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issue 142, Nov 2020



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Dear Readers...

As you can see from the front cover, Bishopston Matters is delighted to be celebrating 13 years in print! And to mark the occasion, in collaboration with much local talent, we are pleased to bring you our Big Reader Competition! Several local authors or artists have put up a prize - do visit the centre pages to find out more.

It is that time of year again when thoughts to turn to Christmas; although things may be a little different this year, local businesses are ready to ensure no matter what circumstances we find ourselves in, they can still provide us with all we need to make the festive season special. It is not just the big businesses that offer home delivery and online services, many of our local traders are pleased to offer this too so do check out our 'We are OPEN pages'.

Preparations are in their final flurry for the 2020 North Bristol Art Trail - there will be both a walking and virtual trail this year to ensure everyone can take part. Enjoy reading more about this much-loved annual event.

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.

Local business Soul Pilates is delighted to have launched MoveBetter.TV and throughout November 2020 they are offering an amazing 50% off the first 2 months of subscription to Bishopston Matters readers with code BISHMAT50 - see page 29 for further info. Local businesses Icon (page 21) and Cave (page 13) also have some great offers for you in this issue.

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

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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New gentle walking group



All are welcome to join a NEW gentle walking group on Thursday mornings, meeting at 10am outside the Ardagh cafe.

Walks will be led by Jenny and Sarah and are run under both Walking for Health and Southmead Development Trust.

The group will gently explore the Common and the paths around it, and return to the cafe for tea/coffee sitting outside by the bowling green.

This group is aimed at those who want to get back outside and walk again, especially if health, operations or other reasons affect you.

The walks will be very gentle ensuring everyone is included, at a pace that suits you. The walks with respect social distancing, and masks will be worn where appropriate.

Come along and enjoy walking in company.



The 92nd Scouts recently enjoyed a fun evening of socially distanced bulb and wildflower planting in the Ardagh grounds. We look forward to them blooming this spring!



News from Ardagh Community Trust

Ardagh Community-hub is open!

By the time that this edition of BM lands on local doormats, the new community-hub incorporating the Cafe on the Common will be open for daily use. This is a massive achievement for the Trust and marks 10 years since Project Ardagh began – following the council's proposals – at that time – to dispose of the Ardagh as an underused facility that fell outside of the city's sports, community or strategic plans.

We can't wait to see people using and enjoying this fantastic new space. The Cafe will be operating throughout the winter, following the latest guidance and in a Covid-secure way.

A space for everyone

Alongside improvements to the building through the capital project, we are working hard to secure agreement, and the funding that will be required, to improve the sports courts, the gardens and other public spaces so that these can be enjoyed by as many groups as possible.

The Covid pandemic has further highlighted the importance of open spaces in the city, and we have been working with a wide range of local groups and organisations to explore how the Ardagh can better serve the needs of local people – specifically those whose activities cannot take place in their previous locations. We are delighted to be working closely with the 92nd Scouts, local Morris Dancing groups, Tai-Chi and other outdoor exercise providers to ensure that activities that can take place outdoors safely can continue to run – even if there are further restrictions imposed in response to the pandemic.

In response to this work, and to increasing requests from local groups for access to the Ardagh space, we have launched a simple booking system, now available online via the website's homepage. Any member of ACT is now able to use the system to book a sports court for sole or group use.

For regular bookings and/or 'unusual' (e.g. theatre rehearsals etc.) use, please do contact us – we are very happy to chat informally to anyone who thinks that the space could be useful for their activities.

It is important to note that open and free access to play facilities is core to ACT's mission and there are several courts which are not available to book through the new system so that there are always courts available for 'turn up & play' use whenever the site is open. We'll be monitoring how this process works over the next couple of months and we will of course respond to feedback as we progress.

ACT AGM, 10 December, 2–4pm

ACT invites all members to join us for our Annual General Meeting which will take place on Thursday 10 December, 2–4pm. The meeting will take place in person – with limited attendance to ensure safe social distancing and will also be live broadcast – please see the website nearer the date for further information and a link to view. Members will receive an invitation directly via email and limited numbers will be able to book a 'live' seat if they would like to attend in person.

To keep up with all the latest news, please see www.theardagh.com.

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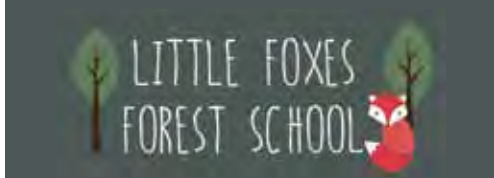
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Italian for beginners class

Friday mornings, 9.30–10.30 am

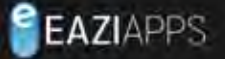
£10 (this can be paid as a one-off payment for your first 'taster' session and then paid in advance for the remaining weeks of the block).

Classes are small (never more than 6) so that I can give you individual feedback.

If you would like further details on any of the above please email Ruth: ruthspence@live.co.uk

Visit ruthspencelanguages.co.uk for more information and testimonials.

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IN MAPUCHE LANDS

Despite the restrictions on the North Bristol Art Trail this year, longstanding NBA member, veteran traveller and photographer, Paul Bullivant, will be using this ever popular event to launch his 11th self-published photobook entitled *In Mapuche Lands*.

The book contains nearly 200 full colour photographs documenting Paul's journey in early 2019 from the Atacama Desert in the far north of the country to Patagonia in the south, a distance of over 2,600 miles. As usual, Paul's eclectic eye ranges across a wide variety of scenes taking in the diverse landscapes of the country as well as many personal portraits of some of the many interesting people he encounters on his travels. Speaking about the journey, Paul reflected on the diversity of this distant country:

"For me the extreme variety of this amazing country is one of its many delights. From the Atacama in the north to Tierra del Fuego in the south, the changes of climate and landscape is extreme and fascinating. As interesting of course is the diversity of the people, mostly of European heritage, but with a significant proportion of people with indigenous origins. Many of these people are Mapuche – hence the title of the book, which is a recognition of the importance of their contribution to the essence of modern Chile." Copies of the book can be purchased for £30.00 directly from Paul.

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A little reminder!

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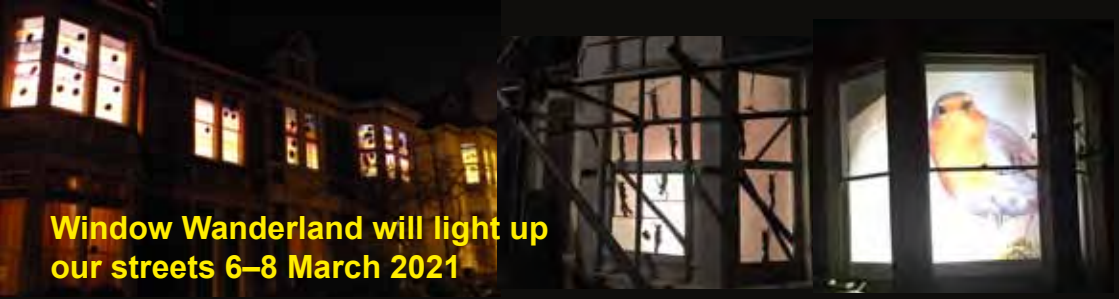
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Window Wanderland will light up our streets 6–8 March 2021

We all need something to look forward to over the next few months and I am very pleased to say that Window Wanderland will be back in Bishopston for the seventh year running next spring. As the event takes place outdoors and social distancing can be maintained we are confident that this favourite family-friendly community event can take place safely and in line with current Covid guidance.

For those new to the area, imagine walking around the local streets at night and seeing your neighbourhood in a whole new light. Window Wanderland is a fun community project that started right here in Bishopston in 2015. All residents and traders in the area are invited to make displays in their windows or gardens which then form a magical trail that can be explored by the whole community. What goes into the displays is totally up to you: from a string of fairy lights to a band playing in the living

room, from simple to spectacular – as long as it's family-friendly, anything goes.

Window Wanderland has now spread to other areas across the UK and even as far as Canada and New Zealand. But obviously the Bishopston one is one of the very best! Last year over 400 local residents, shops and businesses made a display in their windows or gardens, and in several areas, neighbours got together to have themes in their streets. Photos of previous displays can be found on the Facebook pages for Bishopston Window Wanderland and Window Wanderland #windowwander.

So, don't be shy – sign up, spread the word and once again save the dates for this magical event. It's easy to put your house on the map if you want to make a display, just visit our event at www.windowwanderland.com/event/bishopston-bristol-2021



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As the seasons change, thoughts start to turn to Christmas. Who knows how this holiday season is going to play out? But we do know our local shops and businesses will be here to support us. Our traders will ensure we have all the special food and drink we love available, as well as a huge array of original gifts, for the special people in our lives.

Many of our local business have been quick to adapt to ensure they can still serve their customers in lockdown circumstances – there are those that are essential services that remain open, and others who – if their shop door has to be closed, are providing local delivery and increasing their online presence. You can still keep it local if shopping has to be done online or by phone.

In these uncertain times starting to prepare for the festive season earlier than you normally might is a good idea. There has never been a more important time to support your local independent shops, please – so get organised and get shopping!

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News on Joe's Bakery

Fighting food waste – Joe's was pleased to receive the certificate above acknowledging them joining the UK aspect of this international campaign a year ago. They contribute six to ten 'magic bags' of excess produce daily, to help reduce their food waste in an ethical way. See <https://toogoodtogo.org/en>.

Preparing for the Festive Season! Nobody does Christmas confectionary better than Joe's. All the seasonal favourites will be available soon – Christmas bread, authentic German Stollen, Mince pies, Cinnamon stars, Panettone Classico, Yule logs and of course traditional Christmas cake.

The Glorious Gloucester Road – Joe's is pleased to be a part of the fantastic *The Great Bristol High Street – The Glorious Gloucester Road* book that features portraits of Joe's bakers and an interview with owners Jane and Martin.

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. Quality coffee to take-away at a really good price.

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10 years at Reason

Reason is delighted to be celebrating 10 years on Gloucester Road! This family-run business owned by Sue and her daughters, Louise and Alice, told me they are proud to have made it to a decade on our high street. They would also like to thank their lovely, local customers who have been so kind and positive since they reopened after lockdown; they told me the support for their independent business has been quite overwhelming.

When I visited, I was met with their usual blend of fabulous vintage pieces set among stylish and sought-after new items, which are largely made in the UK, fair-trade and hand-made by artisans.

As you can see by the images, their shop is a feast for the eyes and senses. You can pick up stocking fillers of luxury hand sanitiser made with pure essential oils in organic aloe, to larger gifts of winter-scented St Eval candles or a vintage glass tea set. My favourites included the nkuku – Tabwa leaf decorations, The Art File – Russian doll cards and the colourful Savon de Marseille soaps.

Now is the time of year to get organised and get shopping for the festive period; if you need some inspiration Reason is the perfect place to start!

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





News from Glos Rd Central

As the autumn days draw in, Glos Rd Central shops and businesses continue to work hard to help our community. Many of you are still working from home and a trip to the local shops can help break up the day. Perhaps you feel safer visiting small independent shops on Gloucester Road and enjoy chatting to the business owners. Or maybe you appreciate that traders strive to reflect your needs, getting the freshest or more environmentally friendly products. Whatever keeps you shopping and socialising on Gloucester Road, we appreciate it! Room 212 is even offering these tote bags to remind us to shop locally.



This year it's really important to start planning early for Christmas so that we can avoid overcrowding in shops and queues outside the Post Office. Make sure you ask your favourite essential shops such as Joe's Bakery, Pawson's, Preserve and Giles Butchers how they plan to take orders this year. Hairdressers and treatment rooms such as Icon Beauty, Osna Therapy and Nuala Morey are here to pamper

and calm you so why not treat your friends and loved ones too.

With uncertainty in the air it's important to start sending gifts and cards to friends and family, just in case you don't get to see them over the festive period. A handmade Christmas card can make someone's day and look wonderful on the mantelpiece. Or a piece of locally made jewellery, print or painting can mean so much. With a selection of shops selling local artwork there's plenty of choice and of course the North Bristol Art Trail takes place at the end of this month, with over 100 local artists exhibiting their artwork.

This year the trail is being held 'virtually' through the NBA Facebook page as well as the traditional walking trail. Depending on the situation with Covid the walking trail itself will then be held over the weekend of 28-29 November. Many artists plan to open their homes, create a window display or will be showing at venues on Gloucester Road. Room 212 offers work by NBA members year-round, including the amazing mosaics by Toni Burrows which often feature in their windows. This year Toni has created a new range of mosaic pieces to illustrate her new book *The Mermaid and the Tower*, which is on sale at Room 212. During the trail she will be showing the originals at her home in St Andrew's. Popular artist Jenny Urquhart will be taking over the Gallery in the back area of Room 212, showing her evocative paintings of Bristol and Leigh Woods (above right). During the trail weekend Katie Johnston will be setting up a stall on the pavement next door outside Marialina Soft Furnishings to offer an even wider range of the beautifully coloured enamel jewellery (as above) normally on sale at Room 212. Maita Robinson will be expanding her stock of quirky cards and Jo Whiteland will continue to hang her lovely



bird-themed lampshades in the window. Visit the NBA website – www.northbristolartists.org.uk – for more information on artists on the trail and how the virtual trail will take place.

It is unlikely that the Glos Rd Central Christmas Street Party will take place this year but traders will do their best to bring festive cheer to the street. If you haven't already then do pop into the new bar Sidney and Eden, which has taken over the reins from Alchemy 198. They offer an enormous range of local beers plus stylish cocktails in a relaxed and safe environment. They also offer a wide variety of take-out beers in growlers.

So that's lots to be cheerful about here at Glos Rd Central. We look forward to seeing you soon!

www.facebook.com/GlosRdCentral

In memory of Charlie

Sadly, local resident Charlie passed away recently. Liam from Xpress on Glos Rd Central would like to pay tribute to this gentleman.



He told us, "I want to say a big thank you to have had the pleasure of meeting and knowing Charlie over the last few years. He lived just around the corner from our shop and would often pop in for a chat. Over time, he told me so many stories about his interesting life and family, living and working in Northern Ireland, fighting in World War 2, books he wrote along with his art and poetry that he liked so much. He almost made it to his 100th birthday in November – we are gutted it was so close. He had a great sense of humour, a real charmer (buying flowers for my mum and all the lady shop owners). He was real legend, a friend and a true gentleman. RIP Charlie, it was an honour to have known you."



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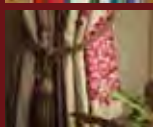
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If you are looking for a great way to cheer someone up and make them feel fabulous! – look no further than gift vouchers for The Green Room. This local salon caters for gents too – offering skin fades and facial sculps alongside haircuts and styles. Don't leave Christmas shopping to the last minute this year, pop in to purchase your gift vouchers or natural OCS or Kevin Murphy products soon.



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 have their temperatures taken and to wear a face mask please.

The salon has a strong, loyal following but is always pleased to welcome new clients, so if you are in need of a cut or colour do book in soon!

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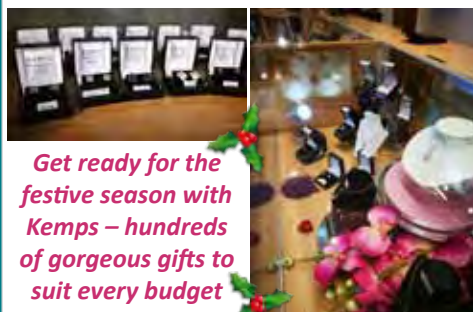
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**(please note the course needs to be paid for in full, in advance)*

THE BIG GIVEAWAY

At the end October we are giving one lucky person a **free luxurious full body massage, PLUS £100.00 worth of professional beauty products!** To be in with a chance of winning and to keep up to date with all our latest offers, follow us on **Instagram: Icon_Beauty_Bristol** and **Facebook: @iconbeautybristol**.

We all deserve a bit of a treat at the moment, so both skin care offers will be available throughout October and November. To book call 0117 924 5566.

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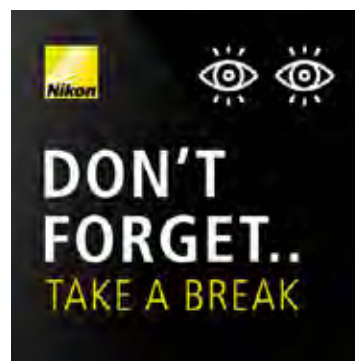


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Local carers, Know Your Rights, says Carers Support Centre



Carers Rights Day (26 November) is a national event that helps carers 'know their rights' and find out how to get the help and support they are entitled to.

With Covid-19 in circulation, the role of carers, who look after vulnerable people at home, has never been more crucial. Yet, while the challenges carers face have increased this year, their role remains largely invisible. Many do not know that they can get help.

Local charity, Carers Support Centre provides support, information and advice to carers of any age living in Bristol and South Gloucestershire. Tim Poole, Chief Executive of Carers Support Centre, says: "Many carers don't even see themselves as carers. They don't ask for help and they are completely hidden from support services. The majority struggle alone and do not know that help is available to them."

Carers don't choose to become carers, and many don't even see themselves as carers. They are looking after a relative or friend behind closed doors and just getting on with it. But taking on a caring role can mean facing a life of poverty, isolation, frustration, ill health and depression.

But there is support for carers out there. Local carer, Kerry says: "There are so many things that nobody tells you when you become a carer, which I wish I'd known. Nobody tells you that you can work and that you can get lots of financial help with benefits like the carers wellbeing grant. I had no idea that there were support groups I could join and I didn't really know what respite was and that you could get help to take time off. I think lots of carers don't realise they are going to be entitled to help and support because looking after your loved one is just a part of your everyday life."

Carers Support Centre is holding a free webinar for local carers on Carers Rights Day, Thursday 26 November 2020. Carers can attend a variety of workshops from the comfort of their own home. Workshops will include Carers Allowance, the hospital Carers Charter, and nutrition. Carers will also be able to take part in a movement and mindfulness workshop and a self-massage workshop.

If you or someone you know is a carer, don't wait for a crisis. Find out what support you can get.

Contact CarersLine: 0117 965 2200
carersline@carerssupportcentre.org.uk
 To register for the event, visit our website:

www.carerssupportcentre.org.uk

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

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ORLA KIRBY

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Greenway Community Practice, Greystoke Avenue, Bristol BS10 6AF



Photos: Karolina Wiśniewska



the family practice supporting you for all phases of your life

The Family Practice is fully prepared with PPE and has procedures in place to keep both their clients and therapists safe at this time.

This local osteopaths and alternative medicine centre is well-equipped to heal and support all members of your family – male, female from birth into old age.

Out of demand, they have however developed a specialism in Woman's Health and have hand-picked the experts in this field to put together a talented and experienced team.

Ali Burlingham: Women's Wellbeing

Anita Beardsley: Nutritional Therapist

Dominique Sakoilsky: Craniosacral therapist, counsellor and all things birth

Esther Barton: Osteopath

Helen Hodder: Women's Health Physiotherapist

Juliana Hounsfield: Osteopath

Kiki Watkins: Perinatal massage therapist

Niamh Honey: Osteopath

Vicki Hill: Women's Health & Fitness

Woman's health from pregnancy to birth, post birth and the effects of the menopause are all subjects The Family Practice owner, Juliana Hounsfield are passionate about. She told me, "We have set up this amazing health support team for women, as so many ladies were unnecessarily suffering or being

told they just had to live with these changes in their body, when that simply wasn't the case."

She went on to say, "We have been careful to select experts in their field, we only work with the very best! It is greatly satisfying to support women and enable them to become pain free. As we move forward, it is our aim to work with women through pregnancy to try and prevent or lessen the effects birth can have on the body, so women are strong and healthy when they most need to be. This is hugely beneficial for mothers both physically and mentally."

Juliana and Niamh are now back running their popular Mummy MOT clinics for post natal checks, here they can not only treat you for any post-birth pain, but sign post you to any additional help they think would benefit you or your infant's overall wellbeing and health.

The Practice also run the Children's clinic where babies to teenagers can be treated.

During lockdown, Juliana set up a free, accessible group online to support women of all ages with their health, do visit the **Facebook page: Bristol Pregnancy and Postnatal Women's Health Support** for further information and to join in the tailored discussion groups.

The Family Practice, 116 Gloucester Road, BS7 8NL • Tel: 0117 944 6968

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



Give yourself a lovely dose of Christmas Calm

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

Love it or loathe it, Christmas is coming! What type of Christmas Elf are you? What will help you have the Christmas you deserve?

- The Giver:** you love to make others smile – to find the perfect gift, to cook the best meal. Often this leads to overwhelm. If this is you, prioritise your self-care, because it's only when you feel good, can you look after those who are important to you. Every day find a moment to look after you.
- The Traditionalist:** you have a tried and tested formula for festivities. Others are in awe of your lists, and the presents bought months in advance. But perhaps this year's lack of certainty about what will or won't be allowed is hard to handle. If this is you, schedule in certainty for yourself with a consistent, daily dose of self-care.
- The Boss:** you are clear about what you want, and everyone knows their role in the Christmas preparations. If you find yourself losing the love and focusing on tasks to the exclusion of fun, recognise it is time to take a break. Relax and breathe. Seriously – breathe in for five, hold for five, breathe out for five, five times, twice a day.
- The Party Whirlwind:** you love parties and sparkle! If you tend to get distracted from the boring bits, break tasks down into manageable bite-sized chunks. Use a timer to race through the tasks. And don't forget to celebrate your success! A glass of prosecco or mince pie, anyone?



As a leadership and wellbeing coach, and solution-focused hypnotherapist, I am an expert in helping ease stress, overwhelm and self-doubt. If you'd value support this Christmas, 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, call me on **07557 911 606** or visit my website: www.amyarmstrongcoaching.com



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

Buddhist Meditation and Talks

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

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

www.sakyabristol.org
www.dechen.org



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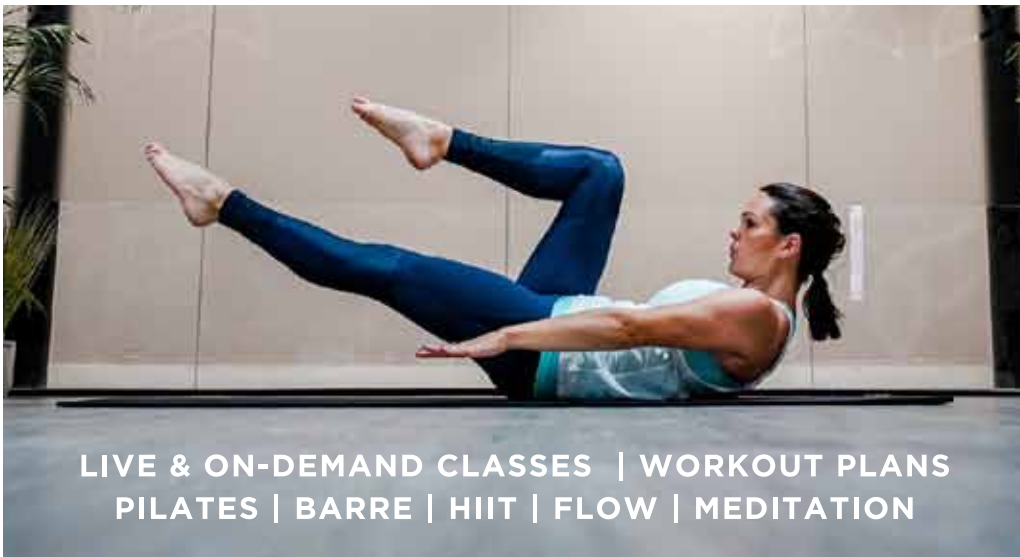
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WWW.MOVEBETTER.TV



MOVEBETTER.TV – a new online wellness platform designed to help you not only move better, but also feel mentally calmer and more energised.

MoveBetter.TV is the latest venture from Gloucester Road local, and owner of Soul Pilates, Nic Lenny, who like many of us, was hit by the closure of her business, including her brand new Bishopston studio, back in March.

Following the launch of the new membership-based online studio at the start of October, Nic told us “I have for some time wanted to create an online space which could bring the ethos of the Soul Pilates studio to life in a way we know will work with, and not against, people’s busy lives. With us being forced to close the new Bishopston studio, it felt like the perfect time to pivot the business for the winter months while we’re all dealing with a looming winter lockdown!”

The aim of the site is to provide people with more than just online classes, so, as well as 100s of on-demand workouts, including Pilates, HiiT and Barre, members can also access expert workout plans to help keep you focused, three live classes a week – so you can still check in with the teachers on your form, and progression and access to their private online community which offers live Q&As, workshops and expert advice.

Nic went on to explain, “The expert plans were a big part of this platform. We wanted to make sure we didn’t just give access to videos for people to watch, but give them a space to learn, feel supported and guided like they would in our studios. The plans offer a range of options depending on your goals, from postnatal recovery to a 28-day kick-starter plan for anyone keen to focus on technique or learn the basics.”

Before becoming a Pilates teacher and studio owner, Nic worked in the corporate world of digital marketing and has been able to take her experience of Pilates and understanding of juggling



“I know there are some amazing online platforms out there but I wanted to do something a little different. To take individuals on the kind of experience I deliver on our retreats and in our studios. Being able to guide them through movement to create a much deeper connection with the mind and body so that they can feel calmer, stronger, more connected and more able to deal with whatever life throws at them.”

MOVEBETTER.TV founder, Nic Lenny

work demands and family life to create something that can fit into everyone’s life, whether that is 10 minutes at lunchtime or 60 minutes at the end of the day.

She shared, “My own story was that I really learned that, by doing less, I achieved so much more, even in movement. Instead of punishing myself I realised my body was craving a desire to feel balanced and through movement I could train my body to work for, and not against, me. And this approach still serves me to this day. A class that feels more like a massage than a workout got me stronger, longer, leaner and with more space in my mind as well as my body vs hours punishing myself in the gym. I know this feels counterintuitive to everything we’re told in the media, but when you understand the science of your body you will see for yourself why this is exactly the approach you need, especially if you’re a person who tends to sit more on the stressy side of life, like me!”

READER OFFER!

Memberships for MOVEBETTER.TV start from £17.50 per month with no contract and a 7-day free trial.

To celebrate the launch of MoveBetter.TV, throughout November 2020, they are offering all Bishopston Matters reader 50% off their first two months!

OFFER CODE = BISHMAT50

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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.

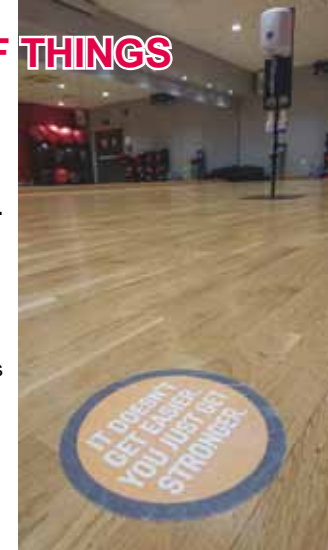
All bookings are being made through the Everyone Active App and online, so please make sure you book your activity here to reduce the staff

and customer contact. Visit: www.everyoneactive.com/reopeningmeasures/ for more information.

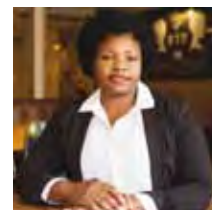
The centre staff have been overwhelmed with the sheer volume of positive comments and feedback relating to the safety measures put in place to be Covid-secure.

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.

We look forward to seeing you in our centre soon!



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KW Body Mind Balance Personal Development Life Coach



[kwpersonaldevelopmentlifecoach](https://www.instagram.com/kwpersonaldevelopmentlifecoach)

North Bristol Art Trail 2020

Artists in the North Bristol area are determined to go ahead with the popular North Bristol Art Trail during the last weekend of November. From sculpture to paintings, jewellery to printmaking – there's something delightful for everyone.

For the first time ever, the trail will be open virtually via a special public Facebook group, NBA Art Trail 2020. Join the group any time through November to see previews of artists' work. The virtual trail itself will launch on Friday 27 November, and carry on throughout the weekend of 28–29. During this time you can interact with the artists, learn about their making techniques, and buy their artwork direct.

Many artists are still hoping to open their homes and studios to the public during the weekend, adhering to Government guidelines on Covid-19 safety.

Others will show their work on the walls of public spaces such as cafes and bars along Gloucester Road, while others will create displays in their windows. This means that you will be able to safely follow a walking trail, enjoying art displays and chat to artists or see artwork on your screen and interact with artists from the comfort of your home.

North Bristol Artists are adapting their approach for this special trail. Laura Robertson is a prolific artist, producing quirky images in every medium from oils to lino prints. Her work will be on display at Cafe Jackaloupe on Gloucester Road and hopefully she'll also be able to be there to chat about her work. Jenny Urquhart will be appearing in person when she shows her popular paintings of Bristol and Leigh Woods in the new gallery at the back of Room 212, while jewellery maker Katie Johnston will be offering her gorgeous enamel jewellery out on the pavement next door.



Batik artist Jo Whiteland (pictured opposite, top left) will have a gazebo outside her house with her ceramic making dad, John Pope. They'll also have work displayed in the Craftworks shop windows. Jennifer Payne (left) plans to open her home – a great opportunity to buy silver jewellery and talk to her about her craft.

The North Bristol Art Trail website will give up-to-date information about which artists will be showing their work on the walking trails, so you can plan your route, and check whether an appointment time is required. Elephant Estate Agents kindly sponsor the signposts so look out for the blue elephants to see which venues you can visit, or may there might be an interesting window display.



by Laura Robertson



Ilsa Fatt (pictured above right) is guiding her fellow artists on how to present their work on the NBA Virtual Trail Facebook page. She'll have photos of her glass pendants and jewellery creations, as well as videos of the making process with a livestream of herself working during the days of the trail.



The NBA Virtual Trail will provide an exciting new way for the public to interact with the artists, taking the trail beyond the physical confines of North Bristol. Artwork will still be available to buy online

Robin by Artist Rosie Webb who will be exhibiting with her mum, painter Marian Webb outside her house.



All portrait mages thank to Paul Bullivant

after the end of the trail. Many artists will also offer viewing by appointment.

In this difficult year it's important to plan Christmas early to avoid queues, shop locally and support our artists and makers. The North Bristol Art Trail provides a perfect way to find unique beautiful gifts and lovely cards for your friends and family. It's also a chance to brighten up your home with some new art. Nothing beats wandering round the North Bristol Art Trail on a crisp November day but this year, with the virtual trail, you can still indulge your senses if it's pouring with rain!

www.northbristolartists.org.uk



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NORTH BRISTOL ARTISTS

ART TRAIL

WALKING TRAIL NOV 28-29TH

VIRTUAL TRAIL NOV 27TH - DEC 6TH

Explore work by over 100 local Artists online, on foot and in windows

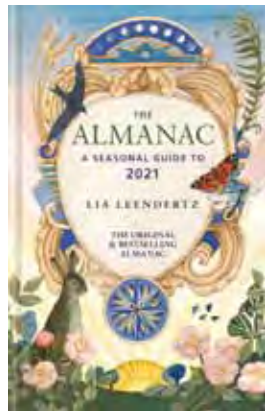
northbristolartists.org.uk




Celebrating local talent with our **BIG READER COMPETITION!**

We are blessed with many hugely creative, local residents, who have recently produced books or calendars that make great gifts. The authors and artists featured in the following pages have also been kind enough to offer up some prizes for our **Big Reader Competition!** One or two copies are up for grabs of each of the books or calendars featured!

To enter, simply email: kerry@bishopstonmatters.co.uk with the title – *Big Reader Competition* and let me know one of the authors or artists detailed and your preference for which prize you would like to win! The deadline to enter is 11 December 2020.



The Almanac: A Seasonal Guide to 2021

Lia Leendertz is an award-winning garden and food writer based in Bishopston.

For many, her annual Almanac has become a must-have!

Lia told us, “The Almanac is about celebrating the unfolding year in all its various facets. We are

all eager to move after so much time cooped up, but I dedicate this edition particularly to those for whom staying in one place was not so different, who were never going to climb mountains anyway. We hope this Almanac helps you to travel in your mind all year long, via the swift that streams past your window, through a rasher pudding cooked up in the Romani style, and by way of a song of derring-do on the ocean waves.

This year’s edition has a theme: movement, migration and pilgrimage – some ancient, some current, all underlining the spiritual benefits of putting one foot in front of the other. Britain and Ireland have always and continue to be places of movement and are intimately connected to the rest of the world.

The Almanac: A Seasonal Guide to 2021 contains everything you need to explore and to celebrate the upcoming year. If you would like to purchase a copy you can pick one up at Room 212 (there are even some signed copies if you are quick!). Price is £10.99.

Bristol Impressions Calendar



The 15th edition of the Bristol Impressions Calendar 2021, featuring several local artists, is on sale in the

area once again – though be quick as it’s a limited print run this year due to many of their outlets being closed or affected by restrictions.

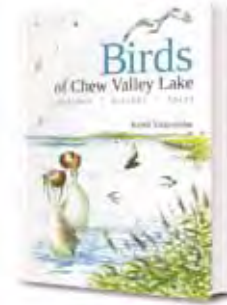
The calendar has an amazing following of loyal customers who send it as a gift far and wide to loved ones, so the artists were determined not to miss a year due to potentially lowered sales.

A Calendar highlight is that Coldharbour Gallery will once again host an exhibition of the calendar artists in December, with a fantastic opportunity to see the original artworks and limited-edition prints depicted in this coming year’s calendar. They will also be selling the calendar at the North Bristol Art Trail (NBA) with a special offer price throughout the exhibition.

The calendar has been co-designed by local NBA artist Adrian Barclay. This year’s NBA Trail on the weekend of 28–29 November will be a combination of Open and Virtual exhibitions with the artists Nick Gerolemou and Toni Burrows having calendars for sale at their venues.

The calendar can also be purchased in the following local outlets; Room 212 and Romantica – Gloucester Road, Kondi gifts – Henleaze Road and Coldharbour Gallery – Westbury Park.

Price is £12 a copy, NBA Trail offer is £10 for one and £18 for two.



Birds of Chew Valley Lake

A stunning new book on Chew Valley Lake has been written and edited in North Bristol. While it will be an invaluable book for bird watchers throughout the country, it is aimed very much at the general reader who has

an interest in the natural environment and ecology, as well as local history.

The book provides a unique opportunity to study this newly created man-made habitat over the last 70 years. It describes the Chew Valley before the lake, and the exceptional archaeological excavations and discoveries made during construction, as well as the celebrations of its opening by the young Queen and Prince Philip in 1956. This was a great local occasion.

Based on the original records of local (and national) birding expert Keith Vinicombe, who lives in Henleaze, the book has been compiled and edited by John Rossetti of St Andrew’s, with the superb ecology section by Rupert Higgins of Bishopston.

There are chapters on the fishing and sailing at the lake, both of which have some of the best facilities in the UK and have been going for over 50 years.

Bird sections bring to life the excitement, and also humour, of this pursuit, superbly illustrated by 26 original paintings from Ray Scally, and even a couple of cartoons.

The book is independently published and will be available before Christmas. With many hundreds of illustrations and photographs, it will be a hardback of about 500 pages. Price is £24.95.



111 Places in Bristol that you shouldn't miss

111 Places is a part of a global series of city guides that aim to showcase places not usually featured in guidebooks. “No matter whether you have lived here all of your life, are a frequent visitor or a first-time visitor, these are 111 things you might not have realised even existed!” Local photographer Barbara Evripidou told us.

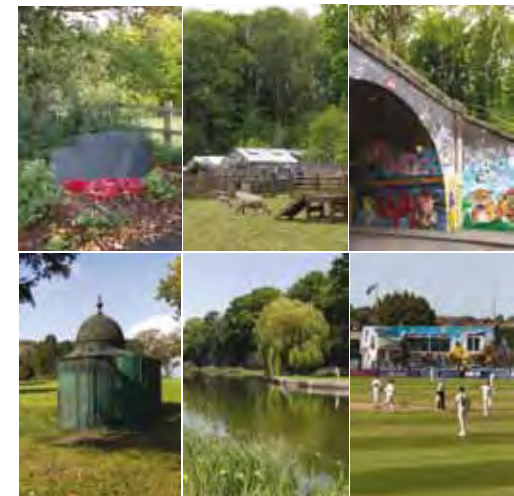
Barbara has taken all of the pictures for this lovely book and it is written by Martin Booth. She went on to say, “We pitched the project to the publishers in Germany. It’s part of a series of global guides and we thought Bristol needed one and we would be the best people to write about and photograph our city!”

The project has taken a couple of years to complete but is well-worth the wait.

The book obviously includes venues Bristol-wide but some local treasures include – The Wellington T2905 Memorial in St Andrew’s Park, St Werburgh’s City Farm, Room 212 on Gloucester Road, Mina Road Tunnel, Horfield Common Urinal, Henleaze Lake, Bristol County Ground, Boiling Wells.

You can pick up a copy at Room 212 on Gloucester Road, Max Minerva’s, Storysmith, Bloom & Curll, Bristol Museums online and Waterstones.

Price is £12.99.



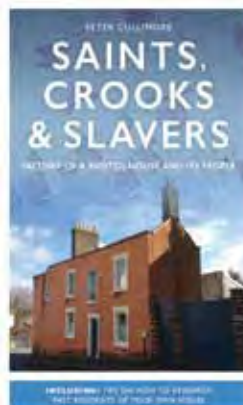


Friends of St Andrew's Park Celebratory Calendar

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 the Friends of St Andrew's Park are hoping to re-arrange it for a similar time next year.

In the meantime, they have produced a lovely 125th Anniversary Souvenir Calendar for 2021. The calendar features splendid historical postcards of the park.

If you would like to purchase a copy please visit www.friendsofstandrewspark.ning.com or Facebook page: Friends of St Andrew's Park. Price is £8.



Saints, Crooks & Slavers

This locally produced book 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 at Bristol Archives, Max Minerva's bookshop in Westbury Park, Iota gift shop on Gloucester Road and Better Food in St Werburgh's. You can also still order it direct from the authors by emailing petercullimore@blueyonder.co.uk or by texting 07730 493872. Or get it online from the publisher, Bristol Books. Price is £12.



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."

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.

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 and search Gloucester Road. Price is £12.00.



The Mermaid and the Tower

Many of us will have visited the St Andrew's home of local artist Toni Burrows (pictured left), as part of the North Bristol Art Trail and marvelled at her fantastical mosaics that adorn the walls.

Toni creates beautiful mosaics from found objects, which always amaze Gloucester Road shoppers in the Room 212 windows (The Arches Fox is one of her most popular). Recently she has created a number of new pieces to illustrate her book. *The Mermaid and the Tower* is a fairy tale that includes and explores contemporary themes.

The story would suit a child of 8 years and older, but any adult who has experienced the enchantment of fairy tales and who has an appreciation of original art work is equally likely to enjoy it. In essence it would hold appeal for anybody willing to suspend disbelief and immerse themselves in a world of imagination.



You can pick up a copy at Room 212, Love It on Stokes Croft and Toni will be selling them on the North Bristol Art walking trail. Anyone can pick up a copy from her door entrance between 9am and 6pm over the weekend of 28–29 November. Price £12.00.



News from Friends of Horfield Common



At the AGM we will be presenting the outcomes of our 2020 Parks Users Survey and exploring which priorities local people think FoHC should focus on over the coming decade.

We are keeping a close eye on the Bristol Future Parks process as it now moves into a final stage. Sports facilities and other parks assets in green spaces across the city will be made available for external operators to take on their management to improve them, bring much-needed investment, and in many cases to widen their use.

This is the culmination of a direction of travel set by BCC Parks in 2010 – which Project Ardagh was originally set up by FOHC in response to. It is fantastic to see Ardagh Community Trust established and working so hard to improve the Ardagh – ensuring that this fantastic asset remains available to the community, and FoHC volunteers are working closely with ACT to develop plans for improvements to the gardens and other public spaces, as well as a range of community projects for 2021.

We are currently working on plans to restart our regular litter-pick events and practical work-parties and will update BM readers with progress on these once the new team have had a chance to settle in following the AGM in November.

Finally, one of the large trees next to the Ardagh fence came down in recent storms. While it is incredibly sad to see a tree of this size come down, it was fantastic to see the range of wildlife that was living in it, and how quickly it has become a new multipurpose parks asset! It's been a slide, a climbing frame and the support for some relaxation – along with many other uses! FoHC's Wildlife Plan includes the request to BCC Parks that all fallen trees are retained close to where they fall so that these can be enjoyed informally, as well as supporting wildlife to thrive.

Facebook: Friends of Horfield Common
www.friendsofhorfieldcommon.com

Rescheduled Annual General Meeting

FoHC's 2020 AGM will be taking place in the new community hub space/Cafe on the Common at the Ardagh on 25 November, 6–8pm. All members and supporters are invited to join us to review the last 10 years and to think about the next 10! As well as meeting in person we will be organising for those who would like to join us online to do so – please keep an eye on the website for further details.

A number of longstanding volunteers will be standing down at the AGM this year and we are recruiting new committee members to take the group on into the future. If you are interested in getting involved, please do come along to the AGM, and/or get in touch in advance to discuss what the role of a committee member means, the kind of time commitment required and any other questions you might have.



Get your Christmas waste & recycling collection dates for 2020.

Be ahead of the game and download your new waste and recycling collection calendar for 2020/21. It will let you know when to put your bins and boxes out over the festive season. Available from 1 November 2020 at www.bristol.gov.uk/recycle

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.

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

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*Alnoor Ladha, Brave Earth, Costa Rica

Ali



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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

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



News from the Goldenhill Community Garden

Hi folks,

So, here we are in the darkening days peering into an uncertain winter, but the garden is still here and still going strong! We've always stayed open through the winter months and that includes our afterschool clubs who'll be cheerfully hooning round in the darkness and coldest of days and STILL need to be told to put their coats on as the temperature plummets. Our Golden Buds parent and toddler group are also out all year digging holes in the digging bed and woodchip pile in winds and rain. We're still thinking up new ways of doing things that will keep these folks warm now that only half the groups at time are allowed indoors into the

strawbale building where fire is on! But, as long as it's allowed and safe, we'll carry on in even the worst of the weathers and enjoy the clear bright days like unexpected treats.

At the time of writing we still aren't able to take on any new volunteers. We have started up our group volunteering on Wednesdays again, but we have to have limited numbers and no drop-ins or visitors. It's been a core ethos of the garden that we are able to invite anyone and everyone to get involved so it breaks my heart a bit to turn people away, especially now as folks find themselves in unpredictable work situations or maybe with more anxiety or less connection in their lives. But it won't always be like this; we are lucky to have such a huge space and we can socially distance really effectively but we're just slowly working on how to increase our numbers in a safe way to protect the people here, many of whom fall into vulnerable categories.

In vegetable news this year we have tried to grow loofahs for the first time. That's right loofahs! Until 2020 I thought that they probably came from the sea but no! They grow... like cucumbers! By the time you read this we'll know if the summer was hot enough for our plants to mature enough for the fibrous inside to form. The internet says it'll dry out as the vine dies, then we should throw it against a way to



crack the hard skin, then peel it, rinse it and ta da! Loofah! We've only managed to grow two potentially viable fruits on our three plants, so fingers crossed!

And... we will definitely be trying to run popular **Christmas/winter wreath-making days** in the garden again; most likely **10–4 on Saturday 28 November and Saturday 5 December**. We'll have to do things differently this year as merry scrums around piles of ivy aren't okay in 2020! It's £15 and we'll be taking bookings in time slots; there's info on our website, on our Facebook or email/phone me with any questions.

All the best

Lucy

We put frequent updates on our Facebook page:

TheGoldenHillCommunityGarden/

so come and find us there for now.

www.thegoldenhillcommunitygarden.com



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Dates are available on our website – see the Admissions / Open Days section. If you are not able to visit the school, please share your interest as a video tour will be available for you to view.



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Web: stbons.uk

Phone: 0117 353 2830

News from St Bon's

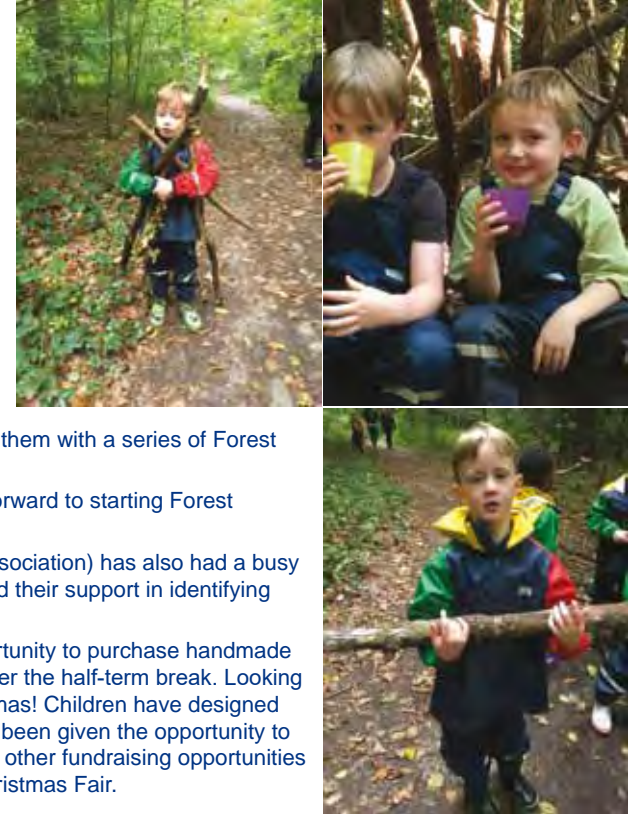
Our new Reception pupils have settled in well to school life and have shown great resilience in how they have adapted to their new surroundings. They are particularly fond of our new outdoor learning area for our Early Years and Reception children.

Last year we introduced Forest Schools to our Reception curriculum. Due to our partial school closure back in the spring, some of our current year 1 pupils didn't have the opportunity to attend Forest Schools in their Reception year. We have therefore provided them with a series of Forest School sessions this term.

Our current Reception children are looking forward to starting Forest Schools in the new year!

Our PTFA (parents', teachers and friends' association) has also had a busy start to the new school year and has provided their support in identifying fundraising that can continue remotely.

This term parents have been given the opportunity to purchase handmade craft packs to complete with their children over the half-term break. Looking ahead, we are already thinking about Christmas! Children have designed their own Christmas cards and parents have been given the opportunity to purchase these. The PTFA is also identifying other fundraising opportunities that can take place instead of our annual Christmas Fair.



Local & online tutor for children aged 6–11

Horfield resident Liz Romero

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

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

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

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

Please email me on eromerotutor@gmail.com

or call **07824 700 439** if you would like to discuss how I can help boost your child's confidence.

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



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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.**

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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Lucy's Law



Nicky Bromhall MRCVS

Since the Coronavirus 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 licence 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 seller's name and profile online 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, <http://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.

Nicky Bromhall MRCVS

Veterinary Surgeon, Animal Health Centre

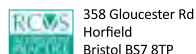


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Woolly jumpers – whether you're looking for something festive or a stylish winter woolly, your local pet shop has a wide range of jumpers in all sizes, to keep your pooch cosy.

Christmas all wrapped up! It never fails to amaze me the huge variety of Christmas gifts Roxfords has available. Nobody is forgotten – the soft and furries have hand-crafted, fair trade palm leaf Christmas trees and presents to both nibble at and

hide in. There is a wide range of purrfect festive toys and edible treats for the pussy cats, some of them containing silvervine, a Japanese plant known to give cats a similar euphoric response to catnip. Of course, doggies are well-catered for too – there is a Santa's grotto of Christmas-themed toys and food for you to select from. Ho, ho, ho!



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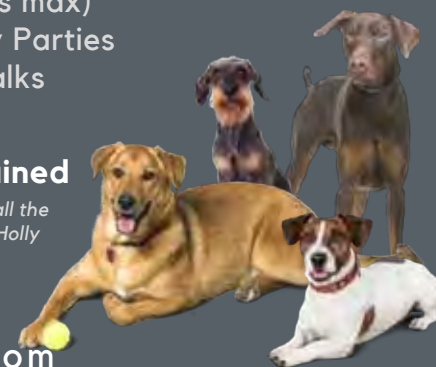




Image thanks to Julian Low

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. 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 / see page 6), 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/stokeparksulpturetrail. 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).

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 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). 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.

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).

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 ▪ www.facebook.com/stokeparksulpturetrail

**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/ ■*



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Memories of St Andrew's Park

Our wonderful park celebrates its 125th anniversary this year. The planned day of events had to be called off because of the Covid pandemic but organisers the Friends of St Andrew's Park (FoSAP) hope to rearrange some 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. For full details see page 36.

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

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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 Facebook: Friends of St Andrews Park, Bristol

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Lynda Booth, age 17, St Andrews park

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 Brentry 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



Map – www.kypwest.org.uk ©



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.



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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News from Bishopston & Redland Councillors

Bishopston ward news

Coronavirus advice – For coronavirus advice, we encourage everyone to regularly visit [bristol.gov.uk/coronavirus](https://www.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, use the NHS app, 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 or 0800 694 0184. Deaf BSL users can contact the phoneline through a BSL Interpreter using SignVideo.

Ashley Down station – As part of rail transport improvements in Bristol, a new station is planned in Ashley Down, at the end of Station Road. The proposed station, which is likely to open in 2023, will be geared towards serving the local community, and will increase connectivity both within the city and further afield. It will also provide an additional sustainable option for fans travelling to the Cricket Club or Memorial Stadium. A consultation is now open on the access designs for the station. The station entrance will be located on Concorde Way where the path meets Station Road. The route to the station from Muller Road will be via the existing subway footway. The proposals for the station also include improvements to pedestrian and cycle access on Station Road, enhanced planting, a 'hop on' point for cyclists and two new accessible parking bays. The consultation can be accessed at travelwest.info/projects/ashley-down-station and closes on 1 November. The link also contains a detailed description of the proposals, an FAQ and illustrations.

Bishopston Library – Call and collect service – Since lockdown began Bishopston Library has been sadly closed to the public and, while some libraries across the city are reopening, it hasn't yet been possible to implement sufficient safety measures at Bishopston to allow a reopening.

While the library will remain closed, a call and collect service will be introduced, where people will be able to request books over the phone or by email, with a maximum of five per person (or eight for children). For information please visit bristol.gov.uk/libraries-archives.

Dog Control Public Space Protection Order – The council is consulting on a Public Space Protection Order (PSPO) for Dog Control. A PSPO bans or restricts certain acts or behaviour in a specific area. They're used in areas

where certain behaviour is having a negative effect on the quality of life of those using the space. The council is proposing to put in place a city-wide PSPO that mirrors the previous 2017 PSPO. This would stay in place until 2023. The dog control PSPO covers three areas: dogs on leads, dog fouling and dog exclusions (i.e. where dogs aren't allowed). More information is available as part of the consultation documents. The consultation is open until 9 November and the link is: bristol.gov.uk/PSPODogControl.

Flood mitigation strategy launched – Bristol City Council and the Environment Agency have unveiled their plan for reducing the risk of flooding from the River Avon to Bristol and neighbouring communities. The Bristol Avon Flood Strategy is the result of multiple technical studies to find the most feasible and cost-effective way of managing the increasing risk of flooding from the River Avon. The council is asking citizens for their views on the proposals in a public consultation, open until 20 December. While our ward is thankfully not at risk from flooding, it is an issue that affects us as Bristolians more generally. We would therefore encourage anyone to respond to the consultation at: bristol.citizenspace.com/bristol-city-council/bristol-avon-flood-strategy/.

The proposals set out the council's preferred route to better protect homes and properties. This approach would see new flood defences created or the level of existing defences raised along the lower-lying sections of the River Avon. While improved flood defences are needed to reduce the impact of flooding across the city, the council's plan is to create defences that improve life in the city year-round, not just when the River Avon floods.

Nevil Road Surgery portakabins –

As local residents will be aware, the portakabins placed on the site of the former Bishopston Medical Practice on Nevil Road have remained in place since the surgery closed. Gloucester Road Medical Practice has taken on many of the Bishopston Medical Practice patients, and is currently refurbishing and expanding their site on Church Road to accommodate this. In the meantime, they are planning to use the Nevil Road site as a satellite surgery. However, the planning permission for the portakabins has lapsed, and so the council has opened an enforcement case against the NHS. The NHS has been given the opportunity to gain a new temporary planning permission for the portakabins on the Nevil Rd site until the Church Rd site is ready. If the application for planning permission is refused then the portakabins will be removed and the council's enforcement team will ensure that this happens.

Residents can review and comment on the planning application by searching 20/04374/F at planningonline.bristol.gov.uk/online-applications/. Please let us know if you have any comments or questions.

Tom Brook, Labour Party

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

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk
07584 370 427

Redland ward news

Thanks – With the pandemic far from over we'd like to offer our continued thanks to those who are supporting neighbours, friends and local groups dealing with the impacts of the situation. We appreciate everyone's actions to help control the outbreak and assist others affected in different ways.

Progress stalls with parking issues – The council has finally published its assessment of last December's online parking survey into views on parking in streets either side of the south end of Gloucester Rd. The Mayor maintains his call for 'overwhelming evidence' being needed for any action to be taken, as he has for over four years. There was a high response rate of 39% and support for a parking scheme from 60% of respondents, with 70% wanting junctions to be protected from rogue parking. 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. Adding a few streets is contrary to officer guidance as it usually just moves the problem to nearby streets. There are strong views on either side of the debate about parking issues, and we're pursuing how the council may work with residents and ourselves to get a solution that works. The years of inaction are frustrating. In September residents' group BOSA submitted a question to the Mayor which they continue to follow up, and Martin secured a promise from the Mayor that we can talk to officers working on liveable streets designs, although he promised no funds or other resources for managing our streets better. There's growing momentum for creating more liveable neighbourhoods 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>.

Licensing changes – Licensing in our area has had to meet the council 'licensing objectives' (e.g. protecting young people from harm, and reducing public nuisance) as well as 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 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.

Crossing progress being chased – Residents are frustrated at the lack of progress with the promised crossing to help children cross the busy Cranbrook Rd from Cairns Rd to Harcourt Hill. Last year we voted a budget to develop a safe crossing and we're trying to get action taken to prepare plans and get it built. Staff shortages and urgent Covid projects have been slowing work on other schemes, but with schools reopened we want to see something done to help get this in place.

Continued on next page ►

► Parents are planning to attend the next council meeting to press the Mayor for a date when work will resume on the scheme.

Still up in the air – We are disappointed by yet more dither and delay in council negotiations with the government to achieve legally clean air quality. A new 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 (a new deadline). The controversial diesel ban has been rejected by government. This option, or alternatively a small charging zone in the centre, is required by the government as fall-back if the recent temporary changes to Bristol Bridge and some central roads can't be shown to achieve legal compliance, combined with what's called 'behaviour change'. The evidence from other cities would suggest that it seems highly unlikely that closing a few streets will do the trick and there's a consultation out now on the council website for the options.

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.

Unspent housing funds are 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>

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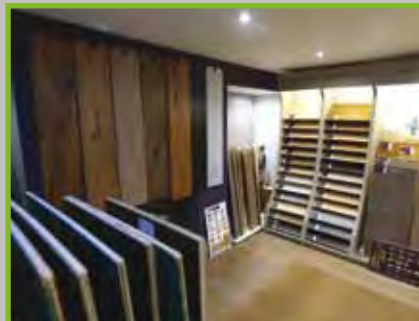
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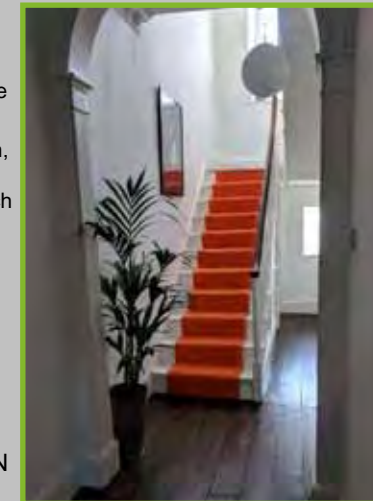
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