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# Matters

issue 145, March 2021





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## Dear Readers...

I hope the delightful window illustrating the front cover fills you with some hope that spring is just around the corner! This display is part of the Brunel Field Primary School Sunshine trail; you can see more examples inside the magazine and hopefully they will bring you some light and joy when you spot them in our neighbourhood.

This sunny idea was of course inspired by Bishopston Window Wanderland. The 2021, creative walking trail takes place from Saturday 6 March and I can't wait to see what you fabulous residents have come up with this year. If you would like to take part, there is still time - read more inside.

Sunday 14 March is Mothering Sunday (and my dear mum's birthday too - Happy Birthday to the best mum ever!). We have some lovely illustrations and poems to celebrate these special ladies in our lives.

Although the doors of many of Gloucester Road's shops remain closed, please do support them with 'click and collect' or online purchasing. They have some fabulous Mother's Day cards and gifts on offer and they would love your support at this challenging time.

We experienced some freezing weather in February and each night I pop the electric blanket on and snuggle under the duvet, I do count my blessings. This issue we bring you an article on homelessness and the relevant local groups set up that we can support.

To support our physical and mental wellbeing in these unprecedented times, we have a double-page spread dedicated to the Five Ways to Wellbeing - with of course plenty of local inspiration!

Love to all,

*Kerry X*

Email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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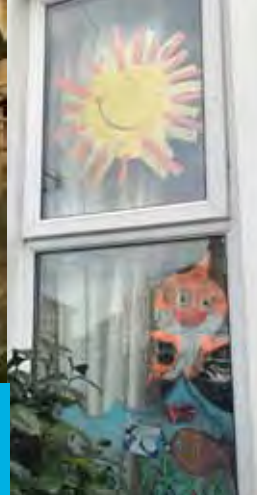
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## Bring me sunshine!

Who couldn't do with a bit more sunshine in their life right now? That was the thought of local mum Jo Blackburn who, like many other families, is currently trying to home school with the added challenge of keeping a younger sibling entertained.

Inspired by Window Wanderland (that takes place over the weekend of 6 March, see page 15), Jo came up with the idea of families from Brunel Field Primary School creating sunshine scenes in their front windows. The happy window displays are a great way to both connect the school pupils and provide a little fun and joy on our daily exercise (with the added bonus of not needing to encounter any mud!).

Jo told us, "The rainbows that popped up in local windows during lockdown #1 brought a smile to all of our faces and with the awful rain we've had over recent months, I thought we could all do with some sun! We asked people to decorate their windows with sunshine to symbolise there are sunnier times on the horizon." So, if you have spotted sunshine scenes rising in BS7 you know why!



## SENDaWelcome Works Project

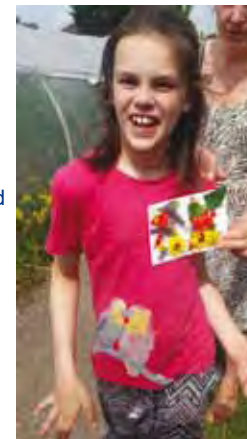
The aim of SENDaWelcome is to create a truly inclusive community here where we all live. As far as we can tell, this community-

based approach to inclusion is a fairly unique one nationally and we are developing models that could be celebrated and shared more widely.

Mencap research shows that only six percent of adults with a learning disability known to their local authority in England are in paid work – this has to change! And we believe that our amazing community can work together to be a part of that change. SENDaWelcome wants to support local businesses to lead the way by offering local young people with SEND all kinds of opportunities from Saturday and holiday jobs through to work placements, apprenticeships and jobs.

Together with the Sixteen Co-op – an independent organisation providing opportunities and support for adults with learning difficulties, and supported by BCC, we have been trialling a Community Based Works Project scheme since 2018. Sadly, the pandemic meant that the actual work experience part of our programme hasn't happened yet, but we are planning now for whenever we can start again.

If you run a business or organisation that might be able to offer work experience for one of the young people in our pilot, please get in touch. The project will provide a one-to-one worker to support you and the young person during their work opportunity and Sixteen will provide any training your organisation might need.



*"Inclusion is not a strategy to help people fit into systems and structures that exist in our society; it is about transforming those systems and structures to make it better for everyone."*

Richler, President, Inclusion International

How could this benefit your organisation? We have been working with several local organisations

since 2016 to provide inclusive events, and they have found that thinking about the needs of people with SEND has improved the service they offer everyone.

Lucy from Golden Hill allotments told us, "We are a learning organisation, and we have used ideas and experience from our sessions held with SEND families in planning and running our events, which have helped everyone navigate and enjoy them."

"We want to make events a safe and welcoming place for everyone. We now include a quiet space at all events with an experienced play worker there to support all who need some quiet time."

At one event a girl in her early 20s came into the quiet space and was in tears saying, "This is what I needed when I was a child".

"A programme and map of our events is now prioritised in our event planning. Lots of people appreciate it, and it helps them navigate the event safely, particularly if they aren't confident in asking questions."

These two simple changes will have helped many more people access and enjoy our events, and we wouldn't have thought of them before working with SENDaWelcome."

**If your organisation or business would like to work with us, please get in touch:**

**sendawelcome@gmail.com** – Daniella Radice  
SENDaWelcome Works Project Manager

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## Education Matters – Raising Hope for Excel

My name is Olivia, a 23 year old teacher who grew up in Bishopston, currently working at Cotham School. Back in April 2019, before carrying out my teacher training course, I was inspired to do some international volunteering in education. I came across the charity Porridge and Rice, and immediately grew connected to their ethos. Come July, I am in Kenya, teaching some of the most welcoming and loving students I have ever met. The teachers are overwhelmingly grateful for our support and interest in their country and culture. I was only in Kenya for 1 month, but have memories that will last a lifetime.

Fast forward to April 2020. Coronavirus has caused chaos all over the globe. Schools have shut and many people have lost their jobs. I receive a letter from one of my students in Kenya, who explains to me the hardships being endured by those in the school. After speaking with the head teacher of Excel school, I find out that parents are losing jobs, the teachers are receiving no pay, and the land of the school could potentially be repossessed. Everything the school has worked hard for over the last 6 years could be taken away...

The letter tugged at my heart strings and I knew I had to do something. I spent a few weeks thinking of how to raise money, and came up with the idea of handmaking greetings cards, soap and art prints to sell. I set up the business 'Hope for Excel', and launched an Etsy shop. The response has been overwhelming! Since July 2020, I have raised over £8000. This money has been donated to the school to pay teachers' income, allow the children to receive 2 meals every day, and pay for the tuition of certain students if their parents lost their jobs. It costs just £10 to send a child to school for a month in Nairobi, but unfortunately for some this is too much.

When starting my project Hope for Excel, I originally aspired to help the school throughout the summer of 2020, but due to the success and positive response, I aim to keep this going into the future, to allow the school to grow and educate as many children as possible. The best way to combat the poverty cycle is through education.

If you would like to help with my mission to assist Excel school throughout the pandemic, my soaps and other crafts are available on my **Etsy store: [hopeforexcel.etsy.com](https://www.etsy.com/shop/hopeforexcel)**.

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

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By Kirsty

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## News from Red Dragons Martial Arts

Firstly, we at Red Dragons hope that everyone is staying safe and well during this challenging time. We are still working hard to provide online classes to our amazing members.

In February we were looking for our members to be Fear Busters and push themselves outside their comfort zone. We were impressed by our younger members taking up this challenge and working hard to raise money for charities. In March we will be holding an online grading event and these are always inspiring.

We are still accepting new members but we only have very limited spaces left. We operate a first-come first-served policy; when the spaces are full, we cannot unfortunately take on anyone else, so do get in touch quickly!

Take care, stay safe and keep smiling!

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



## News from Joe's Bakery

**New look / new product range for Joe's at the Bread Store** – Joe's is delighted the partial re-fit at their second bakery can now take place. The store will be closed for two weeks from Monday 15 February and the team are hoping to re-open on Monday 1 March. The refurbishment will enable the store to offer a greater range of take-away food. Just like Joe's Express at the top of Gloucester Road, their second venue will be able to offer warming bacon rolls and a wide selection of sandwiches – all made freshly on the premises.

**Mothering Buns** – For one day only you can purchase Mothering Buns to celebrate Mothering Sunday. Joe's is pleased to still carry out the much-loved tradition, which is unique to Bristol. Get your orders in for these sweet buns adorned in hundreds and thousands that will be ready for collection on Saturday 13 March.

**Easter Bakes** – With Easter Sunday being 4 April this year, it won't be long until those shiny hot cross buns will be fresh out of the oven ready for us all to enjoy (including white, wholemeal and vegan buns). You can of course expect all the other seasonal treats – Easter biscuits, Simnel Cake and Easter bread.

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



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## Hold On To Your Dreams

by Anne-Louise Perez

I was reminded the other day by my mum that, when I was about thirteen, I declared that someday I was going to be a nurse – and she said ‘runs in the family’; apparently, I replied with great certainty ‘yes but I’m going to be special one, the sort of entertaining one. I would walk in to the wards and make the old people happier’.

Well things didn’t quite pan out that way, not least because I failed my sciences. Nevertheless, funny how things work out because two years ago I started broadcasting and entertaining the over 50s for BCFm Radio on their Silversound show.

To begin with we need to go back a few years, to when opportunity knocked at my door. I’m a local resident and back then my work as a freelancer revolved around championing Gloucester Road and its trading community and writing for your favourite local magazine *Bishopston Matters* (which I still do and love). This led me to being a guest on several occasions on BCFm 93.2. It was following these guest stints that I was asked if I would be interested in becoming a presenter for the Silversound show. How could I possibly say no to such an exciting prospect and challenge, when my OTHER childhood

ambition was to be on the radio? Here was a Bristol community radio station, willing to put me in a studio in front of a microphone, even though I had had no formal training.

From the outset, I was given intense on-the-job training (plenty of blunders but Tony Johnson my Silversound mentor had my back) and eventually I produced my first solo and live show called Shop Talk, intended as a platform for Bristol’s indie businesses.

Hello COVID. For the past year schedules have adapted and no guests for me (though the station has continued to deliver over 70 shows per week). So, I have focussed on broadcasting general positive local good news stories revolving around outdoor activities and also essentially sharing information on support services for the over 50s. Because you can listen to BCFm 93.2 via their free app, it also means my mum and dad – who I have not seen for months – can tune in and they feel like I’m in the room with them!

I love being a part of this award-winning BCFm 93.2 team – a charity dedicated to representing the many underserved members or groups within Bristol, which began broadcasting back in 2007. Over the years, through my shows, I have met some incredible people delivering so much to their communities and learnt so much from them.

By the way I’m always keen to hear your ideas on what you would like me to talk about or what music to play. You can email me on [yourstreetconsulting@gmail.com](mailto:yourstreetconsulting@gmail.com).

### How to listen

Local – tune in on the radio 93.2fm

DAB and worldwide via their online stream (free app – to download).

Website – [www.BCFM.com](http://www.BCFM.com) (listen again here too)

Facebook – BCFmRadio • Twitter – @BCFmRadio

WhatsApp – 07503 725345 (message your comments or requests here – Start your message BCFM + the name of the show)

## Don’t let a fear of needles hold you back from getting vaccinated

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



At the time of writing, Lockdown 3 is proving long, gruelling and grey, but there is light at the end of the tunnel with the significant vaccination rollout. That, and the days are getting longer – spring is coming!

Did you know that one in ten of us suffer from a needle phobia? Even the thought of getting a vaccination is incredibly tough for these people. Understandably, having a needle phobia means that you are significantly more likely to delay or avoid entirely medical check-ups, blood tests and vaccinations. For this reason, it is the most serious of phobias.

The good news is that there is a way forward: the Muss Rewind is a leading, research-based approach designed for helping resolve Post-Traumatic Stress Disorder, which can be used to help ease the fear response of phobias too.

If budget is stopping you, I have capacity to see one or two clients a week on a pro-bono or pay-what-you-can basis for needle phobias. Please get in touch, if a needle phobia is stopping you from getting

the vaccination you are eligible for, need and deserve.

Hypnotherapy is a complementary therapy and is not intended as an alternative to seeing your

doctor about health issues. Always consult your doctor before having any complementary therapy, including hypnotherapy. Results may vary.

If you’d value exploring how I may be able to help you ease a phobia, health anxiety, or stress in general please book yourself a **free initial consultation**.

Currently, I am seeing clients online or when restrictions allow at The Family Practice, 116 Gloucester Road. Email me at –

[amy@the-executive-chemist.co.uk](mailto:amy@the-executive-chemist.co.uk), call me on 07557 911 606 or visit my website: [www.amyarmstrongcoaching.com](http://www.amyarmstrongcoaching.com).



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## COVID Stay Home – but no home to stay in

To be homeless, means to have nowhere permanent and safe that you are able to call home. If someone is rough sleeping, this means they have absolutely nowhere to stay, so have to find themselves somewhere to sleep at night – often on the streets or in empty buildings.

This month we were contacted by a concerned local resident who asked if we could help raise awareness on the national homelessness problem. With both rough sleeping and homelessness visibly on the rise in our city, we wanted to share with you information on local groups supporting this vulnerable faction and how we can help.

### Ocean Estate Agent – Gloucester Road – tap and go donation

In 2018, in partnership with St Mungo's, The Julian Trust and Safer off the Streets, a contactless donation point to fund night shelters for people sleeping rough launched at Ocean Estate Agents, 201 Gloucester Road, BS7 8BG. So when you are next passing by, all you need to do is to 'touch' your bank card or phone to instantly donate a fixed amount of £2 to the SOS Bristol campaign.

### Aid Box Community – support and sanctuary to refugees and asylum seekers

This local grassroots charity founded by local resident Imogen McIntosh, supports, supplies and gives sanctuary to refugees and asylum seekers in Bristol. Their Free Shop is currently running as a Click and Delivery Service. This will safely provide essential living items to refugees and asylum seekers living in Bristol. They are collecting very specific items so that they can reduce the risks of Covid. Visit their website to see a list of items they are currently asking for and service updates.

174b Cheltenham Road, Montpelier, BS6 5RE  
0117 336 8441 • [www.aidboxcommunity.co.uk](http://www.aidboxcommunity.co.uk)

### StreetLink – Finding a safer place for the night

Are you worried about someone on the street? Contact this group who, in partnership with St Mungo's Outreach team will make every effort to visit them and offer them support and help them to find somewhere safe to stay.

[www.streetlink.org.uk](http://www.streetlink.org.uk) • Tel: 0300 500 0914, 24 hours a day, 7 days a week

### The Stokes Croft Food Project – cooking up 40 – 50 meals a day

Set up in April 2020, this partnership between People's Republic of Stokes Croft (PRSC) and Jamaica Street Stores now provides 40 to 50 meals a day, six days a week, and for each paid meal, they give three out. The meals are prepared

and served from existing restaurant Jamaica Street Stores between noon and 2pm, except on a Sunday afternoon when they distribute free soup from St James Park at 2pm. The food they use comes from FareShare – which saves food from going to waste and redistributes it to frontline charities.

Jamaica Street Stores, 37–39 Jamaica St, BS2 8JP [www.prsc.org.uk/scfp](http://www.prsc.org.uk/scfp)

### Shelter – helps millions of people every year struggling with bad housing or homelessness

To support their vital work you can donate via [https://england.shelter.org.uk/support\\_us](https://england.shelter.org.uk/support_us), support their national campaigns [https://england.shelter.org.uk/support\\_us/campaigns](https://england.shelter.org.uk/support_us/campaigns) and donate to their local shop.

Shelter, 3–4 The Promenade, Gloucester Road, BS7 8AL • [PromenadeShop@shelter.org.uk](mailto:PromenadeShop@shelter.org.uk)

### North Bristol Food Bank

As well as delivering emergency food packages to those in crisis, the organisation actively campaigns to improve the welfare state so people do not find themselves in poverty. Please support their campaigns to bring about change here: <https://www.trusselltrust.org/get-involved/campaigns>

You can also donate food locally at Pearce's Hardware, both Gloucester Road Co-ops and Tesco Goldenhill.

[www.northbristol.foodbank.org.uk](http://www.northbristol.foodbank.org.uk)

### Bristol City Council – a range of local services

For people who are homeless or sleeping rough information can be found at [www.Bristol.gov.uk](http://www.Bristol.gov.uk)

### Write to your local MP

Take a few minutes out of your day to put pressure on your local MP by writing to them and demanding change.

Email: [thangam.debbonaire.mp@parliament.uk](mailto:thangam.debbonaire.mp@parliament.uk)  
[www.debbonaire.co.uk](http://www.debbonaire.co.uk)



**“Homelessness is cruel and inhumane. Every person deserves a safe, warm, dry place to live. We can work together to actively campaign to make the government do more to end this injustice.”**

Local resident, Kirsten Malcolm





## Window Wanderland Bishopston

Sat 6 – Mon 8 March 2021, 6pm – 9pm

**With so many of us indoors at the moment and our constitutional walk the highlight of our day, we are so excited that Window Wanderland is just around the corner to brighten up our evening strolls and give us a creative project to sink our teeth into.**

Anyone can take part, and anything goes. The idea is to bring light, colour and stories to our windows, gardens and streets for us all to share and enjoy. Get the whole family involved or create a solo piece, use one window or all of them. Over the past six years Bishopston residents have created more than 2000 displays for the whole community to enjoy, and we are hoping this year to have more than ever. We are also suggesting that you start on Friday 5 March AND leave your displays up for longer if you can, until the clocks go forward on Sunday 28 March. That way we can spread out our wanderers, and avoid crowds. But it is entirely up to you how long you leave your display up.

One long-term Window Wanderland contributor, Wayne Cullum, tells us how he got started.

"I first came across the brilliant Window Wanderland when I lived and worked in London four years ago. I ran Crafted London which ran art workshops and a Soft Play and we were encouraged to join in by the local organiser. We were thrilled to be part of such a creative community event. We ran workshops, made large displays for the local church café and had a great time over the weekend seeing all the brilliant

windows. We continued to be heavily involved for the next few years until we left London to move to Bristol last year to begin studying to become a Vicar.

I knew Window Wanderland had started in Bristol, but I didn't know exactly where abouts (or where that was in relation to the areas we were looking at). We found a house in Ashley Down, and when we came to view it saw adverts in a local guide and on the flags on Gloucester Road advertising Bishopston as its home. I, and my family, were excited to be able to continue to stay involved as it was such a highlight of our year in London. As soon as we moved to York Avenue it became clear there was a great community on the street, and it didn't take much persuasion to get a cluster of houses signed up for last year's event. As a street we decided to theme our windows to different games – we had scrabble, snakes and ladders, pop-up pirates and more.

Lots of us then decorated our windows with rainbows (as many of you no doubt did too) and other colourful creations during lockdown 1.0, and for the VE celebrations in June. We have also just made a HUGE street effort to create a York Avenue Living Advent Calendar. Of the 38 houses, 24

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got involved and decorated a window to create a Christmas Countdown throughout December. All it took was a few WhatsApp messages to get people involved and to share some ideas, and then I sat back and watched the creativity reveal itself each day. We were really impressed with the variety of displays and it really brightened up the street and pulled the community together even more. You can see the outcomes here <https://www.facebook.com/yorkaveadvent2020/>. We are already looking forward to Window Wanderland 2021 – why not try and get as many people on your street involved too – the more people who get involved, the more colourful, creative and community-building the event becomes. We can't wait to see your window displays!"

By the first week in February, we already had 130 households signed up to make a display and we would love to double that number! It's easy to put your house on the virtual map if you want to make a display, and please make sure you do so everyone can see your hard work. Just visit our event – <https://www.windowwanderland.com/area/bishopston-bristol/>. You can add your house any time so even if you don't decide to do it until the last minute you can still put yourself on the map. See display ideas or find us on [Facebook](#), [twitter](#) and [Pinterest](#) @windowwander.

To help the creative juices flow, kits to make displays can now be purchased directly from the main **Window Wanderland online Shop** <https://windowwanderland.square.site/>. Buying from here helps Window Wanderland to continue work as a not-for-profit organisation, dedicated to bringing communities together and reducing isolation.

We are also once again offering **free membership to Children's Scrapstore** for the weeks leading

up to the event. At the time of going to press they are open for Click and Collect only, and registered Bishopston display makers will get a code for a **10% discount on any items in their Window Display section**: <https://shop.childrensscrapstore.co.uk/collections/window-display>

Window Wanderland aspires to bring positivity and warmth into people's lives. It is an inclusive community event, aimed at bringing everyone together to have FUN.

Operating Drop & Go framing services throughout lockdown. Book your slot online and we will consult VIA Zoom

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## The Hub

**The Hub is a community building** set in the heart of Lockleaze next to Stoke Park. It is run by Lockleaze Neighbourhood Trust to support a healthy happy community in Lockleaze and surrounding areas. There are lots of activities, clubs, classes and fun days run here to support all members of the community.

With the wellbeing of local people at their heart, the Trust has worked hard over the past year to adapt to the many challenges to keep the community connected. If you need help, the Hub urges you not to be afraid to reach out.

**Lockdown #3** – Learning from the first lockdown, The Hub understands the importance of community connection to keeping each other safe and supporting the wellbeing for all. They actively support community connection through safe, socially distanced activities and on social media platforms, see their website What's On and Facebook page for details. Their website also has a wealth of links to websites and advice that can support all aspects of life living with the implications of Covid.

**Bra Bank** – Last year the Hub launched their Bra Bank to collect old bras for the charity Against Breast Cancer. The collection point has proved to be very successful; if you would like to donate, simply drop off your surplus items to the Hub's 'Bra Bank' during their opening hours.

Through signposting and supporting other organisations across Lockleaze and Horfield the Trust have increased their project collaboration and strengthened partnerships to better support our communities.

One example is the **Wellbeing Passport** which will launch soon. The wellbeing passport is a guide book for all ages to help you take charge of your wellbeing. With hints and tips and space to write in your own progress, the wellbeing passport uses the 5 Ways to Wellbeing, plus how to cultivate gratitude to help you manage negative feelings and invest in your own wellbeing. Lockleaze Neighbourhood Trust will team up with other organisations including Ebenezer Church, North Bristol Foodbank and The Vench to provide a yearlong set of activities to encourage and celebrate investing in wellbeing, which will link to and build on the passport.

### Hub groups good for the body and mind

Covid has of course restricted the physical meeting of groups at the Hub, but as we head into spring, it is hoped groups such as Gentle Exercise for over 55s, Accessible Exercise (including carers) class for differently abled adults, Short Mat Bowls and free Acta Community Acting Group ([www.acta-bristol.com](http://www.acta-bristol.com)) will be able to recommence when safe to do so. For a full list of activities that take place visit their website.

### Gardening for our wellbeing at The Vench!

The Vench is a stone's throw away from the Hub and is one of their partners. Gardening for Our Wellbeing is a weekly group that uses a mixture of gardening, nature and outdoor craft activities, together with brief discussions to help our wellbeing.

It's run by the Gardening Team: Lisa Dicker, a Community Development Worker who supports older adults to engage in the community and runs various groups; and Rob Dixon, a registered Occupational Therapist in mental health who uses activity and positive feedback to help people to improve their own wellbeing, including by running gardening and nature-based groups.

If you're interested please ask them, or The Hub, for a referral form. You should send it to: Gardening for Our Wellbeing, The Vench, Romney Avenue, Bristol BS7 9TB. Tel: 0117 9103 930. Email: [Lisadicker@hotmail.com](mailto:Lisadicker@hotmail.com) or [OT@rob-dixon.co.uk](mailto:OT@rob-dixon.co.uk).

**For more information** on any of the items featured in this article please get in touch via the contact details below.

**Facebook: The Hub Lockleaze**

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

**0117 914 1129 ■ [info@lockleazent.co.uk](mailto:info@lockleazent.co.uk)**

Open: Mon to Fri, 9.30am – 3.00pm

## Celebrating 3 years on Gloucester Road!

The popular local flooring company Conran Carpets is delighted to be celebrating 3 years on our favourite high street. Owner John would like to thank all of their local customers for supporting them, many of them with repeat business.

John puts their success down to their polite, knowledgeable team always putting the customer at the forefront of everything they do, along with their ability to be competitive on price. Dealing directly with all the major manufacturers (no middle-persons) enables them to beat any like-for-like quotations.

Throughout this difficult year Conran Carpets have maintained their high level of customer service and have actually taken on more staff to fulfil the demand on their services. As you can see from the visual opposite they are still running a socially distant 'Select & Go!' flooring selection and fitting service.

If you would like to talk through your flooring project, please call John or Bev at the shop to discuss. They will use their combined 65 years of flooring experience to help you achieve the floor of your dreams!



**Conran Carpets** 278–280 Gloucester Road, Horfield, BS7 8PD

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# Lunar Optical

Lunar welcomes the Super Moon from Room 212

by Emma Catherine

“While your mask is protection, your glasses must be perfection”

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## Window Shopping at Room 212

Room 212 has seen some big changes over the past few months – haven't we all! This much-loved Gloucester Road gallery and gift shop has showcased original creativity by Bristol artists for almost 8 years. The online shop has a huge range of prints, cards, lampshades, tableware and jewellery, all created locally. Daily updates on Facebook and Instagram show the wealth of choice on offer and an insight into the artists' work. Owner, Sarah Thorp, is currently in the shop every Friday afternoon and Saturday morning to offer 'click and collect'.

Sarah has always made an effort to create exciting colourful window displays but she realises it's even more important these days. So many people pass by, shopping for essentials, or going for walks, and invariably they pause to look at the displays. She says, "I really miss interacting with customers and artists. Creating cheerful, interesting and uplifting window displays is great fun. Artists bring new work and passers-by smile and wave. We've always had window themes at Room 212, depending on the time of year or occasion. Now that people can't come into the shop the windows are the only way to communicate with our customers. You can look at our products online but it's hard to get a real idea. We can fit so much in our windows so it's a great showcase."

Every item in the shop is for sale so if you can't see what you're looking for online just send Sarah an email or give her a call. She says, "I know the shop like the back of my hand and love to help customers. I'm friends with all the artists so it's an



excuse for a catch up if a customer has requested something."

The big windows are perfect for showing off original artwork and different artists have been taking it in turns to bring in new paintings, most of which sell instantly.



Artist Emma Catherine



Jenny Urquhart with her Forest of Hope

Nowhere else on Gloucester Road has the ability to show large original paintings in this way and it's also an opportunity for customers to see and commission original artwork.

At the beginning of the year artist Emma Catherine was invited to join Room 212. Her gorgeous Super Moon painting with teal colours and gold leaf caught everyone's eye and was instantly snapped up by Gloucester Road optician's, Lunar Optical. Emma created a new copper Spring Moon for Room 212 along with a giant flower canvas for Mother's Day.

Carla James' Suspension Bridge painting with a rainbow was in the February Love & Hope themed window – she's used the image on cards and mugs. Batik artist Jo Whiteland uses her bird designs on beautiful handmade lampshades which illuminate the window display and can be made to order.

Jenny Urquhart's paintings are always incredibly popular and her Forest of Hope canvas sold instantly. Luckily, Room 212 offers high quality prints, frames and canvas print reproductions which gives a more affordable way to own the artwork.

Room 212 will concentrate on 'Motherhood' and 'Spring' for March. Sarah says, "Younger mums are working so hard to keep the family educated and entertained while older mums need cheering up after a long winter." There's a wealth of art to choose from and loads of lovely Mother's Day cards. Maita Robinson's beautiful cards (pictured centrally) are mini works of art to treasure while Rosie Webb's quirky cards will bring a smile.

Remember to give Sarah a wave if she's fixing the window when you're passing!

For all enquiries email: [newtwist@mail.com](mailto:newtwist@mail.com)  
or call 07702 598 090 • [www.room212.co.uk](http://www.room212.co.uk)  
Room 212, 212 Gloucester Road, BS7 8NU



## Luxury, local Cashmere Slipper Co



This month we speak with Bishopston resident Gemma Mackrill about her new business – Cashmere Slipper Co. We were interested to know how her involvement with authentic cashmere came about?

Gemma shared, "My passion for cashmere first began whilst working in my father's knitwear factory in the Midlands during school holidays. Years later after a successful career in Operations Management I decided to take a break and assist my father in the running of his growing cashmere clothing business."

Gemma regularly visits the factories and herdsman who supply the cashmere in Mongolia and Nepal, to ensure full visibility of the end to end production process and work on new designs and ranges. She takes pride in ensuring the supply chain is both ethical and sustainable.

Gemma's newest venture is the Cashmere Slipper Co, she told us, "I wanted to pursue my love of beautiful design, mixing it with comfort, and focusing on luxury loungewear in contemporary pieces and palettes."

These 100% cashmere, luxury Buddhist prayer slippers are expertly crafted and blissfully comfortable. We are all spending more time at home at the moment and these cosy cashmere slippers make the perfect gift for a loved one or yourself!

**Reader Offer: Get 10% off slippers with the code COSY10 at checkout on etsy.com**

To purchase visit [www.etsy.com/shop/CashmereSlipperCo](http://www.etsy.com/shop/CashmereSlipperCo) – you can also browse a range of beautiful cashmere accessories.

**Contact Gemma: 07968 739797**



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.

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



She told us, "It was 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.

The group has been welcomed by both local residents and traders. Alice shared, "I honestly wasn't sure if it would work and have been blown away by the success of the group. In the first week we soared to 1,000 members and had found Gloucester Road matches for 70 wish list items. At time of going to print, we are a digital community of over 2,900 local shoppers and businesses! The feedback has been fantastic – shoppers have been delighted to find what they're looking for locally, and Gloucester Road businesses have reported extra sales due to the group. It's working exactly the way I hoped."

**Please do join this group and support local. It is the perfect way to source all of your Mother's Day cards and gifts.**

**Shop Local Gloucester Road**

Covid restrictions allowing, we hope to open our shop doors during March but in the meantime please visit our website to reserve items you would like to purchase. You can also email us at [info@kempsjewellers.com](mailto:info@kempsjewellers.com) if you would like any information about a piece of jewellery.

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We are pleased to share some heart-warming poems and illustrations thanks to some of the pupils at Brunel Field Primary school.

## My Mother

My mother is keen,  
My mother has pride,  
My mother is queen,  
She's by my side,  
My mother has love,  
Peace like a dove,  
My mother is one to be!

A mother is friend,  
Until the end,  
And gives a forever hug,  
My mother can mend,  
My mother will blend,  
A mixture of joy and song.

To the mothers everywhere,  
Will you know that we care?

And my mum she's the best,  
I wouldn't be more impressed!

By Willow Archer

Year 5

## My Love for my Mum

You give me kisses,  
That grant my wishes,  
You give all your love,  
And that is enough,

You make my heart red,  
And I make yours too,  
You always help me,  
When I'm feeling blue,

You care for me,  
When you sense I'm glum,  
And that is all,  
My love for my Mum.

By Yazzi Diacre aged 8



Henry, Reception



Year 1

MY MUMMY IS SO  
SPECIAL BECAUSE SHE  
IS SO KIND AND BEAUTIFUL  
AND SHE IS THE BEST CHEF  
I KNOW! SHE IS MY  
SPECIAL MUMMY

Love Lottie xxxxxx



Year 1



Lucy, Reception





Artist Emma Catherine delivering Super Moon to Lunar Optical owner Jill



@BristolSketcher



Lucy Reeves Motherhood Cake



Card by Rosie Webb

## Calling all knitters, crocheters & crafters!

We'd love to cheer up the tired fence, can you help?

The Friends of Horfield Library are looking for people willing to

create and donate a small piece to cheer up the existing mesh fence as part of the first phase of the new library garden.

**Theme:** Garden (flowers, plants, birds, bees or anything garden related). **Colours:** Bright and cheerful. **Deadline:** Beginning/mid March

**Installation:** We're hoping the big green bins will be moved soon so feel free to hang them yourself or get in touch for drop off/collection of pieces and we'll arrange installation in March.

**For more information contact**

**Sue:** [suefw57@gmail.com](mailto:suefw57@gmail.com) or

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



## News from Glos Rd Central

At the time of *Bishopston Matters* going to press Gloucester Road Central traders are assuming that we will still be in lockdown for March. We do hope that our customers are staying safe and well. We have all been working hard to find the best ways to continue offering the wonderful range of services you are used to. Of course, the essential shops are open every day and we're all used to the various restrictions in place to make shopping safe. Many other shops and businesses, such as our art and lifestyle, health and beauty salons are deemed non-essential and so cannot open to the public. However, every business is finding ways to keep going.

Traditionally the focus for traders in March is Mother's Day and this year it's especially important to show love and appreciation to our mums. A great many women are having to cope with educating and entertaining children at home while working or running a business in difficult circumstances. And the majority of us are unable to see our mothers due to lockdown. For this reason, many Glos Rd Central businesses are offering pampering hampers, gifts and cards.

Finola at Nola Interiors is busy working from home taking orders for Little Greene and Earthborn Eco paint and Ca'Pietra artisan tiles with home delivery. She offers gorgeous Mother's Day gift ideas, including organic scented candles, vases, plant pots, eco blankets and bags; local delivery is available. For updates, see website: [www.nolainteriors-brisol.co.uk](http://www.nolainteriors-brisol.co.uk) or call 07909 308668.



Carla James painting

Nuala Morey Hairdressers is offering 15% off all their Aveda products. Just put in the code SHOPLOCAL when making your order and they'll be sent out the same day. They also offer amazing tips on how to treat your hair – especially those with unruly curls.

Icon Beauty offers lots of gorgeous wellbeing treatments, so if you are looking for a special present for Mother's Day, why not treat your lovely mum to one of their beautiful, gift-wrapped vouchers. They come in a gorgeous, ribboned envelope, along with their stylish brochure and a personalised card. You can buy one online at [www.iconbeauty.co.uk](http://www.iconbeauty.co.uk) or over the phone; vouchers can be made up to any value and used for all treatments for a whole year from the day we are permitted to re-open!

Osn Therapy is offering special Mother's Day hampers from their Bareskin range. Owner Bridget has been working on a wide range of her gorgeous handmade natural products which can be found online: [www.osntherapy.com](http://www.osntherapy.com).

Catch the Moment can create original gifts by working with family favourite photos and transforming them into caricatures or fine art images (including water colour, oil painting, impressionist of impasto styles). Visit their website: [www.catch-the-moment.com](http://www.catch-the-moment.com).

Paper Plane, Room 212 and Art & Chocolate all have a wide variety of gifts and cards by Bristol artists which you can have delivered or click and collect. Although the 'Art' side of the shop isn't allowed to open the 'Chocolate' side is open every day – chocolate has been deemed essential – which

is great news! Mariusz Pionka hand-makes all the chocolates and has created hot chocolate bombs and small chocolates decorated with love and hearts. A delicious treat for everyone!

Room 212 loves to support Window Wanderland and this year they've decided to have motherhood as their theme for the month. Many years ago, Window Wanderland creator Lucy Reeves created a wonderful, humorous 'Motherhood Cake Recipe', (cake pictured above). This will be on display in the Room 212 window along with lots of lovely paintings, prints and jewellery. Owner Sarah will be refreshing the windows every Friday when she's there for orders, so do take a look.

Recently architect student Jack Greening – aka Bristol Sketcher – caught Sarah's eye and she invited him to showcase his drawings of Bristol's buildings in the Room 212 online shop. Jack decided to focus on Gloucester Road including a sketch of FED 303, which was instantly snatched up by this successful little cafe. Room 212 framed the A4 picture for them and it now has pride of place on the cafe wall. And at the same time Lunar Optical spotted the beautiful Super Moon painting in the window and realised it would be perfect for the wall of the waiting area of this Glos Rd Central optician's. What a treat to feast your eyes at your next visit!

Local yoga studio Yoga Furie also got in touch with Room 212. Owner, Freia, said: "We wanted to say thank you to all our lovely customers who continue to support the Ashley Down studio now that we are offering yoga sessions online. We love that Room 212 supports talented local artists and we chose beautiful cards featuring our fabulous city and enjoyed writing every single card."

So, as you can see, even though many businesses appear closed, traders are still busy behind the scenes!

[www.facebook.com/GlosRdCentral](https://www.facebook.com/GlosRdCentral)

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**I will walk 500 miles and  
I will walk 500 more!**

Pardon the pun but I couldn't resist when I was contacted by St Andrew's resident Tanya Beachus (pictured) with news of her 1000 mile walk for charity.

On a more serious note, Tanya is raising money for two great Bristol charities: Aid Box Community – a local charity supporting asylum seekers, and mental health charity Maybe Southwest – supporting those in need of low-cost counselling.

Tanya shared, "These two causes are close to my heart as I support a number of asylum seekers to recover from the trauma of their lives and the hardship they face in the UK. I also myself have received charity in meeting my own mental health needs and I just want to help others as I myself have been helped."

Come wind, rain or shine Tanya will be walking every day to achieve her target of 1000 miles (or more) with an aim to raise £1000 (or more) in the process. She would be most grateful if any of you lovely, local people could help her in supporting these two worthy causes by pledging 1000 pennies (or more). [Please visit www.gofundme.com/help-tanya-help-those-in-greater-need-of-support-to-donate.](http://www.gofundme.com/help-tanya-help-those-in-greater-need-of-support-to-donate)

Tanya is well on target with her walking goal having already clocked up 110 miles by the end of January!

"I walk for health and wellbeing. I hope my walking can bring wellbeing to others."

*Rebecca Ramsden*  
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## A great accountant is there all year round...not just at year end!



There's a common misconception that accountants are only there to 'do the books' at year end, but as Damian Evans, Partner at Evans Entwistle explains, Chartered Management Accountants have had a far wider role to play in the recent pandemic.

Coronavirus has had a deep and profound effect on the economy but in these trying times we hope that we have been a sounding board – an agony aunt even – for local businesses affected.

We have seen clients who had put their life into their business, only to suddenly find themselves with no revenue stream, and no income. We listened to their concerns, and then proactively signposted each one towards the most appropriate way forwards for their circumstances, be that one of the national government funded schemes, or more tailored grant support offered for their specific sector. When it comes to such grant applications, knowing how to 'present the case' is often half the battle, and that's where our experience has meant we have assisted clients to tap into all Covid-19 funding streams.

Cashflow has also been a common topic of conversation with clients lately; when cash is tight, your customers may take longer to pay, meaning that you take longer to pay your suppliers – a domino effect on

the whole economy. Added to that is the fact that many businesses took HMRC up on the opportunity last year to defer taxes such as VAT – but of course those dues are set to be repaid this year, despite the fact that the country is by no means out of the 'lockdown' woods yet. On that front, we've been negotiating Time To Pay arrangements with HMRC to ease clients' immediate cashflow woes and helped SMEs to secure Bounce Back loans and other forms of finance to manage working capital.

On the general taxation front, we expect to see a sharp rise in tax investigations this year – the Government has spent in excess of £300 billion tackling the crisis, and with immediate tax hikes being rather unpalatable, HMRC may well instead look towards investigations to start to repair the fiscal deficit.

But it's not all doom and gloom – for us it has been heartwarming to see how so many businesses have positively evolved during the pandemic, from taking their businesses wholly online, starting home delivery services, or pivoting entirely to take their company into a different direction, and we've been proud to assist here again with the development of strategic plans and financial forecasts to support their new ideas.

What our years of experience tell us is that SME business owners are resilient...and we very much see our remit helping them not just survive these trying times, but also to recover and thrive again.

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## Update from Horfield Dental Care

We hope that you are all coping well during this difficult period. It's been a challenge for all of us since the very first lockdown almost a year ago, however, much like everyone else, we have adapted the way that we provide our service in order to ensure the highest standard of patient and staff safety. It has been very reassuring, since re-opening for face-to-face appointments in June 2020, that we have been able to provide our full range of services with no reported cases of Covid-19 transmissions within our practice.

We would like to sincerely thank you all for your patience regarding the safety measures that we have put into place.

If you are already registered with us or if you are looking for a dentist, then please contact us if you are due/overdue for your dental check-up.

### How are you feeling about your smile?

Over the past year we have had many enquiries from people wanting to improve their smile. As always, we have been looking at new, innovative ways to help you receive safe and convenient access to our team of experienced clinicians.



We're here to give you the best care possible and to make you feel confident about your smile again.

Our dentists are here for you with our popular free virtual 'Smile Consultations'. These give you access to an informal chat with our dentists where you can discuss your cosmetic concerns and get detailed, personalised information on the options available to you. Lockdown does not need to stop you from taking the first steps to getting that healthy, confident smile.

Scan the QR code below or visit our website and follow the online 'Smile Consultation' link to secure your free consultation today.

Tel: 0117 9513026

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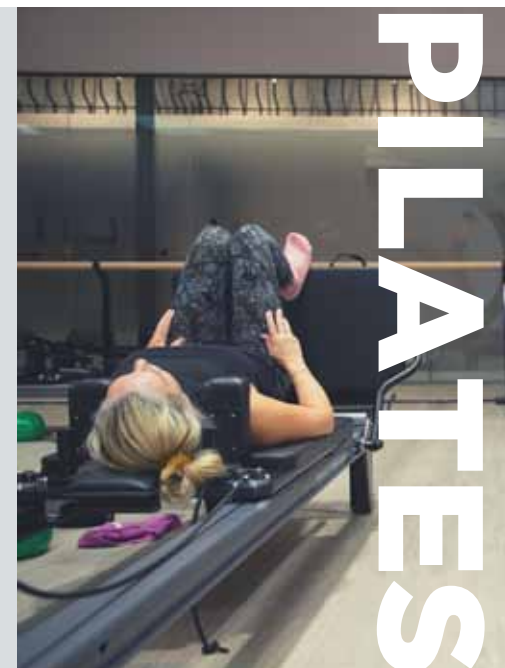
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**The Misfits Theatre Company** is very grateful to be nominated for the Co-op local community fund this year.

Co-op members can select to support them from now until October 2021. Simply join online at [coop.co.uk/membership](https://coop.co.uk/membership) or by downloading the Co-op app; the link to their cause profile page is <https://memberships.coop.co.uk/causes/45070>.



Misfits is a Bristol based charity proudly supporting people with learning disabilities by offering creative workshops spanning movement, poetry and drama. The workshops provide holistic support that improves wellbeing, supports independence and encourages fulfilled and healthy lives. The work they do helps people with learning disabilities express themselves and create connections with each other and their community, decreasing anxiety, loneliness and isolation.

**"Having the online workshops is great as I would really miss everyone and feel lonely, and I know my friends would too. I am glad we get to see each other every week."** Beth, Misfits member.

"Thank you to everyone who selects us, you are amazing!" Helen Watts, Community Fundraiser.

## Letting imaginations run wild with My Ideal School

It is every child's dream – a school where slides, escalators, unlimited ice cream and doughnuts, Michelin-star dining and micro detentions are the norm, so when Fairfield High School (FHS) launched its annual Year 7 competition about what students would change if they ran the school, it was, as always, entertained and impressed by the imaginative and creative entries.

In this somewhat sombre world, FHS was delighted to see so many young people take themselves off on this fantasy journey.

A big congratulations to Oscar Smith (pictured right) for his winning poem (opposite) and fantastic take on what his Ideal Fairfield would look like.

Oscar comments: "I was inspired to write this poem when I heard of the poetry competition. It is about my dream fantasy of what I would want the school to be like. It's a silly and light-hearted poem but what I expect would be a vision of every pupil's ideal school."

"I enjoy English because of the creativity and imagination you can use to write whatever you want."

### My ideal Fairfield by Oscar Smith 7N

*If there was one thing I could change about the school that I work in, I would make our long textbooks a little bit more thin.*

*But jokes aside, woe betide those who don't pick this school, for when they find all the fun we have they'll feel jealous, they will drool.*

*Slides and lifts on every floor, in corridors pupils shall run but my presidency shan't end there, it has only just begun.*

*Practicals only science, time to chill when your work is done, and a Michelin star restaurant serving free doughnuts and a current bun.*

*There'd be stampedes in the corridors to get to lessons first, and instead of the other way, last would be the worst.*

*We would get an Ofsted outstanding every school inspection, and this technique would be adopted at the next election.*



*So you see how fun it will be if we let pupils make the rules, how it would be, how it enthral, give the voice to your future.*

Donavan Shand, Achievement Coordinator for Year 7 comments: "I run this competition every year, finding that the creativity never fails to amaze or put a smile on my face. I chose Oscar as this year's winner because not only was I impressed with his novel ideas, but the fluidity was outstanding. When Oscar returns to school, we look forward to presenting him with a prize, which might even stretch to a free doughnut or two!"

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- Former Parent



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## News from the Goldenhill Community Garden

Hi everyone,

I'm writing this is February so I don't know if we'll be open, running our holiday clubs or toddler groups – or what we'll be offering BUT there are some things we can hopefully be sure of. We start planting our first seeds in mid-February – we're lucky to have polytunnels so the seedlings can get enough light while the days are short and we use heated mats to get our first chillies, tomatoes and aubergines germinated and off to a good start. Seeds started indoors can often be leggy and weak through lack of light so don't worry if you haven't done yours yet, there is still plenty of time.

In March we go great guns with the seed planting until all the benches and surfaces are covered with trays and green babies. Short of a miracle, we won't be having a spring fair again this year but we are aiming to have a socially distanced **plant sale on Saturday 9 May**. We'll have all sorts of veg seedlings, flowers and herbs available, so if you've still not got around to planting seeds by then don't worry – come and buy some of ours!

We were able to stay open this winter with small groups of distanced volunteers coming and getting the essential jobs done. It's a great time for fixing broken beds, painting signs, clearing rubbish and giving the soil a really good compost mulch.



We decided about two and a half years ago that some of the bed numbering was really confusing and we've finally got round to making a gorgeous set of new signs with letters on instead of numbers – so either we will be less confused or just confused in a new and novel way!

We celebrated our ninth birthday in February in a very muted fashion but there WAS cake and we look forward to having a proper bash when we hit the big '10' next year!

Even though the days are brightening and green shoots are pushing through the soil in the garden, it is not officially spring until the frogs have spawned in the pond. They have always arrived sometime on or just after Valentine's Day. We've no way of knowing how many of our frog babies that we raised in the bath from last year managed to survive the rest of summer and escape the perils that can befall a tiny frog on a big allotment site.

They won't have reached maturity yet and so won't breed this year, so I'm not expecting an increase in numbers or to recognise any familiar faces but we do plan to get involved again. If we can save some spawn from being munched by the newts and fish, then hopefully in a few years we'll start to see the numbers going back up again. Also, we get all the joy of watching the tadpoles grow up again.

So, in conclusion I've got no big or exciting news to report, except for the usual exciting tiny magic of people working together and of plant material transforming into compost, seeds becoming plants and tadpoles turning into frogs. Woo hoo!

Hopefully, see you in the garden sometime this year!

*Lucy*

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

## My Wild Back Garden – an interesting ramble with Steve England

Recently, we got to catch up with Steve England Outdoor Learning – Steve's the man on a mission to raise awareness of the environmental crisis and maintain and share knowledge of the natural world. Steve, a five-times-award-winning conservation educator, was born just a few doors down from Stoke Park. It was this wild space, the childhood escapades he had with his dad and friends that led him to realise so early on that, one way or another, the outdoor life and the preservation of Stoke Park would be his calling.

Steve has spent his working life dedicated to Stoke Park Estate and the nearby Frome Valley, witnessing and contributing to the many changes aimed at improving and protecting its flora and fauna. Testimony to that is that birds such as Wheatears – not seen in Stoke Park or Purdown for at least eighty years – are back, and new birds – such as Ring Ouzel – are visiting.

Steve recalls that as a child Lockleaze was surrounded by 600 acres of farmland including Wallscourt Farm. He reminisces – "Back then even the playground had animals; I used to feed them before school." He goes on to say that Stoke Park at the time was a part of the NHS Institution and had crops, grazing cows and sheep! A lot has changed since then – including housing developments that have popped up over the years. He feels more than ever now there is an urgency to safeguard this natural landscape – preserve the woods, the history and surroundings so that future generations may appreciate this local wonder.

This commitment to the conservation of wildlife and habitat led him to set up Steve England Outdoor Learning. It enables him to do what he loves best

– to teach and convey his vast knowledge, whether it's about fossils, wild food foraging, geology, history or birds – at all times intertwining his own personal childhood stories and experiences – bringing it all very much alive.

It's at this point he shares probably what is his proudest work achievement – his collaboration with two palaeontologists from Imperial College London, who at the time were writing a global scientific paper on the Bristol coalfields. As a fossil expert, he was thrilled to contribute to the paper and give them

full access to his Frome Valley carboniferous fossil collection – fossils and rocks that tell stories from over 300 million years ago, which he now loves presenting about on his fossil walks.

We asked him how the pandemic has impacted his work – his other business NewLook Gardens has been keeping him busy, but you can clearly hear the frustration in his voice; his courses have been put on

hold over the past months. Though he is quick to add he cannot wait to deliver his varied programme of local workshops that include – Bat walks, History Tours, Foraging and Wildlife walks – from April onwards (restrictions permitting).

In the mean time, do visit Stoke Park, take some time to nurture yourself and take stock of your surroundings – the trees, the habitat, the skies – slow down and cherish a moment in this most beautiful of settings.

**To find out more about Steve England Outdoor Learning workshops and events visit:**

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

**Facebook:** [Steve England-Outdoor Learning](https://www.facebook.com/SteveEngland-Outdoor-Learning)



Steve with his trusty companion Teddy!





# Pet health checks

'Vaccination' will hopefully be the word of the year for 2021. Vaccinating humans is usually a very quick affair with a brief question from the administrator of the vaccine to check all is well, followed by a jab.

For our animal patients who cannot speak for themselves, a vaccine visit to the surgery is accompanied by a full health check examination to ensure all is well. Vaccines should only be given to clinically healthy individuals who can then mount an adequate immune response; we do not want to be vaccinating unhealthy pets as it may cause further problems.

Whether it be your dog, cat or rabbit, annual vaccinations are part of the normal duty of care by an owner and give us veterinarians the chance to pick up on any problems otherwise undiscovered. It also gives us a chance to examine 'normal' healthy animals, knowing the full range of normal as a clinician means we are more able to spot the 'abnormal' when it happens.

What does a health check comprise? First, we ask the owner if they know of any problems or issues they are concerned about, if they have noticed any changes in their pet's physical being or behaviour. We check up on current flea, worm and tick preventatives used.

As our patient walks into the consulting room, we are already assessing their mobility if a dog on a lead. We weigh the pet and compare with previous, a gain or loss can be significant and plotting a graph to follow trends is very useful.

We then do a full head-to-tail examination checking for normal. On the head we look in the mouth, something that many owners are unable to do, particularly looking for dental problems; we check eyes and ears. Over the chest we listen to the heart and lungs and, in the abdomen, we palpate for normality. Any resentment of our probing is followed up in case of a site of pain.

All limbs are checked for their range and ease of movement, the skin is examined both on the top of the back and underneath particularly looking for the ubiquitous flea as well as skin conditions and lumps and bumps.

We check under the tail for any signs of soiling, lumps or pain. And finally, we check that your pet's microchip is in working order as they can fail, albeit rarely, and it is always best to know that in advance so another can be inserted.

Once we are happy we have a healthy pet, we can go ahead with the vaccination. If we do find any

issues this can be discussed with the owner and a plan made to either investigate or monitor. A record can be made of any findings and further check-ups suggested as necessary.

Reminders are sent to our patients one year later asking them to come back to see us again for their next vaccine booster and check.

So, a vaccination for your pet is not just that, it is a full health check and the assurance that you are giving your pet the best of care and proactively checking up rather than waiting for a problem to become apparent.

If you have any questions or concerns about your pet or would like to book them in for a health check and vaccination appointment, please do give us a call.

Wishing you and your pet a healthy year ahead.

**Nicky Bromhall MRCVS**

Veterinary Surgeon, Animal Health Centre



Nicky Bromhall MRCVS

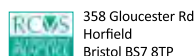


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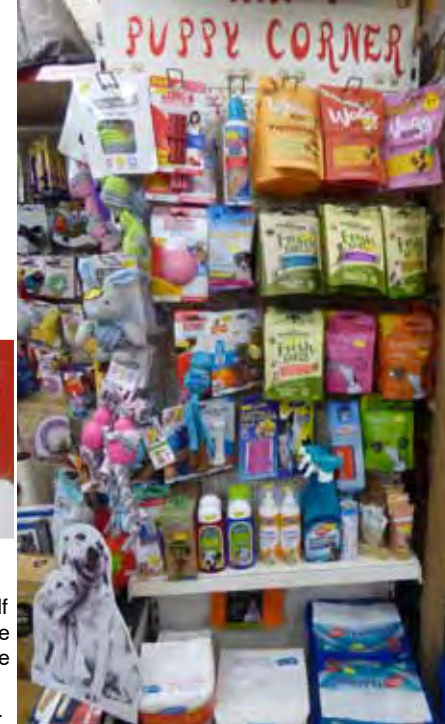
## Puppy Corner at Roxfords Pet Shop

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**Puppy Corner!** To celebrate the large number of new puppies who have recently joined our community, Roxfords has dedicated an area to everything puppy! Owner Sarah told us, "In *Puppy Corner*, we have brought together everything a new pup needs – from teething toys to boredom breakers, specialist shampoos and treatments to treats and training pads! And of course we are on hand to talk through the products and offer any advice needed."

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aid with the training of your young pup (or older dog), Roxfords is pleased to be stocking a range of 100% meat, training treats. The multi-award-winning treats come in a great selection of irresistible flavours, including: turkey, rabbit, beef, ostrich, venison and chicken, all grain and additive free. As well as dry, packaged treats, this pure range extends into whole cow and rabbit ears, calf hooves, rabbit feet and beef biltong. These 100% natural items are great at keeping dogs occupied. They have dental benefits and the treats with hair on act as natural wormers – with the hair picking up parasites and flushing them through. Ask in store for more info.



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**Instagram – [@stbonspreschool](https://www.instagram.com/stbonspreschool)**

**Phone – 0117 3532887**



### News from St Bon's

The start to the New Year wasn't quite what we had expected but we haven't let it hold us back at St Bons!

Keeping our children active, for those in school and those engaging in home learning, is a priority. This term we have an opportunity to take part in a North Bristol school games competition. Each week pupils are given a different challenge such as developing basketball skills. Pupils have a go at the activities and submit their scores. It's a great way to keep fit and have fun on these colder winter days.

Our Parents, Teachers and Friends Association (PTFA) has been very busy planning fundraising activities for the year ahead. For terms 3 and 4 they are planning an exercise challenge. Pupils will be invited to take part in an exciting fundraising challenge where we travel as a school community along a route from Lands End to John O'Groats. Pupils are invited to walk, run, cycle or scooter as part of their daily exercise and register the distance travelled. We can't wait to get started!

### Local & online tutor for children aged 6–11

Horfield resident Liz Romero

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



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.

Please email me on [eromerotutor@gmail.com](mailto:eromerotutor@gmail.com)

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





Improving the gardens outside the Ardagh



Waterlogged and compacted grassed area

## News from Friends of Horfield Common

The new committee are settling in, and beginning to think about what we might do post-pandemic. Also, how the common has been such an important place for everyone throughout the lockdown. The importance of access to good quality green space for all, and for the need for the park to be accessible for all has really been underlined by the pandemic.

The common is showing signs of heavy usage and is heavily waterlogged in parts, which means that there are large areas of compacted grass and in some areas much more mud than grass! The trees have benefitted from some annual maintenance but there are increasing amounts of graffiti and problems with bins (many asking for more to be installed as we have lost several over the summer

because they were being used by people to dispose of domestic waste and/or they were being used to dispose of human waste). We are talking to Bristol City Council to see how these issues can be improved and hope to be able to provide an update in the next issue.

Volunteers are continuing to work (in line with volunteering restrictions) with Ardagh Community Trust on improvements to the public gardens at the Ardagh. The aim of this work is to bring the full site back into use for the local community; volunteers working on this project have been making links with other gardening and community gardening groups in the local area, and have exciting ideas for a new, tree trail highlighting some of the interesting selection of trees that we have on Horfield Common. There have been several new trees planted on the Common by the BCC Trees Team this year, which is very welcome. There doesn't seem to be a clear link between BCC Trees and FoHC at the moment so we aren't told that this planting will be taking place; again, it's something to hopefully 'join up' in the future.

### Love the Common? Please join us!

Before we can start to think about new practical work parties or starting up regular litter-picking sessions – or indeed any new projects to help improve the common – we need to recruit some new committee members including local park-users who are interested in (and able to!) administer the group. We also need someone who has skills in social media and communications to help us keep in touch. If you are interested in volunteering locally, and have time to help run the Friends group, please get in touch via the website [www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com) which will – by the time you are reading this – have a fresh new look. We'll be migrating a lot of the content from the old website over the next few months and look forward to launching a website that celebrates the achievements of the Friends group to



Planting the willow dome

date. There is a lot of fantastic stuff, including walking and running routes, tree planting plans, wildlife plans, hedgerow planting plans, and more. And we're just starting to look at the comments from the park users survey undertaken in the summer. So, there is lots to do!

It is wonderful to see so many local people using and enjoying the park every day. Thank you to all who are continuing to stick to 'the rules' and to use the park safely. We are getting a sense of some of the issues raised when people don't use the park respectfully and starting to think about how we can – as a Friends group – best use our time and energy to help ensure that the common continues to be a wonderful public open space, available for use by all – and well looked-after. The Friends group has been the catalyst for significant improvements to the park over the last fifteen years. If you love the common and think that it is an important asset for the local community, please consider joining us as a volunteer committee member.

Horfield Common is an important public green space which seems – before the Friends group was set up – to have been frequently overlooked because of its awkward position across the boundaries of three wards. We are committed to ensuring that the whole common is protected and enhanced for the benefit of the local and wider community and making sure that the community's voice is represented in all aspects of the management of the park.

We look forward to keeping you updated.

**Facebook: Friends of Horfield Common**  
[www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com)

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## News from the Ardagh Community Trust

**Public garden grant secured!** Watching the improvements to the public gardens beginning in earnest has been one of the joys of the last year. The gardening group is the one volunteering group that we are able to keep running under the current restrictions.

We are delighted to be able to confirm that we have successfully secured a £20,000 grant from the Postcode Lottery Trust! This money will support the costs of improvements which can help to make the external spaces more useable for a wider range of people. The funding will also pay for the costs of a gardener to work with the volunteer gardening group to help develop the gardens at the site. In addition to these improvements, we are working with the new Social Prescribing coordinator for the local area (based at Southmead Development Trust) to explore how we may be able to develop opportunities and activities for specific groups which make use of the public gardens, and potentially develop opportunities for volunteering, learning and skills development, and gardening for wellbeing.

**Creating a garden for all** – Our existing gardening volunteers have been doing incredible things to increase the amount of space within the Ardagh that is useable for local people – including a new orchard area, a wild area with living willow structures and planting which brings colour and texture to the public gardens inside and immediately outside the site.

**New tree trail** – there is a fantastic new tree trail in development and lovely new planting at the front of the site which is welcoming and has provided enjoyment for lots of park users during the lockdown period. Thank you very much to all the great local volunteers who are contributing their time, energy

and ideas to the improvement of the Ardagh for the benefit of all.

**Growing space** – Following the end of the capital project to create the year-round cafe and community

hub, new signage will be installed over the next couple of weeks and areas of the site which have formally been part of a building site will be open again. It's great to see areas of the site which have previously been underused coming back into use, so that these will be available for a wider range of activities once lockdown lifts!

**Thanks to all** who are continuing to use and enjoy the cafe and the wider facilities. We are able to keep the cafe and the public gardens open for takeaway only through the lockdown period, but are continuing to monitor this and will continue to respond to emerging changes in guidance.

We look forward to being able to get back to some kind of normality later in the year, but in the meantime continue to plan for post-lockdown and future improvements to the facilities for the benefit of the local and wider community.

To keep up with all the latest news, please see [www.theardagh.com](http://www.theardagh.com).



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## Garden Structures

Garden structures can do wonders for your garden, and range from gazebos, pergolas, arbours and arches to children's wooden forts, tree houses, pavilions and outdoor kitchens. If you have a need for something functional, beautiful and useful for your outdoor space, there are an abundance of ideas out there.

At Secret Garden we enjoy designing bespoke structures that utilise a space, so that the owner can have easier access to enjoying their garden. A pergola could be in a corner of a garden with a vigorous grapevine winding over it, giving shade to diners below; or it could be a tall structure jutting out of the side of a house with rambling roses, balancing out the height of the wall. Pergolas could be built over patios, decking, a lawn or pathways.

Gazebos are small buildings that give a wide view of the surrounding area. They could be used as a viewing platform or perhaps as a summer house. While I write this in the darkness of winter the thought of reading a book in the shade of a gazebo on a hot summer's day is very inviting.

An arbour or garden alcove could be made out of wood or planted and woven with living willow, allowing plants to grow over the framework. Seating in a garden is always key, somewhere to enjoy lunch with loved ones, or to appreciate the setting sun, depending on the aspect of your garden.

A timber constructed outdoor kitchen, pavilion or bar can be an exciting addition to your garden. Our warmer summers deem a barbeque or clay pizza oven essential for weekends spent outside. Personalise these spaces, play with colour, and make them your own with decorations, lights, shelves, art works, signs and soft furnishings. If you can't have plants in the ground then use pots. Containers of herbs growing by the cooking area is a must. Cut a bunch of rosemary and add it to the barbeque, direct to the coals or use the strong woody stems as kebab skewers. Other herbs can be tossed in salads or used in the meat preparation.



Timber children's play areas can include forts, bridges, ladders, rope swings and crossings. These could be constructed using trees already in situ in your garden, so that they blend in with their environment. Knowing that our children are playing safely in the garden gives us more time for our work/life balance.

Gardens large and small can benefit from structures. Vertical planting creates an illusion of a more spacious area even if your garden is tiny. Whatever your needs, let us help you find the magic in your garden!

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

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## News from the green room

We do not know when we will be able to open our salon doors again but we do know we can't wait to see all of our lovely clients again when we can!

### Team news!

We are delighted to share senior stylist Karen had a beautiful baby girl – Florence Betty at the start of February. Karen will be returning to work at the start of July 2021.

Our junior Ella gave birth to a lovely little girl in January and is doing well. She hopes to re-join the Green room team to finish her training in due course.



The rest of the team are trying to keep busy during lockdown and are all looking forward to returning to work.

**We send warm wishes to all of our clients and hope you are staying safe and well.**

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

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



## Happy retirement, Peter!



It is time for us to say goodbye and good luck to Peter from Art @ Bristol.

For the last 20 years Peter has been enabling our budding and established

artists to get their art materials right here locally on Gloucester Road.

Sadly, the shop is now to close, but to mark the occasion Peter will hold a retirement sale (post lockdown) on Brushes, Oils, Acrylics, Watercolours and Canvases, and also paper and card.

**“Dear lovely patrons, Thank you for your custom and support over the years, but the time has come for me to ride off into the sunset. I shall no doubt miss you all and this local buzzing community. I now look forward to being on the other side of the counters, when we are doing our shopping down Gloucester Road.”**

*Peter Probyn – Owner of Art @ Bristol*

He invites you to pop in to say goodbye at the retirement sale. [www.artatbristol.co.uk](http://www.artatbristol.co.uk)

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## Our street scene

The Bishopston, Cotham and Redland Street Scene Volunteer Group (BCR Street Scene) are very pleased that the Gloucester Road Co-op shops have chosen us to be one of their three nominated causes. **Co-op members can select to support us between now and 23 October 2021.**



The more members who select us and shop with the Co-op, the more funds we will receive. You can join online at [coop.co.uk/membership](https://coop.co.uk/membership) or by downloading the **Co-op app**.

The link to our cause profile page is <https://membership.coop.co.uk/causes/51244>

A lot of us care about the environment but don't always know where to start. There are the large global issues and then there's the local area in which we live – the streets we walk through each day, the buildings we pass and the roads we drive down. When you really look around what do you see that could be better managed? Litter? Waste bins? Graffiti tagging? Fly posting? Dog fouling?

BCR Street Scene are a group of volunteers that attend to all these issues, that go out each day to work on making Bishopston a more pleasant place to live, and we need your help please. And we need it now...

### Look at what we do:

- Report overflowing bins, fly tipping, graffiti tagging, potholes, dog fouling and road sweeping issues to the council
- Pick up litter and arrange council and community clean-ups
- Get permission from owners to paint out or clean off graffiti tags
- Work with the universities on issues around students and their landlords
- Remove fly posting and the glue it leaves behind
- Cut back vegetation that overruns onto pavements

But you can help in many ways too. You can take some actions in your street or local area by reporting issues to the council or other organisations. If out and about and you see a new street scene issue and you don't know how to report it, please email us. The group will know how to get owner's permission and how best to get it cleaned.



If there are bins that overflow or inappropriate images that your kids have to walk past – let us know. Or learn how to report it or do it yourself, we have information sheets to assist with this. Even better, why not join us for activity hours? (Once COVID issues are less restrictive).

**Our work brings people together after isolation, promotes social interaction and responsibility. It brings pride back to our area.**

**We have no other source of funding except individual donations so please help fund us**

- by joining the Co-op as a member,
- nominate us as your 'good cause'
- shop with the Co-op.
- once you have nominated us, we get the benefit whichever Co-op you shop in.

**To find out more about this fantastic community group, or if you are interested in volunteering to help us to improve our environment please visit the Bishopston, Redland and Cotham Community Partnership website [www.bcrpc.org.uk](http://www.bcrpc.org.uk) → Local Group Pages → Street Scene. Or email us [streetscene@bcrpc.org.uk](mailto:streetscene@bcrpc.org.uk)**





© Jon Hawkins



The Avon Wildlife Trust is the largest local charity working to protect wildlife and inspire people in the West of England. They care for 30 nature reserves – from ancient bluebell woods to Iron Age forts, nationally important wetlands which are a haven for rare, wading birds, and wildflower meadows. They have worked locally with Gloucester Road traders to create a bee pathway and delivered My Wild Child Sessions on Horfield Common.

Their educational and community programmes help people of all ages connect with and benefit from the natural world around them – and take action themselves to help nature's recovery.

2020 was tough on all charities so I know anything we can do to support them will be much appreciated.

And getting involved with The Avon Wildlife Trust is good for our us too; it ticks all of the boxes for the Five Ways to Wellbeing: it enables people to **Connect** – with nature and people; **Be active** – get outside to garden and walk; **Take notice** – observe plants growing and the natural changes in season; **Learn** – all about our local natural world and how we can support it, and there are plenty of new skills to be learnt too; **Give** – your time and/or money to support the charity. In truth, the list of benefits with connecting to the natural world is endless.

Below are some ideas of activities that you may like to get involved with this year, but if none of these take your fancy, please do visit [www.avonwildlifetrust.org.uk](http://www.avonwildlifetrust.org.uk) as there is sure to be something there that will inspire you to get involved.

**Get planting!** Planting wildflowers in gardens is a great way to connect with nature. Seeds or plants can be purchased from Grow Wilder online store [www.growwilder.co.uk](http://www.growwilder.co.uk) or at their site in Stapleton.

**Volunteer!** COVID-allowing, the trust is planning to reboot their volunteer opportunities in 2021 with new openings in food growing, wildlife gardening, habitat management and also for their café which should hopefully be opening in spring. People can sign up for announcements at [www.avonwildlifetrust.org.uk/form/sign-up-to-volunteer](http://www.avonwildlifetrust.org.uk/form/sign-up-to-volunteer) or by following the Facebook page: AWTGrowWilder

**My Wild Child video sessions** – Unable to run their usual outdoor sessions with little ones due to COVID, Avon Wildlife Trust quickly adapted and created My Wild Child nature connection video sessions instead. Each of the videos incorporates something for every kind of learner – so far those viewing the videos have learnt about the importance of trees, looked at leaf shape and colour, followed a magical story about rainbows, made their own pair of owl eyes, and met Crinkle the friendly leaf. There is so much just waiting out there for everyone to explore, and it's more important than ever to get outside and connect with nature during this time of uncertainty.



To watch these free video sessions, and get some ideas about connecting with nature with your little ones visit: [avonwildlifetrust.org.uk/mywildchild](http://avonwildlifetrust.org.uk/mywildchild).

**Facebook:** [www.facebook.com/groups/mywildchild](https://www.facebook.com/groups/mywildchild)



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## Orchard fruit trees seeking buddies

One lesson to carry into 2021 – humans are not separate from nature. Orchards are an example of a living relationship between human culture and nature. The wild ancestors of fruit trees form small, sour fruits – think crab apples. Why are there thousands of apple varieties? It's because gardeners in the past had a passion to grow fruits with better qualities and different characteristics.

For members of Horfield Organic Community Orchard (HOCO) another lesson came about as an unintended experiment. Many orchard members have Tree Buddies – trees they volunteer to look after over the year. HOCO has more trees than members. During 2020 there wasn't the person power to give every tree the care it needed. Several trees were totally neglected. Others were regularly watered, with their problems and pruning attended to. The less fortunate trees showed early signs of water stress and suffered more from pests and diseases. Steadily cared for trees gave a good crop of quality fruit and made healthy new growth.

HOCO members were disappointed the traditional, community Wassail couldn't take place this January. "We know this popular winter event is dear to the hearts of many in our local community," says Shannon Smith. "The good news is the trees aren't going



HOCO Fruit Tree Sale, October 2020

anywhere! They, and we, will spring back into life later in 2021, when we hope to welcome our neighbours into the orchard again. Meanwhile we invite readers to support the orchard by joining as members."

HOCO is open to new members for the new growing year. Active members are buddied up with a tree or two. Supporting members help keep the orchard financially afloat. Active members benefit from working outdoors in a gorgeous, green space. They also learn how to look after fruit trees, and enjoy a share of the harvest. Spending time in the orchard – mulching, weeding, watering, pruning and harvesting – sustains the trees and the people who care for them.

Find out more: [www.community-orchard.org.uk](http://www.community-orchard.org.uk)  
Phone: 0117 373 1587



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## Young Carers Action Day: Protect young carers' futures

Did you know that many local children and young people are caring for someone at home? Young carers are just kids, yet they care for someone at home who could not do without their help. The average age of a young carer is just 13 years old, and some are as young as 8.

Local charity, Carers Support Centre, is raising awareness for Young Carers Action Day, which is on 16 March. The charity supports young carers with assessments, one-to-one and family support, groups and activities.

Young carers carry a heavy responsibility, caring for sick and disabled family members. They are often

anxious, isolated and lonely; fall behind with school work and are bullied.

Local carer Tasha was supported by Carers Support Centre's young carers service when she was a young carer. She said:

"The support and respite were incredible, and everyone was so encouraging. Without Carers Support Centre, my life would have taken a completely different path. They gave me a voice and made me feel listened to. The charity gave a lot to me and I wanted to give back, so I now volunteer for the young carers service."

This year, young carers want the day to be about their futures. They aim to highlight the incredible skills they have developed through being a carer – like resilience, time-management, organisational skills and empathy. These are all important skills, not just for young people moving into higher education – but also for those looking to enter the workplace. What's more, they are skills highly sought after by employers.

Carers Support Centre asked some of their young carers what they thought about the theme:

"People don't really think there's anything positive about being a young carer, but there is."

"You do learn a lot from caring, it's the responsibility you get from it mainly. And you learn to do things yourself without needing another person to help you out with it."

To mark Young Carers Action Day, Carers Support Centre is making a short film for local schools. In the film, those who were once young carers will share their experiences of caring and how they have achieved their goals. The films will highlight the skills of young carers, and inspire them to follow their aspirations.

If you know a young person who looks after someone at home, please visit the Carers Support Centre website to learn more about their services and how to make a young carer referral:

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



## News from Orchard School Bristol

Staff at Orchard School are so impressed with all the home-learning that students have been completing. Pupils are sending in amazing work and photos of home-learning from across the year groups and subject areas. Students send in photos of incredible maths work, extended pieces of creative writing, pictures of delicious-looking food technology outcomes, brilliant humanities responses and wonderful, high-level scientific work.

The school recognises that some students find full days at a screen too much, so they have set a variety of home-learning. They aim to blend online work with learning which can be done away from a screen.

Year 7 have been studying the work of Sonia Delaunay in their Art lessons. Sonia Delaunay was a French artist who worked with geometric shapes and bright, bold colours. This style and movement is known as Orphism and an example of their work can be seen below.



Year 10 have been exploring chemigrams to make landscape compositions. Some have been working with darkroom techniques to create these pieces. Leo S's work can be seen here. Students have been studying Ovid's Metamorphoses in English, and even produced some

incredible illustrations to accompany their work.

Additionally, Year 9 students at Orchard can choose to undertake the Duke of Edinburgh (DofE) award. This is a real area of strength at Orchard. Prince Edward, the Earl of Wessex, came to visit Orchard to celebrate the school's achievements last March. It is hard to believe that this visit was on 11 March 2020, just one week before lockdown! The pandemic hasn't stopped Orchard's young



Meredith R, Yr 9,  
Duke of Edinburgh  
volunteer

Damian M,  
Yr 9, Duke  
of Edinburgh  
volunteer



people from having the amazing opportunities which the DofE offers, and Year 9 students who started gathering evidence and volunteering for the award have kept it going – even through lockdown!

They have stayed safe and made sure they are keeping to all Covid-related laws and guidelines. They are making an amazing contribution to our community and deserve praise and recognition.

Students have to develop new skills as well as give their time to the local community on a voluntary basis. They have to complete at least an hour a week of volunteering, to a high standard, to complete the award. Here we are showcasing both their skill development and their volunteering efforts. Activities have included litter-picking in the community; volunteering on Zoom with the local Brownies and Scouts; volunteering with the with Avon and Somerset Search and Rescue Team in Cheddar Gorge (this has been postponed during the lockdown); volunteering with the Zooniverse project, assisting professional researchers online online; and one Orchard student has been walking his neighbour's dog, as the neighbour is shielding.

Some of these young people are also Young Carers. This is a particularly challenging time for Young Carers and they are making a clear and impactful contribution to their families and the wider community.

Left: Huba H,  
Yr 7, Art

Right: Matilda I,  
Yr 7, English.





# Five Ways to Wellbeing

The Five Ways to Wellbeing is a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population.

Many of you may already be aware of the Five Ways to Wellbeing but as we continue to face daily challenges living within a pandemic, we thought now would be a great time to be reminded of them and their benefits.

The definitions in this article have been taken from [www.mind.org.uk](http://www.mind.org.uk) but Bishopston Matters has adapted the lists to signpost you to some of the amazing support and opportunities that are available in our local community. We hope this might inspire some of you to embrace what we have on offer locally and do something new this year.



## Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Speak to someone new – perhaps talk with a shop keeper when visiting Gloucester Road, or enjoy a coffee and chat at the Ardagh Community Hub, they are such a friendly bunch (see page 40)
- Listen and interact with local BCFM community radio, read more on page 10
- Contact the Goldenhill Community Garden and join them when they can welcome new volunteers again (see page 32)
- Join the Gardening for Well-being group at The Vench (see page 16)
- Join FoHC Fridays Gardening club. For more information gardening group facilitator Steve would be happy to talk to you on the first Friday of any month (10am–12pm)
- Get involved with Steve England Outdoor Learning, at Stoke Park, see page 33



## Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Get cycling with the support of Life Cycle Bristol who provide courses to suit all ages and abilities [www.lifecycleuk.org.uk/getcycling](http://www.lifecycleuk.org.uk/getcycling)
- Join local gym – BS7 Gym (page 2), Trainhers (ladies only gym, page 20, they have lots of online sessions and support available)
- Download 3 suggested walks to introduce you to Stoke Park [www.bristol.gov.uk/museums-parks-sports-culture/stoke-park-estate](http://www.bristol.gov.uk/museums-parks-sports-culture/stoke-park-estate)
- Follow the 5K running trail marked by waymarker posts on Horfield Common. You can view a map of the run on their website [www.friendsofhorfieldcommon.weebly.com](http://www.friendsofhorfieldcommon.weebly.com)
- Take up Pilates or Yoga (Soul Pilates page 29, [www.yogawest.co.uk](http://www.yogawest.co.uk))
- Take up bowling (when restrictions allow), visit [www.bsabowls.co.uk](http://www.bsabowls.co.uk)

## Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.



Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your

own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Read the informative notice boards in St Andrew's Park and discover things you never knew about this historical local gem
- Plant some seeds in a garden or window pot and watch them grow (Avon Wildlife see page 44)
- Take a stroll around Window Wanderland 2021 (see page 14)
- Download the free Redland Green Tree Tour at the Google Play store: [https://play.google.com/store/apps/details?id=com.flutterdeveloper.redland\\_green\\_trail](https://play.google.com/store/apps/details?id=com.flutterdeveloper.redland_green_trail) or Apple Store: <https://apps.apple.com/us/app/redland-green-treetrail/id1511416301?ls=1>
- Follow the woodland sculpture trail in Stoke Park [www.facebook.com/stokeparksulpturetrail](http://www.facebook.com/stokeparksulpturetrail)
- Sign up for the Hub's Wellbeing Passport and record your own feelings and progress (see page 16)



## Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your neighbours
- Take part in Window Wanderland 2021 and learn new creative skills [www.windowwanderland.com](http://www.windowwanderland.com) (see page 14)
- Visit [www.avonwildlifetrust.org.uk](http://www.avonwildlifetrust.org.uk) and find an area that interests you (see page 44)
- Join the U3A University of the 3rd Age ([www.u3a.org.uk](http://www.u3a.org.uk))
- Discover more about local history – visit [www.bristol.gov.uk/planning-and-building-](http://www.bristol.gov.uk/planning-and-building-regulations/know-your-place)

[regulations/know-your-place](http://www.bristol.gov.uk/planning-and-building-regulations/know-your-place). Know Your Place is a website that allows you to explore your neighbourhood through historic maps, images and linked information.

- Become a Tree Buddy at the Horfield Organic Community Orchard and learn new skills (see page 45)

## Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Here are some ideas that support local life

- Donate food items to the North Bristol Foodbank, there are local collection points [northbristol.foodbank.org.uk](http://northbristol.foodbank.org.uk), see page 13
- Look into joining or volunteering with a local group, the Ardagh Community Trust (see page 40), The Bishopston, Cotham & Redland Street Scene Volunteer Group (see page 43) or the Moggery Bishopston [www.themoggery.org.uk](http://www.themoggery.org.uk)
- Support a local group helping homeless people and Asylum seekers, read the article on page 13 for full details
- Donate surplus bras to the Bra Bank at the Hub, Lockleaze (see page 16)
- Become a Friend of The Goldenhill Community Garden and support their fantastic work by donating just £2 a month (see page 32)
- Buy a refurbished bike from Life Cycle based in Horfield Prison [www.lifecycleuk.org.uk/bike-recycling](http://www.lifecycleuk.org.uk/bike-recycling)
- Donate to local fundraisers featured in this magazine on pages 6 and 26
- Volunteer with Can Do Bristol – Bristol City Council is working with community organisations to match volunteers to citizens needing a range of help from befriending to shopping to dog walking and more. [www.candobristol.co.uk/activity/c19-winter](http://www.candobristol.co.uk/activity/c19-winter).



# News from Ashley, Bishopston & Redland Councillors

## Bishopston ward

**Coronavirus advice** – For Coronavirus advice, we encourage everyone to regularly visit [bristol.gov.uk/coronavirus](https://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. While rollout of the vaccines is very good news, please still follow the rules, such as continuing to follow social distancing, wearing a face covering, washing hands, using the NHS app, and taking part in the test and trace programme if necessary.

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

**E-Scooter trial** – The trial of hireable e-scooters that has been taking place in central Bristol has been extended to include our area. The scheme, from company Voi, involves electric scooters that users can hire for a £1 fixed fee + 20p per minute. The scooters can be used in a wide area covering central Bristol and are envisaged as a new, low-carbon way of getting around.

To ensure safety the scooters are limited to 10mph, and all users must have a driving licence. The scooters should only be driven where bicycles can go, so not on the pavement. Also, like bicycles, wearing a helmet is optional but strongly encouraged.

The scooters are dockless, which means they can be left at convenient locations on the pavement. However, they should not be obstructive, and Voi's team travels the city daily to ensure this. Issues with bad parking can be reported here: [voiscooters.com/report/uk/](https://voiscooters.com/report/uk/)

We would be interested in hearing from residents about their views on the trial. Are the scooters being driven responsibly? Are they being left in appropriate locations? Are they in convenient places when you need them? We will feed your views back to the Metro Mayor, who is leading on the trial.

Finally, please note – all other e-scooters remain illegal for use on both pavements and roads. If caught using a non-Voi scooter the scooter may be confiscated and ultimately destroyed, with penalties for the rider.

**Fairfield School** – Congratulations to Fairfield School, who have had a very successful fundraiser to buy laptops to loan to families who don't have suitable devices at home, enabling pupils to access the curriculum during lockdown. More than £6000 was raised from the school community and is being spent on laptops and dongles.

**Oak tree on Ashley Down Road** – Residents are understandably concerned that a large oak tree on Ashley Down Road, next to the Down View flats, is to be felled. There have been rumours that this was because of damage to a nearby garden wall, but that is not the case, the damage to nearby properties is much more extensive. No one wants to see a beautiful mature tree felled, least of all the council's experienced tree team, and they have been carefully considering all the options to avoid removal. If felling is necessary, as the only way to alleviate the significant continuing risk posed by the roots of the tree to the adjacent house, the tree will be replaced nearby as soon as possible.

**Parks** – In the current lockdown, parks should only be used for exercise once a day, and your nearest park should be used. Major parks such as Stoke Park, Ashton Court, Blaise Castle and Oldbury Court are becoming very busy at peak times and are extremely muddy in places. Please act responsibly and use your local park for your daily exercise.

**Vaccination scams** – Be on your guard for scams linked to the Coronavirus vaccination. Bogus text messages are in circulation, which claim to be from the NHS, that tell people they are eligible for the vaccine and then ask them to provide payment details. Please be aware that the NHS would never ask anyone for their bank details. Look out for spelling and grammar

**Please get in touch if you have any questions:**

**Tom Brook, Labour Party**  
[Cllr.Tom.Brook@bristol.gov.uk](mailto:Cllr.Tom.Brook@bristol.gov.uk) / 07584 370 425

**Eleanor Combley, Green Party**  
[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk)  
07584 370 427

## Redland Ward

### More improvements for Redland Green

We've been worried by the state of Redland Green. Parks and play spaces like this are more important than ever but suffering in the heavy use and adverse weather. The worst conditions are visible just outside the gate of the popular play park.

Fi and Martin met with officers to look at this and talk through a number of drainage issues on the Green, especially looking for solutions to the path just outside the play area. It's not just been muddy and messy but in icy weather it could turn dangerous. The good news is in response we've been promised improved drainage and planting of 'rain garden' features which include plants that should improve conditions.

We also arranged some maintenance work, with repairs to a damaged bench and new wooden posts to protect the grass. We were also pleased that the council promptly dealt with a large area of graffiti once it was reported.

**E-mobility expands** – Battery-powered e-scooters are now available to hire across the whole ward and further across the city. You'll probably have seen these red scooters at street corners and their staff have been active recently. Take up is reported to be high.

We know there are some issues about use of these during the pandemic and everyone needs to take sensible precautions – as well as observe the rules about where and how they can be used or left to avoid pavement hazards. Martin asked a range of questions about the trial last summer before it started and is keeping a close watch. The police report they are reassured by highway safety issues. These vehicles offer mobility but not exercise so we have said the users need to be studied to see whether they are replacing car trips or physical activity.

**Will you get to vote?** The local elections from 2020 are due to take place this May. That means both last year's ward and city Mayor election are due but also the regional West of England metro Mayor, plus the Police and Crime Commissioner. Officers are planning how to make polling stations safe for the space needed between voters and staff, and now is also good time to consider applying for a postal vote or proxy so you can take part.

**Airport expansion challenged** – Greens in Bristol managed to get a motion passed in the council which confirms that the city council expresses its opposition to Bristol Airport's expansion. The Mayor has previously publicised his support for expansion. The statement points out increasing airport capacity is incompatible with tackling the climate emergency.

While the airport's application to expand was rejected by planners, the airport is now appealing that decision. Were it to go ahead, this would mean an extra 1 million tonnes of carbon being produced every year, and thousands more flights being marketed. At a time of climate breakdown this simply doesn't make sense. All councillors are invited to write confirming their opposition to airport expansion.

We pressed the regional authority WECA to reflect the opposition of two of its three councils to the same development and end its support. We'll keep you posted on any updates.

### Helping access a local vaccination centre

A new NHS vaccination centre has opened in Kellaway Pharmacy. We were asked to help ensure spaces for patients to access it and within a day

we arranged for parking services to provide cones to reserve drop off parking bays outside for those who need this.

### Clean Air Zone

– Despite what the Mayor may have said in a live conversation it seems the choice of clean air zone is not yet decided.

There may be either a smaller central charging zone for all the most polluting vehicles or a larger 'medium' zone for commercial vehicles but not private cars. This could affect Redland ward if it ends at Berkeley Rd. We'll be keeping watch on the final proposals and looking for how impacts on people in the ward – such as rat running by trucks to avoid charges – are managed. The project is due to be starting later this year.

### Your City, Our Future – Citizens' Assembly

Following a motion proposed by Green Councillor Paula O'Rourke last January, the Council is now holding a Citizens' Assembly in January, February and March to talk about how we recover from COVID-19 and create a better future for all in Bristol.

Invitations to join the Assembly were sent randomly across the city by an independent partner and residents who received a letter were invited to put in an expression of interest. Panel members should provide a representative cross-section of people in the city and help broaden participation in decision.

**Repairs completed** – It's hard to believe, but the wall adjoining the Spire hospital on Redland Hill has finally been repaired, three years after the lorry collision. Fi got help from the council lawyers when the private insurance wrangle was delaying repairs. We now have the luxury of two pavements again.

In other news another crumbling road junction, where Berkeley Rd meets Sommerville Rd has been resurfaced. Do keep reporting potholes elsewhere to keep our roads fit for use.

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

**Fi Hance, Green Party**  
[cldr.fi.hance@bristol.gov.uk](mailto:cldr.fi.hance@bristol.gov.uk) / 0117 3534720

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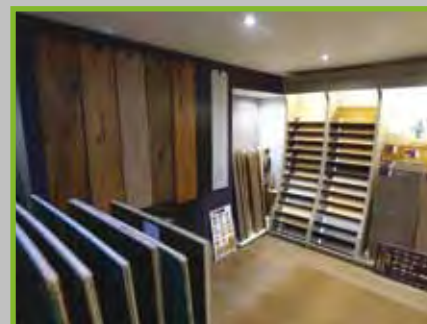
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When I last popped in to Natural Born Flooring, to meet with father and son team – Colin and Ross, it was great to see the family business so busy during these challenging times. Before the pair both dashed out to clients it was good to get an update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

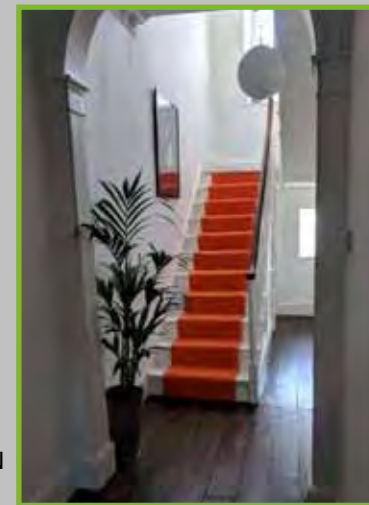
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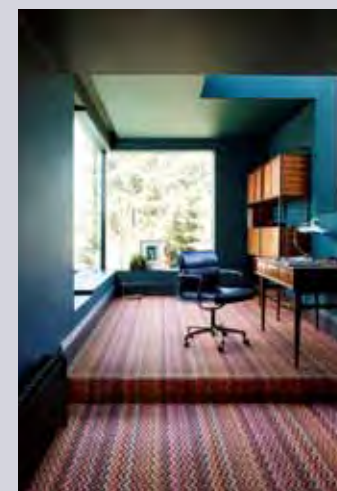
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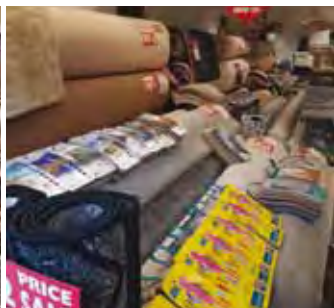
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