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Matters

issue 146, April 2021



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Dear Readers...

Spring is here and light is starting to shine on our worlds again. I have filled this issue with images of as many spring flowers as possible along with many positive stories that I hope will inspire you that better things are on the horizon!

An event that filled my heart with joy was Window Wanderland 2021; if you weren't able to get out to experience the creativity first hand, then I hope our double-page spread will bring a smile to your face.

World Book Day took place in March and we have some happy images to share of this special, literacy day thanks to Brunel Field Primary school.

Of course, nothing boasts spring more than the natural world; we hear from The Goldenhill Community Garden, My Wild Bedminster (who is collaborating with groups

across the city), Steve England Outdoor Learning, who has much wildlife info to share on Stoke Park, and our local park groups - The Friends of St Andrew's Park and Horfield Common - who all have projects on the go to benefit both local wildlife and the people who use our green spaces; they would welcome your involvement too.

For those of you who enjoy local history, we have an article titled 'Where exactly is Bishopston?' detailing historic information on our local streets and how some of their names have changed. We also have an interview with local historian and author Mike Manson, along with an extract from his new book - Manson's Bristol Miscellany.

I wish you all a happy Easter and encourage you to support Gloucester Road when you are buying goodies to celebrate.

Kerry x

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World Book Day celebrations at Brunel Field

Visiting local schools to experience the joy and creativity World Book Day brings each March is one of my favourite events in the calendar – alas, not this year! But, I am still delighted to share the photos and news I have been sent by Brunel Field Primary school who didn't let a little thing called Covid get in their way of celebrating all things books!

As well as dressing up in much-loved book characters to mark the occasion, the school years enjoyed studying a diverse range of books – *Mixed: A colourful story* by Arree Chung (Year 2), *Julian is a Mermaid* by Jessica Love (Year 3), *Race to the Frozen North* by Catherine Johnson (Year 4) and *Lubna & Pebble* by Wendy Meddour (Year 6). The children all explored the text, the themes and the artwork of their books and completed final pieces of artwork and writing inspired by the stories they have read over book week.

Reception, Year 1 and Year 2 all enjoyed an engaging Author Visit (via Zoom) with Natalie Reeves Billing. They particularly enjoyed the monster song she sang and the actions that they did when joining in. Years 3 to 4 took part in a talk and a workshop with Author Cliff McNish who taught them the skills to create their own fantasy stories. All of these Zoom author sessions were made possible thanks to the funding of the PSA.

During Book Week, Reception read *The Visitor* by Antje Damm which is about an old woman who is lonely and living a life without colour until she meets a boy who brings colour into her life. Reception discussed how school wasn't quite the same without their friends (due to lockdown) but now everyone is back – they all have colour! To represent this, they painted a picture of their playground and filled it with friends and wrote in speech bubbles to describe who they had missed – how lovely.





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).

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

Facebook: Steve England-Outdoor Learning



Steve with his trusty companion Teddy!

Wildlife Matters

We can all help wildlife in Bishopston thrive!

Right across the planet many animal species are threatened with extinction and it's happening in Bishopston, too! But, across Bristol people are coming together to raise awareness of the plight of the city's animals. Rats and gulls seem to be doing OK, but starlings, hedgehogs, all sorts of butterflies and many more are much less numerous than a generation ago. Local Wildlife Groups are encouraging people to make their garden more hospitable and to improve habitats in local parks, allotments and other green spaces.



Gardens are especially important – Recent research suggests that on average a square metre of back garden is more productive

of wildlife than a similar piece of park or even a nature reserve. An individual garden may be small, but add them up across the whole city and it's more than all the parks. Interventions can be easy: a few extra flowers, no more slug pellets, a small pond or a pile of old sticks for hibernation.

Bristol Butterflies – We find that people are very happy to share ideas and photographs. We think that about one-third of the UK's 60 butterfly species can be found somewhere in Bristol, although some very rarely.

How many bird species live in BS6 and BS7 and where might you find them? Please get in touch if you are interested in helping record the bird species that live locally.

Hedgehogs – 'Hedgehog Streets' are also spreading where people make small holes in their



Local resident Kaya is doing her bit by making a small flowerbed in St Andrew's Park

garden walls to enable hedgehogs to move around in search of food, shelter and mates. Please let us know about any hedgehog groups in Bishopston.

We make the difference! Of course, local groups work closely with Avon Wildlife Trust and Bristol Parks, but it's only tens of thousands of individuals who will really make a difference and turn every part of Bristol into a wildlife-friendly neighbourhood.

Get involved! If you would like more information and to know how you can help, please contact **Making Bristol Wild** at mywildbedminster@virginmedia.com.

Article thanks to Ben Barker, community activist who was awarded an MBE for 'services to the community in Greater Bedminster, Bristol' in 2017.

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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).



Bishopston Library

is now open to collect reserved or ordered books using call and collect on 0117 3576220.

It is also open to pick up a 'lucky dip' book bundle: these are selected by library staff in a variety of categories for adults and children, you don't need to pre-book.

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Throughout the last year they have been working with homeowners who realised that their homes didn't quite provide the flexibility they needed or just finally had more time to think about making some changes. Potential clients can first meet with architects Duncan and Matt.

Before undertaking COVID secure surveys and site visits, Duncan and Matt are holding online meetings (including virtual guided tours) with potential clients

to discuss their project needs, and are happy to talk about work you are looking to start in the coming months.

They have lots of experience of making the most of every space so if you've struggled to find enough room for everyone to work (or play!) at home at the same time, they can take a look and come up with some solutions.

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

Cryer & Coe architects Third Floor, 10-12 Gloucester Road, BS7 8AE | 0117 363 4033

TOP TIP

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



Image - Druid Woods flat refurbishment
Photo credit - Pete Helm

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Oat Float – a new, local Zero Waste Shop on Wheels

Bishopston Matters is delivered to your door by one of my local deliverers – often a young teenager with a parent in tow to oversee things. Most stay with me for many years, as younger siblings take on the round. I get to know the families as we catch up each month for magazine collection. It is always lovely when you see the teenagers go on to do bigger and better things. One such example is St Andrew's resident Sam Holland, who after completing sixth form at Cotham, is now embarking on a new business with one of his school friends, Renwar Karim, and family friend Anna Raphael.

The business is Oat Float – an exciting new food delivery service which aims to make it easier for customers to cut down on the use of single-use plastic packaging. When I last saw Sam, I was treated to a look at the 1970s electric milk float ready for conversion into a travelling refill shop.

Sam said it had been a real community effort with neighbours offering to help renovate the float and signing up to be customers. The team were overwhelmed with the support of their Crowdfunder which, within a few weeks had raised the phenomenal sum of £8,000! They secured a Start-Up loan and also received a grant from Sovereign Housing.

The trusty float has now been decked out with gravity dispensers, tubs and liquid containers and will sell a wide range of store cupboard essentials such as pasta, rice, oats, cooking oils and cereals, as well as dried fruit and nuts, household liquids and toiletries. They are also hoping to sell some freshly baked pastries and treats.

It was Anna who came up with the business idea after talking with a friend in London who uses a similar service. Sam and Renwar studied Business and Economics together and had been planning to set up a business together ever since – so this fit was perfect!

The Oat Float will stop on a number of streets in North Bristol at a regular time and day every two weeks, and customers will also be able to book the float to their door in other slots that suit them. As well as delivering food to your doorstep the team are looking forward to meeting their customers – nothing beats a friendly face and a chat on the doorstep!

To find out more about the Oat Float go to www.oatfloat.com or follow them on Instagram or Facebook: [@oatfloatbristol](https://www.instagram.com/oatfloatbristol)



Friends Sam (on roof) and Renwar on the Oat Float pre-renovation!

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There are chances to improve all around us, and as the owner of a local homeware business, I'm committed to ensuring my products are ethically crafted and sold.



What about choosing a green option next time you redecorate your living room?

With the average household changing things up every five years, the homeware industry has a bigger impact on the environment than many think.

One study conducted by the British Heart Foundation found a third of adults threw away furniture that could have been recycled or reused in 2019, and consumers aren't the only guilty party. Last year the waste authority was forced to fine four major retailers for failing to comply with packaging waste regulations, and one of the chemical by-products of nylon – a popular homeware material – is nitrous oxide, a greenhouse gas that's 310 times more potent than carbon dioxide.

My Bishopston based company Chunky Rugs, was founded on the belief that recycled material can be used to create sophisticated and contemporary homeware. My bespoke rugs and lampshades use yarn made from recycled wool offcuts including alpaca and cashmere, and I keep a low carbon footprint by sourcing material from factories in the UK.

No two products are the same thanks to the unique nature of the wool, and I love playing around with colourways and designs. The global pandemic has changed the way we shop, so alongside market stalls Chunky Rugs is now available online. **Check out my website www.chunkyrugs.co.uk** to browse my existing collection or get in touch to commission a rug that suits an existing colourscheme at: chunkyknitbristol@gmail.com.



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Preparing wildflower area

News from the Ardagh Community Trust

Sports courts – a new app and booking system in response to demand from local residents

We are keeping a close eye on the roadmap for reopening the sports facilities and very much hope that by the time you will be reading this in April, outdoor sports will be able to take place again and we will have been able to reopen the sports courts. Please do check our website and social media channels for up-to-date information – as we are all aware, things can change at very short notice.

When the courts are able to reopen, we have now launched an app which can be used to make bookings; this is in response to concerns from local residents about 'turning up to play' and needing to hang around and from a range of local groups and organisations who are not currently able to continue their activities indoors, but could if outdoor space was available and bookable.

We are trialling this booking system with five of the sports courts, while the other courts remain available at all times that the site is open for 'turn up & play' activity. For the start of April, there will be new signage going up on site to let site users know how to book if they would like to.

The app is available at: <https://ardaghcommunitytrust.simplybook.it/v2/>

The booking system will operate informally (there will not be locks on the gates etc), so when courts are not booked for use, they remain available for 'turn up & play'. We'll monitor how this trial works and continue to explore other ways to respond to community need while we wait for confirmation from BCC that we can proceed with fundraising for improvement of the courts to provide good quality sports, play and leisure facilities.

We are very grateful to Power To Change who have provided funding for the app through their Bright Ideas Fund.

Gardens – volunteer gardeners are creating and improving our garden spaces for local people to enjoy

The volunteer gardening group has been able to continue through the lockdown period, and we are incredibly grateful for the brilliant work that they have done to make improvements to the public spaces and gardens at the site. Lots of local people have commented on how much they are enjoying seeing the gardens being regenerated over the last few months, and with spring coming along we will be able to enjoy the outcome of all the work that has gone in. Alongside the creation of a new wild play area at the front of the site, they are currently working on re-seeding parts of the grounds which have been compacted by heavy use through the winter, and also creating new wildlife flower areas throughout the site which will bloom over the next couple of months for users' enjoyment as well as helping to support native bees and butterflies.

We are also really pleased to be part of a citywide project in support of the #BiteBackBetter campaign, part of Bristol's Going for Gold initiative to involve the whole city in an ambition to make Bristol's food system better – 'for people, the city, and the planet'. Volunteers will be growing plants from Blaise Nursery to grow on, and then donate to groups in the community – including North Bristol Foodbank.

For all of the latest news and updates, please see the website www.theardagh.com and/or follow The Ardagh on Facebook & Twitter.

Ardagh Community Trust (ACT)

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Gloucester Road WI remains a really vibrant and active WI. It has continued to meet on the third Tuesday in the month, even during the pandemic, and like a lot of other groups has taken to meeting online.

A full and varied programme of events

We always have an interesting programme of events and over the last year these have included:



Kate from May The Folds Be With You gave us a demonstration. Book Folding turns pre-loved books into art by cutting or folding individual pages.

Lockdown has also offered some exciting opportunities we'd not have thought about doing otherwise. For example, we travelled all the way to the USA – digitally, over Zoom of

course! Despite the eight-hour time difference – **we joined Erin Gates from California State Parks for a stroll through Humboldt Redwoods State Park**, home to the largest stand of old growth redwood



forest remaining in the world. We walked virtually among these magnificent trees with Erin as she shared the stories they have to tell – about resilience, adaptations, and the history of their preservation which began with a women's garden group in the early 20th century. The meeting

concluded with a fab Q&A, that could have gone on for a few more hours, with many questions about the fascinating place and its incredible trees.

Aromatherapy – Anne Polet from Aroma Wizards gave a fascinating talk about a whole array of different essential oils. We learnt about how oils are distilled from plant materials (e.g. it takes 1.5kg lavender to make 15ml oil!), how they can have many different effects and how they can help minor ailments e.g. dry skin, Seasonal Affective Disorder, stress to name a few.

Our February meeting had a spellbinding talk from **Belinda Kirk from Explorers Connect** (www.explorersconnect.com). Belinda gave an inspiring



A live shot from the Zoom talk with Belinda Kirk – pictured here on an expedition with Bear Grylls

talk about skipping the first woman boat to row around the UK. To date only 11 people have achieved this and Belinda is the only woman! It's now evolved into the toughest rowing race in the world. The theme of her talk was about the importance of risking failure and pushing yourself outside of your comfort zone.

Our future programme is also packed and details can be found on the website.

A club for everyone – In addition to our monthly meeting, we have lots of clubs: **Knit & Stitch** (usually in the pub in non-pandemic times), **Book club** and **Dinner club** (usually testing out the fayre on Gloucester Road and surrounding area, but more recently doing cook-alongs with Denman, the WI college which has also moved online). We also look forward to restarting our **Wild Women group** for those who love trying new outdoor pursuits and **Ale birds** (which speaks for itself!).

Supporting Womankind – The charity we are currently supporting is Womankind. They are an amazing Bristol charity run by women for women. Their aim is to empower women to seek support for improving their mental health and wellbeing and it achieves this by offering a variety of services such as telephone support, counselling and befriending. Women on low incomes are not excluded and are offered free support as part of their service. We'll be doing various charity events to support Womankind (and would be really interested to hear about any ideas!). Your support would be appreciated.

Join us! How to become a member in 2021

New and returning members are very welcome to join when our new membership year starts in April.

Our WI is very popular and we often have a waiting list – but we can offer membership on a pro-rata basis if we have spaces left. Please see full Membership details on our website along with lots more information about what we get up to!

www.gloucesterroadwi.org



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News from the Goldenhill Community Garden

Hi everyone

Today the sun is shining, the garden is full of bird song and, as with every spring, hope is in the air. We are lucky to have a lovely big polytunnel which lets the light in throughout the day so we get all our seed off to a good start; and this year every tiny seed we plant and every little green seedling that emerges feels like another little act of hope. And if you're only just starting to think about planting your seeds now – don't worry almost everything catches up in the warmer weather and longer days.

As the soil has warmed up outside, we've planted our carrots, peas, beetroot, potatoes and salads for eating this summer and our parsnips and leeks with the hope that next winter the Wednesday volunteers will be able to sit round and share a lovely big pan of spicy parsnip soup again to warm the belly on a cold day. Who knows what's coming next, but as the buds appear on the hazel and elder and the garden returns to green, I can't help but feel cheerful.

In March the schools opened so we restarted our afterschool clubs. It's been absolutely fantastic having the kids back. We've got space and fresh air and so it's a perfect place for running round and shouting and shaking off all the cobwebs after



a winter lockdown. We'll be starting our toddler group again with the summer term.

We still don't know when we'll be able to run as a drop-in basis again but hope to be able to welcome new volunteers soon, so please get in touch if you'd like to be part of the project. We are currently running two sessions on Wednesdays 10–12:30 and 1:30–4 so please send me an email or call if you would like more information.

AND we are not able to have our usual spring fair again BUT we are planning on having a big socially distanced plant sale Saturday 8 May. So, if you haven't got space to start seeds, or if your first attempts have been munched by slugs, or if you haven't got growing space of your own but would like to buy a lovely pressie for £2 for someone that does, then this is the place to be. We'll have a big range of vegetable, flower and herb seedlings all grown organically and with love and very reasonably priced. And if you've got any spare plants to donate get in touch!

See you in the garden (hopefully soon!).

Lucy

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

Introducing Nuthatch Trees



My name is Richard Minchin. I run Nuthatch Trees; we're a local Tree Surgery business, based in Horfield. We serve Bristol and the South West.

I was born in Bristol – I grew up here and even studied at UWE. I live in Ashley Down with my family.

Seven years ago, I decided to give up my career as a teacher to become an arborist. I trained, then worked for a local company before branching out independently. That's how Nuthatch Trees was born. We're a small team of three fully qualified arborists.

We are dedicated to conservation and preservation; if customers want to work out how to keep a tree, but would like more light in their gardens, then we are more than happy to advise. Sometimes customers know that they want a tree removed, but are not sure how to replace it or what to plant instead – again, we are always happy to help. There are always ways to help trees, people, and the landscape work well together.

At Nuthatch, Bristol is our home and in our hearts. Bristol is a beautiful city because of the people – but also because it's so green! In efforts to keep Bristol green, we have been working alongside Bristol schools to effectively manage their woodlands and other on-site trees. We have worked with local charities and forest schools too, to further the potential offered by their trees.

Our customers are offered a free consultation, with a follow-up detailed description of the proposed works and visual images to support any required quotations. We are fully insured, friendly, and we care very much about what we do.

Do get in touch if you ever want help, advice, or just a chat about your trees. You can call Rich on 07866980012, or email rich@nuthatchtrees.co.uk, or find us online www.nuthatchtrees.co.uk



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Everyone – Get back to it!

We have great news! In April we will start to see many gyms across the country reopen. Some of us will want to get back to our previous fitness regimes, maybe adapt the 'new normal' routine, or even start something new.

We hope that everyone has been doing as much as they can at home, in the parks or anywhere else they can get their dose of endorphins. However, the data from various organisations suggests overall there has been a drop in activity levels. This also includes a lot of us who have struggled to get the same intensity in our workouts that we used to.

The key thing to do when you start increasing your exercise and the intensity is to make sure the basics are covered first. Getting too excited at the prospect of playing sports, going to the gym, swimming or anything else could bench you for the summer! Let's face it we've all been melting into the couch enough recently, so here are a few tips.

Intensity, weights and form – whatever you do, don't go in big and heavy! Drop your intensity and weights to 50% of what you were doing before (pre lockdown) and increase slowly each week. If you've been active during lockdown, try 15% increases a week; if you haven't (be honest!), then try 10%



increases each week. Technique still matters above all else, so make sure your form is correct before even starting.

Rest and Food – Sleep is the best recovery technique anyone has ever known, so get your 7–9 hours a day where possible (young parents I'm sorry if this isn't possible!). Make sure you give yourself 48 hours between exercise sessions to let your body recover, limit intense exercise to three days a week if possible. Sorry to state the obvious, but you will use more calories by exercising and your body will need quality nutrients for recovery, so eat well and responsibly.

Cameron Bate
General Manager | Horfield Leisure Centre

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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, our path out of Lockdown 3 has started, spring has sprung, and the vaccination rollout is in full stride. I hope things are feeling brighter and more do-able for you.

For the one in ten of us suffering with a needle phobia though, the prospect of being vaccinated is not a beacon of hope. It is actually incredibly tough to even think about. Understandably, having a fear of needles 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, call me on **07557 911 606** or visit my website:

www.amyarmstrongcoaching.com.



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 is now complete. The refurbishment enables 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 is now gearing up to launch their sandwich bar. Bacon rolls will also be available. All products are freshly made on the premises.

Easter Bakes – Easter Sunday is 4 April 2021 and Joe's is ready with your favourite seasonal goodies. You can't beat their delicious hot cross buns (including white, wholemeal and vegan buns). Their sought-after Easter biscuits are made with oil of cassia and make a lovely alternative sweet gift, to chocolate. All of Joe's bakes are made with the highest quality ingredients and you really can taste the difference!

Joe's Bakery, 240–242 Gloucester Road, BS7 8NZ • **0117 9071852**

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

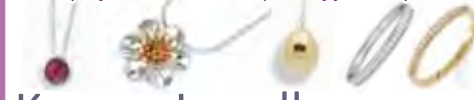
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To find out more about our nursery, or to put your child on the waiting list visit www.littlefoxesforestschool.com or email info@littlefoxesforest.co.uk.

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

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



News from Glos Rd Central

There is a feeling of optimism and excitement in the air here at Glos Rd Central. Traders are

crossing fingers and toes that non-essential shops and businesses will be allowed to open on 12 April.

Not only will your favourite shops such as Room 212, Fig, Paper Plane and Nola Interiors be opening their doors, but a couple of new businesses will be joining them. We look forward to welcoming Rambling Rose florists, in the section between Roll Quick bike shop and Joe's Bakery, and the Gloucester Road Bookshop in the building where Rosebud Florists used to be, next to Pawson's Fruit & Veg. Rambling Rose is owned by Hannah Sampson who used to run a florist in town. Tom at Gloucester Road Bookshop will be offering a wide range of adult and children's books from independent publishers. He has worked in the business for many years and will be on hand to offer suggestions and guidance.



Our hair and beauty businesses are also eager to welcome customers. At Nuala Morey Hair, the staff have all been Zoom training three times a week

learning new skills and expanding their knowledge. They have employed two new starters to join them when they reopen – Lowis a stylist of 10 years and a new junior. Icon Beauty advises that if you had a previous appointment booked with them, or are a regular client, they will be in touch to book you in. They hugely appreciate your patience and understanding and can't wait to see you.

Osna Therapy has been very busy during lockdown preparing a meditation room as well as offering

many handmade treatments and gift selections online. They have amazing plans for the coming months.

Room 212 is enjoying having Perfecto Coffee next door and the two businesses are hatching lots of plans for the summer. The cafe has been offering



Robbie Hoare

excellent takeaway coffees throughout Lockdown and Room 212 customers receive 10% discounts on their coffee. Once Perfecto are allowed to have outside seating, they will take advantage of the wide sunny pavements, so you'll be able to enjoy looking at the art while sipping your cappuccino! Room 212 will be focusing on Bristol in the springtime, throughout April, with a lovely array of original paintings in the window by Jenny Urquhart, Emma Catherine and Lynette Bower. Owner Sarah Thorp plans to re-start the Alchemy Creative Club from April and is also formalising plans for a variety of art classes. The Room 212 garden is a perfect venue – a sunny haven round the back of the shop, next to Sarah's Eco House. Keep an eye on the news section of the Room 212 website for more details or ask Sarah when you pass by her shop on Friday afternoons or Saturday mornings.

New bar Sidney and Eden is also awaiting mid-April with anticipation as they will be able to offer a wide range of takeaway beers as well as drinks for customers sitting outside. They are talking to other traders about putting together a mini festival in the summer...

While we wait for the green light, all shops are offering goods and services online. Oddsox has a lovely range of school shoes, trainers, wellies etc and offer help and advice with fitting. Art shops Room 212, Paper Plane and Art & Chocolate have a huge selection of cards and artwork by local makers and open at various times throughout the week for click and collect. And of course, our essential shops – Joe's Bakery, Dave Giles Butchers, Pawson's Fruit & Veg, Preserve Foods and Roll Quick bike shop – are working every day to meet your needs.

We are so looking forward to throwing open our doors and welcoming our customers. In the meantime, stay safe and follow us on our Glos Rd Central Facebook page.

www.facebook.com/GlosRdCentral

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News from the Friends of St Andrew's Park

The last year has been such a strange one for us all and difficult for so many people. Our beautiful park, along with all of Bristol's open spaces, has been a lifeline for the whole community and has reinforced, if ever it was needed, how fundamentally important parks are to people's wellbeing and quality of life.

St Andrew's Park has seen unprecedented levels of use. The council's continuing commitment to its quality maintenance has been much welcomed, and I am delighted to say that, behind the scenes, a lot of work continues to be done by FoSAP and others, working with the council, to develop exciting projects and ideas which will enhance the quality and diversity of the Park's facilities and wildlife habitats.

The main projects/plans which we hope will come to fruition this year include:

Major improvements to junior play – The existing rope and timber structure is deteriorating; there is no council budget for replacement, so we have prepared applications to landfill trusts for new equipment. We have been given encouraging signs by one of these trusts on an application which would provide a significant part of the cost (totalling around £70k) of the new equipment, but at the time of writing, the contract with the council has yet to be signed. In order to access the grant, we have to raise £5k, which we are doing through a crowd funding appeal. Over £4k



has been raised to date, and we are hopeful to at least achieve the target soon – please contribute if you have not yet been able to do so, at: www.gofundme.com/f/st-andrews-park-playground-replacement. The result of another application for the balance will be known at the end of March. If both applications are successful, it is hoped the work will take place in the autumn.

Development of the Leopold Perennial Meadow

This was due to be created last year, but had to be postponed because of the first Covid lockdown. Work is now planned to take place this April, subject to the weather, to create a sustainable, perennial meadow in the area where, in recent summers, displays of annually seeded flowers have given much pleasure to many. The perennial meadow will provide a more sustainable solution as well as increase the biodiversity of the Park. Information boards are available on site explaining more about this exciting project.

Toilet block mural – The existing 'mock Hockney' mural was painted around eight years ago, but has faded and, sadly, recently tagged and sprayed. It is proposed to commission a local artist to create a new mural later this year. It will be coated with an anti-graffiti seal, which successfully protected the existing work for many years.

Re-opening of the paddling pool – Although the annual sealing/painting had been done last year, the ever-popular paddling pool could not be opened because of Covid restrictions. With the lifting of those restrictions on the horizon this year, it is hoped that the council will allow it to be opened in the early summer. Discussions will be held to try and agree a likely timescale.

Tree replacement – The council has replaced three of the six trees which had to be felled this past year. Funded through its sponsorship scheme, look at the Tree Sponsor link on the council website if you wish to sponsor a tree.

Image thanks to Paul Bullivant

Return of the Pantaloons – We hope to be able to welcome back the Pantaloons theatre company for another wonderful performance on the evening of **Sunday 20 June**, subject to the lifting of lockdown restrictions.

125th Anniversary celebration, and memories of the Park – A celebration was planned for last year, but had to be cancelled due to the pandemic. A smaller event may take place later this year, but is still uncertain. Many people have sent us their memories of the Park, and a big 'thank you' to them for that. Whether or not a celebration event now takes place, it is intended that a display will take place in the Park later in the year where memories can be shared. If you would still like to submit your memories, please email: jennybroe2008@yahoo.co.uk.

Emerging ideas and possible new projects

Forest Food Garden – An approach has been made by two local Park users to create a small community garden which will contain fruit trees, fruit bushes, raised beds and some seating, in a corner of the dog-free area. Very much geared towards active involvement of children and adults in growing food; consultation/publicity will take place this spring.

Melita Road perennial bed – Local residents have put forward their ideas to create a new perennial flower bed close to the entrance at the top of their road. Consultation/publicity will take place this Spring.

Drinking fountain – Discussions are ongoing with the city council and Bristol Water about creating a new public drinking fountain/bottle filling facility, close to the Tea Garden. The potential public health issues have been heightened due to the pandemic. Cost, design and maintenance will be key issues to resolve.

No-cut grass edges in the dog-free area – Leaving more uncut areas of grass in parks is an important part of a strategy to increase the biodiversity of our

public spaces, and is being pursued by many park groups. In addition to the wildflower meadow area by the pond, and the proposed Leopold Meadow, discussions with the council are taking place about leaving an unmowed strip against the existing hedged edges of the dog free area.

Tree identification labels – With the range of many beautiful trees in the park, an idea is taking shape to possibly label them, as has been done in some National Trust gardens and various historic estates. It's at an early stage, and no timescale has yet been identified.

Our much-loved Park continues to be an important heart of the wider community, and the above projects show how it continues to develop and grow and respond to new ideas and changing times. Also, I must also say how wonderful it has been to have Fay's Tea Garden open throughout the winter, its popularity clear to see by the ever-present queue!

Love our park? Why not join us? If you would wish to be involved in any of the above projects or in the work of the Friends of St Andrew's Park generally, you would be very welcome. Please contact us through our website.

www.friendsofstandrewspark.ning.com

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

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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.



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Spring time at Roxfords Pet Shop

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Easter goodies! It comes as no surprise to me at all that Roxfords have catered for your much-loved pooches this spring with doggy friendly Easter eggs available!

Pure meat paté – These 100% pure meat patés that come in duck, chicken, turkey, rabbit and lamb are flying off the shelves! These award-winning products are grain-free, hypoallergenic and delicious. The patés come in two sizes and can be sliced to make great training treats or added to dry feeds.

Ancol leads, collars and harnesses in all the colours of spring!

New season, why not treat your pet to a new colour to step out in this spring? Such a beautiful selection of blues, turquoise, hot pink, mauves and daffodil yellow, in sizes from extra small to extra large.

Puppy Corner! To celebrate the large number of new puppies who have recently joined our community, Roxfords has dedicated an area to everything puppy! From teething toys to boredom breakers, specialist shampoos and treatments to treats and training pads! As always, staff are at hand to offer any advice needed.

155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • roxfordsthepetshop.co.uk



Lockdown puppies

For over a year we have been living with lockdowns and the strange way of life that they bring. One of the striking results of lockdowns and the new way of working from home, is that for many people this has given them the opportunity to get a puppy. For some an impulse purchase, for others very long awaited.

We have seen a huge increase in puppies registered at our practice during the last 12 months, and now some of those pups are almost a year old, we are also seeing the result of pups growing up in lockdown. Animal Health Centre is not alone; across the country not all pups are growing up as well adjusted as we would like them to be. Rescue centres are starting to see an increase in pups handed over for behavioural reasons.

Puppies have a socialisation period that lasts until they are about 16 weeks old, during which they can be introduced to new situations in a safe and calm manner; the pup will learn from this experience and be confident in that same situation later in life. However, during lockdown periods, it is difficult to get your puppy out and about meeting new people and into new places so the socialisation of pups has been difficult.

Early on we produced a 'Lockdown socialisation' handout to help with practical ideas of how new owners can improvise and invent ways of giving a puppy new experiences without even leaving home. It includes getting him used to household noises such as vacuum cleaners and lawn mowers, sitting in a car with the engine running, wearing hats and sunglasses in the house as disguises. Sound recordings are available to play as sound therapy. Effort put in at an early age socialising a puppy is well rewarded and will benefit the pup throughout life.

Owners who are working from home have the benefit of being with their pup for many hours and this can give plenty of time for handling practice and training sessions but it can also be a problem. Puppies who are not allowed to get used to being alone can later suffer from separation anxiety when their owner is no longer around. It is very important that each day a pup is left for periods of time on his own so he can learn to be alone confidently.

Once established, separation anxiety is very difficult to resolve in a dog and can rule an owner's relationship with their pet. Puppies also benefit from being left alone and being allowed to rest and sleep. Puppies require 16–18 hours of sleep per day. Their sleep cycle is 21 minutes which means

that they should be left for periods of at least half an hour to fully rest. In a family who are all at home it can be difficult for a puppy to get enough rest without being constantly disturbed.

Puppies who do not get enough sleep may become irritable and can show signs of aggression. This can lead to more behavioural problems and nationally is being seen as result of the 'lockdown puppy'. So, if you have a new puppy or are considering getting one, do ask for professional advice on how to give him the best start in life. If you are starting to see any problems or issues emerging please seek help sooner rather than later.

Nicky Bromhall MRCVS

Veterinary Surgeon, Animal Health Centre



Nicky Bromhall MRCVS

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Kirstys.preciouspaws@gmail.com

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 or by downloading the Co-op app; the link to their cause profile page is <https://membership.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.

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



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Congratulations to the organisers and all you fabulous people who took part in Window Wanderland 2021 – it was, once again a triumph! It is so wonderful to report on an event that has managed to take place during these challenging times and for me, I appreciated it all the more this year.

As ever, there was a diverse range of subject matters – favourite story book characters, under the sea, space and jungle themes, wise, supportive words that reflected our current situation, projected films and of course Bristol balloon scenes.

I spent an enjoyable few hours on the trail with my trusty companion – Monty Dog. Our favourites included The Tiger who came to tea, Wallace with Feathers McGraw, elephants walking in the sunset, doggy portraits (Monty's choice – he enjoyed the complimentary bone treats too!) and the tribute to legend Bob Marley – 2021 marks 40 years since his death.

We also just appreciated being out on a Saturday night! It felt like this year there were more pretty lights on display to decorate streets; many homes that didn't have window displays had lit up hedges or street trees that all added to the joy.

I am always impressed and heartened that this event attracts large numbers of all ages to take part in the visual, walking adventure – what delight will you discover around the next corner? It has the happiness of people and connection of community at its heart.



Bishopston Window Wanderland takes a little organisation and many hands make light work. If you would like to get involved in helping to organise next years event please contact wwbishopston@gmail.com



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News from St Bon's



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Phone – 0117 3532887

We have thoroughly enjoyed welcoming all of our pupils back to school this month. The noise of children playing outside has been wonderful to hear throughout our corridors.

At this time of year, we are busy preparing for our annual Easter Festival which is a celebration of all things creative. We will be making changes to how we organise this whole-school event which includes opportunities for all children to take part in an Easter bonnet parade, produce Easter-themed artwork and make an Easter garden. Children are also invited to prepare a poetry recital, song or dance.

A focus for us in the year ahead is providing our children with quality play opportunities. With the children's playtime organised in pods to comply with COVID arrangements, we are zoning areas of our outdoor space and providing pupils with themed play equipment ranging from scrap-store items to basketball hoops and balls.

We look forward to being able to get our School Council representatives together so they can help us evaluate the children's playtime experiences and identify suggestions to take forward.



Local & online tutor for children aged 6–11

Horfield resident Liz Romero

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

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

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

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

Please email me on eromerotutor@gmail.com

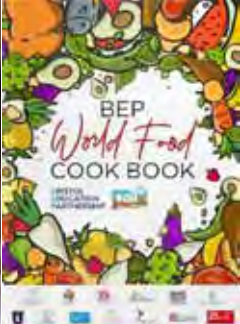
or call **07824 700 439** if you would like to discuss how I can help boost your child's confidence.

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





Jamaar



Left to right: Morien, Alice and Camilla

News from Fairfield High School

Looking for new recipe inspiration? Look no further than this delicious online World Cook Book!

Fairfield High School has pleasure in sharing a tasty new online World Food Cook Book, offering a wide array of dishes, thanks to a collective effort of schools within the Bristol Education Partnership – and in conjunction with the Soil Association. Staff and students jumped at the chance of submitting recipes to celebrate World Food Day in an initiative which will touch the hearts (and kitchens) of thousands.

Fiona Carnie from Bristol Education Partnership explains the background further: "Since the Bristol Education Partnership launched in 2019, our ten

partner schools have been working on different projects to tackle the climate crisis. One of the key themes students are focusing on is food and they have been looking at ways of reducing carbon emissions by understanding how food is produced and by changing what we eat."

The result being a beautifully presented, mouth-watering cook book with 35 recipes representing countries across the world. The cook book can be viewed and downloaded here:

BEP World Food Cook Book (tudor-rose.co.uk)

Former student reaches Masterchef Semi-Final

Fairfield High School is delighted to share news of a former student Jamaar Semper who reached the

semi-finals of this year's Masterchef on BBC1.

Jamaar's Fairfield journey began in 2009; he recalls these days with much fondness. Asked about his inspirations, Jamaar named a former Maths teacher who not only helped him pass his GCSE, but always had his door open and looked out for him. He also mentioned his Head of Year who spotted Jamaar's talent and (thankfully) suggested a career as a chef!

After learning the ropes from his Mum, who was also a chef, it was at the tender age of 14 that Jamaar set his sights firmly on his future career, never dreaming for one moment that he would end up on national TV sharing his talent with the nation.

Jamaar attended catering college before securing a job at a hotel and spa where his Michelin star vision and dishes have earned him much praise. It was his colleagues who gave Jamaar the idea of applying for Masterchef – it was no mean feat, however, with numerous interviews and designing of menus. Jamaar describes the moment he found out he had been successful. "It was crazy, I was excited for about five minutes before it dawned on me, I actually had to do it! I never thought it was going to happen. The hardest thing was keeping it all a secret until it was aired, I was dying to tell everyone I saw!"

Whilst sadly missing out on a place in the final, Jamaar and his family are incredibly proud of his achievements especially being the youngest

member of the competition. Jamaar wishes to give a special mention to his Mum, his biggest fan and inspiration who "Is the proudest Mum in the world and without her I wouldn't be where I am now."

And as for the future? Jamaar recognises the great exposure that having appeared in Masterchef has given him; his sights are now set upon pop-up events to further demonstrate his culinary skills. The world, as they say, is his oyster...

Students accepted onto prestigious Language Masterclass Programme

A huge well done to German GCSE Year 11 students – Morien, Alice and Camilla for beating hundreds of others across the country to secure a place on the Trinity College Cambridge Language Masterclass programme.

The programme involves monthly virtual sessions to hear from, and engage with, inspirational speakers from countries around the world to provide an insight into different languages and cultures. The aim not only is to educate the young people, but to broaden their horizons by gaining a deeper understanding of how billions of people across the globe live their lives.

All three students expressed their surprise at being accepted onto the programme and recognised the privileges this brings.

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News from the Friends of Horfield Common

The common has been such an amazing space for all people – young, old, families and dog owners over this last year. It has taken quite a battering over the winter with the increased usage, and the grass – particularly in some areas, is almost non-existent. It is tough though and even now is starting to recover.

The first signs of spring are showing now, to lift our spirits. Daffodils and the Almond trees are in bloom. The plants in the wild area are also beginning to show growth and hopefully will put on as good a show as last year.

Our garden group has been working hard to help The Ardagh Community Trust to improve the public gardens and the area beside the car park. We have lots of ideas to enhance the common for people and wildlife.



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.

We are always happy to welcome new volunteers and are looking forward to being able to get back to full group meetings and outings. It doesn't take a lot of time and is fun.

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 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 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

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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.

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



"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

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

www.sendawelcome.co.uk



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Flexible Design Only Service

The days are getting longer and brighter as we breathe a sigh of relief after a long winter, with hope on the horizon after another lockdown. During this time, and moving towards the summer months, being able to spend time in the garden with our loved ones, friends and family is what life is all about.

We love designing gardens for the community of Bristol and surrounding area and enjoy the variety of work that comes with hard and soft landscaping. Recently we've freshened up some local gardens alongside customers who were keen gardeners and wanted to be involved in the process. One, who had recovered from coronavirus, threw herself into making over her garden with great gusto and loved every minute. Some people prefer us to do the landscaping, designing and planting but others are eager to construct some parts of their garden or plant up particular borders after being given some advice.

The advantage of having your garden created via a design-only service is that you can either put it out to tender or do the work yourself, and we can be as involved as much as you require. Every garden is different, and we all want different things from our outdoor spaces. Perhaps you are keen to construct a simple pergola yourself but you'd like some advice on what type of wood to use and the best method for creating it? Maybe you want a seating area, outdoor bar or kitchen, or a simple lawn with smart edging and colourful flower borders? We can offer bespoke designs for all types of garden construction, along with planting plans.

A productive growing area for vegetables within your garden doesn't have to be large. A simple raised bed in a small terraced garden can go a long way, as can growing vertically on a balcony. However large or small your garden there are so many options to discuss and choose from. Planting plans could be provided as a simple list of plants that would work best for your garden's aspect and location. Or we could draw up a full planting plan with diagrams. Both of which you could work to, in your own time.



A well-designed garden maximises the space, making it more functional and appealing. This small urban garden in Bishopston that we designed has a decked area for relaxing on, raised planters for growing vegetables, a shed with green roof above, wooden platforms, a ladder and rope swing for the children to play on!

With our backgrounds in landscaping, horticulture, garden design, permaculture and construction we can offer design and technical advice/support to help you create the garden that you've always wanted. We can tailor our design around your space and lifestyle. We can also offer a design and delivery package, where materials are delivered to you to construct or plant.

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Manson's BRISTOL MISCELLANY



This month we were pleased to catch up with local author and historian Mike Manson with news of his latest book *Bristol Miscellany*. Mike told us sitting down and finally being able to put this first volume together is one good thing to come out of lockdown!

Mike describes Bristol Miscellany as, "my search for the soul of the city. I like to get to know the place I live in, to understand what makes it tick. As I wander round Bristol, I find myself looking for the footprints of previous times. Why does our city look like it does? I want to understand why that building stands over there, why that road bends in that particular spot. I've lived in Bristol for over 45 years and I'm still finding new corners, new streets, new communities



Mike Manson pictured by Paul Bullivant

even. There are few rules. To be honest, it's whatever grabs my interest. And I hope it will interest you."

This wonderful historical book is split into various categories (St Andrew's and Bishopston are featured under Parks, Prisons and Rivers – Fay's Tea Garden even gets a mention!). Mike promises more on our local area in Volume 2!

As a born-and-bred Bristolian I found the book of great interest, and how the book is put together makes it accessible and inviting to read. It was great to discover new gems about the city. I grew up a stone's throw away from Badock's Woods and had no idea it has a Bronze Age (1800–600 BCE) barrow in Milltut Field. I will definitely pay more attention to the stainless steel sculpture that marks the spot next time I visit.

I also enjoyed reading the following from the 'What's In a Name?' chapter – 'With a population of 436,000 Bristol is not a big city – but on the world stage it punches well above its own weight. Being a port the name of Bristol has spread across the globe. When settlers moved to North America in the seventeenth and eighteenth centuries they liked to take a little bit of Bristol with them. There are said to be 35 populated places called Bristol across the world – the majority of them in Canada and the United States.'

Mike believes strongly in the importance of local history; he shares in his book, 'To me local history is real history, featuring the place I live in. It wasn't about remote kings and queens – it was about everyday people within a familiar landscape.' We couldn't agree more!

Opposite we are lucky to feature an extract from 'The Downs' section of the book.

If you would like to purchase this great read, visit

www.tangentbooks.co.uk

www.bristolbooks.org



THE DOWNS

- The people's park -

'Here the labouring mechanic accompanied with his faithful wife and little prattlers take their Sunday walk or summer evening excursion...' Felix Farley's Journal, 1760. Bristol's famous Downs, geologically a limestone pavement, have long been a place of popular recreation. Common land for many centuries, the Downs were used for grazing sheep and cattle. Today, wild goats browse Walcombe Slade, a rocky gully leading down to the gorge. While largely flat and windswept, the 'dumps' by Upper Belgrave Road are said to be evidence of shallow lead workings from Roman times.

The Downs are made up of two areas: Durdham Down (212 acres) to the North East and Clifton Down (230 acres) to the South. On the plateau the dividing line is marked by occasional boundary stones. Prior to its establishment as a people's park, Durdham Down was owned by the Lords of the Manor of Henbury and the Society of Merchant Venturers.

During the Hotwell's heyday it was a popular place for a constitutional walk or a therapeutic drive in a horse-drawn carriage. A favourite destination for courting couples, the more remote corners of the Downs allowed for all sorts of indiscrete pleasures. The Downs have always been a natural place for public entertainment. Between 1718 and 1813 there were regular May Day horse races. 'Though the quality of the animals was

indifferent, the affair attracted a great attendance'. It was a popular event with a fairground atmosphere. A temporary central grandstand built of wood and canvas was surrounded by numerous tents and booths.

The side shows pulled in the crowds as much as the horseracing. Later in the day, bare knuckle pugilists would attract enthusiastic crowds.

Those who could, watched the races from the safety and comfort of their carriage. Rolinda Sharples's (1793-1838) lively painting Clifton Race-Course 30 shows a group of wealthy ladies in bonnets, in an open-topped landau, surrounded by a sea of picnickers, pedlars and gamblers. Nearby, a boy, cap in hand, parades a dog with a saddle and a monkey dressed as a jockey. Meanwhile, a gentleman appears to be having his pocket picked.

The 1861 Act of Parliament ensured free public access. Subsequently, the Downs were, and still are, managed by the Downs Committee with representatives from both the City and the Society of Merchant Venturers.

Above picture: Between 1718 and 1813 there were regular May Day horse races on the Downs. It was a popular event with a fairground atmosphere. Later in the day, bare knuckle pugilists would attract enthusiastic crowds. Rolinda Sharples © Bristol Culture (Bristol Museum & Art Gallery).

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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

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 • 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

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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

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

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
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“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

News from the green room

We look forward to welcoming clients old and new to the salon – we have missed you! If all goes to plan, we will re-open from Monday 12 April; you can start booking in for appointments from 29 March. For clients who haven't had a colour for six months or more, a new patch test will be required. Keep up to date with salon news on our Facebook page.

Team news!

We are delighted to share that senior stylist Karen had a beautiful baby girl – Florence Betty, at the start of February. Karen will be returning to work at the end of June 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 all looking forward to returning to work and hearing all of your news!

We send warm wishes to all of our clients and hope 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!



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



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www.sakyabristol.org
www.dechen.org



#Stop Feeding Our Horses



Over the past year, restrictions to our movement and activities available to us has encouraged people to explore new local walks and enjoy the countryside available to us. Many rural walks involve public rights of way through fields or on

footpaths that run alongside them. Horses are often grazing in such areas, and although it is wonderful to observe these beautiful creatures, we would like to raise awareness about the dangers (often fatal) to the animals if we feed them.

We were contacted by a local resident, who sadly lost a pony they had on loan due to walkers feeding the mare. They discovered Roxy, the pony eating parts of a chicken sandwich with salad, including onion that had been thrown over the fence. Although the pony was put under immediate veterinary care, over the days that followed the poor mare did not recover and the devastating decision was made to put her to sleep. Onions are toxic to horses and it was the vet's opinion that this was the cause of death of an otherwise healthy equine. Sadly, this is not an isolated case and increasing incidents such as these have led to a nationwide campaign #Stop Feeding Our Horses.

Horses have a one-way digestion system that means they cannot be sick, so unlike dogs, you cannot force them to bring back up any foreign bodies they pick up. Their stomachs are also extremely sensitive and foods that are completely harmless to us can be toxic to them. Even foods you associate with horses such as apples and carrots can contain too much sugar for some horses or easily get lodged in their throat and

lead to horses choking. The fermentation process of freshly cut grass can cause them to colic, which can be life threatening. Like humans, horses can have allergies or diabetes and require special diets to maintain their health.

It has been a wet winter and fields are looking muddy and bare of grass; this is not something for anyone to be alarmed about when out walking, rest assured the horses will be receiving hay at least twice a day and an appropriate bucket feed. If you see a horse in distress, alert the nearest farm/yard or check for a sign with owner's detail on.

Feeding horses is an offence under the Welfare Act 2006 and person(s) responsible could be liable for prosecution.

We always try to share positive news at Matters Magazines but the safety of horses is something we feel passionate about. We understand people feeding animals when out on their walk are trying to be kind but sadly, sometimes kindness can kill and we must resist the urge. As a parent, I would not under any circumstances be happy about a stranger giving my children food – even if they were keen to have it! We hope everyone who reads this will take some positive action in informing others; the message is simple, **'Please do not ever feed horses that are not under your care, adore them from a far'.**

If you would like to find out more, you can visit the British Horse Society page bhs.org.uk/behorseaware where cautionary posters can be downloaded to display in fields if you are a horse/land owner.

If you would like to show your support the campaign and help bring this issue to the fore – join the **Facebook page: Stop Feeding Our Horses.**

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Do you look after someone? Or perhaps you know someone who does? Families often provide crucial care for someone who couldn't manage without their help.

If you look after someone, you might find yourself going round and round in circles fighting for services. It's easy to feel overwhelmed and confused, particularly if you are new to caring, or your caring situation has changed.

Everyone's caring situation is different, but sometimes it can help to talk to someone who has been in a similar situation. You may be new to caring and simply don't know what support is available. Or perhaps something has changed and you are having to tackle a new set of challenges, from incontinence, dementia, or balancing caring with work.

Local charity, Carers Support Centre, is offering a service to link carers up with a trained mentor who is also a carer (or former carer) in a similar caring situation. Your mentor will share their own experience and help you understand what support is available. Sajid is a local parent carer and has been having regular phone calls with his mentor, Kelly. He said:

"My phone calls with Kelly have been really helpful. A few ideas have come up that I can put into practical use. Obviously, there are a lot of restrictions at the moment, but I've taken note of Kelly's suggestions and am looking forward to future support.

I would definitely recommend mentoring to other carers. It's positive, encouraging and gives you incentive and motivation."

Volunteer mentor, Kelly has also been enjoying her phone calls with Sajid. She said:

"Mentoring has been going really well. I have two carers I support and the feedback from both has been very good. I appreciate caring is a hard job and how lonely it can be, and so I'm happy to help them. They are both very appreciative.

Being a mentor is very rewarding. I gain satisfaction that I'm helping somebody who is in a situation that I've been in. I've been a carer – I still am a carer – and over the years I've gained knowledge and experience that I can pass on."

You could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. To find out more or for an informal chat about mentoring, contact Judy Porter at Carers Support Centre:

JudyP@carerssupportcentre.org.uk

07591 401 129 • www.carerssupportcentre.org.uk



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.

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

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

Where exactly is Bishopston?

BHA local history research – Andy Buchan ©.

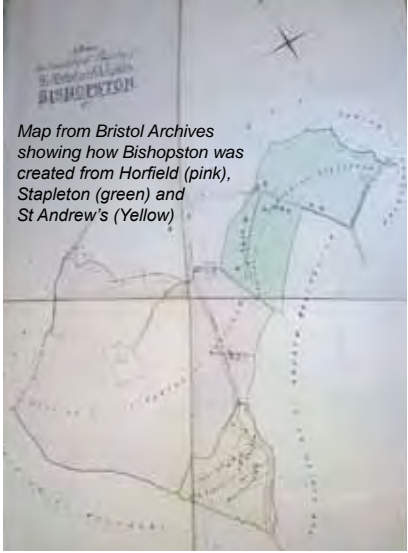
Horfield, like some of its neighbours' is an ancient parish, being mentioned in the Domesday Book of 1086, but Bishopston, like St Andrew's, is modern and was carved out of existing parishes in the 19th century, as the area grew more populous and further from any extant parish church.

St Andrew's had been formed out of the parishes of St Paul's and Horfield in 1845, and in 1862, the new parish of Bishopston was formed from parts of the parishes of Horfield, Stapleton and St Andrew's. The parish was in part rural/semi-rural and boundary markers such as streams and hedges identified in the original description of the parish boundary have long vanished, meaning that today there are few reminders of the original parish boundary left.

Research carried out by Denis Wright some years ago using the original description of the boundary, together with 19th and early 20th century OS maps, enabled him to work out which roads now lie in or partially in Bishopston, and it is often a surprise to many people. Certainly, Bishopston is smaller and does not extend as far up Gloucester Road, for example, as some estate agents signs and adverts would suggest.

The following is an alphabetical list of streets now lying within the 1862 boundaries of Bishopston. Streets begun (but not necessarily completed)

at OS 1881 are given in purple; streets begun after 1881 and before OS 1913 are given in green; and the inter-war streets which completed the grid are given in blue. More recent and ongoing examples of infill and back land development are listed separately. Streets marked by a single asterisk underwent a change of name, those marked by a double asterisk lie partly within the boundary, and further details of both are given below.



Arundel Rd	Clare Ave **	Fenton Rd	Mervyn Rd	Ralph Rd
Ashgrove Ave	Claremont Ave	Fiddes Rd	Monk Rd	Rutland Rd
Ashgrove Rd	Claremont Rd *	Gloucester Rd **	Monmouth Rd	Salthrop Rd
Ashley Down Rd **	Clevedon Rd	Hatherley Rd	Morley Sq	Seymour Ave
Beauchamp Rd	Codrington Rd	Hazelton Rd *	Muller Ave	Seymour Rd
Berkeley Av	Cornwall Rd	Julius Rd	Nevil Rd **	Shadwell Rd
Berkeley Rd	Cricklade Rd	Kennington Ave	Orchard Rd	Sommerville Rd **
Berkshire Rd *	Denmark Place	Kings Ave **	Overton Rd	Station Rd **
Birchall Rd **	Dongola Rd **	Kings Drive **	Paulton Drive	Talgarth Rd
Bishop Rd **	Dulverton Rd	Logan Rd *	Pine Grove Place	Theresa Ave
Bolton Rd	Egerton Brow *	Longmead Ave**	Princes Place	Tyne Rd
Broadway Rd	Egerton Rd	Malmesbury Close	Purton Rd	Wentworth Rd
Brookfield Ave	Elton Lane	Manor Rd	Queens Rd *	Wolsley Rd
Brynland Ave **	Elton Rd	Melbourne Rd *	Raglan Place	Wesley Rd
Cambridge Rd *	Falmouth Rd	Meridian Terrace	Raglan Rd	York Ave

Street name changes

Berkshire Road was formerly Devonshire Road (OS 1881 & 1903).
Cambridge Road was formerly in part Victoria Road (OS 1903).
Claremont Road was predated by Claremont Crescent (1840s).
Hazelton and Logan Roads together were formerly Hatherley Road (GW Bacon 1900).
Egerton Brow (see Melbourne Road).

Melbourne Road consisted of two end-on streets (OS 1881):- Muller Road (nos. 34–68 & 1–53), and St Michael's Place (nos. 70–94 & 57–79). The gap on the north side was filled by no. 55 later. Muller Road originally extended along the present Egerton Brow. Queens Road was formerly Ashgrove Place (OS 1881) and Queen Road (OS 1903).
More recent infilling with Bishopston includes, Arundel Court, Ashgrove Close, Ashley Close, Berkeley Court, Colston Court, Maplemead, Southampton Gardens, Southampton Mews, St Michaels Close, Sycamore Close.

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News from Ashley, Bishopston & Redland Councillors

Ashley ward

This will be the final article that I (Mike Davies) write for you as your councillor, as I am stepping down at the local election in May. It's been a great honour to serve as councillor for Ashley ward – I'd like to thank you for letting me have this opportunity, and for your kindness and support over the last five years. As a councillor I have learnt so much, in particular, about how passionately so many people work and campaign to make this city a better place, in all kinds of ways, and in all kinds of capacities, from charities to advice agencies, from campaign groups to neighbourhood associations.

It has been a politically eventful few years, with the Brexit referendum; the creation of the Metro Mayor; two general elections; two new prime ministers; and the coronavirus pandemic, which delayed the 2020 election by one year. One thing that has been enduring over this period, however, is austerity. Local government has had to deal with the most severe cuts of any government department, losing 60p in every £1 of funding. It has been sad to see the effect this has had on funding for services and organisations in the city.

Another major factor that has shaped my experience of being a councillor is the governance system we have in Bristol, the elected mayoral system. Almost all power in the council lies with the Mayor and Cabinet, and most important decisions are made in Cabinet meetings rather than Full Council. Backbench councillors have little genuine input into decision-making. However, in theory, the city is split into wards that elect councillors so that communities, wherever they are, can have a voice when decisions are made.

The mayoral system has, for the most part, minimised the role of councillor to a role of responding to complaints and undertaking casework. While this can be rewarding, there are easier ways to fulfil such a penchant (volunteering for an advice agency, for example). Without being able to effectively realise change – in a consistent and transparent way that rewards effort and creativity – our role is hollow, and our communities are let down. It's no wonder that so many good councillors are stepping down in May.

We have had two terms of a mayoral system, and I think we can now appraise how well this experiment has fared, and to what extent it has eroded the vitality of our democratic process. Next year Bristol will have a choice to make about whether to

keep or abolish the mayoral system (there will be a referendum if a petition gets enough signatures). While undoubtedly there have been achievements in the last nine years, we should consider carefully whether the cost to democracy, transparency and accountability in this city has been too high.

Bishopston ward

Coronavirus advice – For coronavirus advice, we encourage everyone to regularly visit bristol.gov.uk/coronavirus, where you can find information about what you can and can't do, how to get tested and what council services are affected. 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 or 0800 694 0184. Deaf BSL users can contact the phoneline 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

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.

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.

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 errors, convincing looking but inauthentic websites/messages, and messages asking you to provide bank details. Trust your instinct – if it doesn't feel right it probably isn't.

May elections – We wanted to take this opportunity to thank the people of Bishopston & Ashley Down for having us as your councillors for the past five years – it has been an honour and a privilege to represent such a diverse and vibrant part of Bristol. Neither of us are standing for re-election, so we wish our successors all the best – we're sure they'll do the ward proud.

Please get in touch if you have any questions:

Tom Brook, Labour Party

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

Eleanor Combley, Green Party

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

Redland Ward

More improvements for Redland Green – Like most open spaces Redland Green has suffered under heavy use and wet weather through lockdown. The area around the entry of the playground is

suffering with some really boggy patches. After Fi and Martin met with officers to look at it and talk through a number of drainage issues, we got some good news. We've been promised the area around the path will be excavated to create better soakaways and then 'rain garden' features will be created which include thirsty plants that should improve the conditions.

We also arranged some maintenance work, with repairs to a damaged bench and new wooden posts to protect the grass. We were grateful to council officers who have promised to clear other drains, too.

Fund proposed to invest in neighbourhood streets and parks – Parks and local neighbourhood schemes would have received a much-needed cash-boost if a Green Party amendment had been accepted by other parties at the council's budget meeting in February. The £12.5m capital investment fund would have put unspent money to work which was previously allocated to the cancelled Arena scheme. Martin proposed and Fi seconded this proposal to create a strategic fund to invest in local neighbourhood infrastructure to tackle rat running and make local roads safer, and for investment in parks and green spaces which are under pressure from development.

The £12.5m fund would have been spent over four years across the city – half on upgrading Bristol's parks and green spaces and half on schemes to promote more liveable

neighbourhoods to tackle pressures from Bristol's growing population and congestion. Unfortunately, this was blocked by both Labour and Conservative councillors. This means there is now no central capital fund for improving streets or parks.

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.

Lots of new development – The pace of new development in the ward has been very visible, with skips outside sites and builders active through lockdown. The deregulation of the planning system means less control of what can be built or changed now, but where we can we have been advising residents faced with planning applications in many parts of the ward and explaining how the development process is managed, or what to expect if a proposal is going to committee for a decision in public.

Continued on next page ►



E-mobility expands – We know there have been some issues about use of battery-powered e-scooters and everyone needs to 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 continues to keep a close watch. The police report they are reassured by highway safety issues. These vehicles offer mobility but not exercise so we are pressing for studies to see whether they are replacing car trips or physical activity.

Clean air zone – Over four years after the council passed a Green motion calling for action on air pollution, millions of pounds spent and repeated delays sparking legal threats from the government and Client Earth, the Labour administration has finally approved plans for a clean air zone in Bristol that will charge the most polluting vehicles entering a small central area. Green councillors welcomed the final approval of plans, but highlighted the uncertainties and problems caused by the Mayor's repeated delays and changes to plans which have left Bristolians poorly prepared for the introduction of the charging zone.

Council backs reparations – Following a motion moved last year by Green councillor Cleo Lake and months of cross-party work since between Greens, Labour and activists, Bristol Council has passed a historic motion in support of reparations, making Bristol the first major city in the UK to do so. The motion was created in collaboration with campaigners from the Stop the Maangamizi campaign and Afrikan ConneXions Consortium as well as the Labour group.

The motion's main demands were for the council to request the government set up an All-Party Parliamentary Commission of Inquiry to explore reparations, for the council to support community wealth building approaches to the local economy, and to support African heritage community organisations in creating a Bristol Reparations Plan.

And finally... Word may have reached you that local elections are taking place on 6 May. Both Fi and Martin will be standing again as your local councillors. Whatever the results, we'd just like to take this opportunity to thank Redland residents for all their support over the years. It's been a huge privilege and often a lot of fun too. Thank you!

Fi Hance, Green Party

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

Martin Fodor, Green Party

cllr.martin.fodor@bristol.gov.uk / 07884 736101

Facebook.com/cllrmartin.fodorand /cllrfi.hance



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



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

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.

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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.

The ground floor is home to an extensive range of quality carpets rugs and runners, both of natural and synthetic fibres.

Natural Born Flooring's team are highly experienced and offer a friendly service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices.

Open for business even if their showroom can't be!

Natural Born Flooring are able to continue working throughout lockdown, in line with government restrictions. The dedicated team are able to both measure-up and lay flooring in a socially-distanced manner. They are also happy to drop off flooring samples to local businesses and homes when their showroom is closed.

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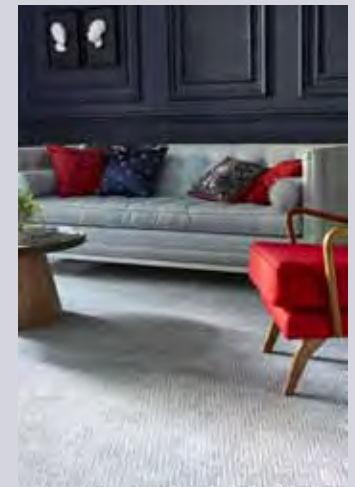
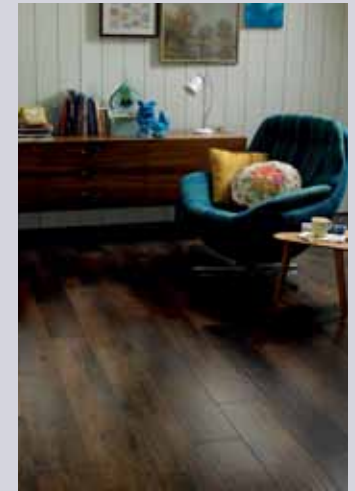
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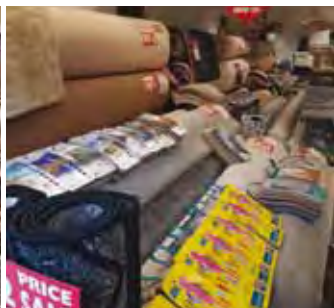
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