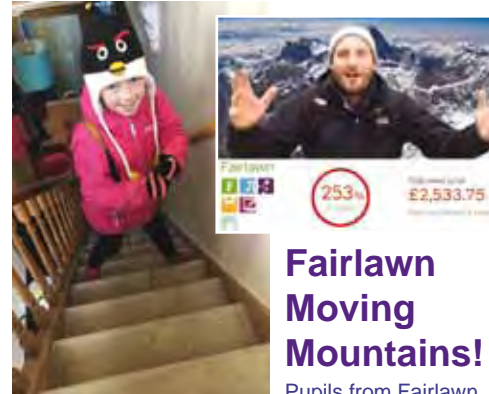


Bristol Steiner School is an independent day school for children from the age of 3 to 11. OFSTED accredited the school as a 'Good Provider' in March 2019.

Head Teacher Ruth Glover greets every pupil as they arrive at school each morning. Strong relationships are nurtured at the school, where teaching and learning are seen as relational activities. Over the course of an education at Bristol Steiner School, pupils will be guided by just two class teachers. A Kindergarten teacher nurtures pupils throughout their early years from the age of 3 to 6. A Main School teacher then moves through the years with pupils from the age of 7 to 11. Pupils know all of the adults on site by name. Small class sizes promote the wellbeing and self-belief of each child.

The school accepts new pupils throughout the year.

For more details please visit www.bristolsteinerschool.org, phone Vishwa Wijedasa on 0117 933 9990 or email vishwawijedasa@bristolsteinerschool.org



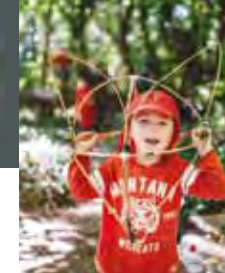
Pupils from Fairlawn

Primary School Montpelier have been virtually climbing Mount Everest using their stairs at home, to support Queen Elizabeth Hospital in Malawi through the Coronavirus pandemic.

In total the pupils climbed 190,948 steps, that's the height of five Mount Everests! Their hard work has, so far, raised £3099.70 for nurses' bus fares and PPE.

Fairlawn teacher Mr Langton, whose sister is a doctor at QEH Malawi, was blown away by their phenomenal efforts and recorded a video 'from the top Everest' to congratulate them.

<https://uk.virginmoneygiving.com/FairlawnPrimarySchool>



Little Foxes Forest School continues to send our very best wishes to our local community at this time.

We are proud that our forest nursery has remained open for children and has been able to provide food for key worker families here in BS7.

By the time you read this we should be fully operational again, running our revised nursery provision for all of our 2-4 year olds in the beautiful surroundings of Stoke Park Estate.

We hope to have our **Monday stay and play forest playgroup** back up and running for September.

To find out more about our nursery, or to put your child on the waiting list visit www.littlefoxesforestschool.com or email info@littlefoxesforest.co.uk.

Wishing everyone good health and happiness from all of our team.

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On your bike!

Local councillor welcomes Bristol improved cycling provisions – As people seek safer ways to commute and take advantage of quieter roads for exercise, which since 10 May is unlimited, Bristol Mayor Marvin Rees has pledged to deliver cycling upgrades across the city and more locally in Stokes Croft. This will include new cycle lanes, and pavement widening, which will make getting about on two wheels safer. Local Bishopston Councillor, Eleanor Combley, who has been a

relentless campaigner for improvements to cycling in the city, has welcomed this as a significant step to making better the city's cycling provision, and promises to closely follow these new developments.

Gloucester Road cycle parking and public repair station – Former Gloucester Road Business Improvement District saw its final project fulfilled with further cycle parking facilities installed earlier



New cycle repair station on Gloucester Road



this year on Gloucester Road and Zetland Road as well as a public cycle repair station which is free to use 24/7. It's located outside Sainsbury's on Gloucester Road on the corner of Elton Road. It includes a variety of tools and a vital pump!

Local charity ups their support and offers free bike services so key workers can travel safely to work – Life Cycle charity was quick to respond to the COVID-19 crisis back in April; they offered key workers a £100 discount (plus a free lock and lights) to purchase refurbished bikes as a part of the 'Bike Back' project that sees local prisoners in Horfield train as bike mechanics. While this offer continues, now with additional funding from Cycling UK, it endeavours to help key workers avoid public transport, and get their bikes ship shape for the commute and so have stepped up their support for key workers and are now offering them a free 'Silver' bike service.

Bristol-based key workers can make an appointment to drop off their bike at Life Cycle's Horfield workshop, using their safe, 'contact-free' process. Life Cycle's experienced mechanics will do up to £80 worth of work on each bike, which includes labour and a contribution towards parts. In most cases this will be more than enough to get bikes roadworthy and running smoothly again.

People who are cycling to stay healthy during lockdown can also make use of Life Cycle's local workshop.

(Life Cycle is keen to stress that they are following strict hygiene and safe systems of work protocols, including a contact-free service to customers. For this reason, their workshop is not open for drop-ins and all work is by appointment only.)

For further information, visit www.lifecycleuk.org.uk. To donate to Life Cycle UK, visit www.justgiving.com/lifecycleuk

Bike hire or loans – Don't have a bike? Why not hire from local bike shop Roll Quick? Or if you are a local business, Better By Bike has a variety of schemes for small businesses including a free, no obligation

ROLLQUICK bicycles

Rollquick is open for business

During lockdown, Rollquick played their part in keeping key workers on the road, working as a closed door shop to repair cycles. They are now delighted (with social distancing measures in place), to be welcoming clients back into their shop to browse and purchase bicycles. **All stock can also be found online at rollquick.co.uk.**

The local bike shop is also open to service your bikes; to book in, please visit their website at rollquick.co.uk/booking.

Award winning! Rollquick are proud to call themselves award winners! Beating off competition from the Bristol area and winning 1st place in the specialist bike shop category in the Bristol Corporate Live Wire awards.

These awards celebrate small and medium-sized enterprises consisting of localised businesses and sole traders that have thrived in their highly competitive community and have proven their success. The team would like to say, a massive thank you for everyone's continued support!



Well stocked –

The local bike shop has increased their stock with a lot more accessories and are now stocking more new bikes from Merida and Raleigh.



e-bikes – Rollquick has witnessed a massive increase in e-bikes over the last 6 months in the workshop, which has helped them build their skills in all kinds of designs.

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For further inspiration to get back on your bike, visit www.sustrans.org.uk a charity dedicated to making it easier for people to walk and cycle.

Find the best commuter routes for bikes – Bristol is improving all the time on its cycle ways and if you are new to the world of commuting by bike you may be wondering on the best and safest means to get to work on two wheels. Better By Bike has a new Cycle Trip Planner on their website, as well as an extensive selection of downloadable cycling maps. Start planning your journey to work, visit –

www.betterbybike.info.

Local new bike facility gets the go ahead –

A new £100,000 cycle track is set to be built under the M32 in Easton to encourage disadvantaged communities to embrace the sport. Bristol City Council has joined forces with Access Sport to create the 'pump park' with funding from Sport England, British Cycling and the London Marathon Charitable Trust. The 139-metre closed loop bike track will transform a disused area of tarmac under the motorway into a 'thriving community cycling facility, providing a place to learn and develop cycling skills and confidence'.



Fatima K, Yr 9

Tiago, Y8

Eloise D, Yr 8



Meridith R, Yr 8

Fabulous artwork thanks to Orchard School Bristol pupils



Lily L, Yr 7



Malkeet K, Yr 9

Joy O, Yr 10

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It's never too late to start cycling...





Pupils and staff on a virtual learning journey with St John's on-the-Hill school

Utilising the technology of Google classroom, pupils are able to access a full timetable from home after the nationwide school closure programme due to the Covid-19 crisis.

Teachers are on hand to respond to any questions the children have throughout the day. So far they have been blown away by how quickly their pupils have bought into the whole concept and, showing true resilience, simply adapted to learning from home.

Following a morning of core subjects, children then follow a 'what next?' programme in the afternoon, including exercise and reading. On Monday they even attended a virtual West End performance of 'Wind in the Willows'. www.willowsmusical.com

Director of Studies Rachael Shakeshaft said: "Seeing all the pupils appear in our virtual classes, being able to chat to them and help them with their learning is so important to us. Teachers have shown such dedication getting this up and running so quickly. We are so proud of our pupils adapting to working this way."



Hair raising, Fund raising!

During lockdown, Mya Thomas of Year 7 in Fairfield High School (FHS) decided she wished to do something to help out the NHS and all the brave people working on our behalf in a difficult time, and in difficult circumstances. Some of her friends' mothers and fathers are just such people.

Inspired by the trend of 'lockdown haircuts', Mya decided to shorten her 22-inch hair by over 21 inches, taking a pair of clippers to her hair! As well as raising over £1,000 in the process (with many Fairfield students, parents, staff, and the Principal himself kindly donating) she was also able to send the main body of hair to a charity that makes wigs for children who have lost their hair to cancer.

Mya initially set a target of £500, thinking it would take a long time to reach such an ambitious figure, so was blown away by how quickly she reached, surpassed, and then more than doubled this figure due to everyone's kindness.

Although nervous on the day of the shave, Mya was also excited, smiling ear to ear, and shared the experience live via Zoom with close friends and family. The end result was a total transformation – it is easy to forget what a part hair plays in shaping our identity. However, it was and still is a positive transformation, as the new look really suits her.



Were there any regrets? No, although the cold weather front that came over shortly after did reveal how insulating her hair had been for her neck and ears! Also, it was a few days before Mya stopped the automatic reflex of flicking her 'hair' out of her face.

Mya's old primary school used her in their home learning bulletin: as an example of multiplication, they included the fact that hair grows just over 1cm per month, which they calculated meant that it would take Mya more than 3 years to grow it back to its previous length.

Once again, Mya and her family would like to thank everyone who helped out in raising such a great amount, and FHS would like to thank Mya for her incredible efforts. You can still donate here –

www.justgiving.com/fundraising/mya-thomas

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



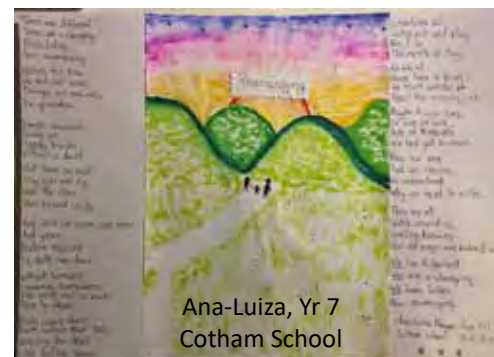
ISI Inspection Report 2019

- '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.'



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Rearranging by Ana-Luiza

Times are different
 Times are changing,
 The stars are falling
 Then rearranging.

Before this time
 We had not seen,
 Things we now miss
 In quarantine.

Simple pleasures
 Going out,
 Seeing friends
 Without a doubt.

But home we must
 Stay safe and dry,

Until the virus
 Has passed us by.
 And while we groan
 and moan

And yawn,
 Nature rejoices
 In each new dawn.

Without humans
 Everywhere,
 The earth has so
 much more
 To share.

Birds swoop down
 From within their

trees
 Gracing
 the skies
 Like falling
 leaves.

Creatures all
 Come out and play,
 For it is
 The month of May.

As we all
 Have time to think,
 We start to wonder
 About the missing
 link.

Maybe it was time
 Or love or care,
 Acts of kindness
 We Had yet to share.
 Now we see
 And we resolve,
 We understand
 Why we must evolve.

This we all
 Watch around us,
 Smiling, knowing our
 old ways
 Are behind us.
 We are different
 We are a changing,
 We have fallen
 Now rearranging.





As well as the finest selection of handmade bread and cakes, Hobbs House Bakery on Gloucester Road has all you need to get baking including a variety of flour, yeast, sourdough starter, refillable milk and free range eggs. Also available are sourdough pizza balls for you to make your own authentic pizza at home and a selection of our frozen croissants, allowing you to have freshly baked pastries at any time. The perfect treat for working from home.

177 Gloucester Road, 9am – 2pm Monday – Saturday.

Please visit Hobbs House Bakery's website to shop our range online, we ship baking equipment and our fresh bread and cakes to any home in the country. From sourdough selection boxes to the most indulgent brownies, all delivered nationwide.

www.hobbshousebakery.co.uk

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Still open for orders

Scrumptiously Sweet

Scrumptiously Sweet are currently offering an order and delivery service on items from their sweet and baking shop, as well as the Yarn Shop situated upstairs (see below advert).

Stock levels may be limited at the moment but owner Melonie will do her best to offer an alternative. She will be in the shop Tuesday to Saturday from approx 10.00am to 3.00pm, if the door is shut please just knock.

You can order jar sweets, penny sweets or if you want a pic n mix just let Melonie know what you want in it, or not.

Now is a great time to be doing some creative home baking, you can order ready to roll icing, a huge array of edible and non-edible decorations, food colourings, cup-cake cases, a great selection of different shaped biscuit cutters, candles...

To place your order either email Melonie at – enquiries@scrumptiouslysweet.co.uk or melonietelfer@scrumptiouslysweet.co.uk or Text 07919 526 582

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News from Joe's Bakery

Thank you! Joe's Bakery would like to let local people know just how much they appreciate their support through this challenging time for everyone. Both stores have put measures in place to try and ensure the safety of both their customers and staff. Owners Jane and Martin appreciate their customers social distancing and their patience when queuing. They would also like to thank dedicated staff for all of their hard work.

Opening hours – Joe's Bakery is open Monday to Friday, 7am–7pm and Saturday, 7am–5pm. Joe's at The Bread Store is open 7am–5pm, Monday– Saturday. Both stores are carrying their usual stock of freshly baked breads, cakes and savoury bakes. Joe's is endeavouring to put provisions in place to enable their third till to be re-opened soon.

Joe's Express – with many traders now back to work, and retail set to gradually re-open, Joe's would like to remind customers Joe's Express continues to be filled with delicious takeaway options.

Flour & yeast available – For anyone looking to bake at home, Joe's has strong plain flour and yeast by the ounce available to purchase.

Joe's Bakery at The Bread Store, 45 Glos Road, BS7 8AD • **Joe's Bakery**, 240–242 Glos Road, BS7 8NZ
0117 3303798 (Bread Store) • 0117 975 5551 • www.joesbakery.co.uk • Facebook: @Joe's Bakery Bristol



News from Glos Rd Central

The Covid-19 pandemic has brought many changes to Glos Rd Central but our area continues to buzz with activity. It may be that easing will see some more shops opening in June but we've been lucky to have a wide range of essential services throughout the whole lockdown period, and others continue to trade online.

We are so lucky to have daily supplies of fresh fruit and veg at Pawson's, meats and cheeses at Dave Giles Butchers, delicious breads, pastries and cakes at Joe's and a massive variety of dry goods and environmentally friendly cleaning products at Preserve. These businesses have all taken steps to protect their staff – a customer supplied plastic face shields for those working at Pawson's, and Joe's has erected Perspex walls in front of their tills. All businesses are maintaining a control on how many customers are allowed in at a time and we recommend that people shop individually to keep down queuing time. Luckily the fine weather means customers can enjoy the sunshine while they wait and are able to catch up with passing friends and neighbours – albeit at a safe distance!

Interestingly, most of the businesses who have kept their doors open say that sales have remained the same as in normal times. However, there is more of a constant, steady stream of customers rather than busy Saturday mornings or quiet moments during the week. Tiri at Preserve says that he has to have two staff all the time so that they can handle the orders coming in by phone – they offer a phone and collect service www.preservefoods.co.uk.

This is also the experience for Dan at Rollquick who is employing all his staff to service bikes in the newly extended back of the shop. The front area

is now reserved for bike sales. If you'd like to have your bike serviced then call or email to arrange a drop off time. You can also make enquiries about buying a bike or accessories www.rollquick.co.uk.

Lunar Optical remains open and remind you not to ignore any eye or optical problems. Give them a call to discuss any optical products or testing during their normal opening hours www.lunaroptycal.com.

During lockdown Oddsox has been successfully offering personalised telephone consultations and free deliveries to local families in need of new shoes. While missing seeing their customers face to face, owners Jo and Sarah are really grateful for the support of the local community throughout this difficult time. www.oddsoxshoes.co.uk.

Finola, owner of Nola Interiors is helping those who wish to work on a bit of painting and decorating by taking orders for Little Greene and Earthborn paint as well as Ca' Pietra tiles. They can be delivered direct to your front door. Check out their new website www.nolainteriors-bristol.co.uk with contact details for queries or how to place orders.

Bishopston Custom Paints is open for business, offering paints, varnishes, brushes and other decorating tools. Owner Mehrdad is pleased that more customers are discovering his little shop, on the opposite side of Gloucester Road to Pawson's. He is offering discounts to NHS staff and says many people are spending the lockdown fixing up their homes.

If you've already done your decorating then perhaps you're looking for some fresh artwork to put on the walls. Paper Plane and Room 212 have been successfully running online shops offering a wide variety of artwork by Bristol artists.

continued on page 21 ►







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.

The shop hopes to re-open from 2nd June, the workshop will still be running regardless, and we are open to online orders for fabric, curtains or blinds.

Thank you for your support.

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



Pearce's Hardware Store

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

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

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

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

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



Staff at Joe's Bakery & Pawson's working hard with a smile





Church buildings may be closed during the current pandemic, but key activities in the area are very much on-going, not least

through our local food bank and in pastoral care for our community in a variety of ways.

The strength of the local community is markedly visible in how many are joining in with the weekly round of applause each Thursday at 8pm, supporting key workers in the NHS and in other sectors. Supporting this, the doors at Horfield Methodist Church are being lit up in blue each night, offering a beacon of support, not least for all those passing by on the Gloucester Road on their way to and from our local hospital.

All these offer signs of hope and care where it is needed: if you are aware of someone who could do with support, please do get in touch with any of our local churches and we will do our best to help.

Patrick Stonehewer

Minister of Bishopston & Horfield Methodist Churches

bishopstonmethodist.wordpress.com

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nicheframes.co.uk

► Both businesses offer free delivery to local houses or can send it by post. This is also a great way to send an original gift to friends and family while supporting local talent. Paper Plane owner Alice Rolfe is even offering to wrap the present and sign a card on your behalf. www.paperplanebristol.co.uk.

If you can't find exactly what you're looking for then feel free to email or call Room 212 owner Sarah Thorp with your enquiry. Jenny Urquhart's Leigh Woods (pictured) is particularly popular.

Sarah has been popping into her shop every now and then to collect items for customers. She's noticed that passers-by are keen to come and have a look around. Many of the volunteers who help run the shop will be unable to return for a while. However, Sarah is offering artists the chance to set up a stall outside the shop, or take over the window display in order to become



a featured artist for the day. This means that the Room 212 will be open on an ad hoc basis once restrictions are lifted. Watch out for posts on social media www.room212.co.uk.

Xpress is open for business and taking orders for printing, clothing and signage requests, this can be especially helpful for businesses needing Covid19 back to work essentials. Tel: 0117 908 0290 or visit: www.xpress-company.co.uk

We hope that the Glos Rd Central businesses are helping you through this strange and difficult time. We really value your support and are so pleased that we remain a central part of the local community. Hopefully lockdown will be lifted soon and you will be able to enjoy popping in and out of all the shops, cafes and bars. In the meantime, stay safe!

For regular news and views follow www.facebook.com/GlosRdCentral. ■

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Nola Interiors

Finola, owner of Nola Interiors is working from home, taking orders for Little Greene and Earthborn Eco paints as well as Ca' Pietra Artisan tiles, with delivery direct to your front door.

We are also able to supply Weaver Green rugs, blankets and bags with local delivery. These Eco textiles are made entirely from recycled plastic bottles but look and feel cosy, like wool.

Machine washable, UV stable and stain resistant, they are perfect for use outdoors as well as stylish indoors on a sofa or bed. Please check our new website www.nolainteriors-bristol.co.uk for a detailed list of colours and sizes available for local delivery.

Please email: finola@nolainteriors-bristol.co.uk or ring 07909308668 with enquiries.

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the family practice

dedicated to supporting your family throughout these challenging times

As I write this at the end of May, the Family Practice is gradually opening their doors for patients to visit their experienced Osteopaths and Therapists on Gloucester Road.

The dedicated team have of course been working hard to support their patients throughout lockdown, with their effective and successful telehealth appointments. These sessions have enabled therapists to diagnose and treat with self help techniques and personalised exercise based rehabilitation using Physitrack, an online exercise prescriber. For those not able or not yet wishing to visit the practice, these brilliant online appointments will continue. Family Practice owner Juliana Hounsfield told me these sessions had proved to be so successful that their telehealth service is here to stay.

Face to face appointments for urgent and acute patients have now started to commence in the Practice. An initial triage appointment will still take place over the phone to minimise face to face time. The Clinic is fully prepared to take patients and the therapists have all the necessary PPE to safely treat patients. If you wish to book and are not in the shielded or at risk group then please do contact them for an appointment.

To book in, please email: reception@osteopathybristol.com with the name of the practitioner you wish to see in the subject of the email, or if you are a new patient then the type of treatment you are after. The team will get back to you as soon as is possible, within the day for certain. For urgent attention please do call and Juliana Hounsfield will be pleased to help you.

As the situation is changing daily please do keep an eye on their social media for updates.

Bristol Pregnancy and Postnatal Women's Health Support



With a passion for supporting women with their specific health, related problems, when lockdown was announced, Juliana felt compelled to set up an accessible group online to support women of



Members of the women's health team: Helen, Juliana & Niamh

all ages with their health during this time. Bristol Pregnancy and Postnatal Women's Health Support Facebook page was launched. This a closed group for safety and privacy, to enable advice and support to be given without worry or prejudice.

The group has been established for members to learn, share and support each other. Regular, free talks and discussions take place via the page.

To ensure the best, tailored advice can be given to its members the page is split into the following four discussions groups –

- **Women's Health Support & Discussion Group**
- **Peri-Menopause & Menopause Support & Discussion Group**
- **Child & Teenage Pelvic Health Discussion & Support Group**
- **Preconception, Prenatal & Postnatal Support & Discussion Group**

As you would expect from the Family Practice, these groups and discussions are led by the top experts in their field and consists of the following members.

Ali Burlingham: Women's Wellbeing

Anita Beardsley: Nutritional Therapist

Dominique Sakoilsky: Craniosacral therapist, counsellor and all things birth

Helen Hodder: Women's Health Physiotherapist

Juliana Hounsfield: Osteopath

Niamh Honey: Osteopath

Vicki Hill: Women's Health & Fitness

To access this fantastic support, simply visit the **Facebook page: Bristol Pregnancy and Postnatal Women's Health Support.**

the Family Practice, 116 Gloucester Road, BS7 8NL • Tel: 0117 944 6968
www.thefamilypractice.tv



Online Pregnancy Yoga & Prepare for Birth classes with Kate Bulman



Tailored to meet your individual needs, these specialist online classes are designed to help relieve aches and pains, strengthen your body, calm your mind and prepare you mentally, physically and emotionally for birth.

- Teaches tried and tested essential birthing techniques, from movements and mindset to breathing and relaxation – helping you prepare for labour and birth with confidence.
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Pregnancy Yoga

Wednesdays 19.00–20.30 – Zoom Online Class

(practice from home)

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(practice from home)



Try your first class for Free

- All expertly tailored to meet your individual needs from class to class.
- Sessions are structured so everyone can introduce themselves and share how they are doing, as it is important at this time to be heard and express our needs and feelings.
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www.lushtums.co.uk

kate.bulman@lushtums.co.uk

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Lunar Optical wishes everyone well during this difficult time

We remain open for all your optical needs including spectacles repairs contact lenses solutions and eye drops.

Although we cannot offer routine eye examinations at this time you can call, email or come to the practice should you have any vision or eye concerns.

We will be resuming essential and urgent eye examinations during June and will have social distancing and hygiene protocols in place to ensure the safety of our staff and patients.

291 Gloucester Road, Bishopston, BS7 8NY

0117 942 0011 | info@lunaroptycal.com

Open: Mon 9.30am–5.30pm | Tue, Wed, Thu, Fri 9.30am–6.00pm | Sat 9.30am–4.30pm

www.lunaroptycal.com

How can we help ourselves feel good and back on track?

by Amy Armstrong MA (Oxon) DSHF HPD MNCH (Reg) CNHC

We're all experiencing lockdown in our own ways, handling our circumstances as best we can. For many of us, it has been a traumatic and challenging period.

I'm an experienced, award-winning clinical hypnotherapist and executive coach who's worked from The Family Practice on Gloucester Road for the past eight years. During lockdown, I have been delighted to support my clients online, helping them calm anxiety, stress, and improve their sleep and overall wellbeing.

For all of us at this time, radical self-care is critical. Be consciously kind to your mind to build and sustain your mental energy and strength to stay on track and feel good at this time.

1. **To help you think well**, take care to **Sleep, Eat and Exercise well**. These are the foundations of brain health. (I think of how to 'SEE clearly' as a helpful reminder).
2. **To calm a racing heart and mind, breathe deeply**. My favourite state changer is **5X breathing**: breathe in for 5, hold for 5, breathe out for 5, five times. Do this at the start and end of the day, and when you feel anxious.
3. **Practice Three Good Things to ease looping, negative thoughts**. Each day, for three weeks, write down three good things from the past 24 hours. Be simple and specific – a delicious sandwich for lunch, a favourite song on the radio, or perhaps a nap in the sun. Research has proven this consistent focus will build new neural pathways in your brain, helping you start to see and experience the world in a different, more positive light.

If you'd value support to ease anxiety and stress, or improve your sleep and wellbeing, please book yourself a **free online initial consultation** to explore how I can help you at this time. It would be a privilege to help you get back on track and feel more calm, confident and in control. Email me at amy@the-executive-chemist.co.uk, call me on **07557 911 606**, or visit my website: www.amyarmstrongcoaching.com.



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trainhers.co.uk  

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121 Sommerville Road,
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0117 924 4424
bristol@dechen.org

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Due to the current pandemic we are currently running **Tuesday evening, 8–9pm** and **Saturday morning, 10.30–11.30am** classes online using Zoom.

If you would like to attend one of these classes email: bristol@dechen.org to request an invitation. There is no charge for these sessions but donations are welcome.

www.sakyabristol.org
www.dechen.org



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Our latest Covid-19 update

It remains our priority to keep our patients and staff members safe, so in guidance with our regulatory bodies we've had to limit our services to telephone consultations and prescriptions if required. If you're experiencing toothache or if you've been suffering from any dental issues, please call us. Our dentists are available during our normal working hours to give you the appropriate advice and support. Furthermore, if you feel you have an extremely urgent dental emergency, we can also refer you to a 'local dental care hub' which is reserved for the most severe/life-threatening dental problems.

At present we are still unsure when the dental profession will be able to resume face-to-face practice. We are hopeful that it may be in the coming few weeks and we're busy behind the scenes preparing the protocols and PPE required to keep you safe. It's likely that the services we offer will be limited to begin with, and as the Covid-19 risk levels lower, we will gradually be able to introduce more routine dentistry. Please keep an eye on our website and social media for further updates.

Looking after your dental health – As always, the message remains the same, reduce your sugary drinks and snacks intake, brush twice a day with a fluoride toothpaste, floss and use interdental brushes.

Online smile consultations – Many people are using this lockdown time to explore issues that they've previously been too busy for. If you've ever considered how to straighten your teeth, replace a gap or generally improve your smile, then why not try our free and popular Online Smile Consultation. It's a really simple application through our website enabling you to send us photos of your teeth together with your main concerns. Our dentists will be able to give you a few ideas on the various treatment options available to you. Treatments cannot be carried out until our normal service continues, however, it will give you some ideas of what is achievable.

Getting in touch – Finally, don't hesitate to contact us if you have any concerns – we're always here to help. For urgent problems call and listen to our answerphone message for further guidance; our dentists will be available to offer advice. For non-urgent enquiries please leave an answerphone message or email us.

Tel: 0117 9513026

Email: Info@horfielddentalcare.co.uk



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We operate a personal GP list system whereby you and your family see the same GP on each visit. We have excellent appointment availability for both same day and routine appointments. Located on the Southmead/Westbury border our friendly and inclusive practice team are here for you.

To register please visit our website

www.greenwaycommunitypractice.nhs.uk to find out more or call **01179 598939** to speak to one of our friendly receptionists.

Greenway Community Practice, Greystoke Avenue, Bristol BS10 6AF



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For further details or to discuss your needs please contact our Operations Manager Beverley Walker on **0117 9598939** or email Beverley.walker2@nhs.net

Greenway Community Practice, Greystoke Avenue, Bristol BS10 6AF



News from Friends of Horfield Common

Park guidance updates – Given the numbers of people using parks while we all begin to return to some kind of normality, Bristol City Council is continuing to update guidance to try to minimise any potential problems and address any issues that arise.

We are really pleased that guidance for volunteers working in parks and green spaces in the city has been prioritised by BCC Parks, and while we are not able to recommence the range of activities that we usually do – including a monthly litter pick, volunteer work-parties and a range of community engagement events – we are now confident that we can advise volunteers (who would like to undertake activities on an individual basis) how they can do this safely.

For ongoing updates and the latest information, our Facebook page is busy with comments, questions and advice – please do join us there for the latest news, as updates are frequent.

Litter – Thank you to all of the individual residents who pick up litter in the park daily. Many people using the park for daily exercise bring a carrier bag (or other receptacle) with them and fill it with anything they encounter on their walk (picking things up with a gloved hand or litter picker). This makes a huge difference but largely goes unnoticed by other park users. At a time when we are not able to organise group activities this daily activity is even more important. There is plenty of evidence that if litter is left in public spaces, it attracts more, so this daily activity which continually reduces it has a significant impact. We all want to enjoy the beautiful green space we have, which, – in cities is always at a premium – and- & individual's taking responsibility in this way is wonderful – thank you.

Park users survey 2020 – Along with lots of other organisations, our activities

have been impacted by the pandemic. We took the decision to postpone our AGM, which was originally planned for April 2020 and will be rescheduling this once we are able to get together again! We had intended to launch our Parks Users Survey 2020 at the AGM, so are inviting local people to take part via our website instead. The FoHC Parks Users Survey 2020, which will help our volunteers to set our priorities for work over the next decade, launched on our website on 1 May. Please do contribute your views.

We ♥ Horfield Common! We are looking forward to the Café on the Common reopening as we write this (initially for takeaway refreshments only) and remind BM readers that we are inviting local people to contribute to two specific arts projects: an exhibition of art works (of all varieties!) that celebrate Horfield Common – which we can exhibit at the Ardagh to celebrate the new facilities opening fully later in the year, and our annual calendar of photographs of the common (including its community!).

We are inviting local residents (of all ages!) to create a drawing, painting or other artwork which celebrates everything that you love about your local park! You could draw or paint the things you love about the park – including the wildlife, trees, play areas, wildlife garden, pond or create an image which shows the activities that you love doing in the park – for example, playing games, meeting friends, dog walking, exercising, walking or enjoying nature. Equally if you are inspired to write a poem, take photographs, create a story, make a short film or animation – or any other creative outcome – we will be very happy to receive that too!

All of the artworks will contribute to an exhibition at the Ardagh celebrating Horfield Common, once the Ardagh reopens. As soon as we have a date, we will

let you know how and when you can send them to us – but do feel free to share on our Facebook page now so that others can enjoy them too!

2021 Calendar of photographs of Horfield Common – We are inviting park users to contribute photographs of the park for an FOHC calendar for 2021. This may be from existing photographs (taken before the lockdown, but in this calendar year) or from photographs taken on daily walks for exercise over the next weeks/months. Please do also share your photographs on our Facebook page for others to enjoy. You do not need to be a professional, or a specialist; – we are keen to see contributions from as many different people – of all ages and interests – as possible. We are really looking forward to seeing lots of photographs of the park, including wildlife and activities taking place in it. While we are all living with – and/or adjusting to – new ways of day-to-day life at the moment, photographs celebrating many different viewpoints, uses and experiences of the park – particularly for those who are not currently able to come to the park physically to enjoy it – will be a tonic!

Do you need help walking your dog because you are self-isolating or shielding? FoHC volunteers are continuing to work with Ardagh Community Trust to support local dog owners who are socially isolating by providing a dog-walking service for anyone who is not able to take their dog/s out at the moment. If this would be of help for you, or someone you know – please do get in touch on 07385 297 862. There are a team of volunteers (who are all experienced dog owners) who will be happy to come and collect your dog (they'll observe all social distancing rules, use hand sanitiser and take your dog on a lead that they bring with them) and take them for a walk.

Join the FOHC – This is also a useful time to remind BM readers that, at our AGM, which will be rescheduled for later in the year, we will be recruiting for new members of the committee and encourage anyone with an interest in the park to consider getting involved.

It is important that the group represents the widest range of local people possible – after all, the park is for all of us!

The ongoing pandemic and lockdown situation has highlighted further how important access to good quality parks and green spaces locally is for all of us



This wonderful shot of a fox on Horfield Common, was taken by amateur wildlife filmmaker Paul D Scott. Paul is now looking for a local badger set to photograph its occupants. If you would like to see more of his work please visit his Instagram page: @paulfrombrum or www.pauldscott.co.uk

and we encourage anyone who has enjoyed using the park, and values having access to it, to consider joining us.

The Friends group functions as a 'Voice' for the park – and the more residents contributing into that voice, the better. Please keep an eye on updates in BM later in the year for more information.

Facebook: Friends of Horfield Common
www.friendsofhorfieldcommon.com

Hypnotherapy with Orla Kirby

Lots of us are facing more time at home soon...

Stressed about entertaining kids and working from home all at once?!

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More time on your hands than normal and wanting to use that time to better yourself and improve the way you use your own mind?

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orla@orlakirby.com to find out more about how hypnotherapy could help you specifically.

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BROOKS DYE WORKS

Brooks Dye Works is an exciting collection of new homes in St Werburghs, Bristol. Centred around the 19th Century chimney, the homes offer you the chance to be part of a vibrant new community.

The new Alfred Brooks Square opens up access through to Mina Road Park and new pedestrian routes improve connection throughout the surrounding areas.

The homes feature open plan living, modern fitted kitchens with allocated parking and outside space. Considerate design concepts offer different colour choices for kitchen units, bathroom tiles and



flooring finish. Built with a high quality specification and sustainable features including timber frame construction, communal cycle storage, PV solar panels and electric car charging points to selected homes.

First phase of homes are now released for sale. Register your interest to find out more information and be the first to receive details for our spring launch of our Marketing Suite.

First phase of homes:

3 bed coach houses from £375,000

3 bed houses from £435,000

4 bed houses from £485,000

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Could you be a neighbourhood champion?



Since North Bristol Food Bank launched in 2012 it has been providing 3-day emergency food supplies to local people in crisis.

Currently

with their food bank outlets closed due to the Coronavirus the charity is operating a delivery service.

And as a direct response to a staggering 272% increase in use of the North Bristol Food Bank in April 2020 compared with 2019, they have launched their new campaign to recruit and mobilise local volunteer Neighbourhood Champions. These champs will provide a friendly face, a community link, organising safe food collections and deliveries in order to tackle soaring local food poverty.

North Bristol Food Bank would love to hear from you if you live in the areas below. Perhaps you are already helping your neighbours, but would like to have support in doing so, or connect with others doing similar initiatives in their neighbourhoods? The food bank can help facilitate this and will provide you with a neighbourhood pack which contains helpful information including an updated shopping list, ways to donate, a newsletter with key food bank updates, a letter you can use to post to your neighbours, and more.

Ashley Down, Bishopston, Filton, Horfield, Lockleaze, Montpelier and Stokes Croft

To become a Neighbourhood Champion visit

www.northbristol.foodbank.org.uk

to complete a request form.

If you are in crisis email your voucher to

info@northbristol.foodbank.org.uk

The team of volunteers will endeavour to have your goods delivered as soon as possible.

Tel: 0117 9791399

B&A Church – here to support you at this time

At B&A, your local Church of England church, we are doing all we can to support our local community and to offer faith, hope and love during this season of restrictions. Our website **babristol.org** has a range of rescuers and links for all ages.

Love Your Neighbour – We are working very hard to continue to support people at this time. **Every Wednesday our Soul Food team offers a free take away meal at B&A Gloucester Road** (160a Gloucester Road, BS7 8NT) from 5.30pm to 7.00pm. This meal is for anyone in the local community. **Our Phone Team has been created to phone those in isolation** to offer a friendly chat and where we can practical help. If you'd like to receive a friendly call please email us at info@babristol.org.

Church Online – We have also moved online with 'Closed on Sunday?'. Every week we release a series of videos for all ages. We have material for families, teenagers and grown ups.

All these can be found at babristol.org

We want everyone in the area to know that we are here for you and want to help in any way we can. **Please don't hesitate to get in touch if you want anything from a friendly to chat to some help.**

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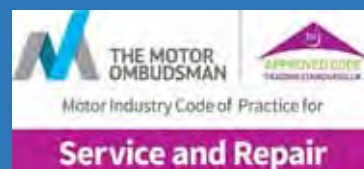
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The historic Bristol St Andrews Bowling Club on Derby Road must be one of the area's best kept secrets



Founded in 1924, our club boasts a much-envied bowling green and a smart and well-equipped club house. We regularly host touring sides from around the country, who come with friends and family to enjoy our traditional Bristol hospitality, good food and a keenly fought game of lawn bowls.

Over the last few years our clubhouse has undergone a complete facelift inside and out, courtesy of grants from Enovert Community Trust and Istock Enovert Trust and the hard work of our club volunteers. We're proud of what we've achieved and are now looking forward to opening our brand-new doors to more members this season.

We can also provide the perfect solutions for a convenient party venue close to home, local businesses looking for meeting rooms or a corporate activity with a difference that staff and clients will remember.

We have the facilities and flexible spaces to host events large and small. The clubhouse is fully accessible, with a stair lift to the first floor. We have two fully equipped catering kitchens; a large function room suitable for any style of meeting or party; wi-fi and flat screen tv; a veranda; outside seating; two fully licensed bars and a skittles alley with darts board, all available for hire. We can provide everything you need for your event, including bar staff. If needed, our trusted catering partner will be happy to discuss your menu requirements, but we are equally happy for people to provide their own catering.

We want our club house and facilities to become a local community asset from which everyone can benefit, so we keep our room hire rates reasonable. More information and a booking form is available on our website.

Bowling is our passion. We participate in three local leagues, as well as touring and friendly matches. There's always a game available for the novice or experienced bowler alike.

There's nothing nicer on a warm summer's day than getting outside, onto the green and playing bowls. Our players range in age from 17 to 87. Bowling is easy to learn and suitable for all fitness levels. It has **surprising health benefits** – it increases lean mass and improves body composition, improves vascular health, promotes independence and functional ability and improves cognitive ability. It's also sociable, good fun and something the whole family can do together.

Bowling Taster Sessions & Open Days – we host bowling taster sessions with our qualified coaches, and open days for people to try out this great sport and learn more about the club.

We are also taking part in the national Women Can campaign, which aims to empower and inspire more women to participate in lawn bowls. We are offering a subsidised six-week coaching course, one hour a week, for women to try out bowls. The cost of the course (£18) can later be redeemed against full club membership.

Corona Virus Update: Please visit Bristol St Andrews Bowling club's new website – www.bsabowls.co.uk for details of rescheduled club events. We will be rearranging our drop-in open days and Women's coaching sessions as soon as we are able. In the meantime, do get in touch if you have any questions about membership or booking our facilities for future events.

You can find us on Derby Road next to Bristol Central Tennis Club.

Look at our new website www.bsabowls.co.uk or call us on **0117 942 1103**, for more information about the Club, membership, Open Days and facilities hire, and do come and check us out in person. We look forward to welcoming you!





News from 63rd Bristol Scouting Group - no mountain too high!



63rd Bristol Scout Group

The group continues to be very active with online activities and virtual meetings. All the leaders and young people have been very positive and engaged.

On Saturday 16 May, the 63rd Scouts climbed Mount Everest more than seven times in one day over the course of our 'Conquer an Indoor Mountain' challenge virtual camp! Scouts gathered on Zoom and together we crossed ravines, built fires, cooked camp quesadillas, sang songs, played instruments, put up tents, built dens, flipped pancakes, told stories late into the night and walked up an amazing 325,268 stairs in one day!

Yes indeed, we climbed over 65,000 metres and got to the top of Kilimanjaro, Matterhorn, Pen-y-fan, Scafell, Snowdon, Ben Nevis, Dufton Pike, Sugar Loaf and countless other national and international peaks.



Scouts and their families spent the weekend camping in their gardens, climbing up and down their stairs and connecting with their friends and having lots of fun. We've spent the last few weeks preparing for the climb and the camp on our weekly online Scout meetings and we have been blown away with what the scouts have achieved. In these challenging times, the 63rd and the whole Scout movement continues to try and keep young people, families and the community connected. Although many of us will have given the stairs a miss on the Sunday!

63rd Bristol Cubs

During lockdown we have been doing virtual meetings every week over Zoom. While it isn't as good as meeting face to face it has been a great way of keeping in touch and maintaining the Scouting momentum. This new way of meeting took a little while for everyone to adjust to but we

now have most of our Cubs logging in each week and taking part in a range of activities. We have done quizzes, scavenger hunts, learnt knots and even how to fly an aeroplane. We have cooked flapjack and Rocky Road, built dens and done VE Day craft!

On Saturday 2 May all three Cub packs got together for our David Walliams themed 'Virtual Camp'. During the camp the Cubs either put up a tent in their garden or built a den inside their house to sleep in. They used knots that they had learned to construct a flagpole, they built mobiles out of scavenged materials and a camp fire from tissue paper.

The Cubs prepared and cooked their own camp meal, and did their own washing up! In the evening we were treated to a talent show and sing song performed by the Cubs themselves. On the second day of the camp the Cubs were up bright and early for a bit of yoga, followed

by a David Walliams quiz. They then went off for a short hike, either outdoors with their families or around the house or garden. Great fun was had by all!

We cannot wait until we can meet up again in person but until then scouting is very much alive and kicking at the 63rd!

63rd Bristol Beaver Scouts

We have run a meeting for both our colonies at the same time. The Beavers have enjoyed seeing each other over Zoom. There has been some amazing cooking done over the past few weeks with rice krispie cakes and pizza slices. They have built and slept in dens, some inside, others out in their garden. We have just started looking at the subject of nature and all the Beavers made salt dough into which they made leaf imprints which were painted after baking in the oven. It has been fantastic to see their enthusiasm and energy.



News from our Ashley, Bishopston & Redland Councillors

Ashley Ward news

We hope you are well during this difficult time. We are still working and can be contacted by phone and email (details below). The council is now conducting official meetings via videoconferencing, and you can watch these live on the Bristol City Council (BCC) official Youtube channel. To find out when meetings are happening visit <http://bristol.gov.uk/council-meetings>. Members of the public can still submit statements to meetings by emailing Democratic Services (democratic.services@bristol.gov.uk).

The Bristol local election – to elect the Mayor, all 70 councillors, and the Avon & Somerset Police & Crime Commissioner – was scheduled to take place on 7 May. However, it has now been postponed one year, meaning all incumbents are carrying on in post. Those elected in May 2021 will then serve a three-year term instead of four.

In another part of Ashley ward, there has been an arson attack on St Paul's Adventure Playground, which is a very valued resource for the local community. A crowdfunder has been set up to pay for the rebuild: <https://bit.ly/2XMK12N> – please contribute if you can.

Ashley councillor Carole Johnson will serve as Deputy Lord Mayor for the upcoming municipal year (the current Lord Mayor Cllr Jos Clark will serve another year).

In response to the pandemic and lockdown conditions, BCC has announced plans to accelerate existing long-term transport ambitions in order to help Bristolians safely navigate the city):

Initial priorities include:

- Activating existing plans to pedestrianise the Old City area of Bristol by restricting vehicles during core shopping hours. People will be encouraged to adopt walking and cycling, in line with Government guidance on social distancing.
- Introducing a bus gate on Bristol Bridge and at the entrance to Baldwin Street to help establish more reliable bus journeys and dedicated walking and cycling areas. This means priority will be given to public transport, taxis, cycles and pedestrians travelling through the central area of Bristol. General through-traffic will be restricted.

- New cycle lanes in central areas, including Marlborough Street, Park Row, Victoria Street, Lewins Mead and the Clifton Triangle.
- Citywide measures, such as pavement widening in Bedminster Parade, Stapleton Road and Clifton Village.

For more information visit <http://bit.ly/2yaZKth>. If you have any thoughts on these measures, or suggestions for further interventions, please let us know.

Cllr Mike Davies, Labour Party
cldr.mike.davies@bristol.gov.uk / 07584 370413

Bishopston Ward news

Coronavirus advice – First, we'd like to reiterate the government's advice on Coronavirus:

Stay at home as much as possible, work from home if you can, limit contact with other people, keep your distance if you go out (2 metres apart where possible), and wash your hands regularly. Do not leave home if you or anyone in your household has symptoms. You can spread the virus even if you don't have symptoms.

In accordance with the national response to the outbreak, many council services have changed. More information is available on the Council website (see contact info box).

Volunteering – We've seen a brilliant outpouring of citizens helping each other during this crisis. See contact info box for details of volunteering schemes.

There is also a local Facebook group for BS7 where individuals are coordinating local volunteering on a street/neighbourhood level: facebook.com/groups/220811902446205/ (or search BS7 Covid-19 Help and Response)

The council is also calling out for emergency foster carers. Find out more: bristol.gov.uk/web/foster-with-bristol-city-council/emergency-foster-carers

Stay safe! And of course, please let us know if you have any comments or questions.

Tom Brook, Labour Party
Cllr.Tom.Brook@bristol.gov.uk / 07584 370 425

Eleanor Combley, Green Party
Cllr.Eleanor.Combley@bristol.gov.uk
07584 370 427

Continued on next page ►

Information and support in Bristol

Get help and information from Bristol City Council's website. This includes information for vulnerable citizens, health advice, financial advice, information for businesses and information on changes to local services.

The We Are Bristol freephone number is 0800 694 0184. This number is to help the city's most vulnerable citizens, including getting food and other essentials, delivering medical items and arranging follow up support with different organisations. The number is currently operating 8:30am – 5:00pm Monday–Friday and 10:00am – 2:00pm Saturday and Sunday. Deaf BSL users can contact the phoneline through a BSL Interpreter using SignVideo.

The **Bristol City Council email** addresses for any **Covid-19 enquires** that are not answered on the website is coronavirus@bristol.gov.uk

Sign up for **Council's Covid-19 newsletter**: <https://bit.ly/2K6JDzh>

General information for individuals and businesses can be found here: <https://bit.ly/3cp2Uro>

Follow **Bristol City Council's Covid-19 updates** on Facebook: <https://www.facebook.com/BristolCouncil>

If you would like to volunteer to help, the Council and Voscur are coordinating a central volunteering scheme for Bristol, sign up here: bit.ly/bristolcovid. Or visit the Can Do website: <https://candobristol.co.uk>

There's specific advice for older people via **Age UK** – see tinyurl.com/agesupport

There's help for those under strain to signpost **mental health support and advice** on looking after your own well-being and the same for others: <http://tinyurl.com/helpwellbeing>

With worrying reports of **domestic violence and abuse** during lockdown there's a link for advice and help. See <http://tinyurl.com/helpfromabuse>

National: visit gov.uk/coronavirus for more information about what you need to do, and nhs.uk for information from the NHS.

Bristol advice charities are open for FREE phone advice

Age UK Bristol 0117 922 5353
advice@ageukbristol.org.uk
www.ageuk.org.uk/bristol

Bristol Law Centre 0117 924 8662
mail@bristollawcentre.org.uk
www.bristollawcentre.org.uk

Citizen Advice Bristol General advice: 03444 111 444 / Initial Universal Credit claims: 0800 144 8444
www.bristolcab.org.uk

CHAS Bristol (housing) 0117 935 1260
advice@chasbristol.co.uk
www.chasbristol.co.uk

North Bristol Advice Centre 07731 842 763 / 07595 047 278
team@northbristoladvice.org.uk
www.northbristoladvice.org.uk

Talking Money 0117 954 3990
mail@talkingmoney.org.uk
www.talkingmoney.org.uk

Shelter 0344 515 1430
Urgent out of hours: 0808 800 4444
england.shelter.org.uk

WECIL 0117 947 9922
disabledpeopleshelpline@wecil.co.uk
www.wecil.co.uk

Funded by ACFA, registered charity number 1187070

Coronavirus has caused and deepened problems for people. Please don't worry on your own; our expert advice is free. **Get in touch for help today.**

Redland Ward news

It remains a worrying and difficult time for all of us, both for those who have had to stay at home for safety, and for key workers who have had to venture out and work with others. Our sympathies for anyone who has lost a loved one during this time and of course if you need any help with council-related issues please do get in touch.

We'd also like to give our thanks to everyone who's been looking after neighbours and helping others stay safe, or volunteering with food parcels, community meals and other local activities. The amount of both informal and organised mutual aid has been remarkable and very positive to see.

New walking and cycling priorities promised

— We've received a great many emails from residents asking what can be done to make space in our streets for walking and cycling. Our group issued a press release on 15 April calling for the Mayor to take action like other cities to extend pavements and cycling space – see Bristol Greens call for calmer streets and more space for social distancing – see <http://tinyurl.com/streetspace>

On 13 May the Mayor issued a response to pressures from many residents and campaigners, and the announcement of government advice and support with his proposals to support bus priorities, walking and cycling – see Getting Bristol moving safely and quickly <http://tinyurl.com/revamptransport>. This does respond to some of our suggestions, though as always the devil is in the detail when that's worked out, and we hope work will start as soon as possible to prevent a dangerous and polluting surge in cars back on the road. It's a significant first step.

We regret that Gloucester Rd isn't included at this stage, however, but may be in future projects based on suggestions in the West of England local cycling and walking strategy (due to be adopted on 19 June). If you have any ideas for locations for such improvements in the ward such as filtering measures to cut through traffic please let us know.

Space for walking in our neighbourhood

— While distancing remains a high priority do please remember ways to help. Do cut back hedges that overhang the street, and do please take in bins promptly after collection and not park on pavements. If you do drive please be careful.

Waste management – Garden waste collection services resumed – although as always, we also encourage homecomposting.



In addition, HWRCs (the reuse and recycling centres) have reopened. Check when you can go as there's now an odd and even number plate access restriction on alternate days. You can check queues on the webcam before setting off though, and remember to take proof of residence such as a council tax letter. See: <http://tinyurl.com/tipchanges>. Queues have been very long so do avoid unnecessary trips.

Safer streets – how to help – We have observed vehicles going faster while traffic is lighter, which is worrying. You can report speeding vehicles via the Police 'Raise a Speed concern' page <http://tinyurl.com/reportspeed>

It's always helpful to report pot holes and these are being fixed during lockdown. Do this via 'Report a pothole, damaged road or footpath' page – <http://tinyurl.com/streetdamage>

In the light of the Mayor's promise to rethink road and traffic priorities we have asked for a suggestion scheme for ideas of how of changes to make our streets safer. There's already a page 'Tell us about a road safety concern' – <http://tinyurl.com/streetchanges>. But do also let us know or wait for the official scheme to be devised.

Cycles for key workers – Sustrans and local bike shops have teamed up to help frontline workers cycle to and from work safely during the Covid-19 pandemic. Their website has information and a map that can help key workers find bike offers and services in their area.

Coronavirus scams – how to spot them

and stop them – There's been worrying reports of a significant increase in scams trying to exploit people's fear of coronavirus. Which magazine has produced a useful guide to help you spot and avoid potential fraudsters.

Fi Hance, Green Party

Cllr.fi.hance@bristol.gov.uk / 0117 3534720

Martin Fodor, Green Party

Cllr.martin.fodor@bristol.gov.uk / 07884 736 101

Healing & Training for your Body & Mind

with local Osteomyologist expert – Dawn Clode Ostm, Lic MET Lic CR FAO

Hello everyone, I hope you have all been keeping safe and well in this very different time! Like so many of us my Holistic Health Clinic in Little Stoke had to close on 23rd March and so too did the classroom. Social distancing is not really possible as a holistic health practitioner and teacher of holistic therapies!

However I did start to run the teaching courses online, with great results! So much so that I have decided to offer more virtual online classes through the summer and am planning (hopefully) to start back in the physical classroom from the end of August onwards. See below for what I can offer:



Online courses, these are ongoing and will go ahead when I have minimum of 5 people registered for each course, they are held in Zoom.

Please contact me for how to register and pay and let me know which class time suits you.

REIKI

Introduction to Reiki - free Monday 3-4pm

Reiki 1 - £70 over 2 sessions (same day over 2 weeks) Mondays 7-9pm or Fridays 2-4pm

Reiki 2 - £90 over 2 session (same day over 2 weeks) Tuesdays 2-4pm or Wednesdays 6-8pm I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me

Reiki Master - £225 over 2 sessions (same day over 2 weeks) Tuesdays 7-9pm or Wednesdays 2-4pm

I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner, we will need to discuss whether you are ready to go to this level, prior to booking.

There will be a third session for your attunement for each of the above levels on a 1-2-1 basis, which will be put in the diary after the teaching is completed.

Ongoing "circle sessions" will also be set up after each course.

AROMATHERAPY

Introduction to Aromatherapy - free Wednesday 4.30 - 5.30pm

Aromatherapy level 1 - £90 (there is an additional charge if you want to have this assessed so you can use it in practice setting) Thursdays 6-8pm. There will be 5 sessions starting 18/06/20.

Advanced Aromatherapy - £400 (this includes assessment, please pm me for joining criteria) Thursdays 6-8pm. There will be 8 sessions starting 23/7/20.

REFLEXOLOGY

Introduction to Reflexology - free Monday 4-5pm

Reflexology level 1 £90 (there is an additional charge if you want to have this assessed to use it in practice setting) This will start once a video can be made of the thumb movements on the feet.

Classroom courses (all include lunch and are held in North Bristol on Saturday and Sunday, dates are subject to Covid-19 restrictions being lifted!)

Reiki 1 - £100 Sunday 23/8/20

Reiki 2 - £125 Sunday 18/10/20 (I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me)

Reiki 1 and 2 - £200 Sunday 15/11/20

Reiki Master - £300 Sunday 20/9/20 (I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner. We will need to discuss whether you are ready to go to this level prior to booking).

Aromatherapy level 1 - 3 days - Saturdays 22/8/20, 19/9/20 and 17/10/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

Advanced Aromatherapy - Saturday 12/12/20 and Sunday 13/12/20. £500 (this includes assessment)

Reflexology level 1 Saturday 14/11/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

Classroom dates for 2021 will be announced at the end of October 2020, watch this space and our facebook page!

Email: dawn@life-and-soul-empowerment.co.uk

Call: 0795 1099 491

FaceBook: LifeAndSoulEmpowerment



News from Ardagh Community Trust

Reopening after lockdown

As we are writing this update, the team is working hard to prepare for reopening the Ardagh following easing of the lockdown conditions nationally.

There will be

some changes to the way in which we are able to operate (along with everyone else, of course) but we are working hard to minimise the impact of these for people enjoying the site, gardens, café, sports courts and wider facilities.

The Café on the Common will have reopened by the time you are reading this, for takeaway-only service, and operating out of our existing garden room in the café yard. This is a temporary solution to enable us to provide a café facility and service that can be operated safely while we wait for further information about the coronavirus pandemic, lockdown

measures and what these will mean for ACT in the long term.

We are working with our fantastic contractors, Clifton Renovations, to plan for the final push to finish the new indoor café and community hub space. It may not initially be possible to re-open this space for use until later in the year, but we are very much looking forward to it being open and available for use daily and year-round as soon as this is possible.

Around the wider site, we will be installing a range of discrete, new fencing, seating and signage, which is required legislatively but also intends to ensure that everyone is able to use the site safely. The team has been working hard on a range of funding applications, which – if successful – will provide the charity with the funding that is needed to pay for materials, installation and necessary improvements to specific areas of the site. This process will continue to evolve into the future.

In order to be allowed to re-open the sports courts and public toilets, a range of risk assessments need to be in place, which require social distancing and virus transmission reduction measures to be clear and effective. As I'm sure you can imagine, satisfying these without fundamentally changing the nature of what has always been enjoyed as an informal leisure facility is challenging, but we are absolutely up for the challenge and will continue to work to do this in the best way possible for the local and wider community.

At present, it is very difficult for a range of our previous volunteer-led activities to continue in their previous forms. Activities that before took place indoors are challenging. However, we are in the early stages of **restarting our weekly gardening** volunteering activities (with appropriate social distancing and safety measures in place) and exploring how we can do things differently for some of the other activities in the meantime.

While it may take some time for us to get back to the range and level of activities that were taking place prior to the lockdown period, it's exciting to be taking the first steps towards this.

ACT wins funding to help develop plans for the regeneration of the sports courts!

With a view to the longer-term, we were delighted to receive the news in April that Power to Change, the organisation set up to grow and support community businesses in England, have awarded us a grant through the 'Bright Ideas' programme to progress plans for regeneration of the sports courts at the

Ardagh. Power to Change is an independent trust, whose funding is used to strengthen community businesses across England. At a time when many parts of the UK face cuts, neglect and social problems, Power To Change is using their £150 million endowment from the Big Lottery Fund to help local people come together to take control, and make sure their local areas survive and stay vibrant. Regeneration of the sports courts at the Ardagh for the benefit of the local, and wider community has been a long-term aim, and represents the next stage in progress for Project Ardagh, following completion of the refurbishment of the pavilion to house the Café on the Common. ACT will be working with Bristol City Council, Sport England and many other partners to move this project forward. Plans for the courts have been informed by consultation with local people over the last 10 years, so there is plenty to be getting on with!

We look forward to seeing you all soon.

In the meantime, please do keep in touch through the FB page and website for the latest news and updates. Best Wishes to all!

Facebook: @The Ardagh
www.theardagh.com



Launch day of the new Ardagh café in March, we look forward to the facility being open to all.

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For a FREE initial meeting (without obligation) please contact Lee Hall on 0117 924 4658 or please e-mail lee@ljhallandco.co.uk

**Locally based in Ashley Down
www.ljhallandco.co.uk**



Brookfield Garage

We are happy to say we are reopen for all our services. We would like to thank all our customers for their support over these difficult times, and for their support in the future.

Open for business

All necessary steps have been put in place to ensure the safety of both our customers and staff. At this time, all services are by appointment only, please call to book in.



RAC
Approved Garage

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



While coronavirus has turned our lives upside down in the last couple of months, our wildlife has

been thriving, something many of us have now had more time to appreciate than ever before.

With research showing that UK wildlife is in serious decline, the lockdown slowdown has brought a break from the norm that our wildlife urgently needed. Bristol has announced both ecological and climate emergencies, with action plans being drawn up to enable nature to recover on a grand scale. In response to this, Feed Bristol, Avon Wildlife Trust's wildflower nursery, has been renamed as Grow Wilder. Our aim is to play our part in inspiring people, communities, schools and businesses to take action for wildlife and grow wilder food, wilder gardens and wilder people.

As lockdown began, the team at Grow Wilder ambitiously set up an online shop delivering native wildflowers and vegetable plants. Thousands of plants were ordered, many by people having a go at growing for the first time. A team of fabulous

volunteers responded to our call to arms to help us pick, pack and deliver the orders, a task made all the more interesting with social distancing a necessity.

Despite the many challenges of organising over a thousand deliveries in a short space of time, not least in the midst of a global pandemic, it is truly uplifting that so many people across Bristol are creating wildlife-friendly gardens, providing crucial food for pollinators, and helping nature recover from their homes.

We are working up plans to safely re-open Grow Wilder's nursery and, hopefully, an outdoor café to the public in July. A haven of wildflowers, greenery and birdlife, we hope it will be a place where people can come and enjoy nature and a cuppa. Keep an eye on our website for updates on re-opening.

The online shop is still open for wildflower sales www.growwilder.co.uk. And if you would like to learn more about how to create an insect-friendly garden, you can claim your FREE 'Action for Insects' guide at www.avonwildlifetrust.org.uk/action-for-insects.



On Fire with Messy Church!

Horfield Baptist Church, Messy Church would have been meeting this month but due to current circumstances

it will not be possible to come together physically. The church have missed meeting with families, but have taken the opportunity to share some activities virtually during lockdown.

If you are looking for an activity to do as a family at this time, here is something to have a go at. After the events of the Easter story and the weeks that followed, Jesus had left his friends and gone to be with his Father. But he didn't leave his friends alone for long! The church has just celebrated a time in our calendar called 'Pentecost'. There is an exciting, party feel to this time of year, when we celebrate the birthday of the church! Jesus' first disciples were praying when they saw something like flames above

everyone's heads and knew it was Jesus' Holy Spirit coming to be with them and fill them up to make them more like Jesus. If you have a bible at home you can read all about it in Acts chapter 2 verses 1-13.

Paint Splatter Flames

You will need: drinking straws; runny red, orange and yellow paint; paper; pens; glitter and glue (optional).

Draw a person's head at the bottom of the paper. Then put a teaspoon of runny paint above the head and blow through the straw so the paint splatters up the paper and makes a flame shape. Add a dollop of a different colour and blow again until your wildfire looks very cool. Add glitter if you want to.

The church would love to see some of your paint splatter flame pictures; please email a picture to office@horfieldbaptist.net. Have fun!

If you would like to know more about Horfield Baptist Messy Church visit www.horfieldbaptist.net or email office@horfieldbaptist.net.

Productive Space in Your Garden

We've all heard of the 'Dig for Victory' campaign of WWII, where people of the United Kingdom were encouraged to grow their own food during a time of severe rationing. During the panic of the Coronavirus pandemic we have all been experiencing hardships in differing ways, from loss of jobs to food shortages, long queues in shops, and feelings of anxiety and emotional strain; which impacts our mental wellbeing.

For those of us lucky enough to have a garden, an allotment, indoor pot plants or a window box, gardening therapy is certainly a way to enhance our physical and mental health. Gardening can help strengthen muscles, improve coordination and balance, as well as improving our memory, cognitive abilities, language skills and task initiation.

Getting our hands dirty, experiencing and being part of nature is so good for the soul. Watching a plant develop, that you have grown from seed is such a joyous thing. Harvesting fruit and vegetables that can be turned into nutritional family meals is exciting, fun and educational. Children love getting involved in the garden, especially when sowing seeds and picking fruit and veg.

Growing fruit and veg is a challenge that offers thrilling results, with many easy to grow plants for the novice gardener. The fruit and vegetables that you can grow at home can be organic, tasty and colourful – at a fraction of the cost of the supermarket. Depending on how much of a challenge you want, you don't have to stop at harvesting. In the autumn think about preserving your produce into jams, jellies and chutneys. Preserved foods that are easy to store are just what we need during this time of food shortage. They also make great gifts.

A productive growing area within your garden doesn't have to be large. A simple raised bed in a



small terraced garden can go a long way, as can growing vertically on a balcony – think tomatoes, beans, peas, cucumber, courgettes and melons.

Companion planting, utilising two or more crop species together can offer higher yields and offers pest control. Flowers and herbs planted within your fruit and vegetables can deter pests, as well as looking, smelling and tasting beautiful.

With our backgrounds in permaculture, horticulture, garden design and construction we can offer design and technical advice/support to help you create a productive space in your garden. We can tailor our design around your space and lifestyle. We can offer a design and delivery package, where all materials are delivered to you to construct, or we can construct your bespoke growing patch from scratch.

We are working as per government guidelines in respect of social distancing and hygiene.

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Cryer&Coe architects

Focus on Cryer & Coe architects

Pre lockdown, I had the pleasure of meeting Amy Cryer and Matt Coe to find out more about award-winning, locally based Cryer & Coe Architects. Founded by Duncan Cryer, Matt and Amy, it was a remedy to break away from corporate architecture and lead a partnership of design-focused architects.

Choosing Gloucester Road as the venue for their practice in 2018 was easy – as local residents they knew the area well but they also felt that the creative and independent spirit of the road was the perfect match to who they were and what their business would represent and offer. Seeing how local businesses have supported each other and the community at this time has confirmed to them what a great place it is.

If you are considering a building project what might you expect? Cryer & Coe are passionate about creating spaces that not only look good, but more importantly improve how you live, with an emphasis on sustainability, light and quality of space. Having a conversation with them (which Matt encourages you to do at any stage of your project) can really help open up potential and bring ideas that you or your builder may not have thought of. This could result in added value to the completed build, and a finished space that has exceeded your original idea!

With their wealth of experience, they can cover small to large projects across most sectors: residential, care, commercial and social housing from consultancy/feasibility for new sites/prospective purchases/existing sites for development, design development, planning, detail design and site overview whether it's for a restoration, new builds, interior design or fit out. All of this delivered by a very much hands-on, approachable, hardworking team.

Cryer&Coe architects Third Floor, 10–12 Gloucester Road, BS7 8AE
 0117 363 4033 | hello@cryerandcoe.co.uk | www.cryerandcoe.co.uk

The outlook for 2020 has obviously changed considerably since the start of the year, with their high-profile project – the redevelopment of Bristol North Baths with Berkeley Place – currently on hold but reaching completion as soon as lockdown allows.

“Bristol North Baths had stood empty and unused for years so it's been great to be able to bring it back into use to provide space for local businesses and community,” said Matt Coe, “We look forward to when it can open!”

They are lucky that as a small, flexible business they are able to work securely and efficiently out of the office, so like lots of others, they are now trying to balance work and family life at home. The team now has ‘virtual’ daily meetings and Friday drinks to keep in touch!

They have received several enquiries throughout lockdown as people are realising that their homes don't quite provide the flexibility they need, or have just finally had more time to think about making some changes.

Duncan and Matt are hosting virtual meetings with home and business owners alike to discuss their project needs and are happy to discuss all types of work you are looking to start in the coming months. You can send photos and/or have a video call and talk through your thoughts. They can offer feedback on potential, advise on what permissions you might need and give you an outline of costs.

Whatever your architectural need may be, the team at Cryer & Coe welcome you anytime to talk through your dream idea with them and discover how they can support it and make it reality.



TOP TIP

Get started sooner rather than later as projects take time even if they don't need planning permission. You can always work up to a certain stage and wait until finance or circumstances change to build it out.



Animal Health Centre – Covid 19 We are still here!

During this period of social distancing and lockdown we wanted to assure our clients that we are still here for you!

Veterinary surgeries are classified as 'essential services' and as such are allowed to remain open at this time of lockdown to provide essential care for our patients. We need to maintain social distancing at all times with our clients so we telephone triage all cases to see if we need to admit the animal to the surgery.

We are now allowed to remotely prescribe to patients so in some cases we can consult by telephone and using email photos or videos, we can then prescribe medications as necessary. If we feel that seeing your pet is the best solution then we ask you to bring him in for a remote consultation where you will be asked to remain outside the practice while we admit him for examination and treatment.

Puppy vaccines can be given at this time using social distancing. We are happy to spend time on the telephone with you to discuss your puppy's needs as well as to talk about socialisation and how you can best manage it at this difficult time.

We are also here for operations that cannot wait until after restrictions are lifted, as well as any emergencies that may occur.

Repeat prescriptions for medications, as well as regular flea and worm preventatives and food can be ordered and paid for by telephone and then either collected from the practice or we can deliver.

We look forward to the restrictions being lifted and being able to return to some normality, at which time we will be able to offer a full service including routine vaccination boosters. If you are concerned that your pet is at risk if he has not had his booster, please call us to discuss, to see if a vaccine can be justified as an at risk case.

If you are concerned about your pet at all please give us a call for advice. If you are not sure if we would be able to treat your pet with the current restrictions please call us to discuss your pet's needs.

We are here every weekday between 9am and 5pm and also on Saturday mornings until midday.

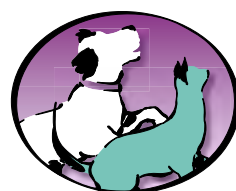


Our small experienced dedicated team are here to help as much as we can at this time.

Outside of these hours emergencies are being taken as usual by the Rowe Vet Group so call us and our answer phone will give you details.

Nicky Bromhall MRCVS

Veterinary Surgeon, Animal Health Centre

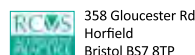


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Local pet shop Roxfords is open 8.45am – 5pm, Monday to Saturday and 10.30am–3pm Sunday. The team is still offering their Saturday local delivery service. **Roxfords is very happy to take 'Phone and Collect' orders**, and it is no problem for a member of staff to load the order into your boot if needed.

The shop is still very much open for business for those who wish to come in, although restricted to a maximum of three customers, and following their distance markings will help everyone. Owners Sarah and Michael would like to say thank you for the continued support of their customers, as well as their superb staff.



New! No-Hide chews – Roxfords is pleased to be stocking Earth Animal's hide-free chews, a delicious wholesome snack that comes in a range of sizes to suit your dog.

Keeping cool this summer – if your pooch is feeling the heat, why not treat them to one of Frozzy's frozen yoghurts for dogs? The pet shop also carries a range of cooling coats and bandanas, perfect for the warm weather.

Face masks available – Roxfords is not only looking after your pets but you too, with their range of face masks. They come in a selection of decorative fabrics, perfect to help keep you safe at this time.

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- Taking bookings for services keeping to the latest guidelines
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Scamps and Champs Bristol are once again offering pet care services whilst following the latest government and DEFRA guidelines. There are a few changes which will be discussed before any booking is confirmed. Please get in touch if we can help with any of your pet care needs. Stay safe everyone.

www.scampsandchamps.co.uk/dog-walking-in-bristol/

Email: bristol@scampsandchamps.co.uk
Tel: 0789 434 9344

It was wonderful to enjoy a performance by the Misfits Theatre Company at the launch of the new Ardagh Community Café at the end of February.

Misfits Theatre Company began 20 years ago as a drama group and has since evolved and grown into much more. The group offers people with learning disabilities the opportunities to develop skills through creative programmes that improve wellbeing, support independence and champion fulfilled and healthy lives. Through their workshops and training, the weekly activities that Misfits run provide a holistic approach to help people with learning disabilities voice their experiences, and create connections with each other and their community.

Support the Misfits – I was recently contacted by the Misfits asking for all of our help. The group needs to raise much needed funds to ensure they can continue to support their members during lockdown. Adults with learning difficulties need tailored online resources and activities that are free, accessible and delivered by people they know and trust.

Being creative is what keeps Misfits' members going – it's what gets them out of bed in the morning. It's what drives them to challenge society's expectations and to keep up the motivation to keep pushing boundaries.



Misfits Theatre members Dan, Rob and Beth delivering their wonderful, thought provoking poetry at the Ardagh Café launch



Please take a moment to read this poem, **Respect**, by Misfits Member Beth as an example of their work.

*I can try to do it myself
I might need your help
That's my reality, it's just my disability
You are being unkind with the words on your mind
So change your attitude cause your life ain't like mine
You seem to stare it isn't fair
I'm like other people I need some care
Be ashamed of yourself with the things
That you say we're equal and we're perfect at the end of the day
Whatever you think of me don't assume it's me, I'm perfect as I am, I'm perfect as me
I live on my own I think for myself
Look after my health
Take every day as it comes
I can't change who I am
But you can change your attitude
My life is mine
Whatever you think of me, don't assume it's me, I'm perfect as I am, I'm perfect as me
Your disrespecting me cause of my disability, don't focus on the negative
Try positivity cause that's what I do every single day
I focus on the positive in every way*

Please support Bristol's vulnerable people in lockdown – donate now!

You can help by making a donation – just £15 will provide a whole week of support for a member with regular phone calls and online activities to enjoy from home. You can also commit to a monthly donation of any amount you can spare. Regular giving ensures we can always be there online or in person for our members.

Please donate at: www.nowdonate.com/checkout/the-misfits-theatre-company-uk

Donating whatever you can afford, will make a difference to vulnerable people, thank you.

misfitstheatre.com • 07910 962 329

D.C.L MOTORS is OPEN

Pleased to be open again! D.C.L Motors hopes all of their customers are keeping safe and well. They re-opened on Monday 1 June, fully prepared to safely resume all their usual services.

Keeping everyone safe – You will notice some changes to the way the garage looks, and how customer interactions take place. Measures have been put in place to ensure clients and staff are kept safe. Social distancing will be adhered to, as well as strict cleaning protocols. Payments will be contactless and by phone wherever possible.

Collection service available – While they expect that most of their customers will bring and fetch their own cars, the garage will also offer a collection service, where they would pick up and return your car, if you are unable or don't want to bring it yourself.

The team look forward to seeing their regular and new customers as they continue to deliver their best services to you in these difficult times.

Where to find D.C.L Motors – the local garage is hidden, just off Gloucester Road (at the start of Pigsty Hill) on Egerton Road. The family business is owned by Dave Lovell.

Passionate about the industry, Dave explained that working as a mechanic is all he has ever

wanted to do. On successfully completing the Enterprise Scheme, he set up D.C.L Motors in 1997 and his business has happily resided in Bishopston ever since. Growing up in neighbouring Lockleaze, Bishopston was his local stomping area and he still enjoys the area as much today.

Dave has three mechanics working alongside him, including his middle son who is currently learning all the tools of the trade.

D.C.L prides itself in customer satisfaction – they are not about making a quick buck but finding the best, most cost-effective solution for each mechanical problem. The team are personable and proud to have customers that have been loyal to them for many years.

**For further information call: 0117 908 0081
D.C.L Motors, Egerton Road, BS7 8NT.**



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- Local, family business



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Bishopston, BS7 8NT



Caring during COVID – Making carers visible on Carers Week

#CaringBehindClosedDoors

Carers Week 8–14 June is an annual campaign to raise awareness of caring and highlight the challenges carers face. Carers don't choose to become carers and many don't even see themselves as carers. Throughout the COVID-19 outbreak, family carers have continued to provide unpaid crucial care to their loved ones, with little to no support.

Care is usually provided behind closed doors, in people's homes and is largely invisible to the general public and support services. This hasn't changed during the pandemic. While COVID-19 has very rightly reminded us all of the crucial role of NHS staff and keyworkers, family carers have been largely forgotten. The role of carers has never been more crucial. Yet, while the challenges carers face have increased, their role remains invisible. The majority of carers are struggling alone and do not know that help is available to them.

Carers Support Centre is working locally to support carers of all ages through this very challenging time. Services include information and advice, carers assessments, counselling, befriending, employment support, virtual carers' groups, online training, and the Carers Emergency Card. On Thursday 11 June,

the charity is also holding its first ever online Carers Open Meeting. Visit their website for more details.

Recent research from Carers UK has found that, since the pandemic started, carers are providing 10 additional hours of care per week. The average figure is now a staggering 65 hours per week, with 70% of carers providing more care due to local services reducing or closing. This has been particularly hard for certain groups, such as those caring for someone with a learning disability, autism, or dementia.

This Carers Week, join Carers Support Centre in recognising the massive contribution carers make to families and communities across the UK. Visit the Carers Support Centre website to watch the 'Clap for family carers' video, hear from local carers about what caring during COVID-19 is like, and say your own thank you to family carers on social media using the #CaringBehindClosedDoors hashtag.

If you, or someone you know is a carer, and in need of help, contact CarersLine:

0117 965 2200

carersline@carerssupportcentre.org.uk

www.carerssupportcentre.org.uk



Images thanks to Paul Bullivant

News from the Friends of St Andrew's Park

St Andrew's Park: the impact of the Covid 19 pandemic regulations.

The weather this spring has been spectacular, and perfect for being outside doing those lovely park-related things that we all enjoy so much. However, the surge of the Covid-19 pandemic and the regulations introduced since the national 'lockdown' on 23 March, have had a significant effect on how we can use our beautiful park. Major planned events have had to be postponed, key facilities closed, and significant constraints placed on both individual and group activities.

However, despite all this, St Andrew's Park has continued to play a big part in the life of our community and, for some, become even more important for both their physical and mental well-being. The softly rolling landscape populated by so many beautiful trees, the wildlife area with its thriving pond, and the burgeoning perennial beds all give so much pleasure to people of all ages.

Regular park users will know that the playground, toilets and paddling pool have been closed by the city council, as has Fay's wonderful Tea Garden cafe, although now, happily, re-opened. Whether any of the other facilities will be opened later in the summer, it is impossible to say, but any facility where social distancing cannot be reasonably controlled seems very unlikely to be allowed to be re-opened in the foreseeable future.

Sadly, the following events and activities have had to be postponed, but we very much look forward to their successful rescheduling:

The Parks 125th anniversary celebration, was planned to take place on Sunday 3 May. Considerable work had been done to create a special, memorable day, with a range of entertainments, many with a Victorian theme. It is proposed to reschedule the celebration for Spring 2021.

The Pantaloon Theatre Company's production of Sherlock Holmes was due to have taken place on Sunday 14 June – but, get your 2021 diaries out now, as the Pantaloon Theatre are already provisionally rebooked for 20 June, 2021.

Creating a perennial meadow on the land adjacent

to Leopold Road. The main preparatory work was due to have taken place in May. The flower seed had been bought, but as the ground preparation could not be done, it is planned to now do this in May 2021. In the meantime, the grass will be allowed to grow, and we shall see what emerges naturally!

Playground improvements. Bids for grant aid to secure the second phase of the playground redevelopment may not now be able to be made this year, which means that even if the bids are ultimately successful, work is not likely to take place until later in 2021 and possibly even 2022.

The way in which people are able to use the park has also changed considerably. From the beginning of the 'lockdown', most people have responsibly followed the government instructions, limiting the use of the park to exercise only, coupled with social distancing. Early on, occasional visits by the police resulted in people who were just quietly sitting, being asked to move on. This seemed to be less rigorously enforced in subsequent weeks, and the Prime Minister's announcement on Sunday 10 May has now opened up the opportunities for spending more time in parks, be it for exercise, sunbathing, picnicking or whatever, as long as the essential social distancing is maintained. This is obviously good news!

Another tension for some has related to the requirement for dogs to be kept on leads in Bristol's parks during the pandemic, in order to maintain social distances should a dog get out of control. This has been promoted in a relatively low-key fashion by the council, and is seen as more of a 'polite request'.

With some loosening of the 'lockdown' in parks announced by the PM, it is likely that a growing number of people from across our community and beyond will come to St Andrew's Park. It continues to be a beautiful place in which to spend time, good for both body and soul, and somewhere where people can relax and, hopefully, gain some respite from the worrying strangeness of our current situation.

Steve Perry, Chair Friends of St Andrew's Park

www.friendsofstandrewspark.ning.com



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The Church is closed!

And not just Horfield Baptist Church, but churches across the world! But of course, this is not quite true, in fact it's not true at all. Many people, Christians and non-Christians, mistake the buildings in which we meet for 'the church'; and we are guilty of misguiding people by calling our places of worship a church. The Bible, however, tells us that the church is the body of people who believe in Jesus Christ. So, while our buildings may be closed and empty, the church is alive and just as busy and vibrant as it has always been. Our Sunday service has moved online – you can find the talk here https://www.youtube.com/channel/UCFLb2Uq5zE8VphFhxpY8Piw/featured?disable_polymer=1 along with a daily reflection.

The people who make up our church are engaged with caring for neighbours, friends, our community and our city through prayer, activism, and daily acts of kindness. We may not be inside our beautiful and dramatic building on the Gloucester Road, but we have not ceased to be the church in Bishopston and beyond.

If you'd like to join us for our Sunday service by Zoom, or you would like someone to pray for you or with you, or you'd just like to have a chat with someone, do get in touch with me, **Minister Sarah Phillpot, 07856 754 986 / sarah@horfieldbaptist.net**

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News from the Goldenhill Community Garden

Hi everyone

The garden has been closed for all our normal things during lockdown but as nature and the plants don't stop so the garden has ticked along. It has been kept running by a small crew of our regular volunteers coming one at a time on a rota. These volunteers have done an excellent job of getting the beds planted, weeded and watered and the site maintained as best as possible. Anyone that has access to the site has felt really lucky and with the bigger picture so confusing we've focused in on the very small things to enjoy and on the practical things that we can do. We don't know when we'll be able to reopen but we know that the polytunnels need watering and that the carrots are going to be good this year and that strawberries are delicious.

Having the time to notice the small things means I spotted our first ashy mining bee, a hairy footed bee fly, a cream spotted ladybird, a pillbug, a woodlouse spider in the garden for the first time! And as the garden has been quieter so the birds have been louder and bolder. The sparrows take dust baths in the dry patches in beds and I have spotted them pecking and picking at the twine on our bean structures, I'm guessing to take for their nests but it just looks like they are trying to undo the knots for a laugh. The magnificent glossy black crows sometimes come down and munch on the peanuts I put out for them and send the magpies flying and the starlings are back this year and shine all the colours in the sun.

And the tadpoles! Our frogspawn gets eaten by newts and every year fewer frogs have been coming back. Well this year we decided to intervene! A batch of frogspawn was put in a bath of pondwater that had been carefully checked for potential predators. Then two days before lockdown they emerged! Our lockdown babies! Everything possible has been done for these spoilt and beloved little wrigglers. First, they ate algae when their mouths were tiny. Then moved on to a choice of lettuces – boiled or fresh, then expensive fish flakes and insect larvae and they have grown and grown and this week they got their leg buds! By the time you read this our greedy little tadders should have absorbed their tails and have hopped out into the big wide world on new legs. Life is change! Hopefully some will stick around and eat some of our slugs and snails and maybe we'll see them again for spawning season next year.

The garden will open as soon as it is safe to do and we so look forward to sharing the garden with



people again. I hope that everyone has managed to find a piece of nature – no matter how small – to help them through.

See you in the garden! Sometime! We put frequent updates and photos on our Facebook page <https://www.facebook.com/TheGoldenHillCommunityGarden/> so come and find us there for now.

Lucy

www.thegoldenhillcommunitygarden.com



At the end of the 19th century and into the first part of the 20th century, north Bristol, like many other areas of the city, had its own newspaper *The Horfield & Bishopston Record and Montpelier & District Free Press*. It was first issued on the 10 April 1897 and ran until 1931, when it was discontinued. In all, there were a total of 1690 issues, typically with four pages although some editions had more. The paper one was of several published by the Bristol Free Press and Advertising Co. Ltd.

It came out weekly on Saturdays and for most of that time cost half a penny.

It covered Horfield, Bishopston, Ashley Down, St Andrew's, Montpelier, all roads in Lower Cotham running to Stokes Croft and Cheltenham Road, the Stokes Croft, North Street and City Road districts; so essentially it covered from *The Inn on the Green* – there was almost nothing north of that in 1897 – in Horfield to the *Bear Pit*.

It contained lots of adverts on every page, shops, businesses, places to go and events, happenings in London parliamentary and otherwise, some society news, called personal gossip – both local, national and international, clearly gleaned from other newspapers, and local and city news and information.

The paper does not seem to have carried any national new stories, but is useful from a social history standpoint to see the local impact of national events.

In the first issue it mentions that Bishop Road School was to be enlarged and a new block was going to be built at Ashley Down School.

There is a short piece about the BRI lacking funds and reporting that the situation was the same

The Weekly Newspaper for Every Home in the District.

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Deputy Lord Mayor

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SATURDAY, APRIL 10th, 1897.

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as it had been 100 years before.

It reports that at Ham Green, the city council has large grounds where it grows all the flowers, c 30,000 for the city's parks. There are also large greenhouses there where grapes and tomatoes are grown, and the gardens could supply most of the vegetables for the city's hospitals.

There was also a short story on page 4.

Some issues seemed to contain more adverts than 'news', some contained health and beauty tips in addition to the usual subjects.

In August 1914, just after WWI was declared, the deputy lord mayor made a proclamation telling people not to buy excessive amounts of food and only to do their normal shopping so that there would be enough food to go around.

This same issue also carried an article for railwaymen on health and safety and how to prevent many of the common accidents that were occurring in the industry.

As the war progressed, it did not carry national news but shows local impact, businesses going under because of a lack of staff, special rates on buses and trams for war workers, and local war casualty news.

In late 1918, the Spanish Influenza was beginning to take its toll and there is an advert for a disinfectant that is said to be effective against it in the home.

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House Through Time

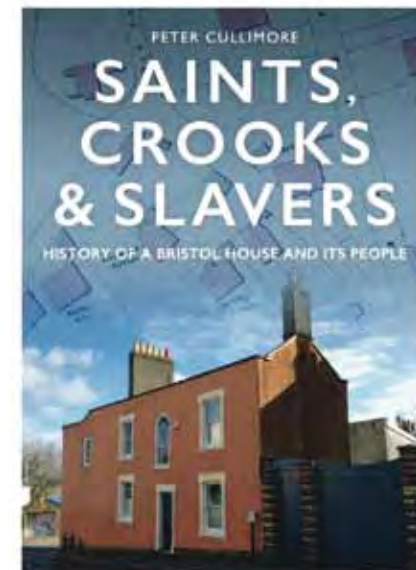
This month we were pleased to be contacted by local resident Peter Cullimore, with news of a new not-for-profit book created by himself and wife Sue. The book charts the history of their house, 60 Fairfield Road in Montpelier, and its past occupants since the 18th century.

The couple were inspired to embark on this project after their house was short listed to feature in the third series of BBC2's TV history programme, *A House Through Time*, which began airing again at the end of May.

The book is self-published and entitled *Saints, Crooks & Slavers*. The historical residents include: a shady French aristocrat, whose parents were guillotined in the Revolution; a Quaker philanthropist, who twice married into slave-owning families and went bankrupt trying to build the house; the Phippen sisters, who ran early schools for destitute girls.

The narrative follows a broadly chronological pattern, from obscure 18th century origins up to the present day. It starts with the property developers who built the home and how its quirky structure may have evolved.

From then on, the main focus is on the lives of some of the 100 or so people who have resided there since its earliest times.



The book also includes tips for readers on how to research the history of their own homes, written by Sue.

The pages contain many beautiful photos, mainly taken by St Andrews professional photographer Paul Bullivant, who gave his services for free.

All 500 copies arrived on Peter and Sue's doorstep during lockdown. With the bookshops closed, they decided to sell a few themselves to very local people and they have been delighted by the response.

If you would like to purchase a copy of this fascinating book (£12), charting the history of a local home, please email: petercullimore@blueyonder.co.uk or text/call him on 07730 493872.

Left: The oldest part of the house downstairs is now a bathroom. Thought to have originally been the kitchen, due to its deep, built-in, cupboard space. (Photo: Paul Bullivant)

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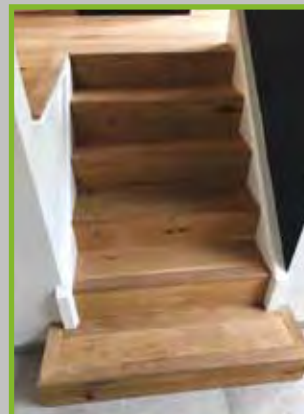


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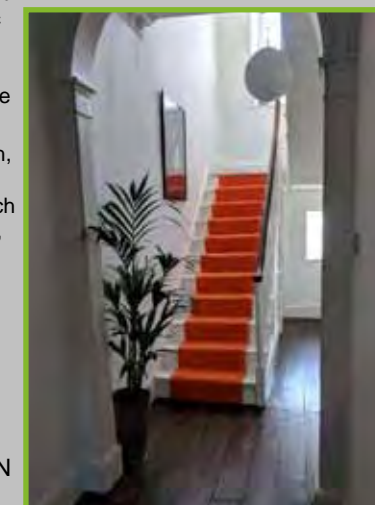
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***"Fantastic Customer Service"** Very professional and fantastic customer service, a reliable and trustworthy company – I would highly recommend."*



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