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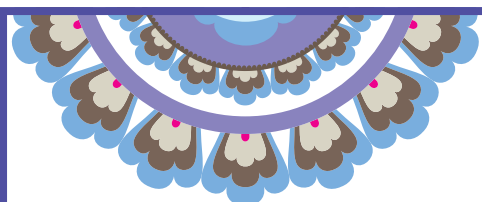
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# Matters

issue 141, Oct 2020



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anniversary of  
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## Dear Readers...

As you can see from the front cover, 2020 marks 125 years since our wonderful park opened. The pandemic may have put the party plans on hold until next spring but to celebrate this anniversary, the Friends of St Andrew's Park have created a commemorative calendar filled with historical postcards. The Park has always been a special place for me and my family and I look forward to purchasing a copy.

I had the pleasure of attending the outdoor launch of the Great Bristol High St - Glorious Gloucester Road book, created by documentary photographer Colin Moody. The book documents fabulous images of local traders that make the high street such a special place to visit. Colin reminded us of the importance, more than ever at this time, of supporting our local shops and the people behind them whenever we can.

My family and I have loved visiting Stoke Park over recent months. I hope you enjoy my introduction to this special place and are inspired to go and explore for yourself.

It was great to hear from local resident John Hardy, who has made the best of the current situation and embarked on an epic cycle from his home in Horfield to Scotland, raising funds for charity Crisis on his way.

If you are interested in local history, why not take part in our Reader Competition to win a copy of Saints, Crooks & Slavers, a book by local authors inspired by their home - 60 Fairfield Road - being shortlisted for the recent series of 'A House Through Time' on BBC2.

All this and updates from many of our fabulous local groups and organisations.

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

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## News from the Friends of St Andrew's Park

We were all so disappointed when the planned 125th Anniversary Celebration of our wonderful Park had to be called off because of the Covid pandemic. This would have taken place in May, and we are hoping to re-arrange it for a similar time next year.

In the meantime, a lovely 125th Anniversary Souvenir Calendar for 2021 has been prepared. The calendar features splendid historical postcards of the park. Details of where it can be purchased will be published shortly on our website:

[www.friendsofstandrewspark.ning.com](http://www.friendsofstandrewspark.ning.com) or Facebook page: **Friends of St Andrews Park, Bristol** and in the next issue of *Bishopston Matters*.

As part of the celebrations we also asked people to share with us their memories of the special park; we hope you enjoy these two examples.

**Steve Perry, Chair of St Andrew's Park**

**My memories of St Andrew's park, Sheila Symes**

My first memory of St Andrew's park is visiting there with my parents in about 1942 when I was a very little girl and we had moved from Devon to Bristol.

There were tethered barrage balloons; to me they seemed quite low – I was terrified of them! I thought that they were elephants flying in the sky.

During the late-1940s my brother and I spent many days during the summer holidays in the park – we would leave home quite early with a bottle of water, an apple and jam sandwiches. We used to walk from Montpelier where we lived and stay all day; our dad would collect us late afternoon. We spent our time making dens, playing on the swings etc. We played many ball games, we also played in the bandstand until the parky would come and chase us out. He used to be after us as well for being cheeky to the people playing bowls. At this time there was a static water tank where the paddling pool is now – I remember it being slimy, smelly and quite dangerous. In the 1950s I recall seeing *A Midsummer Night's Dream* there – I think the company performing were called Shakespeare in the park – I really loved it. In the 1960s when we lived in Ashley Down we used to take our two older daughters to the park often – we had many picnic teas after school. At this time the flower beds were really beautiful but the playground was nothing like as good – OK safe – as it is now. One of my girls ended up with badly cut leg caused by an insecure joint on the metal slide. We moved away from Ashley Down so did not go to the park for a few years; however, in about 2003 we started to take our granddaughters there regularly – they loved it and it brought back happy times to me. The play area was very good then and very safe; the girls are grown up now, but we often talk of those lovely times. We used to go early morning and would often be the only ones on the swings. My last visit to the park was for the unveiling of the memorial to the R.A.F. men killed in the plane crash in the war; it was a loving and very moving event.

**My memories of St Andrew's park, Lynda Booth**

My name is Lynda and I went to Sefton Park school in the late fifties and we used to call into St Andrew's park on our way home every day to play on the swings and roundabouts, then we skipped home starving and ready for tea.

When I was eighteen (fifty years ago!), in May, I worked a couple of evenings at the Cock of the North pub in Henleaze, as we were saving up to get married. One night, an *Evening Post* photographer came in asked if I would like to be the next Saturday girl? He asked me my job, which was a telephonist in Clifton. "So," he said, "You will be our 'Hello girl'." So, we arranged to meet at St Andrew's Park later that week and I had some photos taken on the umbrella roundabout – and I was in the following week's *Evening Post*, and that is where my story ends LOL!





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## Cycling for Crisis



When John Hardy's job as a hiking and biking tour leader in New Zealand was cut short by the pandemic and lockdown in March, he eventually managed to return to his home in Horfield, in April, and set about volunteering with Fareshare and Horfield Together.

As soon as possible after some easing of restrictions following lockdown, John set himself a challenge of cycling to Scotland. He set off on 28 July with just a one-person tent and a change of clothes! In spite of his load, sometimes inclement weather and 'beasty' hills, he averaged 80-100 miles daily via a rather circuitous route through Wales, via Liverpool and the Lake District, along

Hadrian's Wall, north via the eastern coast of Scotland and on to John O'Groats.

Cycling alone with no support team and camping wild in places, John met many interesting characters on the way, so appreciated more than ever the lack of home comforts and the kindness of strangers. Persuaded by people he met to raise money for charity, he decided on Crisis – the national charity for homeless people, a cause he had always felt strongly about. He was touched throughout by the generosity of people he chatted to, who often gave him a free sandwich and drink and also donated to Crisis.

His return journey took in the very northern coast

of Scotland, south via the Isle of Skye, Glasgow, Carlisle, the Yorkshire Dales, then south through Derbyshire, Birmingham, Stratford and Oxford before finally returning to Bristol, 2003 miles later, on 24 August – having raised an impressive £2010 for Crisis. He was delighted to meet his target of £1 per mile. **If you would like to find out more about this important charity or to donate, please visit [www.crisis.org.uk](http://www.crisis.org.uk).**

With any prospects in the tourist industry being uncertain at this time, it is unlikely that John will be able to return to New Zealand for the winter season, so he is currently looking for work closer to home, preferably involving bicycles!



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






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## Updates from Orchard School Bristol – school life in a pandemic

School life has changed dramatically for schools across the country. We are finding ways to adapt to the 'new normal' – this has brought with it some challenges and some unexpected successes. At Orchard, our students are being taught in 'villages' this year; each year group has a dedicated area of the school in which all their lessons take place. They have adapted to this with ease – we have been blown away by their sense of determination and resilience. We are no longer able to lend out equipment, so we've made sure that our students who need support with buying stationery and uniform items have been supported, and so far, the system is working well.

Our House competitions have continued to run – we have a house crest design competition this week, and various sporting and academic competitions this term too. We are continuing with sport and other practical subjects, although we're working creatively with our space and timetable to ensure that we can maintain a Covid-secure school. Our students aren't facing each other in classrooms either. We are lucky to have such an extensive outdoor space and field, so we have been able to give students lots of space in our staggered breaks and lunches – and we still have a gardening club!

We've also had some amazing sporting successes too. Our Ryan B (Year 10) has recently beaten his own Personal Best in the 200m sprint with an incredible time of 24:02 seconds and Katie Davies, who just left us in 2020, made her senior debut for Bristol Rovers Women's Team in the FA Cup, in which Rovers won 6–0.

Orchard has been over-subscribed for the last three years, so if you would like to visit us then we have an appointment-only Open Day and an Open Evening in the penultimate week of September. More details are available on our website.

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

## Bristol Rovers Call-Up for Redmaids' Student Betty

Redmaids' students have handled the challenges of this year incredibly well, often using their extra time at home to do remarkable things. Some have volunteered in their local communities, others have tried their hand at new hobbies and some, like Year 13 student Betty, have continued to pursue existing passions in new and unfamiliar circumstances.

Betty has been selected to play for the Bristol Rovers Women's FC squad, after attending an open training session earlier this summer.

Betty's interest in football began when she started playing for Westbury Park Foxes aged 5. She played for the local team throughout secondary school, and more recently had her first taste of adult football, playing a season for Bristol Ladies Union FC.

Speaking on her recent call-up to Bristol Rovers, Betty said, "I went along to one of their open sessions and after a couple more weeks of attending training sessions, I was asked if I would like to join the team for the coming season – to which of course I answered yes! The coaches and girls have been so welcoming and I really feel like part of the team."

Despite lockdown restrictions, Betty managed to keep active and get her football fix from home. "Sport helped me immensely during lockdown.

Especially at the beginning, it felt like all structure had been taken out my day, but going out on walks, runs, and practising football skills in the garden provided a sense of routine and definitely helped my mood."

Encouraging more girls and young women to get involved in sport is important to Betty and is something that is engrained in the curriculum at Redmaids' High. "Not only does sport help to promote a healthy lifestyle, but it is also a great way to socialise and bring people from all areas and backgrounds together. I have made so many friends from all parts of Bristol, and beyond, through playing football and it's increasingly easy for girls and women to get involved."

Claire Maggs, Director of Sport at Redmaids' High School said, "Huge congratulations to Betty on her footballing achievement. She is one of the best goalkeepers we have seen at Redmaids' High School. It is fantastic to see that all her effort, determination and hard work has paid off."



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## Focus On: Musical performer Alina Flaherty

### Alina, tell us your news...

I've just released my first single! It's called *Millennial Cliché* and people can listen to it everywhere from Spotify to Deezer to iTunes and everything in between! There will also be a lockdown music video alongside so watch

out for that on YouTube...

### Where did you grow up?

I grew up in Bishopston and went to St Bonaventure's RC Primary School, followed by Bristol Cathedral Choir School. I then did a two year course in Music Performance at Access Creative College and have just graduated with a Distinction from the Artist Development Foundation course at Access. I'm currently living on Gloucester Road with my Mum and Stepdad (and bunny, Gus).

### When did you realise you were born to perform?

When I was in the womb! Initially I was only interested in musical theatre – I was definitely inspired by my drama teacher at Bristol Academy of Drama, where I studied for three years, but I have since realised my main passion is song writing. The dream is to write and release my own music, perform it wherever I can and maybe be getting involved in some TV or film work too.

### How do you find performing live?

I love it, and I'm lucky to have played live quite a bit – last summer I played Cheltenham Music Festival, Dot2Dot Festival and Bristol Harbour Festival. Locally you may catch me at The Golden Lion! And I love performing at open mic night at CoLab, which is one of my favourite Gloucester Road shops. This summer I've done a lot of online gigs, including Latitude Festival.

### What else keeps you busy?

I am involved with local Kelvin Players Theatre Company – I'm actually coming back from Amsterdam for a whole month in April to play Ophelia in a production of Hamlet that was

postponed for a year due to the coronavirus. I'm very excited and urge everyone to get involved and buy tickets! It should be fantastic, if I do say so myself.

### How do you relax?

Getting my hair done at Moda where it's such a friendly and wholesome atmosphere and I always leave feeling 10 times better. A bit of retail therapy on Gloucester Road is always good, and of course meeting up with my friends at the brilliant neighbourhood pubs – The Flyer and The Grace are two of my favourites, they always have idyllic atmospheres. And if I want to break bread and enjoy a meal with my mates, you can't beat La Fiorentina on the G Road. Amazing pizza! Gloucester Road is like its own little world; we've got everything one could wish for and I'm so lucky to live here.

### How does a performer get through a lockdown?

A bit of crochet – although lockdown has taught me that it takes longer than a day to learn! I've also

discovered that I LOVE cooking. Seriously though, self-motivation is key, I've performed multiple online gigs (some of which can be seen on YouTube), written so many songs and attended Zoom rehearsals and lectures; even when I really didn't have the energy – I just did it!



### What does the future look like?

2020 and 2021 are looking extraordinarily exciting for me! I'm moving to a new country (Amsterdam) entirely by myself, releasing my first single and I may or may not be releasing another EP at the end of the year too...

### What advice do you give to wannabe stars of tomorrow?

The best advice I could give to someone looking to become a

performer is to be fearless and to listen to your gut 100%. Luck comes to those who work hard.

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## the green room – re-opened in style!

The Green Room natural hair salon, based on the Prom on Gloucester Road, put lockdown to good use – with a fabulous refurbishment. I popped into the salon recently to catch up with owner Jo, who has spent several weeks working on the transformation. She admitted that, installing the battened wood panels, burning them, then rubbing them with a natural oil, has been a labour of love. The stunning wooden walls are complemented with galvanised steel details. All of the shelves have been handmade by Jo and her team too. She has had the assistance of R&J Renovations (07703 040469) and electrician Lee Wiltshire (07974 434603). As well as stylish new lighting and back-wash chairs, the salon has had an extractor fan and new air conditioning unit fitted.



The Green Room is following all government guidelines to enable them to work in a professional, safe environment. Staff are wearing PPE and clients are asked to wear a face mask please. The team are enjoying welcoming their local clients back – so if you haven't already, call and book in today!

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Head Student Alice Towle

## News from Fairfield High School

Fairfield High School (FHS) students celebrated a strong set of GCSE results in the year of the coronavirus lockdown.

Many students were awarded high grades based on their hard work and achievement over five years in the school.

Others reached standards well above those that might have been expected when they started at FHS. The school has an excellent record in boosting pupil progress; in 2019 it was among the best 650 schools in the country.

Fairfield is proud to recognise the success of all students, including those from disadvantaged backgrounds, those with English as an additional language and young people in care.

Students across England were unable to sit exams in the summer after schools shut to most young people in March. Grades were awarded after a rigorous assessment process by leaders in school to ensure grades were fair.

FHS is committed to ensuring that the students who are leaving this year are able to follow suitable courses from September. The school has kept in close contact with these students throughout and will be working with them over the coming days to help them confirm their next steps. Some will go on to V6, the joint sixth form provision for Fairfield and Colston's Girls' School, while others will take up places at other colleges and sixth forms in the city.

Principal Nick Lewis said: "We are extremely proud of our Year 11s, whose time at Fairfield has been cut short by Covid-19. We are determined that their future plans will not be derailed by the coronavirus crisis. Our staff have really gone the extra mile to support them.

"Well done to all the students who have achieved the grades they were hoping for. Perhaps more importantly, I want to congratulate all our young

people who have shown such maturity and resilience during this emergency. I wish them all the best for the future."

Head student Alice Towle echoed the Principal's comments. She said: "Our teachers have been fantastic, checking up on us by phone and email. The post-16 transition co-ordinator knows where everyone is planning to go for sixth form in September and will be speaking to people again after they have received their results."

Alice, who is one of Bristol's youth mayors, said it was a pity that her year group had missed their exams, seen their Prom postponed and been denied the chance to experience results day in school together.

But she said the current generation of 16-year-olds could be proud of the way they had supported one another and coped during the past difficult months.

"We have done really well," she said. "At Fairfield, we have had a great five years. The school genuinely has a community feel. There is mutual respect between students and staff and the sense of belonging is really special."

[www.fairfield.bristol.sch.uk](http://www.fairfield.bristol.sch.uk)







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**Web:** [stbons.uk](http://stbons.uk)

**Phone:** 0117 353 2830

## News from St Bon's

It's been a busy start to our new school year with pupils from all year groups returning to St Bonaventure's for the first time since March. The focus for our first term has been on supporting pupils to re-build relationships and engage in a curriculum that excites and stimulates a love for learning.

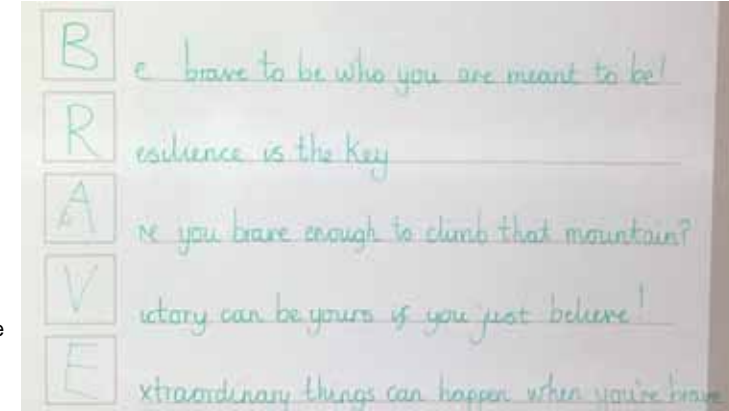
All classes in each year group have selected a carefully chosen text to explore pupils' feelings and attitudes towards returning to school.

Year 2 have shared *Inside my heart and in my head* feelings and have written the class poem above.

Year 1 pupils have read *The Colour Monster* and have linked different emotions to colours. They have enjoyed listening to a variety of songs, choosing the colour that the song made them feel and exploring how their bodies move in response to a song.

Year 3 pupils enjoyed the book *While we can't hug* and talked about the different ways we can show friendship without hugging.

Other teachers led 'getting to know you' and 'true



and false' games with their classes. Pupils have also written letters to their teachers telling them about themselves and have produced some abstract self-portraits which have helped us to learn more about each other.

Before schools closed in March, our PTFA purchased a class set of virtual reality (VR) headsets. This term, year 6 have used these to stimulate their writing, taking turns to describe their scene to a partner to form the basis of their story.

It has been the busiest of starts to the term, but with the support of our dedicated staff team and parent community it has been absolutely wonderful to welcome our children back to school, adjusting and finding our new normal together.

## 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](mailto: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."





## News from Glos Rd Central

As we head into autumn Gloucester Road traders continue to do their utmost to make their businesses Covid-safe. We really appreciate customers wearing their masks, adhering to the restrictions on numbers inside each shop and keeping a safe distance from other customers and staff. None of us know how the winter months will pan out but hopefully everyone will keep shopping locally on our lovely high street. As ever, it's as much about enjoying our time as a community as keeping our businesses afloat. It might be wise to start thinking about your Christmas shopping. Do talk to your shopkeepers about ordering ahead or think about stocking up on gifts and cards that might need to be sent in advance by post. We all want to avoid long queues out in the cold!

Something to help with your gift choices is that the **North Bristol Artist Trail will definitely take place** (although not completely as normal) this year. During the weekend of 28–29 November there will be both a virtual trail and a walking trail. Art lovers will be encouraged to join the NBA Facebook group so that they can view the artwork, interact with the artists and buy online. The virtual trail will be live during the week leading up to the weekend and for the week after. A perfect way to enjoy local art from the comfort of your home.

Many artists are still prepared to open their homes and studios and are looking into Covid-safe ways to do so. However, others aren't in a position to offer such a space. North Bristol Artists are therefore asking Gloucester Road shops, cafes and bars to take part by offering artists window and wall space both during the lead up to the trail and over the weekend itself. This will offer a safe environment for trail-goers to browse work by artists while at the same time brightening the windows of Gloucester Road with artwork. Taking part will also help boost local businesses and show their involvement in the community. Traders taking part will be offered a link on the NBA website and other publicity through magazines and social media. They could also receive a small commission for helping the artists to sell artwork.

If you'd like your business to take part please contact Hemali Modha [hemalimodha@icloud.com](mailto:hemalimodha@icloud.com) or Sarah Thorp at Room 212 as soon as possible so that you can be linked up with artists.

Room 212 has already confirmed that popular painter Jenny Urquhart and jewellery artist Katie Johnston will be exhibiting in the new gallery at the back of the shop. Both artists are represented at Room 212 year-round but the trail gives them the opportunity to show more work and interact with customers.

Printmaker Safa Aslam (pictured above), who is also a teacher at Bishop Road School, will once again show her work alongside painter Robin Page at the Nonesuch Cup cafe, part of St Peter's Hospice. She says: "Over the years the NBA trail has allowed me to meet and develop a great relationship with all those who support the running of St Peter's Hospice Coffee Shop. The atmosphere is fantastic and all employees and volunteers are very supportive. Each year, we artists are supported in the build up to the trail and enjoy a successful weekend."

Gloucester Road Traders really enjoyed seeing images from Colin Moody's new book **The Great Bristol High Street** up on the billboards by the Arches (see page 32 for full info on this). We're grateful to Out of Hand for offering Colin the space to promote our businesses. It's got us thinking about ways to advertise local businesses on billboards, rather than large chains. Do pick up a copy of the book at Room 212.

As we head into spooky season, Joe's Bakery will have a huge range of Halloween treats available for you to enjoy soon, see page 21 for more details!

For regular news and views follow [www.facebook.com/GlosRdCentral](https://www.facebook.com/GlosRdCentral)

Room 212 Gallery



## Synchronised swimming at Room 212

Thursday 10 to Wednesday 23 October 2020

Room 212 used lockdown productively to have a clear out and create a new gallery space on Gloucester Road. This gives an opportunity to explore different themes and showcase guest artists.

Eva Watkins has just graduated from the University of the West of England achieving a First Class BA(Hons) in Photography. She specialises in analogue portrait and documentary photography, seeking to demonstrate the relationship between her subject and their surroundings. Her main inspiration has come from groups of people who pursue a different approach to life, working collaboratively with them, and building a relationship.

Her work in the UWE graduation show at Alchemy 198 really stood out to owner Sarah Thorp, so when she saw that Eva had won an award for her recent photo series of Bristol synchronised swimmers – <https://shutterhub.org.uk/announcement-the-newspaper-club-yearbook-2020-award-winner> – she invited her to show the images in a one-off exhibition at Room 212. Sarah knows members of the swimming group and Henleaze Lake so she believes the exhibition will be a fun and inspiring

show for the community. The photos will be shown as large A1 format.

Eva's personal tutor, senior lecturer in photography at UWE Liz Banks lives on Gloucester Road and is pictured in the portrait right.

The unique synchronised swimming group initially formed to celebrate the 100th year anniversary of Henleaze Swimming Lake. The group consists of 80 people aged 11–76, and of mixed genders, who were once strangers. Over time this group has created a space where strong friendships have formed, enabling them to share significant life moments with one another.



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# News from Ardagh Community Trust



## Community hub opening for the winter!

Following a series of meetings with our contractors and other project advisers, we are delighted that the new community hub will be able to open for the winter; staff and volunteers have been working hard to ensure that the new space is able to be used safely (COVID-safely) and developing plans which will enable us to enjoy this great new facility from mid-November. The Cafe on the Common will relocate into the new facility (assuming no further lockdowns) so that it can be enjoyed year-round as intended. ACT is pleased that our first event in the new space will be Friends of Horfield Common's AGM which is taking place on 25 November (see FoHC update for full details). This will be a lovely

way to recognise the central role that the Friends group has played in developing Project Ardagh, engaging with local people, producing ideas and plans and setting up the charity to be able to take on the community asset transfer lease for the site.

## Sports courts and play at the Ardagh

We are currently working on plans for regeneration of the sports courts, in partnership with Bristol City Council and others (e.g. Sport England) and intend to hold a consultation event in early December (date will be advised in the next BM) to share plans and seek further feedback from local people. While our ambition to regenerate the courts has been longstanding, the COVID-19 pandemic has brought increased impetus to this as the importance of outdoor spaces, and places to play, and participate in sport and leisure in the centre of the city, has been further highlighted. We are really pleased to be working with a range of young people's organisations locally to explore how we can work increasingly closely to provide space, activities and opportunities for young people in the local area. Please do come along and take part in the consultation once the date is announced.

**Fundraising** – We have been very lucky to secure funding from a range of organisations including Power to Change, United Communities and Solon Housing association, Quartet Community Foundation and Warburtons, which has enabled us to continue to operate through the COVID-19 pandemic, and to continue to provide space and facilities for local people to meet, participate in activities and enjoy spending time outdoors.

**Activities** – We are currently working on a new business plan which takes account of the changes that have been necessary as a result of the lockdown, as well as providing an opportunity to think about how we will operate into the future, and how we can continue to run activities safely.

We are thrilled that the free Tai-Chi sessions for over-50s are running again – led by a volunteer leader – on Tuesday mornings, 10–11am, at the Ardagh. We are working on plans to restart the Repair Cafe, ShedMen project and other groups as soon as this is possible – please keep an eye on our social media pages and next month's BM for updates.

**Please keep an eye on social media channels (Facebook, Twitter) and the website [www.theardagh.com](http://www.theardagh.com) for the latest information.**



## News on Joe's Bakery

**Spooky treats galore!** Joe's will soon have the most fantastic selection of gory confectionary available for your enjoyment. Whatever your favourite sweet treat there will be something for you – monster cupcakes, gingerbread mummies, Frankenstein's monster, eyeball and cobweb doughnuts. All great fun and even better tasting!

**Glorious Gloucester Road** – Colin Moody's fantastic *The Great Bristol High Street – Glorious Gloucester Road* features both images of Joe's bakers and an interview with owners Jane and Martin. The local bakery was pleased to be a part of this book that champions Gloucester Road and the traders behind the shop doors.

**Have you had a coffee from Joe's yet?** If you haven't yet enjoyed one of their take-away coffees you won't be disappointed when you do! Their coffees are made using delicious beans from the esteemed and local Wogan Coffee Roasters. They also have Oatly available at no additional cost for those who prefer a plant-based 'milk'. Quality coffee to take-away at a really good price.

**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](http://www.joesbakery.co.uk) @Joe's Bakery Bristol



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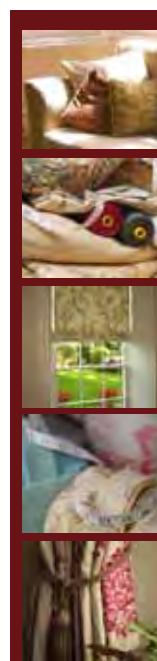
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## Outstanding care from a leading practice in Bristol

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**Diabetes**  
**Domestic Violence**  
**Drug & Alcohol addiction**  
**Mental health**  
**Musculoskeletal disorders**  
**Paediatrics**  
**Respiratory medicine**  
**Sexual Health medicine**  
**Sports medicine**



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[www.greenwaycommunitypractice.nhs.uk](http://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



## Does your work need a home?

Greenway Community Practice is proud to offer consulting, hot desk or boardroom meeting facilities at affordable rates and on flexible or long term agreements.

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

Greenway Community Practice, Greystoke Avenue, Bristol BS10 6AF

## Bristol Hospitality Network

### Big Hearted Bishopstonians!

*Could you help someone seeking sanctuary?*

*Do you have a spare room?*

Could you offer a room for free (3-6 months) in solidarity with someone seeking asylum and experiencing destitution, perhaps from Iraq, Syria or Palestine?

Our members have fled their home country to the UK for sanctuary yet many become homeless due to the Government's hostile immigration policies.

Bristol Hospitality Network will support you in taking this first step and then be with you all the way through.

Once someone is hosted and safe, they usually make good progress and over 70% of our hosted members have resolved their situation with our support.

Further info on our website hosting page

[www.bhn.org.uk/community](http://www.bhn.org.uk/community)

If you have a spare room and would like to help please email: [laura@bhn.org.uk](mailto:laura@bhn.org.uk) or call for a chat on **07544 917 885**



Authors Peter & Sue outside their home in Fairfield Road

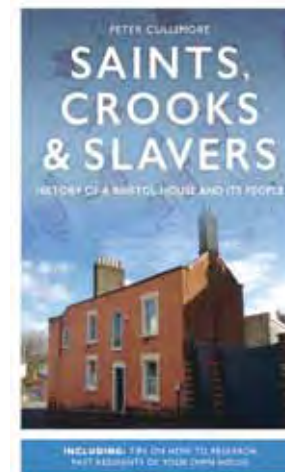
## A House Through Time

*Saints, Crooks & Slavers* is now on a second print run, having almost sold out on the first. The book was created by local residents Peter Cullimore and his wife and co-author Sue. The couple spent the months of lockdown taking orders from local people and delivering copies themselves on foot in the area.

*Saints, Crooks & Slavers* was inspired by 60 Fairfield Road (formerly known as Spring Cottage) being shortlisted for the recent series of 'A House Through Time' on BBC2. Peter and Sue taught themselves how to research its colourful past residents since the 1700s. The book also gives the reader practical tips on finding out about the predecessors in your own house.

The not-for-profit book is available for £12 at

Bristol Archives, Max Minerva's bookshop in Westbury Park, Iota gift shop on Gloucester Road and Better Food in St Werburghs. You can also still order it direct from the authors by emailing [petercullimore@blueyonder.co.uk](mailto:petercullimore@blueyonder.co.uk) or by texting 07730 493872. Or get it online from the publisher, Bristol Books.



## Reader Competition:

*Bishopston Matters* has a two copies of this fine local history book to give away! If you would like to be in with a chance of winning, simply answer the following question –

***What is the address of the house this book charts the history of?***

To go into the draw, email your answer to [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) before 31/10/20.

## Hypnotherapy with Orla Kirby

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

Anxious about your health or the health of your loved ones? Or the overall situation?

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Contact me on **07796 578793** or email [keonwilliams20@gmail.com](mailto:keonwilliams20@gmail.com)



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# the family practice

dedicated to supporting your family throughout these challenging times

The Family Practice is open for patients to visit their experienced Osteopaths and Massage therapists. Most of their other practitioners, and receptionists are also now back, which is fantastic news.

The dedicated team of course worked hard to support their patients throughout lockdown, with their effective and successful telehealth appointments. These sessions 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.

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.

## Thank you Bishopston!

The local practice has been overwhelmed by the support of their local clients. Thanks to referrals they have received from their patients – neighbours, friends, colleagues and family, the Family Practice have treated over 300 new patients since they reopened. You cannot get higher recommendations than that. Owner Juliana told me, "We are so grateful for peoples confidence and trust in us, it is totally amazing!"

## 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 all ages with their health during this time. Bristol Pregnancy and Postnatal Women's Health Support Facebook page was launched.



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

This a closed group for safety and privacy, to enable advice and support to be given without worry or prejudice.

The group was 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**

**Email: osteo3@me.com**  
**www.thefamilypractice.tv**



Photo: Karolina Wisniewska

## Halloween should be a time of fun – but what can you do when fears and phobias are haunting your life?

by award-winning hypnotherapist and coach, Amy Armstrong MA (Oxon) DSFH HPD MNCH (Reg) CNHC

Halloween is always looked forward to in our house. For my children, it's all about fun, friends, and an unhealthy amount of sugar! But for those of us with a phobia of spiders, masks, or the dark for instance, it's no fun whatsoever. A phobia is an irrational fear of something, triggering an extreme physical response – often rapid, shallow breathing, and feeling hot, sick, or dizzy. If you are unlucky enough to have a phobia, you know that you will do anything to avoid the thing you are afraid of. Your 'flight' automatic stress response will be at full throttle.



Phobias are really quite common, with an estimated 11% of us suffering from these terrible fears. Clients come to me for help when the quality of their life is starting to be seriously affected, or they are worried they will pass their fears on to their children. At this time of year, spiders are a common issue, but I have seen people for all manner of phobias, including fear of flying, public speaking, skiing, eating raw foods, driving over bridges.

As a solution-focused clinical hypnotherapist, my first focus is to help calm a client's general anxiety levels. Then I use the Fast Phobia Rewind technique to help them ease or resolve their phobia. This allows the traumatic sensory memory to be converted to a narrative memory and put into proper perspective – just what should have come naturally to us, but didn't in this instance for whatever reason.



If you'd value support to ease a phobia, or help you with anxiety, stress or depression, please book yourself a **free initial consultation** to explore how I can help you. Currently, I am seeing clients online or at The Family Practice, 116 Gloucester Road. Email me at [amy@the-executive-alchemist.co.uk](mailto:amy@the-executive-alchemist.co.uk), call me on **07557 911 606** or visit my website: [www.amyarmstrongcoaching.com](http://www.amyarmstrongcoaching.com).



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[bristol@dechen.org](mailto:bristol@dechen.org)



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



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



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## EVERYONE IS BACK IN THE SWING OF THINGS

Horfield Leisure Centre is delighted to have swimming, gym, group exercise and football pitches all now available for use again for our community. The phased return of facilities and activities to ensure they are a 'Covid-secure' environment for everyone has been a solid benchmark for all other leisure facilities in the city. The measures have been commended by the city council as well as the most important people – the customers who use the centre. Customer numbers have been rising steadily and in a controlled way, with confidence in the hard-working colleagues and facility growing every day.

Children's swimming lessons have been successfully back up and running for over a month now, with more spaces becoming available for booking from October to suit families during the daytime. The pool timetable has been expanded for more public swimming during the daytime and family swimming on the weekends. There are risk control measures to be aware of like a one-way system, social distancing, limited changing facilities (come 'beach ready') and no showers available currently, so make sure you familiarise yourself with them when you arrive.

All bookings are being made through the Everyone Active App and online, so please make sure you book your activity here to reduce the staff and customer contact. **Visit: [www.everyoneactive.com/reopeningmeasures/](https://www.everyoneactive.com/reopeningmeasures/) for more information.**

The centre staff have been overwhelmed with the sheer volume of positive comments and feedback relating to the safety measures put in place to be Covid-secure; an example of this is below

"I am asthmatic. However, exercise is a huge part of my life, not only does it keep me mentally healthy, it helps me breathe, reduces my asthma attacks, and reduces the amount I need to use my inhaler. And I do believe if I were to catch Covid, the amount I exercise would increase my chance of survival.

Today I returned to the gym at Horfield Leisure Centre, after a long isolation period. I was nervous at first. But the warm welcome I received when I entered, the socially distanced machines, and the constant around-the-clock cleaning made me feel safe. Thank you for making it possible for people like me to return to what they love. It means the world."



Maintaining a healthy lifestyle has never been so important and our centres are here to help you with your journey! Our colleagues are always happy to answer any queries or questions

you may have. Horfield Leisure Centre is delighted with the engagement all customers have had with the new safety measures, but if you're not sure then just come in to see for yourself – with a free trial, by emailing [horfieldinfo@everyoneactive.com](mailto:horfieldinfo@everyoneactive.com).

We look forward to seeing you in our centre soon!



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## Pond Life

**"The earth has lost 50% of its wildlife in the last 40 years, and according to the International Panel on Climate Change we will lose half of the planet's biodiversity – that's half of the living plant and animal life in the world – as we mitigate for the 4°C rise in temperature by 2050".\***

Encouraging beneficial predators into your garden via a pond can help with pest control, without the use of chemicals. Hedgehogs, newts, toads and some birds like to eat slugs and snails, ladybirds and green lacewings eat aphids, and ground beetles, damsel bugs and braconid wasps prey on caterpillars. Frogs eat insects, flies, slugs and snails, and seeing a happy frog jumping about in a garden is a delight whatever your age.

A pond in a garden is an absolute winner for wildlife. Water offers an essential drinking and bathing place for birds and mammals, and growing a range of marginal plants around the edge of the pond will draw in an even greater diversity of wildlife. A pond doesn't have to be large; you could use a halved wooden wine barrel sunk into the ground or simply placed on a patio, a wide shallow bowl, old metal planters, or perhaps offer a bird bath or water feature if a pond isn't possible in your garden.

Hunting out choice finds at a local reclamation yard is always fun, and there is of course a great deal of pond-related items to choose from online. Making a pond is fairly simple, with some elbow grease – dig out a hole in the ground with stepped shelves, these will create the platforms for marginal plants that like to grow in shallow water. Plants like water lilies can be placed deeper into the water and will send up stems with beautiful leaves to float on the surface. These are a great choice for beginners as they are hardy and dependable. Ensure to have some free-floating oxygenating plants such as native Spiked water milfoil or Hornwort. Maintain the pond and thin out algae and blanketweed regularly, leaving it by the side of the pond to let creatures return to the water.



As well as standard plastic pond liners there are also a variety of eco liners available online. Either allow the pond to fill with rainwater naturally, or if filling from mains water allow it to stand for a few days to dechlorinate prior to adding plants. If you have a waterlogged area in your garden a bog garden can provide a range of attractive planting opportunities and are excellent wildlife habitats. Creating a bog garden is the perfect use for a redundant or leaky pond if you have one that isn't working out as you planned.

A rain garden is a garden of native shrubs, perennials, and flowers planted in a small depression, which is generally formed on a natural slope. It is designed to temporarily hold and soak in rain water runoff that flows from roofs, driveways, patios or lawns. Winter is the perfect season for creating a pond, bog garden or rain garden, so make the most of the change of seasons and get planning.

If we all make positive change in our gardens, allowing more flora and fauna to thrive it will not only enhance our enjoyment of life but will also give back to the environment and the beautiful world around us.

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# The Great Bristol High Street Glorious Gloucester Road



How lovely it was to attend the launch of documentary photographer Colin Moody's book *The Great Bristol High Street, Glorious Gloucester Road*. With current restrictions, what better way than outside, socially distanced, in front of some giant billboards showcasing our local traders, who all have a story to tell and work hard to make our local high street so special.

Situated next to the Arches, where Gloucester Road and Cheltenham Road meet, a series of billboards displayed a selection of trader portraits taken from the book. The display was made possible thanks to Bristol-based media owner, Out Of Hand who supplied and put up the designs.

Via mega-phone, Colin spoke with passion about Gloucester Road, "It's not just shopping, it's family, it matters! When you shop locally you are taking part in a social act, a community act, supporting people and families."



◀ Colin pictured with Sarah Thorp, Room 212. There are few people more positive about our vibrant high street than Sarah, an absolute bundle of energy who makes things happen! It is thanks to Sarah enthusing Colin that he 'must do a book on Gloucester Road' that this project started!

We heard a selection of stories linked with the images – bakers Wayne Thick and Paul Viner were pictured at 5.30am in Joe's Bakery. Colin told us Paul has tattoos of both of his children's faces on his arms, so he sees them each time he lifts the bread trays in and out of the oven.

It is Colin's hope that viewing our local traders on billboards and within the book will help us feel an even greater connection to them and give us confidence to meet and greet with them when we shop.

We heard how it had taken Colin a year to put this book together but local businesses could be lost in a matter of months due to the impact of Covid, if we don't show our support to our local traders.

The book is not only filled with powerful, moving and amusing images but there are interviews with both local traders and people who share a passion for the high street and give a great insight as to how it feels to be part of this community and its importance to the wider community.

I have very much enjoyed the book, if you would like to buy a copy locally you can pick one up from Room 212, Co-Lab and the Republic of Stokes Croft shop. Find out more online by visiting [www.thehistorypress.co.uk](http://www.thehistorypress.co.uk) and search Gloucester Road.



► We are delighted to be celebrating the richness of Gloucester Road. We have owned Roxfords for 21 years, and the shop itself has been trading since 1963. We are proud to be part of the Gloucester Road community, we both trade and shop there.

*Sarah & Michael, Roxfords Pet Shop*



Viewing the billboard featuring Sarah with their gorgeous Leonberger Massey, described by Colin as, "the biggest and best dog in Bristol." was particularly moving as Massey sadly passed recently. What a lovely tribute to this great dog who will be much missed by both his family and all that visit their shop.

◀ I was touched when Colin came into Divine Ceremony and asked if he could take a portrait, not everyone would embrace an undertaker's as he did. He understood we are located in the gateway to Gloucester Road and how we are here to support local people. The sense of buying local and looking after ourselves was important before the pandemic and now it is absolutely crucial. If local people can spend money on Gloucester Road, we have a great ecosystem in place."

*Dee Ryding, Divine Ceremony*





## Lucy's Law



Nicky Bromhall MRCVS

Since the Corona virus pandemic there has been a massive increase in demand for puppies and kittens as pets. Many new owners have been desperate to acquire a new family pet during lockdown and maybe not all have come from reputable sources.

In April 2020 new legislation came into force, Lucy's Law,

which bans the sale of puppies and kittens via third party sellers such as pet shops and commercial dealers. The law is named after Lucy, a Cavalier King Charles Spaniel who died after being poorly mistreated on a puppy farm.

Lucy's Law means that anyone wishing to buy a puppy or kitten in England, must do so direct from a breeder or consider adopting from a rescue centre. Licensed breeders must show puppies and kittens interacting with their mothers in their place of birth. If a business sells a puppy or kitten without a license they may be fined or even imprisoned.

The law has been hailed as the start of the end of puppy farms. Puppy farms are located across the UK with most depending on third party sellers or dealers to distribute the puppies. These are often sick and traumatised pups that may have been separated from their mother at a very young age. Lucy's law effectively removes the third party dealer chain, resulting in all dog and cat breeders being accountable for the first time.

The advice when looking for a new puppy or kitten is to do your research to ensure that you are obtaining a pet from a reputable source and not supporting poor breeding.

Take a look at the sellers name and profile on line and check they are not associated with several breeds or litters for sale.

Check the contact details by copying and pasting the telephone number into a search engine, be suspicious if the number appears on multiple sites.

Check the age, puppies and kittens must not be sold under the age of 8 weeks old.

Make sure Mum is present when you visit, if Mum is not present it is unlikely the puppy or kitten was bred there. Beware of 'fake mums' who will not interact with the litter.



Watch out for puppies or kittens described as 'rescued' but with much higher than expected price tags.

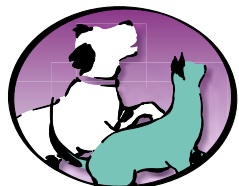
Beware of offers to meet somewhere convenient such as a motorway service area.

For any further information on buying a puppy do look at The Puppy Contract, [www.puppycontract.org.uk](http://www.puppycontract.org.uk) a valuable source of information.

Hopefully one day the puppy farm and poor breeding will be a thing of the past and if all potential new owners follow the codes this day may not be too far away now.

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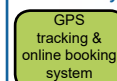
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## News from the Ardagh Bowling Club

We have said this so many times during lockdown and the pandemic.

The club opened up in a limited way to play internal pairs and triples with social distancing and safety measures in place. Now after ensuring the clubhouse is Covid-safe we have opened the changing rooms and bar for all.

As a result of the sunshine and the pandemic we had many local people enquiring about learning to play the game of bowls, and our BDA- and EBC-trained coaches successfully introduced new members to the club. It has been a great way to get out and about in the fresh air, enjoy some gentle exercise and socialise with players and spectators.



We have a new booking system which enables bowlers to come along and play on a daily basis in the daytime following social distancing.

This season has shown what a boost exercise has on people who would have been on their own, giving them a reason to get out and about in these difficult times, and how much nicer with the wonderful weather.

Club competitions have been fiercely competed and at the time of writing we are preparing for finals day at the end of September.

Games are planned for next season and a Club Tour to Tenby. Over the next couple of months planned events include Carpet bowls on a Monday evening and Ardagh Toddlers will reopen with guidance from BAND.

We will hold taster sessions and open days next year but it is not too late to join us now!

**More info can be obtained from the club  
Tel: 0117 9249880.**



## Introducing Nania's Vineyard



Nania's Vineyard is a new local canned wine company born out of, and inspired by, our small urban vineyard on our allotment in Montpelier. We planted just 30 vines back in 2017 and while our first vintage was fermenting

last year (strictly for our personal stash!) much bigger ideas were brewing. We bought a truckload of English grapes from a vineyard in sunny Essex and have produced a fine rosé wine which we've blended into a Spritzer.

Our wine is made from English Rondo, an amazing grape for English wine. Well suited to our cool climate as an early ripener, it's berries have a deep red flesh and the rosé wine we've produced is bursting with summer fruit notes, providing a vibrant base for our light and refreshing spritzer – summer in a can! summer in a can!

To complement our rosé we've added a touch of a raspberry shrub from our friends at the Bristol Syrup Company, and blended it with crystal clear Glastonbury Spring Water drawn from the legendary spring beneath Glastonbury Tor.

We've partnered with local artist Alex Lucas a.k.a @

lucas\_antics who created the amazing squirrel on our cans, and we look forward to continuing our collaboration. Cans are a sustainable option – aluminium is infinitely recyclable and is lightweight saving on transport emissions. The cans chill down quickly in the fridge ready for that perfect picnic and also feature a compostable corn starch label.

We've started small scale but we're already planning our next vintage and expanding our range of products. The harvest is looking good this year and English Grapes have been ripening across the land. It's an exciting time to be involved in English wine and we can't wait for you to try our Spritzers!

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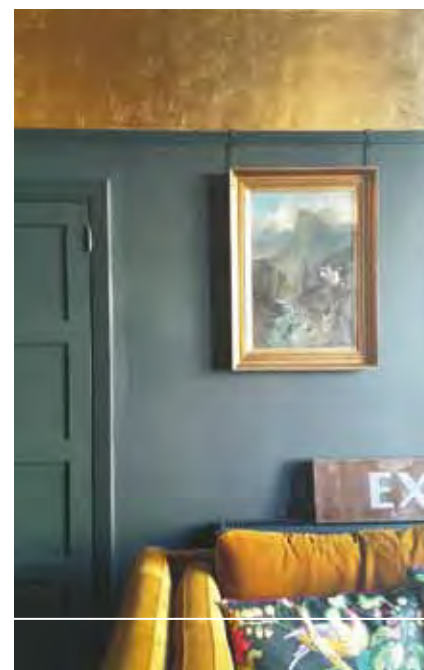
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## News from the Goldenhill Community Garden

Hi everyone

Well I'm happy to say that, for us, if nothing else 2020 has at least been a good year for melons, carrots, flowers and all sorts. In fact, the garden is looking great! Sure it's pretty overgrown in places and rough round the edges in others, but within all the limits the volunteers have done a fabulous job of keeping the whole place looked after, the beds weeded and the veg watered, harvest and munched. We are not yet able to welcome new volunteers but we're now running with small groups of existing volunteers who are getting stuck into getting the site back in shape again.

And in September as the schools reopened, we restarted our after-school clubs and it's great to have the children hooning round the garden again. We run things differently now with lots more distancing, hand washing and sanitiser to meet the guidelines but, luckily, we're such a big space and despite everything, all things feel very much the same. The kids are really happy to be back and running a bit wild and getting lost in the



undergrowth and making things and cooking things, and all sorts.

We also welcomed back our parent and toddler group, the Golden Buds. Again it's a smaller group separated into two pods and with so much sanitiser; but with all that it still feels great to be able to have these fab folks and their lovely small people back in this space and getting excited about worms and digging up spuds and finding pond snails and getting lost in the long grass.

The newts, crows, woodlouse, slugs, dragonflies, foxes, worms, butterflies, sparrows, water boatmen, badgers, jays, frogs and magpies in the garden all appear to be carrying on as normal. I always find that cheering.

See you in the garden (sometime!)

*Lucy*

We put frequent updates and photos on our Facebook page:

**TheGoldenHillCommunityGarden/**  
so come and find us there for now.

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



## Community Orchard Apple Day on hold

Horfield Organic Community Orchard (HOCO) has first-hand experience of diseases and pests that won't go away. Fungal diseases like canker, scab, and powdery mildew affect the health of trees. Sapsuckers such as aphids and shield bugs, or the burrowing grubs of sawfly and codling moth, take their toll on the harvest. In a lean year for fruit – like 2020 – more than half the crop can be lost to natural predators. There's another way of looking at this. Humans are not the only consumers of the fruits of nature. We are predators too, who have the good fortune to share a wonderful planet teeming with countless other living creatures that are different from us.

Not that everything on the planet is peachy. In mid-September restrictions to reduce the numbers of people gathering together put an end to plans for a Covid-safe Apple Day in the orchard. HOCO treasurer, Sue Powell says: "We're gutted, but cancelling Apple Day seems the right thing to do in the face of so much uncertainty." She adds, "It's our biggest event, and a huge financial loss to the orchard. We rely on funds raised at our public events to keep the orchard going. I'm looking at other ways to raise funds, and we'll keep readers up to date with developments."

Meanwhile, the Apple Tree Lady has stepped in to raise funds for the orchard. Shannon Smith, the Orchard Learning co-ordinator, is keen to advise and encourage gardeners to give their fruit trees the love they need to thrive. She says, "A well-cared fruit tree is alive with beauty and fruit. It can co-exist with pests and shrug off disease. Common causes of stress are easy to remedy over time – and most fruit trees will then give good crops of quality fruit."

Shannon is available to visit gardens and allotments



during October for a one-hour consultation. The cost is £20, which includes a £5 donation to HOCO.

Identifying mystery apples is a popular feature of Apple Day. Shannon is offering to do this for a donation to HOCO of £5 for each variety. She admits it's more of an art than a science. "I can't test the genes – but I've seen hundreds of different varieties over the years. The mystery can usually be solved with the help of some good reference books. It's fruitful fun – and all in a good cause!" See the Public Events page on the HOCO website for more information.

**Book a session with the Apple Tree Lady on the HOCO website: [www.community-orchard.org.uk](http://www.community-orchard.org.uk) or ring: 0117 373 1587.**



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## SENDaWelcome – Works Project



During the past 18 months, Sixteen Co-operative Ltd (a supported employment provider), has been working with SAW to develop their Works project. Funded by Bristol City Council, this project has given the SAW young

people an opportunity to learn about the world of work, both in workshops and work placements.

The lockdown unfortunately stopped plans for new work placements during spring and the summer. So, Sixteen and the parents of SAW developed a suite of interactive and innovative workshops focusing on Work Skills. The young people looked at their own skills, then they were challenged to go and learn and develop new skills and lastly, they looked at the type of skills needed for particular jobs.

The workshops gave the young people an opportunity to learn in a fun and relaxed environment that felt safe to them. The young people thought the workshops were great, parents said that they were well pitched. Sixteen felt that as supported employment providers, it was great to see the

young people draw a connection between work skills and the type of jobs that they pertain to. But above all it was amazing to see the young people and the families rise to the challenge to learn new skills. The pride that could be seen on the young people's faces after learning a new skill was inspiring.

The team are now looking at producing a video, emphasising SAW's employment vision. The video will be made by the young people using the skills that they have and highlighted in their workshops. It is hoped that it can be shown to the Gloucester Road employers to promote SAW and their young people.

Parent quotes:

"Lockdown has been tough for children with special needs who have few social networks and can feel isolated. Sheren's work had been an invaluable opportunity for SAW children to get together online and reconnect with each other. Her child centred approach has engaged the children in thinking about their skills, careers and the future, which is positive and forward looking in a time of uncertainty."

"My son has really enjoyed meeting up with his friends each week for these 'virtual' session with Sheren from Sixteen. It has been brilliant to have this focus during lockdown. The young people

have impressed us with their understanding of the workplace and enthusiasm for learning new skills. They have demonstrated their skills to each other through photos and videos and celebrated their achievements together. We are all excited about developing this project to the next stage and hope to take our wonderful Gloucester Road community with us on the journey!"

For more information on this, and all of their other projects

**email: [sendawelcome@gmail.com](mailto:sendawelcome@gmail.com)**  
**visit: [www.sendawelcome.co.uk](http://www.sendawelcome.co.uk)**

**SENDaWelcome**

*Local people building inclusive communities*



## A lifeline for desperate carers

Local charity, Carers Support Centre, has been working hard to provide a lifeline for carers throughout the pandemic. Thanks to funding from Carers Trust, the charity has been getting essential items to family carers who desperately need them.

Sam is a Bristol carer who looks after his mum. He has been unable to work due to COVID-19, and is struggling with his increased caring role. Then, his oven suddenly broke, and he could barely feed his family. With Carers Support Centre's help, he was able to buy a new oven.

Sam said: "It's so much easier now to prepare and cook meals for mum, myself and my son now I have a working oven. I can batch cook meals for the week which frees up my time to look after mum and do things like get her prescriptions. She has been in and out of hospital so it's been a really difficult time."

Young carer, Casie, is 13 and cares for her twin sister who has ADHD. Casie was struggling to do schoolwork on her mum's phone. This was Casie's only way to do her schoolwork, contact people and play games. She also missed out on Carers Support Centre's young carers online activities. This left her feeling very isolated.

With help from Carers Support Centre, she now has a new laptop. Casie's mum said: "This laptop has made a huge difference to Casie, she is now herself again. She's been so isolated. It's given her a chance to catch up on schoolwork and talk to her friends and attend online activity sessions run by the charity. We appreciate this very much."

Bristol young carer K'vion is just 9 and helps to care for three of his family members. K'vion gets very little time to himself. During lockdown, he was falling behind on his schoolwork because his family did not have a laptop for him to use at home. He also really wanted to join in with his class on 'Times Table Rock Stars' online, but could not. K'vion was also able to get a new laptop through Carers Support Centre.

K'vion said, "I am loving my new laptop."

Tim Poole, Chief Executive of Carers Support Centre, said: "Carers are truly the hidden heroes of COVID-19, looking after loved ones behind closed doors. Many carers are looking after extremely vulnerable people at home and, they themselves, may be vulnerable due to their own physical and

mental health risks. We are pleased we've been able to help carers with some essential items."

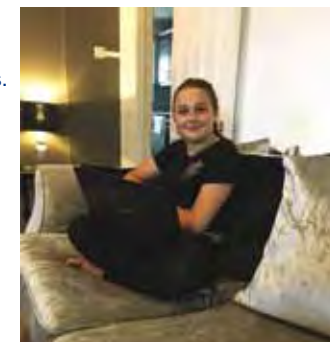
The charity provides a range of services to carers of any age living in the Bristol and South Gloucestershire areas. These include support, information and advice, carers' groups, training, breaks for carers, and the Carers Emergency Card.

If you know someone who looks after a family member, friend or neighbour, please get in touch with Carers Support Centre.

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## Bristol St Andrews Bowling Club

Bristol St Andrews Bowling Club's summer Taster Session saw nearly 100 adults and children attend to try out the sport and enjoy the sunshine.

Thanks to the proactive arrangements taken to make the club Covid-safe, they have been able to open up areas of the clubhouse and grounds, and following new guidance from Bowls England, were able to host the taster session.

In these unusual times, the club has seen an increase in the playing membership. Not surprising, as bowling is easy to learn, suitable for all fitness levels, and takes place outdoors where it is easy to maintain social distancing.

The club will be holding more taster sessions and open days next year, and plans to safely open the bar and clubhouse to members over the winter months.

For more information about membership and club facilities for hire, please visit:

[www.bsabowls.co.uk](http://www.bsabowls.co.uk) or call 0117 9421103  
St Andrews Bowling Club, Derby Road, BS7 9AQ

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## News from Friends of Horfield Common

### Rescheduled Annual General Meeting

Friends of Horfield Common's rescheduled 2020 AGM will now take place on **Wednesday 25 November 2020, 6–8pm, in the Cafe on the Common at the Ardagh.**

FoHC invite all members, local people and wider stakeholders to come and join us for a review of 2010–20, and presentation of the outcomes from our 2020 Park Users survey which has been taking place throughout the summer – thank you to everyone who filled this in and contributed their thoughts and ideas to help our volunteer committee to develop a set of priorities for the group's work from 2020–2030.

A number of longstanding members of FoHC's committee will be standing down at the AGM, so we are actively recruiting for new members who can bring fresh ideas, energy and commitment to the group. There has been a significant increase in both use of, and interest in the park since the lockdown earlier in the year, and we very much hope that this will translate into energy and enthusiasm for joining us and continuing the fantastic work that has been happening to improve access to facilities and to enhance the park for the benefit of all park users over the last 15 years.

### Top play area

We are waiting for an update on the exploratory work undertaken by BCC Parks earlier in the year to try to finally resolve the drainage issues that

have blighted the floor of the play area at the top of the common (opposite Horfield Leisure Centre) since it was installed. Work was started earlier in the summer, but the play area has still not been reopened for use (at the time of writing in September) so we are keen to understand what is happening and how (if at all) we can help to move this work on to completion.

### Cafe concession near Dorian Road

The Cafe concession which set up during lockdown near to the top play area made an application for a licence to enable them to continue to trade year-round. This was rejected by BCC's licensing department following a number of objections from hyper-local residents who did not believe that there was a need for an additional cafe concession on top of the cafe that is already trading from inside Horfield Leisure Centre.

### Travellers

Horfield Common – along with many other parks and green spaces in Bristol – has seen several different groups of travellers setting up temporary encampments during the summer months. This issue is emotive – with strong feelings and views expressed by members and this is something we will be discussing at the AGM – please do come along.

Facebook: Friends of Horfield Common

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





Image thanks to Julian Low

## Have you visited Stoke Park recently?

A lover of the great outdoors, and with two young boys that need to run free, our family have never enjoyed Stoke Park more than over the past few months. The closure of play-parks during lockdown and the desire to find some space, led us to explore this fabulous local green space in a way we haven't before, and there is still so much for us to do.

I am sure many local people are already aware of this nearby treasure but for those who haven't visited before or perhaps not for many years, I felt compelled to share the joys of this fabulous, wild space.

Stoke Park is 270 acres of public open space, largely in the ward of Lockleaze and parts of Purdown. It is (as I have found when putting this article together) steeped in history.

Many of you will regularly take in the view of the impressive yellow building sat on top of the grassy hills, from the M32. The Dower House was built in 1563 by Sir Richard Berkeley and was home to generations of his family. After the war and formation of the National Health Service, in 1948 the building was part of Stoke Park Hospital Group that collectively homed thousands of people with various disabilities who lived out their lives in isolation there. In the late 1990s the building was purchased for the development of housing and the grand building is now luxury apartments\*.

The iconic outline of the telecom mast that can be seen on the skyline at the top of Purdown is another familiar view for many, I am sure. Close by to the tower is a Second World War anti-aircraft gun battery Purdown Percy. This reinforced concrete and brick-built battery survives to full height retaining many of its original features. It was manned by the Royal Artillery Regiment.

Last year, the gun battery was home to a herd of goats, thanks to a community urban farming project [www.streetgoat.co.uk](http://www.streetgoat.co.uk). The public were able to mingle with the happy goats, who for a period of weeks helped maintain the overgrowth. It is hoped that post Covid, the goats will be able to return for another spell at Stoke Park.

Cofounder of Little Foxes Forest School ([www.littlefoxesforestschool.com](http://www.littlefoxesforestschool.com) / see page 7), which is set within the estate, Janie Ankers, told me how the children had delighted in interacting with the goats. She went on to say that the concrete blocks of the gun battery itself act as a great area for the kids to explore and climb.

There are also plans for cattle to graze for short periods over sections of the land, which I look forward to bringing you further information on in a future issue.

Probably the first thing our family enjoyed at the park was the woodland sculpture trail. A free, entertaining activity that can be enjoyed no matter what the weather. Like us, you can simply enter the woods and enjoy happening across beautifully sculpted, forest creatures carved into fallen trees, or you can be more organised and download a map of the trail from [www.facebook.com/stokeparksculpturetrail](http://www.facebook.com/stokeparksculpturetrail). Our boys love comparing the animals to characters in Peter Rabbit, "we need to find Old Brown and Mr Todd next!"

I couldn't write an article on this destination without mentioning the unofficial Stoke Park ranger, Steve England. Growing up locally, Steve is a conservation educator, horticulturist, historian and true inspiration! For those that follow Steve on social media, we are reminded on a daily basis of the wealth of wildlife on our doorstep, and treated to interesting facts and photos ([www.steveengland.co.uk](http://www.steveengland.co.uk)).

Steve runs much-enjoyed Bat walks, History Tours, Foraging and Wildlife walks at the park. Visit his Facebook page: Steve England Outdoor Learning, for dates and information on future events. You can also view many wildlife videos filmed at Stoke Park by Steve here.

Resting at the bottom of the hill from the Dower House, is the majestic Duchess Pond. Our family recently enjoyed a picnic on its banks, enthralled by the family of Canadian geese who gently glided past.

As well as popular spot for dog walkers, the space is enjoyed by cyclists and runners, who embrace

Steve England



the challenge of the varying terrain. Previous years have seen TACH running club organise their Purdown Pursuit race in July – hopefully this annual event will return next summer.

The nature of the rolling hills and fields across the estate are a treat for the fully mobile but a challenge for wheelchair users or those with compromised mobility. The installation of a new accessible pathway across the estate has been proposed by Bristol City Council ([www.travelwest.info/projects/stoke-park-accessible-path-proposal](http://www.travelwest.info/projects/stoke-park-accessible-path-proposal)). This particular plan has not met with the approval of all park users, who while welcoming an accessible path, feel there is a better way. You can read more about this on the Facebook page: The "People's Path" in Stoke Park.

One of the things I love the most about Stoke Park, is the views, that differ uphill or down, woodland or meadow. The trees and wild flower meadows engulf you in countryside, yet you have a motorway below and urban landscape stretched out before you, this is special to me.

During my conversation with Janie Ankers, she told me how when taking part in a Bristol Future Parks online forum this summer, where people were discussing what they loved most about Stoke Park, the overriding theme was its wildness! There are very few places in a city that you can still experience the true sense of the changing of the seasons – with meadows in the summer and bluebells in the spring – and experience foxes,



badgers, bats and deer, not to mention the huge array of birds that have made this site their home.

This place is good for the soul. A natural environment that my family has made, and will continue to make, happy memories at, every time we visit.

This article has just brushed the surface on what Stoke Park has to offer, and there will be many more to come in future issues, but I hope I have whetted your appetite to look this place up and get exploring!





► If you are not sure where to start, you can download three suggested walks that will introduce you to further areas of beauty along with historical monuments or structures such as The Obelisk on Star Hill, The Tomb of Horatii, The Rotunda, Beaufort monument, an ornamental bridge and of course the ancient woods. Visit: [www.bristol.gov.uk/museums-parks-sports-culture/stoke-park-estate](http://www.bristol.gov.uk/museums-parks-sports-culture/stoke-park-estate).

Based locally, walking or cycling to this venue is encouraged. There is no large car park. Turning off of Muller Road onto Shaldon Road, that runs into Romney Avenue, BS7 9TE, street parking can be found and there are various access points into Stoke Park. The circular walks mentioned above start at the entrance leading from the triangle of grass across the road, just north of the Cameron Centre (BS7 9XB). The no. 24 bus can be caught on Shaldon Road up to Romney Avenue ([www.firstgroup.com/bristol-bath-and-west/plan-journey/journey-planner](http://www.firstgroup.com/bristol-bath-and-west/plan-journey/journey-planner)).

If you would like to discover more and hear from local people with a passion for the green space then please visit the Facebook pages below.

[www.facebook.com/groups/stokeparkestate](https://www.facebook.com/groups/stokeparkestate) • [www.facebook.com/stokeparksculpturetrail](https://www.facebook.com/stokeparksculpturetrail)

*\*I took many of these facts, while learning all about the hard-fought campaign to save this precious site during the 1980s and 90s, thanks to the extensive document created by Stewart Harding, posted here: [www.facebook.com/groups/StokeParkEstateBristol/files/](https://www.facebook.com/groups/StokeParkEstateBristol/files/) ■*



## Green Space Matters!

I always knew I loved Stoke Park but, wow, has it been my lifeline in lockdown! The pandemic

has affected all of us in unique ways and it's fair to say that, for me, it has brought a certain amount of stress and anxiety. I've found myself not just wanting but needing to be in nature, daily. The countryside feel of Stoke Park always makes me feel good, as if I've escaped from it all and the wide-open views give me space to breathe. The colourful bluebell scented woods were magical as spring arrived at the start of lockdown and the peace of birdsong in the twilight woods really helped settle my strung-out nervous system.

It seems I'm not alone on this one- 47% of UK adults surveyed by the Mental Health Foundation found that green spaces helped them cope with Covid-19 stress. I won't go on about the science (that's a whole other story!) but there is a lot of evidence that green space has multiple benefits for body and mind. The great thing is you don't have to go far- a view, a garden or a local park will all do the trick! The evidence-based 5 Ways to Well-being can help us

explore ideas to benefit from our local green space, even if you only have 5 minutes!

**Connect:** There are various groups and activities in the park you can join to connect with others even more!

**Be active:** Green exercise has extra mental health benefits and walking is a known stress buster.

**Take notice:** Mindfulness can help us de-stress. Take a few minutes to just feel the sun, smell the grass, hear the birds: [www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/#TakeAMindfulMomentInNature](http://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/#TakeAMindfulMomentInNature)

**Learn:** You can find out more about Stoke Park and it's nature here: <https://www.bristol.gov.uk/museums-parks-sports-culture/stoke-park-estate>

**Give:** Giving back makes us feel good, even better if it involves nature! Find out more: [www.wildlifetrusts.org/nature-health-and-wild-wellbeing](http://www.wildlifetrusts.org/nature-health-and-wild-wellbeing)

Any of these ideas can help develop a personal connection to nature, which benefits our well-being too! It's still a work in progress to understand exactly how nature gives us these benefits but you can read more here:

[www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide](http://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide)

[www.mind.org.uk/media-a/2931/nature-and-mental-health-2018.pdf](http://www.mind.org.uk/media-a/2931/nature-and-mental-health-2018.pdf)

*Floss Smith*

Local NHS physiotherapist, outdoor educator and student social scientist.



## Enjoy the view!



Sheila and Read

The landscape above is the stunning view you

Purdown where he really enjoyed describing the views towards the Cotswolds, Bath, Bedminster Down and the Mendip Hills – it was his favourite thing! The bench has been placed in just the spot that so enthused our dear Stuart."

The creator of the bench, Read Jones told us, "Some of the tools I used to make Stuart's bench must be 200 years old and still going strong!

The legs and crossbeams are solid oak. Thick slabs of cedar make the seat and back. The bow-tie inlays are each made from a piece of hawthorn that grew on the ridge here in Stoke Park.

As well as volunteering with Steve England to work on projects in Stoke Park, Reid also runs workshops in the gardens of The Old Library, and helped to construct the giant nest – much loved by the children who visit.

are treated to if you pause to take a rest on 'Stuart's Bench'. This beautifully crafted bench has been installed on Stoke Park estate to remember local resident Stuart Lilley.

His good friend Shelia shared these warm words with us, "He was our dear friend. His immense knowledge of nature made him a very popular walk leader, and volunteer at local community gardens.

Between the walking groups, Hub, Buzz and the meet-up group we started crowd funding for a memorial. We chose to have a bench placed on

## Tower Power!

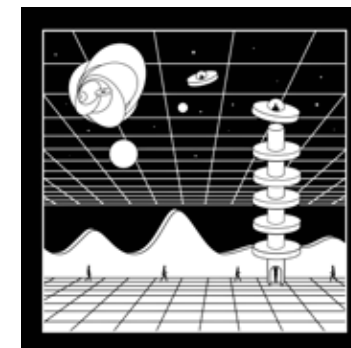
Sharing my love for Stoke Park, is local resident Matt Healey, who is particularly obsessed by the Tower. So much so, his infatuation with the lesser-celebrated iconic Purdown Tower inspired him to recruit 12 artists, mainly Bristol-based to use the Tower as inspiration for a piece of art.

The artists range in style, form and preferred median used, illustrators graffiti style, to lino-cutters, oil painters, screen-printers and sculptures.

The brief was a simple one, create a piece of work using the Tower as your muse. As people may or may not know, the Tower is believed to be a refuelling station for passing UFO's so a lot of people have gone down that theme!

The creative results will be on show throughout **October at The Farm Pub in St Werburghs** – where you can 'just' see the top of the Tower from the cycle path!

It seems a great number of residents love the Tower as much as Matt so we hope the show will be a great success. For more information visit: [www.spotthebadger.com](http://www.spotthebadger.com)



▲ [www.instagram.com/brynwebley](https://www.instagram.com/brynwebley)



# Harold Nelson Burden & Kathryn Mary Burden

Bishopston History Association – local history research – text Andy Buchan ©.

What is the link between two fine Bristol buildings, and a four-storey terraced block in Bishopston? They were all homes to institutions set up by the Reverend Harold Nelson Burden and his wife, Kathryn.

Harold Nelson Burden was born in 1860 in Kent; after various employments he moved to the East End of London to do

charitable work among the poor. During this time he was made a deacon. It was here he met his wife Katherine who was also doing charitable work in the East End. They married in September 1888 and immediately went to Canada as missionaries where they worked, 60 miles

north of Toronto, among the Ojibway, a First Nation tribe, and the local lumbermen. Harold was ordained while in Canada. They returned to England in 1891, following the death of their only two children and because of Kathryn's ill-health. Harold entered Cambridge University in 1893 and while there became a curate.

After graduating in 1895 the Burdens moved to Bristol, where Harold became clerical secretary to the Bristol branch of the Church of England Temperance Society and the Bristol Police Court and Prison Gate Mission; in the latter role he was also chaplain to Horfield Prison. Prior to 1895 two Inebriates Acts had been passed, which required habitual drunkards to voluntarily commit themselves to magistrates for treatment at a licensed retreat. In Bristol no such place for women existed, so with the help of Edward Thomas, Burden had built and set up the Women's Shelter Home, later The Royal Victoria Home, opposite Horfield Prison – on the corner of Manor Road and Victoria Road (Cambridge Road), curiously, this backed onto the Golden Lion, public house. The building also contained a home for the Burdens; Kathryn, was the Honorary Lady Superintendent and Harold became the warden; the home prospered and was enlarged twice.

In 1898 new stricter laws for the housing of inebriates, in terms of accommodation and treatment, led Harold, in partnership with Edward Thomas to purchase Brentley Villa and set up a new establishment and in 1899 it became the first licensed reformatory in the country. The home, in Bishopston flourished as donations/funds went to the new establishment



Royal Victoria House – photo Andy Buchan ©



The Dower House, Stoke Park

and it closed in 1900. The new establishment flourished, going from strength to strength and other establishments were set up around England.

His work with the reformatories led Harold to make many influential contacts and through these in 1904 Harold was appointed to the Royal Commission on the Control and Care of the Feeble Minded. Harold researched into the care of these people in the UK and Europe. In 1907 the Burdens took over a former lunatic asylum in West Bromwich and set up an industrial boarding school for children with different mental health problems, which flourished.

In 1908 there was further legislation and 1909, the Duke of Beaufort, a friend of the Burdens' leased them the Dower House and surrounding land at Stoke Park to set up a similar school. It opened with girls in April 1909, it rapidly expanded to house both girls and boys, and was being favourably reported on by inspectors.

Between 1909 and 1917, Stoke Park was gradually enlarged and in 1917, held 1528 people of different ages, and was the largest such institution in the country. At about this time the Burdens purchased the freehold of Stoke Park.

In 1919 Kathryn died and was buried in the graveyard used for residents. In 1920 Harold remarried; he married Rosa Gladys Williams who the superintendent matron at Stoke Park, Harold carried on with his good works until he died in 1930.

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# News from our Ashley, Bishopston & Redland Councillors

## Ashley Ward news

### St Andrew's Bowling Club floodlights application

— St Andrew's Bowling Club has applied for planning permission to install floodlights in the four corners of the bowling green. If you would like to comment on this proposal visit <http://bit.ly/3k2rD9e>.

**Post-Covid traffic schemes** — A second wave of major transport improvements is being proposed to make it easier to walk, cycle and use public transport as part of work to cut air pollution and support social distancing in Bristol. BCC has now applied for further Government funding to extend and strengthen the temporary work already done. Additional proposals to work with the community and close several neighbourhood roads to through traffic have also been put forward. The long-term ambition is for new road layouts that create cleaner air and better bus, walking and cycling journeys. Road closures proposed for Ashley ward are Overton Road (St Andrews), Picton Street (Montpelier) and Mina Road (St Werburghs). The council will consult with the local community before anything is implemented. The proposals would retain access to the roads but prevent through traffic using them by closing one end. If you have any thoughts on this, please email [transport.engagement@bristol.gov.uk](mailto:transport.engagement@bristol.gov.uk). If these measures citywide can successfully reduce car use to a sufficient extent it may mean that introducing a charging Clean Air Zone will not be needed to bring air pollution down to legal limits.

If you have any other suggestions for transport changes such as road closures please use the council's Covid transport request form: <http://bit.ly/3hcjSj>.

**Council meetings** — BCC is still conducting official meetings via videoconferencing, and you can watch these live on their official YouTube channel (<http://bit.ly/2V0hxLO>). To find out when meetings are happening visit <http://bristol.gov.uk/council-meetings>. Members of the public can still submit statements or questions to meetings by emailing Democratic Services ([democratic.services@bristol.gov.uk](mailto:democratic.services@bristol.gov.uk)). The next meeting of Full Council is on Tuesday 10 November at 6.00pm.

**Parking scheme update** — After over six months of waiting the council finally published its assessment of the online survey last December into views on parking in streets either side of the south end of Gloucester Rd (see <http://bit.ly/3gg4oGi>). Apparently 'only' 39% of households responded, which isn't enough to meet the bar of 'overwhelming support' that has been set by

the administration for a new RPS to be introduced. There was support for a parking scheme from 60% of respondents, with 70% wanting junctions to be protected from rogue parking. Nevertheless, the Mayor says the council will not take action on parking, except perhaps for junction protection, and a small area that may be added to a neighbouring parking scheme.

The councillors for the survey area will be following this up and a meeting between us and the Cabinet Member has been arranged. There are many unanswered questions, for example what percentage of respondents is against or undecided about RPS.

There's growing momentum for creating more liveable neighbourhoods. These can include features that prevent rat running and through traffic in side streets while improving conditions for residents, enabling safer walking, cycling, and space for children to play, while still allowing access and deliveries for those who need it. See <https://liveablebristol.org.uk>

### Cllr Mike Davies, Labour Party

[cldr.mike.davies@bristol.gov.uk](mailto:cldr.mike.davies@bristol.gov.uk) / 07584 370413

## Redland ward news

### Thanks to all the key workers and volunteers!

Thank you again to everyone whose been helping neighbours and friends in whatever way during lockdown. A reminder that despite many changes it's far from over yet and everyone still needs to take care to avoid pushing up the infection rate.

Fi is still volunteering as a driver with the Matthew Tree food bank. The need for support is as urgent as before as for many the crisis continues, despite the partial return to work. The end of the furlough scheme is now affecting lives and household budgets, as is the threat of evictions. There's still a real need for people to donate and help with food banks. The pressure on budgets will also be affected by those working from home as the heating season returns.

We'd also like to thank local businesses who have been donating to food schemes and the key workers who are keeping services running.

**Licensing changes** — For some years licensing in our area has been guided not only by the council 'licensing objectives' (such as protecting young people from harm, and reducing public nuisance) but also by a Cumulative Impact Area (CIA) along Gloucester Road. This added some protection against too many licensed premises creating too much pressure from the knock-on effects of possible

disorder. But the Government has changed the rules and so all CIAs in the city have been abolished, with the possible exception of part of the city centre, if police evidence makes a fresh case.

We had concerns but have been assured that local people can still help collect evidence of harm that can be used in the event of new licensing proposals. We asked for a full briefing from officers about the changes, and also called for better explanations of the rules so residents can understand the basis for decisions and how they can make representations if they have concerns. One change we are pleased to support is a new 'Agent of Change' policy which supports local live music venues from later developments.

**Still up in the air** — We are disappointed in yet more dither and delay in the council negotiations with the Government over achieving legally clean air quality. Now yet another different set of measures have been proposed by the Labour Mayor, which continues the uncertainty for our ward. We may not know until at least next year if a proposed medium charging zone will now get implemented by October 2021 up to Berkeley Road — yet another new deadline. This remains one option, with another being a small charging zone in the centre. The controversial diesel ban appears to have been rejected by the Government. The council is now trying to establish if no measures other than the recent temporary changes to Bristol Bridge and some central roads will achieve legal compliance with no charging clean air zone, combined with what's called 'behaviour change'. We're trying to find out more and asking questions about these new proposals and options although the evidence from other cities would suggest that it seems highly unlikely that closing a few streets will do the trick.

### Cycling on the Downs — proposal to build 'Downs Loop'

— Cycling charity Cycle Sunday have developed a plan for a cycle path around part of the Downs called the Downs Loop. It would add some traffic calming measures and turn dirt paths into a proper, more accessible path for pedestrians and cyclists. The council would not have to pay for construction, which would be funded by statutory bodies and charities. We've long supported better provision for family and leisure access to the Downs and have visited the site with the group (see Green councillors support the project). You can find out more via <https://www.thedownsloop.com/index.php?contentid=52>.

### Green work pays off as council houses extended

— Bristol has a shortage of larger council houses. Families who need a larger home

may have to wait about two years. This also impacts on families who want to foster more children, but can't due to space.

Last year Martin introduced a Green budget initiative to the council's budget meeting to help, and it was voted through with support from all parties.

Spare money is now being used to build extensions in council houses where there is space for extra rooms. The first family fostering children benefited from an extension this summer. Martin went to visit the family and says he's thrilled his budget amendment is directly helping people and providing a family life to some of the most vulnerable young people in the city.

One teenager in the family said: "After the extension has been built it feels more spacious and not overcrowded, and now we can all socialise in one place without getting in each other's ways. We can all help around the kitchen as it is big enough for all of us to help out when needed"

**We'd like to keep in touch** with an occasional newsletter about our work in the ward — please register: <http://www.eepurl.com/dDKyB1>

### Fi Hance, Green Party

[cldr.fi.hance@bristol.gov.uk](mailto:cldr.fi.hance@bristol.gov.uk) / 0117 3534720

### Martin Fodor, Green Party

[cldr.martin.fodor@bristol.gov.uk](mailto:cldr.martin.fodor@bristol.gov.uk) / 07884 736101

[Facebook.com/cllrmartin.fodorand/cldrfi.hance](https://www.facebook.com/cllrmartin.fodorand/cldrfi.hance)

## Bishopston ward news

**Coronavirus advice** — Recent weeks have seen a rise in Covid-19 cases and, although the overall number of cases in the city remain low, city leaders are urging people to keep up the fight against the virus. Of particular concern are gatherings such as raves, house parties and other gatherings where social distancing can't be maintained.

We would encourage you to regularly visit [bristol.gov.uk/coronavirus](http://bristol.gov.uk/coronavirus), where you can find information about what you can and can't do, how to get tested and what council services are affected. Please continue to follow social distancing, wear a face covering on public transport and when shopping, and take part in the test and trace programme if necessary.

If you need help or advice then contact the council's team on [coronavirus@bristol.gov.uk](mailto:coronavirus@bristol.gov.uk) or 0800 694 0184. Deaf BSL users can contact the phoneline through a BSL Interpreter using SignVideo.

**Coronavirus testing centre** — The first walk-through testing site has opened in Bristol to help residents get a free test as quickly and as easily as possible if they develop symptoms of coronavirus.

*Continued on next page ►*



► Located off St Paul's Road at the rear of the University of Bristol's Victoria Rooms near the Triangle, the site has been set up to provide an easily accessible and central location for more people to get tested for the virus.

Anyone with symptoms, however mild, can get a free swab test that takes less than a minute. Tests should be booked or ordered as soon as symptoms begin at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119 and results arrive the next day.

### New licensing proposals for the city centre

Local people and businesses are being asked for their views on whether restrictions are needed on new applications for licensed premises such as pubs, clubs, restaurants, hotels, off licences and late-night takeaways in Bristol city centre.

As part of a new consultation, people can give their views on the need for a Cumulative Impact Assessment (CIA). This would make it more difficult for businesses in the area to apply for a new licence, extend their operating hours or increase the size or capacity of their premises, unless the venue can show that there would be no adverse effect on the licensing objectives, in particular preventing crime, disorder and public nuisance.

To take part in the consultation visit [bristol.gov.uk/citycentrecia](https://bristol.gov.uk/citycentrecia), or get paper copies by emailing [licensingpolicy@bristol.gov.uk](mailto:licensingpolicy@bristol.gov.uk) or calling 0117 357 4900. The consultation closes on 28 October.

**Wetherspoons** – Pub chain Wetherspoons have applied to convert the derelict building at 349 Gloucester Road (next to the Co-op) to one of their pubs. This is the latest in a series of attempts by the company to convert the property, and we understand that there is a variety of opinion locally as to whether the application should be approved. Given the substantial quantity of objections, the application will be decided on by a committee of councillors. Residents will have the opportunity to make statements to, and speak at, the committee meeting. We'll update residents in this column when a date for the committee is set.

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](mailto:Cllr.Tom.Brook@bristol.gov.uk) / 07584 370 425

### Eleanor Combley, Green Party

[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk)  
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### Ethical production and consumption in BS7 Saturday 24 – Friday 30 October

**Are you feeling powerless in the face of Covid-19 and the ecological crisis?**

**How about using your everyday decisions as a consumer to do something positive about it?**

Ethical Consumer Magazine is launching a week-long programme which will explore the choices for consumers, businesses, and NGOs and the role they can play in building more resilient communities. The week will explore underlying issues, a re-imagined future and the actions that we can all take to support it.

Our local Bishopston, Cotham and Redland Energy Group (BCREG) will give this national event a local flavour.

The BCREG October newsletter will focus on individual and community roles in moving to more ethical consumption. The Group seeks contributions from those local businesses that provide ethically aware services and products. The group also wants to share the experience of individuals who pursue these aims. If you want to receive this newsletter and contribute to this neighborhood initiative go to their website. This local energy group also provides information and useful links on a variety of topics including home energy efficiency, transport options, greener gardening and sustainable clothing.

[www.bcrenergygroup.org](http://www.bcrenergygroup.org)

This nationally coordinated event brings all these issues together. You can also join in the national and regional conversation with online panels, workshops, and virtual tours from wherever you are. Topics covered include:

- Food principles and values with Better Food Traders
- Business models for a just and sustainable economy
- A grassroots response to COVID-19
- Creating a community High Street
- Working together to resist corporate power
- Empowering young people

For full info and to book into the event go to:  
[bit.ly/ECweek2020](https://bit.ly/ECweek2020)



### An update from Bishopston and St. Andrews Traffic and Parking Group (BOSA)

After nearly three years of research and lobbying, BOSA is disappointed that our council believes that the results of the recent parking survey do not prove the case for some radical action on traffic and parking in the area, including the possibility of a Residents' Parking Scheme (RPS).

Considering that the survey was run over the Christmas and New Year period when many students are away, that a General Election was taking place and that the survey was conducted online, the return of 39% was impressive. It is certainly more than would be expected at local authority elections, or at council consultations which appear to average a 10% return, and is above the average return rate of a commercial online survey at 30%. Also, the number of people voting for an RPS at 60% is persuasive and matches the results of other research in the area.

BOSA will continue to work with local councillors to find solutions to the increasing problems of traffic and parking in our neighbourhood. But if our council supports the 'Liveable Neighbourhoods' initiative and is serious about its commitment to active travel and clean air, BOSA hopes that our council will be prepared to move beyond an 'ongoing conversation!' Residents of St Andrews and Bishopston, and of other parts of the city, have been talking with our council for over three years and meanwhile the



problems of traffic and parking continue to increase.

This decision has generated a great deal of disappointment and frustration among residents who obviously want to know how our council plans to address these severe and growing problems that threaten our health, our safety and the quality of our lives.

Members of BOSA have responded to the results of the survey with a robust letter to the council asking for more details on the survey results and calling for a meeting with the Cabinet Member for Transport to discuss a way forward.

They are determined to continue their campaign and are working with other groups across the city who experience similar parking problems that require radical and imaginative solutions.

**For further information on this group and useful links, please visit: <https://bosatrafficparking.org.uk/resources/>**

Paul Bullivant for Bishopston and St Andrew's Traffic and Parking Group (BOSA).



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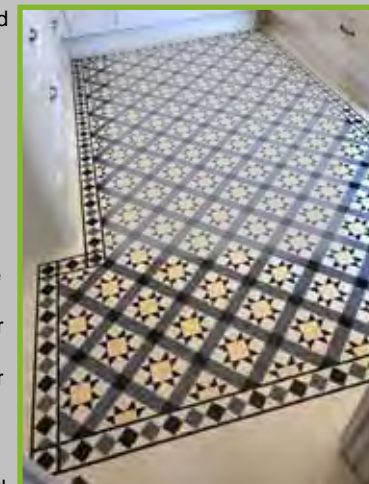
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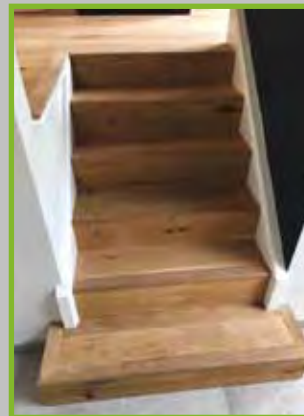
When I recently popped in to Natural Born Flooring, to meet with father and son team – Colin and Ross, it was great to see the family business so busy. Before the pair both dashed out to clients it was good to get an update on some of their new, sought after products and hear



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

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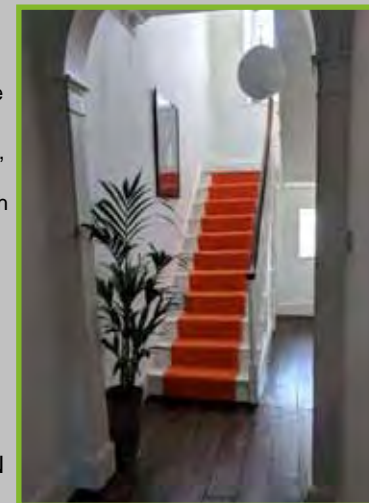
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## WHAT OUR CUSTOMERS SAY...

***"Very Friendly and Helpful"** "What a find! Completely took the stress out of all my carpeting needs. Selection is huge, staff very friendly and helpful and a local shop!! Highly recommend."*

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



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Open Mon–Sat, 10am–6pm

