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## Matters

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issue 160, Sept 2022



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*Dear Readers...*

I hope you have all had a good summer and enjoyed some of the local activities that took place. As you can see from the front cover, I enjoyed the Horfield Common Garden Trail.

There are still lots of community events to look forward to as we head into autumn. Party in the Park takes place on Saturday 10 September at the Goldenhill sports ground; this is always a fun, family day out.

The Old Library hosts their annual Summer Party on Saturday 17 September. All are welcome to join in the celebrations.

The Moggerly is celebrating its 25th anniversary this year! We bring you an interview with founder Christine Bakya, along with details of their party to mark the occasion on Saturday 24 September. Anyone who has given a home to a rescue cat, volunteered at the centre or simply

would like to find out more about this animal charity is invited to attend.

Goldenhill Community Garden look forward to welcoming you to their Harvest Fair on Saturday 24 September – you can read about this and all the other great things that are going on in this special garden.

I was delighted to be invited to learn more about the weekly Walkers and Talkers meeting that takes place at the County Ground. What a wonderful bunch of people who look forward to welcoming more members to their group.

If you are looking for a children's story book with a sense of fun, why not try to win a copy of Eleven Quirky Bedtime Stories written by Bishopston resident of 40 years – Michael Mackriell?

Take care until next time, *Kerry x*

**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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## I work therefore I am... adjusting to retirement

**The major change** – retirement is a major life change, a phase that can last as long as 20–30 years, yet we spend more time planning for a wedding!

Around one third of retirees have difficulty adjusting to retirement.

Planning for this time of life is based on financial needs, but not on the needs that make for better personal outcomes, such as how to,

- **Identify a new purpose**
- **Make use of time meaningfully**
- **Keep connected and relevant**
- **Maintain physical and mental fitness**

**The experience** – the positive buzz around retirement and expectation is so great, it can be hard to admit you're apprehensive or unhappy. Just 5% of retirees experience positive changes in well-being on retirement. It is normal to feel anxiety, grief, emotional turmoil; this may not appear straight away.

25% of retirees have difficulties resulting in poorer well-being and mental health (loneliness, stress, anxiety etc).

These are some common feelings from speaking to local people approaching, or in, retirement:

- **I am not sure who I am now and how to describe myself**
- **My work is me**
- **What will I do without any hobbies?**
- **No structure makes me feel I'm free falling**

**The good news!** It doesn't have to be like this! Planning for the personal side of retirement has been found to improve well-being, contributing to a more positive and happy retirement experience. Non-financial retirement planning takes account of newly acquired time, supporting you to decide how you use it: experiences, relationships, conversations, making a difference.

Time is the most valuable asset of retirement; there are potentially many years ahead in this phase of life and creating a sustainable plan can be challenging, but is an essential foundation for one of the biggest transitions in life.

**If you have concerns about retirement**, whether you've retired or are approaching retirement, **contact me, Sian Jones, for a free 30 minute consultation.** I'm a certified coach, specialising in non-financial retirement. [Sian.Reclaim@gmail.com](mailto:Sian.Reclaim@gmail.com)

## Why not join the local Walkers & Talkers?

It is always wonderful to discover a new local group that has so much to offer our community and even better when it is totally free to attend!

Former Gloucestershire County Cricket wicket-keeper, Any Brassington, kindly invited me to attend one of the Walkers & Talkers weekly meetings, hosted at our local Seat Unique Stadium.

The meetings kick off at 10am with friendly chat over some complimentary teas and coffees (thanks to Andy's business Finders-Keeper's), then the group have the opportunity to take a stroll around the cricket ground, before returning to enjoy a guest speaker.

The group is open to anybody and often ex-Glos cricketers join the meetings too; players that have come along to enjoy a chat include – Andy Stovold, Paul Romaines, Ian Crawford, Nick Finan, Steve Windaybank, Gary Sainsbury and Dean Hodgson.

Andy does a fantastic job sourcing interesting talkers for everyone to enjoy. It was great to learn too, that the largely sporting celebrities who have visited, expressed to Andy how moving and beneficial they found talking with the group – so it's a win-win for all! Those who have taken part were delighted to give something back to the fans and community. Guests include; England and Glos cricketer Syd Lawrence, footballer Geoff Merrick, rugby player Gareth Chilcott and boxer Glen Catley.

I spoke with group member Alison Spurrell, who lives in Horfield and is a life-long member at the County Ground; she shared, "I love Walkers & Talkers, we meet lots of lovely people and the talks given are always brilliant. I only really know about cricket but all the people who have given talks have been so interesting and engaging – just really nice people. Andy does a great job welcoming and introducing people. We always stay on and have lunch at the club and make a morning of it."

Alison is currently 'Knitting for a wicket' – for every wicket taken by David Payne, Alison is knitting an item to sell to raise funds for St Peter's Hospice. Find out more at [www.justgiving.com/fundraising/alison-spurrell-wickets](http://www.justgiving.com/fundraising/alison-spurrell-wickets).

The morning I visited, rather than a speaker, the Bristol Male Voice Choir gave a moving performance. The power of these men standing together to sing gave me goose bumps and by the response from the crowd, I do not think I was alone.

Members of the choir shared what a wonderful community the choir was and encouraged anyone who was considering a new hobby to give it a go.



LtoR: Paul Masters, Andy Brassington, Alison Spurrell & Steve Lewis

You don't need to be able to read music – just enjoy singing. The men all spoke with such passion about the friendships they had formed, the exciting opportunities the choir had presented them with and how special it was to stand together and sing. Learn more at [www.bristolmvc.org.uk](http://www.bristolmvc.org.uk).

Steve Lewis is a choir member and assists with the Q&A sessions at Walkers & Talkers. After singing 'You'll never walk alone', which has strong sporting ties, Stephen said, "If you join us at Walkers & Talkers or the Bristol Male Voice Choir, one thing is for sure, you will never walk alone!"

And that is really the point of this group. Andy told me he got the idea for Walkers & Talkers during lockdown. He spent time each week checking in with some of the ex-players and then when allowed, they would meet on the Downs for a walk and a talk with coffee in hand. The number of people who joined him each week grew and everyone felt so much better for the interaction. As soon as restrictions allowed Andy started to set the wheels in motion for Walkers & Talkers. He looks forward to meeting many more people – men and women of any age are welcome.

**Walkers and Talkers meet every Wednesday morning at 10am, usually at Seat Unique Stadium, Nevil Road, BS7 9EJ but on occasions at The Memorial Stadium, Filton Avenue, BS7 0BF.**

**To find out more do get in touch with Andy, he couldn't be more enthusiastic or welcoming.**

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## Bishopston Beanstalks



Bishopston Beanstalks is a small, nurturing, term-time only Pre-school on Gloucester Road, in the heart of Bishopston. It has been managed by a highly-qualified staff team since 2013, as a not for profit, independent worker's

co-operative. We have a high staff:child ratio with a maximum of 24 children in the setting each day.

We take huge pride in supporting each child to flourish, according to their needs and individual interests, always acknowledging their unique natures with the emphasis very firmly placed on learning through play.

Alongside our daily activities we regularly take children into the local community. We frequently visit Bristol School of Gymnastics, Golden Hill Community Garden, St Andrew's Park for our Outdoor Adventure Club and local shops and library.

We currently have places available for September 22 and January 23 intakes. Please email or call to enquire. We would love to hear from you.

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**Is your child struggling at school?**  
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Every child could benefit from tailor made lessons, focusing on their individual needs.



My name is Sarah and I'm a primary tutor with 12 years of experience.

Lessons take place in my home in BS7, giving children the chance to develop and learn away from the distractions of their own environment. I'm also happy to teach online when necessary as I understand the importance of flexibility in today's world. I am currently training to become a dyslexia teacher and assessor.

Contact me on: 07507 290350  
[localbristol tutor@gmail.com](mailto:localbristol tutor@gmail.com) | DBS checked



## News from the Goldenhill Community Garden

Hi everyone

By the time you read this hopefully we'll have had a fab summer in the garden munching tomatoes off the vine, scoffing juicy blueberries, and hopefully munching on the sweet fresh corn on the cob before the badger steals it! This year we've got some growing in the polytunnel – hoping for an early harvest before the badgers notice it's ready – while our outdoor sweetcorn is growing as a decoy!

Now, as the summer season starts its last hurrah, it's time for our **Harvest Fair! Saturday 24 September! 1 – 4pm! £2** suggested donation for adults and £1 for children! As I'm writing this back in July it's still in the planning stages but we're hoping to have **live music, delicious cake, pizza fresh from the clay frog oven, apple bobbing, veg monster creation, pond dipping, facepainting, giant games** and, if the summer has

been kind to the apple trees, we might be able to get the apple press out and get juicy! Check our website or facebook page for up-to-date details.

We'll also be opening as part of the city-wide **Get Growing Trail on Sunday 18 September, 11am – 1pm**. It's a great opportunity to have a nose into lots of Bristol's community growing projects and gardens. If you'd like to have a look around our beautiful site and have a chat with some of the fab volunteers about what we do and see what we're growing then pop along.



And **we're open every Wednesday 10am – 4pm for anyone to come and get involved** – children and dogs on lead are welcome; you don't have to stay all day or come every week and no experience or tools necessary, just bring yourself and you can just pop in for a chat and a look around or get stuck in! We do a tour for new folk at 12 and 2.30pm and we're located through the gates at the end of Monk Road behind Horfield Prison.

See you in the garden!

*Lucy*

[www.thegoldenhillcommunitygarden.com](http://www.thegoldenhillcommunitygarden.com)  
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## Greenhouse learning on Gloucester Road

Experienced tutors, Greenhouse learning, want to help your children grow in confidence and enable their skills to blossom.

Based at 84 Gloucester Road, Greenhouse learning is run by general manager, Lucy Jacobmeyer. I visited recently to find out more. Lucy shared, "We offer bespoke tutoring for all ages and subjects. It is so rewarding to watch students grow in confidence as they begin to master subjects they have previously struggled with. As they meet each new challenge, they become visibly happier."

One-to-one tutoring can take place in person at the student's home or online, whichever works best for the individual.

The experienced team covers Primary, GCSE, KS3 and A-levels in English, Maths, Science, Humanities, Languages, Social Sciences, Business and Economics.



Greenhouse learning is also an NTP-approved tuition partner; they go into Bristol schools and work with small groups of children as part of the government Covid catch-up scheme.

Lucy explained, "Lots of the small group tutoring we are doing in primary and secondary schools is to assist children to catch up post Covid."

"With secondary school pupils, we largely help to ensure students don't become overwhelmed with exams. Our tutors act as a mentor and accountability buddy. They identify what study techniques work for the individual and assist them in planning their time and making revision timetables. They take the pressure off and help the students see everything is manageable."

Please get in touch if you would like to find out more about their services.




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## Back to school with Shine

With the summer holidays almost a distant memory, it means our minds move to getting ready for going back to school.

Shine offers Breakfast and sports or creative After School Clubs in over 20 schools in the Bristol area; we offer a wide choice of clubs, giving your child the chance to try different activities, including: Football, Hockey, Athletics, Drawing & Painting, Forest Adventure, Pottery, Basketball, Netball, and many more.

Delivered by our team of top-class sports and creative coaches, our after-school sessions start as soon as the school day finishes and give a fun extended day to children who either need to stay at



school for childcare, or simply want to have some fun with their friends! For those parents who need their children to stay at school until 6.00pm, we also run our Snack and Chill club, providing your child with a healthy snack to eat and somewhere to chill until you can collect them.

Does your child go to a 'Shine School'? You might not know that, in the schools where we work, we run PE lessons; sports during lunchtime to make them more fun, structured and interactive; interschool tournaments; amazing sports days and cover teacher absence with sports coaches. If you aren't at a Shine school, please do ask your school to contact us and we can show what Shine can do for you.

**Get in touch!** For more information on the work that we do, head to [www.myshine.co.uk](http://www.myshine.co.uk), or alternatively give us a call on **01174 033 033**.



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## Gloucester Road WI is 10!

As Gloucester Rd WI moves into its tenth year, we show no sign of slowing down. The last few months have seen a wide and exciting variety of activities including celebrating our tenth anniversary with the most delicious home-made cake. Members have made beautiful corsages in a well-attended floristry session, learned how to play lawn bowls,

raised awareness of ovarian cancer, listened to a fascinating talk on solo long-distance hiking and been enlightened about the importance of wasps on our ecosystem. Our upcoming events include: a hands-on graffiti workshop; a session on craftivism – learning about what it is and having a go ourselves; all things apple tasting (cider anyone?) and a talk from a local stylist with tips about confidence boosting clothing tricks.

We meet once a month at St Andrew's Bowling Club and our members include a diverse range of women with some amazing skills and experience. Our ages range from 20 something to right through the decades!

Please see our website for details of how to join or how to attend as a visitor. <https://gloucesterroadwi.org> and visit the 'How to become a member' page.

Treasurer Carrie Derrick

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# Busy at St Bons!

St Bonaventure's Catholic Primary school is a busy place to be at the best of times, but our school year ended on a particularly busy note.

Our annual health and well-being week was typically productive. Children enjoyed taking part in African dancing, karate, and a three-legged race among many other things!



We were fortunate to see the return of our sports days for children in Reception/ KS1 and KS2 and enjoyed welcoming parents and carers to join us in celebrating these on site.

We wish all our Year 6 pupils the very best of luck as they transition to their new secondary schools. We look forward to staying in touch with you all and finding out how you are getting on.

We are also looking forward to getting to know our new Reception cohort and their families. New Reception parents will have the opportunity to get together at our tea/coffee morning in September.



## J. Kelly's Music Lessons

For those of you who don't know, we exist down a small alleyway on Pigsty Hill, occupying the studios behind the charity shop, next door to the B&A church. It's a bit obscure, and unless you know what you're looking for, you can easily walk right by us! We compensate with a large, obnoxious sign out on the main road, and that seems to do the trick.

On the one hand, our success up until now has been a result of working really hard. But truthfully, it is largely due to the curiosity of the community of Gloucester Road and Bishopston, who have wandered down the alley way exclaiming 'Hello?', because they want to find out if their daughter or son can have a music lesson with us!

So, in short, thank you! It's a real pleasure watching

the students come in and out, hearing them get a little better at their instrument every week, getting a little more confident. It's awesome! It's beginning to take on a life of its own. We're excited to see where it takes us. Hopefully, one day, out onto the Gloucester Road, in a shop of our own (soundproofed, of course!)

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*All are welcome at St Bonaventure's*

## 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.

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## News from Red Dragons Martial Arts

In June, some of our members graded for their next belt. Our grading events are always inspiring and this one was no exception.

Everyone involved really had to push themselves and grit their teeth. I was particularly impressed with our younger members really pushing themselves outside their comfort zone. I think it is very important that people always challenge themselves and ask more of themselves, and these children were amazing. They could easily have made the decision to give up, but the look of determination across their faces showed me quitting was never an option. They made a decision to finish and that is what they did. I think we can all agree that the world needs people who finish things.

*Regards, Sensei*

**Classes:** Teeny Titans (age 2.5–4), Tiny Titans (age 4–6), Junior programme (7–13), Adult classes and Ladies only.

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

**Facebook:** Red Dragons Martial Arts

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

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



## Badminton School Pioneering Science Outreach programme

Recent reports in the media suggest that “Girls see physics as a male dominated industry” and that girls do not take physics at A-level because they think the subject is only for males, so MPs have been told.

The Science Outreach Badminton School is a unique programme established to help redress this imbalance in three key ways: By providing strong, positive role models of young female scientists engaged in exciting practical work, by encouraging the uptake of STEM subjects and by providing girls who wish to study science beyond A Level with a set of unique experiences they can use to support applications to higher education courses.

Pupils get the opportunity to demonstrate and present a range of science experiments in front of audiences varying from primary school aged children to audiences in their thousands; The Science Outreach teams gets invited to big ticket events such as The Big Bang Fair, WOMAD and Green Man Festival.

The events are almost always aimed at both girls and boys. The girls need the inspiration of seeing females doing exciting practical work and speaking confidently about the subject. Meanwhile a key element of overcoming gender-based stereotypes

in science is for boys to see that it is normal for girls to be confidently undertaking practical roles.

Noor Fatima, Badminton School Science Outreach Officer (aged 16) said: “Our main work is providing a diverse set of role models for young children, to counteract the perception that physics and other sciences only appeal to white men. At my school we want the physical sciences to be inclusive; to show young women's interest and involvement in them. Through this approach we also enable our community to continue engaging with science even when they choose a different academic path: Everyone can have fun doing physics even if they don't become a physicist because we make science accessible to all.”

**Find out more at the Badminton School Open Days: Sixth Form – Friday 23 September and Whole School – Saturday 1 October**

**Register free:** [https://bit.ly/OpenDays\\_SchoolVisits](https://bit.ly/OpenDays_SchoolVisits)





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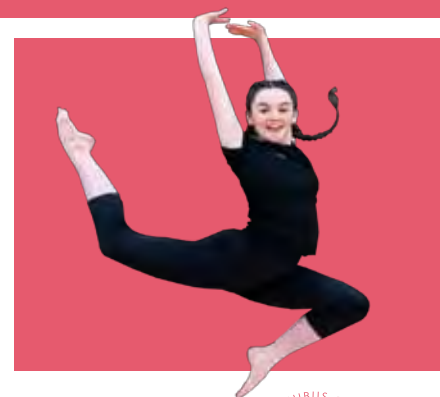
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**BADMINTON SCHOOL**





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## Life changing Open Evening

Friday 7 October

Year 3 to Year 6: 4.00pm–6.00pm

Year 7 to Lower Sixth: 4.00pm–8.00pm

## Sixth Form Information Evening

Thursday 13 October

5.00pm–7.15pm

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## Life changing

### Reception Open Morning

Tuesday 27 September

9.30am–11.30am

### Junior School Open Morning

Tuesday 11 October

9.30am–11.30am

To book your place, contact  
Catherine Ball on 0117 933 9631



## News from Drum & Paice

I can't believe that it's been almost two years since Drum & Paice opened its doors for drum lessons. In that time a lot has changed! We have weathered the storm of Covid and have moved from online lessons back to face-to-face sessions, which has been brilliant. I am so lucky to be able to have a fantastic teaching space with great acoustics and which is full of light. It has been a real pleasure to welcome so many new lessons over the past 24 months and have such a great range of playing abilities and age groups come through my door. It makes my job really varied and keeps me on my toes!

From helping students through their grades, to providing guidance to gigging musicians, I have really enjoyed working with so many of you recently. I also love being a part of such a great local community and often see familiar faces when I am out and about in Bishopston.

I am delighted to have the opportunity to get back into the technical side of drumming, providing drum maintenance. It is exciting to be able to offer more services to local drummers as the business starts to diversify.

I have had the pleasure of reconnecting with old clients and repairing and tuning kits now we are able to gig once again! Over the past months I have also been involved with drum restoration and enjoyed working on a retro Gigster snare which is now back to gigging standard.

As ever, if you are interested in lessons – whether returning to drumming or having never picked up sticks before, please get in touch. If you are interested in drum servicing, tuning or restoration contact me and we can chat through what you need.



*George Paice*



Drum & Paice

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# News from Fairfield High School



## Celebrations as Fairfield holds its first Culture Day

Students at Fairfield High School (FHS) celebrated Culture Day with a vast array of dress and accessories representing their identity, beliefs and institutions of a population which has been passed down from generation to generation.

This special day complements the constant reminder of

the school's collective cultural heritage, evident in the 87 flags on display in the school's Atrium.

Students were invited to wear cultural items of clothing, heritage colours, their school uniform with items of representation or even a flag; with the response being overwhelming throughout all year groups.

Cashan Campbell, Assistant Vice Principal comments: "We know how proud students are of their heritage, connections and history, but we weren't sure as we launched our first Culture Day, how many would publicly choose to demonstrate this. This is just a starting point for us on a journey as we capture and share the diversity of the Fairfield Family."

## First batch of 'Fairfield Hot Sauce' proves huge success

Young entrepreneurs from FHS have created their first batch of Fairfield Hot Sauce (a clever pun on FHS!) with huge success. As a result, Kayne, Yusuf, Dineiro and Keiran now have their sights set on scaling up the operation, with further batches to share within the school community, plus potential sales on a wider scale.

The idea was born when Tom Sinclair, English teacher at FHS, brought hot sauce into school to give his sandwich a zing. Once the students got wind of this, they asked to try it on their food, and before long conversations were struck about cooking, flavours and food culture. With enthusiasm to recreate a similar recipe, the boys spent hours experimenting, with mouth-watering results.



Kayne, Yusuf, Dineiro and Keiran's next plan is to perfect the recipe before selling to the local community via events such as the school's Summer and Winter Galas. There are also conversations in place about setting up an informal cookery club to involve a wider number of the Fairfield Family. The possibilities and opportunities are plentiful.

## Fairfield's Nadia receives prestigious award for work with EAL students



Principal Nick Lewis presenting Nadia El Jarad with her certificate

Congratulations to Nadia El Jarad from FHS who has been awarded Pearson National Teaching Award's Certificate of Excellence, for her fantastic work in helping the health, wealth and welfare of EAL (English as an Additional Language) students within the school.

According to The Pearson National Teaching Awards, these are the 'Oscars' of the teaching profession and have been rewarding the efforts and celebrations of excellence since 1998.

In a hand written letter from author Michael Morpurgo, Nadia's work is described as 'life-enhancing and life-changing'. He states: "I am writing to you to congratulate you and to thank you. For a child to have a great teacher like you is so important. You open doors, shine a light."

Nadia was nominated by her colleague, a Learning Support Assistant, who witnessed her devotion and passion on a daily basis. She was unaware of her achievement, however, until Principal Nick Lewis surprised her with the certificate.



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[www.fairfield.excalibur.org.uk](http://www.fairfield.excalibur.org.uk)





## Brunel Field's Eco Week

Activities and learning that took place during Brunel Field's Eco Week, encouraged children and families to come together to take action to help protect our world.

Pupils looked after our pollinators by planting bee-friendly seeds, chose to refill at the Oat Float to reduce our plastic waste and collected more than 10 bags of rubbish from the local streets during a litter pick.

Many have also made their own 'promises to the planet' and have encouraged their families and neighbours to take action too. One pupil



shared that their dad had chosen to cycle to work all week, and another child made flyers for their neighbours about reduce / reuse / recycle! Well done everyone!

The school is grateful to the parent volunteers who visited classes to talk on a range of topics from renewable energy, wildlife-friendly gardening, reducing the carbon footprint of our buildings and reducing plastic waste. Thanks also goes to the Cricket Ground, Sustainable Hive and to the school team Emma Robinson, Steve Williams and Louise Brewer.

An extra special thanks must go to Year 4 pupil Florence George who spoke so passionately to the Year 1 classes about her own campaign and personal challenge of boycotting unsustainable palm oil – brilliant work Florence!

This was the school's first Eco Week and they would love to repeat it again next year.



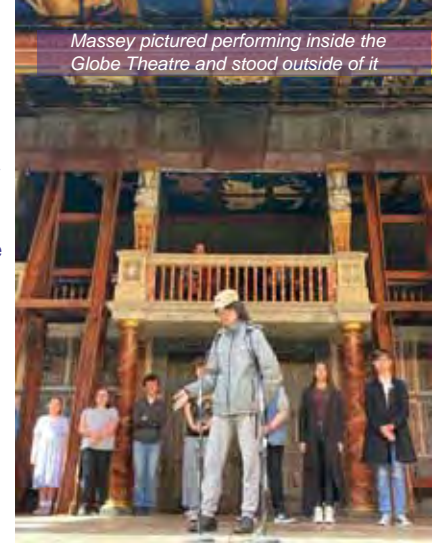
## Orchard School has poetry at its heart

Students at Orchard School have been celebrating one of their students making it to the national final of the 'Poetry by Heart' competition. Students from across the year groups at Orchard regularly attend an after-school poetry club, which is run by the English department. The club focuses on both writing poetry and also reciting it – and this year, a group of students worked hard to learn poems from a range of poets, contexts, and eras in order to enter the 2022 Poetry by Heart competition.

Poetry by Heart is a prestigious, national competition, run annually. It is sponsored by the Oxford Dictionary, Cambridge University and the Globe Theatre, as well as the Department for Education. Every year, they receive entries from hundreds of schools and form their shortlist for the final from schools across the country.

Orchard students were thrilled and excited to learn that Massey, an Orchard student in Year 10, gained a place in the final for his recital of Robert Louis Stevenson's 'Sing me a song of a lad that is gone' – which meant that he had a place to perform his rendition at The Globe Theatre in London.

Massey, his mum, and Orchard teachers went to London on 20 June 2022 for the final. The event for finalists was a two-day occasion, which included a



Massey pictured performing inside the Globe Theatre and stood outside of it



performance of Shakespeare's King Lear, a tour of The Globe Theatre, and then a full day of poetry finalists. The event finished with a session from Simon Armitage, the current Poet Laureate. You can read more about Poetry by Heart, and watch the finalists' celebration event, here: <https://www.poetrybyheart.org.uk/performancegallery/finalists-celebration-2022/>



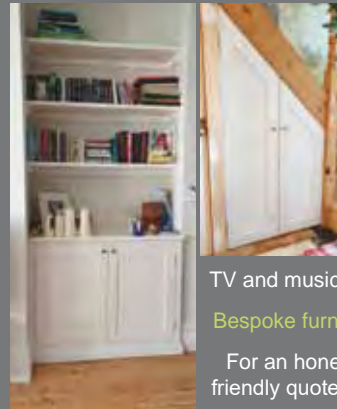
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## Investing in volatile times

After the last 20 years of economic highs and lows, it is fair to say we may be getting used to living in volatile times. The last two years have been no different. It can be difficult to feel confident in your investments when things aren't going your way but there are simple rules to follow to ensure you stay on the right path.

### When is the best time to invest?

Have you heard the saying, 'time in the market, not timing the market'? There is no sure fire way to predict the best time to invest; what is important though is investing as early as possible and not being put off when markets are at a low point. In fact, stocks may be cheaper to buy at this time!

The magic of compounding (growing an investment by reinvesting any returns) can help to generate wealth. The difference of just a few years can have a massive impact on the end result so the first rule is to start early if you can.

### How long should I invest for?

As above, no one knows with certainty when markets will rise and fall so trying to time the market is seldom successful. The sooner you can start investing, and the longer you can invest for, the more likely it is that you will achieve your financial goals – regardless of any short-term blips.

During periods of volatility, particularly if you notice the value of your investments has fallen, it can be tempting to exit the market or make drastic changes to your portfolio. Your money needs to be in the right place to recover in value and make a profit if markets go up, so it's important not to sell an investment as a knee-jerk reaction if its value goes down temporarily.

Take your time, stick to the plan and avoid making hasty decisions.

### What should I invest in?

A diversified portfolio can help to iron out the ups and downs of stock markets and also, vitally helps to avoid exposing your portfolio to undue risk. You should always hold some funds in cash in case of emergency, but other investments offer better growth potential. When one asset class is performing poorly others may be flourishing, and vice versa. For this reason, you should avoid concentrating your investments in just one area.



*A relaxed, complimentary financial review with Chartered Independent Financial Adviser, Richard Higgs*

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Our research gives us confidence in the advice we provide to you to ensure your investments are diversified and we are here to guide you through the good and the bad. If you ever have any queries about market volatility or ever need our help, we are always here.

If you feel you could benefit from having a relaxed chat with one of our specialist advisers about your later life financial needs, we would be so pleased to offer a complimentary financial planning review.

### Get in touch

**Call: 0117 363 212 or email: [office@haroldstephens.co.uk](mailto:office@haroldstephens.co.uk) to book your review.**  
**We look forward to hearing from you soon.**

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*The contents of this article are for information purposes only and do not constitute individual advice. The value of an investment and the income from it may go down as well as up. The return at the end of the investment period is not guaranteed and you may get back less than you originally invested.*







Yogawest is a quiet sanctuary in Bishopston



Classic yoga classes for all levels and ability

## Yoga for all at Yogawest

**Yogawest in Denmark Place, Bishopston  
(walk down beside Bishopston Hardware)**

Whether you are thinking of starting a yoga practice, or ready to return to real live classes with a real live teacher, Yogawest is ready to welcome you to their beautiful space.

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

### 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 Beginner class: just let the teacher know you are new.

### Example classes:

#### Beginner classes

Suitable for newcomers, regulars and returners: some people have been going 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 or more 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.

### Booking

All classes and courses must be pre-booked; you can read more, register with Yogawest and book your class on the timetable page at [yogawest.co.uk](http://yogawest.co.uk)



Yogawest has 2 amazing studios.

### Rent a Studio!

Yogawest has studio space available for barefoot activities: find out more on the Yogawest website.

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## News from Glos Rd Central

Glos Rd traders hope you had a lovely summer break. We're now turning our thoughts to those going back to school or work and events for autumn.

Oddsox has a huge range of school shoes with styles combining comfort and durability along with trainers, wellies, socks and tights. Fitting appointments are recommended to avoid waiting, or just pop in. Meanwhile, Osna will be adding a whole new range of products and courses. Excitingly they will be introducing an organic dog range called 'Molly's Mates'. This has come about because Bridget's own dog Molly has sensitive skin.

Do make sure that the North Bristol Art Trail is in your diary. As usual, this will take place during the last weekend of November (26–27). Artists will open their homes and studios to show their artwork. There will be group shows at Horfield Baptist Church, Future Leap, and in the Room 212 studio. Many places on Gloucester Road will have trail maps or you can download from the North Bristol Artists website. There's absolutely no pressure for you to buy anything – it's just a lovely opportunity to meet local artists or just spend the weekend browsing and bumping into friends. Many artists will be raising money for local charities – in keeping with the trail theme of Art with a Heart. The Bristol Impressions Calendar has artwork of Bristol by past and present North Bristol Artists and will be on sale during the trail.

If you feel like getting creative yourself, Room 212 will be holding another popular painting class, led by Emma Catherine who shows her work at the gallery and created the Super Moon painting at Lunar Optical. This full day workshop 'Abstract in Acrylics' will take place on 28 September. Everyone is welcome, including total beginners. The day is fun, relaxed and a great way to make new friends and finish with a painting for your wall!

If music is more your thing, then check out J Kellys Music Lessons on Pigsty Hill by B&A Church. The studios are now offered as rehearsal spaces for bands and solo musicians so do pop in if you're passing. Gloucester Road Books is lining up some meet-the-author and book-signing events so keep an eye on their new website. Owner Tom is excited about some big releases including *The Marriage Portrait* by Maggie O'Farrell and *Diary of an Invasion: The Russian Invasion of Ukraine* by Andrey Kurkov.

Ukrainian artist Ana Soloda has been working with Room 212 owner Sarah to raise funds for Artists in Exile – they raised £300 at a Room 212 Garden Party



in the summer. Ana is helping out at the gallery and plans to hold art classes for anyone interested, as she did when she was living in Ukraine. She is also keen to pick up work as a pet portrait artist and has already painted Room 212's new kitten! If you are interested in art classes or commissions then contact Room 212 for her details – or just pop into the shop for a chat with her.

Do follow Glos Rd Central on Facebook for up-to-date news and thank you for supporting your local independent shops.



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## Get ready to Party in the Park!

Party in the Park is the flagship fundraising event of Golden Hill Sports and attracts thousands of families from all local communities. This year it will take place on **Saturday 10 September** the sports field at Wimbledon Road, Henleaze, BS6 7YA.

There will be stalls with things to do and buy, plus information from local businesses and charities, and food to suit all tastes including vegetarians and vegans. There will be entertainment ranging from inflatables to a climbing wall, demos from local groups, live music all day, a kids' bake-off (with celebrity judge!), raffle with amazing prizes topped off by a fire show from Circus Antics and spectacular fireworks display.

Party in the Park raises money for Golden Hill Sports, a charity providing opportunities for all our community to play cricket and football, including boys and girls of all ages, men and women. It's also a chance to promote your business through 10,000 programmes hand delivered to local homes and magazine articles like this! We also publicise the event via our social media channels.

Here's some highlights of the line-up so far, with more surprises on the day!

Getting your feet tapping: The Woods, Bristol Pop Orchestra, Storm Force 10, Street Envy, Josh Parsons, Keynsham Brass Band, 2442 Squadron Marching Band. Bristol Taiko Japanese Drummers.

To eat: BBQ, Big Lucy's pizzas, Tibetan dumplings, Just love Nibbles (Caribbean), Crumporium, cakes.

Keeping the kids busy: Climbing wall, Flight Simulator, Inflatables, fun fair rides, bash the car.

In the arena: Red Dragon Kickboxing, Clifton and Henleaze Taekwon-do, Dance Inspirations.

The day is kindly supported by many local businesses who donate raffle prizes. *Bishopston Matters* is always pleased to sponsor the Horsey Hopper event and CJ Hole has been a big supporter of PITP for many years.

If you are interested in sponsorship and advertising, having a stall, or if you can help at all please get in touch via [pitp@goldenhillsports.com](mailto:pitp@goldenhillsports.com).

For latest updates visit [www.goldenhillsports.com](http://www.goldenhillsports.com) or social media: [@GoldenHillCC](https://www.facebook.com/GoldenHillCC)

## Sefton Park Nursery

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

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## NEW products at Joe's Bakery



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crumb and pure malt extract for a great flavour! Perfect with cheeses, chutneys and soups! Available as a 400g loaf in both shops.

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**Greek salad with feta cheese** – Traditional salad with Greek feta, from sheep and goats milk, and marinated Kalamon olives.

**Coming soon!** Keep any eye out in our shops and on social media for our new **Nutella Cream Doughnut!**

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# The perils of grass seeds

We are all 'doing our bit for the environment' including encouraging wildlife by allowing our grass to grow taller before mowing. This creates beautiful diverse spaces and is certainly to be celebrated. However, it does mean that these days we see more grass-seed-related problems, particularly with our dog patients.

As the seasons progress the grasses dry out and seeds fall. This is an issue with dogs running through long grass, especially the hairier breeds such as spaniels where the seeds catch in the coat and then can migrate into ears and feet.

Any dog that returns from a walk with an acute onset of headshaking should be seen as soon as possible by the vet to check for a grass seed in the ear canal. These can usually be seen conscious but in most cases a sedation or general anaesthetic is needed to retrieve the seed safely and not to damage the ear drum.

Seeds in the feet tend to take longer to show as a problem, typically the seed enters the foot between the toes where it will cause a swelling a few days later. This is very sensitive for the dog and she will often lick furiously at the area. At this point seek veterinary help; if the seed is allowed to travel into the foot it can migrate and be very difficult to find, often requiring multiple exploratory procedures and possibly poultices to draw it out.

We also see a lot of seeds in eyes and it is not uncommon to retrieve more than one seed at a time; usually they are in the conjunctival sac where they cause sudden onset of eye rubbing, swelling, eye discharge and pain. If left in place the seed may penetrate the eyeball and even lead to loss of the eye.



To avoid seeds ideally do not allow your dog to run through long grass when the seed heads have formed. After each walk check your dog's ears and feet for any seeds that may have become caught in the coat and comb out. Clipping the hair on the feet and under the ear flaps can help to prevent the seeds attaching. And if you think your dog may have a seed in her ear, her eye or between her toes, seek veterinary help as soon as possible as the longer a seed is left, the harder it is to find.

**Nicky Bromhall MRCVS**  
Head vet at Animal Health Centre



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# Tips on how to keep your dog safe on walks

**by Alima Dog Adventures**



Hi, I am Alima from Alima Dog Adventures. I specialise in solo outings, for Bully and working breeds. The pandemic saw a huge rise in the number of new dog

owners; sadly it also brought a huge rise in canine anti-social behaviour. This often leads people to ask,

## **"How can I keep my dog safe?"**

There are many precautions you can take to keep your dog, happy and safe. The first one being:

## **Get off your phone and engage with your dog!**

I have a dog; I am also a professional dog walker. It saddens me, to see a lot of dog owners and even dog walkers glued to their phones! Use this time to build a stronger bond with your pooch. Why not play scent games with your dog, or maybe throw in some training? I include brain games in all my outings. In fact, one of the packages I offer is "Brain Games". These games encourage focus, help build positive relationships and transform a walk into an adventure! Leaving your dog far happier and more tired than a simple walk ever could.

Being off the phone gives you the chance to observe your surroundings and the people and dogs in it. Some of my clients (dogs) are socially sensitive, or socially inexperienced. It is my job to keep them safe. I assess each dog individually to



create a unique experience. Do too many dogs or too much activity trigger a negative reaction, within your dog? Or does such an environment prove so exciting that your dog just stops thinking altogether? In either case, perhaps it would be better

to take them somewhere less stimulating.

Be aware of how other dogs and owners are behaving; are the dogs in a state of unbridled excitement

and rowdiness? Does the owner or walker appear confident and in control? If in doubt, then walk another way. I often change direction mid-walk if I am uncomfortable with what I see.

Try not to allow your dog/puppy to run up to dogs uninvited. You are storing up trouble for yourself and for your beloved pet! It causes both expectation and frustration in your canine friend, as well as being annoying to other dogs and owners. Dogs are sociable creatures, but sociability does not mean your dog saying "Hello" to every dog in the park! Teaching your dog manners involves managed meetings and a shed load of hard work!

I find long lines (not to be confused with extendable leads) invaluable. They are incredibly versatile. In fact, I would go so far as to say – never leave home without one!

Avoid gridlocks. Is your entrance/exit, jammed with dogs and people? This can be particularly frustrating. People and dogs milling around, and you just want to get in or out! Is there another entrance you can use? There is zero shame in finding another gate. This leads me on to my next tip –

## **Be your dog's advocate**

Never, ever put your dog in a situation that is triggering for them, if you can avoid it. I have asked people to move from gates, I have told people to keep their dogs away from mine. I will not allow another person or dog, to upset my own dog or my clients. I want each client to enjoy their adventure with me and I want each owner to know, that I will do everything I can to keep their beloved friend safe. I do hope you enjoyed this article. If you would like to find out more, please get in touch.

Tel: **07758 519 684**

Facebook: **ALIMA DOG Adventures**





# Celebrating 25 years of the Moggergy re-homing centre



Set in the heart of Bishopston is the Moggergy Cat and Kitten re-homing centre. Our family has a gorgeous cat, Annie, thanks to the centre. Founder Christine Bakya set up this amazing venue

25 years ago, and has been working tirelessly ever since to try and make the world a better place for our feline friends. This month she found a few minutes to catch up with us to share some of the highs and lows of running this important charity.

**Have you always been an animal lover?**

Oh yes, I grew up surrounded with animals – tortoises, corgis, budgies, goldfish, stray cats that we fed and they never left! At school I told my career teacher that I would like to be a vet but was told firmly, “that was no job for a woman!”.

**What led to you set up the Bristol Moggergy?**

After years of volunteering and fundraising for many Bristol charities, I saw the need for the Moggergy and established the kitten and cat re-homing centre in 1997 to help both feral and domestic felines.

**How many cats do you support each year?**

In our first year we helped around 90 cats and



now each year we take in 250 cats and re-home 250 cats (not all the same ones). There are some grumpy cats and felines with faces only a mother could love, who take some time to be placed. Since opening we have helped 6,000 cats and with people's support, we could do even more each year.

**How can people support the Moggergy?**

We always welcome new volunteers; this can be a great hobby to take up during retirement. We have people who give two hours a week and some that enjoy visiting two days a week. We are also looking for more local foster homes for mums and kittens; families often enjoy having all the fun of kittens without the commitment of grown-up cats. And of course, fundraising and donations are essential to keep us going. Everyone at the Moggergy is a volunteer and gets paid richly in cat love and cuddles!

**What is the best thing about being the founder of the Moggergy?**

Every year I bottle-feed kittens because their mother has sadly died or rejected her babies. It is wonderful when the babies survive and you later wave them off to a very good home.

**What is the hardest thing about running the Moggergy?**

When a dear cat you have worked hard to save doesn't make it. And the continuous fundraising is tough. It is a hard occupation, with high and lows every day. You can be heartbroken in the morning when a cat has been put to sleep and then in the afternoon you can experience a lovely family who visit the Moggergy to adopt two kittens but leave with three so the family isn't split up.

**Do you have a favourite cat rescue?**

No, they are all lovely in own way and I miss them all. I am really happy when they go to a new home but at the same time it is hard to say goodbye.

**Is there one thing people can do to make a difference in the welfare of cats?**

Get a recycled pet and don't buy new! All of the rescue centres are bursting at the seams with cats and kittens. People assume rescue cats have problems but this is not true; the majority have been impulse buys by people who quickly realise they do not have the space, money or time for a cat that can live 20 years plus.

**What are the future plans for the Moggergy?**

As well as continuing are rescuing and re-homing work, it is important to me to try and resolve the problem of too many unwanted cats, and that lies with neutering. The Moggergy will be expanding their assisted neutering problem, targeting areas that we receive high-numbers of unwanted kittens from. Most people don't realise a kitten can get pregnant at 17–18 weeks, owners can't afford neutering and the problem spirals.

**Do you have any celebrations planned to mark the 25th anniversary?**

Yes! I am launching my book charting the story of the Moggergy at our anniversary celebration on **Saturday 24 September**. Everyone who has adopted a cat, volunteered or would just like to learn more about the Moggergy is

invited to the party! Join us at the Shine Community Room (at the back of Tesco Golden Hill), Lime Trees Road, 1.30–4pm.

**[www.themoggergy.org.uk](http://www.themoggergy.org.uk) | 0117 924 3128**  
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## Barcan+Kirby relaunch Community Fund and award 1st Bristol Muslim Scout Fellowship funds to support summer camp

This summer, Barcan+Kirby relaunched their Community Fund for its second year and invited local businesses and organisations that benefit the communities in BS1, BS3, BS7, BS8, BS15 and BS35 to apply for financial support.

Funding of up to £300 per postcode was offered to organisations or charities within the local area surrounding Barcan+Kirby's six offices to be used towards any cause that will positively impact the community and the people of Bristol and South Gloucestershire.

This year's winners are Age UK Bristol (BS1), Friends of Greville Smyth Park Junior Park Run (BS3), Bristol Muslim Scout Fellowship Camp (BS7), Bristol SU Phab (BS8), Friends of Courtney (BS15) and Phase Thornbury (BS35).

Bristol Muslim Scout Fellowship, based in Bishopston, is an organisation run by volunteers that offers young people aged 6–18 of Muslim faith the chance to learn valuable life skills, socialise and have fun. The £300 awarded to them by the Community Fund will be put towards their annual Summer Scout Camp.



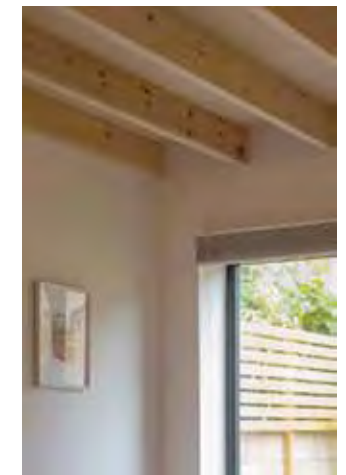
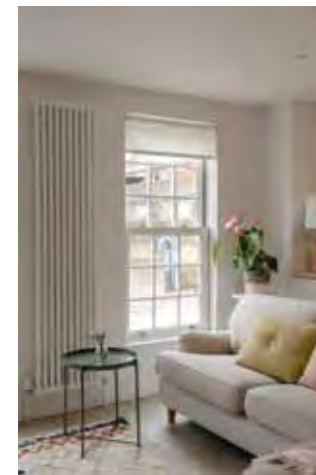
Photo of six young people in front of a net at Bristol Muslim Scout Fellowship Olympics 2021

Amir Cheema, Group Scout Leader at Bristol Muslim Scout Fellowship, said:

"We are very grateful for the Community Fund support from Barcan+Kirby. The support will enable Young People to attend a summer camp and develop life skills and confidence. Team building and networking are other key benefits, along with learning about the outdoors and nature. Thank you very much"

Managing Partner at Barcan+Kirby, Bill Willcocks, said:

"At Barcan+Kirby, our Community Fund is a really important way for us to support the great work organisations are doing to benefit our local areas. We are proud to play a part in the community projects and initiatives that make Bristol the great city that it is."



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10.45am | Reformer: Align  
 11.5pm | Reformer: Tone  
 5.30pm | Reformer:  
 Beginners  
 6.45pm | Reformer: Tone  
 8pm | Soul Barre

### TUESDAY

9.45am | Reformer: Align  
 1.15pm | Reformer: Align  
 5.45pm | Reformer: Align  
 7pm | Reformer: Align  
 8.15pm | Reformer: Align

### WEDNESDAY

7.30am | Soul Barre  
 10.45am | Reformer: Align  
 11.5pm | Soul Barre  
 5.30pm | Reformer: Align  
 6.45pm | Reformer: Tone  
 8pm | Reformer: Align

### THURSDAY

10.15am | Reformer: Align  
 11.5am | Reformer: Tone  
 5.30pm | Reformer:  
 Beginners  
 6.45pm | Reformer: Tone  
 8pm | Reformer: Align

### FRIDAY

7.30am | Reformer: Align  
 9.45am | Reformer: Align  
 11am | Reformer: Align  
 11.5pm | Reformer: Align  
 6pm | Soul Barre

### SATURDAY

9.30am | Reformer: Align  
 10.45am | Reformer: Tone  
**SUNDAY**  
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## Charlee Baker Beauty & Wellbeing

Charlee is excited to be launching new treatments, a Membership Plan and healing workshops. She reminds us how important it is to make time to look after our wellbeing.

**Microdermabrasion** – Charlee is now pleased to offer this treatment and it is already proving popular. Microdermabrasion is an intense but gentle abrasive exfoliation treatment that can be used to treat specific skin concerns such as fine line and wrinkles, pigmentation, acne, blemishes and dull tired skin. Or, can just be a monthly facial treat to help keep glowing, healthy skin. Charlee advises a consultation before booking these sessions to assess your specific skin needs and to work out an appropriate course of treatments.

**Membership** – Or as Charlee describes it, 'Gym for wellbeing'. This is a new and exciting scheme that enables clients to pay for small, mid or high membership, which allows them to pick and mix their treatments as they desire. Members will also be entitled to additional discount on other bookings and extra benefits.

**Wellbeing workshops** – Charlee enjoys working on all of the beauty treatments she offers but assisting with the wellbeing of her clients is in her heart. With this in mind, plans are afoot to host some wellbeing workshops in the autumn. Charlee will be collaborating with colleges, so clients can sample meditation, alignment and spiritual sessions, all designed to rejuvenate, restore and give energy to those who take part.

**Crystals** – You can now purchase a selection of crystals from the salon. Charlee has focused on the Sacral Chakra to assist with energies. Your sacral Chakra sits just under your navel and works alongside your reproductive area. This Chakra centres mainly around confidence and creativity and can really boost manifestations when it's working at its best. Charlee is always open to spiritual chat; in fact, she loves it!

**Charlee's Beauty & Wellbeing** is located within Gareth Charles Hairdressing on Gloucester Road. The treatment room is open – Tuesday to Saturday and late night on Thursdays.

**Be good to yourself and book in soon, call 07943 189558 | 22 Gloucester Road, BS7 8AE.**



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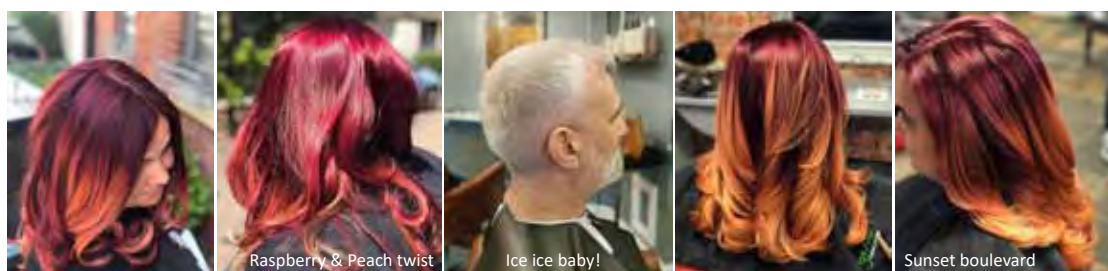
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## Custom Colour at the green room

As you can see from the stunning results above, Salon Director Jo has been producing some amazing custom colour-work using the finest Kevin.Murphy products. If you would like to book in for some dazzling colour-work, the Green Room team would be happy to listen to what you would like to achieve and advise on the best colours to make that happen!

**EVERLASTING.COLOUR** – to complement your coloured hair, Kevin. Murphy have launched a new range of colour-preserving products formulated to restore and strengthen chemically treated hair and extend the vibrancy and shine of hair colour over time. Ask in salon for more details. It is fantastic that the Green Room can achieve such striking colour results using the highest quality cruelty-free products from Kevin.Murphy colour me and the OCS system.



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

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### 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](mailto:bristol@dechen.org)



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### Tree trail in St Andrew's Park

A new trail launched over the summer, both online and as an illustrated leaflet. A map is available from The Tea Garden café, free of charge but with the option of making a donation to FoSAP. The Trail takes people on a fascinating stroll around St Andrew's Park and shows you 26 of its wonderful trees, all of which will be labelled showing both their popular and scientific names. It is possible, for example, to find out which tree provides a comfy home to wild bears in North America, which tree provides us with a source of turpentine, and which tree was sliced in half when a WW2 bomber crashed in the park.

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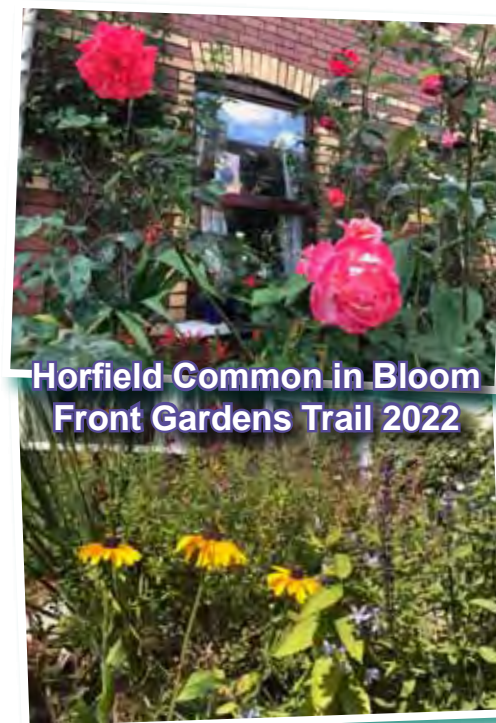
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**Horfield Common in Bloom  
Front Gardens Trail 2022**



During August, the gardening team at Horfield Common invited local streets to take part in a front garden trail, to brighten up the neighbourhood and to bring some joy.

It was great to get out and about in the sunshine and explore. As well as the gardens on the map, it was fun to make other local discoveries such as Cary Grant's blue plaque on the house he was born (Hughenden Road).

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Ashton Court, Bristol

18 September 2022

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event/walk-parkinsons-  
bristol](https://events.parkinsons.org.uk/event/walk-parkinsons-bristol)

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#WalkforParkinsons



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## Taking strides to find a cure! Join Walk for Parkinson's Bristol, Ashton Court and help raise vital funds for Parkinson's UK

People in Bristol are invited to take part in Parkinson's UK's Walk for Parkinson's at Ashton Court on Sunday 18 September to help fund vital support for people affected by the condition.

Walkers have the choice of a 1 or 5 mile walking route around the beautiful country park and mansion.

Among those signed up for the day is the Shearing family who have taken part in the Walk for Parkinson's for the past few years. The Shearing's all come together and take on the challenge on behalf of their mum Lorraine, who was diagnosed with Parkinson's 19 years ago, aged 39. Last year they raised a fantastic £1,420.

Daniel Hanley-Shearing said: "Parkinson's has affected our family's lives and seeing our mum, wife and friend living with this horrendous condition has made us realise how much charities like Parkinson's UK are doing for people in the same situation. This is why we are once again walking for Parkinson's and raising funds for this massively important charity."

Melissa Rankin, Regional Fundraiser for the South West at Parkinson's UK, said: "We are really looking forward to seeing everyone this year at Ashton

Court. The day is always such fun filled with so many inspirational people and beautiful autumnal weather.

Last year there was so much we couldn't do, and living in lockdown was difficult and lonely for many of us. For many people with Parkinson's, their symptoms got worse. This year, we need each other more than ever. Walk for Parkinson's was a chance to get outside, connect with the Parkinson's community and make a difference.

I hope to see lots of you there!"

**Sign up here – [events.parkinsons.org.uk/  
event/walk-parkinsons-bristol](https://events.parkinsons.org.uk/event/walk-parkinsons-bristol)**



### Coffee Cakes and Chat

**Bishopston Methodist Church,**  
245 Gloucester Road, BS7 8NY,  
invite you to join them for **coffee,  
cake and a chat.**

There will also be a chance to buy home made cakes and other items on

**Saturday 3 September**  
**10.30 am to 12 noon**

Hope to see you there!



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## Frameless Glass Balustrades

Now that summer is upon us, we are all looking to spend more time in our gardens. Sometimes our gardens do not function as well as they could, due to the steep inclines that are a characteristic of Bristol's hilly nature.

We have recently completed a garden in neighbouring Redland, which, prior to these photos, was a steep, terraced garden, with old concrete steps. The garden was overlooked without much privacy. The family who lives here wanted a space that they could relax in and enjoy each other's company.

Our team created a space using hardwood Balau for the decking and staircase. Balau's rich colour oozes charm, is highly durable and has a natural resistance to decay. It can be oiled yearly which maintains its appeal. Due to its carbon sequestration, Balau is sustainable and a great choice for use in the garden.

Timber screening was constructed across both sides of the garden to give much-needed privacy. It is a simple way to create a slatted fence that allows light and air to penetrate; plants can be grown up it if you wish or just enjoy the architectural beauty of its form.

As this garden has good views across Bristol, it was important to use materials that highlighted this aspect. To complement the decking, we used a

frameless glass balustrade, manufactured using the latest technology, which gives a modern and stylish finish. Toughened and laminated glass is durable, contemporary and lifts the feeling, creating a light, airy space.

Underneath the decking is a useful, covered store area, following out onto a patio with planted raised beds. Down deeper from this level we go down steps to the lowest shadiest part of the garden. Here, we have created a rill, with a copper water pipe, which gently flows around black bamboo that was already in situ. We enjoy reusing plants and materials within our designs so that we lessen waste.

If you are interested in transforming your garden, follow us on Instagram, Facebook and Twitter to see videos and photos of this garden and many more projects that will inspire you...

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

*Ali*

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## New I06th leader makes the Brownie promise

The 106th Bristol Brownies, who usually meet at St Bonaventure's Parish Hall, were very pleased to see one of their leaders – Astrid Hall – be presented with her assistant leadership qualification badge, at the end of a joint meeting with the 88th Brownies.

The two Brownie units met at Horfield Common and spent the meeting playing games and completing a

badge activity. At the end of the meeting their leader Heather presented Astrid with her badge.

Astrid has been volunteering with the unit and has

completed her assistant leadership qualification by planning activities and leading meetings for the Brownies. Well done Astrid on your achievement – all the leaders and Brownies are very proud of you.

**Girlguiding is always looking for more helpers** and you can register your interest via their website [www.girlguiding.org.uk](http://www.girlguiding.org.uk).

**If you want to register your daughter for Brownies** you can find out more on the website: [www.girlguiding.org.uk/information-for-parents/register-your-daughter](http://www.girlguiding.org.uk/information-for-parents/register-your-daughter)



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- Gloucester Road, The Crafty Cow pub, BS7 0BJ (opposite Horfield Sports Centre)
- Beehive pub, Wellington Hill West, BS9 4QY
- Bristol Chiropractic, 2 Kellaway Avenue, BS6 7XR
- Bristol Property, 14 Chandos Road, BS6 6PE
- Horfield Common, outside of main gates to Ardagh Community Cafe, BS6 7YL
- Max Minerva's bookshop, North View, Westbury Park, BS6 7PY

## Forget fairytales, enjoy Quirky Bedtime Stories

Michael Mackriell (pictured) lived and worked for almost 40 years in the Bishopston area and has many pleasant memories of life around the park. His late wife taught children with disabilities in Warmly. His son delivered papers all around the area and was a keen 63rd Bristol scout.

As a lasting memorial to them both, Michael has written his first book – *Eleven Quirky Bedtime Stories*. Michael was inspired to write these fun, rhyming stories after growing bored of telling the same old traditional tales to his grandchildren. So, he put pen to paper to create tales that would appeal to the wonderful imagination children have, while being challenging and amusing at the same time. The stories are designed to be read to 3-year-olds or self-read by up to 11-year-olds. He wrote the stories for his grandchildren and has dedicated the book to them.

All profits from the sale will go to The Royal Mencap Society, a charity designed to help adults and children with learning disabilities.

*Eleven Quirky Bedtime Stories* can be purchased from all large book retailers and ordered from Gloucester Road books. I have enjoyed reading



these fun tales with my 4-year-old and I am delighted to say we have a copy to give away.

### Reader Competition

To be in with a chance of winning a copy of *Eleven Quirky Bedtime Stories*, simply email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) with the answer to the following question – **How many stories are featured in this book?** Closing date 30/09/22.

## 'My Community' actions update



The 'My Community' work aims to put people with a learning disability at the centre of local community development and make this area an even better place for people to live happy and healthy lives.

We (Community partners, Alice and Jess) have spoken to over 350 local people and asked them: what 'community' means to them; what are the great places, people and things to do in this community; and what ideas they have to make it even better.

If you would like to share your thoughts and ideas, there is a community questionnaire available in English, Polish, Punjabi, Urdu and Somalian, or you can contact us on the email/number below. There is also a 'My Community Bristol' Facebook page you can follow for more information and keep up to date with developments.

Local people with and without a learning disability



have come together to start an action group. An 'action group' is a group of people who meet to make decisions or plans and take action. The 'My Community' Action Group will consider everything local people have said and decide what issues they want to focus on.

There is money available to support ideas that will have a positive impact on our community. The action group will decide which ideas get money to get started. We meet once a month – let us know if you'd like to join!

**You can contact us at: mycommunity.bristol@mencap.org.uk, or call 07890 043455 (Alice) | 07816 295082 (Jess)**



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### Circle Dance Evenings

At the Old Library, led by Susannah Temple

**Tuesday 27 September, 7.30 – 9.30pm**

**Live music with Bob & Morag**

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@googlegmail.com](mailto:susannah@googlegmail.com)

Information also at [www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)





# News from Ardagh Community Trust

**Summer has been a busy time of development and events at the Ardagh.**

## Gardening news

Thank you to all the staff and volunteers who helped us dismantle, transfer and rebuild a fantastic donation of equipment from City of Bristol College Ashley Down Centre. Their generous donation of a polytunnel, shed, plants and more will enable us to further develop our gardening activities, which will enable us to support increased amounts of volunteering and work experience. We are also looking forward to welcoming groups from the City of Bristol College and Claremont School for regular gardening sessions from September 2022.

Claremont School students and staff have been attending the Ardagh weekly through the summer term and engaging in a range of activities linked to their curriculum. We're looking forward to more of this in the new academic year – and to extending our work together to provide new sessions for children and families.

We are also planning to run further 'Gardening for Wellbeing' courses – the next one will begin on 15 September as part of work funded by the NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board (ICB) to support local 'social prescribing'. This is a great way for people to come and learn new skills while making new friends and supporting improvements to the site and wider local area for the benefit of everyone!

In addition, the new growing space provided by the polytunnel will mean that we can further develop our plant sales, some of which we are growing from seed. Check out our new plant stand outside the Café on the Common to see what's available to buy.

## Food events at the Ardagh

We have hosted a range of food events on site during the summer months to take full advantage of the warm weather and glorious gardens. These have been really well attended by local people. Themed food events to date have included Moroccan, Indian, Mexican and Pizza from local traders. Many of the events have been supported by performances from local musicians which has helped to create an even more fabulous atmosphere and have been very much enjoyed by those attending. Watch this space for more of these popular events in the future!

Thank you also to the Misfits Theatre Company for treating us to another wonderful performance in the Ardagh gardens at the end of July. Their enthusiasm is infectious and many of us enjoyed joining in with the dance routine – some great moves were spotted!

Keep an eye on our social media channels for more Misfits and Ardagh collaborations.

## Upcoming events & activities

### Rockout Baby sessions

Over the last two years, we have been working with Playful Bristol to explore how the Ardagh can better meet the needs of local young people, children and families. As well as the play provision on site through the holidays, forest school, toddler group visits and more, we are really pleased to be able to welcome Rockout Baby: [www.rockoutbaby.com](http://www.rockoutbaby.com).

Starting in September on Tuesday mornings it's a chance for your tinies and toddlers to have fabulous creative fun at these live music sessions. Please get in touch for more info and to book.

### Arts, wellbeing & creativity sessions

ACT is committed to supporting health and wellbeing and are delighted that local volunteer, Julie-Anne will be starting to run a fantastic new group weekly at the site. In September, the Your Space – Creativity and Wellbeing Group will be starting. The group is aimed at over-50s who are interested in exploring themes of wellbeing through easy guided activities, for relaxation, fun and connection. The group will initially run over four to six weeks with the potential for an ongoing weekly group if there is demand. If you would like to come along and join the group in September, please get in touch via [hello@theardagh.com](mailto:hello@theardagh.com). There is a £15 fee to support the costs of materials that will be used during the sessions.

### Tuesday 13 September 10am – 4pm

The Ardagh is hosting an event on behalf of Family Food Action to highlight food poverty and support action to combat its effects locally.

Visitors will have the chance to learn more about what FFA do, meet their community partners, learn how to cook nutritious meals on a budget, grow veg in a 1 square metre plot and find out more about

food poverty. More details available nearer the date on social media or the Ardagh noticeboard.

You can donate essential foodstuffs, toiletries, fresh fruit, and veg to FFA at the Ardagh, each Tuesday, 10.30am – 12.30pm. Facebook: [@FFABristol](https://www.facebook.com/FFABristol)

### Wednesday 14 September 11am – midday

This is the third Mind Spa event to be offered during the summer at the Ardagh. A fully accessibly mindfulness activity for all ages to forget about the worries of the day and listen to a carefully curated hour of soundscapes within our grounds. Please bring a blanket to sit or lie on to relax and enjoy a moment of calm. A free event, however donations are welcome.

### Saturday 17 September 10am – midday

The Repair Café is back today. This is your opportunity to save money and the planet by bringing your broken household items to challenge our volunteer fixers. If you have a specific enquiry about an item, drop a line to [hello@theardagh.com](mailto:hello@theardagh.com) and we'll do our best to advise if we can help. If you have a particular skill that you would like to offer, please let us know and we would be very happy to welcome you into the Repair Café team.

**For further information, and the latest news, please get in touch –**

**E-mail: [hello@theardagh.com](mailto:hello@theardagh.com)**

**f t TheArdagh**





# Orphans in Victorian Bristol

by local historian Andy Buchan

Most people living in the Horfield and Bishopston areas will know of the Müller homes on Ashley Down Road; some may have gone swimming in the small pool there with their schools, while others may have studied there when it was a college. But what gave rise for the need for Müller to build these five homes.

As the 19th century ground on, the populations of England's cities increased dramatically; as people moved to the cities from the country and the great famine in Ireland, and to accommodate the growing population landowners threw up many small cheap houses. These houses were shoddily built, wherever they could be fitted in, and often the houses had poor ventilation and may have let in little or no light.

If the parents of children were employed, they would have worked very long hours, often in poor and sometimes hazardous conditions. This, coupled with living in very poor conditions with sometimes a large family living in a single room, diseases, from childhood illnesses like measles, to typhoid, tuberculosis, cholera, and typhus, took its toll on the population.

Reports conducted by parish officers and others appointed to visit these slum houses and talk to the residents, paint harrowing pictures, under the conditions in which people were forced to live. One of the outcomes of these atrocious conditions was the growing army of orphans, children who had no parents either and or typically the mother

had died, and the father had either run off or been arrested for some crime. If the child/children did not have a relative who would take them in, they would be left destitute on the street, nowhere to live, penniless and only owning the clothes they stood up in, they may not have had any shoes. There was almost no means for even older children to earn money and conditions in any employment would have been harsh, so many such children would resort to crime in an attempt to get money.

If orphaned children were found / caught they would often be taken to the workhouse, because at least in the first half of the 19th century in most of England there were no orphanages or similar institutions, an exception in Bristol was the Bristol Asylum for Poor Orphan Girls which was set up in 1795. But by the mid part of the century wealthy Victorians, and philanthropists began to establish orphanages for these children. Some of these took all children, some had strict policies about which children they would take in.

Life and disease took its toll on all strata of society throughout the 19th and into the 20th centuries and some children from better backgrounds would have found themselves without any parents or anyone to care for them and destined for the orphanage. A great, great uncle of mine in Bristol lost his father, who owned his own business, in 1894, his mother remarried, and a daughter was born. His second father died in 1901 and his mother died in 1909; this meant that he had lost his mother and two fathers in the space of fifteen years. By then my uncle was 19 and had a job and went to live with an aunt and uncle, related to his mother, in Maple Road. His sister Dorothy Kathleen May Sprague, who was ten, was not so lucky and entered the Müller Orphanage. I recently contacted The George Müller Museum who kindly provided me with further information, to my surprise I learnt Dorothy also had a step sister who was a resident at the orphanage. The museum wrote, *In the 20th Century the homes began admitting 'partial orphans' – children who had a living parent but for whom poverty or health made it impossible to care for their child. Dorothy Kathleen May Sprague was brought to the orphan homes by her mother on 22nd August 1901. She was two years old. A few years later her mother died. Dorothy left the orphan home in June 1916 into employment as an Under House maid at a house in Clifton.*

I have been able to view admission and dismissal hand written records that are stored at the museum. The admission form shows Dorothy's mother; Amy Ann Sprague lived at 20 Olveston Road, Horfield. Pictured opposite is the letter written by Dorothy's mother applying to have her admitted, it says –

*Mr Wilmott Dear Sir, Will you kindly give my little boy a form to fill up for D K M Sprague for who I applied on Wednesday last as I feel that she would have a far better home in the Orphanage than I could provide for her. Yours respectfully, A A Sprague*

## The George Müller Museum – based in Ashley Down and a great local venue to explore

George Müller was a German preacher who moved to Bristol in 1832. He set up the Scriptural Knowledge Institute in 1834, a charity that educated children living in poverty as well as supporting overseas missionaries. Two years later he opened a home for 30 orphaned girls in a house in Wilson Street, opening several more homes on the same street over the next few years. The houses were not built for so many occupants and the neighbours complained about both the noise of the children and the smell caused by the blocked drains. He began to look for somewhere with more space.

Perhaps surprisingly for a man who by the end of his life had cared for 10,000 children without salary, his first priority in opening the home was not caring for orphans. His first hope in the work was that he could show that "God is faithful still and hears prayers still". With this in mind he chose not to fundraise but to quietly lift up all his needs to God in prayer. The first donation toward the home was one shilling; two days later he was given a large wardrobe. Little by little more and more shillings were given to him, and other items arrived from ordinary people all over the city –spoons, bowls, a bit of cloth, a bonnet, a cup, etc.

Gradually, penny by penny, Müller was given £10,000 which allowed him to buy a piece of farmland in Ashley Down and open the first home here in June 1849. One Hundred and eighteen children were moved from Wilson Street and settled in. More buildings followed and eventually 2050 children could be given a home here at any one time. Both boys and girls received an education far better than children from the working classes (whom many nineteenth-century educationalists would not teach to write) and went on to apprenticeships, domestic services and even became teachers and governesses.

When Müller died at the age of 92 in 1898, the Daily Telegraph wrote that he had "robbed the cruel streets of thousands of victims and the workhouses of thousands of helpless waifs".

The Ashley Down homes closed in 1950 but today the George Müller Charitable Trust still operates the Scriptural Knowledge Institute, partnering with charities in this country and around the world and funding projects that care for and support vulnerable children and their families.

Sad times where heartbreaking decisions such as these had to be made, and you send your 9 year old son to collect the admission form. I know Dorothy went on to marry in 1929. I intend to visit the museum and research further into her time there, a wonderful resource to have on our doorstep. ■

George Müller on his 90th birthday



as well as giving glimpses of what life was like for children who lived here. It is full of photos, interactive activities for families and boasts an archive that includes detailed records of 17,556 orphans.

**Müller Museum is open from 10am–4pm weekdays and some Saturdays – see website for more information [www.mullersmuseum.org](http://www.mullersmuseum.org) 45-47 Loft House, College Road, BS7 9FG.**

*Frederick Müller  
Ashley Down Road  
Bristol  
Aug 9th 1901*

*Mr Wilmott  
Dear Sir,  
Will you kindly  
give my little boy  
a form to fill up  
for D K M Sprague  
for who I applied  
on Wednesday last  
as I feel that she  
would have a far  
better home in the  
Orphanage than I  
could provide for  
her. Yours Respectfully,  
A A Sprague*

Letter written by Dorothy Kathleen May Sprague's mother applying to have her admitted to Muller Orphanage in 1901.



# News from Bishopston & Ashley Down & Redland Councillors



Lily & Emma

## Bishopston & Ashley Down ward

We hope you had a lovely summer; we have been busy as well as having a well-needed break. In July we attended Brunel Fields School Summer fete, where we got to see the work the pupils had been doing for their ecology week, which was really encouraging to see. We also volunteered at the Ardagh, helping put in some new raised beds; and Emma attended the AGM of Street Scene, the volunteer group that deals with litter and graffiti in the area. We also visited Horfield Prison and learned about plans they have to open a café on Gloucester Road, where inmates can work and learn valuable skills before their release, as well as creating a new community space. Here are some of the other things we have been working on this summer...

**Parking updates** – Emma asked Marvin Rees a question, at members forum in July, about bringing in Residents' Parking Zones, but sadly was once again told that, under this administration, RPZs would not be extended. However, we are also launching a petition this month to take to Full Council later in the year, to ban pavement parking in Bristol. We will be launching it this summer so do keep an eye on our Facebook page. We are also looking at ways we can make the new Ashley Down Train Station into a transport hub.

**Horfield new benches and log edges** – We've been spending a lot of time up at Horfield common recently seeing some of the work being done there, and have enjoyed volunteering at the Ardagh. Recently all the broken benches were fixed and replaced where necessary, and Emma has been working with Parks officers to find a solution to people driving and parking on the common. It looks like a solution has been found and a mixture of logs, long grass and additional tree planting will be implemented in the next year.

**Fixing Kennigton Avenue** – The recent resurfacing of Kennigton Avenue was not successful and due to excessive hot weather

was been left potholed and uneven; we know this caused some additional stress, especially at times of cricket matches. We are pleased to announce that the road will be resurfaced and all lines repainted over the summer and we want to pass on the officers' apologies about any inconvenience caused.

### Instant green man on Ashley Down crossing

One good bit of news from Highways is that, following requests from residents, the crossing on Ashley Down Road by the College is to be fixed so that an instant green man will come on when pressed. We hope that this will make the area much safer for pedestrians and make it easier for children crossing the road to Brunel Fields School. We also hope this prioritisation of pedestrians over traffic, will help with some of the speeding that happens on Ashley Down Road.

**Muller Road work starting in August** – The work to change the section of Muller Road – from Downend Road to the allotments – should be underway. These changes will see Springfield, Draycott and Brent roads being closed off to through-traffic, and additional traffic signals being added at the bottom of Ralph Road. We hope the changes will stop cars rat-running through the area.

### Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

### Councillor Lily Fitzgibbon, Green Party

Cllr.Lily.Fitzgibbon@bristol.gov.uk

## Redland ward

**Supporting pollinators and wildlife** – With new development across the city, impacts on nature are often negative. A new policy that promotes 'biodiversity net gain' is coming and we're keen to see this used constructively. We don't encourage nature being removed for building works with a different feature more convenient for the developer added instead, but support protecting trees and land that's already rich in wildlife and adding extra habitats too. Bee bricks and swift bricks are simple additions we'd like to see as a matter of course in new developments. As the local plan is still being revised, we're pressing for stronger policies urgently needed to protect nature and tackle climate change.

**St Christopher's development news** – There are some signs of a possible revision to the proposals from the developer of the old St Christopher's School site in Westbury Park, which has a gate from the site to our ward. As we write, this is uncertain but there may be further work to redesign some of the details, and a possibility the developer may be meeting with development control officers to submit a revised application. Watch this space!

**Get growing!** With the cost of basic foods rising steadily, growing food is an increasingly attractive option for many people. To get inspired we'd recommend taking part in the annual Get Growing Trail – see [www.bristolfoodnetwork.org/blog/get-growing-garden-trail](http://www.bristolfoodnetwork.org/blog/get-growing-garden-trail). The wonderful Golden Hill Community Garden (off Monk Rd) is one of 30 sites in this year's Get Growing Garden Trail and there are many more too. The Trail runs over the weekend of 17–18 September, giving visitors a chance to join in with harvest celebrations. The list of sites also has reminders of local orchards where Apple Day will be celebrated in September and October, including our Horfield Organic Community Orchard, 16 October.

**New club car proving popular** – Since the forgotten, vacant car club space on Egerton Brow got a new Yaris hybrid hire car from Enterprise car club, it has been very well used. With the cost of motoring rocketing, and parking spaces running short, having access to a club car when you need it can help people manage travel without their own car left idle parked most of the time in our congested streets. The vacant car club space had no car in it for a long time until Martin asked officers to check this and they found the space was missed off their list of sites, so never allocated a car! Enterprise car club stepped in. Each car club vehicle can typically help replace several local private cars no longer needed, and ease parking pressures in our crowded streets.

**Redland Green water fountain at last?** There are promising signs that the long-awaited works, which would enable a water fountain to be installed at the park, may be forthcoming. This is a saga that has rumbled on for years so we are not holding our breath, but Fi has been assured that the necessary water main adaptations are getting close to connection by Bristol Water.

**Sponsor a street tree in Bristol** – Trees for Streets is the National Street Tree Sponsorship Scheme from the charity Trees for Cities. It's working with the council to raise funds for more trees in the streets of Bristol, and everyone is invited to be part of it. Funds are especially needed to ensure more trees in areas where there's less cover – something the recent heat wave has shown to be so important! By sponsoring a street tree, you'll be helping to: • fight climate change and pollution • improve the health of everyone in your neighbourhood • leave a legacy that will last for generations • create a haven for wildlife • make your street a nicer place to live. See: <https://sponsor.treesforstreets.org/provider/Bristol-city-council>

**Heat pump grants** – A new way to heat buildings without using gas is now available for homes and small businesses. Government grants to replace boilers can be used if the building has already been



Martin & Fi

insulated. These heat pumps gather heat from the air or ground and concentrate it to provide heating. The grant scheme and further info can be found at: [www.energyservicebristol.co.uk/heatpumps](http://www.energyservicebristol.co.uk/heatpumps). We've had some inquiries and we recommend getting advice from those who have had a heat pump installed such as from <https://www.cse.org.uk/news/view/2471>.

### Diesel generator pollution to be reduced

With local air quality remaining dangerous extra diesel generators and motors running in parks and streets from traders is bad news. One was recently running by Gloucester Road, which is in an air quality management area due to pollution. Families by Redland Green were also worried about an ice cream van constantly running its motor next to the play area. After our question about the need for trader licences to be reviewed to discourage use of static generators, the mayor has agreed that officers should work together to join up their processes and review the conditions and licences being granted by the council. They didn't deal with this. Batteries and power connections should become the norm once this new scheme is put in place. This is good news and should lead to cleaner air. We'll be looking out for progress on this now it's been taken on board.

**Cost of living crisis** – With ever-rising prices, energy costs and continuing low pay and zero hours contracts, we supported the declaration about the cost-of-living crisis brought to the council in July. We would have liked to see £400,000 surplus funds allocated to the Local Crisis Prevention Fund; however, we didn't support an amendment for this that also wiped out the mention of austerity policies. We don't think that unspent funds should have been added to boost budgets in the mayor's office at a time like this, as we think this is a well-targeted fund that helps those most in need; however, the mayor didn't allow this boost to the crisis budget.

### Fi Hance, Green Party

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### Martin Fodor, Green Party

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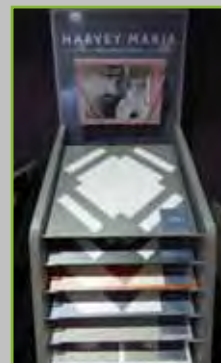


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