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Matters

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issue 157, May 2022



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Dear Readers...

As you can see from the front cover (photo thanks to Lee Spencer-Fleet), Bristol Jack in the Green will soon be travelling up Gloucester Road to Horfield Common, to welcome in the summer! This takes place on Saturday 7 May, when Glos Road Central traders will also be putting on their community Mayfest. Everyone is invited to enjoy the stalls and attractions.

The Goldenhill Community Garden is ten this year! It has been wonderful to watch this fabulous, inclusive community space blossom. I enjoyed catching up with some of the team and hearing all about their plans for their Big Spring Fair on Saturday 14 May.

Both local traders and community venues are preparing for the Queen's Jubilee bank holiday celebrations, at the start of June.

Get your cupcake and scone orders in with Joe's bakery and take them to the Bring and Share Street Party at the Ardagh.

It is fantastic that the first Bristol Seed Library has been launched in Bishopston Library and all are welcome to get involved.

Horfield Strollers are a friendly group that explore local walking routes (and cafes!). New members are welcome.

SENDAWelcome share an update on local activities available to children with SEN and invite families to get in touch to tell your stories of SEN inclusion in our community.

We also hear how Golden Hill Sports looks forward to welcoming local residents back to the ground for another summer of cricket and community activities this season!

Enjoy all the local celebrations! **Kerry x**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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Oat Float is a refill shop on wheels, offering a convenient way to cut down on single-use packaging. Stocked with over 100 ethically sourced products, Oat Float refills *your* containers. You can find the float at one of its regular stops, book it to come to your street, or opt for the new packaging-free delivery service.

What's on-board? Food-wise, there are staples such as pasta, rice, cereals (including oats of course!) and pulses, as well as nuts, dried fruit, oils, locally roasted coffee, and much more.

On the other side of the float there are household cleaning essentials and toiletries – think how many plastic bottles would be saved if everybody just refilled their washing up liquid!

Introducing a unique delivery service – Oat Float has now launched a delivery service. Whilst delivery often means *more* packaging, Oat Float does it differently. Place your order online and leave your containers out – they'll be collected, refilled, and dropped back to you. There really isn't an easier way to shop packaging-free!

Start small – Oat Float is run by local resident Matt



Oat Float owner
Matt Wilkinson

Wilkinson – he's on a mission to help as many local people as possible join the refill revolution: "The bottles, tubs, bags and jars that we already have can be refilled many times over – we simply don't need new packaging each time we buy something – it's an unbelievable waste."

Matt suggests starting small to get going with refilling "You don't have to switch everything to refills on day 1 – give it a go with just one bottle or jar and go from there – before long you'll have a box of empty containers ready to head out to the Oat Float!"

Join the refill revolution! Find your local stop, book a street visit, or order a packaging-free delivery at www.oatfloat.com.



Bristol Seed Library

This spring Bristol's first Seed Library was launched in Bishopston Library.

The seed library is a new initiative from three local people who took part in a Change in Nature programme and were inspired to create an accessible community project that would help connect Bristol residents with nature, food and community. After considering different ideas, volunteers Jess, Jas and Emma approached Bristol City Council to ask if it would be possible to add a seed library to Bishopston Library. With their support, the team then requested donations of seeds from various businesses and community groups to launch the library. The Eden Project, Vital Seeds and Real Seeds generously donated their support and many seeds to start this exciting project.

A seed library works much like a traditional library. People from the local community 'borrow' seeds from the Seed Library at planting time. At the end of the growing season, they save seeds from the plants and return a portion of the seeds to the library.

Organic seeds (where no pesticides have been used) will be stored in envelopes at the library for anyone to borrow. There are a variety of seeds, from flowers to herbs, fruits and vegetables. Anyone can take as many types of seeds as they would like.

This initiative will help to improve food sovereignty, tackle the climate crisis (through reduced food miles and seasonal eating), and encourage a sharing economy in the city.

Speaking after the launch event, Jess Borthwick, one of the organisers, said "It was such a wonderful experience to see local residents coming together in support of this initiative. This project means a great deal to me personally, and I see it as a radical step towards gaining self-sufficiency in a society that is increasingly controlled by large corporations. It's our hope that this small contribution will get people gardening, connecting to nature, growing their own food, and building community resilience."

There is already a great variety of seeds on offer thanks to donations from Vital Seeds and Real Seeds, as well as all the Bristol residents who have so kindly added to the seed library stock at the launch event. When you have successfully grown



your plants, please save the seeds! Once the seeds are fully cleaned and dried, you can bring some back to restock the library.

Molly Newberry, Community Network Developer for Eden Project Communities (www.edenprojectcommunities.com), had this to say of the project: "It was a joy to support the launch event of the Bristol Seed Library! The project is such a wonderful example of a couple of passionate individuals within a community having a fantastic idea and then making something really positive happen for their local area. I really look forward to seeing the project grow and flourish over the next few months."

In the future, the Seed Library hopes to host workshops about growing food and saving seeds later in the year.

Visiting and using Bristol Seed Library is the best way you can support the project. Follow the project on social media to keep up to date and share your experience of the library – you can find the project **@BristolSeedLibrary on Instagram.**

Email: bristolseedlibrary@gmail.com

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Play Matters in St Andrew's Park

Friends of St Andrew's Park (FoSAP) is very pleased that the new HGS Crystal multi-climber for children aged five upwards has now been installed in the park – it is proving very popular. A basketball hoop has also been installed on the Multi Use Play Area and we hope this will be more robust than previous netball hoops. This redevelopment and the new gate at the side of the playground were made possible by grants from Enovert Community Trust and Ibstock Enovert Trust, and local crowdfunding. The process was managed by Bristol City Council.

It follows the redevelopment of the younger children's equipment two years ago, with the installation of the Diabolo multi-play equipment and

play panels funded by Ibstock Enovert Trust, the government Pocket Parks Plus fund, and Bristol City Council.

Many people have contributed to the redevelopment: the two trusts; the council; the FoSAP committee; people who volunteered for or contributed to the surveys FoSAP undertook to strengthen the fundraising applications; the advisory group of local parents who gave detailed consideration to the options for new equipment; the various local groups and the local councillors who provided letters of support; and the children who take up the play challenges and make all the work worthwhile.

The redevelopment is not yet fully complete. Grass seed has been sown on the new part of the mound on which the Crystal climber stands, but so far growth is only partially successful. Parts of the bank above the sandpit are significantly degraded. The council has now contacted a specialist company about surfacing this area.

FoSAP also secured funding in November 2021 through the council-administered Community Infrastructure Levy for repairs to the trim trail at the lower end of the playground and the three sets of wooden steps leading up through the playground. The top set of steps was repaired while the Crystal climber was



installed, but the timescale for the remainder of the work is not yet clear. FoSAP also maintains regular contact with the council concerning the paddling pool, and like so many others, we hope the public health situation will allow it to be opened this year.



MASALA MASTER

It was great to meet up with the Masala Master team and talk with head chef and owner Abdul Jalil. Abdul has previously worked at venues on Gloucester Road and is now delighted to bring his own business to the high

street. Masala Masters (previously Indian Food Centre) opened in February 2022, after a complete refurbishment throughout. The venue has a clean contemporary feel and I had the pleasure of viewing the new, well-organised kitchen in action.

Abdul explained, "We are dedicated to creating authentic Bangladeshi and Indian meals; as it says on our menu – dining is an occasion, we take pride in making it special."

When I asked what authentic meals he would recommend? Abdul told me, "Sylhety chicken or lamb is an extremely popular dish in the Bangladesh city Sylhet. I also suggest Bengal Machli Mojador – on the bone Rahu Fish cooked with fresh garlic, green chillies in my own traditional spice style, but

we have all your favourite Indian dishes too."

I was lucky enough to enjoy an excellent vegetable curry with some delicious sides of Onion Bhajis, Desi Punjabi samosas, cucumber raita and garlic naan – what a treat!

As well as producing great food, excellent customer service is of high importance to this team.

Masala Master is open 7 days a week, 5–11pm.

There is a **15% discount** when you collect, and meals can be ordered through their website.

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Last weekend saw us open our doors to our first workshop in two years, and both Lorna and I really enjoyed welcoming people back to The Sanctuary. It is such a lovely old building, and it is great to be able to host events again.

In April, we will be holding the second of our coffee mornings for this year; and if you're lucky we will be putting the kettle on when you read this, so do feel free to join us on 22nd April as we mark Earth Day 2022. This year's theme is Invest in Our Planet, and we are doing our best to ensure that our Funerals don't cost the Earth.

Do pop in if you would like to find out more. We will also be conducting the draw for our fabulous hamper of eco goodies donated by various traders on Gloucester Road, and all proceeds are going to Greenpeace in honour of their work to tackle climate change. Shopping locally is one of the best things we can do to help invest in our planet, and we are so lucky to have Gloucester Road right on our doorstep.

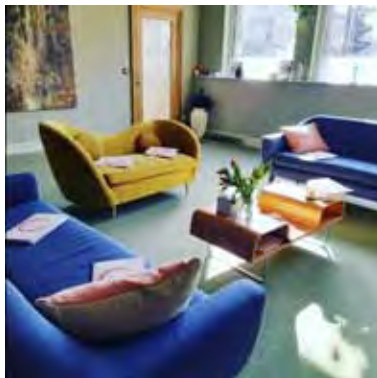
Liz Rothschild's one woman show 'Outside the Box – A Live Show about Death' sold out in just 6 days, so thank you all for jumping on this so quickly – if you have missed this one, do look out for our future events by keeping an eye on our website. We would love to see you!

Coffee Mornings with Dee and Lorna, from 10.30am

April 22nd – Earth Day, Funerals shouldn't cost the earth.

May 25th – Dying Matters, it's ok to talk about death, dying and bereavement.

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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



Fraser looks forward to welcoming local clients to the new showroom



ABLECTRICS has a new, local home!

After 38, happy years on Gloucester Road, Ablectrics and Fraser's House of Lighting has relocated to large new premises on Zetland Road.

It was great to visit the fabulous new showroom on their launch day in April and speak with owner Fraser Besant. He shared, "It was emotional closing the shutters for the last time at our Gloucester Road shop; I grew up there, my first memories are of being there with my dad. But as a business, you always need to be moving forward and this new larger space will mean we are able to offer all of our customers an even greater level of service."

The new location has car parking spaces at the front of the showroom for clients. Fraser said, "This will make a huge difference for all of our trade customers who are working to a schedule; I thank them all for staying loyal to Ablectrics over the years."

When you turn the corner into the lighting showroom you do experience a wow factor – so many stunning designs! The space is cleverly set up to represent different rooms in the house – bathroom, kitchen etc. Each area is interactive; clients can press buttons to see different lighting combinations and moods – making the decision-making process easy. Fraser and his team are up to date with all the latest technology and can advise customers accordingly.

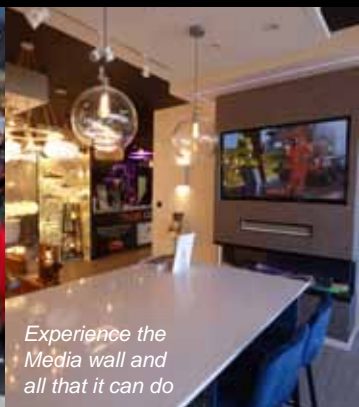
Due to demand, Fraser has his own range of gorgeous lighting, that he makes in his workshop above the shop, to the client's bespoke sizes and finishes. He also offers a lighting design service for home or business projects – book a consultation and Fraser will ensure you get the best out of your lighting.

Fraser looks forward to his daughter Adele making memories at the venue – she is soon to have her own desk installed in his office for her craft projects!

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Centre: Fraser, Asta & young Adele



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LOWN

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Lownership: Unstuffing the world, one thing at a time

Looking for ways to help our planet? Why not borrow the things we don't use regularly, rather than buy them?

That's the idea behind Lown, a brand new service exclusively for Bristolians that will deliver items when you need them and then collect them off you when you don't. It'll save you money, valuable storage space and means the same tool can be used by several people, not just the one owner (it's a pretty shocking statistic that the average power drill is used for just twelve minutes in its entire lifetime).

A new local business

Bishopston resident Rory Ahern who founded Lown said the idea came through frustration. Cheaper tools he had bought in the past often broke or failed to do the job properly, but the cost of more professional alternatives was difficult to justify. What if you could have access to these higher quality items when you needed them, but without the burden of ownership when you didn't?

'Lownership' was born!

Inspired by The Library of Things movement, 'collaborative consumption' and the urgent need to move to a circular economy, Lown now offers over 40 items such as cordless power-tools, kitchen equipment, garden tools, even pizza ovens and projectors.

Quality brands

The cost of hire per day starts at £5 and all Lown's stuff is top notch from brands such as Dewalt, Kärcher, KitchenAid and Ooni.

It's easy to Lown

To Lown an item all you need to do is sign up on the website: www.lownit.co.uk, check availability and then make your reservation. Lown will then deliver your item for use and collect it when you are finished.



Lown's founder Rory Ahern

Spring into action

With spring around the corner, now is a very good time to think about borrowing Lown's extensive gardening equipment including cordless lawnmowers, hedge trimmers, strimmers, ladders and hand tools.

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Gloucester Rd
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Food

Live Music

Drink

Kids Activities

Tasters



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News from Glos Rd Central

We're really excited to announce that Glos Rd Central traders are once again holding their **Mayfest on Saturday 7 May!** Shops, bars, cafes and galleries on the mid-section of Gloucester Road (at the top of Pigsty Hill) already offer a fantastic destination but this community fair, to celebrate the arrival of summer, is the high point of the year. There'll be loads of free activities, live music, market stalls, food & drink, facepainting and more. Here's just a taste of what will be on offer from **10am to 5pm** on the day.

Local choir Gurt Lush will be singing outside **Osna Therapy** at 12.30pm and then Sainsbury's at 1.30pm. Osna will be offering **free treatments** from reflexology and head massage to hypnotherapy and chakra balancing from their therapy rooms. Any donations offered for these treatments will be given to the Gurt Lush charity.

There'll also be **live music** to be enjoyed throughout the day at **Sidney & Eden**, while you sip cocktails, coffees, cider and beers.

Meanwhile, **J Kelly's Music Lessons** will set up instruments, including a drum kit, outside their studios on Pigsty Hill for all budding musicians to have a go!



Joe's Bakery will once again offer children the chance to **decorate gingerbread** and other sweet treats outside. As well as offering their usual wide range of lunches **Cafe Dream** will set up a **barbecue** out on the pavement.

Perfecto is launching their **ice cream cart** this month which is a great addition to their range of splendid coffee and cakes. They're building more furniture on their deck and putting more tables & chairs outside so you can watch the world go by.

Roll Quick will have a selection of **electric bikes** for you to try out while **Gloucester Road Books** will have their usual fantastic selection of new books inside AND an array of second-hand books outside!

Room 212 will have **creative activities** for all the family outside on their pavement. Make your own fresh floral corsage with locally grown flowers by Best of the Bunch – or bring your clothes and bags to block print up with environmental and climate-saving themes. There'll also be crocheted blue and yellow heart brooches to wear in exchange for donations to Disasters Emergency Committee (D.E.C).

Oddsox will hold their immensely popular **tabletop clearance** sale outside the shop. This is a chance to buy old styles (for children and adults) at bargain prices starting at £5. Half the proceeds will be donated to D.E.C.

Avon Wildlife Trust will also be joining us with **free wildlife watch sheets** – as they have done from the very first Mayfest and **St Peter's Hospice** will also have a stall. **Billie Jean's Cashmere Event** will make a welcome return with their stall of preloved sweaters, hats and more and **Little Sausages** will have a stall of lovely applied t-shirts, babygros and more.

Continued on next page ►

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Do visit Billie & John at their Cashmere event



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Osna

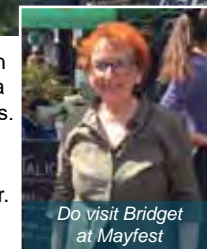
Osna owner Bridget, offers fantastic relaxation therapies, such as deep tissue massage and reflexology. Her wealth of knowledge and understanding of the industry led her to develop a much sought-after skin care range. Osna also now has a fantastic range of healing crystals.

New tanning cream – Osna is preparing to launch a luxury tanning range in time for summer.

Mayfest Healing Day – Osna is looking forward to putting on a fantastic day of healing on Saturday 7 May, with many therapists offering sample sessions. Local **Gurt Lush Choir** will be performing outside Osna at 12.30pm and 1.30pm outside Sainsbury's. **Whole Foods** will also be involved in the day.

For more information on any of the above, 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



Do visit Bridget at Mayfest

Continued from previous page ►

Fig and **Rambling Rose** will be offering **10% off** selected local art and flowers during the day and **Nola Interiors** are excited to offer **10% discount** on their Weaver Green Eco-friendly rugs, made from recycled plastic bottles, and will be showing off their beautiful new mural too.

As usual, **Paper Plane** will have **paper folding and origami demonstrations** for you to join in with and take home. **Artigo** will be running a **Makers Market** from the spacious exhibition room at the back of the shop. There will be a variety of local artists and crafters bringing to you lovely handmade products,

artwork and more. **Chocolatier** will be serving up delicious hot chocolate at their **pop-up outdoor cafe** – a perfect place to watch the kids enjoying pavement **hopscootch** outside **Bristol Furniture Works**.



Catch The Moment will have an Enchanted Spring and Flower Fairy theme and offer **free family portraits** outside from 11.00am till 2.00pm.

Jack in the Green and his merry band of musicians and dancers will make their way up Gloucester Road in the

afternoon. This year they have decided not to stop at our Mayfest but you can watch them pass by and then move on to Horfield Common where they symbolically release the spirit of summer!

Fingers crossed for a lovely sunny day, but whatever the weather we look forward to welcoming you on 7 May for this joyful community event.

Look out for more painting classes at Room 212. Local artist Emma Catherine ran a sell-out Paint an Abstract Seascape in April and is planning a flower painting class in May.

Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Mayfest** Saturday 7 May on forecourt of



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Jenny Urquhart

Horfield Strollers



Horfield Strollers is a new group which has developed from the Love Horfield Winter Wellbeing programme. The group is now well-established and thriving and will be carrying on throughout the year.

"I love joining Horfield Strollers as I get exercise and a chance to get out in nature and the company is always great too!"

Anna George.

Where and When?

The friendly group meet once a fortnight on a Tuesday at 10.00am. Meeting points depend on where they are heading. Walks explore the local area and sometimes a bus will be taken to get to or back from a walk location.

So far, meeting points have been at the Brunel Building in Southmead Hospital and the Horfield Leisure Centre on Dorian Road.

Walk lengths are usually 2–3 miles. At the end of the stroll, there is often the option to enjoy refreshments at a venue close to the walk.

Julienne Trotman is the Walks Leader and devises all the strolls, drawing on her extensive experience leading walks for the former Bristol City Council sponsored Walking for Health groups.

Find out more – Group member Anna George, assists with admin and promotion of the group. New members are welcome. To join the mailing list and receive details of upcoming walks directly, please email: anna@agtrans.co.uk. You can also look out for posts on Love Horfield and Manor Farm Community Hub Facebook pages. Do feel free to comment if you would like to join the promoted walk.

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Celebrate with Joe's Bakery

Mayfest – Joe's is always key in the organisation of Glos Road Central's community Mayfest. On **Saturday 7 May**, the bakery will once again be offering gingerbread decorating for kids.

Queen's Jubilee – Joe's are in full swing preparing for this special occasion. Make your street or home party special with their themed cupcakes and donuts – pictures of bakes to be revealed on social media during May. These sweet treats will be available to purchase during the week leading up to, and the days to follow the Jubilee, so do get your orders in. To mark the event, Joe's will also be offering a **discount on all scone orders** for collection during Jubilee week, 30 May – 4 June 2022. Both bakeries will be closed on Thursday 2 May but will be open on Friday and Saturday, 7am – 5pm.

New products – This May will see the launch of a delicious new Apricot Turnover and scrummy Chocolate Chip Cookies.

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 [@Joe's Bakery Bristol](https://www.facebook.com/joesbakerybristol)



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News from The Ardagh Community Trust



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.

Spring is proving to be a busy time at the

Ardagh. At the Cafe on the Common, it's lovely to see so many people enjoying the space, taking time out of a hectic day to sit and have a leisurely lunch, or chat over a cup of tea and cake with friends and family. As the evenings steadily grow lighter many are taking advantage of the sports courts here for vital fresh air and exercise. There are five courts always available for 'turn up and play' sessions, free for everyone to enjoy. The remaining courts can be prebooked via our website if you need a guaranteed space.

ACT AGM 2022 Report

Due to Covid cancellations, the AGM sadly had to be moved online this year which was a real disappointment to us. We had been looking forward to hosting the meeting at the Cafe on the Common. Despite the late change, the meeting was well attended by ACT members, trustees and local councillors. Reports were presented on the progress of the Ardagh and many positive comments were received from attendees. After completion of the formal business by the charity trustees, Cllr Ellie King Cabinet Member for Communities and Public Health, addressed the meeting and congratulated the charity on its achievements to date in regenerating the area into a popular and well-used community hub. She complimented ACT on its

ambition and vision for the site and appreciated the huge amount of work and energy that has been invested. She admired the supportive community role that the charity has had in championing inclusivity and equality in the area. She was impressed by the support that has been offered during the pandemic to encourage community resilience and to combat isolation.

Horfield Common in Bloom

April saw the launch of Horfield Common in Bloom with wonderful weekend workshops inspiring local residents to get involved in this great new project, led by volunteers. Workshop participants were shown how to plant a hanging basket or window

box for best effect to guarantee a beautiful summer display. These activities were part of the new community gardening project which invites all who live in the Horfield Common area to get involved in the first **Horfield Common in Bloom Front Gardens Trail – taking place on 1–13 August**. Please pop into the Cafe for more information and look out for further news on talks and workshops as we move towards the summer months.

May Events – The Ardagh continues to be a venue for many exciting events. Plans for May include a **Spring Bank Holiday Barbeque on Saturday 7 May, 3.30 – 8pm**. Our friends at 91st Bristol Scouts will be providing their culinary barbeque skills ensuring a mouth-watering, fun event for all the family. On **Saturday 21 May, 10am – midday, Horfield Common Repair Cafe** sets up shop again after successful events in March and April. Our volunteers are growing in confidence and number so please do consider bringing along an item for repair. Contact hello@theardagh.com for further details if you would like to volunteer, or if you need to discuss an item for repair.

The Queen's Platinum Jubilee Celebrations

We are very excited to be celebrating the Queen's Platinum Jubilee during the extended Bank Holiday weekend in June. On **Thursday 2 June, 2–5pm**, local residents are invited to join us for a **Cream Tea in the Gardens**. On **Saturday 4 June** we'll be hosting a **family fun fancy dress party**, inviting local musicians and performers to share their talents through live music, theatre and performance, with food, drinks and much, much more! On **Sunday 5 June** we will be hosting an **Ardagh Bring and Share Big Platinum Jubilee Lunch**. In preparation for the Platinum Jubilee weekend's events, all are invited to join us on **Saturday 29 May** when we will be **making bunting and decorations** (all plastic free) to ensure the Ardagh is looking tiptop ready for the big weekend. We are still in the planning stages for many of the events so do look out for updates on our Facebook page and website.

Ramblers Wellbeing Walks – training for volunteer walk leaders

As part of our ongoing aims to promote health and wellbeing in the local community we will be arranging training sessions for volunteer walk leaders guided by experienced leaders at Ramblers Wellbeing Walks Bristol <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-bristol> If you would like to be involved in this project with a view to hosting walks locally or helping to lead walks, or would just like more information, then please contact us at hello@theardagh.com.

Make a donation to support our work

As a small charity with a focus on community enrichment we value your donations which enable us to continue our involvement in local projects for the benefit of all. Donations can be made to ACT at any time via our website or in person at the Cafe on the Common. We always appreciate your support and welcome all contributions. If you would like to become a member of ACT you can follow the link on our website or call into the cafe and complete an application form. The cost is £3 for three years of membership.

www.theardagh.co.uk

Facebook / Twitter: TheArdagh

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BARCAN+KIRBY SOLICITORS APPOINT THREE NEW PARTNERS

Local law firm, Barcan+Kirby, has appointed three new Partners in their annual internal promotions. The promotion of Gabrielle Artess, Laura Roberts and Helen Franklin brings the total number of Partners to 19 and will see the firm continue to maintain its gender-balanced partnership.

Gabrielle and Laura are both solicitors and team leaders in Barcan+Kirby's conveyancing department, which has seen an exceptional few years of business during Bristol's housing market boom. Their promotions reflect their achievements in bolstering the conveyancing team from the ground up whilst supporting Barcan+Kirby's reputation of providing high-quality advice. They have both worked for the firm for a number of years and have developed a great reputation in Bristol for their excellent client service and expertise in all residential conveyancing matters. They have established strong relationships with estate agents in the Bishopston and Bedminster areas and receive many client referrals through these connections.

Helen Franklin has worked in medical negligence for nine years and specialises in serious injury claims, including brain injury, delay in cancer diagnosis and fatal accidents. She is listed in Legal 500 UK

2021 and 2022 as a 'Rising Star' in Clinical Negligence, a member of the Law Society's Clinical Negligence Accreditation Scheme and an associate of the Association of Child Abuse Lawyers. Helen has taken over the financial and business development objectives of the department. Her appointment strengthens Barcan+Kirby's award-winning, top-ranked medical negligence team and her promotion to Partner recognises her contributions to the team, the firm and the legal profession as a whole.

Bill Willcocks, Managing Partner at Barcan+Kirby, said: "These promotions, are extremely well deserved. We are proud of their achievements and their valuable contribution to the firm as lawyers and team members."

L-R: Laura Roberts, Gabrielle Artess and Helen Franklin in front of the Gloucester Road office



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Charlee Baker Beauty & Wellbeing

Located within Gareth Charles Hairdressing, on Gloucester Road, is Charlee's Beauty & Wellbeing.

Charlee qualified as a therapist twenty years ago and successfully ran a mobile beauty business for many years; I was interested to know why now was the right time to move to a treatment room? She explained that her and Becky (who previously ran Urban Beauty from the space and has since become a beauty teacher) became friends via following each other on Instagram. Through lockdown they talked more and Becky suggested Charlee would be the perfect person to take on the great space within the salon. Charlee had reached full capacity and was having to turn many clients away with her mobile business, so, always wanting to move forward and a great believer in taking the positive opportunities that life presents – said yes!

The move has proved to be a great decision, "I feel part of a team here working within the salon and it is wonderful to be able to walk into work."

A wide range of beauty treatments are available – pedicures, waxing and facials but Charlee specialises in massage and reiki. She shared, "I am a spiritual person and can often tell how people are feeling just by watching them walk through the door."

I feel lucky to be able to help heal, soothe and relax people through massage and reiki."

Males and females are treated and the massages range from physical to stress-lifting massages.

A huge advocate for mental health and the importance of wellbeing, Charlee volunteers in this sector. She has clients whose wellbeing has greatly improved since receiving massages from her and their anxiety levels have significantly dropped. She smiles when she says, "My clients tell me I have magic hands!"

Once we had enjoyed a catch up, I was treated to a blissful massage; Charlee works instinctively, giving you the massage you need and I felt revived and relaxed at the end of the session.

Charlee is at the treatment room Tuesday to Saturday and late night on Thursdays.

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News from Goldenhill Sports

Golden Hill Sports looks forward to welcoming local residents back to the ground for another summer of cricket and community this season!

Community & Social Events – The bar will be open on match days and our popular Community BBQs will return on Friday 29 April from 5pm with the following one on Friday 13 May. You can find details about upcoming matches, social events and more on our website, as well as on our social media. We hope to see you all return to the club this year – as players, spectators and valued community members.

Cricket for all – In 2021, there were plenty of successful achievements for Golden Hill Cricket Club



to celebrate, and in 2022 we look forward to fielding seven senior men's league teams and two senior women's teams, in addition to our strong boys' and girls' youth sections.

New! Walking Cricket – After Easter, walking cricket sessions will also start up for men and women over the age of 50. These sessions will take place at the Shine Community Sports Hall every Thursday, 1.30–2.30 pm. These sessions are free to attend and all equipment will be provided. Simply turn up wearing comfortable clothes to play.

Job openings – We are looking for a new Social Club Manager and bar staff to join our team at Golden Hill Sports – please e-mail comms@goldenhillsports.com to learn more about these opportunities.

www.goldenhillsports.com



Join local residents as Bristol and Bath work with 400+ cities across the world in an epic, global mission to record as much wildlife as possible. Help put nature on the map in your neighbourhood.

From 29 April to 2 May, they're inviting everyone to share wildlife sightings from windows, gardens, or local parks – wherever you are, all recordings will contribute towards conservation efforts and inform plans for tackling the ecological emergency in the region. You don't have to be an expert or even know the name of the species you've seen. Just download the free iNaturalist app, take a picture of the nature you find, upload – and share.

Once on the app, join the City Nature Challenge Bristol & Bath Project to see live updates on how your area and the UK are doing. Visit citynaturechallenge.org.uk to find out more and take part.

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St Andrew's Park – Early History

BHA local history research – Andy Buchan ©

The 1875 Public Health Act gave councils authorisation to purchase land for public parks to provide open spaces for people living in poor, often overcrowded, and unsanitary conditions.

In Bristol parks were established at Eastville and Bedminster, Windmill Hill, in the 1880s and early 1890s, and the residents of north Bristol desired a park for their area. Twenty-two acres of land was offered by Mr Derham who had developed the St Andrew's estate, but the price asked was considered too high and eventually the council purchased just eleven acres to create a park in 1890.

The land had a large quarry on it and part had also been used as a rifle range. Over the next four years the council filled in the quarry using ash and rubbish from the city. There is a complaint in a newspaper, from 1892 about carts of stinking refuse from the city being taken up North Road to tips in the park.

By 1894 the park had been walled and fenced, but little other work had been done, but clearly the area was being used because there was a complaint about how early the gates were being shut and people having to leave. Pressure was brought on the council by various parties, including the Sanitary Authority, and the local rate payer's association, to bring the park up to the previously agreed standard, with a new road, a second gate, paths, trees, bushes, other plantings, a band stand etc.

By May 1895, the park was complete with walls and railings, trees, and shrubs, planted flower beds, paths, a band stand, a drinking fountain, and more



gates; the main entrance was off Effingham Road. The park was divided into sections – a more formal, ornamental lower section and a more open green area in the upper part of the park for young people to play. In the lower sections of the park, 'Keep off the grass' notices were placed on lawns. Rules were established as to what games might be permitted with cricket and football being prohibited.

The grand opening was 2 May 1895; the weather that morning was wet but by the afternoon, the day had brightened up and the opening ceremony, together with extensive details about the park, was described in local papers. The fountain had a pedestal of grey granite, and the basin was of polished red granite. Benches were placed in the park for visitors. The total cost estimated at £7530, much less than had been spent on other parks in the city at the time. Although everyone was very pleased with the park and said how splendid it was especially with the plantings, comments were made during the speeches that it was unfortunate that the park could not have been the original thirty acres.

Flags were hung in neighbouring streets and hundreds of people of all ages attended the event.

Subsequently bands played in the park three times a week on Monday evenings, Wednesday afternoons and Friday evenings.

In the spring of 1897 there was a complaint about damage to the flower beds, which was apparently being caused by young girls, picking the flowers.

The park continued to develop; a large greenhouse had been installed by 1903, which was to be the first of a number, and a urinal, which was partly hidden by trees. A bowling green was installed in 1913, but not the tennis court that had also been requested.



Are you protecting your cash from inflation?

As you will no doubt be aware, inflation is at its highest rate for 30 years, having risen to 6.2% in the 12 months to February 2022.

This news is extremely unwelcome as inflation has the potential to significantly devalue your cash in real terms over time. Effectively, your purchasing power is ravaged as you live through retirement.

Perhaps you have spent your whole working life saving up a nest egg for you and your loved ones. You may have only recently come into 'cash' after inheriting money, downsizing or selling a house or business.

The issue is that even if interest rates rise this year, the rates offered for saving accounts are likely to be significantly below the rate of inflation.

Therefore, reviewing your assets this year will be key to protecting your wealth from inflation. At times of high inflation and low interest rates, it simply isn't ideal to hold on to too much cash.

Investments have always provided better growth potential than savings in the long-term. In addition, utilising key tax shelters such as ISAs and pensions is a simple and effective way to further protect investment returns – and mitigate the impact of inflation.



Remember, this year's ISA allowance has to be used by 5th April or it is gone forever. From 6th April a new ISA allowance is available. 'ISA Season' is often a great time to review, and potentially switch, existing under-performing cash ISAs and also make new tax efficient ISA contributions.

Complimentary financial planning review

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As well as their commercial schemes that are now full steam ahead again, Cryer & Coe continue to work with homeowners who have realised that their homes don't quite provide the flexibility they need, or have just had more time to think about making some changes.

Before undertaking COVID secure surveys and site visits, Duncan and Matt are holding online meetings (including virtual guided tours) with potential clients to discuss their project needs, and are happy to talk about work you are looking to start in the coming months.

They have lots of experience of making the most of every space so if you need more room for working, playing, entertaining or sleeping, they can take a look and come up with some solutions.

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

TOP TIP:

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

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





In the summer, Dragonflies love frequenting this pond situated just minutes away from Gloucester Road

Celebrating 10 years of The Goldenhill Community Garden

I feel proud that The Goldenhill Community Garden is situated in Bishopston; it is a local space I cannot speak highly enough of; it represents everything that is good about our community and is there for every member of our community to enjoy – for free!

It is a venue I have regularly enjoyed visiting and am happy to share their garden news in the magazine each month. This special green space celebrates its 10th anniversary this year so I couldn't resist a visit and catch-up with community project worker extraordinaire Lucy and her wonderful team of volunteers.

I arrived to join a handful of people enjoying a brew and tucking in to the well-stocked biscuit tin! The first volunteer I spoke with, Emma, told me she had first visited the garden nine years ago (after reading an article in *Bishopston Matters*). Living only a few minutes away, she ventured to the garden at 3.30pm (knowing the garden closed at 4pm) to get a feel for the place. She shared that at that time she was going through a very bad period of depression. She found the community garden to be warm, friendly and extremely supportive. Emma is now an allotment owner but at the time of her first

visit she had no gardening skills at all, but that didn't matter one bit. Emma added it was a great bonus as a volunteer to be able to take home some of the harvest.

I recognised volunteer Lindsay from her work with Golden Buds toddler

group (that takes place at the venue on Fridays 10–11.30am). Lindsay has been visiting the garden from nearly the start. When I asked why she had kept coming for so many years? She replied, "You get to be with a lovely bunch of people who are all supportive of each other. You can choose the jobs you like and just do those and there is no expectation of how often you have to come and for how long. If somebody would just like to come and have a cup of tea and a chat that is absolutely fine, there is no commitment required."



I found Richard busy potting-up seeds, he has been volunteering at the garden for the last four years but an allotmentee for fourteen years. Since retiring he is enjoying spending more time at the garden that he described as "a good place!". It was clear to see Richard's gardening experience was appreciated by fellow members.

Other volunteers were clearing bamboo, building raised beds, potting-on cuttings, harvesting (giant) parsnips and rhubarb (ready to make cake with the afterschool club the following day) and drinking tea!

Throughout my visit Lucy was overseeing jobs, assisting and supporting volunteers. When I tracked her down, I asked her what she was most proud of relating to the community garden? A tough question that she responded with, "I am proud of

how we kept going and were here for the people that needed us most throughout lockdown; it was difficult to not be able to welcome new volunteers during this time but we supported those who could come. Since restrictions have lifted and new members have come along, I am proud of how we have brought the garden back to life after lockdown and now it is in better shape than ever. Being in this garden brings sheer joy!"

Thank you people of Bishopston!

I asked Lucy how the garden continued to be funded and her simple answer was, "Thanks to the people of Bishopston!". The Bale house and SEND event days are funded separately but everything else is thanks to funds raised through the garden's toddler group, after-school club and events. There is also an opportunity to become a 'Friend of the Goldenhill Community Garden' for just £2 a month. *Bishopston Matters* is pleased to make this small contribution and would encourage others to do the same if they can.



Why not get involved?

If you would like to become a volunteer or simply have a look around, the garden is open every Wednesday 10.00am – 4.00pm. If it's your first time please aim to go along at 12.00 noon or 2.30pm so you can be shown around.

Big Spring Fair! Saturday 14 May, 1 – 4pm

If you have never visited the community garden the Spring Fair could be the ideal opportunity. The team are delighted to be able to run this popular event with live music, huge plant and cake sale (donations of both welcome), kids activities, home-made pizza and much more! It really is a happy event to attend.

Find out more

Goldenhill Community garden is situated behind Horfield Prison at the end of Monk Road, BS7 8NE

www.thegoldenhillcommunitygarden.com

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





News from St Bon's

We have had a very busy term here at St Bonaventure's Catholic Primary school. Of course, we have seen lots of our children showing concern and asking questions about the situation in Ukraine. As part of our response, we have encouraged the children to contribute to a Book of Hope.

One of our parents spent time in a refugee camp in her home town in Poland, near the border with Ukraine. Lots of our children created pieces of art work and written messages which were translated into Ukrainian and delivered to children in the camp. The parent then reported back to us how much the Ukrainian children appreciated receiving messages of love, hope and support from children in another country. She was also struck by how many families

were travelling without brothers, fathers, uncles and others who stayed behind to fight. We will be holding an assembly for the children where this parent will be able to share her experiences and answer any questions the children may have.

We have also raised money this term for the International Tree Foundation. Children brought in donations of silver coins and arranged them in the shape of a tree. We raised over £250 in total.

Last but not least, our wonderful Parent, Teacher and Friends Association (PTFA) funded a two-day circus skills visit for us. Children in each class learnt new skills – they also had to be resilient when this was hard!

A Day in the Life – Shine Holiday Clubs

Have you always wondered what goes on at Shine's Holiday Clubs?

9.00am – Time to arrive at Shine! Whichever venue we're at, there's always Shine coaches around to show you where to go. It's ok to feel nervous, but children usually see some familiar faces from school, or this is a great chance to meet some new friends.

9.15am – Off for the first session of the day and there's so much to choose from: Football, Creative, Forest Adventure, Netball, Cricket, Gymnastics, Performing Arts and Basketball. Coaches will lead lots of different activities, getting outside if the weather is nice with favourite games of the children, to make sure everyone enjoys the activity.

11.00am – What can be better than having some chill out time and roasting marshmallows on the fire while drinking some hot chocolate?

12.30pm – Lunchtime! Children can relax, play table football or make loom band bracelets with friends new and old, whilst refuelling with their lunch.

Always pack more food and drinks than you think – the children are always hungry after a busy day!

1.15pm – More planned activities. Will you do a football tournament, the tug of war, mini disco,

treasure hunt, cricket test match or the final polishing of the performing arts performance?

2.30pm – Fancy a dip in the pool? Aqua Multi gives us an hour in the water with loads of floats, balls and games.

3.30pm – We have a rest and an ice lolly, no better way to end the day. Unless there is a water fight planned, when everyone's invited!

4.00pm – It's home time already. The days always fly by when we're busy having fun.

Shine Holiday Clubs run every school holiday at the Shine Sports Ground behind Tesco BS6, Coombe Dingle Sports Complex, BS9 and the Shine Sports Hall, BS9. MyShine.co.uk/HolidayClubs.



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News from Fairfield High

Fairfield arises to the Halo Collective



Fairfield High School (FHS) is delighted that its work around the identity and promotion of hair importance has been recognised with the awarding of the Halo Status. Students belonging to ARISE (Anti-Racism in Schools and Education) have worked hard to gain this status including the introduction of 'The Big Hair Assembly' to all students. The Halo Collective aims to end hair discrimination for good, as instances of unfair treatment towards people with Black hair remains somewhat of a battleground in schools throughout the UK.

Black students are still being excluded because their hair is too short, too long, too big or too full; while they aspire to reconnect with their heritage, they're being held back, which is why the Halo Collective is such an important movement.

Cashan Campbell, Assistant Vice Principal at FHS comments: "This is a really exciting moment for our school. We've been doing a lot of work around identity and the promotion of hair importance, and for this to be recognised by the Halo Collective is a real accolade."

Student's involvement in high-profile Bristol Girls Campaign

A student at FHS, together with his family, has been chosen to be the face of the Bristol Girls Can campaign, featuring on billboards all around the area, plus the big screen in Millennium Square. Azaan, his mother and two sisters have made considerable changes to their lifestyle as part of this campaign, by scrapping many car journeys in favour of walking, together with eating more healthily.

The campaign is also linked to Bristol City Council's Climate Action Change campaign, encouraging people to do whatever it takes (however small) for



the future of its children. Azaan and his family will be featuring as a shining example of this, as they encourage others to make the climate better and stop – or at least slow down – the damage to the environment.

Kanwal, Azaan's mother comments: "It is a great initiative to get people thinking about how they can build physical activities into their life without it feeling like a burden or being too much to manage. We have really enjoyed being part of the campaign."

Azaan adds: "Our family chooses to walk now instead of taking the car, I'm generally feeling more healthy and we're eating more fruit and veg. It's also nice because we're getting out more and bumping into people we know. My Mum wasn't keen at first but now she's really active and we're all benefiting from our lifestyle change."

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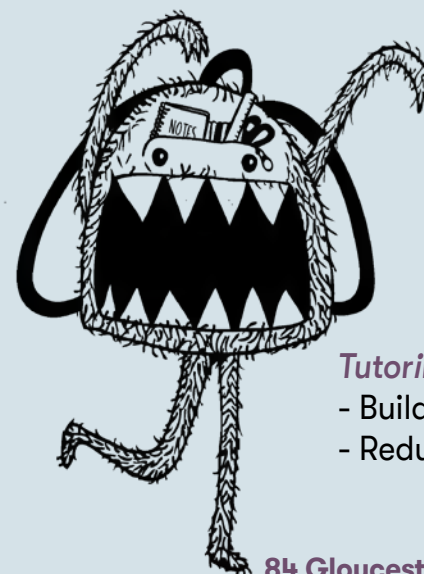
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Invitation from SENDaWelcome and My Community



We are keen to tell your stories! SENDaWelcome's new website (to be launched soon) includes a blog for you to tell your stories of SEN inclusion in our community. It doesn't have to be long, or complicated, just a

few sentences would be great – we'd like to hear of you and your families' experiences. Our vision is a society where everyone is celebrated for their differences. Can you tell us about anyone, or anywhere that celebrates and welcomes difference? Write to us at sendawelcome@gmail.com.

For example, we have been working with St Paul's Adventure Playground who now run an accessible Saturday morning session that welcomes children with SEND along with their families and carers. Parent Stephanie Knight says, "Our family absolutely love coming to St Paul's adventure SEN sessions; we struggle to find local things to do in our area that all of our children enjoy, so the sessions are perfect. We always feel relaxed and all of the staff and other parents are friendly and welcoming. It's lovely to find somewhere so inclusive so locally and we are very grateful."

There are also Wednesday sessions (3.15–6.15pm) open to children with additional needs AND their siblings. All children must have a parent carer with them who is responsible for them while they are on site. There will be food provided. These sessions are free but donations are always welcome. Contact office@apeproject.co.uk for more information.

My Community Bristol is a community-led development making Bristol an even better place for people with a learning disability to live happy and healthy lives! Jess and Alice from the project say, "It's been great getting out into the community and hearing your thoughts about the area. Local people have been sharing positive feelings about living in Bishopston and Ashley Down, and have told us they



appreciate local community places like Gloucester Road, the Library, local churches, St Andrew's Park, and Golden Hill Community Garden and Allotments. People have also told us they think community events, like Window Wanderland, are important for bringing the community together.

"Some people have said they would like more inclusive activities in the community, more accessible information about what's going on that they might get involved in, opportunities to attend activity taster sessions to find out what they enjoy doing, and more connections and friendships with other people living locally.

"We have also been in conversation with local groups and organisations discussing how we can all work together to benefit the community and make it an even better place for people with a learning disability to live happy and healthy lives.

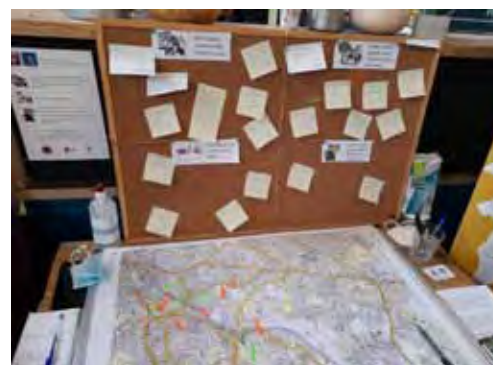
"Over the next few months, we will continue to listen to local people's interests and ideas for the area, share these with the wider community to make constructive connections and networks, and start supporting local people to develop and lead community projects which matter to them."

You can get involved by:

joining the community conversation and telling 'My Community' what you like about living here, what your interests and passions are, and what you think could make this community even better.

joining the community steering group, alongside other community members and groups, to help to shape the vision and bring people's ideas to life.

Get in touch with My Community for a chat or to find out more information at: mycommunity.bristol@mencap.org.uk or call 07890 043455 (Alice) or 07816 295082 (Jess).



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News from the green room

Fresh look for spring – As we embrace the bright, season of spring, why not freshen up your look? Pictured right, are some before and after photos of Salon Director Jo's, stunning work.

The top images show a complete transformation from dark to silver. The client loved the results and condition of his hair. Below, Jo freshened up a dusty blonde to a beautiful clean blonde, with just a toner! If you would like a new look, book in for a consultation with the green room soon.

Vouchers make a great gift! If you are looking to treat someone special in your life, vouchers make a wonderful gift. The salon style both men and women.

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.



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Befriending Programme Volunteer Call Out



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Aid Box Community is recruiting volunteers to
join our 'Connections' befriending programme.

We are looking for committed, Bristol-based volunteers to join us, to help to
alleviate isolation and loneliness by building a friendship.



AidBoxCommunity



**"Being connected
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mental health and
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She is a wonderful
person. I am happy
that we have been
connected."**

J, Connection Friend

We will connect you with a refugee or person seeking asylum in Bristol, to
build a friendship and provide signposting support over the phone throughout
a 10-week programme with the hope that a friendship will grow beyond the
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time to spare, who are friendly, empathic, like a chat, yet know when to listen. We
are looking for individuals who have space in their lives for a new friend.

Applicants must be Bristol-based and over 18 years old.

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Grapevine fruits – toxicity in dogs



Grapes, raisins, sultanas and currants are all potentially toxic to dogs and can even be fatal on ingestion. Recently we have had a couple of incidences of dogs eating raisins and

sultanas mixed in muesli that has been scattered in a local park for birds to eat. Due to the quick actions of their owners, the dogs were seen at the practice immediately and were given an injection to cause vomiting and their stomachs emptied, so no harm was done.

There is no toxic dose of vine fruits for dogs; lowest reported doses to cause acute kidney signs for are grapes 1g/kg (one grape weighs on average 5g) so that equates to a single grape being possibly toxic to a small dachshund. Lowest toxic dose of raisins is reported as 2.8g/kg. Dried fruit in cakes and baking can also cause toxicity, for example in fruit cake and hot cross buns.

However, toxicity with vine fruits is also idiosyncratic; there have been reports of dogs ingesting large quantities without adverse effects. The exact mechanism of toxicity is not known and susceptibility cannot be predicted.

Toxic signs include vomiting (earliest and most common sign) and diarrhoea, lethargy, anorexia, abdominal pain, salivation and dehydration. Some dogs will have acute kidney injury which, if untreated, can be fatal.

The most commonly affected breed is the Labrador retriever and it affects young dogs more commonly (median age 4 years).

Treatment includes inducing vomiting to empty the stomach, blood tests to monitor the kidneys, fluid in the form of an intravenous drip and charcoal by mouth to reduce toxin absorption. The prognosis is good in treated dogs.

The advice we always give to any client who calls us with a dog who has eaten any quantity of vine fruits is that s/he should be seen and vomiting is induced as soon as possible, as we cannot tell which dogs are susceptible to the toxic effects. Studies have shown that even up to 24 hours after eating vine fruits they may be retrieved from the stomach in vomit, so it would still be worth consulting a vet at this late stage, however better sooner rather than later.

And please if you do feed the local wildlife, do not use mixes with any vine fruits, for example muesli cereals, so we can keep our dogs safe.

Nicky Bromhall
MRCVS

Head vet at
Animal Health
Centre

Pictured right



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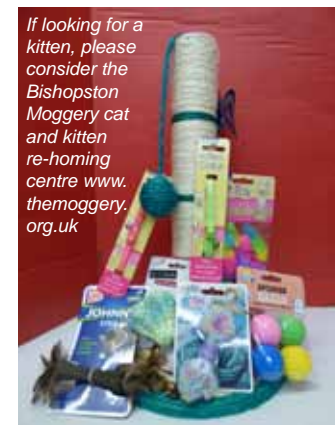
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Cosy beds – After all that play, a kitten needs a soft bed to curl up in and there is a wide selection at Roxfords.



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What's in a name?

By Philippa Lewis



Since moving to Bishopston just over a year ago, I've spent a surprisingly large amount of time wandering its streets as I try to get an excitable young baby to sleep. One of the benefits of this is that I've got to know the local area more quickly than expected. Bishopston has plenty of beautiful streets, but my favourite is Sefton Park Road, a lovely late Victorian avenue stretching between Ashley Down Road and Derby Road, to the east of Gloucester Road. The houses on Sefton Park Road don't have particularly ornate façades, but they do have unusually evocative names. These names are the inspiration behind the haikus accompanying this article.

House names might seem trivial or twee, but, as the Cambridge historical linguist Laura Wright has argued, they can give us a profound insight into local and national history, and processes of social change. Country houses have had names since the medieval era, but in Britain the practice took off in the 1860s with the increase in suburban home ownership among the middle classes. Sometimes housing developers would select the house names, but often it would be the owners. Town houses in this period were built in small clusters and numbering them was not yet an established custom. Naming a house was therefore useful practically as a means of identification, but also symbolically as a way for socially aspirant owners to signal their status by replicating aristocratic practices of house-naming. Although there were no legal restrictions when it came to house names, Wright has identified several dominant categories in the late-Victorian period: place names, nostalgically rural names, commemorative names, names associated with the nobility or, conversely,

popular culture, and 'pick and mix' names whereby two elements were combined to create a new name. It was also common to label larger houses as 'villas' as a means of distinction.

Applying Wright's categories to Sefton Park Road, we see that most of its houses have place names, often from distant or foreign lands (what Wright calls 'displaced' place names). These places might indicate something literal about the owner's origins or connections, or they might have been chosen for their cultural connotations, used to denote glamour, erudition, even virtue. Greek, central European and Celtic names are popular on Sefton Park Road. Several houses are named after mountains, suggestive of what the French semiologist Roland Barthes has called the nineteenth-century 'Alpine myth' of moral regeneration through mountain climbing. In some cases, the names are vestiges of places which no longer exist: Velindre refers to an old Cardiff suburb now submerged by Whitchurch.

Alongside place names, a walk down Sefton Park Road reveals first names (Tiffany, Teresette), surnames (Ruskin, a homage to the Victorian art critic), and saints' names: St Elmo, St Gatiens. The original owner of the latter house was probably less saintly than first appears, however, as St Gatien was a British racehorse famous at the turn of the twentieth century, placing this house name in the popular culture category alongside Waverley and Marmion, works by the historical novelist Walter Scott. There are houses named after states of mind, such as Hope Villa. The meaning of certain names, like Setonica, are more mysterious, either lost to us today as a cultural reference, or simply fabricated by the owners.

What stories lie behind the house names on Sefton Park Road? Although a standardised lexicon of house names did build up, it is still possible to imagine the individual and idiosyncratic reasons for each choice. In my haikus, I have tried to tell a few of these imaginary stories, sometimes connecting them to the lives of the houses in the present. Like a haiku, we could say, a house name is a short piece of text which says far more than first appears.

My research for this article led to me to contact Andy Buchan, Chair of the Research Section of the Bishopston, Horfield & Ashley Down Local History Society (who regularly writes for *Bishopston Matters*). I thank him for his valuable input.

Sefton Park Road inspired Haikus

No. 3, The Alps
Winter sun falls on
The tall old walls of The Alps
White faded to grey

No. 7, Sorrento
Steamer then sleeper
Paris, Turin, Rome, Naples
Meet in Sorrento

No. 10, St. Malo
St. Malo with its
sea-green door and sand façade
Blinds like Breton stripes

No. 12, Velindre
Old Cardiff suburb
Velindre remains though the
flour and tin have gone

No. 50, Teresette
A face smiles at you –
terracotta Teresette
– and sticks out her tongue

No. 66, Snowdon Villa
What a view! from the
top of the tall chimney pot
at Snowdon Villa

No. 68, St. Elmo
Pray to St. Elmo
for a safe crossing home and
better digestion

No. 83, Corinth Villa
Corinth Villa gleams
Mediterranean blue
Dreams of the Grand Tour

No. 88, Monte Clair
Refugees Welcome
at Monte Clair where a lamp glows
softly in the dark

No. 100, Swiss Villa
Imagine ticking
clocks and chocolates as we
walk past Swiss Villa

No. 111, Waverley
Shutters peel open
like the pages of a book
Waverley again

No. 122, Sandringham
Still life at Sandringham
– armchairs wait patiently
for evening to come

No. 125, Llandaff
Six garden gnomes left
behind the bells of Llandaff
and made this their home

No. 137, Köln Villa
We once stayed in Köln
Marvelled at the cathedral
The Rhine running by



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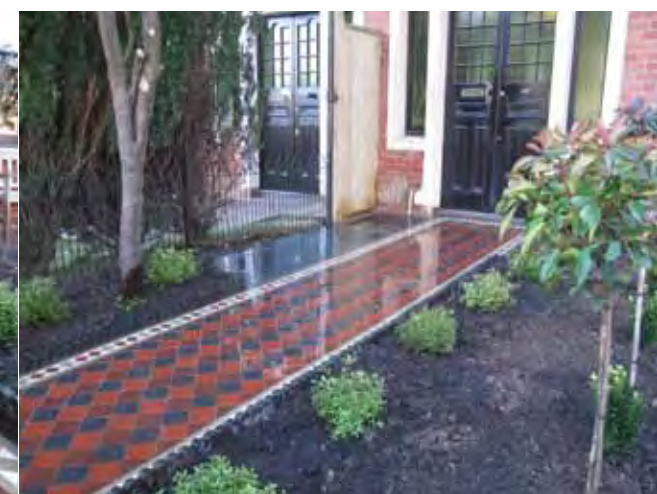
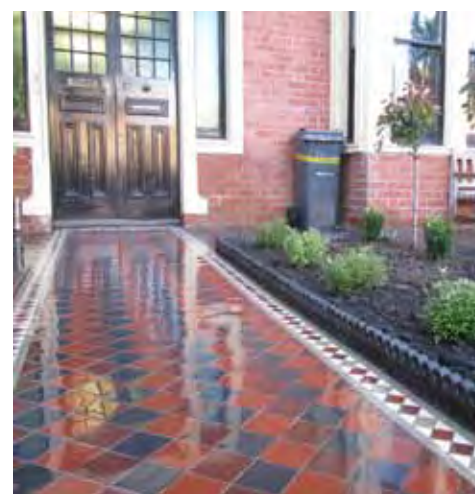
Thanks to local residents Penny Southgate and Helen Jackson Brown, work is in progress to develop a food garden in St Andrew's Park (in a corner of the dog-free area). The garden is being created in partnership with the Friends of St Andrew's Park and Bristol City Council.

The four fruit trees (two Apple, one Cherry, one Pear) that Penny, Helen and volunteers planted a couple of months ago, are now coming into leaf! It's such a lovely sight to see this happen.

The group has just had news that Bristol City Council now has all of the material needed to make the planned raised beds. When they have a date for delivery of these items, a community session at the garden to help construct the beds will be announced – so watch this space!

Once the raised beds are built, soft-fruit shrubs will be planted under the fruit trees, working on the principles of a Forest garden. Then, as soon as the beds are properly lined and filled with soil, vegetables and herbs will be planted. The Park Food Garden is based on permaculture principles and all the food will be organically grown.

Organisers Helen and Penny would love the park community to be involved at every stage, so keep an eye on the **Food Garden St Andrew's Park** group and also the **Friends of St Andrew's Park** Group on **Facebook**, for more information and updates. They are hopeful there may actually be some produce to harvest this year!



Victorian Tiled Pathways

At Secret Garden we have a passion for design, ensuring that the gardens we create compliment the homes that they belong to. Recently we have completed a beautiful reproduction Victorian tiled pathway in Redland. Prior to this front garden being created, it was old paving and concrete.

The transformation has been exciting, with anyone who wanders past – including the postie – giving compliments to the owners. In fact, after our hard work, this garden and tiled pathway looks like it's always been there.

These British-made, Victorian patterned tiles were selected from Bishopston Tiles on Gloucester Road. They are an independent family-run business, who have been established for over 35 years. They offer a varied selection of classic period and geometric tiles for interior and exterior, contemporary and period restoration. There are many designs to choose from, and they have a wealth of knowledge.

Our team thoroughly enjoyed constructing this pathway, with a concrete base beneath, and Victorian edging running alongside the garden borders.

Victorian garden pathways are important features that convey a first impression of a building, connecting us with the history of an urban area. Once laid the tiles are grouted with a correlating colour to perfectly match or compliment the tiles.

Tiled pathways are durable, easy to clean and eye catching. Once constructed they'll be there for decades, giving everyone who walks past or on them a sense of the past, how things once were and how they continue to be.

The properties of North Bristol are well suited to Victorian pathways, many of which most probably had them in times gone by. If you are interested in restoring the look of your garden with an elegant, tiled pathway there are many options to consider in regards to design and cost.

With our dedicated and passionate team we can help you find the magic in your garden!

Ali

For a free quote and to discuss your requirements please contact us: info@secretgardenweb.co.uk

The city's hugely popular, annual walking festival – **Bristol Walk Fest** is back! The month-long celebration of all

things walking throughout our beautiful city will take place from **1 to 31 May 2022**, and there is a wealth of in-person walking related events and activities, self-guided walking routes and challenges, and much more for you throughout the national walking month of May.

The mostly free walks and activities are for all ages, all backgrounds and all levels of fitness. See what you'd like to give a go, then get out there and enjoy what our great city has to offer! www.bristolwalkfest.com



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News from the Friends of Bishopston Library

We're delighted to be back and would like to invite you to our AGM and first event to be held on **Thursday 28 April**. Doors open at **7.00**, AGM starts at 7.15. We expect the AGM to last no longer than 20 minutes, with a speaker to follow.

Our last Friends of Bishopston Library (FOBL) AGM was in October 2019, but despite the long break there will be relatively little to report! However, **we are keen to see some new faces** on our planning group. FOBL is instrumental in enhancing the library's role in our community by organising and supporting events which encourage people to come together to learn, meet others and enjoy themselves. At the same time, we raise funds to purchase items which improve the library.

New members are essential to ensure that the group can continue after the AGM. There are lots of roles for volunteers, such as maintaining the website, organising events (with plenty of help), managing social media, keeping simple accounts, publicising activities and helping to set up and run an event. Not all these roles need attendance at group meetings.

If you are interested, please contact us at the email address below, or leave your name and contact details in the library. Your involvement will be both appreciated and supported by the Library Service, so please take this opportunity to help take the group into the future.

After the AGM, we are delighted to welcome back **Peter Malpass**, who is going to talk about his research **'Bishop Monk and the Horfield Question'**, which was published in 2020. Bishop Monk, John Shadwell and a cast of others were engaged in tortuous battles to purchase and develop land in the area and have left their mark in more ways than one.

Following Peter's talk, we will invite members of the audience to share stories about the **origin of their own street name**. If you would like to contribute, please **email us at friends@bishopstonlibrary.org.uk**; or just chip in on the evening.

There is no charge for this event, but please book on our website www.bishopstonlibrary.org.uk so that we know numbers.

We look forward to welcoming you back.



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Help with 'Angela's beds', and the Pantaloons

As you probably know, the Friends of St Andrew's Park (FoSAP) is a very active group, working closely with the city council and the local community, to help maintain and improve our beautiful park.

Over the last year, projects have included raising substantial funds to redevelop both the junior play / climbing equipment and paint the toilet block mural; developing the perennial meadow alongside Leopold Road; ongoing management of the wildlife / pond area; and helping develop both the new community food garden, and the new Melita Road pollinator bed. We rely on the active involvement of many local volunteers to deliver the exciting range of both new and ongoing projects.

Two of our most active volunteers, Paul and Angela, have sadly left us for pastures new, and we are seeking enthusiastic local people who are willing and able to pick up where they left off.

Angela's beds – We need some enthusiastic volunteers who can bring their expertise to carry on the work which Angela has so lovingly started.



Pantaloons theatre performances – The annual performances of the Pantaloons in recent years have been a huge success. Paul has successfully developed a close working partnership with the Pantaloons, where they do much of the promotion,

and Paul liaises with the council re the performance licence, sorts out insurance, and organises a team of volunteers to help with stewarding etc. If you are keen/ interested in volunteering for this key role, help and support would be available, and Paul is willing to pass on advice.

If you are interested in taking on/assisting with either of these projects, and want to find out more, please email myself, FoSAP Chair, Steve Perry at: steveperry01@btinternet.com. Thank you.

News from Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down ward



Emma & Lilly

This month we have been busy with lots of different community projects and meeting residents. We have started door knocking every fortnight now, and so if we knock on your door, do let us know about any issues in the area. We are also still holding our monthly surgeries at the Ardagh, and recently attended the Ardagh AGM where we heard all about the exciting projects for the future.

Ashley Down and Brunel Fields schools

We recently met with the Head of Ashley Down Primary School and some parents, about finding solutions to issues around child road safety at pick-up and drop-off time. We have already ensured new yellow zig zags were painted by the entrance but some of the double yellows were not done due to cars being parked on them. We want to work with the school to encourage people to walk or cycle their children to school, where possible, and if dropping off, to be careful with parking and not idle with engines on. We are also hoping to secure funding for bollards in the future.

We continue to liaise with parents from Brunel School, who have recently launched a petition for an additional crossing on Ashley Down Road. While a new school sign is coming, we also welcome any additional safety measures to help the children to school safely and so we support this petition! We are also looking into ways to get more road safety around the school. Although not council land we hope to find alternative ways to make this safer.

HMOs and short lets

There has been a lot of concern in the ward about the number of HMOs and short-let leases (such as Airbnbs) in the area. With two HMOs going to planning, we are working with planning officers to

make sure that the area is not negatively affected by HMOs, by either challenging them at planning, or making sure that numbers are not excessive. Lily has also been looking at ways to tackle issues around short lets, where guests are excessively noisy and disruptive. While no laws can change at a local level, this is something that the council should be able to crack down on via neighbourhood enforcement. If anyone is affected by noise and disruption from any property, do keep a noise diary and submit it to the council, to be referred to enforcement.

Transport

After Emma brought her motion about Green transport to Full Council in March, she has been keeping an eye on plans for improving buses and active travel. At Growth and Regeneration scrutiny in March she challenged officers that there seemed to be no plans for improving cycle lanes on Gloucester Road. Emma is going to the West of England Combined Authority (WECA) council meeting in April to read a statement in support of improving bus infrastructure and also to highlight the need for investment in active travel.

Cllr Emma Edwards, Green party

cllr.emma.edwards@bristol.gov.uk

Councillor Lily Fitzgibbon, Green party

Cllr.Lily.Fitzgibbon@bristol.gov.uk

Redland Ward

Neighbourhood meeting to discuss local issues

The Bishopston Cotham and Redland Community Partnership is planning its first in-person meeting since the pandemic. The BCRCP is supported by local councillors and meetings are held across our three wards. Their next meeting will take place on Tuesday 10 May 2022, 7–9pm at the Horfield Quaker Meeting House, 300 Gloucester Road, BS7 8PD. Look out for further information on the meeting at www.BCRCP.org.uk.

The Partnership would love to hear from residents who'd be interested in taking part or getting involved to support the neighbourhood meetings. Any community groups active in the area are welcome to discuss participation at the meeting.

We'll also be updating residents on the proposals vying for funds that the council received from local developers that will be allocated later this year to

support projects in the neighbourhood. In the past this has been used to fund projects such as the new crossing on Cranbrook Road that's just been consulted on. Funds are very limited but the process allows councillors from six wards from Henbury to Cotham to allocate the spend. As the area has had limited construction activity it's not surprising we haven't got much of a funding pot – probably a little over thirty thousand pounds by the November meeting when the awards get decided, although if the Filton Arena gets going there may be more. See www.bristol.gov.uk/people-communities/funding-local-projects.

St Christopher's

Whilst the old St Christopher's school site isn't in Redland, any development there will affect Redland residents. We understand that over 120 houses and flats for older people are on the cards. Fi and Martin have met with locals who are worried about overdevelopment, highways and parking issues and the impact of some potentially very tall buildings on the site. We're also liaising with the Westbury Park Community Association and councillors for the adjacent ward covering the site. Now that plans have been submitted anyone with comments to make should make a statement through the planning portal but do also let us know what you think.

Redland Green

The new planter by the playground has helped reduce the muddy patch by the entrance but it looks as though the problem is persisting. While some local toddlers may be pleased with the puddles, it does pose a safety risk, so some more work may be needed. Local volunteers have been terrifically busy recently, clearing rubbish, painting out graffiti, planting whips and installing bird boxes. There is still space for some more boxes, so do get in touch with us if you would like to sponsor one!

Support for refugees

Martin and Green Party Co-leader Carla Denyer both attended a recent rally in solidarity with Ukraine. We also both spoke in a city council debate to back a motion offering support for refugees. We promoted a Green amendment to the Labour proposal tabled – stressing that as a City of Sanctuary we support all refugees from all wars and threats, and called on the council to support those fleeing conflicts and disasters, including climate change. The Green amendment was successfully



Martin & Fi

passed by council, adding calls on the Government to waive visa requirements for refugees trying to enter the UK from Ukraine and other conflict zones, and lift the ban on asylum seekers working or receiving benefits. It also calls on Bristol Council to review its policies and practices to ensure we are helping asylum seekers and refugees to the maximum of our legal ability as well as asking One City partners to take measures to support asylum seekers and refugees in Bristol.

Fi Hance, Green Party

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

Martin Fodor, Green Party

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

Facebook.com/cllrmartin.fodor or /cllrfi.hance

Community Partnership to restart in-person meetings



Bishopston, Cotham & Redland Community Partnership

BCR Community

Partnership plans to return to in-person meetings in May, following a two-year period of online only meetings due to the pandemic.

The next Public Forum will be on Tuesday 10 May 2022, 7–9pm at the Horfield Quaker Meeting House, 300 Gloucester Road BS7 8PD.

It is hoped to include updates from local councillors, local community groups and the neighbourhood police and to cover current initiatives on food poverty and refugee support.

In addition the Forum will provide a chance to find out the latest news on Council plans for the Clean Air Zone, Residents Parking and Liveable Neighbourhoods.

The meeting will start with a brief AGM for the Community Partnership. Find out the latest details of the agenda for the Forum at bcrp.org.uk.



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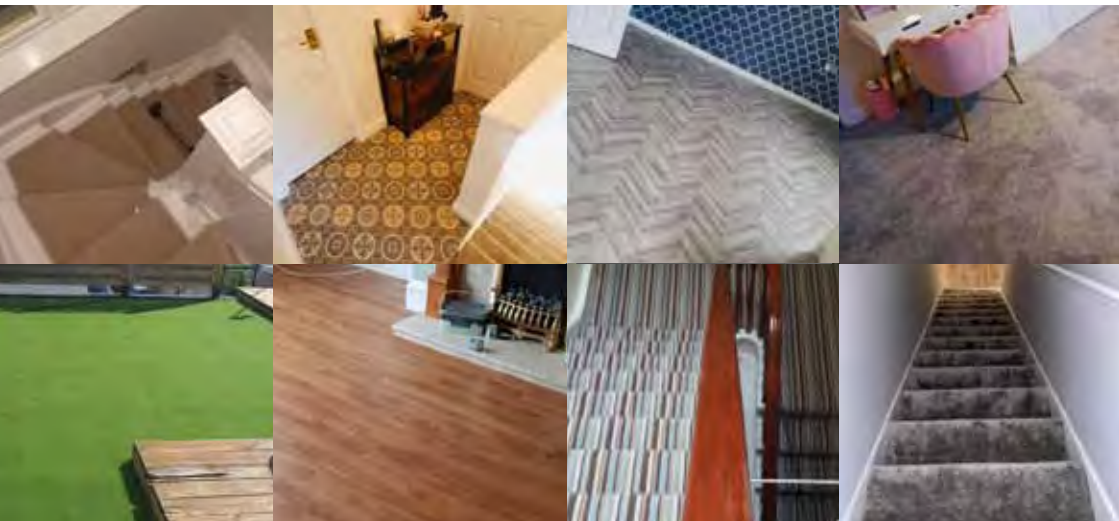


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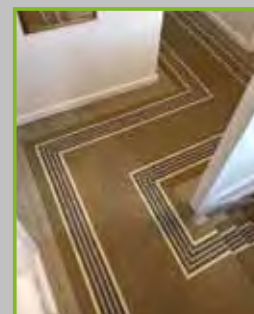
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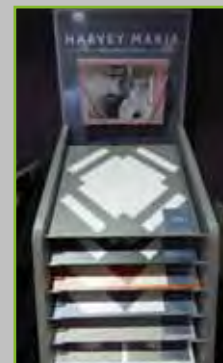
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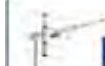
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Index of Local Advertisers

Accountants / Book-keeping

Tax Assist	15
Aerials	
Dan Grace Aerials	5,59
MD Aerials	61
Architects	
Cryer & Coe Architects	31
Art / Gift shops – Room 212	17
Bespoke playhouses & climbing frames	
Little House	38
Buddhist Centre	
Sakya Buddhist Centre	8
Building Maintenance/Construction	
Bristol Building Company	58
Denise Howard Brickwork	58
Expand Building	59
Homefix	58
MW Decorating & Building	53
Rob's Property Maintenance	57
Carpets / Flooring	
Conran Carpets	64
James Antony Flooring	52
Lee's Carpets	56
Natural Born Flooring	55
Car repair	
DCL Motors	45
Windsor Road Garage	48
Childcare	
Bishopston Beanstalks Pre School	38
Little Foxes Forest School	38
Sefton Park Nursery	16
Shine	35
St Bon's Early Years	35
Computers – I love my PC	23
De-Cluttering services	
FM DeClutter Services	40
Dental Care	
Horfield Dental Care	1,24
Dog Walking / Care	
Precious Pet Care	43
Drum tuition / Kit servicing	
Drum & Paice – Drum lessons	27
Ear Irrigation	
Home Ear Irrigation Service	41
Editorial services	
Rebecca Ramsden	18
Electricians / Electrical Shops	
Ablectrics	10
Charnick Electrical	59
Matt Pederick	61
Redland Electrical	54
Events – Glos Rd Central Mayfest	14
Fashion shops / stalls	
Billie Jean Pop Up Event	16

Financial advisors

Harold Stephens Independent Financial Adviser	29
Florists / Plant shops	
The Flower Shop	25
Food outlets	
Better Food Co	64
Hobbs House Bakery	3
Joe's Bakery	19
The Oat Float	4
Framing – Niche	30
Funeral Directors	
Divine Ceremony	8
Furniture making	
Pear Tree Furniture	57
Garden Design / Maintenance	
All Gardens	49
Alpine Landscaping	26
Collins Trees	59
Nuthatch	54
Secret Garden	47
Wild Gardening	53
Glazing & Doors	
1st Aztec Ltd	58
Price Glass	60
Hair / Beauty / Wellbeing	
Charlee Baker Beauty & Wellbeing	25
Horfield Dental Care	1,24
Osna Therapy Centre	17
The Green Room	40
Health / Fitness	
Keep Fit with Dance Moves	41
Osna Therapy Centre	17
Trainhubs	25
Heating – Gas / Elec	
Dynamic Heating Services (DHS)	54
Holiday Clubs – Shine	35
Home Interior Shops / Services	
Ablectrics	10
DHS – Bathroom Installation	54
Dream Doors	11
House of Møbel	30
International House	4
Jewellers – Kemps	41
Kitchen Installation / Refurbishment	
Dream Doors	11
Lawn	12,13
Martial Arts	
Red Dragons Martial Arts	36
Mobility Solutions	
Brookfield Mobility Solutions	19
Optometrists	
Lunar Optical	9

Painting & Decorating Services

MW Decorating & Building	53
Stephen Carter Decorating	61
Pets – care / shops	
Animal Health Centre (Vets)	42
Precious Pet Care	43
Roxford's Pet Shop	43
Pilates	
Embracing Pilates	18
Soul Pilates	2
Plasterer	
A&P Plastering	58
McCall Plastering	61
Plumber	
JKP Plumbing	53
Matt Pederick	61
Print – Niche	30
Property services	
Homefix	58
Rob's Property Maintenance	57
Roofing	
Rooftech	59
The Roofing Company	53
Roller Shutter Doors (Garage)	
Garolla	57
Schools	
Bristol Grammar School	7
Bristol Steiner School	37
Fairfield High School	36
St Bonaventure's School	34
Self storage	
Stashed Away	30,53
Solicitors	
Barcan+Kirby	22,23
Takeaways	
Masala Masters	7
Pizza Adorare	37
The Oat Float	4
Tree Surgery	
Collins Trees	59
Nuthatch	54
Tuition	
Jelena Cengic – English Language and English Literature tutor	27
Liz Romero – local & online tutor	35
Maths Tutor	8
Primary School tutor	6
Tutor Doctor Bristol	37
Vet	
Animal Health Centre	42
Yoga	
Yogawest	1
Yoga with Den	8



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