



# Bishopston

including Ashley Down, Horfield & St. Andrews

## Matters

issue 147, May 2021



*"Nothing beats warm  
croissants fresh from the  
oven...."*

### Bake at Home

Frozen Pastries &  
Sourdough Pizza Dough



**Hobbs House Bakery**

177 Gloucester Road

Also available delivered to your door at [hobbshousebakery.co.uk](http://hobbshousebakery.co.uk)



**invisalign**  
PROVIDER

Horfield Dental Care,  
525 Gloucester Road, Bristol, BS7 8UG



**Horfield**  
dentalcare

0117 951 3026

Register & Book Online  
[www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)  
info@horfielddentalcare.co.uk



Find Bishopston Matters on Facebook



Follow @bishmatters on Twitter



**BS7 GYM**

# COMMIT TO BE FIT

**WHERE YOUR GOALS, ARE OUR GOALS**

BS7 GYM PROVIDES EVERYTHING YOU NEED  
FOR THE PERFECT TRAINING EXPERIENCE

VISIT [WWW.BS7GYM.CO.UK](http://WWW.BS7GYM.CO.UK) FOR MORE INFORMATION  
OR CALL US 0117 910 8016 TO BOOK YOUR FREE TRIAL



## Dear Readers...

The sky smile featured on the front page certainly brought some cheer to our family when we spotted it while we were playing on Horfield Common. A sign of happier times ahead we hope!

Staying on the subject of the Common, this month I had the pleasure of interviewing Friends of Horfield Common chair for over a decade - Sam Thomson. The group are now looking for someone new to step into this role. I hope you enjoy reading about all the team of volunteers have achieved to date and the exciting plans they have for the future.

Bishopston Matters was also delighted to visit the St Andrew's founded 'Family Food Action' project that is making a fantastic job of supporting our wider community. Could your street get involved?

I enjoyed talking with a local family who


hand-make wonderful gift cards together and sell them to raise funds for the North Bristol Foodbank. They are bright, uplifting designs that I am sure some of you will be keen to purchase.

Celebrating the return of outdoor team sports, we are pleased to bring you a report from Goldenhill Sports Club who are excited for the summer season ahead.

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

It is fantastic that all our Gloucester Road businesses are now able to re-open their doors. Please do support them.

*Kerry x*

Email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
Bishopston Matters, PO Box 337, Bristol, BS9 4WT Tel: 07881 924 059 / 0117 349 4483  @bishmatters



EXCEPTIONAL DESIGN.  
EXCELLENT SERVICE.  
EXTRAORDINARY RESULTS.



Email  
[info@custom.garden](mailto:info@custom.garden)  
Website  
[custom.garden](http://custom.garden)







**Barcan+Kirby**

# Your Local Award Winning Law Firm

**You have our best – every time**

Barcan+Kirby offers a comprehensive range of legal services, for individuals and businesses, delivered by expert lawyers and supported by our culture of respect and understanding.

#### For you and your family

- + Divorce + Separation
- + Family Matters
- + Children Law
- + Domestic Abuse
- + Will Writing, Powers of Attorney and Trusts
- + Probate + Estate Administration
- + Court of Protection
- + Employment
- + Your Property
- + Medical Negligence
- + Personal Injury
- + Dispute Resolution
- + Notary

#### For you and your business

- + Corporate + Commercial
- + Commercial Disputes
- + Commercial Property
- + Commercial Property Disputes
- + Notary
- + Employment

📍 [barcankirby.co.uk](http://barcankirby.co.uk) | ☎ 0117 325 2929 ✉ [hello@barcankirby.co.uk](mailto:hello@barcankirby.co.uk)  
 📧 @barcankirby

**Visit our Bishopston office at 60 Gloucester Road, Bristol, BS7 8BH**

We six offices in total across Bristol and South Gloucestershire:  
 BEDMINSTER | BISHOPSTON | QUEEN SQUARE | CLIFTON | KINGSWOOD | THORNBURY

This firm is authorised and regulated by the Solicitors Regulation Authority. No: 568743.

## An outstanding Friend of Horfield Common – an interview with Sam Thomson

I have been creating *Bishopston Matters* for over thirteen years now and during this time I have seen the facilities at the Common nothing short of transformed, largely thanks to the hard-work and dedication of Sam Thomson.

Friends of Horfield Common (FOHC) started in 2006 when a group of neighbours and interested residents decided to work together to ensure continued access to, availability of, and improvement of the state of Horfield Common. Sam Thomson became chair of the FOHC in 2010 and eleven years on, after achieving so much, has now stood down from this position; Bishopston Matters felt this needed marking, so we took some time to celebrate what has been achieved and discuss what's next?

Sam grew up in Horfield with the Common on her doorstep. As an adult she remained a stone's throw from the green space and visited everyday with her dear dog Dottie. Sam told me it was visiting the Common so frequently as a dog walker that started her greater interest in the space – noticing benches that needed repairing, graffiti that needed removal, improvements to the play area that hadn't been updated since she was a girl and the potential for the central Ardagh buildings to be so much more for the community.

The first major triumph Sam led the FOHC to was securing Village Green Status for the Wellington Hill playing field, which, at the start of austerity in 2010, was marked to be sold by Bristol City Council. There was a passionate campaign that saw over a thousand residents oppose the sale of the field and respond to the consultation to demonstrate that the field was used extensively by a broad-range of different individuals, organisations and the wider community. A village green can be registered on any land on which a significant number of inhabitants of any area has indulged in lawful sports and pastimes for 20 years.

Sam said, "This is when the power of local residents came into its own, and those who had lived locally for this time and beyond could testify to the council. Having people on the ground who know the Common is so important and giving an independent voice for the community and their best interests in relation to the park, is what the FOHC is all about."

Securing Village Green Status for the Common ensures the green space cannot be sold and continues to be available for the whole community to enjoy. Sam told me this campaign really showed her what could be achieved when people came

together to work as one for a common cause and reinforced just how important this local green space is to all of the residents who surround it – and beyond.

Since securing Village Green Status the

FOHC have led successful campaigns that saw more than 5,500 new trees planted across the green space, the complete refurbishment of the play area, installation of a pathway that links a circular walk on the Common – enabling greater access for all, the mapping and marking out of walking and running routes. All of these projects have taken significant time and effort and the location of the Common across three wards has been a constant challenge and frequently led to delays. As well as driving physical improvements to the Common the FOHC have organised social events – picnics, dog shows, wildlife walks, workshops with Steve England and children's play sessions with the Ape Project. The FOHC recognised the need for a Café on the Common and worked hard to bring this to fruition.

The Ardagh sports building and tennis courts were marked to be sold for development in 2010. The FOHC recognised what an asset to the wider community this space could be, and here marked the slow process of the Ardagh Community Trust (ACT) being formed to enable the community asset transfer of the Ardagh buildings and sports courts that was finally signed over in July 2019. This is a lease for 35 years.

*Continued on next page ►*



Sam Thomson in the new willow dome

## THE AERIAL MAN

TV Aerial and Satellite Specialist

*Affordable Prices - Reliable Service*

- Digital Aerials
- Sky Work
- Poor Reception Problems
- Humax Recorders

- Fully Guaranteed
- Free Quotes
- Additional TV Points
- TV Sales

- Repairs
- OAP Discounts




### 0117 967 9028

### 07818 413 451

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







► The charitable trust will oversee the redevelopment, refurbishment and ensure the space is used for community sporting, leisure and wellbeing activities.

Sam is now heavily involved with ACT so felt it was the right time to step down as chair for FOHC. She shared, "Although ACT and FOHC work in partnership together, their roles are different – ACT is focused on the Ardagh site and sports grounds and the Friends take care of the wider Common as a whole."

I asked Sam what the next chair would get out of the role? She explained despite the challenges the last decade had brought, there were rewards throughout – both with the delivery of projects and the wonderful friendships that have been formed. She told me she had attended the weddings of fellow FOHC members

that she hadn't known before they started working together in the group. Sam's work has undoubtedly delivered key improvement projects and increased accessibility to the green space, but she looks forward to somebody else bringing new energy and ideas. You can be assured that the FOHC offer a welcoming environment and would love to have more people involved.

Stepping down as chair for the FOHC may be the end of one chapter in her involvement in the Common but she is still very much invested in the Ardagh Community Trust and chomping at the bit to get on with the full refurbishment of the sports courts and their transformation into good-quality, grassroots community facilities. ACT are currently working with Bristol City Council to confirm a timeline for this and when Covid restrictions allow, they can't wait to get started. Please take some time to complete their quick questionnaire featured on page 48 to ensure ACT continues to work to deliver the facilities and activities that local people want.

The fabulous new café is complete (and open daily for take-away drinks and snacks) and it is planned for it to be fully open with inside space from September 2021.

A £20,000 grant from the Postcode Local Trust has been secured to support the costs of improvements which can help to make the external Ardagh spaces more usable for a wider range of people. The funding is also paying for the skills of fantastic gardener Steve, who is working with the volunteer gardening group to help develop the gardens (that are already looking stunning) at the site and deliver future courses such as 'How to grow' and 'How to start gardening'. There is also exciting talk of a community garden show/trail so watch this space!

When I asked Sam what else the Common and its facilities can do for the community? It is young teenagers that are on her mind. The play park is great for those of primary-school age but Sam feels we need to do more for the older children. When the multi-sports courts can be delivered and offer basketball and netball this will go some way to filling this gap. Sam also thinks when they get Junior Park Run up and running (when Covid restrictions allow, all funding is in place), that will also be great for young people not only to take part in but they can get involved with volunteering and running the event. There will be Duke of Edinburgh volunteering opportunities too when restrictions allow.

Four of the tennis courts remain free to play on a turn-up basis and the other five can now be booked – but not only for tennis! It is wonderful to see the courts being used for Morris Dancing, Scouting groups and

soon to be an outdoor play group thanks to Playful Bristol and local parents. The 10am, Tuesday free Tai-Chi sessions on court 2 are now back up and running and ACT will soon be offering free tennis coaching sessions for children on Tuesday afternoons.

The return of the Repair Café is much anticipated and will launch as soon as Covid restrictions allow.

So, what more could be coming Sam? "We look forward to bringing street food and music events to the large, open space we now have at the front of the Ardagh and hopefully farmers' and local arts and crafts markets which local people have been asking for in the near future. Look out for an ice-cream shack popping up and if people have other ideas, we would love to hear from them. Please come and get involved with the FOHC and with ACT – it is your time and energy that can make things happen!"

The journey that Sam began with the FOHC started out about green spaces – securing their future and keeping them well and has ended with assisting the wellbeing of people. As we sit in the Ardagh grounds – opened out, welcoming, blooming – alive with people of all ages meeting for coffee, playing in the new wildlife area, walking their dogs and taking part in sporting activities, it is emphasised how important this space has become – it connects people and that is a great thing. The pandemic has proven more



than ever that our green and community spaces are important and it is not only our experience of nature but the connection with people the Ardagh Community Hub enables.

When I ask Sam what she is most proud of that the FOHC group have achieved? She replies that there have been rewards throughout with the many projects they have delivered but what she is most proud of is the legacy the Ardagh Community Trust leaves with the 35-year lease on the café and sporting grounds, something that will continue to benefit the wider community long after she moves on from the organisation herself. "We have established a charity and in setting up ACT we have secured the sustainability of a strong, thriving organisation that is genuinely representing the voice of our community."

**Horfield Welly Pre-school**

Safe and stimulating environment where children (2-4 yrs) can thrive  
Ofsted outstanding 2019/20  
Highly skilled and qualified staff  
Up to 4 mornings a week (15 hours), Tuesday to Friday  
Large indoor and outdoor garden with Forest School opportunities  
Visit our website for a virtual tour  
Email: [horfieldwellyad@gmail.com](mailto:horfieldwellyad@gmail.com)  
Mobile: 07837133925  
Horfield Parish Church Hall, BS7 8ST  
Registered charity No: 1045897  
[www.horfieldwellypreschool.org.uk](http://www.horfieldwellypreschool.org.uk)

Last few remaining places for 3 and 4 year olds for Sept 21

**BRISTOL STEINER SCHOOL**  
Independent Day School for Boys and Girls

Where education is a journey, not a race

**Kindergarten and Main School places available**

Contact Reception to book a personalised meeting  
0117 933 9990  
[reception@bristolsteinerschool.org](mailto:reception@bristolsteinerschool.org) | [www.bristolsteinerschool.org](http://www.bristolsteinerschool.org)

Ofsted Good Provider

**YOU CAN LEARN TO PLAY THE DRUMS**

Friendly 'In Person' and live online lessons

Locally based  
Complete beginners to professional players  
25 years teaching experience  
10 years international touring experience  
More info at [scotthammond.co.uk](http://scotthammond.co.uk)





This month we are delighted to feature an interview with 'Rainbow Leopard Cards' creators, mother and daughters team – Shelley, Fearne (6) and Mae (4). These creative Horfield residents (pictured above), have not only been bringing joy to the people who receive the gorgeous cards but also supporting the North Bristol Foodbank in the process – brilliant!

#### When did you first start making the cards?

One weekend in February the girls and I sat down

and to make some birthday cards and play about with some fabric, which they love doing. We were thinking of different designs and before we knew it, we had created the Rainbow card! Our fundraising cards project was then named 'Rainbow Leopard Cards' by Fearne.

#### How did you come to sell the cards?

As we had been struggling to find nice cards in lockdown, we text a few local friends to see if anyone wanted to buy any (with the price including a donation to North Bristol Foodbank) and the response was unbelievable. A couple of friends suggested we should put them on local Facebook selling sites (which we did) and they were so popular – we were blown away by the support.

#### Why did you choose to support the North Bristol Foodbank?

We have supported the foodbank as a family for a while. I remember reading that Food Banks in Bristol saw a 168% increase in use since lockdown so decided to sell the cards to raise money to support North Bristol Foodbank.

#### How much have you raised so far?

We have sold over 600 cards and raised over £300 for the foodbank so far; as everyone seems to be liking the cards we hope to keep going and raise as much money as possible.



#### The rainbow designs are wonderful, do you have any plans to expand on these?

The rainbow cards were such an unexpected hit we now have a second design out – Hot Air Balloons! We have a few designs in the pipeline, including a dinosaur card and the girls are even talking about a Christmas card range already!

#### What has been the best part about this project?

The best part has been making the cards together with the girls. The second best is how much support and kindness locals have shown us in buying them. We have had so much lovely feedback, people who have bought the cards have ordered more and they have all been recommending them to friends, neighbours and on social media – helping us to raise even more money for the foodbank!

#### What are your favourite things to do locally?

We love living in this area, the parks are amazing and there is so much to do outdoors as a family. The Bristol Balloon Fiesta is one of our favourite local events, as you can probably tell it inspired one of our designs!

#### How can people buy your cards?

Our cards are made from recycled card and can be personalised with your own messages. They cost £1.50 each, 7 for £10 or 11 for £15 (50p from every card goes to the Foodbank). Free delivery by me and the girls to BS7.

**Check out Facebook and Instagram**  
**rainbowleopardcards or email:**  
**rainbowleopardcards@hotmail.com**



## Brookfield Garage

#### For all your Car & Van Services & Repair

- Services • MOT testing • Repairs • Exhausts
- Engine Management Diagnostic & Repair
- Tuning & Re-Mapping • Air-Conditioning
- Electronic & Electrical diagnostic & repair
- Brakes • Clutch & Gearbox repair • Tyres



### Open for business

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.

**RAC**  
Approved Garage

To book in **Tel: 0117 951 2285 • www.brookfield-garages.co.uk**  
140 Ashley Down Road, Bristol, BS7 9JS



Bristol  
Grammar  
School

## Life changing

Come and visit us to  
discover all that we  
can offer your child

Individual tours available  
during term-time

Call Hollie Matthews  
on 0117 933 9885





Supporting people with learning disabilities

## we're hiring!

We are recruiting full and part time support workers to our new locations in Bristol (BS7 and BS10) supporting young adults with learning disabilities and autism to live independently

No experience required.

£9.50 an hour & great benefits

### Interested?

[affinitytrust.org/jobs](http://affinitytrust.org/jobs)

Call Lucy 07584528380

Email [lucywhite@affinitytrust.org](mailto:lucywhite@affinitytrust.org)



Although being a driver is not essential you must be able to get to the location for shift start times. (DT10 1FW)

## 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.

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



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

**Hedgehogs** – 'Hedgehog Streets' are also spreading where people make small holes in their 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](mailto: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.*

Here's a  
bright idea...

**EvansEntwistle**  
CHARTERED MANAGEMENT ACCOUNTANTS & TAX ADVISORS

An experienced local practice of CIMA Chartered Management Accountants to help you manage your business

[evansentwistle.co.uk](http://evansentwistle.co.uk)

432 Gloucester Road, t: 0117 924 7767

Bristol BS7 8TX

e: [mail@evansentwistle.co.uk](mailto:mail@evansentwistle.co.uk)



Accountancy | Corporate Finance | Taxation | Business Advisory | Private Clients



## Sefton Park School welcomes a new headteacher

Sefton Park is pleased to announce that Mr Dan Simson has been appointed as their new headteacher. Mr Simson, who took over as acting Head after the retirement of longstanding head Jan Lonsdale last year, was the outstanding candidate, selected after a very rigorous and thorough process which attracted a strong field.

Sally Dore, Chair of Governors, said, "We are really delighted at the appointment of Dan Simson as our permanent headteacher. At Sefton Park, children really have a childhood – there aren't many schools where Year 6 children see the SATS tests as an interesting change from normal work, rather than a source of pressure. We take a holistic, child-centred approach to a truly creative, broad and balanced education, where everyone can learn, have fun and feel safe. But we don't do that at the expense of attainment, which is strong throughout the school, building on our outstanding Early Years with an active learning approach that enables all children to achieve their very best. This is really not an easy balance to strike; it requires inspiring leadership of staff and children, as well as the wider community. We know that, in Dan Simson, we've found the right person to take the school forward, maintaining the ethos we all value while building on our current successes to develop further. Happily, we also know that it's a very popular appointment!"

Dan Simson said, "I am delighted to be the new Headteacher of Sefton Park School, a school with a great reputation for putting the child at the heart of everything it does. I look forward to working with the whole Sefton Park community and doing our very best by the children that we teach."

Josh, aged 8, summed up the reaction of fellow pupils, saying, "Yay, we all wanted Mr Simson to be headteacher, he's very good and kind and caring."



A comment typical of very many from parents, who greeted the news warmly, was: "Dan Simson has done a fantastic job shepherding the school through this difficult year. As a parent, you get the impression that he bases his decisions on the best available evidence, always with an eye on the needs and welfare of the children. Sefton Park School is a really special place, and I feel confident that the appointment of Dan as headteacher will keep it that way."



**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.

**You can visit the library doorway for collection on Monday, Wednesday, Friday and Saturday 11am to 3pm.**



## Sefton Park Nursery

We have places for 3 to 4 Year Olds in our "Early Years OFSTED OUTSTANDING 2020" nursery class!

For an application form and more information, please contact the school office on **0117 377 3290** or email [seftonpark@bristol-schools.uk](mailto:seftonpark@bristol-schools.uk)

30 Hours funded places

Open 8.30am to 4pm



## DREAMING OF A NEW KITCHEN?

CALL FOR LATEST UPDATES ON SURVEYS AND APPOINTMENTS



**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

THE UK'S #1  
KITCHEN MAKEOVER EXPERTS

- Trusted reputation
- Huge choice of doors, worktops appliances, sinks & taps
- Free planning & design service
- Door swaps to full kitchens - tailored to your needs

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

11/12 The Promenade,  
Gloucester Rd,  
Bristol BS7 8AL



Call for a free estimate on:  
**0117 944 3223**

**Checkatrade.com**  
Where reputation matters  
AVERAGE SCORE 9.8/10



## 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!



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



### St Bonaventure's Pre School

*St Bonaventure's Pre-school is now taking admissions for September 2021 Intake*

**We are open, term time only,  
Monday – Friday 8:15 – 5:30.**

*Please contact us if you would like further information or to request an application form.*

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

**Email – [admin.stbonaventures.ey@bristol-schools.uk](mailto:admin.stbonaventures.ey@bristol-schools.uk)**

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

**Phone – 0117 3532887**

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](http://www.oatfloat.com) or follow them on Instagram or Facebook: [@oatfloatbristol](https://www.instagram.com/oatfloatbristol)**



### Graham Sothcott Guitar/Ukulele Tutor

Electric, Acoustic, Bass, Ukulele

**One-to-one tuition from  
his local Studio**

Preparation for Grades. Music theory.

**Tel: 0771 4949 930**

**[graham.sothcott@dsl.pipex.com](mailto:graham.sothcott@dsl.pipex.com)**

*Member of the  
Registry of Guitar Tutors*

## Are you an ethical consumer?



So you recycle, grow your own veg, and love finding a charity shop bargain. Since Bristol became the Green Capital a few years ago, you're happy you're doing your bit, but still keen to do more.

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](http://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](mailto:chunkyknitbristol@gmail.com).



**Douglas & Young**

*Our advice. Your future.*



**Financial  
health check**



**Investments**



**Protection**



**Retirement  
planning**



**Legacy planning  
& long term care**



*'Local, professional financial advice on your doorstep'*

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



**Jennifer Douglas**  
Chartered Financial Planner

**M: 07496 136634**

**E: [jennifer@douglasandyoung.co.uk](mailto:jennifer@douglasandyoung.co.uk)**





## News from the green room

**We're back!** It is all go at The Green Room! We are delighted to welcome old clients back and lots of new clients too! Do get in touch now to book in for a fresh cut or colour. For clients who haven't had a colour for six months or more, a new patch test will be required.

**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.

**Natural products** – The Green Room use only the highest quality cruelty-free products from Kevin Murphy colour me and the OCS system. The team can create any style or look without comprising on quality.

**Keep up to date with salon news on our Facebook page.**

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

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




*Delighted to have our doors open to customers again*

**Kemps Jewellers** est 1881



*A large range of new and second hand diamond jewellery  
Gifts for all occasions  
Repairs & Bespoke jewellery service  
Competitively priced  
Professional friendly advice  
Beautiful gift ideas*

9 Carlton Court, Westbury-on-Trym  
0117 950 5090 • WWW.KEMPSJEWELLERS.COM



## The Flower Shop

**Celebrate spring indoors with a beautiful bouquet**

**Local & National deliveries available.**

Visit our website to find out more!

**www.theflowershopbristol.com**

**Tel 0117 942 0050**

145 Gloucester Road, BS7 8BA

# LUNAR OPTICAL

## Etnia Barcelona

– Vintage Collection –



View at Lunar Optical  
the relaunched  
Etina Vintage collection

291 Gloucester Road  
Bishopston  
BS7 8NY

0117 9420 011

info@lunaroptical.com

Open: Mon 9:30 – 17:30 • Tues to Fri 9:30 – 18:00 • Sat 9:30 – 16:30 • Sun: Closed





## News from the Goldenhill Community Garden

Hi everyone

How's your spring going? It's hard not to feel optimistic as the days get longer and warmer and the leaves return to make the world green again.

In the garden a lot of the saplings we planted nine years ago are proper trees now and at this time of year the blossom comes in waves of loveliness, tree after tree, and it's gorgeous. We were able to start up our afterschool club when the school opened again and the kids have had a great time. By the time you read this our toddler group will have started again and I can't wait to have the garden full of curious tiny people and their lovely parents again. We're lucky to have the space and fresh air to be able to do things safely. We are also cautiously creeping towards 'normal' with our volunteer days. We are still limiting our numbers and not able to take new people quite yet but please get in touch if you'd like to come along in the future as hopefully we'll be able to welcome new folks along soon.

We are, of course, not able to have our usual Big Spring Fair this year BUT we are aiming to have a socially distanced **Plant Sale on Saturday 8 May 12-3**. The volunteers have been beavering away planting seeds and propagating allsorts and we'll have a wide range of vegetables, herbs and flowers from colourful cosmos to some guaranteed

slug-proof perennial beauties – all very reasonably priced. We ask that you wear a face covering.

In other news we've been coming to terms with the fact NO FROGS came to our pond this year. We were pretty gutted but we've had to accept they have voted with their feet – perhaps they didn't like the marauding fish and frogspawn-hungry newts, or maybe they were put off by the thick reeds we didn't get a chance to sort out last year. They instead have spawned in various sinks and shallower ponds elsewhere on the allotments; maybe our deep pond felt too cold with the cold spring weather? After last year's tadpole joy, it was a bit of a disappointment; I'd be lying if I said I hadn't considered nabbing spawn from onsite and bringing it down, but after long reflection decided it's best to respect their choice... We now plan to dig another pond and see if we can tempt them back; the tadpoles from last year will have reached maturity by then so might consider us a nice place to start a new family and, until then, we'll still be enjoying our lovely pond and all its other inhabitants.

See you in the garden for the plant sale!

*Lucy*

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

We put frequent updates on our Facebook page:

[TheGoldenHillCommunityGarden](#)



### CATHERINE DIXON

Committed to gardening organically  
Based in Bishopston

- Garden Maintenance
- Planting Plans
- Design

Est 1997 • Tel: 0117 9095460

Visit: [catherinedixongardens.co.uk](http://catherinedixongardens.co.uk)

Email: [info@catherinedixongardens.co.uk](mailto:info@catherinedixongardens.co.uk)

## 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](mailto:rich@nuthatchtrees.co.uk), or find us online [www.nuthatchtrees.co.uk](http://www.nuthatchtrees.co.uk)**



TREE SURGERY - PRUNING AND REMOVALS  
SHRUB PRUNING AND HEDGE CUTTING  
TREE REPORTS AND SURVEYS

# NUTHATCH

TREE MANAGEMENT & CONSULTANCY  
[www.nuthatchtrees.co.uk](http://www.nuthatchtrees.co.uk)

Contact us for a free consultation

tel: 07866980012      email: [rich@nuthatchtrees.co.uk](mailto:rich@nuthatchtrees.co.uk)



**NO  
JOINING  
FEE\***

**EVERYONE**

**GET BACK TO IT...**

Horfield Leisure Centre

Easton Leisure Centre

Henbury Leisure Centre

St Pauls Community  
Sports Academy



**everyone  
ACTIVE**

Everyone Active manages these facilities in  
partnership with Bristol City Council.

\*Terms and Conditions: Offer valid until 31/05/21. UK bank holders only, 18+. Direct Debit membership. Must pay one month in advance, this will be used to cover your final month. Participating centres only. Must cancel by 20th of month in order for the DD payment to stop on the 1st of the following month. See [www.everyoneactive.com/NJFNPR](http://www.everyoneactive.com/NJFNPR) for full terms

## Everyone – Get back to it!

**We have great news!** We are delighted to be open! 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



I  MY PC

**Trusted, local, independent  
computer store and workshop**

- PC & laptop repair services
- Refurbished PCs & laptops
- PC Hardware & Peripherals
- Custom built PCs
- Free counter service
- Friendly customer service



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

Open: Monday – Saturday 9am – 6pm

**0117 9248755 • [Sales@ilovemypc.co.uk](mailto:Sales@ilovemypc.co.uk)**

207 Gloucester Road, BS7 8NN  **I Love My PC Ltd**



**4.8 \*\*\*\*\* Google reviews**

'Friendly and helpful staff who went above and beyond to fix my laptop quick sharp! Many thanks!'

**4.5 \*\*\*\*\* Facebook reviews**

'Very helpful, very informative, quick turn around and reasonably priced. Would highly recommend to others. Thank you so much!'

## 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### North Bristol Food Bank

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

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

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

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

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

### Write to your local MP

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

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



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

Local resident, Kirsten Malcolm

## Do relaxation tracks really work?

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

Do relaxation tracks really work? If so, how? Research by Dr Rachel Gillibrand has given new insights into what actually is going on in our brains when we sit back and let a relaxation track wash over us.

**‘Busy’ Beta brainwaves** are those at work as our thoughts zip around, alert, active and perhaps a bit anxious. As we press play on our relaxation track, and settle down research shows how the fastest of our brainwaves, start to recede. The music and words help us feel physically relaxed, **slowing our heart rate, and reducing our blood pressure** and body temperature.

**Alpha brainwaves start to increase**, and so our sense of **calm and relaxation grows**; feelings of tension and stress start to recede. We feel **more positive, and solution-focused**.

In turn, our **Theta brainwaves** increase too. These can help us feel still **more relaxed and carefree**, and are associated with **enhanced creativity**. They can help us ‘re-programme’ our brain with ideas and beliefs we really want to believe, as well as **stimulating immune-system functioning and improving memory**.

Finally, **as we sink into deep sleep, we enjoy increased Delta brainwaves**. These enhance our capacity for **empathy; reduce our stress hormones**; increase our natural repair cycle, and increase our melatonin, which helps us sleep.

What a delicious combination! If you struggle with a new relaxation track, help your brain get nicely familiar with it by playing it a few times in the background as you potter around (not when driving or using machinery). Then enjoy settling back, and truly relaxing to the track.



If you'd value help relaxing, and easing stress and anxiety, please book yourself a **free initial consultation**. It's my pleasure to share my relaxation track with every client I see.

At time of writing, I am back seeing clients at The Family Practice, 116 Gloucester Road, and also online. Email me at [amy@the-executive-alchemist.co.uk](mailto:amy@the-executive-alchemist.co.uk), call me on 07557 911 606 or visit my website: [www.amyarmstrongcoaching.com](http://www.amyarmstrongcoaching.com).



## Trainhers

**Ladies Only Gym:**  
for your 30 minute workout  
for ladies of all ages, shapes and abilities



Visit our website and follow us on social media for all the latest information

[trainhers.co.uk](http://trainhers.co.uk)



22 Kellaway Ave  
0117 944 6650

Mon - Thu 7am - 7pm  
Fri 7am - 6pm  
Sat - Sun 8am - 1pm



## EMBRACING PILATES

PILATES CLASSES FOR ALL LEVELS!

### Face-to-Face Classes

Commencing 18th May  
Tuesday & Thursdays  
9.30 to 10.25am – only £6  
at Horfield Parish Church Hall (Helliwell Room)

### Continuing Zoom Classes

Mondays 6.30 to 7.25pm  
Wednesdays 10.30 to 11.25am – £4

Please book via

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

For more details either email [info@embracingpilates.co.uk](mailto:info@embracingpilates.co.uk) or call Denise on 0117 903 0331





SOUL PILATES

Move Better. Feel Better

READY TO  
TRANSFORM THE WAY  
YOU MOVE & FEEL?

Join Bristol's premier Reformer Pilates & Movement Studio so you can feel more energised, calmer and stronger every day.

Pilates Reformer | Pilates Matwork | Private 1:1s | Barre  
Pre & Post Natal | Restore | HiiT | Wellbeing Workshops

[www.soulpilates.co.uk/bishopston](http://www.soulpilates.co.uk/bishopston) | 0117 214 1655  
Bristol North Baths, Gloucester Road, Bristol, BS7 8BE

## The Power of Pilates Reformer

### Bristol's first Pilates, Reformer and Wellness Studio (finally!) launches this May!

In March 2020, the iconic Bristol North Baths was set to become home to Bristol's Soul Pilates second studio. Already an established Pilates studio on Queen Square, the new studio promised to bring Reformer Pilates and more to Gloucester Road, but sadly, due to the pandemic, the studio was forced to shut.

But closure of the studio did not stop owner and Bishopston local, Nic Lenny's dream from becoming reality, and over a year on, the doors of this brand-new studio are set to finally open, promising to come back stronger this May with over 33 classes, private and rehab sessions, Barre, Mat Pilates, Pre & Post Natal, the new Reformer Pilates classes and more.

"We wanted to create not just a centre of excellence for Pilates, wellness and movement but also an inspiring, premium studio space where people could come together in a fun, intimate and relaxing environment to move and feel good. And after, maybe hop for a brunch or wine on Gloucester Road post class. Barre before Bar, right?!" says owner, Nic Lenny.

### But what is the Pilates Reformer?

From athletes to people new to fitness or recovering from injury, the Pilates Reformer is quickly becoming a big hit as a transformative low impact form of exercise, that has both physical and mental benefits.

To the unfamiliar eye, the Pilates reformer might look a little daunting and confusing, a big sliding platform with springs, ropes, handles and bars. But truly, the class is not as complicated as you may think and the reasons to do a reformer class are many.

"It really is brilliant for everyone as it's an inclusive workout method", says Nic Lenny, Pilates instructor and Owner of Soul Pilates. "Whether you're brand



new to Pilates, a pro athlete, or office worker, Reformer Pilates will help you develop whole body strength, reduce pain and improve flexibility".

The Reformer equipment helps to improve strength, flexibility and balance, as well as focus, coordination, posture and body alignment. It has also been known to help lower blood pressure and improve cardiovascular health and has become particularly popular for those suffering lower back pain (something I no doubt we have all experienced or suffered from this past year).

As well as their new Pilates Reformer classes, the new studio will offer private 1:1 and 2:1 rehab sessions and a range of classes including Restorative Flows, Barre, HiiT, Pre and Post Natal, Mama & Baby, wellness workshops and their signature Pilates by Soul mat-based Pilates class.

**As well as their 2 for 3 class offer, Soul Pilates will be running a series of exclusive new launch offers and priority bookings. View the website to see the latest offers and deals [www.soulpilates.co.uk/bishopston](http://www.soulpilates.co.uk/bishopston) or call 0117 214 1655.**

North Bristol Baths, Gloucester Road, BS7 8BE







## News from Glos Rd Central

Traders at Glos Rd Central are thrilled to be fully open for business! It's fantastic to welcome back our customers and we are SO appreciative of your support. Obviously, we have to keep safety measures in place and we appreciate your cooperation and patience. Hopefully the warmer weather means standing in a queue is an experience rather than a chore – a good way to catch up with your friends and neighbours!

Many of our established businesses have repainted their shop fronts before opening, including our two latest additions – The Rambling Rose florist with a lovely hand-painted sign and Gloucester Road Books, who asked local artist Nina Raines to repaint the shutters so everyone will know it's a bookshop, even when they're closed.



Room 212 had a dilemma when painting their walls a lovely turquoise. The Cary Grant stencil is iconic and was even part of a Bishop Road School quiz, so he couldn't be painted over. Instead, Cary's been given a smart gold frame. On the opposite side is a stencil by well-known international artist Luke Jerram, to highlight Bristol's pollution problem. The Our Air Our City (OAOC) campaign is pushing for urgent, effective action to eliminate Bristol's dangerous air pollution. Room 212 owner Sarah Thorp is aware that Gloucester Road pollution has exceeded EU recommended levels for years and hopes the new artwork will help to highlight the issue and encourage a prospective new mayor to focus on our right to clean air. The stencil has also been used with a pressure washer to create images on the Gloucester Road pavements – have you spotted them?

Finola at Nola Interiors is happy to be back

in business supplying Little Greene and Earthborn Eco-friendly paint as well as Ca' Pietra tiles for all your home decorating projects and a lovely new range of door knockers. Bishopston Custom Paints was kept busy throughout lockdown as so many of you have cracked on with all those decorating jobs.

Don't forget they have a colour mixer for a wide range of interior and exterior paints. Bishopston Furniture Works has a great range of shelving and chests of drawers made in-house with sustainable wood, plus beautiful copper-framed mirrors. Ask owner Mick for bespoke furniture.

Now that the decorating is out of the way have you thought of putting some new artwork on your walls? There's a wealth to choose from on our section of Gloucester Road, as we have four shops selling art by Bristol artists – Paper Plane, Art &

Chocolate, Fig and Room 212. It's so much more fun browsing in the galleries now that they're open but of course everyone's kept their online shops up to date so you can get an idea of what you want before leaving home. All of these shops also offer jewellery, cards, gifts, ceramics, lampshades and more, so treat yourself to a few hours of browsing. Room 212 is hoping to create a Gloucester Road Art Fair on Saturday 17 July so if you're a local artist wanting to show off your wares do get in touch.

To keep you going while you browse remember that new café Perfecto Coffee offers fantastic in-house roasted coffees and cakes. Of course, now you can sit and enjoy a leisurely cappuccino and people-watch – how long have we waited to do that?

The biggest buzz in our area has definitely been created by the opening of Gloucester Road Books. Owner Tom Robinson (pictured above) wants his

## Laurence Kell Portraits



My career as a portrait painter began while I was living in my home county of Cornwall.

In 2003 I was running the Gurnards Head Hotel in West Penwith with my family when I had my first major painting exhibited in the BP Portrait

Awards show, at the National Portrait Gallery.

Since that success I have been working to commission as a portrait artist. It's an endlessly interesting area of art, meeting new people and building unique connections. I describe my work as figurative and believe that drawing is at the heart of my practice.

I studied at Falmouth School of Art, now Falmouth University. I'm a part-time tutor at the RWA Drawing School and live with my wife who is a photographer, and our two kids in Ashley Down.

**For drawing or painting commission enquiries please contact [www.laurencekell.co.uk](http://www.laurencekell.co.uk)**

Laurence Kell Portraits



07803 157280

[laurencekell.co.uk](http://laurencekell.co.uk)

Follow on Instagram: [laurence.kell](https://www.instagram.com/laurence.kell)

bookshop to be a fascinating place to explore. He says, "I want to encourage people to browse as broadly as possible. There'll always be something new coming in and a significant focus on titles published by small independent presses." For instance, Tom has linked with local children's publishers Book Island. Tom will be able to order books in for customers, many of which will be available for next-day delivery and he hopes – when regulations permit – to offer an events programme, including author talks and reading groups.

Meanwhile, The Rambling Rose florist owner Hannah Sampson is thrilled to be open on Glos Rd Central. She's determined to be as sustainable as possible and has linked up with The Wild Zinnia to offer Bishopston-grown flowers – you can't get more local than that!

Two Room 212 artists, Emma Catherine and Carla James, have painted a luscious mural on the Eco House wall representing Tobago, where Sarah raised her family. Sarah says: "I love this garden – it's a quiet, sunny oasis tucked just off Gloucester

Road and now it's full of rich vibrant colours too. You can catch a glimpse through the back windows of Room 212. Do get in touch if you're interested in a painting or pottery lesson – we've got lots planned!"

New bar Sidney & Eden is super excited to be allowed to open inside this month and can't wait to start putting on beer events and live music. Follow them on Facebook to keep up with everything they have planned.

In the meantime, make yourself look and feel good with our health, hair and beauty salons. Nuala Morey, Fizz, Icon, JoJo

Beauty & Holistic Therapies and Osna have been busy with bookings all month and between them offer every luxury you need. They're thrilled to welcome back clients old and new.

All in all, there's a buzzing, positive vibe here at Glos Rd Central. Do come and join us!

Follow Glos Rd Central on Facebook for the latest news and upcoming events.

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





# Horfield

dentalcare



## invisalign

PROVIDER

## SMILE & FACIAL AESTHETICS

FREE ONLINE CONSULTATION

Visit [www.horfielddentalcare.co.uk](http://www.horfielddentalcare.co.uk)

New Patients Welcome

Check up including Xrays  
and a complimentary  
Cosmetic Consultation

FOR £39.95

Proudly independent dental practice, Horfield Dental Care can look after all your Dental needs including a vast range of top cosmetic dental treatments to improve your smile.

Facial Aesthetics \*NEW\*

Everyday dentistry

Cosmetic treatments

Smile makeovers

Dental implants

Whitening

Childrens dental care

Emergencies

Call Us Today!

0117 951 3026

Register & Book Online

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

info@horfielddentalcare.co.uk

Horfield Dental Care, 525 Gloucester Road, Bristol, BS7 8UG



## Update from Horfield Dental Care

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

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

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

### How are you feeling about your smile?

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



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

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

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

Tel: 0117 9513026

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



## DOWNSIZING?

RENT A UNIT FOR YOUR VALUABLES

LOCAL  
SELF STORAGE



[WWW.STASHEDAWAY.CO.UK](http://WWW.STASHEDAWAY.CO.UK)

Stashed Away, 91a Romney Avenue, Bristol, BS7 9ST  
01179 516325 7am - 7pm, 7 days a week



**Sakya Buddhist Centre**  
121 Sommerville Road,  
St Andrews BS6 5BX  
0117 924 4424  
[bristol@dechen.org](mailto:bristol@dechen.org)



## Buddhist Meditation and Talks

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

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



Bristol Buddhist  
Meditation Meeting



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





Little Foxes Forest School is your local forest nursery, founded by and run by a team of highly qualified teachers and staff. We are proud to be caring for our 2.5 – 4 year olds in the beautiful surroundings of Stoke Park Estate in BS7.



To find out more about our nursery, or to put your child on the waiting list visit [www.littlefoxesforestschool.com](http://www.littlefoxesforestschool.com) or email [info@littlefoxesforest.co.uk](mailto:info@littlefoxesforest.co.uk).

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



## Red Dragons Martial Arts School

Delivers a fun and friendly brand of martial arts. Focusing on positive characteristics such as, leadership, respect and effort.



Classes: **Teeny Titans** (age 2.5–4), **Tiny Titans** (age 3–6), **Junior programme**, **Adult classes** & **Ladies only**.

**Currently taking new members.**

Martial arts training is perfect for developing self-discipline, focus, listening skills and motivation. It is also a fun way to get fit, improve your strength and muscle tone.

**Facebook:** [Red Dragons Martial Arts](https://www.facebook.com/reddragonsmartialarts)

**Email:** [info@reddragonsmartialarts.com](mailto:info@reddragonsmartialarts.com)

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

## ALL GARDENS



TO ALL  
PEOPLE

**SMALL GARDEN SPECIALISTS**  
**25 YEARS EXPERIENCE**  
**BASED IN BISHOPSTON**

**Phone Pete 0117 9421 685**

**e-mail** [peter@allgardens.co.uk](mailto:peter@allgardens.co.uk)

**visit** [www.allgardens.co.uk](http://www.allgardens.co.uk)

**All Garden Craft DESIGN**

- Garden Clearance and maintenance
- Garden make-overs
- Patios & Decking
- New Lawns
- Ponds
- Fences/stone walls
- Tree pruning

## News from Golden Hill Sports



Golden Hill Sports is looking forward to a full summer of cricket, the re-opening of the social club and bar and, despite the difficulties the Covid-19 pandemic has presented, another year of success on and off the pitch.

On the sporting side of things, **Golden Hill Sonics** (the youth football club) have managed to get the children back out on the pitch with some matches and training to finish off the season. The club caters for children of all abilities with places for 20 per age group from Under 7s all the way up through to Under 16s.

**Golden Hill Cricket Club** continues to go from strength to strength. Renamed from its previous title of Bristol YMCA CC, the club has grown to such a size that it will put out 6 Senior League Saturday sides, a Women's 1st XI and youth cricket for 130 boys and 100 girls this season, making it the largest cricket club in Bristol.

An enormous investment has been put into the club over recent seasons with improvements made to the pitches, outfield and practice facilities.

The Women and Girls' section continues to grow with unprecedented numbers enjoying training and matches.

At Senior Men's first team level, confidence is high in part due to the return of some of our outstanding youth players and a number of high-quality signings in pre-season.

Off the pitch, the **refurbished pavilion club room** is looking forward to hosting a range of functions as restrictions lift and life can hopefully get back to normal. **The facility is available to hire** and currently has spaces in the diary to sit alongside its present community users such as Pilates, art sessions, bridge clubs, yoga, ballet and dance lessons for children. Further information can be found on the website at [www.goldenhillsports.com](http://www.goldenhillsports.com) or by email at [social@goldenhillsports.com](mailto:social@goldenhillsports.com) if you would like more information on how to join or use the facility.

Weather permitting and subject to all restrictions being removed by then, we are planning to hold **community bbqs** at the ground on the evenings of both **Friday 25 June** and **Friday 16 July**.

Arrangements for **Party in the Park 2021** which is being held on **Saturday 11 September** this year starting at 1pm are also well underway with the usual mix of activities, attractions, live music, demonstrations, stalls and refreshments for all the family. If you would like to book a pitch for a stall, please email [comms@goldenhillsports.com](mailto:comms@goldenhillsports.com) and we will send you an application form.

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

## Bespoke playhouses and climbing frames



Get in touch for a free consultation

Designed with you to suit your space and your family, and built to last



[littlehousebristol.co.uk](http://littlehousebristol.co.uk)  
[facebook.com/littlehousebristol](https://www.facebook.com/littlehousebristol)  
[hello@littlehousebristol.co.uk](mailto:hello@littlehousebristol.co.uk)  
07779 606934



# Windsor Road Garage

Family business est 1964



**Open for business as usual**  
(subject to the current Covid restrictions)

*Serving our community  
for over 50 years!*

- Car Servicing • MOT Testing
- Vehicle Repairs
- Classic Car Maintenance
- AA accredited garage

Get in touch with this trusted,  
friendly team, to book in  
**call 0117 924 7113.**

Open Mon – Fri: 8.30 to 17.30,  
Sat 9.00 to 12.00.

Windsor Road Garage, Windsor Rd,  
St Andrews, Bristol, BS6 5BP

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

**Now equipped to service the new  
1234yf Air Con Gas**



## Family Food Action – founded in St Andrew's



Team FFA with Founder Emily Ryan at the helm



Bishopston Matters recently met on food delivery day with Emily Ryan, of St Andrew's. Emily founded Family Food Action (FFA), a voluntary group, back in April 2020 as a direct response to families finding themselves in food crisis in part due to the pandemic. A year on with the power of word of mouth, the scheme has expanded from Effingham Road to more than forty streets across North Bristol! Each with their own WhatsApp groups, they are taking their weekly community donations to Emily's place – the main hub for sorting and delivery to their four partners: The Vench Playground in Lockleaze, St Pauls Children's Centre and May Park and Evergreen schools in Easton.

Different from a food bank, these partners hold existing relationships with their families which enable them to give targeted support depending on the need in their immediate communities and they can therefore ensure that the food gets to those who need it most.

"The additional financial pressure and hardship since the start of the pandemic is ongoing for so many local families and being able to have more regular nourishing food is making all the difference at this difficult time. We run a food club for these families ... having reliable donations from FFA means that families know they are going to be able to get the staple foods they need to provide their children with a more balanced and varied diet." Amy Walsh, Manager of the Vench Playground, Lockleaze

Sitting on Emily's wall I observe a steady stream of people coming up the path, with overflowing bags of foods and toiletries. I now see why there is a wheel barrow, which is used to wheel deposited bags inside for organising in to four piles – based on the partner's needs and wish lists.

Mary, who I chatted to, was prompted to join a few weeks ago after watching the news and learning of the

worsening of food poverty. "I wanted to do something that would be useful to my local community, so as well as donating, I deliver a car full to The Vench every week."

Mary also makes Bishopston Matters privy to an exclusive – she will soon be making homemade cakes and biscuits to add to those donations.

Local businesses are getting involved too. Pieminister generously donated and delivered to the Vench 200 pies during the Easter holiday ensuring families are not forgotten during these periods (they also delivered 200 back in February half term). At local green grocer – Gloucester Road Fruiterers (135 Gloucester Road, BS7 8AX), you can set up a weekly monetary donation (or a one off), and each week your money contribution facilitates the shop to put together bags of fresh fruit and veg (very much in demand) at cost price, which they then deliver to Emily on Mondays.

And it's not been just food. Some neighbours have gone the extra mile by donating handmade goods, including Louise from Horfield who made 40 hand sewn masks!

Martin from down the road comments on the generosity and selflessness of people giving to support their local communities, and admits he has become more aware of the precarious lives of others. It's clear listening to him, the scheme has a two-way benefit, giving people who may have felt isolated and helpless during the last year a sense of purpose, and belonging to a community movement.

The Vench and St Pauls Children's Centre, are also both part of the FOOD (Food On Our Doorstep; <https://www.family-action.org.uk/what-we-do/children-families/food-club/>) initiative launched by the national charity, Family Action. FFA Food donations complement the donations made to

FOOD by FareShare (<https://fareshare.org.uk/>); FareShare distributes surplus food from across the food industry. The scheme enables good quality food to be provided, while also reducing food waste.

It costs just £1 a year for a family to become a member of the scheme. Members are able to purchase for £3.50 a bag of food and toiletry items every week worth approx. £15–£20; the £3.50 charge to families supports the cost of running the scheme. Unlike Food Banks, recipients do not need to be referred by the local authority or through the Trussell Trust. Food donations to the Vench and St Pauls are also used to make packed lunches and hot meals for the children and families during school holidays and at playgroups/afterschool clubs.

"Life is not getting easier for families, with a looming wave of potential redundancies, each of our partners is witnessing a rise of families facing food hardship, and they expect this to continue to rise." Emily Ryan, Founder FFA

So, never has it been more important to keep a safety net in place for children and food donations continue to be very gratefully received. As furlough arrangements come to an end and redundancies increase, child poverty is rising and it's highly likely more families will find themselves in need.

FFA are actively exploring, with local councillors and MPs, what more can be done locally and nationally, to end childhood hunger and are keen to share this grassroots model.

**For more information about the group, for offers of support, and for enquiries about setting up similar organisations, please contact [familyfoodaction@hotmail.com](mailto:familyfoodaction@hotmail.com).**

**FFA suggested donations:** Fresh fruit and vegetables, cheese, butter, eggs, nappies, sanitary towels, soap, shampoo, baby toiletries.





## ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

Striving to be the best we can,  
guided by the light of Christ

# MID-YEAR PLACES AVAILABLE

*For pupils in Years 2, 3, 5 and 6.*

*Appointments for tours available by request.*



*Please contact:*

**Email:** [admissions.stbonaventures@bristol-schools.uk](mailto:admissions.stbonaventures@bristol-schools.uk)

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

**Phone:** 0117 353 2830

*All are welcome at St Bonaventure's.*

## 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 handmade 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).

## 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](mailto:eromerotutor@gmail.com)

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

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





## 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



## Animal Health Centre

*"A passion for pet care"*

- Nicky and her team have been providing expert, friendly and dedicated care since 2002
- A welcoming and relaxing atmosphere
- Free preventative health clinics for your pet
- Modern surgical, x-ray and dentistry facilities

*"Absolutely amazed by the service. Wonderful, knowledgeable people."*



358 Gloucester Rd  
Horfield  
Bristol BS7 8TP

**0117 924 7832**

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

Your local, friendly veterinary practice

## Spring time at Roxfords Pet Shop

Open 7 days a week • Free local delivery

**New! Cold pressed dog food** – Walker & Drake cold pressed dog food is made using low temperatures, which helps to preserve the natural enzymes, vitamins and fibre, and more of the nutrients, oils and flavours are left intact. Because cold pressed is more dense and softer than standard extruded kibble, it breaks down quicker in the stomach, making it easier to digest and keeping your dog fuller (and happier) for longer. The feed and accompanying treats are packaged in fabulous pouch face designs. Do ask in store for more information.

**Adventure ready harnesses!** The Ancol extreme harness is their most comprehensive and durable harness yet! It is packed with features for your dog's comfort and security – heavy duty components, including sports buckle, padded grab-handle, rust-resistant D-ring and reinforced nylon stitching. The material is breathable with reflective strips.

**Dog Activity Mat** – All For Paws have created an entertaining, rectangle fluffy mat with a cute toy. You can hide dry kibble in the pockets and let your dog dig for them. There are different textures and activities to keep your active pooch mentally stimulated and focused on playing with the mat – rather than your favourite slippers!



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • [roxfordsthepetshop.co.uk](http://roxfordsthepetshop.co.uk)

## Precious Paws Pet Care

By Kirsty

Providing loving, reliable pet care for your precious pets in the comfort of your own home, when you're on holiday, at work or just away for a few hours. Regular updates with photos sent to reassure you that your pets are happy and being very well looked after.

**Fully insured, DBS checked, Pet first aid trained & CPD certified**

Available all year including Christmas day

**Visits include...**

Feeding & fresh water • Clean litter box/ cages  
Checking for mail • Plant care

Play and provide lots of love & attention

Let out for toilet breaks • Provide the at home look by turning lights on/off and pulling curtains

**Contact Kirsty: 07790 153146**

**[Kirstys.preciouspaws@gmail.com](mailto:Kirstys.preciouspaws@gmail.com)**

## Happy retirement, Peter!



It is time for us to say goodbye and good luck to Peter from Art @ Bristol. For the last 20 years Peter has been enabling our budding and established artists to get their art materials

right here locally on Gloucester Road.

Sadly, the shop is now to close, but to mark the occasion Peter is holding a retirement sale on Brushes, Oils, Acrylics, Watercolours and Canvases, and also paper and card.

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

Peter Probyn – Owner of Art @ Bristol

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





## 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.

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.

Steve delivers a varied programme of local workshops that include – Bat walks, History Tours, Foraging and Wildlife walks .

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

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

**Facebook: Steve England-Outdoor Learning**



Steve with his trusty companion Teddy!



## 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 now has a fantastic sandwich bar. Bacon rolls are also available along with excellent coffee. All products are freshly made on the premises.

When I visited early on a Wednesday morning there were already a stream of customers enjoying the huge range of delicious breads and confectionary available. My young boys love the kids-size ginger bread people – I was very popular at the school gates! All of Joe's bakes are made with the highest quality ingredients and you can really taste the difference.

**Joe's Bakery, 240–242 Gloucester Road, BS7 8NZ, 0117 9071852 • Joe's Bakery at The Bread Store, 45 Gloucester Road, BS7 8AD, 0117 3303798 • [www.joesbakery.co.uk](http://www.joesbakery.co.uk) @Joe's Bakery Bristol**

## D.C.L MOTORS

Mechanical Repairs • Welding • Servicing • M.O.T Work

- Full M.O.T service
- Top quality car maintenance and repairs
- All makes and models
- Great value prices
- Hundreds of satisfied local customers
- Workshop set up to facilitate small vans
- Servicing cars since 1997
- Owned and managed by Dave Lovell with over 30 years experience
- Local, family business



**Open:**  
8.30am – 5.30pm Monday to Thursday  
8.30am – 4.30pm Friday

**Tel: 0117 908 0081**

**138 Gloucester Road** (although situated at the bottom of Egerton Road),  
**Bishopston, BS7 8NT**



*"We have remained open for business as usual through lockdown and will be continuing to do so unless the rules change and we are forced to close."*

*Thank you to all our customers for your continued support"*



## 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.

Please contact us to discuss your requirements for a free initial consultation: [info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)

Ali

**Creative Design  
Hard & Soft Landscaping  
Maintenance & Clearance  
Hedges & Trees**

**0117 9092 088 or 0777 9180 855**  
**[info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)**  
**[www.secretgardenweb.co.uk](http://www.secretgardenweb.co.uk)**



**39 Horley Road, Sr Werburghs, Bristol**

## Making the Most of Your Space

Award-winning, Gloucester Road based architects Cryer and Coe are a small, flexible business who have been able to quickly adapt to the new ways of working required over the last year.

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.

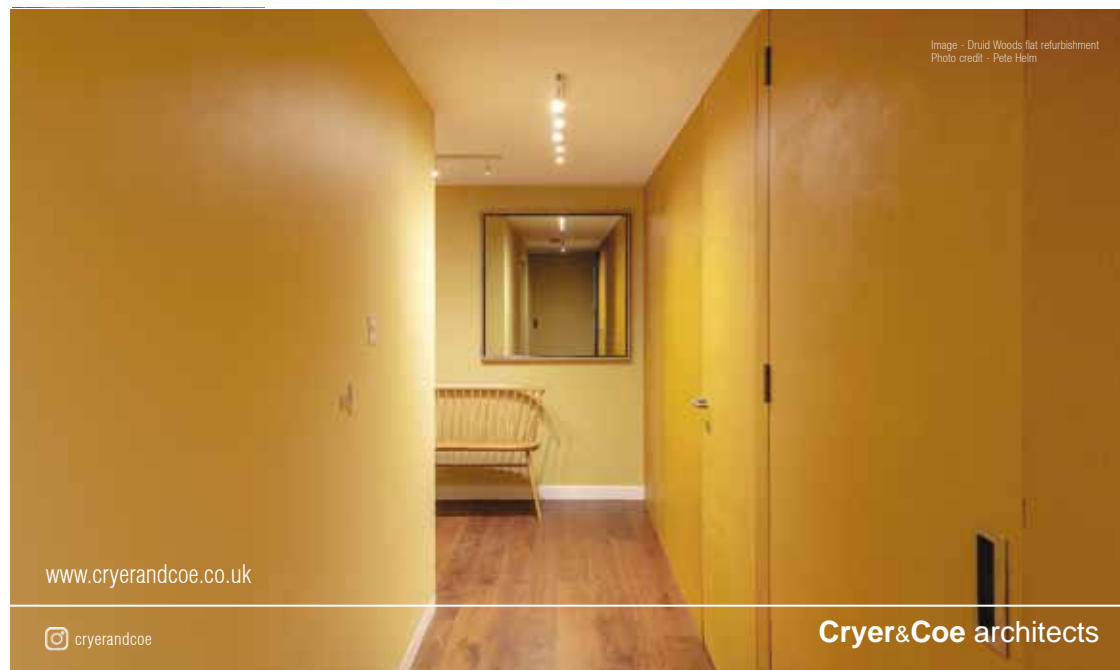


Image - Druid Woods flat refurbishment  
Photo credit - Pete Helm

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

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

**Cryer&Coe architects**



# 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](http://www.tangentbooks.co.uk)

[www.bristolbooks.org](http://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).*

## Need an Accountant?

**TaxAssist Accountants**

The Accountancy and Tax Service for Small Business

Our services include Accounts for Sole Traders, Partnerships, Limited Companies, Tax Returns, VAT, Payroll, Business Start-ups and Company Formations

# 0117 370 0016

FREE initial consultation  
iansmith@taxassist.co.uk

Fixed fees agreed in advance

Visit us at [www.taxassist.co.uk/horfield](http://www.taxassist.co.uk/horfield)  
or at 288a Gloucester Road,  
Bristol, BS7 8PD





Image thanks to Paul Bullivant

## 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 received confirmation from one trust about an application which will provide a significant part of the cost of providing and installing the new equipment (which totals around £70k). In order to access the grant, we had to raise £5k, which we are delighted to have achieved through a crowd funding appeal. We would like to thank everybody who has contributed to this amazing achievement. We are extremely grateful for your generosity, and your support of the park and its facilities. We have also received encouraging signs about the result of another application for the balance of the costs, but contractual processes mean this is awaiting confirmation. 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.

**Return of the Pantaloons** – We hope to be able to welcome back the Pantaloons theatre company for another wonderful performance on the evening of **Monday 30 August**, 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](mailto: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](http://www.friendsofstandrewspark.ning.com)

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

Appointments now available to book online via our website



**Framing and Fine Art Printing Studio**

Custom framing and archival printing services, readymade frames and instant photo printing, and much more...

Come and find us at:  
**4 Zeiland Rd, Bristol BS6 7AE**  
[nicheframes.co.uk](http://nicheframes.co.uk)





## 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](mailto:sendawelcome@gmail.com) – Daniella Radice**

**SENDaWelcome Works Project Manager**

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



### Rebecca Ramsden Editorial Services

#### Refining your written message

- websites • leaflets/posters • letters/reports
- theses/dissertations

#### Don't let a typo cost you business

Contact me to find out more about the proofreading and editing services I can offer your business.

\*Based in Horfield, Bristol\*

**07967 273595 [rebeccamramsdn@gmail.com](mailto:rebeccamramsdn@gmail.com)**

## News from Fairfield High School



### Stunning BAME & LGBTQI+ street art themed mural

Fairfield High School is delighted to unveil a colourful and stunning mural in a pivotal area near the Sports Hall, enjoyed by hundreds of the school's community, thanks to local artist Rosie Caley. Rosie was tasked with designing a BAME and LGBTQI+ street-art-themed mural, addressing sport engagement issues often witnessed at Fairfield and echoed across the country. The aim also being to engage groups of students often disconnected from the subject.

This was a project Rosie undertook with great gusto and pride, as she decided on the best way to visually convey the challenge. The decision: to feature a number of famous athletes and role models, namely Nicola Adams, Mo Farah, Hedaya Wahba, Ade Adepitan, Tom Daley and Simone Biles while reflecting FHS's vibrancy and passion in the form of a huge rainbow.

Creator of the project and Assistant Director of PE at Fairfield, Lauren Gibbons, comments: "The area leading to the Sports Hall was cold, blank and clinical looking which did little to inspire our students on their way to PE. It was literally crying out for life and colour. This coupled with the fact Physical Education and Sport are still facing many cultural barriers and harsh stereotypes linked to 'gender specific sports' and 'masculinity' led to a negative view of the subject with low participation rates."

Armed with sketches, paints and her own natural positive outlook, Rosie set to work to put her radical ideas into reality. Over the course of just 11 days, the mural was complete. Rosie concludes: "The long-term goal of PE is to educate pupils on the benefits of a healthy lifestyle, physically, socially and mentally. This is a matter very close to my heart, as three years ago I was on the London commuter belt, working as an engineer and putting in long hours. This took its toll on my physical and mental health. I still feel passionately about pursuing engineering, so I'm in the process of finding the balance between the two."



Thomas warming up for a big hill

### Student cycles 254km for children's mental health charity – Youngminds

Congratulations to Thomas in Year 7 at Fairfield High School who has completed an impressive 254km cycling distance; the kilometres were money matched, so he also raised £254 for Youngminds, a children and young people's mental health charity.

Thomas explains the motivation behind this tough physical and mental challenge: "I usually play lots of sports so I thought it would be a good idea to support a good cause and stay fit during lockdown at the same time; it was a win-win in my mind. My Dad planned all our rides so I just followed his lead however tough it was. The last cycle ride we did was 72km, but even though it was our longest ride, the 56km in the country was the hardest because of all the hills!

"My family and friends helped me raise this sum of money – even my football coach made a donation. I chose Youngminds because I wanted to give something to all of those young people out there who have struggled during lockdown."

Thomas doesn't plan to sit still for long – as soon as restrictions allow, he will be out on the football pitch, and may even set another half-term challenge of running. Watch this space!

### Ardagh Toddlers is open! Mondays at 10am

Limited availability and one adult per family. Please wear a mask and prepared to be temperature checked before entry. Pay for six week term £18.00.

**Phone to book 0117 9426 580 or 07464 890 628**

**They forward to seeing you!**





## Ardagh Community Trust Community Survey – May 2021

ACT is currently focusing on planning for the future, following completion of the Power To Change funded-project to create a year-round cafe and community hub space. We would like to hear from local people, and wider site users to help inform the organisation's priorities and activities from here:



### 1. What do you think of the facilities currently available at the Ardagh?

Thinking about the future of the site, would you like to see?

### 2. Flexible facilities for multisport, leisure and wellbeing use?

Yes ☐ No ☐

Please tell us more about what you would like to be available:

### 3. An increased programme of classes, events and activities?

Yes ☐ No ☐

If yes, what would you like to take part in?

### 4. Indoor space for community activities?

Yes ☐ No ☐

If yes, what would you like to do here?

### 5. Do you have any other comments?

ACT's second round of membership will be launched in May 2021. Feedback from local residents and wider site users will help to inform planning and priorities for 2021-25.

Please place your completed questionnaire in the special post box at the Ardagh site, or post to ACT, The Ardagh, Horfield Common, BS6 7YL. Forms will be available on site from 1st May or you can email your response/request a form at: [hello@theardagh.com](mailto:hello@theardagh.com).

# Alpine Landscaping

Established Family Firm with over 30 years' experience

## Senior Citizens Special Rates

- Garden Clearance - Regular or One Off
- Patios
- Fencing
- Tree Work
- Turfing
- Hedgecutting
- Planting (Shrubs etc)
- Organic Manure Delivered - Also applied
- Professional and Guarantee Work
- Brick and Blocklaying

**Call Joe for a Free Quote 0117 959 2143 / 07891 253 122**

[www.alpine-landscaping.co.uk](http://www.alpine-landscaping.co.uk)

**25% Off**  
with this advert!

## 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.

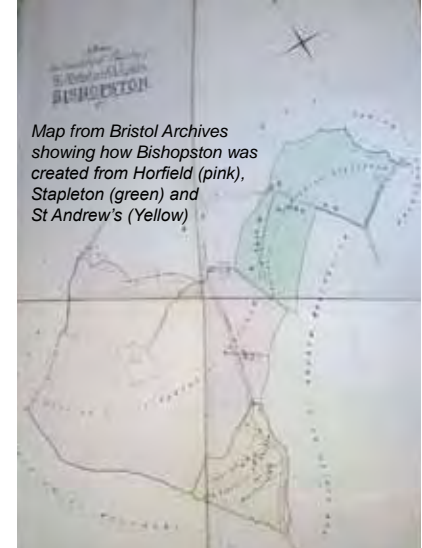
St Andrew's had been formed out of the parishes of St Paul's and Horfield in 1845, and in 1862, the new parish of Bishopston was formed from parts of the parishes of Horfield, Stapleton and St Andrew's. The parish was in part rural/semi-rural and boundary markers such as streams and hedges identified 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.

Map from Bristol Archives showing how Bishopston was created from Horfield (pink), Stapleton (green) and St Andrew's (Yellow)



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.



# News from Bishopston & Redland Councillors

## Bishopston ward

### Coronavirus advice

For Coronavirus advice, we encourage everyone to regularly visit [bristol.gov.uk/coronavirus](https://bristol.gov.uk/coronavirus), where you can find information about what you can and can't do, how to get tested and what council services are affected. While rollout of the vaccines is very good news, please still follow the rules, such as continuing to follow social distancing, wearing a face covering, washing hands, using the NHS app, and taking part in the test and trace programme if necessary.

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

### Elections

Local elections will be taking place on Thursday 6 May. This year you can vote for two local councillors, the Bristol Mayor, the West of England Mayor and the Police & Crime Commissioner (PCC). For the councillors you have two votes on the ballot paper for the two roles. For the Mayors and PCC you can express a first and second preference for the single winner of each role.

The deadlines for registering to vote and applying for a postal vote have now passed, but you can still register for a proxy vote until 5pm on 27 April, and you can register for an emergency proxy until 5pm on polling day. Details here: <https://www.bristol.gov.uk/voting-elections/proxy-voting>

### Concerns about advertising

We have been contacted by residents concerned about a shop on Gloucester Road displaying cigarette advertising. We have passed this on to Trading Standards officers and will be following up.

### Thank you and goodbye!

As this is the final edition of Bishopston Matters before the May local elections, we wanted to take this opportunity to thank the people of Bishopston and 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 vibrant part of Bristol with such a strong community. 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](mailto:Cllr.Tom.Brook@bristol.gov.uk) / 07584 370 425

#### Eleanor Combley, Green Party

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

## Redland Ward

### More improvements for Redland Green

Like most open spaces Redland Green has been more heavily used, including during the wet winter weather, through lockdown. The area around the entry to the playground suffered with some really boggy patches. Fi and Martin met with parks officers to look at it and we talked through a number of drainage issues resulting in some good news. We've been promised the area around the path will be excavated to create better soakaways and then 'rain garden' planting features will be created which includes 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 are grateful to council officers who have promised to clear other drains that regularly silt up, too.

### Crossing project still being chased

We're as frustrated as residents that the safe crossing of Cranbrook Road for school children and others from Cairns Road to Harcourt Hill has still not progressed. After years of campaigning and finally securing the funding in 2019 for this to be designed and built we are trying to get officers to progress the scheme. Initially there was a shortage of highway engineers and then staff were moved onto urgent Covid projects elsewhere. But a year on we're pressing for this funded safety scheme to be built where children are running across the road dodging fast traffic to get to school. Fi is pressing for news as it shouldn't take a year to fill vacancies.

### Fund proposed to invest in neighbourhood streets and parks

Our parks and local neighbourhood streets 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 last allocated to community investment linked to the cancelled Arena scheme. Martin proposed and Fi seconded this proposal to create a strategic fund to invest in making our streets safer by tackling rat running and making them calmer and greener. It would have created a fund 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.

### Lots of new development

The pace of new development in the ward has been very visible, with skips outside buildings and builders active through lockdown. The deregulation of the planning system means less control of what can be built or changed now, but when asked we have been advising residents faced with planning applications in many parts of the ward and explaining how the development process is managed, and what automatically gets permission. We've also been able to describe what to expect if a major proposal is going to be heard at a planning committee for a decision in public. Ensuring residents get a say during controversial developments remains a priority for us.

### E-mobility expands

Battery-powered e-scooters are increasingly visible on our streets. Private e-scooters are still not legal in public spaces. But the official Voi hire scooters can be used by people with driving licences – wherever bicycles are allowed. Each has a registration number.

They can be hired across more of the greater Bristol area. These distinctive red scooters are parked at street corners and their staff have been active recently. Take up is reported to be high.

We know there are some issues about use of these during the pandemic and everyone needs to take sensible precautions – as well as observe the rules about where and how they can be used or left to avoid pavement hazards. Martin asked a range of questions about the trial last summer before it started and continues to keep a close watch. The police report they are reassured by highway safety issues but we have been faced with blocked pavements and are pressing the company to manage this better. 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. 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 later this year. It means there's not long for people to consider alternative vehicles or travel.



### More space for foster families

Using funds allocated in a budget amendment proposed by Martin, council housing can have extra rooms added where there's space to extend the home and deal with a shortage of larger properties to let. This spring another council house has been extended creating two extra bedrooms for a foster family, allowing looked after children to be accommodated and extra living space for the family to spend time and eat together.

### Bristol 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 to 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 to represent you all and often a lot of fun too. Thank you!

#### Fi Hance, Green Party

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

#### Martin Fodor, Green Party

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

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



# LEE'S CARPETS

EST. 1957

A family run business serving Bristol for 50 years.  
Extensive range of carpets, laminate & vinyl flooring.  
Our own team of carpet fitters are on hand to  
professionally supply and fit your new flooring.

**Tel: 0117 951 4262**

5 Muller Road, Horfield, BS7 0AB  
Open: Mon, Tues, Thurs, Fri: 9.15AM – 5PM  
Weds: 9.15AM – 12.30PM, Sat – 9.30AM – 4PM, Sun – Closed



## Useful Trades & Services for the Home & Garden

# WILD

wildlife friendly gardening

- Garden maintenance
- Soft landscaping planting & plans
- Ponds
- Wildlife and climate gardening advice
- Based locally in BS7

[wild-gardening.co.uk](http://wild-gardening.co.uk)

W

[hello@wild-gardening.co.uk](mailto:hello@wild-gardening.co.uk)

Ring Nik: 07891 119327

FAMILY BUSINESS

FAST RESPONSE

**M.J. Harris**  
Domestic Repairs

ALL WORK GUARANTEED

DAY DISCOUNT

**PLUMBING**  
FULLY QUALIFIED

**BOILERS**  
GAS SAFE & OFTEC REGISTERED

**ELECTRICAL**  
NICEIC APPROVED CONTRACTORS

**DRAINAGE**  
YEAR APPROVED COMPANY

EXPERTS IN REPAIR, SERVICING & INSTALLATIONS

BOOK YOUR BRISTOL ENGINEER NOW!

**0117 428 1091**

## ROB'S PROPERTY MAINTENANCE



For all those jobs that  
still need doing...  
I am here to help!

**Building & Property Maintenance Handyman**  
Plastering • Rendering  
Decorating • Tiling  
Plumbing • Bathrooms  
Fascia/Guttering  
Gardening/Fencing  
Sash windows

**ROB: 07891 450 047**

[robspropertymaintenance@yahoo.com](mailto:robspropertymaintenance@yahoo.com)

## AMA & JILL DECORATORS

*Let the women spruce up your interiors*



- 20 years' decorating experience
- Painting walls, ceilings, wood
- Wall-papering
- Stripping walls, wood, metal

*A risk assessment for Covid-19 will be done for each job and appropriate social distancing and protection will be taken.*

**T: 07907 584566 or 0117 239 8276**

**E: [amajilldecorating@gmail.com](mailto:amajilldecorating@gmail.com)**

call now for a free quote

## JPK PLUMBING

*From a dripping tap upwards  
Reliable, qualified, fully insured*

Phone: John Keegan  
125 Bishop Road, Bishopston, BS7 8LX

[elfontanero@hotmail.co.uk](mailto:elfontanero@hotmail.co.uk)

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

**07900 582 817 • 0117 924 7286**



## Electrical and Plumbing



All electrical work - from complete rewire to additional sockets

Domestic plumbing and tiling - showers, underfloor heating etc.  
City & Guilds and NVQ. Part P compliant.

Free estimates - Call to discuss your requirements

Matt. Pederick - 0117 9246886 or 07958 753588



## INDOOR SELF STORAGE HORFIELD AND LOCKLEAZE

[WWW.STASHEDAWAY.CO.UK](http://WWW.STASHEDAWAY.CO.UK)

Stashed Away, 91a Romney Avenue, Bristol, BS7 9ST

01179 516325 7am - 7pm, 7 days a week

## Brickwork

by Denise Howard

**Decorative Brickwork**  
different colours, patterns,  
features and structures

**Bespoke Designs**  
in both reclaimed and new bricks

**Walls Repointed, Restored and Rebuilt**  
including complete walls, small areas, minor  
repairs, missing bricks and patios

**Lime or cement based mortars used**  
**Locally based in Bishopston/Horfield**

Liabilities Insurance held  
References available

City & Guilds Advanced Construction  
Award - Brickwork - Distinction

t: 0117 9249166 or 07710 827467

e: [brickworkbydenise@gmail.com](mailto:brickworkbydenise@gmail.com)



## Redland Electrical Services

Additional Lighting / Sockets \* New Fuse Board  
\* Rewires \* Home Security \* Inspection & Testing

**No Job Too Small**

ELECSA approved contractor Part P Building  
Regulations approved 18th Edition BS7671



[@redlandelectrical](https://www.facebook.com/redlandelectrical)

07955 725 307

[alex@redlandelectricalservices.co.uk](mailto:alex@redlandelectricalservices.co.uk)  
[www.redlandelectricalservices.co.uk](http://www.redlandelectricalservices.co.uk)



PEAR TREE  
BUILDING &  
PLASTERING SERVICES



We are a family run business, based in Bishopston,  
who undertake all kinds of building work

We strive to reduce waste, recycle materials  
and improve efficiency

Lots of examples of our work and customer  
feedback can be found on our website

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

For an honest, free and friendly quote call Rich on:

07976 209 305 / 0117 9500 597

## The Roofing Company

- Tiling & Slating
- Lead Work
- GRP Roofing Systems
- UPVC Fascias & Guttering
- Roof Carpentry

Free no obligation quotations

Competitive Pricing

**0117 950 2610**

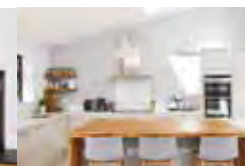
E-mail: [info@theroofingcompanybristol.co.uk](mailto:info@theroofingcompanybristol.co.uk)  
Unit 1, 'Perrocot', Hallen Rd, Bristol, BS10 7RP



renovate  
building & maintenance



design & build



0117 969 2740

07515 945 992

[info@renovatebm.co.uk](mailto:info@renovatebm.co.uk)

[renovatebm.co.uk](http://renovatebm.co.uk)





## 1st AZTEC Ltd

UPVC WINDOWS, DOORS & CONSERVATORIES

We supply and fit UPVC Sash Windows that can give the appearance of traditional wooden frames, in a range of colours. UPVC Sash Windows require no maintenance and ensure your period property is draft proof, cutting your heating bills.



Contact us for further information  
Tel: 0117 939 0841  
E-mail: [info@1staztec.com](mailto:info@1staztec.com)  
Website: [www.1staztec.com](http://www.1staztec.com)



"for all your plumbing and heating needs"

"Our business has grown through reputation and recommendation, so first-class customer service is one of our top priorities"



Boiler servicing



Quick response boiler repairs



Boiler installation



Bathroom creation/facelift

- Gas Safe Registered • Accredited Installers
- Up to 10 year warranty on Worcester Boilers
- 0% finance offered • Excellent customer service
- Serving Bristol for over 40 years!

0117 924 7200 • [www.dhs-uk.com](http://www.dhs-uk.com)



### High Quality Construction

Expand Building is a Bristol based building company with an excellent reputation. Delivering high quality construction.



Find out more

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

0117 959 1777

We specialise in: Extensions and Loft Conversions

07813 328 387 | 07972 577 827 | email: [info@expandbuilding.co.uk](mailto:info@expandbuilding.co.uk)

Expand Building, 124 Falcondale Road, Westbury on Trym, Bristol BS9 3JD | Company Registration No. 7933161

## A&P Plastering Specialists

All aspects of plastering...

- Skimming over artex • Coving • Artexing
- Small jobs welcome • Plaster boarding
- Over 25 years of experience
- Clean and professional service

Contact - Philip Rogers or Philip Winter  
Tel: 0775 9255438 / 0772 2160270  
0117 9425762 • Radnor Road, Bishopston



COLLINS  
TREE SERVICES

Free quotes Fully insured

Pruning Hedge Trimming  
Felling Stump Grinding Planting

All work considered All waste recycled  
Friendly and professional service

0752 591 6882 0117 965 8399  
[info@collinstreeservices.co.uk](mailto:info@collinstreeservices.co.uk)

From a single tile to a whole roof, all build and roof works undertaken, pitched and flat.



We have over 20 years experience are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey, just give us a call.

Office: 01275 540952 Mobiles: Ben Peters: 07724 681620 or Steve Coles: 07724 639830  
E-mail: [roof-tech@hotmail.com](mailto:roof-tech@hotmail.com)

## THE AERIAL MAN

TV Aerial and Satellite Specialist  
Affordable Prices - Reliable Service

- Digital Aerials • Fully Guaranteed • Repairs
- Sky Work • Free Quotes • OAP Discounts
- Poor Reception Problems • Additional TV Points
- Humax Recorders • TV Sales



0117 967 9028  
07818 413 451



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

## FULLY FITTED ROLLER GARAGE DOORS

FROM £895 WAS £1,554 INC VAT

\* Offer valid for Ringeridge Up To 3.0m Wide & 2.0m High  
2 Remote Controls, 1 Year Warranty, Professional Manual Service

### WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE



Made To Measure...  
ROLLER GARAGE DOORS

CALL US TODAY

Phone: 0117 369 1061  
Mobile: 07537 149 128

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.





# Price Glass

**WINDOWS • DOORS • CONSERVATORIES • EXTENSIONS • KITCHENS • BATHROOMS**

Incorporating P G & G Building Services

**Fensa registered Glass Experts • Glass installed with care  
10 year insurance backed guarantee on PVC Doors & Windows  
Established 1973**

- GLASS CUT TO SIZE
- SLIDING SASH WINDOWS
- SECONDARY GLAZING
- CONSERVATORIES
- BI-FOLDING DOORS
- FRENCH & PATIO DOORS
- PVC, ALUMINIUM & HARDWOOD WINDOWS AND DOORS
- BUILDING & INSTALLATION WORK
- COLOURED SPLASHBACKS
- LEADED LIGHTS
- REPLACEMENT/REPAIR SERVICE

**1st Class Product - 1st Class Workmanship - At An Affordable & Fair Price  
Private & Commercial jobs undertaken**

**Call - 0800 975 7967**

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

[office@priceglassbristol.co.uk](mailto:office@priceglassbristol.co.uk)

**Visit our  
showroom at**

**4-6 Ashley Down Road  
Bristol, BS7 9JW**



**Natural  
BORN FLOORING**

MARMOLEUM • KARNDEN • CARPETS & VINYL  
COIR • WOOD & BAMBOO SISAL • RUBBER & LEATHER  
CUSTOM RUGS & RUNNERS • SEAGRASS



**01179 427829**  
**Natural Born Flooring**  
203 Gloucester Road  
Bristol, BS7 8NN

Customer parking at the rear of the shop  
[www.naturalbornflooring.co.uk](http://www.naturalbornflooring.co.uk)



It is great this family business has remained busy during these challenging times. When I last spoke with owners Colin and Ross they told me they have now been on our high street for nine years! They both still very much enjoy being a part of the Gloucester Road community and

thank their local customers for their ongoing support.

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.

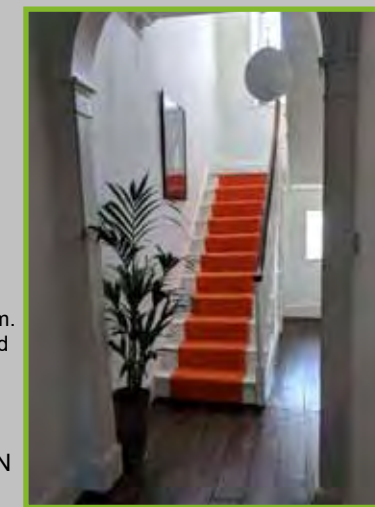
## Showroom now open!

Although Natural Born Flooring have been able to continue working throughout lockdown (in line with government restrictions), they are delighted that customers are now able to visit them at their showroom. You may have noticed the outside of the building has been re-painted and the inside has undergone an update too, so do pop in and view the extensive range of flooring samples available, soon!

**Call today for a free consultation on 01179 427829**

[www.naturalbornflooring.co.uk](http://www.naturalbornflooring.co.uk) • 203 Gloucester Rd, BS7 8NN

**Customer parking to the rear of the shop**







**BRISTOL BUILDING COMPANY**  
Quality Building Solutions

- Extensions
- Kitchens
- Bathrooms
- Roofing
- Electrics
- Plumbing
- Refurbishment
- References available

*Locally based, family-run, established for over 35 years*

*"My tired old house has been transformed into a fantastic home for my family." Joanne, Bishopston*  
*"We have found the workmanship completed to a very high standard. I would thoroughly recommend the company to all." Mary, Horfield*  
*"Dale's team were friendly and professional and the work was done faster than we expected, to a very high standard." Cher, Ashley Down*

**Tel: 0117 952 1944 Mob: 07977 116842**  
 Email: [bristolbuildingco@yahoo.co.uk](mailto:bristolbuildingco@yahoo.co.uk)  
[www.bristolbuildingcompany.co.uk](http://www.bristolbuildingcompany.co.uk)

**BS7 BUILDING & CARPENTRY**

Alcove shelving • Kitchen fitting  
 Extensions • Loft conversions • Doors  
 Windows • Floors/Decks • Skirting  
 Plaster boarding • Architraves

For a free quote contact Scott Bayler:  
[scottbayler@gmail.com](mailto:scottbayler@gmail.com)  
 07399 261663



**Stephen Carter**  
Painter & Decorator  
Professional Decorating Services

Painting & Decorating Association  
 Accredited (with PDA guarantee)

For a free competitive quotation:  
**07786 513788 or 0117 907 6997**  
 Cranside Avenue, Redland BS6 7RA  
[www.carterdecorating.co.uk](http://www.carterdecorating.co.uk)

**LOW COST PLUMBING**



Taps, Washers ✓  
 Toilets, Cisterns ✓  
 Leaks, Blockages ✓  
 Tanks, Overflows ✓  
 Lead Pipes, Stopcocks...etc... ✓

**OAP DISCOUNTS and NO VAT**  
**0117 956 4475**

free quotations  
 serving Bristol and surrounding area

**Charnick Electrical**

- re-wires
- additional sockets
- landlord reports
- inspection and testing
- fuse board upgrades
- fire alarm installation
- security alarms
- emergency call out

M: 07967563298 H: 01179557227  
[www.charnickelectrical.co.uk](http://www.charnickelectrical.co.uk)  
[teroy@charnickelectrical.co.uk](mailto:teroy@charnickelectrical.co.uk)

TWO TONE	
<b>DECORATING &amp; BUILDING SERVICES</b>	
<ul style="list-style-type: none"> <li>• Interior &amp; exterior painting &amp; decorating</li> <li>• Extensions</li> <li>• Renovations</li> <li>• Loft conversions</li> <li>• Roofing, fascias, gutters</li> <li>• Free estimates</li> </ul>	<ul style="list-style-type: none"> <li>• Private or commercial</li> <li>• Small or large projects</li> <li>• Fully insured</li> <li>• References available</li> <li>• Bristol based</li> <li>• 25 years experience</li> <li>• Insurance work undertaken</li> </ul>
<b>For decorating projects call</b> <b>Steve: 07442 017446</b> <b>or Mike: 07989 507143</b>	
<b>For building projects call</b> <b>Terry: 07990 983277</b>	

**MD Aerials**  
 Call Michael Dagger

T: 01454 418 341 M: 07817 304 236  
[mike@mdaerials.co.uk](mailto:mike@mdaerials.co.uk) [www.mdaerials.co.uk](http://www.mdaerials.co.uk)

All types of aerial and satellite work undertaken including:

- Aerial Installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up and tuning
- CCTV
- Wi-Fi access points
- Free Quotations

Over 30 years experience

**Home Improvement & Repairs**

\*\*\*\*\* "Keep me by the phone" \*\*\*\*\*

Small repair & maintenance jobs.  
 Larger projects also done.

Kitchens - Bathrooms - Plumbing - Electrical - Roofing  
 Painting & Decorating, Gardening Services etc.  
 Clean, tidy, trustworthy, experienced & reliable.  
 Reasonable rates & references available.  
 Co-ordinated team of trades people... local, small & friendly!.....Contact us for a free estimate on:

**Mobile: 07966 291323**  
**Email: [info@homefixweb.co.uk](mailto:info@homefixweb.co.uk)**  
**HOMEFIX [www.homefixweb.co.uk](http://www.homefixweb.co.uk)**

**Advanced Decorations**  
**Peter McGahan**

**07805704901**  
**0117 9556198**

- Over 30 years experience
- Interior and exterior decorating to a high standard
- Advice on colour schemes
- Wallpaper specialist
- Free consultation and written estimate with no obligation.
- No VAT as sole trader

[advanceddecorations.co.uk](http://advanceddecorations.co.uk)  
[info@advanceddecorations.co.uk](mailto:info@advanceddecorations.co.uk)

**M<sup>c</sup>CALL**  
**PLASTERING SERVICES**  
 EST 1976

- ALL ASPECTS OF PLASTERING UNDERTAKEN
- OVER 30 YEARS EXPERIENCE
- INTERIOR & EXTERIOR WORK
- QUALITY WORK
- COMPETITIVE RATES

**Call: 0117 949 0147**  
**07909 937 229 or 07970 596 260**  
**[mccallplastering@hotmail.co.uk](mailto:mccallplastering@hotmail.co.uk)**



# Index of Local Advertisers

## Accountants / Book-keeping

EvansEntwistle 8  
Tax Assist 42

## Aerials

Dan Grace Aerials 7,55  
MD Aerials 61

## Architects

Cryer & Coe Architects 10

## Bakeries

Hobbs House Bakery 1  
Joe's Bakery 23

## Buddhist Centre

Sakya Buddhist Centre 45

## Building Maintenance/Construction

Bristol Building Company 54  
BS7 Building & Carpentry 61  
Denise Howard Brickwork 60  
Expand Building 54  
Homefix 52  
Pear Tree 56  
Renovate 57  
Rob's Property Maintenance 61

## Carpentry/Bespoke Items

BS7 Building & Carpentry 61

## Carpets/Flooring

Conran Carpets 53,64  
Lee's Carpets 63  
Natural Born Flooring 59

## Car / Motorcycle Repair

Brookfield Garage 22  
DCL Motors 37  
Windsor Road Garage 47

## Childcare

Little Foxes Forest School 25  
St Bonaventure's Early Years 35

## Computers

I love my PC 36

## Dental Care

Horfield Dental Care 1,28,29

## Dog Walking

Precious Pet Care 30

## Drainage

MJ Harris Domestic Repairs 53

## Editorial Services

Rebecca Ramsden 40

## Electricians

Leroy Charnick Electrical Services 56  
Matt Pederick 55  
MJ Harris Domestic Repairs 53  
Redland Electrical 60

## Financial Advisors

Douglas & Young Financial advisors 29

## Florists

The Flower Shop 23

## Framing

Niche 25

## Garden Design/Maintenance

All Gardens 38  
Alpine Landscaping 48  
Catherine Dixon (organic) 12  
Collins Trees 55  
Custom Garden Rooms 3  
Secret Garden 41  
Wild Gardening 7

## Garden Rooms/Structures

Custom Garden Rooms 3  
Little House (Playhouses) 39  
Secret Garden 41

## Glazing & Doors

1st Aztec Ltd 61  
Price Glass 58

## Hair / Beauty

The Green Room 45

## Health, Diet, Fitness & Sport

BS7 Gym 2  
Horfield Leisure Centre 20,21  
Trainhubs 21

## Heating – Gas / Elec

Dynamic Heating Services (DHS) 61  
MJ Harris Domestic Repairs 53

## Home Interior Shops / Services

DHS – Bathroom Installation 61

## Hypnotherapy

Amy Armstrong 22

## Interior accessories

Chunky Rugs 13

## Jewellers

Kemps 23

## Kitchen Installation / Refurbishment

Dream Doors 11

## Life Coaching

Amy Armstrong Coaching 22

## Martial Arts

Red Dragons Martial Arts 21

## Music – Tuition / Performances

Graham Sothcott – Guitar/Ukulele 27  
Scott Hammond – Drums 24

## Optometrists

Lunar Optical 17

## Painting & Decorating Services

Advanced Decorators 56  
Stephen Carter Decorating 56  
Two Tone Decorating & Building 53

## Pets – Care/Shops

Animal Health Centre (Vets) 31  
Precious Pet Care 30  
Roxford's Pet Shop 30

## Plasterer

A&P Plastering 54  
McCall Plastering 60

## Play Structures/Climbing frames

Little House 39

## Plumber

JPK Plumbing 54  
Low Cost Plumbing 56  
Matt Pederick 55  
MJ Harris Domestic Repairs 53

## Printing Services

Niche 25

## Property Services

Homefix 52  
Rob's Property Maintenance 61

## Roofing

Rooftech 56  
The Roofing Company 55

## Roller Shutter Doors (Garage)

Garolla 57

## Rugs

Chunky Rugs 13

## Schooling/Tuition/Courses

Bristol Grammar School 9  
Bristol Steiner School 9  
Clifton High School 4  
Fairfield High School 37  
Liz Romero – local & online tutor 35  
Redmaids' High School 13  
St Bonaventure's School 34,35

## Solicitors

Henriques Griffith 15

## Self Storage

Stashed Away 12,55

## Tree Surgery

Collins Trees 55  
Nuthatch – Tree management & consultancy 19

## Vet

Animal Health Centre 31

# Vote Labour Kirsten MALCOLM, Andrew MILTON



"We will work with you to make Redland an even better place to live. Please use your two votes for us, and show you care about people and the environment."

KIRSTEN MALCOLM and ANDREW MILTON

## For a cleaner, greener, safer REDLAND

Kirsten is a therapist, mum to three, and musician. She will work to make Redland a greener, cleaner, safer and fairer place for everyone. Andrew is an Environmental Engineer, keen cyclist, and father. He will prioritise improving services, air quality, and transport in Redland.



### MARVIN REES FOR BRISTOL MAYOR

Despite the circumstances, we've delivered on our 2016 pledges, and made remarkable progress in tackling the housing, jobs, and environmental crises. With your support we can continue to deliver a city where everyone shares in success, and build a city of hope.



### KERRY BARKER FOR PCC

We need policing that best serves ordinary people in their local communities, solving and preventing crime. We need police officers who live and work in their local communities. Police officers who know and are known to local people. We will improve detection rates and regain the confidence of local people.



### DAN NORRIS FOR METRO MAYOR

We need new leadership to build a better future for everyone in our region. Other Metro Mayors across the country are making their voices heard, but we hear nothing from the invisible Tory Metro Mayor. My Plan For Jobs will ensure we build back better, putting the environment at the heart of what we do.



### A HEALTHIER, CLEANER ENVIRONMENT

We'll support and contribute to Bristol's Climate Change commitments incl. Clean Air.



### SAFER ROADS AND PATHS

We'll work with residents, the Council and the Police to improve roads, paths and rat runs.



### SUPPORT GREEN SPACES AND TIDY STREETS

We'll protect and improve our green spaces and tidy up our streets.



### SUPPORT LOCAL BUSINESSES

We'll see what they need to thrive, and help our vibrant local high street become accessible for all.



### BUILD A STRONGER COMMUNITY SPIRIT

We'll promote bringing people together to increase local pride, inclusion and cohesion.

# Vote Labour Thursday 6th May

Promoted by Philip Walsh on behalf of Kirsten Malcolm and Andrew Milton both at 9, Berkeley Road, BS7 8HF

**EDITOR'S NOTE:** Please note that we try to be as unbiased as possible in the editing of this magazine. We cannot take responsibility for anything stated by an advertiser and cannot be held responsible for misrepresentation in the adverts included. Views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting this magazine we have used many of the services). Any feedback or experience is welcomed. **The Small Print!** Bishopston *Matters* will be distributed during the first week of every month (as far as possible) to 3,500 homes per month on a three month rotational basis (10,500 homes per quarter) covering the areas of Bishopston, Ashley Down, Horfield & St Andrews. We cannot be held responsible for any inaccuracies in advertisements nor for any consequences arising from this. We are not to be held responsible for damage or loss of copy or error in printing. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. All artwork used in Bishopston *Matters* must not be published in any other media without our permission.

Bishopston *Matters* is run independently but under licence from the *Matters* Magazine franchise.

For further information on *Matters* Magazines see [www.mattersmagazines.co.uk](http://www.mattersmagazines.co.uk)

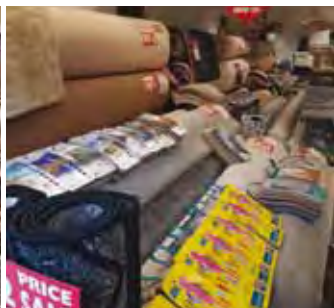
© Bishopston *Matters* 2021

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



# Conran Carpets

*...your next step in floor covering*



▪ Carpets ▪ Rugs ▪ LVT ▪ Linoleum ▪ Vinyl ▪ Laminate ▪ Safety Flooring ▪ Coir ▪ Sisal

Bringing twenty-five years of floor covering experience to Gloucester Road, your reliable, independent, local, first-class carpet shop.

We always have full rolls in stock and on display ready for your perusal, roll stock always represents best value. Come in to buy or just to say hi, either way we would love to meet you.

- Fully certified and insured in-house fitters
- Full 'no pressure' measuring service.
- Directly dealing with all the major manufacturers

**Let us be your next step in floor covering.**

***Celebrating 3 years on Gloucester Road!***  
***Thank you for your custom***

## WHAT OUR CUSTOMERS SAY...

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



278-280 Gloucester Road,  
Horfield, Bristol, BS7 8PD  
(opposite the Post Office)

Call us on **0117 9425 770**  
**conrancarpetsltd@gmail.com**  
**www.conrancarpetsltd.com**  
Open Mon-Sat, 10am-6pm

