



Bishopston

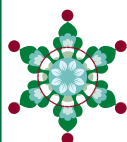
including Ashley Down, Horfield & St. Andrews

Matters

issue 143, Dec 2020



Time to get festive!



The heart of Yoga in Bristol

yogawest

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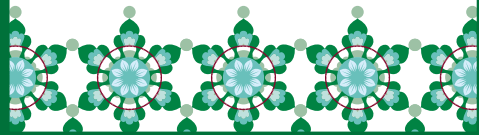
Yogawest re-opens in the studio (again!) on 3 December (with social distancing in place): book your class online before you come.

! Our classes run online during lockdowns !

Christmas Gift Idea How about giving a 4-week Newcomers to Yoga Course (starts 5 Jan)? Details on our website.

www.yogawest.co.uk

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Dear Readers...

Welcome to the December issue; it may be true that Christmas is going to be different this year but I am delighted to report there is still plenty of festive cheer to be found in our creative neighbourhood.

We kick off with 'Bristol Sings' - two lovely local ladies have organised a united carols from our doorstep on Saturday 5 December; read more inside.

As well as our Christmas message and details of how local church services will take place this year, we are also delighted to bring you news of a Nativity window trail.

Of course, it wouldn't be our Christmas edition without featuring delightful seasonal illustrations - thanks to Ashley Down, year 3 pupils - they will bring a smile to your face.

Last month Bishopston Matters celebrated 13 years in print; to mark this 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 to be won!

And finally, and most importantly, this year has been incredibly tough for our local traders. To help keep our high street thriving please do support them. Our local businesses are ready to ensure that, 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'. There is also a dedicated Facebook page: Shop Local Gloucester Road that is well worth joining.

Seasonal greetings to you all, **Kerry X**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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Are you stuck for a Christmas gift idea for an animal loving friend or relative?

Why not make a donation to the Moggery in their name?

Call the Moggery on 0117 9243128 and we will send a beautiful Christmas card to the name and address you specify, detailing your gift.

Like all charities we have not been able to hold any fundraising events in 2020 and our 'Kitty' is greatly reduced.

Please help us to continue our much-needed work rescuing Bristol's abandoned and unwanted cats and kittens.

Thank you, Christine Bayka 'Chair'

The Moggery Rescue & Rehoming Centre Bishopston

apart, but still together
carols on your doorstep



At the beginning of a month that is usually filled with celebration, parties and of course a few mince pies, Bristol Sings is a chance to join your neighbourhood in a doorstep carol sing-along, together yet still apart. **At 5.30pm on Saturday 5 December** people around Bristol will be opening their front doors and filling our Bristol skies with Christmas songs.

This event has been created by Ruth Woodsend and Jo Waldoock who both live in Bishopston with their young families. Ruth told me, "Some streets are planning on having thermoses of mulled wine, others will be wheeling the piano to the front garden, and children will be digging out the bells to jingle. The hope is that the we will hear other streets singing around us and be reminded of this amazing community that we live in."

You can pick up a booklet with the order of carols from local shops (sponsors Elephant estate agents or Room 212 with more venues to be added), or download it to read/print yourself from the social media pages below. Ruth and Jo would love you to join in in any way you feel comfortable, within the current guidelines.

Find updates on: [Instagram.com/bristolsings](https://www.instagram.com/bristolsings) and [Facebook.com/Bristolsings](https://www.facebook.com/Bristolsings).

Jingle all the way!

Keeping up the theme of us all coming together safely at this magical time of year. The **Facebook page: Worldwide Christmas Eve Jingle 2020** is encouraging everyone to come outside and **ring a bell at 6pm on Christmas Eve** for 2 minutes to spread Christmas spirit and to help Santa fly the sleigh. After a tough year for everyone it would be lovely if we could all take part, raise some community spirit and put a smile on children and adults faces.



News from the Goldenhill Community Garden

Hi everyone,

As I write this we're in our first week of lockdown #2 in the garden. This time it's a little bit different for us as we aren't closing like before. **Our afterschool clubs are still running** as we provide OFSTED-registered childcare; this is great and it is also the month that we start running in the dark! My idea of fun when I was 8 was definitely hooning around shrieking in the dark. The kids mostly seem pretty unfazed by the cold, we have fires and hand warmers. Lanterns light the way as we play games and bake bread and cakes in the clay oven. We all do our best to embrace the winter!

Also, this time round **we are carrying on our volunteer days**. In spring/summer we closed and volunteers came in one at a time on a rota and folks were glad to have a peaceful haven away from everything to come to. This time round it feels very much like it is the company that people are craving. We fall into the 'formal organised support group' category so I'm really happy that we'll still be open to provide mutual aid and support for each other.

And finally, what I hope will be happening is that the lockdown will be over on 2 December and we'll be running our ever-popular **Wreath Making Days**. They are planned for **10am – 4pm** on the **5 and 12 of December**. You can come along and learn how to weave a hoop out of willow and then decorate it with natural materials. Your wreath will be unique and gorgeous. These days will be socially distanced and we'll be either outdoors or in our very well-ventilated polytunnels. It won't be drop-in like previous years as we'll be working in small groups and **booking is essential**. It takes about an hour and you'll need to leave the site within 90 minutes. Go to our website or Facebook page to find the booking link.

Fingers crossed we can run! Otherwise see you in the garden – sometime!

www.thegoldenhillcommunitygarden.com

We put frequent updates on our Facebook page: **[TheGoldenHillCommunityGarden/](https://www.facebook.com/TheGoldenHillCommunityGarden/)**

Lucy



Sefton Park Schools invite you to a Virtual Open Evening

We will be hosting a virtual open evening event for prospective new parents via Zoom on **1 December 2020, 6 – 7pm**

At this event you will have the opportunity to meet school leaders, hear about the values and ethos of our school and ask questions about our school.

If you are interested in attending this event please email the school office at:

seftonpark@bristol-schools.uk and we will send you the log in details



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Brand new (starting in November) 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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Wishing everyone good health and happiness from all of our team.

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News from the Ardagh Community Trust



Ardagh Community Hub – It is disappointing that the new Ardagh Community Hub has not yet been able to open! As soon as the Covid-19 pandemic restrictions allow, the new community hub incorporating the Cafe on the Common will be open for daily use. This will be a massive achievement for the Trust and marks 10 years since Project Ardagh began. 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. At present, this means operating as a takeaway only service, which is currently open daily from 10am to 4pm. Thank you to all who are using and supporting it.

Capital improvements – 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 which 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.



Remembrance Day – A pebble to remember

It was lovely to see the 92nd Scouts' outcomes for their 2020 Remembrance Day individual reflection activity in the gardens. In response to the 2020 pandemic, this was an individually undertaken activity to paint a pebble as a way to 'remember those who have served and sacrificed'. You can see the pebbles in the gardens and enjoy them as you stroll around the site.

ACT AGM, 9 December 2020, 5–7pm (Now online on ZOOM) – ACT invites all members to join us for our Annual General Meeting which will take place on Wednesday 10 December, 5–7pm.

The meeting will take place online as a result of the latest lockdown. Please see the website nearer the date for further information. Members will receive an invitation directly via email and are invited to join us.

Merry Christmas to all BM readers from all at Ardagh Community Trust. We look forward to seeing you all again in the new year.

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

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Don't forget to mention Bishopston Matters when replying to ads!

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Dee, Nurse Manager



Field House



We'd love to hear from you and we'd be very happy to give you a virtual tour of the home...

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A warm welcome awaits at Field House Nursing Home

Field House is a 55 room Nursing Home in Blakeney Road, Horfield. They are part of the Bristol Care Homes Group, a small group of four nursing homes in and around Bristol, well known locally for high standards and good quality care.

Field House has a 'Good' rating from the CQC, and are working hard to keep developing this - aiming towards an 'Outstanding' rating, which two of the homes in the group already have.

They strongly believe in delivering high quality care in a holistic way, which means they look after the mind and spirit as well as the body. Bristol Care Homes focus as much on social engagement, activities and well-being as on the physical needs of their residents.

Bristol Care Homes ensure that every aspect of the care they deliver is of a high standard. This

includes the building itself, the food they cook, the care they deliver and daily life in the home. Bristol Care Homes has a varied menu created by top chefs from the choices their residents make. Their care plans are tailored to each individual. This is put together with the resident when they are admitted and reviewed regularly to ensure they keep up with any changes needed. Daily life in the home is socially engaging with an activities schedule which is based on the wishes of the residents. They have individual activity sessions and group activities for everyone to enjoy and make sure everyone lives a safe and fulfilling life at Field House.

They would love to hear from you and would be very happy to give you a virtual tour of the home. To find out more, call **0117 969 0990** or visit **bristolcarehomes.co.uk**



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Local ASA Chartered Surveyors launch FREE Covid-19 advice service for business tenants

At the time of writing, in an effort to control the ongoing coronavirus pandemic, we are experiencing our second national lockdown. Non-essential shops and businesses have again been instructed to close and the pressure on many retail tenants is reaching breaking point.

Adrian Strong, a local chartered surveyor, usually specialises in providing advice to clients in respect of commercial rent reviews and lease renewals; however, in these unprecedented times he is receiving an increasing number of enquiries from retail tenants asking for help in negotiating concessions with landlords.

For many independent landlords, rental income is their only livelihood. Often properties have been bought with commercial loans which, just like mortgages, must be paid in full and on time.

Adrian says, "I cannot overstate the importance for a tenant either anticipating or already having difficulty paying their rent to start talking to their landlord sooner rather than later."

According to Remit Consulting since 16 March 2020, just over half of retail rents and just under 70% of leisure rents have been subject to some form of renegotiation.

In most circumstances the starting point is to read the lease agreement.

This sets out the terms for the payment of rent and what action can be taken if either party defaults on its terms.

Although commercial leases can run to many pages ASA Chartered Surveyors are experts in their interpretation and are able to provide a summary of obligations. After assessing the legal position, the next step is to consider how a compromise can be reached? This is where ASA Surveyors' expertise can be invaluable. In the first instance they are offering, free of charge, to review a tenant's lease and provide advice in respect of available solutions.

Adrian comments, "When cash-flow is critical the last thing anyone wants to do is to spend more money. By offering this free service we believe we can help to keep the high street viable for both landlords and tenants."

Adrian can be contacted either by email at adrian.s@asasurveyors.co.uk or by telephone on 0117 276 0077.



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WE ARE OPEN! LOVE LOCAL!

As we embark on the run up to Christmas, who knows how this holiday season is going to play out? What we can be sure of however, is 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, 'click and collect', as well as 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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The Nail Shed opened in 2015 and is run by owner Davinia with her friendly and professional team of beauty therapists, who all have a wealth of experience in all of the treatments they offer.

The Nail Shed offers a fantastic selection of nail treatments and products along with complementary beauty treatments such as – LVL Lashes, eyebrow shaping and tinting, pedicures, waxing, facials, and when you're feeling the winter blues and want some colour – spray tans!

The products used are what they consider to be the best professional products available. Wherever possible, organic products are used which have been ethically sourced yet also deliver outstanding results.

The Nail Shed, 78 Gloucester Road, Bishopston, BS7 8BN

0117 9427116 | info@thenailshedbristol.co.uk

Follow the Nail Shed on Instagram and Facebook for special monthly offers!



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 throughout this challenging year.

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

Gifts Available no matter what the circumstances!

If Reason cannot open its doors for the entire run-up to Christmas, they will be putting lots of photos on Instagram and Facebook so that customers can message or email them with anything they would like to buy. They will inform people when they will be in the shop to take payments over the phone and for safe collection of purchases. They will also be offering free local delivery for anyone who can't get to the shop for any reason. There are some fantastic gifts to be had.

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

Facebook: Reason Interiors Ltd • Instagram: reasoninteriors



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All your festive favourites at Joe's Bakery

Open throughout lockdown – We hope by the time you read this we will be nearing the end of the second lockdown. If this isn't however the case, you can be reassured that both of Joe's bakeries on Gloucester Road will be open as normal, with all the procedures set in place to serve their customers safely.

Christmas-ready! Nobody does Christmas confectionary better than Joe's. Their scrumptious range of seasonal goodies includes: Christmas bread, authentic German stollen, Spelt and curd stollen, Mince pies, Cinnamon stars, Panettone Classico, Yule logs and of course traditional Christmas cake.

Thanks for your support – It has been a tough year for our much-loved high street but owners of Joe's – Jane and Martin – would like to thank all their customers from near and far for their loyal support during the year and they wish them all a very Merry Christmas!

Joe's Bakery, 240–242 Glos Road, BS7 8NZ • 0117 9071852 • **Joe's Bakery at The Bread Store**, 45 Glos Road, BS7 8AD • 0117 3303798 • www.joesbakery.co.uk  @Joe's Bakery Bristol



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WE ARE OPEN!

If we remain in lockdown you can still shop local at www.iotabristol.com with postal delivery or free click & collect from the shop on Tuesday and Thursday afternoons.

And when lockdown ends, we look forward to welcoming you back to the shop. Please be aware that because of social distancing Christmas will be a bit different, with limited numbers of customers at any one time. So it's important to shop early. Please support your local businesses – we all really need your custom right now to keep the Gloucester Road as lovely as it is.

167 Gloucester Road, Bishopston, BS7 8BE

Hours: Monday – Saturday 10.30 – 4.30 Sunday 11 – 4

Order online at www.iotabristol.com • Free click & collect



News from Glos Rd Central

These are testing times for the Glos Rd Central community. We know that everyone likes to shop locally and we really value your support during the lockdown periods. It's tempting to do a big shop at the larger supermarkets but queuing on our lovely wide pavements can also be a (socially distanced) time for socialising with friends and neighbours. And it also helps cut down your carbon footprint. Our essential businesses such as Pawson's fruit and veg, Joe's Bakery, Giles Butchers and Preserve continue to serve fresh, locally produced and plastic-free goods. These shops are invaluable at all times of the year and are especially important while we all try to work out how to cater for Christmas.

Other shops have also managed to remain open as essential shops, such as the chocolate section of Art and Chocolate, Shoe Express and Pearce's Hardware. Still others, deemed 'non-essential' have been operating 'Click and Collect'.

Room 212 offers a wide variety of artwork in their online shop. The gallery specialises in prints, cards and canvas reproductions of paintings and illustrations by local Bristol artists; any size is available so get in touch if you can't find what you'd

like in the online shop. They also have a lovely stock of handmade face masks and soaps. You can buy these essential items, or anything you see in the window display by giving owner Sarah a call on 07702 598090 and she can open the shop door to pass them out to you. Sarah and her fellow artists are also happy to hand deliver to customers who live locally; just send them a message to see if your request can be met in this way. Fig is run by a cooperative of artists and each of them has their own website for you to place orders so do have a browse of all their lovely items. Liam at Xpress printing has been open every day for click and collect orders. Contact him for all your printing needs including t-shirts and posters.

Osna Therapy owner Bridget Tyrell is working on her gorgeous range of body butters, hand sanitisers and other beauty products during lockdown. Beauty & hair salon Nuala Morey is offering fantastic gift sets including eco-friendly products by Aveda. Icon Beauty also offers gift vouchers and all salons are taking bookings for when they reopen – hopefully any day now!

Our cafes and bars are also finding ways to keep going with lockdown restrictions. New cafe Perfecto

Coffee, on the corner of Bishop Road, has great takeaway coffees made with their own blends, roasted on the premises. You can also buy bags of their beans. Sidney and Eden, the bar which took over from Alchemy, offers a wide selection of on-tap beers with takeaway containers. Despite opening in this difficult year, the bar proved to be a huge hit. Set up to conform to all regulations there's no booking system, just turn up and hope you get a spot!

The North Bristol Art Trail is taking place over the weekend of 28–29 November (but will remain live online until 6 December). Sadly, art lovers will not be able to visit local artists' homes and studios as they have been able to for almost 20 years. However, many artists will be putting their artwork up as lovely window displays and will sell from their websites and social media pages. There is a special NBA Facebook page for people to interact with artists during the weekend so do follow the links on the website: <https://northbristolartists.org.uk/>.

Room 212 has work by a huge variety of North Bristol Artists so they are offering a Click and Collect service for artists on the trail. The gallery was going to be the venue for painter Jenny Urquhart, jewellery maker Katie Johnston and owner Sarah Thorp. Instead they are putting on a live virtual



event on Facebook. Over the trail weekend log on to the Room 212 Facebook North Bristol Art Trail Click & Collect event and see all the latest paintings and beautiful jewellery on offer, and chat to Jenny, Katie and Sarah.

We're really hoping that lockdown will finish and all our businesses will be able to open up to welcome you all from 2 December. Of course, we must all remember that the pandemic is not over. Shops, bars, cafes, salons and other businesses will do their best to trade safely so remember to bring your masks and keep your distance from others. We wish you a safe and healthy December and all the very best for a lovely Christmas. Stay safe!

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When lockdown #2 hit, local resident Alice Darley launched this fantastic Facebook page to support shops and businesses in the Gloucester Road area.

She told us, "It's a difficult time for local shops and businesses, so I created this page to encourage people to work together to keep our much-loved, local high street thriving."

The idea of this group is to provide a platform to help people find what they're looking for locally rather than resorting to large online platforms.

How it works: (1) Post up a message stating the items or services you are looking for. (2) Local vendors and businesses reply if they have this item available. (3) Discuss between yourselves to arrange payment and handover of the item.

Please do join this group and support local.



Nola Interiors celebrates 3 years on Gloucester Road and is ready for the festive season. We have a click and collect service to help you shop locally, where your support is appreciated.

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the green room – give the gift of stylish hair

I was lucky enough to sneak in a hair-cut with Green Room owner Jo, just before the beginning of lockdown #2. As always, Jo was calm and working hard. She told me the salon very much hopes to be open again for appointments from 2 December (they have all the safety precautions set in place) but if not, she wished everyone well and looks forward to seeing clients in early 2021.

The Green Room has some fabulous KEVIN.MURPHY hair care sets that make wonderful gifts (pictured above). You can also pick up gift vouchers for The Green Room that are always a most welcome present.

Jo and the team would like to thank their customers for their ongoing support through this difficult year and wish them all a very Merry Christmas!

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

Tel: 0117 942 75 75 **The Green Room**



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BOOK YOUR CHRISTMAS APPOINTMENTS NOW

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TIS THE GIFTING SEASON

Gift wrapped in a beautiful ribboned envelope, along with our stylish brochure and personalised card, an Icon Beauty gift voucher is a gorgeous present and perfect for posting to any friends or family you might not be able to see this Christmas. Treat a loved one to a relaxing massage, specialist facial or pamper manicure, all delivered by our lovely therapists in a luxurious, cosy and calm environment. Vouchers can be made up to any value and used for all treatments for a whole year. Available in the salon, online and over the phone.

THANK YOU

This year has been a rollercoaster to say the least and as it draws to an end, we would like to say thank you to all our wonderful clients, local businesses, family and friends who have been so kind and stuck with us through thick and thin. Never has the support for small independent businesses been so important and it's hugely appreciated. Because of you all, we are still here, still strong, and ready to look after you in 2021!

Happy Christmas and love to you all,

Lucy and all the team at Icon Beauty

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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?

1. **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.
2. **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.
3. **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.
4. **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

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www.bristol-natural-health-service.co.uk**

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Therapy Specialists



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

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



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- Judith



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Introducing Facial Aesthetics at Horfield Dental Care

Here at Horfield Dental Care we are always striving to bring our patients the latest treatments and we are excited to introduce our new facial aesthetics service, which is now available to book (subject to lockdown).

Ageing is an inevitable part of life, and wrinkles form as the structural make-up of your skin alters over time. We are all fabulous in our own way, however, there may be some areas about your ageing skin that bother you. You may wish to appear more rejuvenated and have more confidence in your appearance.

We now are offering no obligation consultations for the treatment of lines and wrinkles with Victoria our dental hygienist. These allow you to discuss any concerns about your appearance and the outcomes you would like to achieve.

Victoria is highly knowledgeable about the anatomy of the face and understands how to treat you safely. She has been treating patients as a dental hygienist for nearly ten years and since joining the team at Horfield Dental Care she has built a loyal patient base who consider her to be a compassionate, caring and gentle clinician.

Get in touch for a complete skin consultation and analysis. At Horfield Dental Care you can relax in our calm, safe environment, where you can be reassured we follow enhanced infection control measures to ensure all treatments are safe and comfortable.

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Hypnotherapy with Orla Kirby

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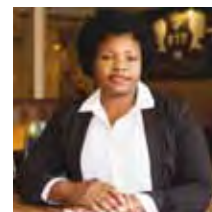
orla@orlakirby.com to find out more about how hypnotherapy could help you specifically.

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KW Body Mind Balance Personal Development Life Coach



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

St Bonaventure's Pre-school is now accepting applications for September 2021

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2021. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3- and 4-year olds, acting as the perfect stepping stone for children before they start school. Although the

pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

As well as following the Early Years Framework and the Bristol Standard, they offer a range of extra-curricular activities to provide further opportunity for enrichment; children enjoy tennis twice a week as well as regular cooking lessons and the opportunity to grow plants and vegetables in the outdoor area. Practitioners also incorporate Makaton as a form of inclusive communication throughout the year and children benefit from fluent Mandarin and Italian speakers among the practitioners, who share their interests in the language and culture with the children.

Marie Taylor, Manager of St Bonaventure's Pre-school, says: "As an early years setting we continuously strive to further progress our practice in order to deliver the best possible care for the children and families within the community; we are passionate about providing the best start in life for your child in a fun and relaxed atmosphere."

Staff are highly qualified, committed and experienced practitioners, the majority of whom have been with the pre-school for a number of years. High staff to children ratios mean that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

St Bonaventure's Pre-school is open Monday – Friday, 8.15am – 5.30pm during term time.

The setting offers parents the opportunity to use any free early education entitlement up to 30 hours, within our session times.

Do get in touch

Email: admin.stbonaventures.ey@bristol-schools.uk or telephone 0117 353 2887 for more information. To request an application form or see what past and present parents have to say about St Bon's pre-school, please visit: www.stbonaventureearlyyears.co.uk.



News from Friends of Horfield Common

Bristol's Future Parks Project

We are continuing to keep 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 continues to remain 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.

Improvements to gardens and public spaces inside the Ardagh site

Volunteers have been working closely with ACT and external funders/partners to develop plans for improvements to the public gardens and wider outside areas within the Ardagh site. We expect to be able to share these early in the new year and

to invite comments and input from park users to ensure that these meet the needs of

a wide a range of local people and park users. We hope to then be able to work collaboratively with the Trust to secure external grant funding to be able to deliver this project through 2021.

Litter picks & practical work-parties

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

We wish all of BM readers a very Merry Christmas and a Happy New Year! See you all in 2021!

Facebook: Friends of Horfield Common
www.friendsofhorfieldcommon.com





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

WE ARE OPEN! The business continues to serve its customers throughout lockdown via a 'click and collect' service from their shop at 207 Gloucester Road. Please call or email the team for further information, or book a time slot using 'Facebook Appointments' before arriving at the shop to check-in your unit or collect purchases. The shop hopes to fully re-open from 2 December.

Working from home? The team are doing all they can to support you working at home during this challenging time. They are stocking additional display cables, webcams, business-grade refurbished laptops, monitors, and a range of effective cleaning products. As usual, prices remain competitive across their wide range of accessories and computer supplies.

Christmas gifts – I Love My PC has some great gifts for some of those hard to buy for friends and family, including headphones, gaming keyboards and mice, power banks (portable USB chargers), USB sound cards and much more! Do ask the team about perfect stocking fillers for the PC nut in your family!

Thank you! The team would like to thank all of their customers for supporting them throughout these unusual times and they wish all of you a very happy festive season!

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The dog ate my tax return....! by Lisa Entwistle

If you had any other income in the tax year to 5 April 2020 aside from pensions or PAYE (where taxes are deducted automatically by an employer) then it is highly likely that you will need to complete a self-assessment tax return and file it online by 31 January 2021.

By this date, HMRC expect not only to receive your tax return but also payment in full of any tax due. While that deadline may seem like a lifetime away right now, don't forget there's the small matter of the festive frivolities to contend with between now and then...On which note, 2019 was a record-breaking year for taxpayers filing their self-assessments on Christmas Day itself, with over 3000 successful submissions...248 of which were actually filed before 8am, while the rest of us were only just ripping off wrapping paper and pouring our breakfast Bucks Fizz!!!

So, to avoid feverishly gathering paperwork over the festive period in a bid to avoid the automatic £100 late filing penalty, our advice is always to get your return in as early as possible, the advantage being that you will then know the exact amount of tax you need to pay – and if paying that sum might cause you any financial hardship, especially in the current Covid-clouded climate, then you still have time to

consider your options. As part of the government's Winter Economy Plan, the Chancellor advised that self-assessment taxpayers may defer tax due on 31 January 2021 for up to 12 months via HMRC's Time to Pay scheme, meaning you can pay tax due in smaller instalments to reduce the impact on your day-to-day cashflow.

But while deferring payment is an option, delaying filing the return itself by 31 January 2021 is not – and when it comes to excuses on that front, HMRC have pretty much heard it all – from late filing 'because my mother-in-law is a witch and put a curse on me' or 'I'm too short to reach the post-box' to the taxpayer who tried to claim pet food for his guard dog – a fearsome Shih Tzu, no less (I kid you not) – as a tax-deductible expense.

So unless you want to feature prominently in HMRC's classic annual 'Top 10 Worst Late Filing Excuses' (which let's face it, is hardly a BAFTA nomination) then it's time to start thinking about tackling that tax return paperwork pile – and we're here for any advice you need in that regard.



Lisa Entwistle is a Partner at Evans Entwistle, a practice of Chartered Management Accountants & Tax Advisors at 432 Gloucester Road.



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 **HIGH STREET**

A little reminder!

The self-assessment tax return filing deadline is 31 January 2021

As a local practice of CIMA Chartered Management Accountants and Tax Advisors, we can assist you to minimise your tax liabilities, however simple or complex your affairs may be. Contact us today to arrange a free no obligation consultation 📞

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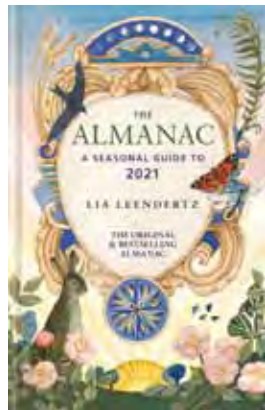
Festive images thanks
to Year 3, Ashley
Down school pupils

enjoy
your
Christmas!!

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



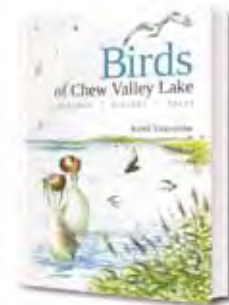
The 15th edition of the Bristol Impressions Calendar 2021, featuring several local artists, is on sale in the area once again – though be quick as it's a limited print run this year due to many of their outlets being closed or affected by restrictions.

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.

The calendar can be purchased in the following local outlets; Room 212 and Romantica – Gloucester Road, Kondi gifts – Henleaze Road and Coldharbour Gallery – Westbury Park, and Bristol wide at; Paper Gangsta – Clifton, Stationery World and Bristol Guild – Park St, Glass designs – Southville, Bristol Museum and M Shed.

Price is £12 a copy.



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

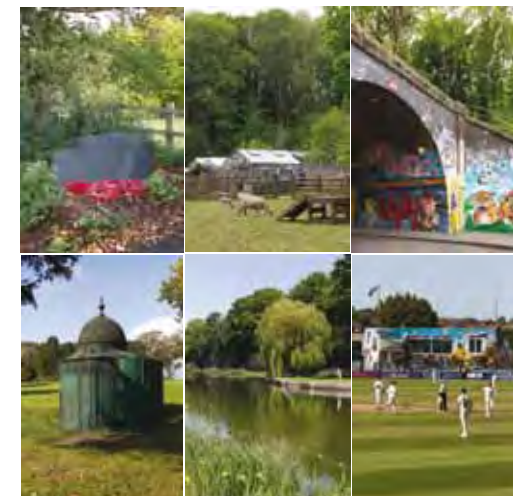
things you might not have realised even existed!" Local photographer Barbara Evripidou told us.

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.

The Mermaid and the Tower

Many of us will have visited the St Andrew's home of local artist Toni Burrows (pictured right), 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 via The Facebook page: The Mermaid and the Tower. Price £12.00.



The Great Bristol High Street – Glorious Gloucester Road



At the outside launch of *The Great Bristol High Street – Glorious Gloucester Road*, creator Colin Moody spoke via mega-phone, 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."

Documentary photographer Colin told us it had taken 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.



WE ARE OPEN! Ready as ever for the Christmas rush...

Niche very much have their doors back open to serve the community for all their framing and printing needs. Framing appointments will be available online from 2 December. However, if lockdown is still in place, they will continue to run a 'Drop & Go' service whereby customers can book a slot online, drop the work off to the back of the shop, and a member of staff will consult VIA WhatsApp. This has been tried and tested over lockdown and has proved quite popular. Any questions just call them on **01179 422213**, or email info@nicheframes.co.uk for more information.

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Blonde Angel Street Team Christmas Appeal

Blonde Angel Street Team is a growing local community movement bringing supplies to people living on the streets and hostels in the Bristol and Yate area. They would love you to support their Christmas appeal to fill a Christmassy shoebox, stocking or bag with useful supplies and treats to bring comfort and spread some much-needed Christmas cheer to some of those members of our community who need it most.

Please wrap or decorate your box, stocking or bag, include a Christmas card (with a warm message), and write on a label/tag whether its for a man or a woman (and if appropriate what clothing size).

Ideas for the contents: Woolly hat, scarf, gloves, warm socks, thermals (new or clean good condition second hand), new undies, small torch and battery, baby wipes, toiletries, chocolates, sweets, snacks, pot noodle, hot choc sachet, other Christmas treat foods, notebook, pen, small game, small book, face mask, hand sanitiser, gift card for warm food or hot drink or food shop

Prepare one or more – all contributions very much appreciated on or before the deadline of Friday 11 December. Our local collection point is in Redland, please contact Alice Darley on 07811 699043 or aliceandmatt06@gmail.com to arrange. #blondeangelstreetteam





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FOR RECEPTION SEPTEMBER 2021

We would be delighted if you could join us for one of our Open Day tours for prospective parents. We will be holding a series of Open Days from October to January in groups of no more than two families.

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.



Places are available for
children to start in 2021.

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Bookings now open. Please contact:

Email: admissions.stbonaventures@bristol-schools.uk

Web: stbons.uk

Phone: 0117 353 2830

News from St Bon's

Term 2 at St Bon's is usually spent getting ready to celebrate Christmas. This year we are adapting to the new Covid restrictions but are keen to keep our Christmas and Advent traditions. Instead of our usual infant nativity performance, year groups across the whole school will be working within their pods to produce a short Christmas scene which we will record and share with parents. Christmas lunch is also planned to go ahead but over a two-day period this year instead of one sitting. Staff are working hard to ensure that the children of St Bon's don't miss out on these important milestones in their school year.

The PTFA are also keen to keep things going and are adapting by organising a virtual raffle instead of holding our annual Christmas Fair. Parents and the wider school community will have the opportunity to purchase raffle tickets to win Christmas hampers made by each year group.

Looking ahead to the end of term 2, we have had to cancel some of our planned open days due to the national lockdown which started in November. If lockdown is extended and we are not able to provide opportunities for prospective parents to visit St Bon's, we will hold online meetings where parents will be provided with the opportunity to meet the head and deputy head teachers and find out a bit more about St Bon's and ask questions within small groups.

Our vision, striving to be the best we can, guided by the light of Christ, is definitely supporting us through these challenging times.



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."



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

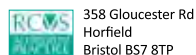


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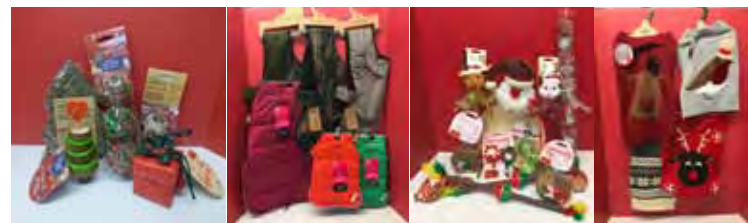
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NEW! Edgard Cooper feed – Roxfords is delighted to now be stocking Edgard Cooper cat and dog food. Created with fresh, non-grain ingredients it comes in both dry and wet form with complimentary on-the-go snack bars and dental sticks. Ask in store for more details.

Christmas all wrapped up! It never fails to amaze me the huge variety of Christmas gifts available. Nobody is forgotten – from the soft and furries to purrfect festive toys and edible treats for the pussy cats and 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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Christmas Message Seasonal services

Blessed is the one who trusts in the Lord, whose confidence is in him

**O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.**

(Isaac Watts, pub.1719)

So begins a famous hymn written almost 300 years ago, but what does hope look like in these dark days? As I am writing this, we are just five days into lockdown #2; the days are short, it's raining although not cold, Christmas shopping can't begin (unless you count online shopping) and we can't meet up with our families and friends.

Perhaps hope looks like setting out on a donkey for an 80-mile journey when you're 9 months pregnant and trusting that you'll find somewhere to stay when you arrive.

Hope is a powerful commodity. It can sustain us through our fears when we just want to collapse in tears of frustration and grief. It can give us the strength to carry on in the most difficult of times. When we were buying that popular wartime phrase 'Keep Calm and Carry On', little did we know that we would be required to live it, not just enjoy it on our mugs and cushions.

Maybe hope is trusting that the wolves won't eat your sheep as you stumble off down the hillside in the middle of the night to find a baby that you've heard about from a sky-full of angels.

Hope is believing that our lovely independent shops in Bishopston will be open for shopping in person again in time for Christmas and holding off ordering from the online giants. The Bible has a different name for this, calling it faith. Faith is being sure of what you hope for and certain of what you cannot see (Hebrews 11:1).

This is the season of hope. Glad tidings of great joy said the angels, they said nothing about certainty. This season challenges us to be filled with hope, whether it is for the coming of the Son of God, or the availability of a vaccine, or both.

May the joy of the season fill your days with hope.

Sarah Phillpot

Pastor, Horfield Baptist Church

This issue usually marks the inclusion of numerous festive church and carol services. This year, local churches are still working hard to serve the community and do hope to share this special time of year with you in the best way they can. Below are some proposed events but it is best to check with the individual churches closer to the dates.

B&A St Andrew's Park
Maurice Road, BS6 5BZ

This church will definitely be doing something and they would love to invite everyone. At time of going to print they were still waiting to hear what the restrictions will be, so to find out more, from mid-December visit www.babristol.org or contact the office at info@babristol.org or call 0117 329 1525.

Bishopston & Horfield Methodist Church
245 Gloucester Road, BS7 8NY &
Churchways Avenue, BS7 8SN

Christmas is NOT cancelled! Bishopston and Horfield Methodist Churches will be providing online carol services over the weekend of 20 December. Visit www.bishopstonmethodist.wordpress.com and www.horfieldmethodist.org.uk for a link to the service, and also for their weekly online worship, available from Saturday each weekend. A midnight service on Christmas Eve is planned for 11.30pm and also on Christmas Day at 10am; both at Horfield Methodist Church but check the website for updates.

Horfield Baptist Church
279 Gloucester Road, BS7 8NY

Hope to have a Christmas carol service on Tuesday 22 December, 5.30pm, in the church building if permitted or online if not. To find out more nearer the time (including login details for online services) visit www.horfieldbaptist.net or contact the church office at office@horfieldbaptist.net or 0117 924 3608.

St Bonaventure's Church
Egerton Road, Bristol BS7 8HP

Hope to offer the following services:
Christmas Eve Mass 6.00pm
Christmas Eve Mass 8.00pm
Christmas Day Mass 10.00am

Mass will be ticketed for capacity control – the link to book tickets will be on www.stbonsbristol.co.uk during December. All precautions will be taken and masks will be required. If anyone requires further information they are welcome to contact the parish office at bristol.stbonaventure@clifondiocese.com or 01179424448.

Emmanuel Nativity Window Trail



Discover the greatest story ever told

This Christmas, Emmanuel Bristol is organising a Nativity Window Trail for residents of Bishopston, Ashley Down, Horfield, Northville, Westbury on Trym, Henleaze and Westbury Park to enjoy. The window displays will give an amazing opportunity to marvel with the angels, journey with the wise men and see the baby Jesus born in a dirty stable.

For one weekend only (Friday 11 – Sunday 13 December), residents of North Bristol are invited to uncover the wonder and joy of the Christmas story by following the six unique trails. Forty-six houses are involved – each house will tell a stage of the Christmas story in creative and inspiring ways. You can start at the beginning, middle or end, take in the whole trail or just parts of it! The windows will be lit from 4pm to 8pm.

At each window, there will be a QR code that links to a website containing the next part of the Christmas story and a Christmas carol to play as you enjoy the scene.



Jim Walford, vicar of Emmanuel Bishopston, explains: "Christmas 2020 will be very different for all of us. For many, this has been an incredibly challenging and depressing year. As a church, we recognised that many people would be looking for Covid-secure activities to do and we also knew that we probably wouldn't be able to host carol services in the normal way. We hope that the Emmanuel Nativity Window Trail will provide a wonderful way for people to experience the Christmas story in a fresh and relevant way. The reality of God coming to Earth as a baby really is, as the Angels said, 'good news for all people' and we know that this Christmas we all need that hope more than ever.

"At the Church of the Good Shepherd, where Emmanuel Bishopston usually meets, the Church Hall will be decorated by the children of Emmanuel Bishopston and Magic Dragon Pre School. In addition, if coronavirus restrictions have been lifted, we hope that some real-life characters from the Christmas story may be hiding in the garden for families to spot!"

To find out more and link to the trail map visit www.emmanuelbristol.org.uk.

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St Andrew's Park News

Celebrating 125 years

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 during 2021.

As part of the celebrations the FoSAP asked people to share their memories of the special park; I hope you enjoy the example below.

A lovely 125th Anniversary souvenir calendar for 2021 has also been produced. The calendar features splendid historical postcards of the park. For full details see page 40.

New play area equipment

Always looking for ways to improve the park and supports its users, the FoSAP want to ensure that children have access to exciting, stimulating and durable equipment in the play area. Following surveys of play area users in 2018 and 2019 and detailed consultations with local parents, the FoSAP is aiming to fund a varied and challenging structure similar to that pictured above for children aged 7 upwards. In 2019 they raised funds for younger children's climbing and play equipment which has proved very popular. The current rope and timber structure for the older age group is fraying, there is no council budget for replacement, and so the FoSAP is preparing applications to landfill trusts for £80,000. However, each application is dependent on raising prior funds up to 15% of this amount.

To support the grant applications, a crowdfunder page <http://playground.fosap.org> has been set up to raise the £12,000 needed. We hope you may be able to give a donation to help secure the future of the play area for the next generation.



Pond clearance

Members of the FoSAP have been working hard to clear both the plant overgrowth and silt from the water. If you have never visited this corner of the park (situated near the entrance at the bottom of Melita Road/Effingham Road junction), this little wildlife haven is well worth an explore.

Memories of St Andrew's Park

Kindly supplied by Mary Wilson. My parents Mr and Mrs Powell had a butcher's shop on the corner of Derby Road and Sefton Park Road for some years,



Image: elnia.com

and during that time realised how many elderly folk there were living in the neighbourhood. So, when they retired to live in Maurice Road, they decided to start a local Senior Citizens' Club which was well supported. They met in one of the rooms in St. Bartholomew's Church Hall. In 1990, one of their projects was to replace a tree in the park – apparently quite a few trees died after the severe winter the year before. My mother must have been 89 when she planted that flowering cherry tree – (pictured above) with the generous help from others I might add!



It also came to their notice that a lot of people, who just wished to sit for a while in the fresh air and sunshine, found they had to walk quite a long way to get to one of the park gates, so my father negotiated with (I think) Bristol City Council for permission to have a gate at the bottom of Maurice Road. Apparently for some while it was then known as 'Powell's Gate'. At that time there was an Abbeyfield House in Maurice Road and they really appreciated the easy access to the park and I am sure young families did too.

www.friendsofstandrewspark.ning.com

Facebook: Friends of St Andrews Park, Bristol

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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

LoveWell this festive season, support Bristol women

by local resident Hannah Corneek

Last Christmas, present shopping involved bumping into old friends at makers markets while enjoying a cheeky glass of mulled wine and a mince pie. This time last year, I was ambling round the Bishop Road Christmas market, when my attention was caught by a stall selling classy looking candles and bath oils. Perfect gifts for my sisters, aunts and girlfriends. They looked expensive and upmarket – tick. They were locally produced – tick. The woman on the stall looked friendly and unlikely to pressure me into buying – tick. Half an hour later, I walked away with 7 bottles of bath oil – big tick.

The gorgeous gifts would give Jo Malone a run for her money, but it was the story about the social enterprise behind the products that persuaded me to part with my cash.

LoveWell UK partly based in neighbouring St Paul's, offers women in Bristol reliant on sex work for their income, the chance to change their lives through its Live and Work Well programme. The production of LoveWell's products is at the heart of the organisation. The participating women are paid to make the candles and bath products. They learn new skills and take part in life and work skills training designed to help them find dignified employment. Sara has been working with LoveWell

for the last two years. She says, "My experience has been life changing. I now know I can do better than what I thought. I am now proud of myself and I know if anyone can give me a chance like LoveWell, I can do so much. I discovered myself in a better way. I feel blessed to be part of this beautiful project. I'm very grateful. Thank you LoveWell."

LoveWell's work depends on the income generated by sales at makers markets, all now cancelled due to Covid. Love well this Christmas and go online to buy luxury soy massage candles, bath oils and salts. Make a lasting difference to the lives of women who want to move forward with dignity and hope.

Go to lovewelluk.com for more information.





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Pond Life

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

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

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

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



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

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

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

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*Alnoor Ladha, Brave Earth, Costa Rica

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Local History Matters – The Bristol and South Wales Union Railway

BHA local history research –
Andy Buchan ©.

The building of the Bristol and South Wales Railway was a significant engineering undertaking and the building of the line neatly matches the formation of Bishopston. Work on the line started in 1858, the same year that what was to become St Michael and All Angels church was opened and completed in 1863, just over one year after the church was consecrated.

The line ran from Temple Meads to New Passage going round the eastern part of Horfield and then cutting through the north east corner before going to Filton, Patchway, Pilning arriving at New Passage, where passengers joined a ferry across to Portskewett in Wales, for a short train journey to Portskewett Junction to catch the mainline train to Newport and Cardiff. The line separated what would later become Lockleaze from the rest of the parish of Horfield and caused angst among parish officers in 1863. Besides the deep cutting, one of the things the railway company did was to put up gates across the bridle way from Horfield to Stapleton, where it crossed the line.

The idea for the line had first been thought of in the mid-1840s; Brunel surveyed the line, other preparations were made, but the line was not built due to a lack of money. Other subsequent ideas came to nothing, and in 1858 work began on the original proposed single-track wide-gauge line; the new route would cut the journey from Bristol to Cardiff from 94 miles to 38. It was converted to standard gauge by August 1873. The route involved a tunnel at Almondsbury and

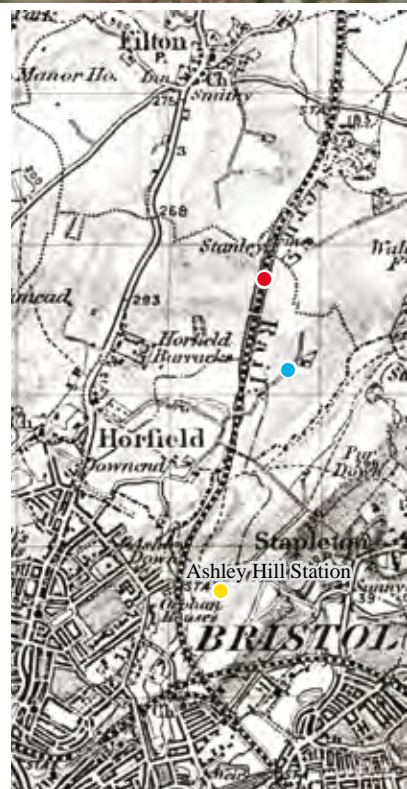


● Ashley Hill GWR

● North East corner of parish cut off by railway line



● Part of the cutting in Horfield, which split away part of the parish



several substantial cuttings including those in Bristol and Horfield. The line included railway stations at New Passage, Patchway, Filton, Stapleton Road and Lawrence Hill. Ashley Hill station was added in 1864 and Horfield was added in 1927, by which time the Upper Horfield estate had been built. Other stations were also built between Patchway and New Passage.

Much of the work was done by hand and involved a huge work force of nearly 700 people; where many of these people lived during the time taken to build the line is unknown; the Horfield census for 1861 lists 70 excavators and carters, both men and women, some renting complete dwellings,

while others are recorded as lodgers. It has to be assumed that the remainder lived in neighbouring parishes. Very few of these people list 'Bristol' as their place of birth, nearly all are drawn from the surrounding counties and the majority are married.

The piers at New Passage and Portskewett went out into the Severn so that ferries could reach them whatever the tide. The trains as is shown in pictures from the time went out onto the piers, which were served by floating pontoons. This allowed passengers to alight from the trains go down steps onto the pontoons, which floated with the tide and were therefore at the same level as the ferry when it came alongside.

The line ran for twenty three years; the demise of the service and the route mainly being caused by the opening of the Severn Tunnel in 1886.

B&A Church – Keeping busy during Covid!

At B&A we are doing lots to help people during this time of COVID-19. Our Little Churches (smaller communities of friends) are all seeking to do something practical to help others.

Soul Food run a weekly meal on Wednesdays at B&A Gloucester Road. It is for anyone who values good food and good company. When we're not in lockdown it is a sit-down meal; during lockdown it becomes a take away meal.

Our teenagers are packing and delivering **Boxes of Hope**. These are boxes with food and other household items given to families in need. On Sundays they meet to catch up, pack boxes and then deliver them across the city.

Our **online Marriage Course** is to help anyone married or in a long term relationship. Each week couples are sent a link to a talk and material to help them build health and healing into their relationships.

We have been supporting the older folks in our community through our **phone team**, calling regularly to chat and check on how people are.

We also have a **support group for the over 70s** that meets in a COVID secure environment. This means those who might otherwise never see anyone get to meet others at least once a week.

We run a collection service for all our work helping with food poverty. You can drop off food items during the collection window and we make sure all that is given goes to help others.

In addition on Sundays we run **The Weekly Service**. A chance for people to gather to worship God either online or (when we are allowed) in person.

So as you can see, we're keeping busy during COVID. **If you'd like to find out more or join us in helping others email us at info@babristol.org** – we'd love to hear from you. **babristol.org**.



Top: Soul Food, Above: Online Kids church

Carers Support Centre helps carers through the winter



This winter will be a challenging one, and no one is feeling the effects of the pandemic more than family carers.

They give support to family or friends who could not manage without their help. Three in five people will be carers at some point in their lives.

Covid-19 continues to have a monumental impact on carers, not only because of the increased amount of care that many are having to provide, but because of the far-reaching effect that this is having on their relationships, their mental and physical health, their paid work and their emotional wellbeing. In addition, worrying about the winter is causing stress and anxiety for carers, many of whom have had no break from caring for many months.

If you are looking after someone, you might be struggling to take time for yourself. Local charity, Carers Support Centre, understands how incredibly difficult it is for carers right now. Whatever your caring situation, the charity welcomes your call and all their services are free.

CarersLine is their confidential information and support service for carers. You can contact them with any questions or concerns that you have, to do with

your caring role. CarersLine makes time for everyone who gets in touch, and understand the difficulties that carers face. They can help with information about benefits and debt and where carers can go to get specialist help, juggling work and care, breaks from caring and other ways of looking after yourself.

Carers Support Centre's Wellbeing Service gives carers emotional support and aims to help you become more resilient. The service is confidential and is delivered by phone and online. You can choose between three telephone services:

Counselling – a confidential space to talk with a professional counsellor.

Mentoring – if you are new to caring, or tackling a new set of challenges, get advice and understanding from another carer.

Befriending – open to anyone who would like a chat. Their befrienders are available and eager to connect.

Get in touch by calling CarersLine on 0117 965 2200. You will need to leave a message with your name and telephone number and someone from Carers Support Centre will call you back as soon as they can. For free help and advice, visit

www.carerssupportcentre.org.uk

News from Bishopston & Redland Councillors

Bishopston ward news

Coronavirus advice – For coronavirus advice, we encourage everyone to regularly visit bristol.gov.uk/coronavirus, where you can find information about what you can and can't do, how to get tested and what council services are affected. Please follow the lockdown rules, and 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.

Bishopston Library – call & 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 has been introduced, where people are 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 <https://www.bristol.gov.uk/libraries-archives/coronavirus-library-information>.

Clean Air Zone consultation – In 2019 the council consulted on two options to reduce air pollution from traffic in Bristol city centre by using charging for vehicles entering certain areas. Covid-19 has prompted changes in travel behaviours which have resulted in improved air quality. The council has carried out new modelling which shows that, if the recent, less polluting behaviour we have seen can be continued, a charging zone may not be required. However, in case that doesn't prove possible, the council is consulting on two new charging options for improving air quality. The consultation can be accessed here: <https://bristol.citizenspace.com/growth-regeneration/caz2020/>.

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 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 here: 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.

Merry Christmas! Here's to a safe and less eventful 2021!**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! We'd like to reiterate our thanks to everyone helping tackle the pandemic and its consequences. It's been clear that the second wave of infections is far from over. Please follow the advice to avoid risky behaviours, and also look after each other. We're still trying to get safer pavements and better routes for cycling in place in the ward.

Road-safety frustrations bringing groups together – Local residents in many parts of the ward have been waiting for action from the council to tackle many road-safety issues, from road crossings to dangerous parking and speeding traffic. The frustration is building up after several years have passed with no practical action being taken. We're supporting several groups who are now planning to work together to combine forces. Do get in touch with us if you have local traffic and street issues and would like to work with others.

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. So far nothing at all specific has followed from the council, however. See: liveablebristol.org.uk.

Air quality inaction – four years on – It's now over four years since thousands of people across

the city signed a petition calling for safer air. And in November 2016 a Green motion was supported by the whole council and Mayor promising action to tackle illegal levels of pollution and unsafe air. New proposals that could tackle this are finally being consulted but we're frustrated the Mayor is still saying, with no evidence, that minor changes to city centre roads and behaviour changes to reduce car travel might work instead of the Government's preferred options that have now been consulted.

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, are required by the Government as fallback 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's highly unlikely that closing a few streets will do the trick – hence the council consultation on the Government options.

Pothole progress at last – We've been chasing street repairs for many months, especially the appalling state of the Kersteman Road/Cranbrook Road junction. The dangerous potholes should finally be tackled when this column is published after enough funds were assembled to include the crossroads on the list of roads being resurfaced. Do keep reporting potholes via the council website as the road network still has too many crumbling surfaces as winter starts.

Ecological Emergency – A new One City document has been launched to promote action on the Ecological Emergency – which affects us locally and globally. This complements the Climate Emergency motion introduced by the Green Group two years ago this November.

The goals of promoting wildlife-friendly land management and reduced use of harmful herbicides could affect management of verges and parks – mowing, planting, and unresolved chemical spraying issues. We know many residents wish to enhance nature in the city and are pressing for action by the council in how land gets managed to enhance nature.

We're also pressing for more urgent action after two years of the climate emergency. Most of the work to date has been important preparatory tasks but the scale of the emergency demands urgent changes start now.

E-scooters in the city – Recently many private e-scooters have been visible around the area, although some have been seized and destroyed by police now. They are all illegal and can't be used on any public highway. The regional trial designed to promote low carbon travel and curb reliance on cars has now started in the central area (up to the Arches). To be legal they must be hired (short term or for longer periods of use), used by over 16s who are holders of a licence to be covered by the scheme insurance. Speed is limited and they can only go where cycles can go.

Martin has raised two lots of questions to the Mayor to try and get clarity around safety and monitoring from the year-long trial. Worries exist about hazard for both scooter users (from potholes and small wheels) and other users like pedestrians sharing inadequate cycle or shared facilities.

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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Martin Fodor, Green Party
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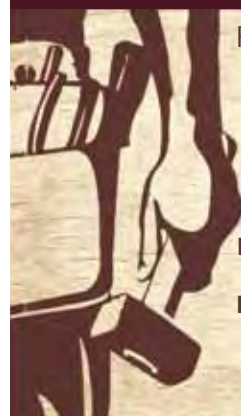
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When I last popped in to Natural Born Flooring, to meet with father and son team – Colin and Ross, it was great to see the family business so busy during these challenging times. Before the pair both dashed out to clients it was good to get an update on some of their

new, sought after products and hear that eight years in, they are still enjoying be a part of the Gloucester Road community.

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

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

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waste

FESTIVE WASTE COLLECTIONS

Over the holidays your waste collection dates change slightly to allow for bank holidays. Check when we'll be coming to you on the calendar below.

Thank you & happy holidays!



Your usual collection day

Revised collection day

Fri 25 Dec	Tue 29 Dec
Mon 28 Dec	Wed 30 Dec
Tue 29 Dec	Thur 31 Dec
Wed 30 Dec	Sat 2 Jan
Thur 31 Dec	Mon 4 Jan
Fri 1 Jan	Tue 5 Jan
Mon 4 Jan	Wed 6 Jan
Tue 5 Jan	Thur 7 Jan
Wed 6 Jan	Fri 8 Jan
Thur 7 Jan	Sat 9 Jan
Fri 8 Jan	Mon 11 Jan
Mon 11 Jan	Tue 12 Jan
Tue 12 Jan	Wed 13 Jan
Wed 13 Jan	Thur 14 Jan
Thur 14 Jan	Fri 15 Jan
Fri 15 Jan	Sat 16 Jan

Put your TREE out with your first wheelie bin collection from 12 Jan



DOWNLOAD

Never miss a collection – download your 2021 collection calendar from:
bristolwastecompany.co.uk/festive



DON'T FORGET

You can take trees to your nearest Recycling Centre.

Garden and bulky waste services pause over the Christmas period.

For top tips and festive hacks visit:
bristolwastecompany.co.uk/festive

Normal collections from Mon 18 January



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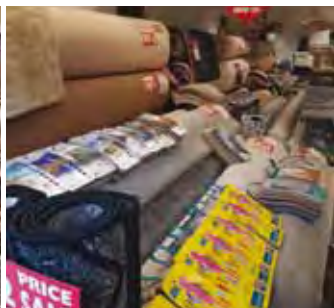
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