

Bishopston

Matters

Tel: 07881 924059

issue 162, Nov 2022



*Years in print,
in the community and
in your homes, thank you!*



The heart of yoga in Bristol
yogawest
0117 924 3330

Learn the basics of Yoga safely at
Yogawest – next Foundation Course
starts this month: BOOK NOW!

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



invisalign
PROVIDER

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



Horfield
dentalcare

☎ 0117 951 3026

Register & Book Online
www.horfielddentalcare.co.uk
✉ info@horfielddentalcare.co.uk

Bishopston Matters is delivered to **10,500 different homes** per quarter across Bishopston, Ashley Down, Horfield, St Andrew's and parts of Redland



PRIVATE, PROFESSIONAL AND FUN MUSIC
LESSONS, 7 DAYS A WEEK, ALL YEAR ROUND,
RIGHT ON THE GLOUCESTER ROAD!

ELECTRIC GUITAR,
DRUMMING, PIANO,
ACOUSTIC GUITAR,
SINGING AND MORE!

MON TO FRI 3PM - 8PM
SATURDAY 10AM - 6PM
SUNDAY 2PM - 6PM

BOOK A FREE TRIAL LESSON!

ANY AGE, ANY ABILITY LEVEL WELCOME!

TEXT, EMAIL, OR CALL JOE TO BOOK A FREE TRIAL LESSON
WITH A TEACHER OF YOUR CHOICE!

JOE - 07879768379

JOEKELLYDRUMS@LIVE.CO.UK

160 GLOUCESTER ROAD, BISHOPSTON, BRISTOL. BS7 8NT
WWW.JKELLYS.CO.UK



Dear Readers...

As you can see from the front cover, Bishopston Matters is delighted to be celebrating 15 years in print this November! During this time there have been many developments both in my personal life (new home, marriage and two children) and in our local area; some shops have gone from our High Street but many of the ones that featured when I first started remain, and that is testament to the traders' hard work and superior service they offer.

On this note on outstanding traders, it is that time of year again when we start to think about Christmas, and ask you to show your love for Gloucester Road and independent local businesses, when you shop for all of your seasonal goodies. There is so much variety that you will be spoilt for choice. We have a section in this magazine that will assist you in kick-starting some ideas for gifts.

If you need a pit stop when you are out and about shopping, why not take advantage of our **Reader Offer - 15% discount at Areeshaz Dessert Café** on

Gloucester Road - a delicious sweet treat here will certainly refuel the batteries! See page 19.

Local Christmas markets are back this year, starting with Bishop Road's on Thursday 24 November and then Glos Rd Central's on Thursday 8 December.

We also bring you news on a selection of local charities and initiatives that you can easily support that will help bring some festive cheer to those less fortunate than ourselves. From one tin of food or box of chocolates to pledging part of your government heating allowance, whatever you can afford to donate will be gratefully received by local charities and those who receive the care packages.

Always a highlight in my year is the North Bristol Art Trail that takes place over the last weekend in November. Check out the centre pages to find out what the artists have lined up for their visitors during the 2022 event.

Take care until next time,

Kerry x

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



**Have you tried our
Turmeric Sourdough?**

We've got the perfect warming loaf for you. Our classic sourdough recipe, made with turmeric and a good spice of chilli.

We like to have ours with a curry or it makes a great cheese toastie.

Visit us today
177 Gloucester Road





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

Become a host for international students

and earn between **£195** and **£215** per student, per week

- Host up to 4 students at a time
- Self-catering: earn £155/week

Scan the QR code or call 0117 9090911 to learn more

accommodation@ihbristol.com

ih International House Bristol





Claremont School News

Claremont school has been busy this month celebrating our 70th birthday. A big party was organised and the whole school came together at the Henleaze site. All the current pupils from 3 years old in our Early Years classes to 19 in our post 16 classes joined in the fun. Past students came back to visit and previous members of staff as well as friends from the local community joined us too. It was a chance to get together and share current news and memories of our school. We loved chatting and communicating with so many people and there was a friendly buzz in the hall.

There were some big boards with old photos from the 1950s onwards and a slideshow of memories on the big screen. Students were able to find old photos of themselves and their teachers from years ago and see the changes over time.

The school council designed a cake to be raffled; we chose a lemon cake covered in stars with a big 70 on top. We sold tickets on the day and helped run the café, greeting people, gossiping and taking the money. We used our communication devices to say hello and ask for news. The lucky winner was a past deputy head and all our efforts raised £180 for the school.

Bristol Bears come into our school regularly and



support our P.E. and they ran an activity at the party, enjoyed by all. Prizes were won and we had lots of laughs. When we questioned students, Bristol Bears came out as the top activity, along with the chocolate cakes obviously.

Many of the staff said they liked meeting old friends and ex-students and finding out what adventures they have been having at college and in new jobs. Other students said they had a brilliant time singing together and painting.

Flamingo Chicks and Soundabout music who do regular sessions at school also joined in the fun with movement and music. Everyone we asked really enjoyed the afternoon and we hope to have a fantastic 70th year and make many new memories at Claremont as we move up the school.

We look forward to sharing more Claremont news next month.

Claremont School Council

Widgit Symbols © Widgit Software Ltd 2002 - 2022

I thought it was a fantastic party. I won a Bristol Bears hat.

It was great fun chatting. School council report on the 70th party

Drum'n'Bass Boxing Workout

- Weekly classes
- Private bookings
- Live DJ events

www.dnbboxing.co.uk
dnbboxing@gmail.com

DNB BOXING



THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

- Poor Reception Problems Solved
- Free Quotes
- Digital Aerials
- Two Year Guarantee
- Repairs
- Sky Work
- Additional TV Points
- OAP Discounts
- Humax Recorders
- TV Sales

FreeSat Freesat 0117 967 9028
 Freesat Freesat 07818 413 451

www.theaerialman.co.uk

Which? Trusted Trader

A great bunch of Kids!

As part of their 'Community' badge, members of the Monday and Wednesday night Beavers colonies recently paid a visit to Bridge Farm in neighbouring Stapleton.

The farm is one of the homes of the community project Street Goat. This Bristol-wide project assists local people in urban farming, teaching them how to manage and care for livestock to produce milk, fibre and meat.

The goats are doing a great job keeping the pasture land and vast brambles in check. The Beavers enjoyed watching the goats go up onto their hind legs to nibble blackberries and one even climbed the lower part of a tree!

The animals were very patient and tolerant of the children, some of them were so friendly because they had been bottle-fed as kids. At the farm they have some lady goats – we enjoyed meeting Lillian and Betty – but the majority were male.

Volunteers at the farm set the young Beavers the task of stamping down bracken around young trees, to give the saplings space and light to grow strong.

As you can imagine, the Beavers approached this challenge with some gusto – the area was enthusiastically flattened in a couple of minutes!

All the kids had a wonderful time together and the troop look forward to returning again.

To find out more about Street Goat visit – www.streetgoat.co.uk/about

This activity was made possible thanks to the volunteer leaders. **The 63rd Bristol need more volunteers to join the leadership teams.** If you are interested in helping to bring adventure, fun and life skills to local children in the years ahead **please get in touch with Matt Lloyd 07918 102363 or Mike Evans 07722 632468**



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. **07879 768 379 | www.jkellys.co.uk**

160 Gloucester Road, Pigsty Hill BS7 8NT





Horfield Welly Pre-school



Registered charity No: 1045897

Contact us to arrange a visit to our Outstanding Pre-School

Safe and stimulating environment where children (2-4 yrs) can thrive. Highly skilled, qualified staff. Up to 4 mornings a week – Tuesday to Friday (15 hours). Large indoor and outdoor garden with Forest School opportunities. Visit our website for a virtual tour.

Toddler group, Mondays 10–11.30

Email: horfieldwellypreschool@gmail.com

Mobile: 07837133925

Horfield Parish Church Hall, BS7 8ST

www.wellypreschool.org

PRIMARY SCHOOL TUTOR


Is your child struggling at school?
Could they do with more challenge?
Are you looking to send your child to private school but need help with the exams?

Every child could benefit from tailor made lessons, focusing on their individual needs.



My name is Sarah and I'm a primary tutor with 12 years of experience. Lessons take place in my home in BS7, giving children the chance to develop and learn away from the distractions of their own environment. I'm also happy to teach online when necessary as I understand the importance of flexibility in today's world. I am currently training to become a dyslexia teacher and assessor.

Contact me on: 07507 290350
localbristolmtutor@gmail.com | DBS checked



Bristol Grammar School

Life changing

Apply now for a place in our Sixth Form from September 2023

Call Hollie Matthews on 0117 933 9885

The only co-educational school in Bristol to offer A levels and the IB Diploma in the Sixth Form



Bursary awards available

We can help with up to 100% of the fees and other costs



For all your Car & Van Services & Repair

- Services ▪ Repairs ▪ MOT testing ▪ Tyres
- Engine Management Diagnostic & Repair
- Air-Conditioning ▪ Gearbox & clutch repairs ▪ Exhausts



A trusted local garage, we pride ourselves on our honesty, reliability and experience.

Working just off Gloucester Road in Brookfield Avenue, behind C J Hole and the Bristol Flyer.

1 Brookfield Avenue, BS7 8BP



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.**



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

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**

Facebook: Red Dragons Martial Arts

Email: info@reddragonsmartialarts.com

Call: 07779 740 432 to book your free trial.

Tired of feeling Weak?

Fed up of ongoing Aches and Pains?

Do you want to create some Me-Time?

Want to feel more Supple?

Pilates Active can help



Free Trial Class

limited spaces available

contact: pilatesactive@outlook.com

to book your space NOW!

Local classes on Gloucester Road, Henleaze High Street & online

07769 723 528

www.pilatesactive.com

facebook.com/pilatesactive



PILATES ACTIVE

Pilates Instructor **Vicky Woodington**

Qualified Level 3 Mat Pilates Instructor



Bristol Grammar School

Life changing

Apply now to join our Junior School in September 2023

Year 5 Assessment Morning
Monday 14 November

Year 3 Assessment Mornings
Thursday 17 and Friday 18 November

For further information, please contact Catherine Ball on 0117 933 9631



New home cinema demo room

Fraser, Asta & young Adele



On Saturday 8 October the team at Ablectrics had a fantastic day celebrating the launch of their new home cinema demo room. The presence of a Back to the Future DeLorean created a great buzz, with visitors having fun taking pictures in the showbiz car.

Over 250 people enjoyed attending the premiere of the cinema room, sitting in comfort, sipping champagne

while experiencing the very best in light, picture and sound. The state of the art lighting enhances the cinematic experience and is something special.

Ablectrics teamed up with Cinemaworks, (recognised as the best home cinema design and installation company in the South West by the Home Cinema Alliance) to develop their luxurious onsite demo room.

Ablectrics owner, Fraser shared, "Creating this stunning cinema room was a natural development. The demo room allows people to experience what can be achieved in their own home first-hand, as do our interactive displays representing kitchens and bathrooms in our lighting showroom."

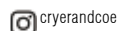
If you are looking to have a home cinema installed or have a lighting project in your home or garden that you would like some expert advice on, do get in touch with Ablectrics to book an appointment.



ABLECTRICS 33 Zetland Road, Redland, BS6 &AH | 0117 942 5355
Customer car parking and EV charging at front of the shop



www.cryerandcoe.co.uk



Cryer&Coe architects

DREAMING OF A NEW KITCHEN?

CALL FOR LATEST UPDATES ON SURVEYS AND APPOINTMENTS



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

THE UK'S #1
KITCHEN MAKEOVER EXPERTS

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

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



Call for a free estimate on:
0117 944 3223

Checkatrade.com
Where reputation matters

AVERAGE SCORE **9.8/10**

www.dreamdoors.co.uk



Local this **Christmas**

It's that time of year again when time goes quickly and chaos can ensue in the run up to the big day! Fear not, keep it local, start early and actually enjoy the experience of Christmas shopping.

Both in store and online you will find a diverse range of gifts from local businesses; stunning pieces of art to eco-friendly homeware, sweet treats to food hampers, gift vouchers for hair and beauty to bottles of Bristol gin, scented candles to vintage jewellery, gaming keypads to pet advent calendars, dry flower bouquets to music lessons, and much more!

Shopping on our local High Street is a far richer experience than a big shopping mall. Why not meet a friend and reward yourself with a meal or drink at one of the fantastic cafes or restaurants on completing your shopping?

There are Christmas markets to attend; Bishop Road hosts theirs on Thursday 24 November and Glos Rd Central's Christmas market takes place on the evening of Thursday 8 December.

As well as supplying the perfect gifts, Gloucester Road has everything you need to create delicious

Christmas bakes, party food and drink and of course the special dinner on the day itself.

Pearce's hardware has you covered for gravy boats, baking trays and the all important sellotape! Pop into Ablectrics to choose from a sparkling range of festive lights for inside and out.

We are blessed to live within this caring community and for all that we have. Christmas is a great time to share the love and support those who may find the extra expense of the festive season even more of struggle this year. Local donations of seasonal goodies or cash can be made to Family Food Action, North Bristol & South Gloucestershire Foodbank and the B&A Church 'Love Christmas' project. Totally Toys are once again taking donations for the 'Every Child Needs Christmas' campaign. You can purchase your trees from Sefton Park School or from Aidbox charity, to help raise funds for good causes.

I wish you a wonderful festive season. If we all pick up some stocking fillers from our High Street, we will help make sure they are here to see in a happy New Year. Love local this Christmas.



We are celebrating 5 years!
Please pop in for a glass of Prosecco over the weekend of 26 / 27 November

Environmentally friendly paint • Tiles • Wallpaper • Soft furnishings • Homeware • Colour consultancy


Nola Interiors, 168 Gloucester Road, BS7 8NT • Tel: 07909 308 668  Nola Interiors  168nolainteriors

room 212


Home to Bristol Artists



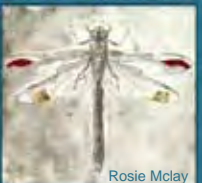
Katie Johnston




Jenny Urquhart



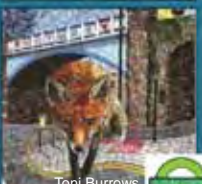
Emma Catherine



Rosie Mclay



Laura Robertson



Toni Burrows

212 Gloucester Road BS7 8NU

AHLQ.

AHLQ is run by self-confessed treasure hunter Imogen, who curates a luxurious collection of second hand jewellery. Feast your eyes on her range of sparkling engagement rings, decadent solid gold bracelets and coloured gemstones. Stunning gifts for someone special.

Based in St Andrews but sold exclusively online at www.ahlq.co.uk
Instagram @ahlq.store




Billie-Jean

Pop Up

Cashmere Event

Glos Rd Central Christmas Street Party

Thursday 8 Dec, 5-8 pm. On forecourt of

BRUNEL TAILORING

194 Gloucester Road, Bishopston

Sefton Park PTA

Christmas

TREE SALE

SATURDAY 3 Dec 2022

AT SEFTON PARK SCHOOL

9AM-12PM

ST. BARTHOLOMEWS RD BRISTOL

BS7 9BJ (or via Happy Lane)

£5 Delivery, FREE for over 60's (within 500m)

Pearce's Hardware

Trading for nearly 130 years, Pearce's Hardware is a traditional store with traditional values, we sell just about everything you can imagine you might need for your home and garden.

We are proud of our heritage and our contribution made to the Gloucester Road over many years.

Christmas ready!

We have a huge range of gifts to suit all budgets. You can also pick up Christmas essentials such as baking trays, gravy boats, decorations, festive lights and of course sellotape!

295 Gloucester Road, BS7 8PE

Tel: 0117 924 5787



What's new at the green room

A new home for their salon director – it is with both sadness and happiness that I share the news that salon director Jo, is heading to Cyprus in

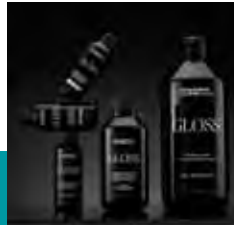
early 2023. I heard all about her plans while having my hair cut recently. After many years leading the Green Room on the Prom, Jo and her partner have decided it's time for a new adventure. Rest assured however, the salon itself will remain open, with the day-to-day running being overseen by her more than capable team, while Jo assists from home. The salon is a huge part of Jo's life so she is still keen to be involved.

If like me, you have a specific type of hair (unruly curls for me!), Jo is carefully working out which of the Green Room's highly experienced stylists – Karen, Paul, Gemma and Adrienne – to pair you with; we will all be in safe hands. Jo plans to embark on her new life in February 2023 and we wish her all the very best. There is still a good amount of time to get your cuts and colours in before she goes!

Kevin.Murphy COLOR.ME GLOSS – While I was in the salon, Jo showed me the new colour ways for the fantastic COLOR.ME GLOSS treatments. The product is a semi-permanent hair colour, with bond-building technology made with vitamin C, to deliver colour with strength and shine. As well as looking fabulous with coloured hair, Jo explained there is also a clear treatment in this range, which is ideal if you want to keep your natural colour but give it a lift with a super-glossy finish. This can work extremely well if you wish to keep your grey hair but desire some shine.

Festive goodies! – The Green Room will have some Christmas gift packs of styling products available along with popular gift vouchers.

Cleaner wanted – The local salon is looking for a reliable person to work an approximately four-hour session each week, to clean the salon throughout. They can be flexible on a day, working around when the salon is closed. Please contact Jo for more info.



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

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



Trusted, local, independent computer store and workshop

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

www.ilovemypc.co.uk

Open: Monday – Saturday 9am – 6pm

0117 9248755 • Sales@ilovemypc.co.uk

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



Some great gifts for gamers!



4.8 *** Google reviews**

'Ian and David are experts in their field, lovely blokes and have the best rates I have come across yet... Will be recommending to family and friends 100%'

4.7 *** Facebook reviews**

'Amazing service, fantastic and competitive pricing, hassle free collection'

Treat, make, bake!

Festive sweet treats!

Scrumptiously Sweet is set to bring joy to many people's worlds this festive season. If you are creating your own advent calendars, you will be spoilt for choice when it comes to sourcing delicious surprises for each day.

There is a huge range of edible tree decorations in all different designs – I particularly like the stacks of choc presents tied up with gold thread.

Special confectionary makes a welcome gift; friends will be sure to get into the festive 'spirit' on receipt of individually foiled liqueur kegs or lavish fruit designs. A large bar of indulgent chocolate is always on my wish list and there is a huge range to choose from, ranging from – Gin and tonic to oat milk chocolate bars. There are chocolate bombs which you add to milk as well as chocolate cigars.

New this year, you will find some beautiful candles that make great gifts at the back of the shop.

Christmas creations

Set within Scrumptiously Sweet, the Yarn Shop has a fabulous range of sumptuous, chunky, glitzy, multi-coloured yarns to knit up something special this festive season. If you would like some inspiration there is a huge collection of patterns to select from – garments to knitted snowmen, reindeers and elves! As well as yarn, there is good stock of knitting, crochet and sewing needles, along with threads and embroidery silks. To complete your homemade creation, you can choose from a wonderful range of fancy ribbons and decorative buttons. There are some knitting sets, pom-pom makers and Dolly bobbins that make great gifts for kids.

Seasonal bakes

I loved the seasonal baking tins shaped as sugar canes, reindeer, snowmen, Santas and stockings. If a large cake is a bit ambitious the kids will love making ginger bread with their festive-shaped cutters. Once baked, you can present your cake on one of Scrumptiously Sweet's metallic, foiled boards; there is a wide range of colours, shapes and sizes to choose from. Ready-to-roll icing is always popular at this time of year along with the metallic and festive-printed cupcake cases. Whether you like traditional festive cake cuffs with holly and robin figurines or a touch of edible glitter or star sprinkles on your cakes, Scrumptiously Sweet has it all.

83 Gloucester Road, BS7 8AS • scrumptiouslysweet.co.uk • 0117 329 7864





All your festive favourites at Joe's Bakery



Christmas-ready! Nobody does Christmas confectionary better than Joe's. Their scrumptious range of seasonal goodies includes: Christmas bread, authentic German stollen, Spelt and curd stollen, Mince pies, Cinnamon stars, Panettone Classico, Yule logs and of course traditional Christmas cake.

Joe's is looking forward to taking part in Glos Rd Central's Christmas Market on the evening of Thursday 8 December. The bakery will be offering samples of their delicious festive bakes, which make great gifts for loved ones.

Joe's Bakery, 240-242 Gloucester Rd, BS7 8NZ • 0117 9071852 • Joe's Bakery at The Bread Store, 45 Gloucester Rd, BS7 8AD • 0117 3303798 • joesbakery.co.uk @Joe's Bakery Bristol Joesbakery_glosrd



Christmas Workshops

We are offering two Christmas Wreath workshops on the following dates –

1 December, 6-8pm
6 December, 6-8pm

We are also running workshops for Christmas parties, mince pies and mulled wine included! 8 people minimum. £60 Per person, phone to enquire for dates.



Local & National deliveries available

www.theflowershopbristol.com

Tel 0117 942 0050

145 Gloucester Road, BS7 8BA

B&A Love Your Neighbour Winter Appeal

This winter, Churches across Bristol are opening their doors to be Warm Spaces where people can come and find warmth, food and access to the support they need. Local B&A church are playing their part by providing hundreds of hot meals cooked at B&A and delivered to these Warm Spaces each week. They'll also be delivering their Love Christmas gifts and boxes to people accessing Warm Spaces this Christmas, offering hope and support to those struggling the most.

Please consider making a gift to help them raise £30,000 for the Winter Appeal. The money raised will go towards the set-up costs for the B&A kitchen so that they can continue to provide hot meals throughout the winter, and towards Christmas gifts and boxes of supplies to be given away to users of Warm Spaces.

Find out more and donate online at www.babristol.org/winterappeal or visit B&A Food Pantry at B&A church, 160a Gloucester Road, BS7 8NT any Saturday morning between 10am and 11am.



Belgian waffles 🍌 Freak shakes 🍌 Cookie dough 🍌 Gelato 🍌 Coffees 🍌 Milkshakes 🍌 Crepes 🍌



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



Please like Areeshaz Dessert Café
[Areeshaz_desserts](https://www.instagram.com/areeshaz_desserts)

Reader Offer!
15% Discount*

To redeem, simply take this voucher into Areeshaz's and quote – **BM1522**. *Not to be used with any other offers, discount only redeemable once per person, valid until 30/12/2022



Bishopston Christmas Market is back – Thursday 24 November 2022, 7 – 9pm (over 12s only). This is the perfect opportunity to come and buy Christmas presents for your family and friends (and perhaps even a little treat for yourself?), whilst supporting local artists and businesses. You will find some of our old favourites returning, along with some new faces to the Market this year. Stalls range from gorgeous jewellery to fun

children's games, stunning fresh & dried flower wreaths to elegant pottery, beautiful clothes to handmade paper crafts...and lots more!

Enjoy an evening of shopping, then relax with a glass of mulled wine and a mince pie from Joe's Bakery. It's an ideal place to support creative people in your community and local business and pick up some great Christmas gifts!

Bishop Road Primary School, BS7 8LS. Entry £2.



FOOD SHOP favourites



Autumnal comforts – As we enter the colder months and seek to be cosy, FOOD SHOP has the perfect comfort foods to help you feel all warm inside. Ever-popular **Heist chocolate** is back in stock.

This scrumptious range comes from an independent chocolate maker based in Cardiff. FOOD SHOP owner Darren recommends **Pistachio praline** and **Honey roasted peanut butter** as toppers for porridge; add some luxury to this humble cereal. Enjoy the simple pleasures!

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, Figoni chilli jam and Dill pickle with jalapeños, CBD infused.

Christmas hampers – Always a popular gift! At your request, FOOD SHOP will fill them with their current most popular items, along with some festive extras, or make up your own with the items you desire.

63 Overton Road BS6 5AD | foodxshopx.com

@foodshopbristol | Open Tues–Sat, 10am–6pm



REASON INTERIORS

Reason is celebrating one year in their new, spacious Gloucester Road venue and 12 years of trading on our fabulous high street.

The larger shop has enabled them to extend their ranges; they now stock jewellery from Timi of Sweden. As well as producing gorgeous designs, Timi care about the people they work with, how their products are made and the positive impact they leave in the world. Other new ranges include Eco Braided Rugs, which are made from 100% recycled plastics and can be used indoors and outdoors. Luxury socks are a further addition; you can select from Pairs of Scotland, producing alpaca socks, sustainably made in Britain and sumptuous Sommerville slipper socks, with a little glitter and anti-slip base.

As always, Reason has a fantastic selection of candles; the St Eval range continues to be a strong seller and now F.Y.G (Find Your Glow) sustainably made in the UK, traditionally dipped Pure Beeswax candles and The Botanical Candle Company, based in Dorset, are all proving to be customer favourites too.

Jill Pargeter's collection of hand printed decorative textiles have been an instant hit. Her work is inspired by folk art and the arts & crafts movement.

As always, there are plenty of vintage treasures to be found; some gorgeous glass cake stands, colourful French, ceramic bowls and biblical figurines stood out.

All this and your festive favourites – Angela Harding advent calendars, luxury Christmas cards, wrapping paper, garlands, vintage tree decorations and much more!

97 Gloucester Road, BS7 8AT • 0117 329 4505



Refutrees

Aid Box Community launched Refutrees in 2017 to help finance their Welcome Hub and Free Shop. They sell Christmas trees (stands & lights), with all proceeds going to aid the work of the charity. Trees are sold in

their Refutrees shop on Gloucester Road and delivered from the site to online purchasers. Refutrees is Aid Box's biggest fundraising event.

This year their online shop will be opening on 1 November, with deliveries ending on Saturday 17 December. The Christmas Shop will be opening every day from 10.30am – 7pm from the 26 November until they are out of stock!

222 Gloucester Road, BS7 8NZ | 07735 895538
www.aidboxcommunity.co.uk/refutrees



Christmas Shopping List

North Bristol & South Gloucestershire Foodbank will once

again be making up Christmas parcels this year.

When you are out shopping over the next few weeks, please do pop in some (or all) of the items below and help share some festive cheer.

Box of chocolates, Christmas crackers, festive cake, custard, sponge puddings, tinned potatoes, mince pies, stuffing, gravy, long-life UHT milk and Christmas paper plates.

Donations can be dropped in to **Pearce's Hardware**, 295 Gloucester Road, BS7 8PE. **Co-op** 117–121 Gloucester Road, BS7 8AT and 335 Gloucester Road, BS7 8PE or directly to the **NB & SG FB's headquarters** at 286 Filton Avenue, Horfield, Bristol, BS7 0BA. **Christmas items required for 1/12/22.** Thank you.

northbristol.foodbank.org.uk

Christmas at Roxfords Pet Shop

Open 7 days a week • Free local delivery

Countdown to Christmas with a tasty advent calendar! This year, to help your pets get into the festive spirit, Roxfords has created their own advent calendar. Each day of December your pooch will enjoy a tasty, natural meat treat from the stylish box.

Festive treats for all pets – The small, furries can enjoy munching on their Christmas Flower 'n' Forage Tree from the comfort of their Winter Hay Cottage. Rabbits can have fun gnawing their Woven Star Trio or Christmas Wreath made from natural corn leaf, loofa and wood slices. Felines will have much fun with a Foot of Festive Cat balls – including crinkle, tinsel, bells and squeaky! I loved the Cauliflower Cheese, plush, catnip-filled toys. There is a wide range of gift-boxed treats for both cats and dogs – look out for rawhide Nutcracker soldiers in chicken and peanut butter flavour. Doggies would love to receive a soft plush rope toy; select from Rod Reindeer, Prince Penguin or Richie Reindeer and many more!

NEW! Veterinary food – Integra Protect is a licenced Veterinary product which Roxfords is now pleased to be permitted to sell. There are wet and dry feeds in the range, suitable for both cats and dogs. This specialist food addresses four common problems: Intestinal, Urinary, Sensitivity for cat and dog, and Diabetes in cats.



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • roxfordsthepetshop.co.uk



Family Food Action Xmas Appeal



FFA 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.

As Christmas approaches, we're all feeling the pinch of the cost-of-living crisis, but this is going to be an especially hard winter for low-income local families who just can't afford food and fuel. Families who, due to a storm of global, societal, and economic factors are going to bed hungry and sending their children to school without food. Families from all walks of life and ages who have resorted to using foodbanks for emergency supplies not because they want to but because they have no choice.

So, Family Food Action is putting out a special plea for donations to help give these children and families some relief this Christmas. **You can donate:**

- toiletries and treats – things that immediately fall beside the wayside when budgets are tight
- money (one-off or regular) so FFA can increase deliveries of nutritious foods to our partner organisations – who work with families in the most deprived areas of Bristol and provide food within the context of wider support
- your time and skills – become a FFA volunteer

You might even consider setting up another FFA street collection hub. You'd join an expanding web of streets in North Bristol who collect weekly donations for FFA. It's a great way of getting to know your community better, taking action and creating links with other communities in need of support.

If you would like to find out more, email: contact@familyfoodaction.org.uk or visit us at The Ardagh, on Horfield Common, every Tuesday 10am – 1pm

GRAPE & G GRIND

Delicious wines,
craft beers,
artisan spirits & cider

FREE LOCAL DELIVERY
for orders over £60

Open Monday to Saturday
10am – 6pm
Sunday 11am – 5pm

GRAPEANDGRIND.CO.UK

101 Gloucester Road
BS7 8AT

Osna welcome Heitor Corsi

Osna owner Bridget is excited to welcome Heitor to her Therapy Centre. He too is an extremely experienced therapist, who specialises in Sound therapy.



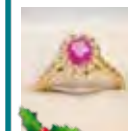
Sound therapy is the therapeutic application of sound frequencies to the body / mind of a person, with the intention of bringing them to a state of harmony and health. A session is held on a monochord (sound) bed and several instruments are used with the purpose of creating soundscapes that evoke rich and unique moments of intimacy with yourself.



Couples Massage is now available at Osna. Why not book a treatment for you and your partner or your friend? Osna is offering 1-hour treatments (or longer) on request. Essential oils can also be used in a session. All treatments are specially tailored to each individual client's needs. Different therapies can be combined to achieve the ultimate experience.

234 Gloucester Road, BS7 8NZ | 0117 907 5884
www.osnatherapy.com/shop-1

Kemps Jewellers est 1881



Get ready for the festive season with Kemps – hundreds of gorgeous gifts to suit every budget



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

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



The My Community Bristol Action Group is made up of a group of local people with and without a learning disability. They are working to make a positive impact on our local community and help make it an even better place for people with learning disabilities to live happy and healthy lives.

The Action Group meet regularly to discuss community issues and people's ideas for how they

can make the area even better. We have a new vibrant and colourful logo which was designed and chosen by the group.

The group recently organised an amazing My Community Celebration event which took place at Horfield Quakers Meeting House on Gloucester Road. It was a great opportunity to meet, connect and chat to lots of lovely people. So many brilliant local people and groups showcased their skills and talents – SendaWelcome and Creative Shift, Tai Chi with Aishling, Keep Fit to Dance with Eileen and Badger Forest School, to name a few! We also couldn't have done it without fantastic volunteers from the community! Many people asked when the next one will take place, so watch this space!

There are a few ways that you can get involved with the work we are doing...

1. Join the Action Group!

2. 'My Community' Bristol has money available for Horfield, Lockleaze, Bishopston & Ashley Down, and Ashley wards. This money is to invest in ideas that



help start and support community-led activity. For more info, scan this QR code or follow this link: <https://tinyurl.com/f9b7edbt>

3. My Community Bristol has part time jobs for people with a learning disability who are passionate about the My Community areas of Horfield, Lockleaze, Ashley, Bishopston and Ashley Down. If you like to connect with different people and want to help make these areas an even better place to live in, then you might like to apply to be one of our Community Connectors. Follow this link for more info: <https://tinyurl.com/2fdc4h56>. Deadline for applications is 21 November 2022.

Community Partners, Alice and Jess, support the Action Group and My Community Bristol work. You can get in touch with them for more information via the contact information below.

mycommunity.bristol@mencap.org.uk
Alice – 07890 043 455 | Jess – 07816 295 082

Would your child/ren benefit from extra help with primary subjects or preparation for SATs?

Individual tutoring

7 days a week, 1/2 hour or 1 hour lessons

Based in Bishopston
Very reasonable rates

For further information call

0117 924 1994 (after 2pm)

Sefton Park Nursery

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

Tours available - please contact the school.

For an application form and more information, please contact the school office on 0117 377 3290 or email seftonpark@bristol-schools.uk

30 Hours funded places

Open 8.30am to 4pm



News from the Goldenhill Community Garden

Hi everyone,
The days are short and the winter is snapping at our heels. In the garden we don't

close in winter and the **Wednesday volunteers and children's' groups are in the garden year-round.** Our Wednesday volunteers take the edge off the winter months by **cooking up a delicious soup from the garden every week** and coming together each week and chopping and chatting, and then slurping down hot soup always puts a smile on our faces. Every year we make sure to grow loads of parsnips and leeks and greens, lots of good stuff to feed us through winter.

We also spend the winter fixing, sorting, tidying, clearing and catching up with all the jobs we don't have time for in summer. It's good to have a reason to be outdoors as the days darken – I always feel like every bit of fresh air makes getting back inside feel better too. So, **if you'd like to come and get**

involved please feel very welcome! We're here every week from 10am – 4pm (though we close at 3pm in Dec and Jan) and new folks can come along for a tour and chat at 12pm or 2.30pm or pop in when you can. No need to come every week or stay all day.

Also we are running our **ever-popular wreath making workshop again! Saturday 3 December 10am – 4pm; last session runs at 3pm.** In our informal and friendly session we help you weave a ring from willow and then make your own very beautiful and unique wreath. We have everything you need here, though please bring along your own secateurs and gloves if you have them. It takes about an hour or so (depending on your creative process!) Booking is essential and the details are on our website. It's £25 standard price or £15 for low waged. Children are welcome and if they'd like to make their own wreath it's £7.50. We use all local foliage so if you have a good holly bush with berries on or similar in your garden that we could pinch some from, please let me know!

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com
Facebook: TheGoldenHillCommunityGarden

Where children learn through play and flourish in a stimulating environment, cared for by skilled practitioners.

Opening times:
Monday 9am - 12pm
Tuesday 9am - 12pm
Wednesday 9am - 12pm
Thursday Closed
Friday 9am - 12pm
Term time only

Contact us for more information
0117 9425104
www.bishopstonbeanstalks.co.uk

WILD

wildlife friendly gardening

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

wild-gardening.co.uk

W

hello@wild-gardening.co.uk

Ring Nik: 07891 119327

LUNAR OPTICAL

TREE – Design
Eyewear

A family owned local independent opticians

Wide variety of spectacle frames

Now if that wasn't enough,
We're Nikon specialist too

Our lovely Lunar team
are here to help you

Book in today

291 Gloucester Road
Bishopston
BS7 8NY

0117 9420 011
info@lunaroptical.com



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



Firebird by Charlotte Troop,
member of Artists First



Niche Director Rupert Morley (right)
selecting their winning artwork, by Rose
Vickers, at the 2022 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. Over the weekend Niche will be showing work by artists from the Bristol charity, Artists First. 11 pieces by 11 artists will be on display to view during the trail. On Sunday 27 November, there will be an opportunity to meet some of the artists and the organisers.

Artists First is a group of disabled artists with learning difficulties. They share, "We believe that as a group we can support each other and that we can do powerful work together; things that we could not do alone."

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.

This year they selected a piece created by Rose Vickers. Niche were delighted to award Rose her prize of £250 cash and £250 of printing and framing, at the exhibition launch evening. The RWA Open Exhibition runs from 8 October 2022 to 8 January 2023 and is well worth a visit.

Wildlife Exhibition at Future Leap –

Niche is pleased to be collaborating with their neighbours across the road – Future Leap, on their 2023 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 of £100 vouchers for the worthy winner. Niche look forward to selecting a winner with Future Leap. Submissions will open on 1 November 2022. Keep an eye on Niche's social media and futureleap.co.uk to find out more. The exhibition, which launches on 24 January 2023, will spend a month at Future Leap then come across to Niche's gallery for two weeks.

01179 422213 | nicheframes.co.uk

 @nicheframes  @NicheFrames

NicheFramesniche, 4 Zetland Road, BS6 7AE
Free customer car parking just off Cranbrook Road



News from Glos Rd Central

We're approaching the most fun time of the year here at Glos Rd Central. We have the

North Bristol Art Trail on 26–27 November to look forward to, and then our **Christmas Street Party on Thursday 8 December**.

With so many independent shops full of locally made art, gifts, jewellery and cards in our section of Gloucester Road, it's natural that we are a buzzing hub during the North Bristol Art Trail weekend. Angie Kenbar will be in the exhibition space at Artigo, while Room 212 owner Sarah Thorp will open her studio to show her jewellery and paintings alongside popular artist Jenny Urquhart and quirky card maker Maita Robinson. These Room 212 artists will hold a preview evening on Friday 25 November to raise funds for the Unicornfest Sculpture Trail in aid of Leukaemia Care.

Jenny Urquhart has painted a rainbow coloured, full size unicorn that will be one of fifty unicorns that will appear on the streets of Bristol from 1 July to 3 September 2023. Room 212 is working with teenagers in our area to paint a unicorn foal for their window.

Visit northbristolartists.org.uk or pick up a trail map at Room 212 to discover where all the local venues are.

We're excited to announce that our popular late night opening and Christmas Street Party will take place on Thursday 8 December, 5.30 – 8pm. This is a great opportunity to get your Christmas shopping done with the joy of bumping into friends, enjoying festive food and drink and getting inspired by our lovely shops.

There'll be lots of creative things to do at the Christmas Street Party. Paper Plane will be encouraging children and adults alike to create cut-out snowflake decorations outside the shop (be sure to pop in to see their new makers from Bristol Made body products to new jigsaws). Room 212 will have a huge array of Christmas decorations and also the opportunity to make your own. Rambling Rose will be selling wreaths, festive bunches and jam jar arrangements, plants and more.

Giles butchers will be frying up their burgers to sell and Sidney and Eden will have their delicious hot Christmas drinks – mulled wine, mulled cider, hot spiced apple and hot chocolate with Jameson's or Baileys. Gopal's Curry Shack will be serving their

delicious veggie curries from Pawson's – they always sell out as they're so delicious! Preserve will spill out onto the pavement with lots of seasonal goodies. Joe's Bakery will have delicious festive treats for you to sample and buy.

Nola Interiors has lots of sustainable Christmas gift ideas including – luxury Lambswool scarves and wool throws, eco-friendly recycled blankets, organic scented candles and diffusers, coloured glass vases, jute baskets and an array of wooden and glass Christmas decorations. The shop is celebrating five years trading on Gloucester Road on 29 November with a newly refurbished shop exterior and a beautiful mural, painted by Room 212 artist, Carla James. Owner Finola will be giving out Prosecco to celebrate during the North Bristol Art Trail, so do pop in.

Jo Jo Beauty will be offering mulled wine and mince pies and giving away mini goody bags with Neal's Yard samples and a chocolate. Owner Jo will be doing hand massages and her other therapists will be on hand to chat to people about what they do. Nuala Morey Hair will be offering free hair treatment samples.

Osna Therapy will be delighting you with their new products, including doggie products 'Molly's Mates'. The Gurt Lush choir will sing Christmas Carols outside, and also outside Sainsbury's, to raise funds for their sponsored charity 'Feed the Kids Project' in Uganda. Osna will be supporting this charity by donating the proceeds from selling their popular mulled wine!

Billie Jean Cashmere event will be returning by popular demand – a great chance to stock up on gorgeous pre-loved sweaters, hats and more. Oddsox will have a special pre-Xmas promotion for all you bargain hunters.

In the meantime, during November, Gloucester Road Books will hold three different discussions and signings, including an audience with Bishopston favourite Lia Leendertz who will be discussing her brilliant book *Almanac: A Seasonal Guide to 2023* on Friday 18 November at BA Church Hall, 7pm. Lia's books are available at Gloucester Road Books and at Room 212.

For our latest news follow Glos Rd Central on Facebook.



Jenny Urquhart

Bristol pupil, aged 12, selected into U18s Severn Stars Netball Academy

Twelve-year-old Jina (pictured), a pupil in Year 8 at Badminton School in Bristol, has been selected to join the prestigious U18s Severn Stars Netball Super League Nova Academy based in Worcester.

This phenomenal achievement for someone so young will enable Jina to train and play against some of the most talented netball players in the country.

It comes after Badminton School's appearance on CBBC's new TV series 'Our Boarding School', which featured Jina during an episode where her skills on the court were noticed by a talent scout.

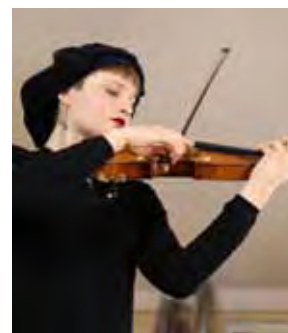
Jina said: "I am very proud of myself for getting into the Nova Academy because it has always been a dream and I am glad I achieved it at the age of 12. Playing with older players makes me nervous sometimes but they are really nice and caring. They are also extremely good which inspires me to train harder."

Miss Elsley, Assistant Director of Sport at Badminton, said: 'I am so incredibly proud of Jina and what she has achieved. Not many people

get the opportunity to experience playing at topflight level, so this next year will give Jina an insight into what it truly takes to play at elite level and whether it is something she wishes to pursue longer term. Jina has worked so hard, overcome so much adversity and shown so much courage to achieve what she has."

www.badmintonschool.co.uk

admissions@badmintonschool.co.uk



**TALK TO US ABOUT OUR
MUSIC, ART AND SPORT
SCHOLARSHIPS
and join us for a TASTER DAY**



**BADMINTON
SCHOOL**

Book your place online now | admissions@badmintonschool.co.uk | badmintonschool.co.uk

Helping Hedgehogs

The population of wild hedgehogs is declining rapidly with a loss of their natural habitat as well as a huge loss as road kill each year. At this time of year our hedgehogs are particularly vulnerable as they prepare to hibernate and are often brought in to us by members of the public as they are found wandering and looking lost and sad.

Hedgehogs usually hibernate between November and March. Juveniles need to reach a minimum weight of 600g to be able to survive the winter. Any small hedgehog found at this time of year should be taken to a vet for a check up to decide on the best way to proceed and care for them.

Slightly underweight juveniles can be housed in a garage or shed as a temporary home using a cardboard box with hay, newspaper or leaves until they reach the necessary weight for release and hibernation. Care should be taken to avoid too much human contact to avoid the hedgehog becoming unnaturally tame.

Hedgehogs wake up periodically throughout their hibernation to find food so a supply of dry cat or dog biscuits close to the hibernation nest is a good idea to help them.

It is not normal to see adult hedgehogs out during the day as they are nocturnal. Often this is a sign of a problem so take it to the vet for a check up.

You cannot usually persuade a hedgehog to live entirely in your garden; they travel up to two miles each night and are great climbers. However, there are some things that you can do to make your garden more attractive to hedgehogs to encourage them to stay around.

Leave areas of your garden wild with piles of leaves and logs. These will provide an attractive nest as well as a source of food in the form of slugs, worms and beetles. A piece of wood against a wall can be used by a hedgehog to climb over and you can provide a hedgehog house, homemade or bought.

Leaving out fresh food and water will encourage hedgehogs to return. Use tinned cat or dog food (not fish flavoured) or dry biscuits. Food formulated for hedgehogs is also available from pet shops.

Never feed hedgehogs milk as it can cause a diarrhoea; instead supply water in a shallow bowl.

Remove all plant netting or sports netting when not in use to prevent a hedgehog from becoming entangled and injured. Make sure there is an easy way out of ponds, hedgehogs are good swimmers but need to be able to easily climb out of the water. Cover drains



Above: A family of 5 orphans Nicky rescued earlier this year, all now happily grown up and released.

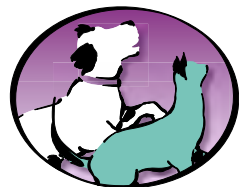
and holes. Check compost heaps before forking over and grass before mowing or strimming. Do not use slug pellets that may harm hedgehogs.

Bonfires should be freshly made up before lighting, if not, do check thoroughly for any hedgehog that may have crept into the base.

If you do find a hedgehog please do contact us for advice and if necessary we can advise about transfer to a suitable hedgehog rescue for further care.

The more we can do to help these wonderful creatures, the greater their chance of survival both individually and as a species.

Nicky Bromhall MRCVS
Head vet at Animal Health Centre

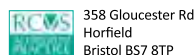


Animal Health Centre

"A passion for pet care"

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

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



358 Gloucester Rd
Horfield
Bristol BS7 8TP
0117 924 7832
www.animalhealthcentre.org

Your local, friendly veterinary practice

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?"

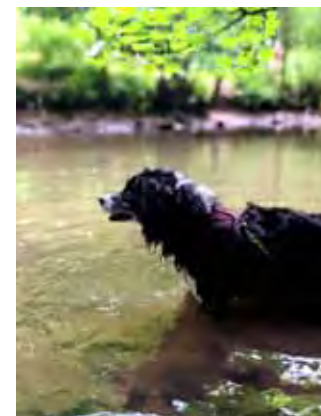
There are many precautions you can take to keep your dog, happy and safe. The first one being:

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 –

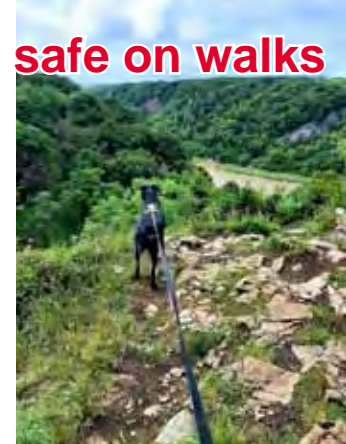
Be your dog's advocate

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





Laura Robertson



Jane Wills



Linocut by Mary Collett



Ella Cooley



Sue Pickering



Toni Burrows

North Bristol Art Trail 2022

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 Down 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

Lownit

**MORE DOUGH.
FOR LESS DOUGH.**



£15/DAY

Rent the Oni pizza oven on a Tuesday, Wednesday or Thursday and we'll include 2x free pizza dough bases, freshly-made by the folks at The Dough Kitchen.

Lownit.co.uk

DIY - Kitchen - Garden - Entertainment - Home



TDK
THE DOUGH KITCHEN

**Need an
Accountant?**



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

0117 370 0016

FREE initial consultation
iansmith@taxassist.co.uk

**Fixed fees agreed in
advance**

Visit us at www.taxassist.co.uk/horfield
or at 288a Gloucester Road,
Bristol, BS7 8PD

NORTH BRISTOL ARTISTS

ART TRAIL

**DISCOVER
WORK BY
OVER 100
LOCAL
ARTISTS**

**26-27
NOVEMBER
2022
10am-5pm**

www.northbristolartists.org.uk

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



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

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.



St. Michael & All Angels Church, Bishopston



St Andrews, Montpelier

KELVIN PLAYERS THEATRE COMPANY

DECEMBER 6-10 2022
THE KELVIN STUDIO
7pm start, 6:30pm doors

EARTHQUAKES IN LONDON

Mike Bartlett

An amateur production
by arrangement with
Nick Hern Books



Horfield
dentalcare



invisalign
PROVIDER

SMILE & FACIAL AESTHETICS

FREE ONLINE CONSULTATION

Visit www.horfielddentalcare.co.uk

New Patients Welcome

Check up including X-rays
and a complimentary
Cosmetic Consultation

FOR £49.95

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

Facial Aesthetics *NEW*

Everyday dentistry

Cosmetic treatments

Smile makeovers

Dental implants

Whitening

Childrens dental care

Emergencies

Call Us Today!

0117 951 3026

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

Register & Book Online

www.horfielddentalcare.co.uk

info@horfielddentalcare.co.uk



Introducing our new dentist.... at Horfield Dental Care

Having recently expanded the practice, we are very pleased to
introduce Gemma McCann (pictured) as the newest member of our
team at Horfield Dental Care.

Gemma has a kind and caring nature, and over 15 years of
experience in general dental practice, with a passion for conservative
cosmetic dentistry.

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.



Essentials Dental Plan

If you're looking for a dentist, we are welcoming new private patients to register with us. Our new private
patient examination, which includes all necessary X-rays and a complimentary cosmetic consultation, is just
£49.50. Our 'Essentials Dental Plan' starts from just £13.75 a month, which includes: 2 annual dental check-
ups, 2 annual visits to the hygienist and 10% off all your general dental treatments. It also has the added
benefit of worldwide dental injury and dental emergency insurance cover.

To make the cost of treatments more affordable we also offer a simple 10 month payment plan with 0%
interest.

Making an appointment couldn't be easier through our online registration and booking
system. Alternatively, to book an appointment or if you have any enquiries do get in touch by calling
0117 951 3026, or via the practice website www.horfielddentalcare.co.uk



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

Discover Buddhism: Buddhist Meditation and Talks

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

Tuesday, 8-9pm

Wednesday 10.30-11.30am (simply meditation)

Saturday, 10.30-11.30am

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

For further info, email bristol@dechen.org



www.sakyabristol.org
www.dechen.org

Ladies Only Gym

for your 30 minute workout

for ladies of all ages, shapes and abilities



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

trainers.co.uk



22 Kellaway Ave
0117 944 6650

Mon - Thu 7am - 7:30pm

Fri 7am - 6pm

Sat - Sun 8am - 1pm



Celebrating 25 years of the Moggerly re-homing centre



Set in the heart of Bishopston is the Moggerly Cat and Kitten re-homing 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 Moggerly?

After years of volunteering and fundraising for many Bristol charities, I saw the need for the Moggerly 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 Moggerly? 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 Moggerly is a volunteer and gets paid richly in cat love and cuddles!

What is the best thing about being the founder of the Moggerly? 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 Moggerly? 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 Moggerly to adopt two kittens but leave with three so the family isn't split up.

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 Moggerly?

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 Moggerly 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.themoggerly.org.uk | 0117 924 3128
65 Longmead Avenue, Bishopston, BS7 8QB

D.C.L MOTORS

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

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



You can rely on us to do whatever it takes to get the job done!



Open:

8.30am – 5.30pm Monday to Thursday
8.30am – 4.30pm Friday

Tel: 0117 908 0081

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



DOWNSIZING?

RENT A UNIT FOR YOUR VALUABLES

LOCAL
SELF STORAGE



WWW.STASHEDAWAY.CO.UK

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

EMBRACING PILATES

PILATES CLASSES FOR ALL LEVELS!



Face-to-Face Classes

Monday, Tuesday, Wednesday
and Thursday

9.30 to 10.25am and

Tuesday, 10.30 to 11.25am at

**Horfield Parish Church Hall
(Helliwell Room)**

ALL CLASSES ONLY £5

Cost effective block bookings
always available

PLEASE BOOK via

www.embracingpilates.co.uk

For more details contact Denise Dobbins

info@embracingpilates.co.uk

0117 903 0331

0784 732 2954



Bristol law firm, Barcan+Kirby, continues to strengthen its team with the appointment of four new trainee solicitors. Courtenay Salway, Grady Hali, Jessica Bradley and Laura Brimson all started their training contracts in September 2022.

Grady Hali and Laura Brimson started their careers with the firm as Paralegals before taking up Trainee Solicitor contracts. They have both started their seats in the firm's Family department. Courtenay Salway and Jessica Bradley are new to the firm. Courtenay has previous experience as a Paralegal in child law and has now started her first seat in the Private Client department. Jessica Bradley, who has experience working with a charity to provide practical and emotional support to litigants, has started her seat in Clinical Negligence.

The trainees will undertake four seats altogether and get to experience the firm's array of legal services whilst moving between Barcan+Kirby's six offices. They will have the opportunity to shadow senior solicitors within a variety of specialisms, experiencing a varied client base in departments ranging from conveyancing and commercial services to contentious probate and family law.

The trainees will also benefit from the Barcan+Kirby Training Academy which was launched in March



(L-R) Courtenay Salway, Grady Hali, Laura Brimson and Jessica Bradley

2022 and provides an opportunity for budding lawyers and other trainees within the firm to share their experience, build relationships and receive training. The training covers expansive industry-relevant skills such as business development, marketing, finance and compliance.

Bill Willcocks, Managing Partner at Barcan+Kirby, commented on the appointments: "Congratulations to Courtenay, Grady, Jessica and Laura on their appointments as Trainee Solicitors. Not only will our training programme provide them with a strong foundation on which to build a career in the legal profession, but it is also an integral part of the firm's success. Trainees are given an advanced level of responsibility from the onset and the opportunity to work directly with clients on complex casework. We look forward to supporting them in their development over the next two years."

Your Local Award Winning Law Firm

You have our best – every time

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

For you and your family

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

For you and your business

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

barcankirby.co.uk | 0117 325 2929

hello@barcankirby.co.uk
@barcankirby

BEDMINSTER | BISHOPSTON | CLIFTON | KINGSWOOD | QUEEN SQUARE | THORNBURY

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

Wardrobes, Drawers, Cupboards and Shelves
full to bursting
Hoarding & Collecting
Dealing with a relatives home
Divorce Bereavement Moving House

Do You Need Help To Declutter?

I work with you at your pace with empathy and understanding

Free Consultation
For help, advice and solutions



FM



DeClutter Services

Fay Gregory

fmdeclutterservices@gmx.com
078 2107 8526 0117 9550713
www.fmdeclutterservices.com

MOVING HOUSE

Decluttering your property before putting it on the market can increase the selling price enormously and stops you importing clutter into your new home. It presents your property in the best possible light and maximises its selling potential

HOUSE NOT SELLING LOW OFFERS POOR VIEWINGS

The first time a buyer sees your property is usually online, so images need to be eye catching and enticing. Removing clutter, using the house doctor and handyman service help to attract buyers and create sales

Decluttering and reorganising your home also declutters the mind. It reduces anxiety and stress by making your home an inviting, pleasurable place to live in and somewhere to feel proud of

FM DeClutter Services offer a tailored service to suit your needs

Windsor Road Garage

Family business est 1964



*Serving our community
for over 50 years!*

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

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

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

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

www.windsorroad.co.uk

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



Every Child NEEDS CHRISTMAS!

Gloucester Road's Totally Toys is happy to once again be working with organisers of the Every Child Needs Christmas campaign, by acting as a donation point.



It's so easy to get involved and makes a massive difference to lots of children in the BS post-coded areas. To join in, all you need to do is donate a new gift/s (not wrapped) around the value of £5.00 and mark what age group of child, 0–16. The cut-off date for donations is 1 December 2022. You can either pick up items from Totally Toys or bring your own into store to donate.

All gifts will then be distributed to the families of underprivileged children. Teams from North Somerset Children's Centres, Social care networks, Foodbanks, Trusts and organisations will be distributing. Please donate to help ensure that Every Child can have a Christmas.

Totally Toys, 109 Gloucester Road, BS7 8AT
Facebook: Every Child Needs Christmas

Local & online tutor for children aged 6–11

Horfield resident Liz Romero



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

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

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

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

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

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



Harvest week was in mid-October – we ran workshops for the children hosted by CAFOD, a Catholic overseas aid charity, and held assemblies for all year groups. These assemblies had a harvest theme and gave pupils the opportunity to express our thanks for the food the earth provides and remember those in need of food. The week culminated in a whole school Harvest Mass in St Bonaventure's church – a beautiful harvest loaf was generously donated to us by Joe's Bakery and given as an offering.

Our new Reception children have settled in really

News from St Bons!

This term and next, our whole school theme is 'Love thy Neighbour'. The children have engaged in this through assemblies and in class, learning how we apply Gospel values to our everyday lives.

well to school life. Year 6 buddies have been allocated to the children so that there is someone to look out for them in the playground. Our revised transition arrangements with children starting full time within three weeks have also been well received.

For families looking for a Reception place for September 2023, we are running multiple Open Days between now and 15 January. Please visit our website www.st-bonaventures.bristol.sch.uk to find out more, including how to book your place.

Keep fit with Dance Moves

Horfield Baptist Church, BS7 8NY

Tuesdays, 10.15–11.15am

& St Peter's Church, Filton, BS34 7BQ

Tuesdays, 2–3pm

Improve your mobility, strength, co-ordination and general wellbeing whilst having fun and making new friends. Suitable for all ages.

Try first session for free, then £5 thereafter.

For further information contact Eileen Scott,

T: 07969 929 733 / E: scottytartois@hotmail.com



ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

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

OPEN DAYS FOR RECEPTION SEPTEMBER 2023

We would be delighted if you could join us for one of our Open Day tours for prospective parents. For dates see our website – Admissions / Open Days section



Email: admissions.stbonaventures@bristol-schools.uk | Visit: stbonsuk | Tel: 0117 353 2830

All are welcome at St Bonaventure's

News from Ardagh Community Trust

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

Autumn/Winter opening hours – During the autumn and winter months we will be adjusting our closing times at the café and with the wider site. Keep an eye on our social media for confirmation. Latest booking time for hire of indoor or outdoor spaces will end at 4.30pm from 1 November.

New website – Our new website is now live! Work on the site has been ongoing for the last few months and was funded through a grant from the West of England Combined Authority. Have a look at www.theardagh.com and find out more about what Ardagh Community Trust is all about. Check out the details on hiring space at The Ardagh, volunteering opportunities and membership. Membership of ACT costs £3 for 3 years and can be completed on the new website, or in person at the Café on the Common. We will continue to work on the site, improving it and adding content over the next few months. If you do have any feedback, or comments please do email us.

Crowdfunder campaign – In October ACT launched a crowdfunder campaign to raise money to pay for essential repairs to paths around the site and improve

accessibility for all. Without these repairs, areas of the site will need to be closed for safety. **The crowdfunder ends on 2 November**, so as this edition goes to print there is still chance to donate towards this crucial work. Please visit: www.crowdfunder.co.uk then click on 'Explore' then type 'Ardagh' in the search box, thank you.

Regular activities and events during autumn –

Move To Your Mood is a short session of informal movement and dance. Not only is it fun but it keeps you fit and warm on a chilly autumn morning! Dates for upcoming sessions are as follows: 16 November and 14 December, 10 – 11.30am. It's a free event and all are welcome.

The Horfield Common Litter Pick Group meets on the last Saturday of the month. Equipment has been supplied by Bristol Clean Streets campaign as part of Bristol City Council's Big Tidy operation. Why not 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 if you have your own, please do bring it so we have enough for everyone! Sensible shoes and gloves are necessary as we cover the whole common. The next date is 26 November, 10am – midday (no meeting in December).

Our regular weekly activities and events currently comprise:

Gardening and site maintenance volunteering groups. Tuesdays and Thursdays, 10am – 1pm; Email us or call in and ask on site.

Tai Chi on Court 2. Tuesdays (10am, 11am) and Fridays (10.30am). Sessions are delivered by volunteers from Bristol Age UK

Family Food Action at The Ardagh every Tuesday, 10.30am – 12.30pm ready to receive and sort donations of food and toiletries

Interactive live music sessions on Tuesday mornings from 10am for babies and toddlers, delivered by www.rockoutbaby.com

Horfield Common Young Explorers sessions run by Hideaway Forest School Thursday mornings from 10am, in the Wild Play Area www.hideawayforest.com/pre-school-young-explorers

Our Horfield Common Repair Café is taking a well-earned break over the colder winter months. Thanks to everyone who has supported this so far, we look forward to being back in 2023!

Saturday 29 October 4 – 8pm Hallowe'en Party & Parade Everyone is welcome to come and join the fun from 4pm at The Ardagh. The party will include a Hallowe'en parade with prizes for the best fancy dress, fabulous food and drink and music to help the



party go with swing! In addition, we are hoping to welcome some special guests for live entertainment.

Support us – If you can't visit us in person, you can follow us on our social media channels below. As a small, local charity we depend on the support of the community to enable us to continue to provide facilities for the benefit of all. Donations can be made to ACT at any time via the website or in person at the Café on the Common. All contributions are valued and appreciated.

E: hello@theardagh.com | theardagh.com

f t TheArdagh

greenhouse learning

1-1 In-Home & Online Tutoring

- All Ages, All Levels & All Subjects.
- Local, Vetted Tutors.
- Hand-Picked For The Student's Needs.

Tutoring support can help to:

- Build a student's confidence, resilience and desire.
- Steer clear of homework battles.
- Realise a student's potential.

Contact us today:
Email: office@greenhouselearning.co.uk
Phone: 0117 463 0300
Web: www.greenhouselearning.co.uk

Bristol Grammar School

Life changing

Whole School Open Morning
Friday 4 November
10.00am–12.00 noon

Individual tours available most weekday mornings

Contact us on 0117 933 9885

Bursary Awards available

We can help with up to 100% of the fees and other costs



LEE'S CARPETS

EST. 1957

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

Tel: 0117 951 4262

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



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!



secret_garden_web



39 Horley Road, Sr Werburghs, Bristol

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

0117 9092 088 or 0777 9180 855
info@secretgardenweb.co.uk
www.secretgardenweb.co.uk

ALL GARDENS



TO ALL
PEOPLE

SMALL GARDEN SPECIALISTS
25 YEARS EXPERIENCE
BASED IN BISHOPSTON

Phone Pete 0117 9421 685

e-mail peter@allgardens.co.uk

visit www.allgardens.co.uk

All Garden Craft DESIGN

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

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.



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

We are here to help

Every year we conduct whole of market, independent research to ensure that our clients benefit from providers that can demonstrate:

- **Good Financial Strength**
- **Strong performance whilst taking on an appropriate level of risk**
- **Wide range of risk profiles to suit client requirements**
- **Range of investment solutions to meet objectives**
- **Good levels of service**

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

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

Get in touch

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

www.haroldstephens.co.uk

50 High Street, Westbury on Trym, BS9 3DZ

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.


HAROLD STEPHENS
LATER LIFE FINANCIAL PLANNING



St Peter's Hospice Gloucester Road: Volunteer with us

We have a brilliant opportunity to join the volunteer team at our Gloucester Road shop. All our roles are flexible to work around your lifestyle and offer a chance to form friendships, build confidence, and most importantly support the local hospice and give back to your community. We are looking for people who would enjoy being on the shop floor and interacting with customers along with hanging and steaming. If this sounds like your cup of tea, then visit the volunteering page on our website (www.stpetershospice.org) or drop into the store at 95 Gloucester Rd, Bishopston, BS7 8AT. The team are ready to welcome you and organise a trial shift to give volunteering in a charity shop a go!

Circle Dance Evenings

At The Old Library, led by Susannah Temple – **Tuesday 29 November, 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@googlemail.com

Sale day at Horfield Baptist Church

Horfield Baptist Church (HBC) is holding a sale on Saturday 12 November, 10am to 12 noon.

Books, toys and kitchenware will be among the items on sale. And no reasonable offer will be declined!

The sale will be cash only. Any cash raised will help the church continue to maintain and develop our place in the community

HBC is at 279 Gloucester Road, BS7 8NY

Find out more at www.horfieldbaptist.net or on Facebook @horfieldbaptistchurch

Alpine Landscaping

Established Family Firm with over 30 years' experience

Senior Citizens Special Rates

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

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

www.alpine-landscaping.co.uk

25% Off
with this advert!

FIREWORKS DISPLAY

FRIDAY 4TH NOVEMBER 2022

SEAT UNIQUE STADIUM,
GLOUCESTERSHIRE CRICKET, NEVIL ROAD, BRISTOL BS7 9EJ

GATES OPEN @ 5:00PM
FINAL ADMITTANCE @ 6.30PM

ADULT - £8 | CHILD - £5 (UNDER 16)
UNDER 4'S FREE!

WRISTBANDS CAN BE PURCHASED FROM
ASHLEY DOWN PRIMARY SCHOOL
BRUNEL FIELD PRIMARY SCHOOL AND
GLOUCESTERSHIRE CRICKET OR BY
SCANNING THE QR CODE

(NO SPARKLERS ALLOWED)

Rebecca Ramsden

Editorial Services

Refining your written message

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

Don't let a typo cost you business

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

Based in Horfield, Bristol

07967 273595 rebeccaramsden@gmail.com

Why not join the local Walkers & Talkers?

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

Former Gloucestershire County Cricket wicket-keeper, 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.

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

T: 07831 532670

Coffee Cakes and Chat



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

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

5 November & 3 December
10.30 am to 12 noon

Hope to see you there!



News from Ashley, Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down ward

Downend Road and Muller Road – In September we held a public meeting for the residents of Downend Road and the surrounding area, to discuss the impact of the new Muller Road project. Residents have been concerned at the increased traffic, and dangerous driving that has happened as a result. We want to thank residents for attending and all their feedback. The decision has been made to block off Downend Road from Muller Road while the works continue. We have had lots of positive feedback about this, but we also know that the situation is not perfect. We have discussed medium and longer-term plans, such as a School Street and longer-term campaigning for a Low-Traffic Neighbourhood, and we thank you all for your input. We are continuing to monitor the situation and work with officers to find workable solutions.

Kennington Road – We have been disappointed to learn that the issues with Kennington Road have not yet been resolved, and have been putting pressure on the council to fix the road surface and reinstate the double-yellow lines as a matter of urgency. We have been told that there have been attempts on a number of occasions, but that the weather or parked cars have stopped the operation. We are currently investigating why more resident engagement has not been carried out to ensure that parked cars do not stop this important work. We will continue to work with the council on this for the speediest remedy possible.

Pavement parking petition – This month we are launching a petition to ban pavement parking. This is one of the most frequent topics we, and our other Bristol councillor colleagues, get emails about. We believe that pavements are for people to walk on safely, for those with mobility aids to travel on easily and for parents to be able to push prams and strollers along without having to walk in the road. The only way to tackle this issue would be through the creation of a city-wide law that allows parking enforcement officers to tackle anti-social parking, which blocks pavements. We need 3,000 signatures for it to be debated at full council; you can sign by visiting: actionnetwork.org/petitions/pavement-parking

5G mast on Ashley Down Road – We understand a lot of local residents were concerned about the installation of a 5G mast on Ashley Down Road so close to their homes, and that many put in objections due to its size. We are pleased to announce that after we called it in to be looked at by the committee, we have been told that the application has been rejected. A big thanks to all who got in touch about this.



Emma & Lily

Supporting the Ardagh – The Ardagh has been doing some amazing things of late, and we have been happy to support them in whatever way we can. The Family Food Network had an open day there recently, and we went to visit and chat to volunteers,

and we also hosted a litter pick there, covering the whole common. We currently want to help them with fundraising to improve the footpaths and basketball courts, which need upgrading. If you can help at all, please visit www.crowdfunder.co.uk/p/footpaths-improvements-basketball-nets-project and give what you can; there are tea and cake, and lunch rewards to buy. Don't forget, we also hold our **monthly surgeries here, on the first Friday of every month, 4 – 5.30pm** in the garden room, do pop along and say hello!

Cllr Emma Edwards, Green Party
cllr.emma.edwards@bristol.gov.uk

Councillor Lily Fitzgibbon, Green Party
Cllr.Lily.Fitzgibbon@bristol.gov.uk

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

Redland ward

Energy efficiency advice – With rocketing energy costs many of us are worried about escalating bills and keeping warm through winter. You can find advice here: <https://www.cse.org.uk/advice>

Tailored help is also available from the warmer homes advice and money service, WHAM. It provides support for anyone who might be struggling to afford to heat their homes with caseworkers from partner organisations co-ordinating the support for clients. There's a referral form www.cse.org.uk/referral and free phone number: 0800 082 2234. There is unfortunately a waiting list.

Basic energy saving tips can be found here: www.bristolenergynetwork.org via the home page. Of course, we wish there was also a national energy saving programme available from the government to offer everyone support for a warmer home.

Supporting food banks – We know there are steep rises in the cost of food. Thanks to every one supporting or volunteering at local food banks – they are hard pressed to keep up with demand just now.

If you could help support Bristol Local Food Fund through their crowdfunder please visit their appeal here: www.crowdfunder.co.uk/p/blff. The fund offers grants to those in need.

Obstructive parking – We're getting regular complaints about obstructive parking around parts of the ward where there's no parking management scheme. Older double yellow lines may need to be renewed to ensure enforcement activity can take place by parking services. The police have acted where pavements are badly obstructed – do contact them on their non-emergency number or by message via the constabulary website and officers on patrol should be notified. We're frustrated that problems can fall through gaps between the police and the council parking services and promises made to look into protecting corners from obstructive parking made by the Cabinet member for Transport have not been followed through. We're continuing to press for action to allow safe access around the ward for pedestrians and emergency vehicles and other services.

Mobile phone masts – Many applications are being made for new mobile phone masts across the city. Increased reliance on mobile working since lockdown and new data hungry services are behind this. We share some concerns about their impact and have been advising residents worried about them. The operators have significant powers to ensure their infrastructure does get installed so grounds for objection have been limited, even in conservation areas. Health concerns cannot be cited as a reason for rejection. After a site by playing fields along King's Drive was turned down by planners the applicant has appealed and this means the final decision now lies with a government inspector. Anyone who registered a view should be invited to comment again. Any views must be submitted by 3 November

Mixed news on the buses – Following the closure of Bristol Community Transport, we are relieved to know that Brighton-based community operator The Big Lemon has taken over the 505 route. This serves people along Kellaway Avenue/Coldharbour Road – running from Bower Ashton to Southmead.

Sadly, the withdrawal of a purely commercial service run by First Bus, the 72a, has taken place. This is blamed on the extreme driver shortage affecting services and reduced use of buses making some routes unviable. We're worried how this will affect people reliant on it to get around the city.

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.



Martin & Fi

Cleaner Air coming – but worries for disabled people – The city's statutory clean air zone will finally start on 28 November, after many years of delays to get less toxic, safer 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 and taxis and active travel help – see the website 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. For those looking at other ways to travel, cycle training is available from charity Lifecycle.

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.

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 be 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.

At the Communities Scrutiny Commission we were told no consultation would be held but after pressure from stakeholders a promise has been since been made to carry one out after all. We're pleased that this will now take place and enable input by local parks and open space groups and others.

Fi Hance, Green Party
cllr.fi.hance@bristol.gov.uk / 0117 3534720

Martin Fodor, Green Party
cllr.martin.fodor@bristol.gov.uk / 07884 736101

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

Price Glass

WINDOWS • DOORS • CONSERVATORIES • EXTENSIONS • KITCHENS • BATHROOMS

Incorporating P G & G Building Services

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

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

1st Class Product - 1st Class Workmanship - At An Affordable & Fair Price



**Private & Commercial
jobs undertaken**

Call - 0800 975 7967

www.priceglassbristol.co.uk

office@priceglassbristol.co.uk

**Visit our
showroom at**

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



Useful Trades & Services for the Home & Garden

Brickwork by Denise Howard



Decorative Brickwork
different colours, patterns,
features and structures

Bespoke Designs
in both reclaimed and new bricks

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

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

Liabilities Insurance held
References available

*City & Guilds Advanced Construction
Award - Brickwork - Distinction*

t: 0117 9249166 or 07710 827467

e: brickworkbydenise@gmail.com

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



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

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

Office: **0117 3126457** Mobiles: **Ben Peters:
07724 681620 or Steve Coles: 07724 639830**
E-mail: **roof-tech@hotmail.com**

free quotations -
serving Bristol and surrounding area

Charnick Electrical

- EV charge points
- OZEV approved
- Battery storage
- Solar PV
- LED lighting
- Smart controls
- Sustainable technologies
- Design & Installation

M: 07967563298 H: 01179557227
www.charnickelectrical.co.uk
leroy@charnickelectrical.co.uk

Stephen Carter Painter & Decorator

Professional Decorating Services

Painting & Decorating Association
Accredited (with PDA guarantee)

For a free competitive quotation:
07786 513788 or 0117 907 6997
Cranside Avenue, Redland BS6 7RA
carterdecoratingltd.co.uk

THE AERIAL MAN

TV Aerial and Satellite Specialist
Affordable Prices - Reliable Service

- Poor Reception Problems Solved
- Digital Aerials
- Sky Work
- Humax Recorders
- Free Quotes
- Two Year Guarantee
- Additional TV Points
- TV Sales
- Repairs
- OAP Discounts

0117 967 9028
07818 413 451
www.theaerialman.co.uk

ROB'S PROPERTY MAINTENANCE & CLEANING SERVICES

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

**Building & Property
Maintenance
Handyman**

Plastering • Rendering
Decorating • Tiling
Plumbing • Bathrooms
Fascia/Guttering
Gardening/Fencing
Private & commercial cleaning

ROB: 07891 450 047
robspropertymaintenance@yahoo.com



**COLLINS
TREE SERVICES**

Free quotes Fully insured

Pruning Hedge Trimming
Felling Stump Grinding Planting

All work considered All waste recycled
Friendly and professional service

0752 591 6882 0117 965 8399
info@collinstreeservices.co.uk



**M.W.
PROPERTY MAINTENANCE
BUILDING & DECORATING SERVICES**

Interior & Exterior Painting & Decorating
Extensions | Loft conversions | Roofing
Bristol based | 25 years experience
Fully insured | References available

For all projects call
Mike: 07989 507143 or Terry: 07762 316376



DOORS & WINDOWS

Doors

- Composite Entrance • Bifolds • French/Sliding

Windows

- U-PVC • Aluminium • Sash • Cladding
- Glass Replacement • Fascias & Guttering

07960 097 170
Enquiries@dcldoorsandwindows.co.uk
https://www.dcldoorsandwindows.co.uk

  @dcldoorsandwindows



**REDLAND
Electrical Services**

**DOMESTIC
INSTALLATION
SPECIALISTS**

DESIGN • INSTALL • MAINTAIN

www.redlandelectricalservices.co.uk
alex@redlandelectricalservices.co.uk

07955 725 307



FENSA
APPROVED
WINDOW & DOOR INSTALLATIONS
AGGF Group Company



**PEAR TREE
FURNITURE**

Made to measure
alcove
cupboards
and shelves

Under stairs
storage units
and doors

TV and music system units

Bespoke furniture projects

For an honest, free and
friendly quote contact Rich

07976 209 305 / 0117 9500 597
Rppeartree@gmail.com

Based in Bishopston

WWW.BS7GARDENSERVICES.UK

**BS7
Garden Services**

Tel: 07599 464109

- Lawn mowing
- Garden clearance
- Small jobs
- Public liability insured
- Hedge Cutting
- Pruning
- Planting Borders
- Pressure washing

For more Tel: 07599 464109
info: Email: bs7gardenservices@gmail.com



**CE
APPROVED**

**From
£895***
**for a fully
fitted electric
garage door.**

Gotta get a Garolla.

 **Trustpilot**
4.8 out of 5 (Over 3,000+ reviews)

Garolla garage doors are expertly
made to measure in our own UK
factories, they're strong and solidly
built. The electric Garolla door rolls
up vertically, taking up only 8 inches
inside your garage, maximising
valuable space. Our expert local
installers will fit your new door and
they'll take away the old one too,
so there's no mess.

Give us a call today and we'll come
and measure up **FREE** of charge.

**GAROLLA
ROLLER
SHUTTER
DOORS**

www.garolla.co.uk

CALL US TODAY ON:
01454 740 086
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual

The Roofing Company

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

Free no obligation quotations
Competitive Pricing

0117 950 2610

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



BRISTOL BUILDING COMPANY Quality Building Solutions

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

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

"My tired old house has been transformed into a fantastic home for my family." Joanne, Bishopston

"We have found the workmanship completed to a very high standard. I would thoroughly recommend the company to all." Mary, Horfield

"Dale's team were friendly and professional and the work was done faster than we expected, to a very high standard." Cher, Ashley Down

Tel: 0117 952 1944 Mob: 07977 116842

Email: bristolbuildingco@yahoo.co.uk
www.bristolbuildingcompany.co.uk

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

NUTHATCH
TREE MANAGEMENT & CONSULTANCY
www.nuthatchtrees.co.uk

Contact us for a free consultation

tel: 07866980012

email: rich@nuthatchtrees.co.uk



**Natural
BORN FLOORING**

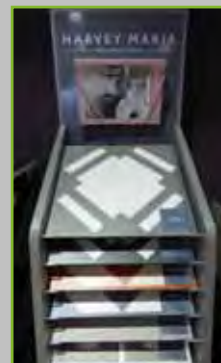


01179 427829

Natural Born Flooring
203 Gloucester Road
Bristol, BS7 8NN

Customer parking at the rear of the shop
www.naturalbornflooring.co.uk

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



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

Their impressive showroom runs over three floors – downstairs is dedicated to real wood, parquet and engineered oak flooring.

The rear showroom displays stylish, luxury vinyl tiles, perfect for all areas of the house with brands such as – Amtico, Karndean, Distinctive, Polyflor and Harvey Maria – who have a fabulous new range on display at the showroom.

The ground floor is home to an extensive range of quality carpets rugs and runners, both of natural and synthetic fibres. Ross has been busy installing the new distressed wooden panels that display beautifully the diverse ranges of gorgeous carpets they have on offer.

Natural Born Flooring's team are highly experienced and offer a friendly service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices.

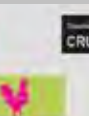
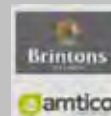
The Natural Born Flooring team would like to thank all of their customers for their ongoing support.

Call today for a free consultation on 01179 427829

203 Gloucester Road, Bishopston, BS7 8NN

www.naturalbornflooring.co.uk

Customer parking to the rear of the shop





"for all your plumbing and heating needs"

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






Boiler servicing Quick response boiler repairs Boiler installation Bathroom creation/face-lift

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

0117 924 7200 ▪ www.dhs-uk.com





Home Improvement & Repairs

Small repair & maintenance jobs.
Larger projects also done.

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

Mobile: 07966 291323
Email: homefixweb@blueyonder.co.uk
HOMEFIX www.homefixweb.co.uk



MD Aerials
Call Michael Dagger

T: 01454 418 341 M: 07817 304 236
mike@mdaerials.co.uk www.mdaerials.co.uk

All types of aerial and satellite work undertaken including:

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

Over 30 years experience




INDOOR SELF STORAGE HORFIELD AND LOCKLEAZE

WWW.STASHEDAWAY.CO.UK

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

Electrical and Plumbing



All electrical work - from complete rewire to additional sockets
Domestic plumbing and tiling - showers, undertile heating etc.
City & Guilds and NVQ. Part P compliant.

Free estimates - Call to discuss your requirements

Matt Pederick – 07958 753588




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




Find out more

www.expandbuilding.co.uk

 **0117 959 1777**

We specialise in: high specification extensions

 07813 328 387 |  07972 577 827 | email: info@expandbuilding.co.uk

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

M^cCALL

PLASTERING SERVICES

EST 1976

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

Call: 0117 949 0147
07909 937 229 or 07970 596 260
mccallplastering@hotmail.co.uk

Index of Local Advertisers

Accountants / Book-keeping

Tax Assist 32

Aerials

Dan Grace Aerials 5,55

MD Aerials 60

Architects

Cryer & Coe Architects 12

Art & Gift shops

Nola Interiors 15

Reason Interiors 21

Room 212 14

Art Trails

North Bristol Arts Trail 32,33

Buddhist Centre

Sakya Buddhist Centre 37

Building Maintenance/Construction

Bristol Building Company 58

Denise Howard Brickwork 55

Expand Building 60

Homefix 60

MW Decorating & Building 58

Rob's Property Maintenance 55

Cafés / Restaurants

Areeshaz Dessert Café 19

Carpets / Flooring

Conran Carpets 64

Lee's Carpets 46

Natural Born Flooring 59

Car repair

CC Motor Co 8

DCL Motors 38

Windsor Road Garage 42

Childcare

Bishopston Beanstalks Pre School 25

Horfield Welly Pre-school 6

Sefton Park Nursery 24

Shine 10

Computers

I love my PC 16

Dental Care

Horfield Dental Care 1,36,37

Drum tuition / Kit servicing

J. Kelly's Music Lessons 2,7

Editorial services

Rebecca Ramsden 50

Electricians / Electrical Shops

Ablectrics 12

Charnick Electrical 55

Matt Pederick 61

Redland Electrical 57

Equipment hire (indoor/outdoor)

Lown 32

Fashion / Clothes

Billie Jean Pop Up Event 15

Financial advisors

Harold Stephens Independent 48,49

Florists / Plant shops

The Flower Shop 18

Food & Drink outlets

FOOD SHOP 20

Grape & Grind 23

Hobbs House Bakery 3

Joe's Bakery 18

Scrumptiously Sweet 17

Framing – Niche 27

Furniture making

Pear Tree Furniture 57

Garden Design / Maintenance

All Gardens 48

Alpine Landscaping 50

BS7 Garden Services 57

Collins Trees 56

Nuthatch 58

Secret Garden 47

Wild Gardening 12

Glazing & Doors

DCL Doors & Windows 56

Price Glass 54

Hair / Beauty / Wellbeing

Horfield Dental Care 7,10,45

The Green Room 16

Health / Fitness

DNB Boxing 5

Keep Fit with Dance Moves 43

Osná 23

Trainhurs 37

Heating – Gas / Elec

Dynamic Heating Services (DHS) 60

Little Bathroom & Boiler Company 9

Holiday Clubs

Shine 10

Home de-cluttering services

FM DeClutter Services 41

Home Interior Shops / Services

Ablectrics 12

DHS – Bathroom Installation 60

Dream Doors 13

Little Bathroom & Boiler Company 9

Nola Interiors 15

Pearce's Hardware 15

Reason Interiors 21

International House 4

Jewellers

AHLQ Jewellery 14

Kemps 23

Kitchen Installation / Refurbishment

Dream Doors 13

Martial Arts

Red Dragons Martial Arts 11

Music Tuition

J. Kelly's Music Lessons 2,7

Optometrists

Lunar Optical 26

Painting & Decorating Services

MW Decorating & Building 58

Stephen Carter Decorating 55

Pets – care / shops

Alima Dog Adventures 31

Animal Health Centre (Vets) 30

Roxford's Pet Shop 22

Pilates

Embracing Pilates 39

Pilates Active 11

Soul Pilates 63

Plasterer

McCall Plastering 61

Plumber

Matt Pederick 61

Print – Niche

Property services 27

Retirement planning

Sian Jones coaching 4

Roofing

Rooftech 55

The Roofing Company 58

Roller Shutter Doors (Garage)

Garolla 57

Schools

Badminton School 29

Bristol Grammar School 6,11,20

St Bonaventure's School 43

Self storage

Stashed Away 39,61

Solicitors

Barcan+Kirby 40,41

Theatre

The Kelvin Players 35

Tree Surgery

Collins Trees 56

Nuthatch 58

Tuition

Greenhouse learning 44

Individual tutoring (primary) 24

Primary School Tutor 6

Liz Romero – local & online tutor 42

Vet

Animal Health Centre 30

Yoga

Yogawest 1



SOUL PILATES



REFORMER & BARRE STUDIO

MONDAY

10.45am | Reformer: Align

1.15pm | Reformer: Tone

5.30pm | Reformer:

Beginners

6.45pm | Reformer:

Empower

8pm | Soul Barre

TUESDAY

9.45am | Reformer: Align

1.15pm | Reformer: Align

5.45pm | Reformer: Align

7pm | Reformer: Align

8.15pm | Reformer: Uplift

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

10.15am | Reformer: Align

1.15pm | Reformer: Tone

5.30pm | Reformer:

Beginners

6.45pm | Reformer: Tone

8pm | Reformer: Align

FRIDAY

7.30am | Reformer: Align

9.45am | Reformer: Align

11am | Reformer: Align

1.15pm | Reformer: Align

6pm | Soul Barre

SATURDAY

9.30am | Reformer: Align

10.45am | Reformer: Tone

SUNDAY

10am | Reformer: Align

11.15am | Reformer: Tone

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



**SCAN TO VIEW
OUR INTRO
OFFERS**

www.soulpilates.co.uk
hello@soulpilates.co.uk
0117 214 1655

Bristol North Baths,
Gloucester Rd, BS7 8BE

Conran Carpets

...your next step in floor covering



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

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

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

- Fully certified and insured in-house fitters
- Full 'no pressure' measuring service.
- Directly dealing with all the major manufacturers
- Fully stocked showroom on your local high street
- Discount for OAP's and NHS workers

Let us be your next step in floor covering.

Visit our air-conditioned show room on Gloucester Road and view our amazing new displays. A locally based business you can trust.

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



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

Call us on **0117 9425 770**
conrancarpetsltd@gmail.com
www.conrancarpetsltd.com
Open Mon–Sat, 10am–5pm

