

# Bishopston

## Matters

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issue 161, Oct 2022



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*Dear Readers...*

*It has been an historic time during the making of this magazine, as we have marked the death of Queen Elizabeth II. She was dedicated to her work and a strong female role model for the last 70 years. I extend well wishes and send love to all those mourning the death of someone, whether that be recent or from years past.*

*As you can see by the front cover, autumn is upon us and preparations are in full swing for the Ardagh Community Trust (ACT) Halloween Party. Read about this and all of ACT's news, inside.*

*This month we are pleased to welcome Claremont School to share some news with us, both in text and coding. This important local school celebrates its 70th anniversary this year.*

*It was interesting to attend the recent Family Food Action Open Day at the Ardagh. This locally formed charity is doing excellent work in playing its part in tackling food poverty in our extended community.*

*We are pleased to bring you up to date with their growth, and share how you can help.*

*The Moggery is celebrating its 25th anniversary this autumn. We bring you an interview with founder Christine Bakya.*

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

*A Horfield resident shares news of a children's book he has illustrated. We are pleased to give you the chance to win a copy in our **Reader Competition!***

*I have visited two family businesses that are new to BM this month – The Little Bathroom & Boiler Company and Areeshaz Dessert Café, both passionate about what they do. Do take advantage of the **Reader Offer 15% discount** at Areeshaz soon. The desserts are heavenly!*

*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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## Claremont School News

Claremont School council is excited to take on the project of sharing school news in *Bishopston Matters*. This year the school is celebrating its 70th year and plans are being made for a big party event.

The school council will take photos and ask all those who attend to share memories of life at Claremont in the next issue. Last year we got involved in planning school days, choosing the activities that teachers would run and also raising funds for charities. We set up a tombola stall at the summer fair and organised a massive school raffle too. Claremont School is a busy place with lots going on in different classes so we will become reporters to collect and share news with you.

We have just started back at school and our first task has been helping with the interviews for new staff. The school council have been asking questions and giving feedback to the head teacher. We found out lots of fun facts about the candidates and helped show people around our school.

The school council have been interviewing new staff. We met some fantastic people and recorded our opinions. It is good to have our say.

Widgit Symbols © Widgit Software Ltd 2002 - 2022

Many of the students on the school council use voice output high tech communication aids. They share messages by pressing the devices directly or using eye-gaze technology/switches to activate them.

claremontbristol.org.uk



## News from the Goldenhill Community Garden

Hi everyone

Summer may be gone but we've still got plenty to eat and do up at the garden! We're here every Wednesday 10am-4pm and new folks are welcome along at 12pm or 2.30pm (or whenever you can make it) for a look round and introduction to the site. This month we'll be busy replacing our old raised beds that we built 9 years ago, which are rotting away, as well as harvesting, weeding, drinking tea and chatting. No experience needed and we provide gloves and tools along with a warm welcome.

**This October half term we'll be running another Adventure Day for families with a child/ren with SEN and their siblings on Monday 24 October, 11am-3pm, and as well as that we'll be running our first Adventure Day for families with adopted and fostered children and their siblings on Tuesday 25 October, 11am-3pm.**

We're planning lovely laid back days of making, baking, munching pizza, climbing, harvesting, exploring nature, enjoying the garden, being silly and being together. Please check our website at [thegoldenhillcommunitygarden.com](http://thegoldenhillcommunitygarden.com) for more info or to book, and please get in touch if you've got any questions or concerns about whether this will be a good fit for you or would like to talk about how we might be able to support you to come along. We've got a warm indoor space as well as covered spaces if the weather is not on our side. It's £5 per child and £2 for siblings (or free/pay what you can!) including delicious freshly prepped food for everyone – and

support workers/supportive friends/grandparents are all welcome along.

Other news from the garden is that we are seeing frogs more and more often in and around our new little pond, which we dug for this exact purpose back in January/February. After our frog spawn free 2021 we knew we had to do something, and it wasn't quite ready for them this year but I've got a good feeling for 2023! Next to the pond is plenty of cover for them to hide in and a pile of logs with pipes buried in that's we're grandly calling a hibernaculum so they've got a nice place to overwinter before hopping out to hopefully start families in the pond. The little pond is also full of all sorts of invertebrate life (including a tiny leech!) and frequently visited by dragonflies and damselflies. Each week the frog sightings bring excitement and joy and we're often gathered quietly round beaming at all the little wonders in our pond. If you have a garden I cannot recommend the benefits of digging a pond enough – for wildlife and for you! – and if you don't have space then please come and enjoy ours! Or the lovely one in St Andrew's Park is well worth a look as well.

And finally sorry to mention Christmas BUT, as I'm already getting enquiries, another date for your diary is for our ever-popular wreath-making sessions that we'll be running Saturday 3 December and maybe Sunday 4 as well.

*Lucy*

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

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**'My Community' Bristol has money available for our local community – Horfield, Lockleaze, Bishopston & Ashley Down, and Ashley wards.**

This money is to invest in ideas that help start and support community-led activity that will have a positive impact on our local community and help make it an even better place for people with learning disabilities to live.

There is a short and accessible application process to ensure that all ideas are valued and considered. Community Partners, Jess and Alice, can support local people to bring their ideas to life. They can work with you to develop your plans and apply for this money. There are different ways to apply – for example, you could have a conversation with the Community Partner, share your idea in writing, give a presentation, or make a video, mural or piece of artwork.

**To receive money, your idea will need to be based around:**

1. What you and others in your community think will make this a better place for people to live happy and healthy lives.
2. Using the strengths that are already in our community – people, places, activities, etc. For example, using space in a local community centre, or finding other local people with the same interest.
3. People with a learning disability must be central to the idea and should be leading the idea (or given opportunities to learn to lead) based on their skills, gifts and talents. For example, a person with a learning disability leading a cookery class.
4. Ideas should support Mencap's 5 values:
5. Inclusive; Passionate; Brave; Positive; and Kind.



**For more info, scan the QR code or contact Community Partners, Alice and Jess**

**[mycommunity.bristol@mencap.org.uk](mailto:mycommunity.bristol@mencap.org.uk)**

**Alice – 07890 043 455 | Jess – 07816 295 082**



## 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!)

Do get in touch for a free trial. We take on all abilities.  
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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**

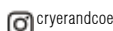
**The good news!** It doesn't have to be like this! Planning for the personal side of retirement has been found to improve well-being, contributing to a more positive and happy retirement experience. Non-financial retirement planning takes account of newly acquired time, supporting you to decide how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



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## LITTLE BATHROOM AND BOILER Company



As the saying goes 'All the best things come in small packages' and this is true of the Little Bathroom and Boiler Company (LB&BC). Their showroom may be small, but their scope to deliver on fabulous bathrooms and kitchens is HUGE! I met up with owner Jamie at the family business based at 32 Gloucester Road North.

**Jamie has a lifetime of experience fitting kitchens, bathrooms, boilers and plumbing.** He was driven to open his own business to enable him to work with the best range of products and not compromise on quality when working on projects in peoples' homes. He only works with products he would happily fit into his own home. He shared, "Being able to deal directly with the manufacturers enables people to have exactly what they want at a fair price." Something that is all too important at this time.

**Bathroom Design & Fit** – Jamie shared, "We advise people what all the possibilities are for their projects – can a toilet be moved? What style of bathroom furniture will best suit that space? We only sell people products that will work well in their specific bathroom, we want people to have the best design to suit each individual space as well as their personal taste." LB&BC can offer people an in-house, 3D design of their bathroom, so clients can clearly understand the potential and be happy with their final design. The business can design and supply a bathroom or see the design through to full installation.

**LB&BC is delighted be able to offer leading technology in bespoke bathroom mirrors.** They are the only supplier in Bristol (and one of only two in the country), who can supply hand-made in England mirrors, in bespoke sizes and shapes. They can be customised to light up, change colour, heat up, have blue tooth and a shaver socket!

**LB&BC also do great work with kitchens.** In order to offer their customers the best available deal to suit their needs, they work on a 3 tier system.

- **Tier 1:** Clients can visit the LB&BC showroom, view samples of surfaces, finishes and furniture. Select a kitchen from a catalogue and have it delivered to their home for self-installation – resulting in a large saving
- **Tier 2:** All of the above but with the kitchen plumbed in by LB&BC
- **Tier 3:** LB&BC will design, supply, fit and plumb in your bespoke kitchen

Jamie is keen for people to get a good deal on their kitchen without compromising on quality. "Whichever tier you select, you will receive goods of higher quality than alternatives in other larger, nationwide retailers".

**As their name would suggest, LB&BC have years of experience in supplying and installing boilers too.**

Siobhan Magnus manages the showroom and produces kitchen and bathroom designs that you will be delighted with. She can of course discuss boilers too. **Do get in touch and get your project underway soon.**





## Camping adventures with 63rd Scouts

What an amazing few months it's been for our 63rd Scouts! We've had our summer programme and the Group focus on re-establishing an extensive camping programme with the young people across all sections, after the restrictions of the last couple of years. The Group has seen a range of successful camps culminating at the end of this summer with a week-long adventure for over 100 people in the Great Tower Campsite on Lake Windermere in the Lake District!

Matt Lloyd, Camp Lead from the 63rd Scout Group, said "We were so lucky to be able to take 85 amazing young people and a team of 21 incredible volunteers to the Lake District and hold a successful 7-night camp at the Great Tower Scout Adventure site. It was a truly amazing week of adventure and the Scouts undertook activities such as Canoeing on Lake Windermere, Climbing on Tower Crag, Ghyll Scrambling in the beautiful Langdale Valley, Fell Walking up Gummer's Tor and a wealth of other activities such as Bridge Building, Archery, Leap of Faith, Crate Stacking, Orienteering, Volleyball, Camp Bingo and culminating in a fun end of camp party, with a pumping dance floor and one of the biggest congas around a campsite we've ever seen! The team at Great Tower were great and they said that it was such a pleasure having the Scouts up from Bristol, one of the best troops they've worked with!"

Everyone had an amazing time and we are so looking forward to the next one!



Having a great team of leaders and helpers makes such a difference to events like these and the programmes that Scouting can offer the young members of our local community, week in week out. The team of volunteers on camp gained so much from the experience, but all of our volunteers benefit from volunteering in so many ways personally and professionally. **At the 63rd Bristol we need more volunteers to join the leadership teams** across the Group so we can sustain all of our sections and keep the programme providing adventure, fun and life skills for the years ahead.

**If you want to know more, please get in touch with Matt Lloyd 07918 102363 or Mike Evans 07722 632468**



## PRIMARY SCHOOL TUTOR

**Is your child struggling at school?  
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Are you looking to send your child to private school but need help with the exams?**

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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  
localbristolstutor@gmail.com | DBS checked**

## WEAKLY WORMIT AND THE ESCAPE OF THE GOBBLERS!

It was great to meet with local resident James Byrne to talk about the children's book he has illustrated *Weakly Wormit and The Return of the Gobblers*. The story is written by his aunt Fiona Hunter, a retired art teacher who lives in Scotland.

The main character is a school boy named Wormit who, during the course of the story, transforms from 'weakly' to 'wonderful Wormit' as he saves his town from the greedy Gobblers!

My 4 and 6 year old enjoyed the tale that is a bit scary in places (perfect for Halloween!). They responded to the pictures that capture the characters perfectly.

James told me that, as his aunt is an artist herself, he was honoured that she asked him to illustrate the book. "For many years she has received Christmas cards that I have drawn, which are often influenced by traditional Ethiopian art, with big eyes, bright colours and



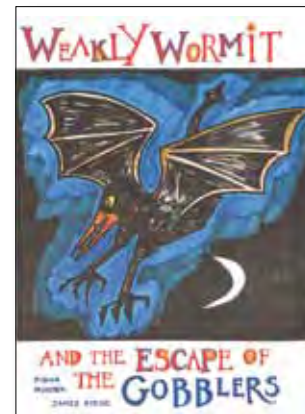
black outlines, and she said my style of art was what was needed. The pictures are the result of many hours of work during lockdown."

Growing up in Bishopston, and now living in Horfield, James enjoys the cafes on Gloucester Road and being a part of this creative community.

The book is a fun tale that sees a once bullied character show great strength as he finds his happy ever after.

You can purchase a copy on Amazon or Waterstones online or order from a local book shop.

**Reader Competition! We have a copy of *Weakly Wormit and the Escape of the Gobblers* to give away.** Simply email: kerry@bishopstonmatters.co.uk, with the answer to this question – **What creature does Wormit save his town from?** Entries close 31/10/22.



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# Life changing

**Junior School Open Morning**  
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## Turn Bristol into an orchard city – one apple tree at a time

The much-loved annual Apple Day public event makes a welcome return to Horfield Organic Community Orchard (HOCO) on Sunday 16 October, 2-4pm.

This community celebration takes place when most of the longer-keeping apples have been harvested – good news for the apple tasting table. The event raises funds for the orchard through sales of young apple and pear trees.

"It is often said the best time to plant a tree was twenty years ago. I say the next best time is this autumn," says Shannon Smith, the Orchard Learning co-ordinator. She adds, "Late autumn is the ideal season because the trees are dormant and the soil is moist and warm. These are perfect conditions for young trees to get their roots into the earth. Each tree you plant, and care for, helps turn Bristol into an orchard city for the future."

The young trees are grafted from favourite HOCO trees. Pre-ordering is strongly recommended, as there are small numbers of each variety. Details will be on the HOCO website in early October.

As well as trees there is homemade cake, fresh-pressed apple juice, plants, preserves and produce

for sale. The local community are also invited to show their support for HOCO by joining the orchard as a Friend. Orchard members will be on hand to chat about changes in the orchard over the past few years, and to answer fruit growing questions.

To find the orchard (nearest postcode BS7 8JP) – walk down the lane beside 22 Kings Drive (between Bishop Road & Kellaway Avenue), turn left and it's the first gate on the right. OR Take the lane beside 134 Longmead Avenue (BS7 8QQ) until you come to the last gate on the left.

Details may change due to events beyond our control. Please contact HOCO c/o the website to sign up for up-to-date information:

[community-orchard.org.uk](http://community-orchard.org.uk) | 0117 373 1587



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### Circle Dance Evenings

At The Old Library, led by Susannah Temple –  
**Tuesday 25 October, 7.30–9.30pm.** 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. Welcome to you all! Susannah teaches as they go along, so you can pick it up gradually. Wear soft shoes or bare feet. Light refreshments provided. Cost: £5 (or more if possible) to cover expenses and support The Old Library.



For more info contact Susannah: 0117 979 1519 | [susannah@temple.co.uk](mailto:susannah@temple.co.uk)



## Girls Football at Shine

The recent roaring success of our Lionesses in the European Championships set the country alight with footballing passions, and girls' youth football has exploded with more girls than ever having an interest in playing the beautiful game.

Shine is on your doorstep; there is nowhere in Bristol offering more opportunities for girls to play sport in a safe and fun environment. Our team of top-class, FA-qualified coaches help the girls develop both their physical and mental footballing skills.

### What is running?

**Shine Wildcats** is a fantastic introduction for girls as young as Reception, playing indoors on Wednesdays at the Shine Community Sports Hall in Henleaze. Focusing on basic skills and technical work followed by small-sided football matches, so that players can put their new skills into practice!

**Shine Pumas girls' football squads** are the fastest growing girls' junior football set-up in Bristol, offering girls in Year 3+ the chance to follow in the footsteps of our Lionesses playing in a combination of training sessions, friendly and competitive fixtures, skills, techniques and knowledge of the game.



**Football for girls in Years 7–10.** We have girls who started playing football when they were younger and are continuing to play through their senior school years. Come and play indoors at the Shine Community Sports Hall with our squad.

Shine is proud to offer some of the best facilities in the area, with our recently opened Shine Sports Ground on Lime Trees Road, Horfield – the home ground to both our training sessions and matches, with indoor sessions taking place at the Shine Sports Hall, Brecon Road, Henleaze.

Girls' football is finally getting the coverage it deserves and Shine are proud to be at the forefront developing the next Lauren Hemp or Leah Williamson – **could your daughter be playing for England one day? Contact us for a free trial and find out!**

**Info@myshine.co.uk | www.myshine.co.uk**

## Triumph at A Level and GCSE for Badminton School students

Students at Badminton School joined their peers across Bristol in receiving their A Level and GCSE results in August. Despite the disruption over the last few years, their results were as impressive as ever with two thirds of students achieving three A\*/A grades at A Level and 43% of all grades awarded at GCSE were grade 9.

A Level results at Badminton saw over a quarter of Upper Sixth students awarded three A\* grades and places on courses at a range of top universities including Oxford, Imperial College London and Durham University, as well as other renowned establishments such as The Royal Academy of Dramatic Arts, were secured. An exceptional 86% of university placements were at the students' first choice university. One of the four successful students going on to study Medicine was Ankita who said: "I am really looking forward to studying at Imperial in October. While A Levels have been a fairly gruelling process, I have enjoyed other activities during this time such as Diversity Club, Sign Language Club and being Head Girl."

This year's GCSE cohort at Badminton continued to excel in STEM subjects: 100% of grades awarded

in Further Maths were at grade 8 or 9 and over 75% of grades awarded in the Sciences, Mathematics and Computing were at grade 8 or 9.

Outside of the classroom the Year 11s at Badminton seized the opportunities presented by the lifting of COVID restrictions and the return to in-person learning. Nastasja from Bristol, who is going on to study Mathematics, Biology and Chemistry at A Level, explained how being part of the School's Science Outreach Team has enabled her to be more aware of, and connected to, the wider scientific community. She comments: "From getting to know the members of World of Physics at WOMAD Festival, to seeing young children get excited over liquid nitrogen at our travelling science shows, being part of the Science Outreach Team has offered me an opportunity to expand connections and be more present in our community."



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### Autumnal comforts –

As we head into the colder months and seek to be cosy, Food Shop has the perfect comfort foods to make you feel all warm inside. Ever-popular **Heist chocolate** is back in stock. Heist is a tiny independent chocolate maker based in Cardiff, which specialises in micro-batches of stone ground chocolate using single origin, organic cocoa beans and it is scrumptious! Food Shop owner Darren recommends **Pistachio praline** and **Honey roasted peanut butter** as toppers for porridge, add some luxury to this humble cereal. Sometimes it is the simple pleasures in life that are the best!

**Extended cheese range** – FOOD SHOP is pleased to now offer a wider range of special cheeses from the South West and Europe. New to store is Westcombe eco-cheddar – sustainably farmed with biodegradable packaging.

**Cult Jar** – these delicious products are made and grown on a farm in Warminster, just 30 miles away. You can pick up jars of Fennel, oranges and chilli, Celeriac, mustard, tarragon and capers or a refreshing drink of Gooseberry and elderflower – each one is bursting with flavour.

**Thicc sauces** – Darren describes this range of sauces as “Mind boggling good!”. Products include Srirachia table sauce, Figroni chilli jam and Dill pickle with jalapeños, CBD infused. The presentation of the bottles looks as good as the taste of the sauces.

**63 Overton Road BS6 5AD | foodxshopx.com**

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## Areeshaz Dessert Café

It is wonderful to welcome Areeshaz Dessert Café to Gloucester Road (opposite the Prom). This sweet business opened its doors in September 2022 and has received fantastic feedback from the community along with 5 star Google reviews.

**Family business** – It was great to meet with owner Imran, who runs the family business with his brother Atta. The venue is even named after Imran's daughter, Areeshaz. For the last four years the brothers have worked at a respected dessert business. They felt there was a need to fulfil on Gloucester Road and with the opening of Areeshaz, are pleased to bring their knowledge and passion for the industry to the area.

**Quality desserts** – Areeshaz specialises in Belgian waffles, Gelato, Crepes, Freak shakes, Cookie dough Milkshakes and Coffee. There is a wide range of scrumptious hot desserts as we enter the colder months. Imran told me they work hard to source quality ingredients to ensure they serve the best tasting desserts.

**Proof is the pudding!** I can recommend the generous sized waffles; you can select your own favourite toppings but I opted for milk and white chocolate sauce with a scoop of banana gelato–

indulgent but truly delicious! My family were delighted when I returned with waffle, chocolate fudge cake and rich gelato; it brought huge smiles to all of our faces – and taste buds!

**Everyone catered for** – This dessert specialist has a good range of vegan options, and will make up vegan versions if you spot something else on the menu that you fancy. They are happy to accommodate allergies; please just ask.

**Visit with your Reader Discount voucher**

**The venue is open from 11am to 12pm, 7 days a week** so there is plenty of time to visit and enjoy your favourite dessert, with your **15% discount voucher!**

**23 Gloucester Road, BS7 8AA | 0117 462 2631**

Also on Deliveroo, Just Eat and Uber Eats



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## FHS students celebrate excellent set of GCSE results

Fairfield High School (FHS) students are celebrating an excellent set of GCSE results, demonstrating their commitment to their studies despite the challenges that this year's cohort have faced over the last two years.

Over 35.4% of grades achieved in FHS this year were a grade 7 or above. Students demonstrated excellence across a range of subjects reflecting the hard work of students, staff and families. One student's results were notably exceptional with 10 grade 9s!

Many students reached standards well above those that might have been expected when they started at FHS. FHS prides itself on recognising the success of all students, regardless of their starting point.

Staff at FHS spent the following days and weeks ensuring that all students are able to progress to their next stage of education.

Principal Nick Lewis said: "We are extremely proud of our Year 11s. They have achieved great results. These achievements are even greater when we consider their impact on the school and wider community. They leave not just with wonderful results but an education that prepares them for life. The support of parents/guardians and staff has been instrumental in students gaining good grades and I would like to thank them for all they have done, they have gone above and beyond. As our students start their next chapter in life, I want to wish them all the best for the future."

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## Brunel Field goes hiking!

A number of teachers from Brunel Field Primary signed up for Macmillan's Mighty Hike in the Wye Valley for the first weekend after the school holidays. They wanted to

them, the teachers created their own 26 mile walk and set off anyway. They walked from Bristol to Bath and back again in their costumes and at the time of writing have raised £2,339 (with a target of £1,750). Along the way they met many supportive dog walkers and cancer patients who were keen to share their stories. The teachers would like to thank all of the generous donors for supporting them...as they embark on training to complete the Mighty Hike next year instead.

**If you would like to donate there is still time; please visit [Brunel Field is fundraising for Macmillan Cancer Support at justgiving.com](#)**

support a charity that has helped and continues to help so many people suffering from cancer. Whilst they hadn't trained quite as hard as they perhaps should have done (for the hilly and rocky terrain) they were very much looking forward to undertaking the challenge. They also thought one way to drum up some fundraising would be to complete the walk dressed up as the ELLI learning characters from school!

Unfortunately, Macmillan Cancer Support decided to cancel the event at the last minute, in the light of the sad passing of Her Majesty Queen Elizabeth II. Undeterred and with some very generous donations from family and the school community to encourage

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## Clifton High Infant and Junior School

At Clifton High Infant and Junior School, pupils are encouraged to believe in themselves, take risks with their learning, and celebrate their progress.

At Clifton High, a co-educational independent school for children ages 3–18, the Infant and Junior School is where our pupils begin their academic journey. Important foundations of learning are laid and qualities such as curiosity, empathy and resilience are developed, as pupils take their first steps towards realising their individual brilliance. We see the changes and progress made in Infant years (Reception until Year 2) as integral to children's futures; as such, Clifton High adopts a responsive approach to learning, creates routine to foster independence and offers a range of subjects and opportunities with children's needs and interests in mind. In our Junior years (Years 3–6), the introduction of programmes such as the technology carousel and leadership skill building foster confidence and nourish new interests, as well as preparing children for Senior School education.

Clifton High's co-curricular provision is a crucial component of our School at all levels. In the Infant and Junior School, pupils are offered range of activities such as drama, music, chess and construction. An array of sporting opportunities, including swimming and tennis provided by University of Bristol coaches, inspire ambition and enjoyment of physical activity.

Additionally, through the Adventure Programme, pupils at Clifton High experience the benefits of bespoke

outdoor education, which is intertwined with their weekly timetable and may see them going offsite to forest school, climbing, kayaking, taking part in archery, target sports, rock skills, hiking and tobogganing. By instilling a love of the natural world, encouraging children to push their boundaries, and giving them regular chances to learn new skills, pupils at Clifton High thrive inside and outside the classroom.

Mrs Alice Taylor, Head of Infant and Junior School, says, "I am a strong believer in children being given a wealth of opportunities from a young age, enabling them to discover new interests, strengths and challenges, and equipping them to be lifelong learners. Children should not feel there is a ceiling to their learning."

**We are holding an Infant Open Morning on 7 November; to register your interest, please email [admissions@cliftonhigh.co.uk](mailto:admissions@cliftonhigh.co.uk)**



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# News from St Bons!

The start of the new school year has been as busy as ever, but of course tinged with sadness as we learned of the death of HM Queen Elizabeth II. Our Reception children made a collage of the Queen for her Platinum Jubilee, and this has provided a wonderful focal point for us to pay tribute to the Queen and to share memories of her long reign.

We have also been busy celebrating the life of Roald Dahl – the children came to school dressed as their favourite Roald Dahl book character or in yellow which was his favourite colour.



We have been pleased to welcome our new intake of Reception children, we are really enjoying seeing them settle into their school routine.

If you have a child starting school next September, please do consider visiting us for one of our Open Days – dates for these are on the Admissions section of our website [www.st-bonaventures.bristol.sch.uk](http://www.st-bonaventures.bristol.sch.uk)

Left: Head teacher and Deputy Head as the Twits!



## HER MAJESTY QUEEN ELIZABETH II 1926–2022

With the recent historic death of Queen Elizabeth II, after 70 years of reign, we would like to mark her passing.

The wonderful portrait above was created in just one day by local artist Jenny Urquhart, and it has been hanging in the window of Room 212 on Gloucester Road since. If anyone would like to purchase a copy, visit [jennyurquhart.co.uk](http://jennyurquhart.co.uk); all proceeds are going to Cancer Research.

Although not an avid royalist myself, I had the upmost respect for the Queen who led our country with dignity and unwavering devotion – working just days before her death appointing Liz Truss as her 15th Prime Minister. She had four children, eight grandchildren and 12 great-grandchildren. For them as well as us, she was a symbol of stability, resilience, and wisdom.

I believe she was great female role model for

generations of women and it will be strange not to have her as head of state. 90% of the country has only ever known the Queen as our monarch. I think many of us felt she would somehow go on forever.

The Queen took great pleasure in being in the presence of dogs and horses; this is probably the only way our day-to-day lives were similar. So many of us take comfort and simple joys from our pets, they care not for our title or income.

Right, is a lovely visual tribute on display in neighbouring BS9. Resident, Erika Glanville, originally created the artwork for Window Wanderland, to mark the Platinum Jubilee.

After a life-long dedication to your work, we hope you may now rest in peace Ma'am.



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## OPEN DAYS FOR RECEPTION SEPTEMBER 2023

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Email: [admissions.stbonaventures@bristol-schools.uk](mailto:admissions.stbonaventures@bristol-schools.uk) | Visit: [stbonsuk](http://stbonsuk) | Tel: 0117 353 2830

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.

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A great shot featured in the 2021 Wildlife photography exhibition, sponsored by Niche



Niche Director Rupert Morley with Niche's prize-winning artwork at the 2019 RWA Open Exhibition

## Exciting work & collaborations at niche

As always when I visit Niche, there is a great buzz in their shop and gallery. While I waited to speak with director Rupert and manager Siobhan, I enjoyed seeing a happy customer collecting a much-loved print that had been beautifully framed, along with her 9 year old daughter's fantastic piece of art – 3 large insect illustrations, which had been cut out and mounted to give a 3D effect. As well as working with numerous professional artists and businesses, Niche is pleased to take on individual items to frame that are precious to their owners.

When I started talking with Rupert and Siobhan they had news on many exciting projects to share.

**North Bristol Art trail** – Niche is busy working with several of the artists who exhibit on the much anticipated annual art trail. The event takes place over the weekend of 26–27 November. During this weekend, Niche will be open Saturday as normal (9am to 5.30pm) and Sunday 10am to 4pm, to enable people out on the trail to visit their gallery space at the back of their shop. The venue always has some stunning work on display.

**RWA Annual Open Exhibition** – This dynamic and varied exhibition invites art submissions across a wide range of media, and is a showcase of some of the most exciting artists from across the country and beyond. Niche is delighted to be framing the work of many of the artists who have been selected.

The local business is also pleased to sponsor the Creativity award, which looks at works that use materials in an interesting way. Their selected winner will be announced on the opening evening, when Niche will award the prize of £250 cash and £250 of printing and framing, to the worthy winner.

The RWA Open Exhibition runs from 8 October 2022 to 8 January 2023 and is well worth a visit.



### Jubilee framing

With the sad news of the passing of Queen Elizabeth II, Niche thought it would be nice to share with you this royal themed image. In the lead up to the Platinum Jubilee, they were delighted

to print and frame this gorgeous, jewel adorned Corgi. The print took centre stage in the shop window of London jewellers Butler & Wilson.

### Wildlife Exhibition at Future Leap –

Niche is pleased to be collaborating with their neighbours across the road – Future Leap, on their 2022 Wildlife Photography Exhibition. Amateur photographers are invited to submit an image, that if picked, will form part of the exhibition. Niche will be printing and framing the work of the successful applicants and also providing a prize for the winning entry. Submissions will open during October, so keep an eye on Niche's social media and futureleap.co.uk. The exhibition, which launches in January 2023, will spend two weeks at Future Leap then come across to Niche's gallery for two weeks.

01179 422213 | [nicheframes.co.uk](http://nicheframes.co.uk)

@nicheframes @NicheFrames

NicheFramesniche, 4 Zetland Road, BS6 7AE  
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## The annual North Bristol Art Trail

will be taking place on the weekend of **26–27 November 2022** in venues around **Bishopston, Redland, Horfield, St Andrew's, Ashley and Henleaze**, with a preview evening on 25 November at certain venues. 110 artists will be showing their work in homes and community venues and you are warmly invited to come along and see what they have been creating.

Now in its 21st year, the North Bristol Arts Trail is one of the most important events in the Bristol art calendar. The artists taking part are a mixture of professionals and amateurs. Taking a walk around the trail you will find **paintings, prints, ceramics, jewellery, sculpture, photography, textiles** and much more. There will be something to suit all budgets, from larger original pieces to inexpensive gifts and greetings cards.

*But an art trail is not just about buying art. The North Bristol Artists are passionate about being creative.* They love making their work and they really enjoy being able to show it to you, even if you are not an art-buyer. So please feel free to come into artists' homes and see what they have on display. **There is no pressure to buy, or even to chat to the artist, so don't feel anxious about visiting any of the trail venues** – you are very welcome!

**Many artists will be raising money for charity over the art trail weekend.** Some will be donating the



money raised from the sale of artwork to their chosen charity, while others will be providing refreshments to raise money. The North Bristol Artists know how lucky they are to be able to spend time on their art, the thing that they love. Using their art to raise money for good causes is a way of helping others too.

A number of our venues will be offering **refreshments and music**, which is another good reason to have a walk around the trail and have a great day out in this creative area of the city. Our **Virtual Gallery** will be available to view from October and you can pick up **art trail maps** in shops and cafes around the trail area from this time. Follow the North Bristol Artists on **social media** and visit the website to sign up for the **email newsletter** and to view the artists taking part. [www.northbristolartists.org.uk](http://www.northbristolartists.org.uk)

# NORTH BRISTOL ARTISTS ART TRAIL

**DISCOVER  
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OVER 100  
LOCAL  
ARTISTS**

## 26-27 NOVEMBER 2022

## 10am-5pm

[www.northbristolartists.org.uk](http://www.northbristolartists.org.uk)





# News from Glos Rd Central

Glos Rd Central traders are gearing up for autumn and the busy season ahead.

Rambling Rose is scheduling a series of wreath-making workshops so pop in to our lovely florists for more information.

Our favourite bar, Sidney and Eden, has a vast array of events to keep you entertained as the evenings draw in. They host the Bristol Comedy Den every Wednesday with top UK circuit headliners. The first Thursday of the month is Bristol Drag Collective, the third Thursday is BAM!BAM! Comedy featuring BAME big national headliners.

Gloucester Road Books is offering a couple of Reading, Q&A and Signing events at Sidney and Eden – Adam Alexander's The Seed Detective, uncovering the secret histories of remarkable vegetables, on Tuesday 11 October, 7pm; and Anna Beer talks about Eve Bites Back, an alternative history of English literature on Tuesday 18 October.



full of artwork by Bristol artists, and Glos Rd Central is a hub for the trail, so this is an exciting weekend. Artigo will have a special exhibition by NBA artist Angie Kenbar. Room 212 will create a display of all the North Bristol Artists who are permanently in the shop and owner Sarah Thorp will open up her downstairs studio to show her work, alongside popular painter Jenny Urquhart and quirky card maker Maita Robinson. Like many of the venues on the trail, Room 212 will have a Preview evening on 25 November to raise money for a local

charity. [www.northbristolartists.org.uk](http://www.northbristolartists.org.uk).

Joe's Bakery will soon be stocked with a vast array of delicious, Halloween themed confectionary. Forget the tricks and visit this much-loved bakery for plenty of treats!

Do book your tickets at the Kelvin Studio for the October production of James III: The True Mirror, the Kelvin Players always put on a great show.

From the end of October, after the Day of the Dead exhibition, Room 212 will show original mosaics by Toni Burrows, including her latest, 'Turbo Island' (pictured above). Toni opens up her house during the NBA trail – do visit her four floors of amazing mosaics. If you fancy creating some art yourself, why not sign up to Room 212's popular painting class led by artist Emma Catherine. This month's class will take place on Saturday 22 October, which means that teenagers will be able to take part – perfect for those studying Art A level or GCSE. Check out the Room 212 website for more details.

We'd like to take this opportunity to say farewell and happy retirement to Chandra and Bena Patel who owned and ran Crawfords Newsagents for over 30 years. Mr and Mrs Patel would like to say thank you to all their customers, staff, suppliers and paper boys and girls. Over the next few months, they will be supporting the new managers who have reopened as a newsagent, general store and off licence.

For our latest news follow Glos Rd Central on Facebook.

OCTOBER 25 - 29  
THE KELVIN STUDIO  
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JAMES III:  
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An amateur production by arrangement with Nick Hern Books

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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 –

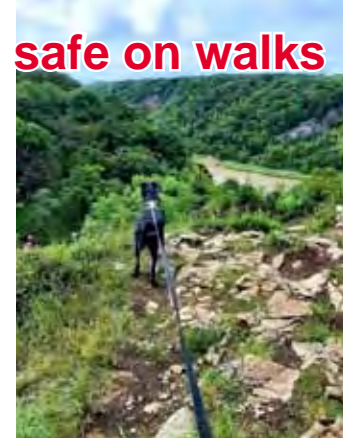
## Be your dog's advocate

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.

[www.themoggergy.org.uk](http://www.themoggergy.org.uk) | 0117 924 3128  
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Monty enjoys the Salmon recipe for fussy eaters but Nature's Way caters for all needs. There is Mature, Mature light, Puppy and then for adult dogs a selection of flavours – Chicken, Fish, Salmon, Lamb and Fish & Potato. They also do a Grain-Free range which works well for dogs with delicate tummies as it assists with digestion. There are many benefits for each of the recipes so do discuss with the staff what will work best for your special pooch.

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# FFA The Fantastic work of Family Food Action

It's been a few months since *Bishopston Matters* last reported on Family Food Action (FFA), but time hasn't stopped still for this innovative charity providing community support for children and families in food poverty. They work with four community partners – The Vench in Lockleaze, St. Paul's Children's Centre, Felix Road Adventure Playground Easton and May Park Primary School Eastville.

## In recent months we have:



- developed a website: [www.familyfoodaction.org.uk](http://www.familyfoodaction.org.uk)
- helped our partner organisations support 200 families and over 1000 children living in areas of high deprivation over the long summer holidays – when 'holiday hunger' becomes a huge issue for low-income children and families in Bristol.
- contributed to the **Feeding Bristol** and **Bristol City Council One City Food Equality Strategy** launch
- expanded our volunteer and donor base to over 100 members
- increased our regular income from cash donations by 50%
- started receiving fresh produce from 3 different growing groups: **The Ardagh Garden Group**, **Golden Hill Community Allotment** and **Little Stoke Garden society**
- moved to a wholesale veg and fruit supplier (Total Produce in Bristol Fruit Market)
- become a Sainsbury's Clifton Down 'charity partner'
- held an 'Open day' – at our base inside the **Ardagh Community Trust** on Horfield common, attended by over 200 people including Marvin Rees, Bristol City Councillors, representatives from our 4 partner organisations (including Nirmal from Felix Rd Adventure Playground who provided tasters of delicious budget meals cooked using FFA donated goods)
- cemented and/or made new links with other organisations including St Monica's trust, Tesco Golden Hill, The Good Egg Company, Family Action and with our volunteers and local community.
- held a raffle featuring prizes donated by 35 local Bristol businesses, which made nearly £400; and our cake sale was also a winner.

In September we also received a **Quartet Community Foundation** express grant – to support FFA's development, annual running, volunteer training and publicity costs. This will make a huge difference and enable us to consolidate and strengthen our organisation at an important moment in its development and for the issues it seeks to address.

These developments are timely as FFA's 4 community partners are already reporting spiralling demand, and growing pressure on families, services and existing food organisations. The winter months are going to be hard for many of us and are likely to impact on people's capacity for giving and on foodbank demand (70% of providers are already predicting they'll need to turn people away or shrink the size of emergency rations). So, as winter approaches, local families need FFA's help more than ever. But FFA is not just about food poverty, our unique model seeks to have wider impact by connecting communities, mobilising their resources and raising awareness. We provide opportunities for volunteering and social action and for individuals and communities to become part of a city-wide network combatting diverse issues affecting local people.

**E: [contact@familyfoodaction.org.uk](mailto:contact@familyfoodaction.org.uk)**

**[www.familyfoodaction.org.uk](http://www.familyfoodaction.org.uk)**

 familyfoodaction  FFBristol



The Ardagh Gardening Groups is one of three groups providing fresh produce to FFA



Marvin Rees sampling tasters of delicious food cooked on a budget with FFA donations, by Nirmal from Felix Road Adventure Playground



## FFA who we are and what we do:

Food Family Action started during the first lockdown as a grass-roots initiative addressing local food poverty. We became a registered charity 2 years later as the cost-of-living crisis deepened.

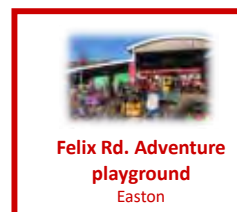
FFA raises awareness of food poverty and collects donated food and toiletries in North Bristol through a network of neighbourhood collectors. FFA volunteers then sort and deliver donations to 4 community organisations who work directly with families and children in areas of high deprivation. These partners provide food as part of wider action to build long-term relationships with local families and strengthen community. We also collect financial donations which we use to purchase bulk fresh nutritional produce.



## You can support FFA in different ways

- **Pay** a one-off or regular financial donation to our bank account
- **Give** some or all of your £400 energy grant to charities such as FFA who are helping those who simply can't afford to live (see: #DonatetheRebate)
- **Donate** essential foodstuffs and toiletries, fresh fruit, and veg
- **Volunteer** to sort or deliver weekly donated foods
- **Contribute** your time and skills in other ways
- **Initiate conversations** to raise awareness of food poverty and injustice

## FFA's 4 Community partners



**Felix Rd. Adventure  
playground**  
Easton



**May Park  
Primary School**  
Eastville



**St Pauls Children's  
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# Shrinking Horfield

BHA local history research – Andy Buchan ©

The history of Horfield is one of a shrinking parish; before the Norman conquest in 1066, the parish of Horfield included Filton and stretched North to

area. As far as is known Horfield has never had a nuclear or linear village centre, but appears to have had clusters of farms, with some surrounding workers houses, for example at Downend. That the population of Horfield was increasing as the 19th century drew on may be seen in the enlargements to Horfield parish church that occurred in 1836 and again in 1847. The censuses for Horfield from 1841 to 1871, show that employment in Horfield – at least the northern part – revolved around agriculture and related occupations. Gradually the occupations that people declared suggest that more were working in the city or the adjacent suburbs.

In 1862 came the next major change, when the bottom part of the parish of Horfield, together with parts of the parishes of St Andrews and Stapleton, were brought together to form the new parish of Bishopston.

This took a smaller area than the split with Filton but took the majority of the population.

This change was brought about because, not only was Horfield parish church too small, but the bulk of the people now lived too far from the church.

Maps from the second half of the 19th century show that, between 1850 and 1880, many of the roads and houses we would recognise today in 'Bishopston' had been built, while in Horfield besides housing going up Gloucester Road to Ashley Down Road, there was only limited development. Linear development up Gloucester Road continued but did not expand east and west until later.

How rural, and lacking services/facilities the heart of old Horfield was, may be shown by an accident which occurred in 1874; the doctor had to come from Cotham and the police also came from elsewhere, because there was no police station. There is a police house shown in Horfield after 1894, and there is said to have been a police house in Bishopston, but there is none shown on pre-1900 maps, that I have found.



Holy Trinity Church Horfield  
(Horfield Parish Church)

South from Gypsy Patch Lane to Zetland Road.

At some point after the conquest and before 1148, the first split occurred, when Filton became a parish in its own right.

And so things remained for the next 700 years. Horfield carried on as a scattered rural parish, with a population of perhaps 200 people, the majority of whom had jobs connected with agriculture. But the city of Bristol was growing and expanding and people living and working in the city, were increasingly choosing to live outside of the city in neighbouring parishes. One example was a retired family who moved from Kingsdown to a newly built house on Gloucester Road, near Nevil Road.

The next change occurred in January 1845 when the new parish of St Andrew, Montpelier was created, partly out of Horfield and partly out of St Paul's parishes. That this change had long been planned may be evidenced by the fact that the church was already built. This church was bigger, longer, and wider, than Horfield parish church even after its second enlargement in 1847. This was the prelude to the later formation of Bishopston.

This and the later change occurred because houses had begun to be built in the southern part of Horfield, some distance from the parish church and the scattering of farms in the immediate surrounding



St Andrews, Montpelier



St. Michael & All Angels Church, Bishopston



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Gemma has a kind and caring nature, and over 15 years of  
experience in general dental practice, with a passion for conservative  
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Gemma qualified from Bristol in 2007 before moving to work in the  
Bath and Cheddar area. She has recently returned to Bristol with her  
young family and we are looking forward to her starting with us in  
November.



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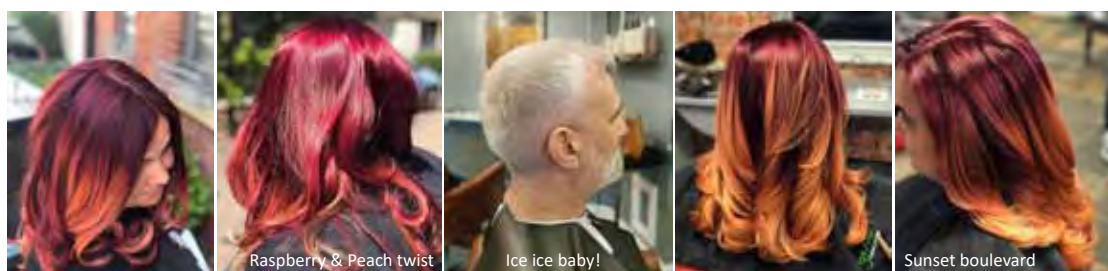
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## News from Ardagh Community Trust

It was a long, hot summer here at The Ardagh, but it didn't stop us from keeping busy with activities and events. Here are a few highlights:

**"To plant a garden is to believe in tomorrow"** Audrey Hepburn



As part of our first **Horfield Common in Bloom**, local residents embraced the challenge to grow the tallest sunflower (we certainly had good weather for it!) and we were pleased to announce Sian Hopkins as a worthy winner with a magnificent 230cm effort! Well done to all our competitors. The Front Gardens Trail

was also a success as many took part in greening up local gardens and it was fun to follow the trail map around the area. We hope to expand these activities next summer.

The regular **food pop ups** were extremely popular, helped along by live music and warm summer evenings. Moroccan, Mexican and Indian Thali were among the delicious food on offer. It was a wonderful way to relax at the end of the day.

**The Little Big Tidy**, organised by Bristol Waste as part of the Big Tidy scheme was well attended by many young helpers, keen to keep their local area clean and tidy for all to enjoy. Well done everyone!

(See our item on a regular litter pick group right).

As we move into autumn, we still have plenty of new, and regular events happening. For full details check on our new website and social media pages.

**Repair Café – Saturday 15 October, 10am**

– **midday** – Dig out your broken household items and bring them along for our team of volunteers to assess and repair if they can. It saves you money and prevents items going to landfill. Free event, donations welcome.



## Seasonal treats at Joe's Bakery

**Spooky Treats!** It will soon be time to select your favourite, fun, gory confectionary! There are no tricks, just plenty of treats at Joe's, including – monster cupcakes, ginger bread mummies, Frankenstein's monster and cobweb doughnuts!



**NEW! Nutella Cream Doughnut**

Wow! This welcome addition to Joe's, is a yeast-raised doughnut filled with a Nutella flavoured crème and Nutella swirl. These gloriously, indulgent bakes are flying off the shelves!



**NEW! Bavarian-style Maltzbrot**

After issues with importing the flour needed to produce a traditional Konig Ludwig Brot, Joe's bakers got to work to create their delicious own version! Joe's Bavarian-style Maltzbrot is made with Spelt and Rye flour, for a fine textured 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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**Joe's Bakery at The Bread Store, 45 Gloucester Road, BS7 8AD, 0117 3303798** [www.joesbakery.co.uk](http://www.joesbakery.co.uk) [f @Joe's Bakery Bristol](https://www.facebook.com/joesbakerybristol)



**'Move to Your Mood' – Wednesday 19**

**October, 10am – midday** – Come along and join our free, fun event 'Move to Your Mood' on the grass outside the Café. ALL WELCOME! A chance to dance, move, sit, listen to the music, relax and enjoy! No judgement, no routines, just lovely energy and fun!

**Litter pick – Saturday 29 October, 10am**

– **midday** – Join ACT and Friends of Horfield Common volunteers for a litter pick across the whole common. Meet at the front entrance to The Ardagh. We can supply equipment, but please bring your own, if you have it. Let's keep our common clean for all to enjoy. This is a regular event on the last Saturday of the month.

**Halloween Party – Saturday 29 October,**

**4pm – 8pm** – As this edition goes to print, we are finalising details of our ever-popular Halloween Party. There will be a fancy dress parade, performers, food, music and lots of fun! Keep your eyes on our social media for full details nearer the date.

**Outdoors Project – October half term**

**(24–28)** – Half term sees the Outdoors Project

based here again for lots of fresh air fun and entertainment. <https://www.theoutdoorsproject.co.uk/bristol/holiday-clubs-details/>

**Regular volunteer activities every Tuesday**

**and Thursday, 10am – 1pm** – Come along and volunteer to help keep The Ardagh looking shipshape. There are numerous tasks in the gardens and around the site which need attention so if you have any particular skills or if you have time to offer you will be welcome and very much appreciated! Contact [hello@TheArdagh.com](mailto:hello@TheArdagh.com) for more details.

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

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

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- Gloucester Road, Prison building, BS7 8NZ (near Golden Lion pub)
- 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

# Decluttering does wonders for mental health



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Clutter causes negativity. If your hallway has  
become a dumping ground, every time you come  
into your home it will feel negative rather than  
positive. If the clutter continues into the kitchen  
these negative feelings continue, and so on and  
so forth.

I have been running the declutter service for over  
10 years and thankfully have seen many positive  
changes in recycling. It is a great resource, and if  
an item can be recycled it is far easier to let it go.

There is no harm in asking for help and people  
find that once they've tackled their clutter, they  
feel that a weight has been lifted, their mood  
improves and they enjoy a sense of freedom.

Reorganising and decluttering and your home  
is not about making a 'show home'. It is about  
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home an inviting, pleasurable place to live in and  
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## Drought Tolerant Gravel Gardens

This summer, for the first time in recorded history we saw temperatures exceed 40 degrees in the United Kingdom, with temperatures very close to that in 2019. The parks and gardens across Bristol and the rest of the country became dry and dusty, with fires breaking out spontaneously in the countryside's fields due to the extreme heat.

Occasional thunderous, heavy downpours couldn't penetrate the dried, cracked soil of the land, creating flash flooding and problems for infrastructure. Hosepipe bans were put in place in some parts of the country, with government adverts on lessening personal water usage aired.

We are told that by 2050, 35 degree temperatures will be commonplace in the South of England, with airport runways melting, electrical problems for our train lines and roads buckling. Our gardens will also feel the impact unless we alter the way that we create them.

Gravel gardens can be created in spaces large and small, on poor free-draining soil, making them the perfect idea for gardens that have lots of builders rubble in them. Due to this, you don't need to bring in additional compost to add nutrients to the soil, which cuts down on the inputs for your garden.

Once watered in during the planting stage, if using sun loving, drought tolerant plants you shouldn't need to irrigate them going forward.

There are a huge variety of plants that are great for gravel gardens. Use Euphorbia as evergreen, structural anchor points around the garden, with a mixture of hardy perennials, Mediterranean herbs, and succulents. Herbs that we love using in British gardens are well suited; Lavender, Rosemary, Thyme, Oregano, Marjoram and Sage. Choose plants that will creep and spread through the gravel. Choose plants for height and colour.

Choose plants that will self seed. This will give you new plants each year, naturally dispersed around your garden. You can then decide whether to keep them or pull them out when they are small if they don't create the effect that you want. Verbena bonariensis is a fantastic plant. The airy high stems have delicate purple flowers at the top and are vigorous self seeders. They are loved by bees and butterflies, are super low maintenance and don't need to be watered.

Use plants like Phlomis (Turkish Sage), Perovskia (Russian Sage) and Cistus (Evergreen Rock Rose), with evergreen grasses like Stipa tenuissima. The pom pom flower heads of Echinops, Alliums and Eryngium (Sea Holly) work well floating alongside. Hardy exotics like Yucca and Agave look good with a mixture of succulents. The possibilities are endless; give it a try and you'll be very pleased with the results!



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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

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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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## Play Matters at Sefton Park



Sefton Park celebrated the opening of a new outdoor learning space during their first week back.

The new-look 'Safari' playground is complete with different learning zones and has a wonderful energy compared with the previous play space.

The playground has been designed with quiet, performance, physical and ball sport areas and is overlooked by a wonderful 'Safari' mural with Sefton Park children's designs.

The children are delighted with it, stating that: 'it is way better than the old playground' and 'I love it because you can do so many things'.

Dan Simson, Headteacher, is ecstatic with the end result. "Thanks to our PTA and local businesses, Greenhouse Learning and Grape and Grind, we have been able to transform this playground into a welcoming and vibrant area. We are proud of our outdoor space at Sefton Park and the new playground complements the learning environment superbly."



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## News from Red Dragons Martial Arts



Hi everyone,  
I hope that this message finds you well. We have been incredibly busy and

have been welcoming lots of new members.

We have some really fun and enjoyable adult classes. I find it extremely interesting that we seem to have a lot more women training with us than other martial arts schools. I have several martial arts instructor friends, and they have said that they find it hard to recruit women.

We are lucky to have so many ladies training with us. I think it is because we are a very friendly bunch. There are no egos (apart from Sensei's – ha!). We have a supportive, community feel and the ladies have enjoyed numerous fun nights out.

The sessions are tough (as well as being lots of fun) but there is a clear progression through, and this allows everyone to see how they can improve.

We have a few spaces left in our adult classes so ladies (and of course men), if you are looking for a new challenge. Something for you. Something that will help develop your fitness and flexibility. Then please contact us.

See you soon. **Regards, Sensei**

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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 it's 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.



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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.

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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.*

  
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## 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, Andy 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-Keepers), 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."

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. 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

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



'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 Ashton Gate, BS3 2EJ or The Memorial Stadium, BS7 0BF. To find out more do get in touch with Andy, he couldn't be more enthusiastic or welcoming.**

**E: [andy@finderskeepersuk.com](mailto:andy@finderskeepersuk.com)**

**T: 07831 532670**

### Walking Tennis at Bristol Central Tennis Club (Happy Lane, off Derby Road, BS7)

Walking Tennis is a version of tennis that's perfect for older people, or people with mobility issues, or those just looking to get fit. It's just like normal tennis except that you can't run or jump, you use special balls and there is an option of a second bounce to give you more time to get to the ball.

Bristol Central are now offering a regular weekly drop-in session, every Saturday at 11am, and open to everyone for £4 a session, with the first session free.

[bctc.org.uk/about/play/walking-tennis/](http://bctc.org.uk/about/play/walking-tennis/)



# News from Ashley, Bishopston & Ashley Down & Redland Councillors



L to R: Tim, Jude & Amirah

## Ashley ward

Ashley ward does not incur that far into Bishopston but I just wanted to mention two issues that people will want to know about.

The first is buses. As you will have read, a number of bus routes are to be cut: either they are not commercially viable; they can't get drivers or some of their Covid subsidies have gone. Not quite Bishopston but the no. 5 is the only bus that goes through St Paul's and St Werburgh's into town. It is to be replaced by a number 47 that will come all the way from Yate. Longer routes mean more delays and a less reliable service which is already infrequent. Cllrs in Ashley have been campaigning to retain the shorter more efficient no. 5. If you want more information search no. 5 bus campaign on Facebook.

The other issue of relevance is St Andrew's Park. It has been relatively quiet of late and good meetings are still being held to co-ordinate the response. In particular, officers have been proactive in picking up planned events and are working hard to stop them or manage them before they happen with the police putting contingency plans in place.

**Amirah Cole, Labour Party**

Cllr.Amirah.Cole@bristol.gov.uk

**Jude English, Green Party**

Cllr.Jude.English@bristol.gov.uk

**Tim Wye, Green Party**

07584182830 | Cllr.Tim.Wye@bristol.gov.uk

## Bishopston & Ashley Down ward

We hope you all had a good summer. We have been busy with various casework over the summer. We visited Horfield Prison to learn about their new project to open a café in the future, which will see inmates learning new working skills. We have been looking at new plans for tree planting this winter on Horfield Common, and putting plans in place for a petition about banning pavement parking across Bristol, which we hope to update you on next month.



Emma near the Muller Road road works

But our main focus currently, has been on the changes to Muller Road, and so we want to make this a feature of this column as so many people have been in touch about it. The project – which would see improvements to the layout of Muller Road, additional traffic

signals being added to the bottom of Ralph Road, and Brent, Draycott and Springfield Road blocked off – was due to start at the beginning of July; but due to procurement issues was pushed back to the end of August.

We have been made aware of the following issues: an increase in the traffic on Downend Road being the most concerning, but also that cars were cutting over the pavements and across the green space to get to Muller Road. Emma has been working with the engineer and site manager to fix the second problem, and additional barriers have now been added to stop these dangerous cut throughs.

Residents have been very proactive in sending us pictures and videos of the problem and the latest from the officers is that they are going to trial blocking off Downend Road from the Muller Road end, and adding in additional signs to alert to the school and to discourage speeding at the Ashley Down end. We know that this will please a lot of people who have been asking for this and we do expect it to solve a lot of the problems that have arisen. However, we also know that some of you have concerns about this change too. Be assured we will be monitoring the situation closely and working with officers to find the best long-term solution we can. At time of writing, we are preparing to hold a public meeting on the evening of 22 September and we will make sure that it is recorded or at least minutes taken. We will publish a summary of the meeting on our Facebook page and will also be happy to email the notes on to anyone who wants them. Do email us if you want to be kept informed of the outcome.

We do ask anyone driving through the area to be aware of the extra traffic and use an alternative route if possible, and also to respect the blockades at the bottom of the newly blocked off roads. We thank everyone who has been in touch over this and for

your patience in a response. We will do all we can to find workable long-term solutions to this issue.

**Cllr Emma Edwards, Green Party**

cllr.emma.edwards@bristol.gov.uk

**Councillor Lily Fitzgibbon, Green Party**

Cllr.Lily.Fitzgibbon@bristol.gov.uk

Facebook: EmmaEdwardsLilyFitzGibbon

## Redland ward

**Buses stopped?** Like many residents we've been shocked at the cuts to the local bus service. There are two overall changes. One is the closure of Bristol Community Transport, who operated various council-supported services, including the 505 which served Kellaway Avenue/Coldharbour Rd; the other is the withdrawal of several purely commercial services by First Bus due to the driver shortage, inc 72a.

Some new financial support is promised but can't be used until next year, and training new bus drivers is a slow process. Greens lobbied the West of England metro mayor to do more to support an effective bus network. The good news as we write is an indication that a new community transport operator is in the process of seeking a licence to operate services inc 505 so we're hopeful this could be revived.

**CAZ coming – but worries for disabled people –**

The start date for the city's statutory clean air zone is 28 November. We've been calling for action for many years including securing a council vote in 2016 calling for action to clean up toxic air.

Do check if your travel plans will be affected by the new zone rules. So far at least three quarters of motor vehicles are not affected by any charges as they are approved compliant models. There is a mix of transitional help for vehicles including EV loans for traders, taxis and active travel help – see the website [www.cleanairforbristol.org](http://www.cleanairforbristol.org) where information roadshows and the support packages are detailed. You'll need to be ready by March 2023 at latest when the transition closes. There's concern by disabled people in the city, who are among those on lowest incomes with most dependence on mobility, and we're supporting a request for the council to look again at how many people are excluded from the support available. We want there to be a just transition to cleaner air.

**School streets needed –** With the end of the street party season thoughts have turned to the new school term. We've been contacted by residents seeking council support for 'school streets' i.e. streets where motor traffic is restricted in favour of ensuring priority is given to safe access by foot and wheel from pupils and parents at the start and end of the school day. There are a handful of school streets being piloted



Martin & Fi

in the city – two from 2020 and two more from 2021, plus the prospect of a couple more – these have been very heavily over-subscribed by schools asking for a scheme. However, in Bristol no main roads and no through roads have been allowed by the administration and the group Parents for School Streets have pressed for more to be done. Do get in touch if you're interested.

**Allotments and food –** With the cost of living crisis underway and steep food price inflation we're glad to see a new allotments and food growing strategy is proposed by the council. Local food initiatives have long been a welcome feature in the city. There's a scrutiny meeting to discuss the proposed strategy – now likely to be held on 3 October at City Hall – and local groups may be interested in the discussion there or the possibility of submitting statements or questions about the council's role in allotment provision and supporting food growing. There's a very long waiting list that's twice the number of tenants on the 96 plot sites. If you have any specific points do let Martin know before then as he's part in the committee.

**New parks strategy –** Our parks have been very well used since lockdown and we know how much they are valued. They are also being asked to run with very limited budget provision and to serve more and more different purposes including nature, drainage, events, heritage, food growing and being more accessible. We're hoping the new strategy offers a concrete way forward for community groups and diverse users to make the most of our parks and looking for plans that help invest in facilities and repairs where these are needed. The draft is in the papers for Communities Scrutiny Commission.

**St Christopher's development –** This project in Westbury Park is still under negotiation between the applicant and the council; community groups are of course taking an interest. We understand there may be some changes being discussed on the height and massing of the proposals. Watch this space.

**Fi Hance, Green Party**

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**Martin Fodor, Green Party**

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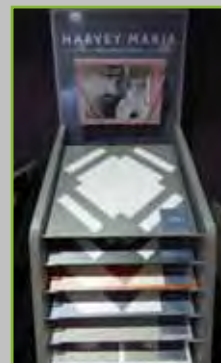


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### MONDAY

10.45am | Reformer: Align

1.15pm | Reformer: Tone

5.30pm | Reformer:

Beginners

6.45pm | Reformer:

Empower

8pm | Soul Barre

### FRIDAY

7.30am | Reformer: Align

9.45am | Reformer: Align

11am | Reformer: Align

1.15pm | Reformer: Align

6pm | Soul Barre

### TUESDAY

9.45am | Reformer: Align

1.15pm | Reformer: Align

5.45pm | Reformer: Align

7pm | Reformer: Align

8.15pm | Reformer: Uplift

### SATURDAY

9.30am | Reformer: Align

10.45am | Reformer: Tone

### SUNDAY

10am | Reformer: Align

11.15am | Reformer: Tone

### WEDNESDAY

7.30am | Soul Barre

10.45am | Reformer: Align

1.15pm | Soul Barre

5.30pm | Reformer: Align

6.45pm | Reformer: Tone

8pm | Reformer: Align

### THURSDAY

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1.15pm | Reformer: Tone

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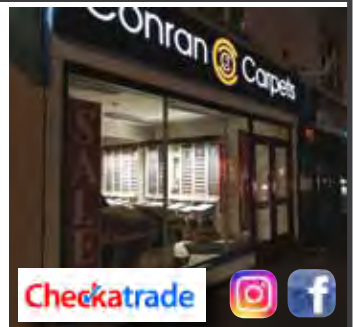
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