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issue 154, Jan/Feb 2022



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SCAN TO SIGN UP



Dear Readers...

A very Happy New Year to you! In this issue we have a theme of Health and Wellbeing and making positive changes for the year ahead. Never has it been more important to take good care of ourselves, and each other.

We are lucky to live in an area with many local businesses that can support our wellbeing; please do support these local traders in 2022 – they will be sure to take good care of you.

We bring you news of two local groups that support the mental health of men in particular; one was set up by Gloucester Road trader ABL Barbering – Mentalk Health, and the other is run by Bristol Rovers Community Trust – Bristol Rovers Talk Club.

Volunteering is proven to be good for both mind and body. The centre pages give some suggestions of some wonderful local organisations that would welcome your

involvement over the year ahead. Whether you have time every week or once a month, the groups would love to hear from you.

If you are looking to make changes to your diet this year or simply wish to shop in an ethical, sustainable way, Better Food Co on Gloucester Road can support you in doing this – do make sure you take advantage of the 20% off voucher for BM readers on page 26.

Throughout the magazine there is news on local wildlife groups, community gardens, choirs, weekly social events, exercise groups, sewing gatherings, book clubs and more that would be happy to welcome you in 2022.

I enjoyed the 20th North Bristol Art Trail and I am looking forward to Window Wanderland in early March 2022 – read how everyone is invited to get involved.

Kerry x

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
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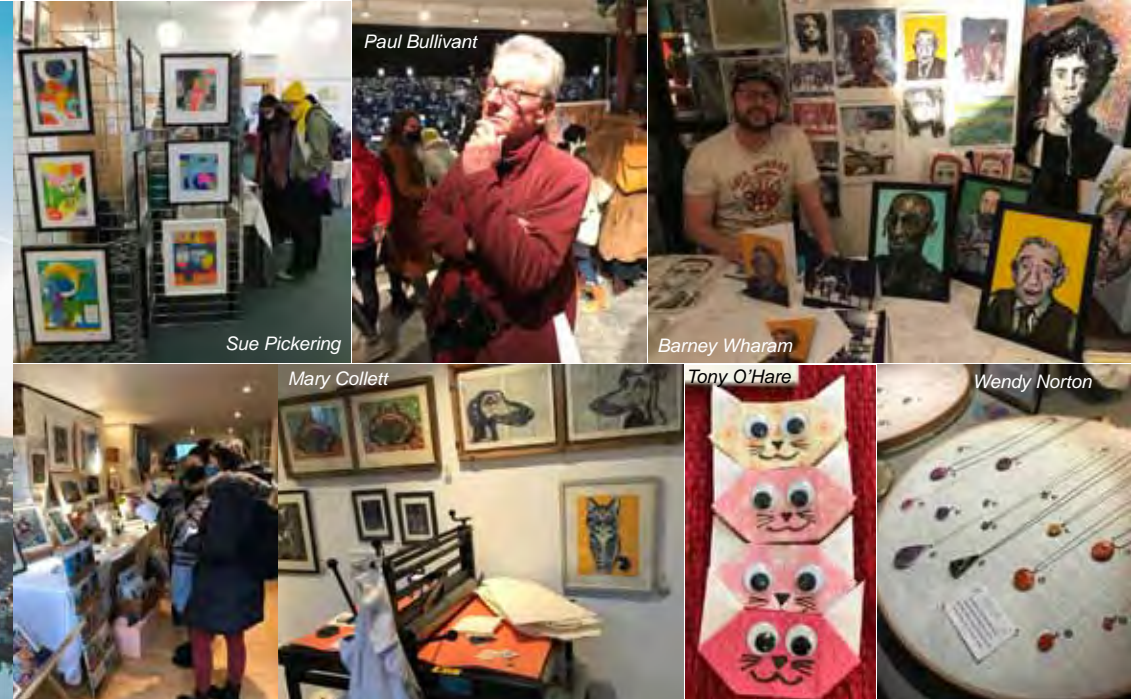
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4 Bishopston Matters Email me on kerry@bishopstonmatters.co.uk



North Bristol Art Trail 2021

It was wonderful to once again be out on the walking – North Bristol Art Trail in November 2021, when it celebrated its 20th year! The tail end of Storm Arwen did not deter hundreds of people taking to the local streets, visiting community venues and artist's homes to soak up the fabulous artwork.

It was great to meet with artists old and new to the trail; I never fail to be impressed by the diversity and quality of work on display.

Cath Reed and Sarah Cowper founded the North Bristol Art Trail two decades ago and the 2021 trail was their last; Cath told me, "Both Sarah and myself felt that it was good to go out on a wave, and this year's Trail felt a happy, busy and successful event. We feel quite thrilled that it has lasted and grown over the 20 years. Sarah and her husband Dan run the Coldharbour Gallery in Henleaze and this will be

the Bristol outlet for my paintings in the future. Many thanks from us both to all our customers over the years."

The portrait of Cath and Sarah above, was kindly taken by long-standing North Bristol Artist and friend to *Bishopston Matters*, photographer Paul Bullivant, just days before he and his wife Angela left St Andrew's to start a new adventure in Oxford – they will be missed.

A great trail – congratulations to all who exhibited.



NBA founders – Sarah Cowper & Cath Reed



The 40th Brownies baked and helped serve cakes at the Horfield Baptist Church to raise funds for the church



LtoR: artists Sarah Thorp, Aly Dalrymple & Katie Johnston



North Bristol Art Trail celebrating its 20th year!

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Carol Vorderman opens Clifton High School's new Sixth Form Centre

Clifton High was delighted to invite former parent, Carol Vorderman, back to the school to open their brand new Sixth Form Centre, in November 2021.

Carol was welcomed back with a tour of the newly refurbished Sixth Form Centre with the School's Director of Operations, Mrs Louise Brennan, Head of Sixth Form, Miss Katherine Rich, and Head Boy and Girl, Laurence and Daisy. The building now boasts multiple seminar rooms, a filming studio, Digital Learning Centre, Careers and UCAS Research Room and multiple commons rooms.

This was followed by a special Scholar's Forum, delivered by Carol to Clifton High's Year 11–13 pupils and Senior School Scholars. Carol spoke about her inspiring career as a woman in STEM, an author, a mathematics expert and her experience in showbusiness, she then ended the forum with a lengthy Q&A with the pupils.

Following the forum, special guests including governors, parents, neighbours, members of the Clifton and Hotwells Improvement Society, press and others, were invited to attend the ribbon cutting with drinks and canapés and tours of the Sixth Form Centre. Louise Brennan, Director of Operations at



Clifton High School, explained that the resource has been designed to give the students a university campus style environment, making it ideal for independent learning.

"We are absolutely delighted with our new Sixth Form Centre, a wonderful addition to what is already a fantastic learning environment at Clifton High School," said Head of School Matthew Bennett. "Together with a broad curriculum offering, including new subjects such as Politics, Economics, Psychology, PE, Photography, and (from September 2022) Philosophy, we continue to realise the individual brilliance of our pupils and it doesn't stop there! A new construction is planned for 2022 to expand this new building further, with a state-of-the-art social area to complement our learning and teaching."

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News from Ardagh Community Trust



Seasonal gardening – As winter is in full swing, the volunteer gardeners have been working on maintenance of the site – including maintaining the willow structures in the new wild play area. There is a lot of work to do in the gardens to prepare for spring.

The Cafe on the Common's opening hours are now on our winter timetable, so we're operating from 10am to 4.30pm until the end of February 2022.

The 11 O'Clock Club has moved to a Wednesday at 11am (from a Monday). The first session of 2022 is on Wednesday 5 January, 11am–12pm. Then weekly on Wednesdays from then on. This is a lovely group and a nice way for local people to meet, make new friends and get to know what is going on in the local area.

Plant sales – The Cafe will begin to sell indoor plants from early 2022 and the gardening group will be developing a new, outdoor plant nursery project during 2022. This is a very exciting development which will enable us to build further on the fantastic work being done by staff and volunteers to date.

A positive start to the New Year – We are working hard on planning for 2022 and look forward to updating BM readers in the March edition. There is a range of volunteering options linked with ACT, from gardening to helping with play projects; see the centre pages for full information.

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News from the Goldenhill Community Garden

Hi everyone, Happy New Year! 2021 was a really interesting year for us. It felt great being back in the swing of things and being able to welcome folks back in a safe way. We had a limited capacity bonfire night and an outdoor wreath making event – seeing familiar faces from ‘way back when’ is always great. We’ve also been able to welcome new people along to our Wednesday volunteering days; again with that fresh energy, skills and extra bodies we’ve been able to crack on and get things fixed and the site tidied and get the garden back looking lush again. It felt great to finally get the

crumbly plaster on our strawbale building fixed AND to have an expert along to tell us what we needed to do to sort our loo! I hope that by the time we can welcome everyone along for our spring fair in May that we’ll have finished the new accessible beds and surfacing on our new event space – where the old slipping decking was.

Of course, there are a few more chilly months to get through before we get to the spring fair! Winter’s worst is still to come and the garden stays open all winter! All the parents who come to the toddler group rain or shine or howling winds really earn official tough bud status this term, as well as having loads of fun playing with ice or puddles. We’ll be enjoying our last weeks in the dark with the afterschool kids who love hooning round with torches or disappearing into the bushes. **We are open every Wednesday 10am – 4pm** (though in December and January we close at 3pm instead of 4pm). If it’s your first time visiting, please come at 12 or 2.30pm for a tour and a chat. The volunteers are powered by soup, biscuits and tea to get through the cold months and it’s great to have this time to get really important jobs done, fixing, sorting, tidying, labelling, planning before we begin planting all over again.

And this year will be our 10th birthday! I feel extremely lucky and proud to have been part of this project for a decade! And so many thanks to the ongoing support of the fab people of Bishopston and beyond who’ve given us such fantastic support over the years – whether it’s donating cake at our events or just eating cake at our events – THANK YOU!

See you in the garden!

www.thegoldenhillcommunitygarden.com
Facebook: [TheGoldenHillCommunityGarden](https://www.facebook.com/TheGoldenHillCommunityGarden)

St Bonaventure's Pre-school is now accepting applications for September 2022

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2022. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3 and 4 year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

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

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

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

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

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

Do get in touch

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



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Good signs being made at Fairfield High School

Fairfield High School (FHS) has set up a club in response to the increasing student appetite to learn British Sign Language (BSL). This mirrors the natural trend and Rose's success in Strictly Come Dancing, as searching for the phrase 'sign language' has increased by a staggering 488%. In conjunction with Elmfield School for Deaf People, which is based on the FHS site, students come together for a fun, interactive and educational experience, with numbers increasing week on week.

Sophie Cockram, Communication Support Worker at FHS, is helping drive this initiative, due to her own passion for learning BSL from a young age:

"We're very impressed with the interest this club has created. To see both Fairfield and Elmfield students come together to learn a new language, communicate, build confidence and form new friendships is a real pleasure. Each session consists of an interactive game to recap on the previous week's topics before learning a new topic and putting these words into sentences."

As evident from the students' quotes below, not only are students expanding their knowledge for longevity reasons, benefits are immediate, as a number of their classes and assemblies include



Students practising these signs for various subjects

a mix of students from both FHS and Elmfield. Furthermore, it is hoped that from next term, Elmfield students will take the ownership and responsibility for running the club themselves. Sophie further explains her aspirations for this growing club:

"Many people know the BSL alphabet, but to know the language in more depth with its associated linguistics becomes far more complicated. It will be exciting to see how much the young people have learnt by the end of the year; I'm also looking into the opportunity of them gaining a Level 1 qualification. I've always been fascinated by sign language and would have jumped at the chance of a similar club when I was at school."



News from Red Dragons Martial Arts

We, at Red Dragons Martial Arts would like to wish everyone a very happy New Year! Our members have been incredibly busy earning their next grade and working so hard to achieve this. It is really inspiring as Sensei to see everyone focus on achieving their goals.

It is particularly wonderful to see the younger members really step up and push themselves outside of their comfort zones.

We currently only have a handful of spaces available in certain classes. So, if you want to join the Red Dragons family then don't hesitate to contact us to arrange a free trial.

Regards, Sensei

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Bishopston Window Wanderland 5 – 7 March 2022

Window Wanderland first started in Bishopston in 2015. It was so successful that now the event takes place in cities, towns and villages all around the world, turning far flung corners of the globe into inspiring outdoor galleries. In Bishopston alone local people have made over 2500 displays for others to enjoy since the event started which we think is an incredible achievement.

We hope that you will join us once again in making a display to light up our community, then go on a magical evening walk and enjoy the imaginative creations in the windows and gardens of our local streets. If you do, we are sure you will find all kinds of delights to brighten those final dark nights of winter and welcome in the spring. Please go to www.windowwanderland.com/event/bishopston-bristol-2022 to see a map of the area and to sign up to make a display if you would like to. Remember, what is in the windows is entirely up to you: from simple to artistic – anything goes, as long as it's family friendly.

Last year's event saw neighbours joining together to collaborate around themes like Wild Animals, Trees or Hope for the Future. Other streets were full of other positive or campaigning messages such as protecting the Planet, Black Lives Matter and support for the NHS or Teachers. We had butterflies, birds, tigers, mythical creatures, favourite toys and games to name just a few of your ideas. We even had our first ever Tree House display thanks to the Save the Ashley Down Oak group. We were once again awestruck by your enthusiasm, creativity and talent. If you are in need of inspiration, many of the displays can be seen on the Bishopston Window Wanderland Facebook page, and Window Wanderland now has a YouTube Channel showcasing some great ideas. Or, you could just start drawing and see where your inspiration takes you.

Local organiser, Sue Powell, says: "The event is going to be great; last year 314 local people signed up to make a display and there were also a lot of windows that were not on the downloadable map. It would be brilliant if we could get a few more windows than last year and we don't mind if you are just outside the area, you can still put your house on the map."

Many people left their displays up for a few days or weeks after the event too and we would love to see this happen again if you want to brighten our streets for a bit longer and give more people a chance to appreciate your display.

Please help us by telling your friends and neighbours to save the date, and share widely on social media and in street What's App and Facebook groups. We very much rely on word of mouth to spread the word now as we have stopped printing flyers for environmental reasons. And we encourage people to think about using recycled or repurposed materials to make their displays wherever possible.

Finally, we are still seeking volunteers to help with organising our local event in future years. Many hands make light work and you don't need any specialist skills – just enthusiasm and commitment. If you can help, email wwbishopston@gmail.com and we will be in touch."



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Local Bishopston organisation SENDaWelcome and Knowle based Step and Stone were set up by north Bristol parent carers of young people with learning

disabilities. They work towards full inclusion in all aspects of our community for people with a learning disability and celebrate the enrichment this brings to all our lives.

Thanks to both these organisations, Bristol is now one of nine communities across England, Wales and Northern Ireland that will benefit from funding received by Mencap from the Covid-19 Support Fund.

The Fund was created by the UK insurance and long-term savings industry to help support some of the people hardest hit by the Covid-19 crisis. Mencap's vision is for the UK to be the best place in the world for people with a learning disability to live happy and healthy lives. This project aims to put people with a learning disability at the heart of Covid recovery planning and help develop new ways of working. Two newly appointed 'Community Partners', Jess Garbett and Alice Cranston, will support local people with a learning disability to work with local communities to lead social change. People with a learning disability and other community members will be involved in co-designing, developing and implementing change initiatives that make their community a better place to live.

Ciara Lawrence, who has a learning disability and is the Big Plan Engagement Lead at Mencap, said: "This funding from the Covid-19 Support Fund is really great news! It will help people with a learning disability, like me, be seen and heard in their local communities.

"Many people with a learning disability have been forgotten during the pandemic. Mencap's new community programme means they can take their place in society once again. It will also help communities to be more inclusive.

"It is great that people with a learning disability will carry out this programme because they know what changes they want to see to make their community the best place to live. It is about them and their voices."

Julie Matthews, co-founder of SENDaWelcome, said: "We are delighted to be partnering with Mencap to work towards our shared vision of making our community the best place for people with a learning disability to live. This is something we have been working towards for the last 5 years and we hope

with the support of Mencap to really quicken the pace of this change and get many more local people involved in this exciting initiative for our area.

Edel Harris, Chief Executive of the learning disability charity Mencap, said:

"We're thrilled to receive this generous donation from the Covid-19 Support Fund for this ground-breaking new programme, which puts people with a learning disability in the driving seat to make positive changes in their local communities after the pandemic.

"As we come out of lockdown, we want to make sure that people with a learning disability are not left behind. This programme will help empower them to be part of rebuilding their local community in a post-COVID-19 world. I'm excited to see what changes people with a learning disability lead and deliver as part of this programme to help make the UK a healthier and happy place for them, their friends and family and wider community."

If you'd like to find out more or are interested in getting involved in the project, please visit www.mencap.org.uk/mycommunity or contact Jess and Alice at: mycommunity@mencap.org.uk for further information.

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School founded by Edward Colston to change its name

Colston's School, founded by Edward Colston in 1710, has announced that it will be changing its name. The process of choosing a new name will now begin and will involve students, former pupils, parents and staff, with the new name to be announced in the summer of 2022.

Back in June the school began an extensive name consultation, inviting views from the school community as well as the general public. The consultation was launched following the events that took place in Bristol in June 2020, namely the toppling of the Colston statue, that prompted renewed questions over the retention of the Colston name across the city. What became clear was that the name Colston has become a symbol of the city's extensive links to slavery and will forever be associated with the enslavement and deaths of African men, women and children.

Of the survey's 2,500 plus responses, more than 1,000 came from members of the public, with their overall opinion being in favour of retaining the name. However, analysis of the feedback of those respondents who were closer to the school, such as current pupils, more recent former pupils and staff, showed that they were more inclined to see a change in the name of the school as a positive step.

Nick Baker, Chair of Governors at Colston's School, said: "After a lengthy period of consultation, consideration, and reflection, it became clear that those with a closer connection to the school, would prefer to have a name that was more relevant for the pupils and staff of today and tomorrow.



"It is hoped that a new identity will do more to reflect the values and ethos that the school stands for today and to make it even more welcoming to the local community it serves."

The Board have made it clear that this decision will not erase the school's history, and that the teaching of the transatlantic slave trade and the role of Edward Colston in Bristol's history will remain a key part of the school's curriculum.

The announcement has been welcomed by the School's Headmaster, Jeremy McCullough, who commented: "Changing the name will not change the nature of our happy, diverse and forward-looking school. We will continue to provide an excellent and holistic education and to do our very best to support those families who entrust us with their children.

"It is an exciting new chapter for the school, and I am proud of our pupils and staff for engaging in this complex discussion and for being a part of the future they want to see."

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*For pupils in Years Reception, 3, 4, 5 and 6.
Appointments for tours available by request.*



Please contact:

Email: admissions.stbonaventures@bristol-schools.uk

Web: stbons.uk

Phone: 0117 353 2830

All are welcome at St Bonaventure's.

News from St Bon's

Happy New Year from St Bonaventure's Catholic Primary School.

We recently welcomed Bristol Old Vic theatre school students, who performed a Nativity for the children – our thanks to the PTFA for funding these wonderful performances.

We have lots of exciting events planned for the rest of this academic year.

With the success of our early years and key stage 1 Nativity performances under our belt, we're also looking forward to finding opportunities for our parents to come into school and take a closer look at what our children are learning. This all of course will take place under Covid secure restrictions, but we feel it is important that, wherever possible, our parents have the opportunity to take a look at what happens in school. The first event we have planned is a classroom drop in.

Our KS2 drama club is busy rehearsing for our next production – The Lion King. We have so much interest in this year's production that we've got two casts lined up! Tickets will be available shortly after Easter, with the performance due to take place in May.

Our Year 5 pupils are already looking forward to their residential trip linked to our 'Care for Our



Common Home' whole school theme. Children in Year 5 will spend time engaging in outdoor learning linked directly with their Geography curriculum.

Climate events at The Old Library

Muller Road, BS5 6XP

Climate Literature Book Club

Love literature and want to read more about the climate? This book club gives you the perfect opportunity to discuss a variety of contemporary novels that engage with the changing climate. Engaging with world literature, from science fiction to realism, we will discuss the challenges of climate change and questions of hope, adaptability, and resilience as they emerge across these novels:

4 Jan – Barbara Kingsolver's *Flight Behaviour*

1 Feb – Amitav Ghosh's *Gun Island*

1 March – Maja Lunde's *The End of the Ocean*

The book club is developed and led by Dr Sarah Robertson (UWE English Literature), whose current research is on climate change and literature.

The book club is free of charge and you can join by dropping-in with no prior booking. It will take place on the first Tuesday of every month from January to June, 7.00–9.00pm.

Children's Climate Book Event Thursday 24 February 2021, 2–5pm

This session, led by academics from UWE English Literature and History, will focus on how children's authors and illustrators tell the story of nature and climate change. Looking at a range of stories, from picture books to extracts from novels to poetry and even posters, which have raised our awareness of deforestation, we will talk about how stories change the way we think about the world.

Children will leave with a list of fabulous stories they can get out of the library about nature and the world.

For more info, please contact: Sarah.Robertson@uwe.ac.uk or Ann.Alston@uwe.ac.uk.

Local & online tutor for children aged 6–11

Horfield resident Liz Romero



I am a qualified Primary School teacher working part-time at Our Lady of the Rosary, Lawrence Weston.

I have also been a class teacher at Westbury Park, St Mary's, Bradley Stoke and St Bonaventure's.

I love helping children to grow in confidence and my teaching style is positive and warm but focused.

As well as boosting children generally in English and Maths, I can also prepare children for entrance exams.

I am happy to tutor local children in their homes or online. I am fully DBS checked and can provide references from parents of current students. My terms and rates are reasonable and flexible.

Please call me on 07824 700439 or email me at eromerotutor@gmail.com



Wildlife Matters in BS6/BS7

More and more people are coming together across Bristol to stem the decline in the city's wildlife. Sometimes they are making their gardens more wildlife friendly by introducing water features, leaving log piles in corners for hibernating insects and frogs and avoiding using chemical poisons. Others are working with park and allotment groups and leaving areas of long grass, creating wildflower meadows, adding bird and bat boxes and removing tins and bottles that can act as traps.

Neighbourhood-based Wildlife Groups exist in about half the city and we hope for a full coverage by the end of 2022. Most of these groups have Facebook or other links so that pictures and ideas can be shared. A recent 'audit' to map the larger wildlife spaces in BS6 and BS7 reveals a scattering of parks, allotments, playing fields, churchyards and school grounds. Many local sites are being nurtured in wildlife-friendly ways by local residents, allotment holders and volunteers, young and old. The next step is to set up a BS6/BS7 Wildlife Group to share ideas and join up actions to create wildlife hubs and corridors for pollinators, birds and animals across the area.

Similar activities are underway in other neighbourhoods across the city. Recording what's around is important. Currently, the focus is on winter birds to see which are doing well (pigeons, gulls, magpies?) and which not so well (finches?). Follow a Tree Trail around your park to see what birds you can spot now the leaves are fallen. There's a tree trail for Redland Green (<https://apps.apple.com/gb/app/redland-green-tree-trail/id1511416301>), St Andrew's Park (<http://treewalk.fosap.org/>) and Granny's Down (<https://bristolzoo.org.uk/cmsassets/documents/The-Granny-Downs-Tree-Trail.pdf>). Come the spring, we'll be looking for butterflies (it's thought that around 20plus species are to be found across Bristol), moths, dragonflies and more. Whatever you like.



Female Sparrowhawk

Several neighbourhoods have 'Hedgehog Groups' that try to improve habitats by constructing 'homes' and by linking gardens so that the hogs can easily and safely move about. Locals set up a South Bristol Bat Group in 2021 and there is interest in recording bats in St Andrew's Park.

There are lots of ways in which you can help. Most are very simple and straightforward.

To find out about what's happening in your part of Bristol and to join in, contact the Wildlife Group network on mywildbedminster@virginmedia.com or BS6wildlife@gmail.com.

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**According to the EPA's Greenhouse Gas Equivalencies Calculator

Tackling fuel poverty

Energy services company Ameresco is working with Bristol City Council to roll out solar panels and energy-saving measures to low-income households facing high energy bills. They are responsible for designing, supplying and installing these panels and other measures.

The council was awarded funding under the Green Home Grant to deliver such measures to low-income households living in low EPC-rated accommodation. Their Energy Service developed the Bright Green Homes Project for this.

This project aims to provide eligible homes with up to £10,000 of energy-saving measures for free, including solar panels and other measures.

Empowering Bristolians

Many people have already successfully applied for this funding, with Ameresco typically installing ten solar panels per household. These can save £68 a month and protect against energy bill hikes. They can provide some much-needed stability and greater financial freedom, helping the city recover from the Covid-19 pandemic in a way that is both fair and inclusive.

Such measures also support Bristol's transition to net zero.

To apply for the Bright Green Homes project, visit www.energyservicebristol.co.uk/funding.

Working responsibly, with communities

Ameresco has taken care to ensure that their solar panels are installed by Bristol-based contractors and suppliers to best support the local economy and provide secure local job opportunities.



New path to improve access in Stoke Park

Work on a project to improve the access to historic Stoke Park and boost walking and cycling journeys to and from the north of the city got underway in November 2021. A new all-weather path, which will link from Romney Avenue to Jellicoe Avenue and the Purdown Gun Battery, is being installed so that citizens travelling by bike, or those who use wheelchairs, mobility scooters and pushchairs, can enjoy the local beauty spot.

It will also provide an enhanced walking and cycling route to help connect the north of Bristol, including new housing developments in Lockleaze, which are estimated to be completed by next winter, to Stoke Park and the rest of the city.

Bat and bird boxes will be installed along the route to support nature and the ongoing conservation work taking place in the park, where goats and cattle are currently grazing to control invasive plants and encouraging wildflowers and insects to thrive.

The project follows a public consultation in 2018 which gauged the public's views on upgrading the path and is expected to take until autumn 2022 to complete, as contractors take care to implement it carefully, avoiding damaging the landscape and local ecology of the area as much as possible and ensuring the old carriage track underneath is preserved. Fencing to protect trees in the area was installed prior to work starting. Barriers will also be installed to prevent people using motorbikes on the new path.

The path will follow the route of the old cart track to the Dower House. Made of a high-quality asphalt surface containing natural quartzite stone, it will be in a natural colour.

More information about the path is available at: <https://www.bristol.gov.uk/museums-parks-sports-culture/accessible-path-proposal>



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Wishing our customers a happy New Year!



REASON INTERIORS

Braided Rug Company



Hadley Paper Goods



The relocation to a new, fabulous venue on Gloucester Road is a great Reason to visit this stunning interior, gift shop. The move up Gloucester Road to bigger premises, marks 11 years of trading on our local high street. When I visited recently, sisters Louise and Alice told me the move was a natural progression; they had outgrown their old shop and the new venue enables them to stock a greater variety of ranges, along with larger pieces of vintage furniture (that will expand further over the coming months).

The new shop still has the wonderful blend of vintage pieces set among stylish and sought-after new items – there is now just even more products to be delighted by, and you have a greater space to browse in. The family team has been humbled by the positive response and support they have received by customers old and new since the move.

As well sourcing gorgeous vintage pieces, the team works with a wide range of British, ethical, sustainable suppliers.

Candle business wxy is a good example of this; their slogan is 'Cleaner. Better. Fairer'. All of their products are made in the UK and 3% of their profits go to Mind charity. Hadley Paper Goods produces stunning gift cards – plastic free, and describe themselves as 'Illustration with integrity'. You couldn't get much more local than beautiful dried flower bouquets supplied by The Wild Zinnia based at Goldenhill allotments.

Popular new brands include Eco Bath London, handmade Soya Wax Melts, Beeswax candles, Savon De Marseille soaps and Braided Rug Company.

Do visit the new venue – at 97 Gloucester Road, BS7 8AT – soon. T: 0117 329 4505



The Wild Zinnia



Vintage Panchons & Bee's Wax candles



Joe's Bakery – Veganuary ready!

If you are partaking in Veganuary (following a vegan lifestyle for the month of January), are a vegan full-time or simply like the taste of great bakes – Joe's has a wide range of tasty vegan goodies for you (pictured above and right).

As you would expect from award-winning Joe's, taste and quality is never compromised and their vegan range is delicious. I struggle to pass Joe's without popping in for a vegan sausage roll or perfectly spiced onion bhaji. Other great snacks include vegan Cornish pasties, Mexican bean pasties and a selection of delicious filled rolls from Joe's Express. If you have a sweet tooth, their comforting vegan Farmhouse loaf cake, tropical and plain flapjack all hit the spot.



Valentine's delights – Treat someone special to some romantic confectionary this February; select from – Valentine-themed donuts, cupcakes and heart butter shortbread biscuits with vanilla frosting and strawberry jam centre – what's not to love?



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 [f](https://www.facebook.com/joesbakery) [i](https://www.instagram.com/joesbakery) @Joe's Bakery Bristol

FOODSHOP

Fermented food and drink – After a gloriously indulgent Christmas of rich food and drink, FOOD SHOP has a great range of fermented foods that can help promote good health. Fermented foods are rich in beneficial probiotics and have been associated with a range of health benefits – from better digestion to stronger immunity. It was fantastic to learn that two of the fermented food suppliers are Bristol based – one producer is in BS7 and the other in Whapping Wharf. The local indie grocery also has a good selection of Kombucha and Kefir drinks – one line is made in Frome and 'Nania's' range is produced on a local St Werburgh's allotment.

Veganuary – If you are taking part in Veganuary 2022 and are following a vegan lifestyle for the month of January, FOOD SHOP has a new range of vegan cheeses that will be sure to help you on your journey.

What makes FOOD SHOP special? If you haven't visited the Overton Road, indie FOOD SHOP yet, they have some wonderful, tasty food and drink on offer, all sourced from ethical, sustainable producers, many from the local area. Owner Darren believes in paying his suppliers and producers a fair price for the skill, knowledge and quality that goes into their products. He also believes in selling the best quality for the best price possible. So, get your New Year off to a good start and visit soon.

63 Overton Road BS6 5AD | foodxshopx.com | [i](https://www.instagram.com/foodshopbristol) @foodshopbristol | Open Tues–Sat, 10am–6pm
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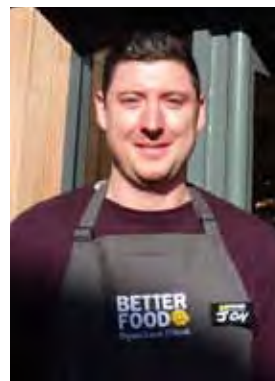
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Present this voucher at the till to claim your 20% off. One offer per customer, one use only, valid until 31/01/2022, no replicas accepted, not valid in conjunction with any other discount or for Christmas pre-orders. Not valid for Better Food staff.
For staff: retain voucher in till, cross through barcode.

What BETTER place to shop locally?



It was fantastic to visit Better Food on their opening day on Gloucester Road and enjoy a coffee and catch-up with store manager Jon (pictured).

This will be Better Food's fourth venue in Bristol. Many of you will have visited their St Werburgh's outlet, but for those who are new to Better Food, I asked Jon to explain what sets them apart as a retailer?

He explained, "As our slogan states, we believe in organic, local and ethical. We give people

an alternative option to a supermarket. You can do your weekly shop knowing 70% of our products are organic, and we buy locally whenever we can – 50% of our products are sourced within 50 miles of our shop and 30% are just 5 miles from the store." Jon went on to say, "We are ethical in the way we treat our suppliers; we have long-term relationships with them and pay a fair price for their excellent products."

All of their fruit and veg is sold plastic-free (apart from a few items that require it to prevent waste) and the shop has a re-fill section with a wide range of dried foods, domestic cleaning and body-care products. See below for details of their refill loyalty scheme.

Many of the team are vegan, so can offer advice on products and inspiration with how to use them. The store also caters for vegetarian, gluten and dairy-free dietary requirements.

The deli counter sits in the heart of the cafe adorned with a huge selection of tempting savoury snacks and sweet treats. We talked in the light and airy cafe space, which offers a great view of the bustling Gloucester Road. I asked Jon why Better Food had chosen this location for their new store?

"It was a good fit; our shops are at home in communities and we look forward to becoming a big part of this one." It was great to know 10% of their takings from their first, full day of trading was being donated to a local primary school. Each shop also has a 'Better Giving' budget of £1,000 every year, to set up projects and events to raise funds for a chosen local charity or group, as well as contactless donation point for their cause. Look out for the shortlist in store to vote for soon. They will also be happy to donate items for local school and charity raffles.

I asked Jon if there is anything new to this venue people should look out for?

"We have a new hot soup and porridge self-service point. Soups will change with seasons and local ingredients available. You can bring in your own vessels to use for these self-serve items." Jon went on to say that nearly all of the food they serve is handmade at their local kitchen, which supplies all of their venues.

Better Food makes a wonderful addition to our vibrant high street. Do pop in to see them at 278 Gloucester Road soon, with the fantastic 20% off voucher from the page opposite.



Introducing Bee Better

Earn a stamp every time you refill in store. Fill the card with 9 stamps and Better Food will treat you to a free coffee for treating our planet kindly. You can download your digital loyalty card in store.

Yoga classes at the beautiful Yogawest in Denmark Place, Bishopston (walk down beside Bishopston Hardware). Whether you are thinking of starting a yoga practice, or you are ready to return to real live classes with a real live teacher, Yogawest is open and ready to welcome you to their beautiful studios.

Set in a peaceful sanctuary at the end of a quiet lane, just off the Gloucester Road, Yogawest is long established as the place for yoga in Bristol and has been offering classes for 40 years!

Covid safety – The Yogawest building and studios are big, so covid-safe operation is easier here than in some studios: covid-safe protocols are followed strictly, with face masks worn (except when on your mat), enhanced cleaning, social distancing, and an updated instruction email sent out to students before every class.

Where Do I Start? Complete beginners usually start with a 4-week Foundation Course where you can learn the basics of a safe yoga practice. Alternatively you can attend a drop-in Beginner class and take advice from the teacher as to how to proceed from there.

Example classes:



Yogawest is a quiet sanctuary in Bishopston



All equipment is provided

Beginner Classes – Suitable for newcomers, regulars and returners: some people have been coming to Beginner classes for many years, and just prefer to work at a slower/more basic level.

General Classes – Most classes at Yogawest are listed as General level. This means they are suitable for people of all levels of ability and experience. Those with less experience may be given adapted versions of some poses as necessary.

Gentle Course – For those who don't feel ready for a beginner class, perhaps older and stiffer, or a little unfit, or unsteady on their feet.

Restorative Class – A restful class with sequences chosen to de-stress, quieten the mind and promote feelings of wellbeing. Currently Fridays at 6pm.

Booking – All classes and courses must be pre-booked; you can read more, register and book your class on the timetable page at yogawest.co.uk.

Yogawest, Denmark Place, Bishopston, Bristol, BS7 8NW. www.yogawest.co.uk

New Year! New You!

Start off the year as you mean to go on!

Looking after your body and your mental health!

Participation in regular physical exercise can increase your self-esteem and can reduce stress and anxiety. It can also help with memory and better sleep.

Joining a small, friendly and supportive gym will help you to a better you in 2022. Trainhers is just that gym!

Trainhers is a ladies-only gym situated on Kellaway Avenue. It is a 30-minute circuit tailored to fit your personal needs with access to a personal trainer.

We strive to provide the perfect setting for women looking to get healthier in a relaxed and fun environment. Presently our members are aged from 14 to 86, and we encourage women of all shapes and sizes, fitness levels and abilities to come along.

Membership at Trainhers is from £30 per month and this entitles you to unlimited access to the gym, book 1:1 sessions with a personal trainer and join in our online classes.

We are open from 7.00am every weekday morning and 8.00am on Saturdays and Sundays.

Whatever your age, there is strong scientific evidence that being physically active can help you lead a healthier and happy life. So let Trainhers help you to a new you in 2022.

Check out our website and Facebook page and book a FREE TRIAL to find out more.

www.trainhers.co.uk | 0117 9446650



Good Vibes

Here at Icon Beauty we are huge fans of massage and the healthy ways it can benefit your entire body. Sure, it can help us relax – but massage therapy can do much more than that and is one of the oldest healing traditions, so join us in taking a look at some of the ways it can help.

It counteracts all the sitting we do – Many of us have become used to dealing with some kind of postural stress and this tends to manifest in the back, shoulders, and neck. Massage can counteract the imbalance caused from spending prolonged periods of time sat at a desk.

It soothes anxiety and depression – This diverse therapy reduces cortisol and boosts production of serotonin and dopamine, leaving us feeling happier, less stressed and with lower blood pressure.

It helps us sleep more soundly – There's a reason many people doze off on the massage table. It's a therapy that increases the brain waves associated with deep sleep, whilst slowing down stress hormones to help maintain balance.

It boosts immunity – Massage increases our white blood cell count, which plays a significant role in defending the body from illness. A function we're sure you'll agree is more important now than ever before.

It relieves headaches and PMS – Next time a headache hits, try booking a last-minute massage with us. It can decrease the frequency and severity of tension headaches and lessen PMS symptoms such as bloating, mood swings and cravings.

It's clear the benefits of massage are far reaching (and we've not even gone into the ways in which it eases pregnancy pains, heals sports injuries, and gives a boost to our complexion and hair!)

After a pretty exhausting 2021, our aim this year is to make wellbeing a priority, and we hope our first special offer of 2022 reflects this...

Enjoy 3 full body massages for just £140.00 (saving £25.00!)

Enjoy 3 sessions of your favourite massage, or why not mix it up and try 3 different ones? Our experienced therapists; Sarah, Camilla, Gkreta and Jess, offer Swedish, Aromatherapy, Indian Head, Pregnancy, Sports and Deep Tissue Massage.

TO BOOK CALL 0117 924 5566 AND QUOTE 'MASSAGE SPECIAL OFFER'. For full T&Cs go to www.iconbeauty.co.uk.

Lucy and the Icon team

ICON BEAUTY, 267-269 Gloucester Road, BS7 8NY
www.iconbeauty.co.uk | 0117 924 5566

ICON BEAUTY



LUNAR OPTICAL

SUSTAINABILITY AT LUNAR OPTICAL

At Lunar Optical we want to ensure we do our part for our beautiful, lovely planet but how do we achieve this?

- We use a computer-based system meaning we print little to no paper
- We make sure to recycle what we can and when we can
- We recycle contact lens packaging and lenses
- We source many of our independent frame ranges from ethical and renewable suppliers

Raen Optical

REAN eyewear are high quality handmade frames, designed with influences from the California coastline, these frames are manufactured using Organic Bio acetate which is formed from cotton and wood pulp which is considerably more environmentally friendly

Tree Spectacles

Tree Spectacles have been designed to offer a simple, minimal and cleaner refined look to create the perfect sharp finish for enhancing the style, comfort and lightness.

This range is determined to reduce waste and to achieve they too use bio acetates which mean no need to use fossil fuels in their manufacture.



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EYE HEALTH WITH LUNAR OPTICAL

The New Year is good time to think about our health, and our eyes should not be neglected. Lunar Optical are happy to share their –

Top Tips for good ocular eye health

Having regular eye examinations is essential to ensure your eyes are always able to see clearly and without discomfort, and also to assess the general health of your eyes. During an eye examination we can detect other health issues such as Glaucoma, Diabetes, High blood pressure and more.

Our Top Tip of the day would be to follow the '20-20-20' rule' so when you're working on your computer, every 20 minutes, for 20 seconds, look at a distance of 20 meters.

This will help reduce eye strain when working on computers for long periods of time, but don't stop there, drink plenty of water and when you can, get up and move around.

Lunar Optical wish all our customers a very happy New Year, and look forward to welcoming clients old and new to the practise throughout 2022!

If you would like book in for an eye test please get in touch by calling 0117 9420 011, email: info@lunaroptical.com or call in to 291 Gloucester Road, BS7 8NY.



ONE LOVE ONE PLANET

with Penny Southgate on BCfm 93.2

Local resident, Penny Southgate, presents a show on BCfm Community Radio called One Love One Planet, which goes out live on a Tuesday

morning between 11am and midday. It's a show about all things to do with the climate emergency, but also about our amazing home – planet earth!

Guests include academics, activists, campaigners, politicians (local and national), artists, as well as people directly affected by climate change right now. Most of the guests are from Bristol, but not all, and Penny is hoping to talk to activists from across the world about their fight to save our climate, and how changes are affecting them.

The show will follow the progress of Bristol's One City Strategy and keep in regular touch with the council about any new initiatives to make our city carbon free.

Penny shared, "If you want to feel more connected to the earth we live on, then I'll be delving into the cycles and lore of our planet. Plus, tips on how to cut your carbon footprint, recipes for a planet-friendly diet, plenty of local and national what's ons, and perhaps

most important of all: moments of regeneration – be it through laughter, music, or a brief pause for meditation!"

You can listen to One Love One Planet online via BCfm, or via the BCfm app, and via 93.2fm. You can also listen again by going to BCfm, then selecting shows/One Love One Planet, and then select the relevant date.

If you are involved with something very local, Bristol-wide, or indeed national or international that you think our listeners might want to hear about, then please get in touch with Penny Southgate on oneloveoneplanet@outlook.com.

Keep fit with Dance Moves

Horfield Baptist Church, BS7 8NY

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Monday 12.00 to 12.55pm

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www.embracingpilates.co.uk

For more details contact Denise Dobbins

info@embracingpilates.co.uk

0117 903 0331



Osna

Osna enjoyed the busy festive season. Their fantastic late night shopping evening, which involved dance displays, and carols by the Gurt Lush choir, raised over £200 for Educate Grace – a charity that helps fund a school of up to 200 children in Kisoro, Uganda.



Exciting plans for the New Year – along with continuing to add products to the Bare Skin by Osna range, the therapy centre will be running a series of courses in 2022. The venue has also introduced authentic healing crystals that complement the products in their shop.

There will be courses on – energy work, crystals, a pamper evening (that will incorporate their vegan skin care range) and to complement Osna's new Baby Care range, a course on baby care.

For more information or to book onto a course please email: info@osnatherapy.com; to view and purchase Osna's specialist skin care ranges visit www.osnatherapy.com/shop-1.

Osna, 234 Gloucester Rd, BS7 8NZ | 0117 907 5884



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

Discover Buddhism: Buddhist Meditation and Talks

The Centre is now open and running the following sessions in person:

Tuesday, 8–9pm

Wednesday 10.30–11.30am (simply meditation)

Saturday, 10.30–11.30am

There is no charge for these sessions – suggested donation of £5 or whatever you feel able to afford.

For further info, email bristol@dechen.org



www.sakyabristol.org
www.dechen.org

What is Myopia?

Myopia (short-sightedness) is the eye condition where near objects are clear, but objects farther away are blurred. It is caused by the eye ball growing slightly too long. The traditional answer was glasses, but at Lynne Fernandes Optometrists there's more we can do.

Myopia in kids tends to get worse throughout childhood, and higher levels of myopia are associated with higher eye disease risks in adulthood. If your child already wears glasses, you can do something to stop their vision getting worse. If they don't, you can assess their risk of developing myopia.

Why should you be concerned:

- Myopia is becoming more common in children around the world.
- The average age for developing myopia is reducing: young onset means faster and increased eye growth, an increased risk of retinal detachment, myopic macular degeneration, glaucoma and cataract.
- Money: the average cost of glasses and contact lenses over a lifetime is much higher for higher myopic patients.
- High myopia reduces quality of life.

What causes myopia?

There are many causes: increased use of screens; ethnic origin and genes; having one or both parents with myopia increases our risk; and under-correcting vision has been shown to stimulate the onset and accelerate myopic progression.

What can I do? Request an assessment of your child for myopia as early as 6 years old. At our Gloucester Road practice, we will measure the length of the inside of the eye with specialised instruments, look at how the eyes work together and compare a prescription with standardised growth curves. If we feel your child is at risk, we will recommend joining our myopia management programme where we reassess and give advice every 6 months. We can treat with specialised lenses and lifestyle plans.

Why Lynne Fernandes Optometrists? We have been innovators in the UK in myopia management. Our optometrists are key opinion leaders nationally in this field and are very experienced in caring for the children we treat. We look after you and your child.



Is your child short sighted? Did you know you can do things to help?

At Lynne Fernandes Optometrists, we offer a programme which is clinically proven to slow down short-sightedness progression in children by 59% on average.^{1†} This reduces your child's dependency on glasses, can provide thinner lenses, and decreases the likelihood of certain eye health conditions later in life.

We are passionate about this opportunity to protect children's future eye health. Our myopia management clinics are backed with evidence and research, so you can be reassured that you and your child will have the best care.

Call the practice to book an assessment or visit our website www.lynnfernandes.co.uk/questions-about-myopia to find out more.

† Over 3 years, compared to a single vision 1 day lens.
1. Chamberlain P, et al. Optom Vis Sci. 2019;96:556–567

Lynne Fernandes
— Optometrists

Our practices

182a Wells Rd, Knowle
Bristol BS4 2AL

bristol@lynnfernandes.co.uk
0117 977 6330

75 Gloucester Road
Bristol BS7 8AS

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Glow Facial aesthetics at Horfield Dental Care

Firstly, here at Glow we don't believe anyone needs facial aesthetic
treatments; however, we recognise that life can sometimes leave
us feeling and looking a little tired. Everyone's skin ages, and over
time our natural collagen production slows which causes our skin
to lose elasticity, resulting in fine lines and wrinkles.

So, although wrinkles are an inevitable part of aging, there
are steps we can take to slow their progress and prevent new
ones from forming. Lifestyle factors like drinking plenty of water,
protecting your skin from the sun with a good quality SPF, not
smoking, and managing stress all play a key role when it comes to
keeping your skin healthy and youthful.

Many people embrace their facial lines, but it's no secret lots of us would prefer to keep them in check.
Reversing lines once they are formed is not normally possible without professional intervention. However,
at Glow, we offer a range of non-surgical treatments to reduce fine lines and wrinkles that can make
noticeable, but subtle, enhancements to your appearance.

The most common methods of wrinkle reduction either involve temporarily blocking fine muscle activity,
which allows the skin to relax so that lines appear softer and smoother, or by using dermal fillers, which
boost your skin's own collagen production, remodelling the skin for a smoother, firmer appearance.

Taking the first steps to explore the many different types of facial aesthetics on offer can be daunting,
and often people fear treatment can lead to expressionless, frozen faces. This is why we offer a free, no
obligation consultation with our facial aesthetics practitioner Victoria, in our fully CQC registered practice,
where you can discuss your areas of concern in detail and see if any of our treatments are suitable for you.

You can contact us via our online facial aesthetics assessment form, available on www.horfielddentalcare.co.uk
or emailing: info@horfielddentalcare.co.uk or by phone on 0117 951 3026.



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Do something positive for YOU and YOUR Community this year - VOLUNTEER!

One of the best parts on my job is visiting the many local groups and special people whose volunteering efforts make our community a rich and interesting place to live in. Whether you have an interest in walking, gardening, animals, reading, socialising, supporting young people, art or are just looking to make new friends and get to know your local area better – there is a local volunteer role to suit you. Volunteering can also be a great way to learn new skills and can be a great addition to your CV!

Some volunteers I have spoken to this year also appreciate the fact volunteering does not bring the same pressure as work; you can find a role that allows you to give the time you want, when you want.

Volunteering not only makes a huge difference to the organisation you give your time to, it can be great for your own physical and mental health too. A 2019 survey conducted by YouGov on behalf of the National Council for Voluntary Organisations (NCVO), involving over 10,100 people, found that 77% of respondents said volunteering had improved their mental health, with just over half (53%) saying it had improved their physical health.

So why not make 2022 the year you get to know your community better and volunteer! Below are just a few ideas of some of the positions available in our area; there are many, many more (check out the rest of the magazine for further ideas).



Ardagh Community Trust (ACT)

The Ardagh, Horfield Common, BS6 7YL

The Ardagh Community Trust (ACT) is a charity, established in 2017 to develop sustainable plans for regeneration of, and improvements to the Ardagh site, for the benefit of the local and wider community.

The Ardagh Community Cafe proved to be an invaluable resource to many local residents during

the lockdowns, offering an outdoor space to safely visit. The beautiful gardens are a sanctuary. Many regular activities and events take place that appeal to all different members of our community (see page 9 for all the latest ACT news and activities).

Below are the volunteering opportunities that are currently available –

Gardening Group – 1 day per week.

Horfield Common Repair Cafe – Repairers & Hosts, Saturdays, monthly.

Family Food Action – Tuesdays, 11am– 12.30pm, weekly (see page 42 for full info).

Facilities – Helping to keep the site clean, tidy and in good order.

Play Events – to work with Play Coordinator, Emily, on a range of projects and activities.

Walk Leaders – to undertake training and lead Walking for Health group walks from Spring 2022.

If you are interested in any of these roles, please Email: hello@theardagh.com



The Moggerly,

Longmead Avenue, BS7 8QB

The Bishopston based Moggerly

aims to rescue unwanted and abandoned cats and kittens, both domestic and feral, from around Bristol and find them loving new homes. It is a 100% volunteer-led organisation, so when you join the team, you join the family. Their dedicated

team of volunteers assist with cleaning, socialising, transporting and offering foster homes to kittens. Volunteers play a vital role in keeping the cats healthy and happy. The team work diligently to rehabilitate and rehome more than 250 cats per year, and with your help they can save even more!

Perks of Volunteering with The Moggerly include – Full training provided on positions of your choice, flexible time commitment, unlimited cuddle time with the cats and meeting friendly animal lovers.

No experience is required to volunteer, all you need is a hard work ethic and a good attitude and the Moggerly will provide the rest.

To find out more call: 0117 924 3128 or e-mail: contact@themoggerly.org.uk

The Old Library, Muller Road, BS5 6XP

The Old Library, Eastville (the former Eastville Library) is a vibrant community hub with great indoor and outdoor space offering a community cafe, workshops, activities, play space and hire room.

The venue is 100% volunteer led and it needs your help! The group is looking for volunteers to help in the community cafe to ensure the venue can be open as much as possible for local people. When I visited recently, I caught up with new volunteer Sven who was just finishing his first shift as a volunteer. He told me he frequently visited the venue with his young family so thought it would be good to get involved and give something back. He loves what our local area has to offer families. Sven works nights allowing him to help with childcare during the day and volunteer – he just doesn't sleep much!

Ayu served me my lovely cuppa and cake and told me she started volunteering at the Old Library as a way to meet new people and to experience new things. She moved to Bristol from Indonesia in June 2021 and the Old Library has enabled her to meet some lovely people and get to know the area.



Both Sven and Ayu (pictured above) recommend others come forward and give it a go, they have met some great people and can see what a brilliant resource the Old Library is to the community.

There are many opportunities to get involved at the Old Library, whether it be helping in the cafe or joining the gardening team, or perhaps you would like to help host a community activity. They already have a wide range of regular events and activities; do check out their website <http://theoldlibrary.org.uk>. You do not have to commit to big chunks of time, just fit in volunteering to suit you.

If you would like to volunteer please email: hello@theoldlibrary.org.uk



63rd Scouts, St Bartholomews Rd, BS7 9BJ

The leadership team at the 63rd Scouts are all looking forward to Scouting in 2022! They have plans for more exciting and fun things for the Scouts, along with ambitious plans for future camps and the growth of the group. However, the team need to recruit new

leaders if they're going to realise their plans and to ensure that the Group remains viable in the future.

At the 63rd Bristol Scouts there are many opportunities to get involved and to help the young people of the community build skills for the future, develop their sense of adventure and really find their thing!

If you are interested in volunteering please email: Matt.j.lloyd@btinternet.com

I love the opportunities to do things outside the urban norm that Scouting gives the kids. It's fire-lighting, structure-building, map-reading, team-working, marshmallow-toasting, stumbling into bed tired and happy after an awesome time at camp. It's about seeing them overcome challenges that they thought were beyond them. It's about them making new friends, having a go and it's about having fun. Best of all, as a leader, I get to do it too!

Caz, Assistant Scout Leader

Reading Buddies

Orchard School, Filton Road, Bristol BS7 0XZ

Community volunteers from Orchard School's catchment, including Bishopston, Horfield and Ashley Down, give their time to be 'Reading Buddies'. Adults from the school community give an hour or two a week to listen to students read on a one-to-one basis. A space is made available in the Orchard library and the Reading Buddies support

students with choosing books, reading fluently and discussing the books. It's a very personalised system, to cater to the needs of each child.

If you are interested in becoming a Reading Buddy at Orchard, please email howard@orchard.tila.school or phone 01173 772 000 and ask for Helen Howard.

The school are able to organise DBS checks for volunteers and no formal experience is necessary.



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Changes to social care

Earlier in Autumn, the news was dominated by the Prime Minister setting out the Government's plans for social care in England and how they will be funded.

The proposed changes announced by Boris Johnson affect those entering care from October 2023 and these are the headline points:

If you live in your own home, all of your social care will be funded by taxpayers if you have less than £20,000 in assets — excluding the value of your home. Partial funding is available if you have assets worth up to £100,000.

As is the case with current means testing, once you have moved in to a care home, the value of your property will be included in your assets. In this scenario, some people may need to sell their home to fund their care if they have a low income.

There will be an overall cap on the amount any individual has to pay for care of £86,000. The figure only covers personal care costs, not residential (aka 'hotel' costs) which can be extremely high!

The Care Act 2014, which is the framework to be used to introduce the reforms that have been announced, fixed the personal care cost calculation using the costs that would be assessed and paid by a local authority, not the (usually much higher) self-funding costs levied by homes.

The Government's main document on the changes says that it will use legislation in the Act to 'ensure that self-funders are able to ask their Local Authority to arrange their care for them so that they can find better value care'. Precisely what effect that will have in practice is unclear.

It seems the reality of the proposed changes mean that unfortunately for many, their assets are still at risk from being swallowed by care costs. There are ways to protect your wealth. However, deprivation of assets is a serious issue and it's best to get advice to ensure you don't fall foul of the rules.



Richard Higgs



Come to an event to find out more

We are running events in early 2022 all about long term care, the changes afoot and how to plan for your future. Kicking off on **Tuesday 11th January at Henbury Golf Club at 10am**, we'll also be taking the show on the road to Portishead, Clevedon, Thornbury and Chipping Sodbury in the subsequent weeks.

Full details can be found on our website on the 'Events' page – www.haroldstephens.co.uk/events. Please do join us if you can – register online or call/email us using the details below.

Alternatively, to discuss how we can help you protect your assets, book your complimentary financial planning review with Chartered independent financial adviser Richard Higgs, by calling 0117 3636 212 or emailing office@haroldstephens.co.uk.

Richard is an Associate member of Solla (Society of Later Life Advisers), an organisation dedicated to higher standards and accessibility to regulated financial advice for older people and their families.

Get in touch

Harold Stephens provides friendly financial advice in the local community on a face-to-face basis in a welcoming location at 50 High Street, Westbury on Trym, BS9 3DZ. The firm specialises in advising later life clients on their investments and pensions, long-term care, inheritance tax and estate planning.

www.haroldstephens.co.uk

0117 3636 212

office@haroldstephens.co.uk



HAROLD STEPHENS

YOUR LOCAL INDEPENDENT FINANCIAL ADVISER

Pet health checks

As we enter 2022, vaccinations continue to play an important role in our lives. Vaccinating humans is usually a very quick affair with a brief question from the administrator of the vaccine to check all is well, followed by a jab.

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

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

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

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

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

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

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

Once we are happy we have a healthy pet, we can

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

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

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

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

Wishing you and your pet a healthy year ahead.

Nicky Bromhall MRCVS

Veterinary Surgeon, Animal Health Centre



Nicky Bromhall MRCVS



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Pet Health – The New Year is a time we often reflect on our health and wellbeing, now could be a good time to do the same for your much-loved pet too! Whether you own a young kitten or puppy, senior feline or elderly dog, Roxfords has specialist foods to ensure they are getting everything they need. Feeds and supplements that promote both growth and joint mobility. They also have a great range of both wet and dry feeds that are perfect for pets with sensitive tummies or those that are prone to skin irritations. The team will be happy to advise.

To assist with dental care there is a wide selection of denti-sticks and a supplement called 'Plaque Off' that owner Sarah always uses with her dogs. To assist with anxiety, you can purchase soothing plug-in diffusers along with natural valerian compound.

All this along with remedies for fleas and ticks and specialist shampoos and tools for grooming. Do ask in store for further information on any of the above.

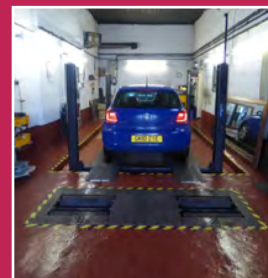


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"We remained open for business as usual through lockdowns and will be continuing to do so unless the rules change and we are forced to close."

Thank you to all our customers for your continued support"



Take Action, with Family Food Action

Family Food Action (FFA) has come a long way since neighbours in Effingham Road banded together to collect food for families struggling in the first COVID lockdown (as featured in *Bishopston Matters* April 2021). What started as a grass-roots response to the pandemic is still active and growing nearly two years on. They now:

- have around 30 North Bristol streets/ neighbourhoods collecting weekly
- use donated funds to source bulk fruit, veg and eggs from local suppliers including Gloucester Road Fruiterers, The Good Egg Company, and Good 60.
- sort deliveries at the Ardagh on Horfield Common
- support 400 families through 4 community partners in Easton, Lockleaze and St Paul's
- and are producing a film about FFA's story – see taster at <https://youtu.be/V3OaJfT9Hno>

But this isn't good news – it highlights how inequalities pre-dating COVID have persisted and worsened over this time. The number of UK families facing food insecurity is estimated to have quadrupled since the beginning of the pandemic and is now among the worst in Europe – despite being the sixth richest country in the world. All our community partners are still running at well above capacity. Struggling families and local communities need support now more than ever.

Last Summer, we ran a consultation about the future of FFA. Recipients were clear about the value: "it [helps] my family on dark days to be able to eat ... made a real difference to my mental health!" Our community partners especially liked the quality, content, consistency, and responsiveness of our deliveries, and linkage between donor and recipient communities. Donors found giving 'great for community spirit, and for raising awareness about food poverty'. FFA members found it 'a huge privilege ... to see how food is building connections between people – keeping community alive through challenging times.' We concluded that while food banks are not a long-term answer, FFA is playing a

vital role in mobilising access to food, in nurturing communities and momentum for change.

So, we're applying to become a charity, consolidating our food collections, and strengthening links with other local organisations working against food poverty.

This is an exciting time for FFA and there's many ways you can get involved, e.g.

- Donate to an existing neighbourhood hub or set up a new one
- Give a one-off or regular cash donation
- Volunteer to help sort or deliver to our partners

If you'd like to find out more, please contact:

Emily Ryan Tel 07948 530644

or email familyfoodaction@hotmail.com



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Circle Dance Evenings

**At The Old Library on the last Tuesday of the month
25 January & 22 February, 7:30 – 9:30pm**

Come and dance together into the New Year months

As always, we'll enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Great variety of dances, from peaceful to lively. Join in as much or as little as you want

Welcome to you all!

Warm, informal community dance evenings for all abilities. Susannah teaches as we go along, so you can pick it up gradually. Light refreshments provided.

Wear soft shoes or bare feet – floor is carpeted.
Cost: £5 (or more if possible) to cover expenses and support The Old Library

**For more details, get in touch with Susannah
0117 979 1519**

susannah@temple.co.uk

Information also at www.theoldlibrary.org.uk

Mentalk Health

I have known Adriano (pictured) since he first launched ABL Barbering back in 2012. Like many of the friendly, Gloucester Road traders, we always wave and say hello when I am passing; but this month we sat down (with a great coffee at Bomboloni's) and enjoyed a good chat about the monthly sessions he hosts, 'Mentalk health'. Adriano explained it is an informal, monthly gathering at the barbering lounge, when men are invited to come along and talk.

I was interested to know why and how this group had started? Adriano explained, "In my job, I talk to men on a daily basis and they often share different things they are going through. Having no link to their life other than providing a hair cut, people often open up, and I am always happy to listen. Now I am a father of two young children, I have my own experience of finding the day to day challenging at times so can empathise.

"It became apparent that men often don't want to reach out for support and can feel alone and ashamed of their feelings. My Italian heritage offers many great things but men talking and sharing their problems is not encouraged and I know it is time for this to change."

Adriano went on to say that the pandemic has intensified problems for all, along with the feeling of isolation. A turning point for him, occurred when he picked up the phone to a friend who was contemplating suicide; he was going through a divorce during lockdown and felt isolated and alone. He had sought medical advice but the waiting lists were so long he felt desperate.

Sadly, the strain on health services are at an all time high, so although Adriano is not suggesting the monthly group is an alternative to receiving medical treatment, it is a safe, welcoming place in an informal environment that can lift some of the weight off and offer some relief and reassurance that you are not alone in how you are feeling.

Adriano said, "The stigma attached to men talking about their feelings or admitting they find areas of their life hard to cope with, must change. I have first-hand experience of the trouble you can find yourself in if you don't reach out. People can come along to our monthly catch-ups and share as much or as little as they want. They can just listen to start with if that is how they feel comfortable.

"The men that attend this group are everyday people that find life or aspects of life all a bit much at times. The group offers some mutual support and people leave feeling a little lighter – even if it is not permanent."

Adriano explained some of the people who attend have received treatment and are able to share helpful tips to help maintain wellbeing.

Adriano runs this group in collaboration with James, an ex-service man, also known as the Wellness Wookiee. James aims to build a community where people can escape from today's digital age and social pressures by getting outdoors and taking part in activities that allow us to reconnect with ourselves and others.

In the spring, the group hopes to embark on some walking sessions – fresh air and talking is a great healing combination.

Adriano understands men may be unsure, nervous or even embarrassed to visit this group, but urges you to give it a try, "It really is just a bunch of men having a chat, sharing similar experiences and offering support. If anyone would like to contact me to find out more, please do get in touch. All are welcome."

**Mentalk Health, Monday 17 January, 6.30pm at
215 Gloucester Rd, Bristol, BS7 8NN.**

Email: adrianosbarberinglounge@gmail.com

Facebook: Adriano's Barbering Lounge

Visit: www.thewellnesswookie.co.uk



"The stigma attached to men talking about their feelings or admitting they find areas of their life hard to cope with, must change. I have first-hand experience of the trouble you can find yourself in if you don't reach out. People can come along to our monthly catch-ups and share as much or as little as they want."

Adriano



News from the green room

Happy New Year! The salon wishes all of its customers a very Happy New Year and looks forward to catching up with clients old and new in 2022! They would like to thank their loyal customers for their support during this ongoing challenging time.

New Year, New Look! Why not start the year with a new style and colour? Beat the January blues with a fresh new look. The talented stylists will be pleased to advise you on what style will make you look and feel fabulous!

Cruelty-free – The Green Room uses only the highest quality cruelty-free products from Kevin Murphy colour me and the OCS system; they can create any style or look without comprising on quality.

Keeping safe – The salon is following all government guidelines to enable them to work in a professional, safe environment. Staff will continue to wear PPE and ask their clients to wear a face-mask please.



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

Tel: 0117 942 75 75



The Green Room



Orchard Learning blossoms again!

The gnarled apple and pear trees in gardens, allotments, and established orchards are a living reminder that planting fruit trees is an act of faith in the future. Caring for mature trees – and planting new ones – are acts of resilience in the face of extreme and unpredictable weather events caused by climate

change. For thousands of years humans have raised orchard trees that rely on our care to be at their best. We need fruit trees, and our fruit trees need us. Unlike people, trees cannot uproot and seek a better life elsewhere.

Horfield Organic Community Orchard (HOCO) is a community food project looked after by its members who are volunteers. When the pandemic made group working sessions impossible, Shannon Smith,

the Orchard Learning co-ordinator, developed one-to-one sessions as the safest way to care for HOCO members and fruit trees.

She told us: "Being outdoors helped, and keeping a safe distance is much simpler with one other person. We also found huge benefits when teaching complex tasks like pruning." Shannon has applied this experience to reshape the Orchard Learning Programme. A combination of group and one-to-one sessions will guide participants through a growing season in the rich outdoor learning environment of HOCO. Learners are partnered up with a couple of trees for the year and also enjoy a share of the harvest.

The Orchard Learning Programme is designed for people with some fruit growing experience. It's ideal for professional gardeners, anyone involved with a community orchard or growing project that includes fruit trees, as well as keen amateur gardeners.

The deadline for applications is Friday 28 January.

For more information, course dates, and to request an application pack, please go to the website: www.community-orchard.org.uk. Contact: hocopips@gmail.com or phone 0117 373 1587.

Community Food Garden in St. Andrew's Park

Local residents Penny Southgate and Helen Jackson Brown are hard at work, creating a small food garden for St Andrew's Park, where the whole community can share in growing and harvesting food, including fruit trees, fruit shrubs, and vegetables and herbs grown in raised beds.

They hope to be planting the first trees in the food garden this winter season! The group are currently waiting for fruit trees to be supplied by the council, and also for the materials to build the raised beds. When they arrive, Penny and Helen will be inviting



anyone who wants to, to join them in preparing the ground and planting the trees, then building the raised beds. They'll notify everyone about this by means of posters in the park, and also on Facebook.

If you would like more up-to-date information on what's happening,

then please check out the Facebook group: Food Garden for St Andrew's Park, or look on the Friends of St Andrew's Park Facebook page. The team also have a fundraising campaign on GoFundMe, so if you'd like to contribute to that, please go to the GoFundMe website and search for Food Garden for St Andrew's Park.

If you like the idea of growing food together with other people, then please do come along and be part of this community. The idea is for people to grow and learn together!

In the future the group hopes to hold workshops for children and adults, on topics such as propagation – taking cuttings etc, permaculture, and companion planting, for example.

Please do get in touch if you would like to hold a workshop here once the garden is established, or if you would simply like to help out generally, by emailing: penny.southgate@gmail.com.



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Get in touch: nebes@ytko.com

Bishopston Matters enjoys **FREE** business support thanks to **North & East Bristol Enterprise Support**

If you are looking to grow your existing business or start up a new enterprise, this organisation is ready to help you too.

Bishopston Matters is delighted to be celebrating 14 years in business. The community magazine continues to be a great business to run but it has, like so many, felt the impact of Covid. So, always wanting to be pro-active and move forward positively, now was the perfect time to take advantage of the free support available from North & East Bristol Enterprise Support (NEBES).

How you get started

To start your journey, you simply email: **nebes@ytko.com**, express an interest in the free support and then you will receive a link to an online form that asks you to outline your business or business idea.

On completion of the short form, an email is generated that invites you to set up an online account that offers you access to their interactive e-learning platform. This registration will also mean you will be contacted by phone for a diagnostics call by one of their helpful, knowledgeable team.

Person to person support – it's good to talk

At a convenient time, I spoke to team member Alexandros, and together we spent a good amount of time discussing *Bishopston Matters* as a business, and how NEBES could support any new areas I would like to develop with the business. Alexandros advised the best sections for me to access via their online support and booked me on to an appropriate webinar workshop. It suited me better to talk via zoom but if you would like to meet up with a team member in person, this is possible too.

Extensive online advice and support

Once you have set up your online account you can sign in any time that suits you to access the free, interactive e-learning platform, with extensive advice covering every aspect that is key to running a successful existing or start-up business. I found the videos that accompany each topic, delivered by an expert in their particular field – such as Social Media, Market research or Accounting – of particular help. You are then able to set yourself goals, read case studies, download papers on relevant business subjects etc.



Sign-posting to workshops and funding

As well as speaking to an advisor and taking part in the interactive e-learning platform. If relevant, you will be sign-posted to forthcoming online and in-person workshops and events. You will also be advised if there is any business funding or grants that you may be interested in applying for.

Do get in touch – you have nothing to lose

If you have your own business and are looking for growth or to extend your knowledge in particular area that you would like to gain expertise, I can thoroughly recommend you get in touch with this professional team. And if you are thinking of starting your own enterprise, this all-round business support is an absolute gift that could make your dreams turn into a reality.

I was stunned that access to all of this professional support is free; there is no catch. Getting in touch with NEBES is time well-invested.

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Block Paving Driveway Benefits



With Bristol's busy roads, coming home, being able to park on your own driveway is a real blessing. We don't all have that option of course, but if you have a front garden that you find difficult to maintain, a good option would be to transform it into a functional space.

There are many different types of surfaces to use on driveways. Gravel is by far the least expensive and quickest to install, as long as you have a sound sub-base below it. Concrete is a popular material when it comes to installing driveways because it is extremely hard wearing, low maintenance and the industrial look compliments modern buildings. Asphalt or tarmac performs a lot like concrete, but as it is a petroleum product it is less likely to crack. There are sustainable options when thinking about using asphalt, and more and more companies now adopt a circular economy within their business, incorporating non-primary materials and the potential to recover, reuse and recycle products at end of use.

But if you're after a driveway that will look stylish alongside your home, you might want to choose a self binding gravel or resin bound driveway. Other alternatives are bricks and cobblestones, which can be laid utilising different patterns, that can look very effective.

Recently we have completed a stunning block

paving driveway in Bishopston, which has completely changed the outdoor space for the family who live there. Block paving comes in a variety of colours and shapes and can be designed in a range of patterns. The interlocking nature of the blocks provides enhanced strength, there are no costly repairs and individual pavers can be easily replaced. Block paving also offers a more fade-resistant surface than other alternatives.

A driveway doesn't just have to be for motor vehicles, it can also be a place to store bikes, to home your recycling area, as well as incorporating beautifully planted garden borders; raised beds, sleeper borders and using the vertical space of fences, screens and trellis. With careful planning and design you can still attract pollinators and insects to your driveway.

Diverting water run-off is important on hard-standing areas unless they are permeable, so drainage is a key part of any driveway. According to Property Price Advice, a driveway can add between 5 and 10 percent to the value of your home. New Year? New Driveway!

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News from Glos Rd Central

Glos Rd Central traders now have the chance to relax and look back on a very happy festive season.

As usual we'd like to thank all our loyal customers for supporting us independents. Our Christmas Street Party was a great success and really got us all in the festive mood. Newbies Gloucester Road Books and The Rambling Rose were especially thrilled to be here. Big thank you to Alice Andrews for her dance display and to Gurt Lush choir for



their wonderful singing. Osna raised £200 from their delicious mulled wine for a charity helping to feed and educate children in Uganda.

We had some real winners in December 2021! Victoria Plimmer won the Gloucester Road Art & Photo competition organised by our favourite Facebook group, Shop Local Gloucester Road. Her colourful watercolour (pictured left) of her 'favourite intersection of Gloucester Road' stole the show. A panel of judges including Alice Darley, Heppie Curtis, Alex Streeter-Smith, Fariba Mathieson and Sarah Thorp thought the painting was "A clear portrayal of Gloucester Road and symbolises its vibrancy" and "The rainbow colours reminded us of how incredibly supportive everyone was during lockdown and shows we're at the hub of our community". Victoria's prize was a purple instax camera from Catch the Moment. Her painting will be shown in the window of Room 212. Runner-up Ellie Hookham also got a special mention for her interpretation of The Arches.

The Prize Draw exhibition at Room 212 was a huge success, raising £5k for a local mental health charity Maybe Southwest which will finance hundreds of hours of therapy sessions. The winner of the main prize, a large painting donated by Huw Richards Evans, was very surprised when he received a phone call to say he'd won. He'd come to Bristol for the weekend to visit his aunt and bought a ticket at Room 212 on the North Bristol Art Trail. He was thrilled to meet Huw and then drive back to London with a beautiful picture of the Suspension Bridge! Horfield resident Marie Rose Kennedy was chuffed to win the brass sculpture of a ram by Marie Pitt. Tracy Beaker star and local resident, Lisa Chapman, was present when the prize draw took place after a performance by acapella group Kettle of Fish during the North Bristol Art Trail. When her name was pulled out of the hat, she chose another painting by Huw. Apparently, a new series of Tracy Beaker was filmed in Bristol this summer and is due out soon. Lisa plays foster mum Cam Lawson. Prize draw organiser Sarah Thorp sends a huge thank you to all the artists who donated their work (26 in total) and plans to run more fundraising events in the future. Her 14-year-old daughter was also inspired to sell brownies during the North Bristol Art Trail and raised over £50 for Off the Record, a mental health charity for young people. The artists who exhibited at Room 212 on the trail also donated 10% of their takings to this charity.

Cafe Dream was thrilled to learn that they were

winners in the England Business Awards 2021 for the South West. All contestants are nominated by the general public – which means their win is down to you, their lovely customers – so a huge thank you from Cafe Dream!

Many of you will have stopped to admire the beautiful mosaic of the Bristolian Fox which has been on display in the window of Room 212. Local artist Toni Burrows (pictured right) created this mosaic and her latest is an image of a peregrine falcon flying over the Suspension Bridge which will be at Room 212 from mid-January as part of their Love Birds theme. Each mosaic takes weeks to make and Toni uses recycled ceramics found in charity



shops or donated to her. Although Toni never sells her mosaics, she sells print reproductions and cards at Room 212.

Fig is welcoming a new artist, Anna Harley, to their shop for a few months. Anna uses a combination of drawing, digital photography and objects directly exposed on the screen, to create the individual layered prints. She's really looking forward to exhibiting on Gloucester Road. You can see examples on her website annaharley.com

We wish you all a very Happy New Year and look forward to seeing you in 2022!

Facebook: Glos Rd Central.



The Filtones Choir welcome new members

The Filtones Choir is back in action and, although we are sorry that we haven't been able to do our usual Christmas Crackers concert this year again, we are hopeful that we can meet up with all our kind supporters at an annual charity concert in the summer of 22. This is yet to be arranged and, as always, is subject to Covid, of course.

Why not join us?

We start up again for our first rehearsal on **Wednesday 5 January 2022, 1.45–3.45pm at St Teresa's Community Centre, 71 Gloucester Road North, BS34 7PL** and welcome new members of all voice ranges who might like to give us a try. There are no auditions and for your first four weeks there is no charge. Just drop in, or for more information **please ring Dot on 07870 984760 or Janet on 0117 9241534 or email Dot on dorothy.bryant@btinternet.com**. You can also find us on our web site **www.thefiltone.weebly.com**. We look forward to meeting you, and can assure you of a very warm welcome.



One25 charity has launched a community crafting project with an extra sweet twist, and you're all invited.

One25 is a Bristol women's charity which reaches out to some of the city's most marginalised women; supporting them to move from crisis and trauma towards independence in the community. Their vision is of a world where all women are safe, feel loved and thrive. Volunteer, Jemima, has launched a special patchwork quilt project with the women in One25's drop-in and is hoping to engage other volunteers. One25 supporters and the wider community. The idea is to embroider a square with a printed motif on it representing the hot chocolate (with whipped cream and marshmallows) that the women love to drink in One25's drop-in – fondly referred to as a 'Hug In A Mug'. The finished quilt will then hang proudly in One25's drop-in as well as raise vital funds and awareness for the charity.

You can join Jemima in the monthly meetings, or stitch your patch at home. Each patch is £5, which includes your refreshments if you come along and stitch in person, with all profits going to the charity.

Meetings are at The Old Library, Muller Road, BS5 6XP on Fridays 2.15–4.45pm, 21 January, 18 February, 18 March, 15 April and 20 May. No booking necessary.

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What's on at The Hub

The Hub is a community building set in the heart of Lockleaze on Gainsborough Square, BS7 9FB, next to Stoke Park. It is run by Lockleaze Neighbourhood Trust to support a healthy happy community in Lockleaze and surrounding areas. There are lots of activities, clubs, classes and fun days run here to support all members of the community. Below is a selection of the weekly activities; visit www.lockleazehub.org.uk for more information and their full diary of events.

Monday

Wellbeing Exercise

The Cameron Centre, 10.15–11.15am

This is a supportive exercise class for people who just want to have a light workout to keep them a bit more mobile for their daily routine. No special gym wear is needed. All exercises are done to music. Over 50s and people who want a light stretch and workout just to keep them mobile and active. The first lesson is free, then £4.00 afterwards. No booking is required.

Accessible Exercise

The Cameron Centre, 11.30am–12.15pm

An exercise class for people with limited mobility and wheelchair users, this class is also suitable for people needing a carer to accompany them. Most of the exercises can be done sitting down or with support using a chair. The tutor supports participants to gently exercise their mobility. The exercises are done to music and singing is encouraged. This class is for over 50s and people who are accompanied by a carer. The first lesson is free, then £3.50 (accompanying carers are free). No booking is required.

ACTA Community Acting Group

*The Hub, 3.30–4.15pm – Years 1,2,3
4.15–5.45pm – Years 7,8,9*

A fun, free local drama workshop. Acta makes theatre that connects to culture and life experiences, specifically targeting non theatre-goers from the least engaged sections of the community.

Tuesday

Stay and Play

The Hub, 10.00–11.30am. Term-time only

Stay & Play session for families to bring their children along to and play and meet other parents, run by North Bristol Children's Centre. FREE!

Short Mat Bowls

The Hub, 1.00–3.00pm

Short mat bowls is a social, friendly game of bowls. All you need to play is provided, just turn up and get ready to play. For all abilities and ages. The first session is free, then £3.50 per session. No booking is required.

ACTA Community Acting Group

*The Cameron Centre, 4.15–5.30pm – Years 4,5,6
5.30–7.00pm – Years 10,11,12,13*

A fun, free local drama workshop. Acta makes theatre that connects to culture and life experiences, specifically targeting non theatre-goers from the least engaged sections of the community.

Wednesday

The Hubbub

The Hub, 10.30am–1.30pm

The Hubbub, pop-up cafe on Gainsborough Square, with help from Boing! Softplay who provide freshly made food! It is a great place to socialise with friends and your community!

Thursday

Wellbeing Arts

The Hub, 10.30am–12.30pm

This is a flexible group for people who enjoy working with arts and crafts for wellbeing and enjoyment. A tutor is on hand to help stimulate ideas and projects, or give advice to help you complete your own art or craft project. For all abilities and ages. The first session is free, then £3.50 afterwards. No booking is required.

Get in touch:

For information on any of the above activities

Tel: 0117 914 1129

Email: info@lockleazent.co.uk

Bristol Rovers Community Trust

Bristol Rovers Community Trust FIT FANS – Weight Loss Programme

FIT FANS is a free health programme for men and women aged 35–65 who are looking to lose weight, get fitter and lead a more active life. It is available if you have a BMI of 28+ and your waist is 37in (males) or 31in (females). The 12-week programme is delivered by coaching staff from Bristol Rovers Community Trust at The Memorial Stadium.

You will meet fans just like you, who want to lose weight. You'll go behind the scenes at Bristol Rovers, learn about healthy eating and take part in an exercise programme, but don't worry – people often say with FIT FANS they are too busy having fun to realise that they are exercising.

The main aims of the programme are to:

- Improve your eating habits
- Cut down on alcohol
- Increase your activity levels – one step at a time!
- Reduce your weight and waistline
- Support each other to stay on track

FIT FANS has helped 1000s of people to achieve long-term improvements in weight loss, physical activity, diet and general wellbeing.

To register your interest, please visit www.efltrust.com/fitfans/



Bristol Rovers Talk Club

Bristol Rovers Community Trust has launched a new mental health programme for men in

partnership with Talk Club. Bristol Rovers Talk Club is part of a behaviour-changing movement aimed at getting men to talk more openly about their thoughts, feelings, worries and day-to-day gripes.

Suicide is the biggest killer of men under 49 in the UK and approximately three-quarters of all suicides are male. Talk Club was created after one of its Founders, Ben Akers, lost his childhood best friend, Steve Yates, to suicide in 2014. Struggling to process his grief, Ben set out to make 'Steve', an award-winning documentary about male mental health and Talk Club is a legacy of that project.

The groups are relaxed, informal, and non-judgemental – a place where men can simply go in and get off their chest what's been happening in their week. Gavin Thorpe, Talk Club Co-Founder said, "We all experience life's highs and lows and, we believe, Bristol Rovers Talk Club can be there for both. We have set up a thriving online private, men-only Facebook group. It's a fantastic welcoming community of men simply getting stuff off their chest daily. There are no therapists, no couches, and no judgement – just regular men sitting in a private and safe space at the Memorial Stadium listening and talking. It's a beautifully simple medicine that we rarely give ourselves, the ability to share how we really feel."

Bristol Rovers Talk Club Captain, Jack Newcome, who has been running the sessions at the Memorial Stadium said, "Sessions will be running weekly and will take place here at the home of Bristol Rovers. With latest research revealing that more than 60% of adults and over two-thirds of young people felt their mental health deteriorated during the coronavirus pandemic and lockdown, encouraging conversations around our own mental health and that of others has never been more important."

Simply search '**Talk Club Bristol Rovers**' on Facebook for more information on how you can become part of the team.
www.wetalkclub.com

Why not join us at the Bristol Male Voice Choir in 2022?



Bristol Male Voice Choir is looking forward to 2022 with renewed enthusiasm following our concerts at Christmas, and we are looking forward to a tour in Cornwall at the Male Voice Choirs Festival, and another concert nearer home in Hawkesbury. As well as concert events, we have recently sung at a wedding in Marshfield and enjoyed a 100th birthday celebration in Hallen.

These events happen because our members come along every **Thursday at 7pm for Rehearsal Nights at St Andrew's Methodist Church, Elm Park, Filton, Bristol BS34 7PS** where we look forward to meeting new prospective members to sing in either our bass, baritone or tenor sections. If you used to sing in the past or are curious to find out what male voice singing is about we will give you a warm welcome. It's not essential to be able to read music (though it helps!) because rehearsals are about learning the notes and the words under the guidance of our MD, whose teaching makes all our practice nights enjoyable, and gets us looking forward to our performances.

We sing songs from various traditions, from Bohemian Rhapsody to opera choruses to Broadway musicals, Bach, Mozart, spirituals and hymns. Not forgetting our Christmas carol repertoire. You may be a potential singer wanting to listen to us before joining and you can come into our rehearsals on a Thursday. You may be thinking of a celebration with a choir as entertainment, and we can tailor our offering to suit your requirements as we learn new items in our repertoire regularly.

We are proud to be the Bristol Male Voice Choir. If you want to find out more about us, go to our website at www.bristolmvc.org.uk, look for our Facebook site, call the number on the website or contact 01179 682 223 or 07587 143 220.

After the privations of Covid, we offer a friendly social atmosphere, varied choral delights and great camaraderie. So get in touch and make yourself known. Happy New Year!

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Local Trams

BHA local history research – Andy Buchan ©



Map showing location of Horfield Tram Depot

1. Tram tracks preserved in the medical centre carpark
2. Inside the depot early 1900s
3. The last remaining part of the depot building

Unless you are an older, long-time resident of the area or attend the Gloucester Road Medical Centre at the bottom of Church Road, you may not be aware that Bishopston and Horfield were one of the first of the then, outer suburbs of Bristol to be served by trams and had their own tram depots; the Horfield depot, which was called the Ashley Down Road Depot, was on the site of the medical centre. The Bishopston depot, called the Zetland Road depot, was at the bottom of Gloucester Road, at its junction with Zetland Road, opposite what is now Sainsbury's. Postcards from the early part of the last century show the tramlines going up and down Gloucester Road; some include the trams themselves, while a few show the Horfield tram depot.

The first trams in Bristol were horse drawn, open topped vehicles; the service started in 1875 and ran from Perry Road to Apsley Road, the Redland Terminus.

The first tram route to Bishopston, Egerton Road, from the Tramways Centre via, Horsefair and Stokes Croft began in November 1880; the route further up was considered too steep. In 1877 experiments had been started with steam trams and in 1880 steam trams were tried on the steep route up to Horfield. The steam tram essentially looked like an encased steam engine and pulled a covered carriage behind

it. Note all horse drawn and later electric trams had an open top deck. The experiment was not considered successful and finished after a year. In January 1892 a new horse drawn service was started and this ran up to Horfield (Ashley Down Road).

In December 1900 horse drawn trams were replaced on the routes from the Tramways Centre to Egerton Road and onwards to Horfield. The Horfield depot had been built a few years earlier in c 1892 and included stabling for horses; after electrification it was modified to take up to 56 trams. The tram depot replaced a terrace of houses that had been previously built on Gloucester Road, between Church Road and would be the northern extent of the tram depot.

At this time the route was extended to run on up to Horfield Barracks, top of Dorian Road. Finally in March 1907 the route was extended from Horfield Barracks to Filton Church.

In 1913, tram routes were given numbers: route 5 ran to Horfield Barracks and route 6 ran to Filton Church. In total in Bristol there were 17 electrified tram routes with 237 trams serving the different routes. Essentially the trams retained the same design they had when the electrified lines were opened until their demise in the late 1930s. The closing date for Bishopston and Horfield's tram services was July 1939, and the trams were replaced with buses.

Image credits:

Map and photograph of inside the tram shed – Know Your Place – <https://maps.bristol.gov.uk/kyp/>

Photograph of tram tracks – Andy Buchan

News from Ashley, Bishopston & Ashley Down & Redland Councillors



Ashley ward

Ashley ward is one of the largest in the city and as such has three elected councillors. Jude and Tim (Green) and Amirah (Labour) have been working on your behalf for the last few months. Here are some recent highlights.

We were recently able to allocate capital funds to improve Montpelier Park. Working with local parents we presented our case for £125,000 to improve the facilities and equipment in this well-used small park. We also allocated smaller amounts for St Andrew's Park and Narrows nature reserve. The Friends of St Andrew's Park Group have been working really hard over the past few years to fund raise for improvements to the play area and to provide a gardening space and a trim trail. We approved £25,000 to this group to enable them to complete what has been a fantastic amount of park improvements over the past few years. Thanks for all your continued hard work, FoSAP.

This money was from our CIL (community infrastructure levy) funding. CIL is money that is levied when developers build in our city and which can be spent on infrastructure improvements that benefit the community. There will be more CIL money to be allocated for Ashley in 2022. If your community group has ideas about how to use our CIL funds, please contact us. We will arrange a community meeting to discuss ideas in the New Year.

CIL funds are generated by developments like Westmoreland House / Carriage works on Stokes Croft. This brownfield site housing and retail complex is nearly finished and some new residents have already moved in. We had a sneak preview and have to say it's a credit to both the developers (PG) who have done well with a very a difficult site and the Carriage works Action Group whose hard work around community engagement and planning issues has contributed to a great final scheme.

Brooks Dye Works is also nearing completion

and some other good news is that the long-awaited crossing opposite Scrapstore and the Mosque is on its way. This was part of the original ask from residents as part of the planning application many years ago.

In December, Amirah and Jude, the local police and BCC officers heard from residents on a community walkabout. We heard that many residents are still unhappy with the waste services and discussed improvements to local green spaces along with many other issues.

We will be holding more walkabouts in the New Year.

We wish everyone a Happy New Year.

Amirah Cole, Labour Party

Cllr.Amirah.Cole@bristol.gov.uk

Jude English, Green Party

Cllr.Jude.English@bristol.gov.uk

Tim Wye, Green Party

Cllr.Tim.Wye@bristol.gov.uk



Lily & Emma on a community litter pick in Ashley Down

Bishopston & Ashley Down ward

In the run-up to the Christmas break, Emma and Lily were busy as usual with matters in the ward, council issues and environmental activism. On 11 December they led a team of volunteers in a festive litter pick around Muller Road and Ashley Down, as well as clearing drains of debris – something that has been reported as causing flooding of late; they hope to run more litter picks in 2022 so do get in touch if you are interested in joining in.

Over the past few months there have been many emails about how street issues have been reported to the council by residents, which are then marked as fixed even if the problem was not resolved. Emma raised this issue at Members Forum, and got an answer from the mayor – that this problem has now been identified and should be resolved by the end of January.

Lily has been working in her capacity as shadow member for ecology, and working with a Bristol wildlife organisation; they are looking for someone in the BS7 area and if anyone is interested in forming a wildlife group for the area. The purpose would be to 'audit' the green spaces and wildlife in the area; if you want to get involved, please contact Lily.

In other news for potential volunteers, Emma attended the Bristol Tree Forum AGM in December, where tree activists gave updates on how many trees were planted in 2021 and how many are hopefully going to be planted in 2022. The forum is looking for 'tree champions' across Bristol to help with tree planting, so do get in touch with Emma if you are interested, and she will pass you on to them.

The petition to Full Council regarding the lack of local secondary school places has now gone to people's scrutiny, and Emma will be talking on behalf of the parents who set up the petition then. We hope to give you an update early next year.

And speaking of schools, Lily was invited to Cathedral School in December, and gave a talk about the climate crisis and local democracy to the students there. It was very well received and lots of the pupils wanted to get more involved.

Sadly, it was revealed that the council's plans for liveable neighbourhoods have been put back, which has been really frustrating, as they were being given as one of the solutions to bad traffic, parking and unsafe streets in the area. So instead, Emma has been working with local traffic and parking activists, other councillors in similar areas and officers to come up with a solution. This involves a continued push for residents' parking zones, as well as finding funding pots for blocking off certain streets and putting in traffic calming measures. There is sadly no quick fix but Emma and Lily are listening to you and know there is a need for longer-term solutions.

Emma and Lily will continue to have monthly surgeries at The Ardagh on the first Friday of every month at 4pm, and can be contacted by email. They



Fi & Martin

wish you all a happy new year.

Cllr Emma Edwards, Green party

cldr.emma.edwards@bristol.gov.uk

Councillor Lily Fitzgibbon, Green party

Cllr.Lily.Fitzgibbon@bristol.gov.uk

Redland Ward

Shock announcement over our streets and road safety

For some years residents and councillors have been told the mayor's new preference is for low traffic neighbourhoods/liveable neighbourhoods and not introducing any new parking schemes. These are approaches being used in other places to manage the street scene differently and offer calmer space for community activities in our streets. We think parking still needs to be managed once through traffic gets reduced so that children's play, seating, planters, walking, cycling, and disabled access or deliveries can be prioritised. The two are complementary changes. However, in a recent council meeting the Cabinet member for transport withdrew an item to discuss liveable neighbourhood strategy and said it would not be pursued. He said there are plans for a trial in St George but that is not yet fully funded and would have to be evaluated afterwards. So, there won't be many local changes soon. This is disappointing and a change to what's been promised and means progress is now uncertain. We're trying to find out what's going on and exploring what other options may exist for improvements in our area.

Continued on next page ►

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► Plans for redevelopment of St Christopher's

– We've been talking to residents and developers over plans for the old St Christopher's School site on the Westbury Park boundary of the ward. It has been purchased with a view to providing an assisted living community for older people. The emerging plans are still being amended in response to challenges from comments that have come in and a commitment to community consultation processes has been made. Local people can look at a website which you can find here: <https://www.stchristophersbristol.com>

Growing problems from blocked drains –

Complaints over a lack of drain clearance where blocked gulleys are reported through the council website have been growing. There are many across our ward that have been neglected. The council is only clearing some priority locations. A colleague asked the mayor questions over whether a new contract will improve the service but we have worries there won't be adequate funds to maintain or improve our drains. There was a Green budget amendment a few years ago to try and improve funding for preventing blockages but it was not put into practice. With more intense rainfall the problems can only get worse. You can help: if you see an accumulation of autumn leaves and debris then do try and remove it to help keep our paths safe for others to pass and do keep reporting problems via the website.

Pressure for better e-scooter parking –

There's been a phenomenal growth in use of the e-scooters available for hire in the region – two and a half million trips and 150,000 users, with daily use rising. The trial has been extended until March and has transformed how many people travel. It's been incredibly popular and the hire scooters are the only ones legally allowed. Some private scooters have been seized and destroyed. The Voi scooters have lights and get tracked, insured, have registration numbers, and their use is being evaluated. Everyone who uses them should have at least a provisional driving license. You can report problems to Voi when you see them. They should also cut out when they go outside the permitted roads and cycle paths. However, we're worried that a great many journeys have been instead of walking and cycling, not replacing individual driving/taxis. We've had a detailed meeting with the scheme managers to try and resolve problems in the ward and elsewhere.

We're pressing for a more sensible way to store them, after reports of obstructed pavements and blocked dropped kerbs, and problems for wheelchair users and those with pushchairs. We

think a sensible solution could be on-street parking, to reduce the number blocking pavements. There are a few on-street sites already, which can store 10 scooters per space. We're discussing how this could be tried out as a practical way to reduce hazards for pavement users.

Muddy patch on Redland Green –

We're delighted to report that works are now complete to tackle the muddy entrance to Redland Green Play area. Following earlier promises to explore how this can be remedied the council has laid down a gravel soak away and a planter is now in place over it to help protect the drainage and add some floral appeal while soaking up some rainfall.

Can we manage trees better?

We've been exploring how trees get managed and planted in the city. Controversies over tree planting, protection, management and loss from development have been in the news. There are also ambitious targets for more trees and increasing tree cover to help tackle climate change and protect nature.

In Scrutiny Martin has been leading some work asking how there can be more space for trees in the city in line with the target to double the tree canopy – and make up for the continuing loss of mature trees. We're especially keen to see how trees could be introduced where streets don't have any at present. The cross-party committee has been working with officers and community partners and gathering ideas and evidence to draw up some recommendations for how to manage this better in future. Where trees have been lost replacements can be sponsored or developer funds can be used.

Fi Hance, Green Party

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

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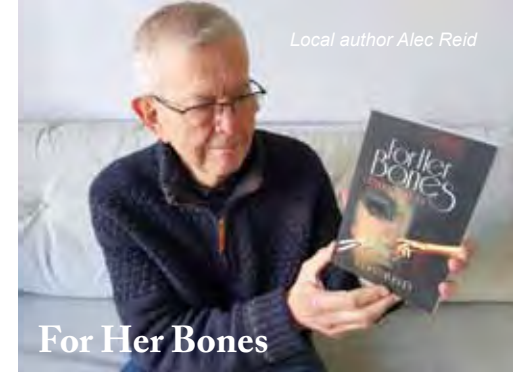
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It all began some years ago, at a Halloween party where the guests were expected to read a ghost story. Alec wasn't very keen on the traditional approach, so decided to write one of his own. In the end, he wrote a couple. And that was that. Except that it wasn't. Fragments of other chilling stories began to fly around his brain like burnt confetti. The only way to make sense of it all was to sit down and write, although the subject matter was a bit of a departure for him. Over the years he has mainly concentrated on writing and directing plays, including *Misrule*, starring Max Wall, and *Gilgamesh*, featuring Ian Holm, for BBC Radio. *Muscles the Musical*, with music by a fellow St Andrew's resident John Telfer (who also plays the vicar in the Archers), was given an early production in a London theatre. Alec and John are actively seeking a revival.

More recently, Alec has produced hundreds of audiobooks, and adapted feature films and TV series for audio release. He was even commissioned to write two new *Thomas the Tank Engine* stories. However, despite having received awards for directing and producing, he achieved far more notice during the ten years in which he directed *The Archers*.

Moving from Redland to St Andrew's somehow gave Alec the impetus to finish *For Her Bones*. He was delighted when it was picked up by Lilymoore Publishing in Bristol. The beautifully produced paperback can be purchased directly from them at www.lilymoorepublishing.com/shop or ordered from your local bookshop. It can also be downloaded to a Kindle.

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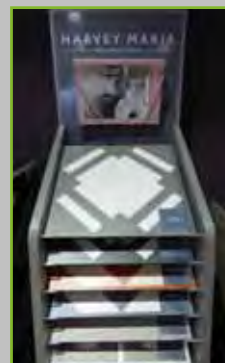


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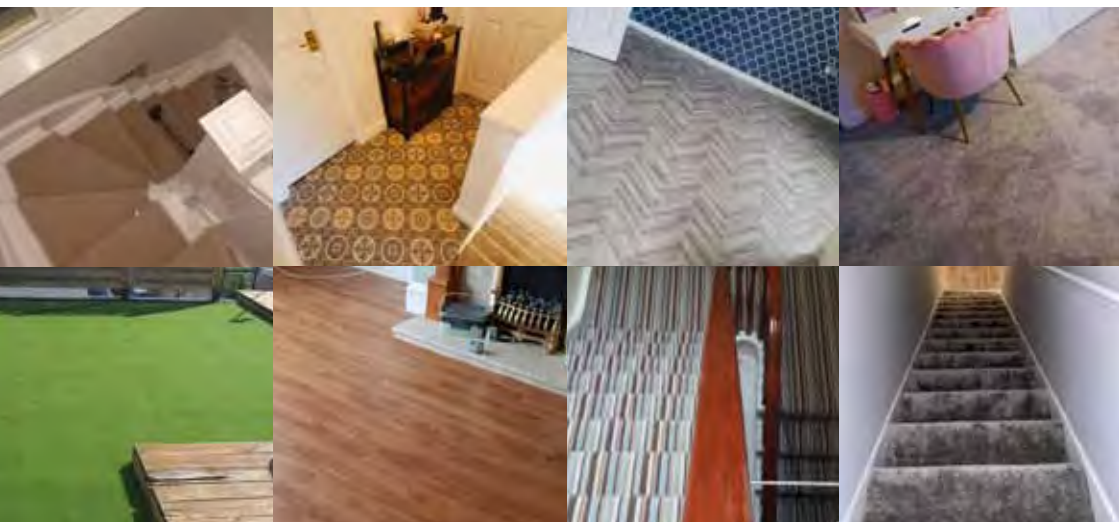


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