

Bishopston

Matters

Tel: 07881 924059 issue 164, Jan/Feb 2023



Lots to love in our local area in 2023



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

An open letter to every HMO (Professional or Student) landlord in Bristol



You may be reading this as an owner of one property or a portfolio, however the issues faced by every landlord are the same. Firstly, if you are managing your

HMO property yourself, you may feel that it is taking up huge amounts of your time. Was it not the opposite result you were hoping to achieve?

Many landlords invest in property because they believe that it will allow them to have more time to do other things that are important to them in life, however the reality can often be that they are creating just another full-time job for themselves. This is where using an agent comes in; by using your specialist JBS Lettings Bristol HMO management service, you are not just getting your time back, you are getting peace of mind that your property is being looked after and maintained to the high standard you want and your residents deserve.

For example, we have one client who has five HMO properties and was self-managing for years and finally they decided they did not want to be the full-time handy man (sound familiar?) and wanted more time to spend with their family and friends, so they instructed us to manage these units. Firstly, we do not tie any clients into a fixed period for our management service; if you are not happy, it is just one month's notice.

Secondly, we advised the client on the market values of their properties and over the last 12



Jack Stephens

months the rents have been brought in line with the correct values, so our management fees have been completely covered (and some) so it has not cost him anything but given him his life back.

If you are currently using a different letting agent, I would encourage you to ask them how often they are visiting the property for routine inspections? To manage an HMO effectively your property manager needs to be visiting at least every 3 months for routine inspections and perhaps more to keep on top of works orders and resident relations.

Another question would be, has your property manager ever actually visited the property themselves? Some high street agents who do not specialise in HMO management may only be visiting annually and their property managers are sometimes not even located in Bristol. From our perspective as a specialist, there is no way you can effectively manage an HMO property in that way.

It could be costing you more in time and money not to reach out for a non-obligatory discussion about your property. Please get in touch if you would like to find out more about how we can help you.

Jack Stephens

Jack Stephens, Director of JBS Lettings Bristol

0117 911 2919

jstephens@jbsbristol.co.uk

jbsbristol.co.uk

91 Bishop Road BS7 8LX



Dear Readers...

Warm wishes to you all as we welcome in a New Year! January is often a time for reflection of the year just past and what the next has in store. Some aspects of life we have no control over but there is a good deal we can make happen for ourselves. Make 2023 the year you make positive changes for your future; small adaptations can make a big difference. In this edition we focus on health and wellbeing and encourage you to look no further than your local community to assist in achieving better physical and mental health.

Throughout these pages you can read about holistic practitioners that help lighten the load and lift feelings of stress and exhaustion. There are also local people who can help you get into physical shape, which benefits both body and mind.

Whether you are new to the area or have lived here a lifetime, why not take the opportunity this year, to join or visit one of the many local groups for company, to share skills or to make friends?

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters @bishmmatters
Matters Magazines Ltd, 130 Aztec West, Bristol, BS32 4UB **Tel:** 07881 924 059 / 0117 349 4483

If you find socialising and striking up a conversation challenging, there are local groups you can simply visit and sit or garden with no pressure – whatever you feel comfortable with. The Goldenhill Community Garden and The Ardagh are two welcoming places to start.

Would you perhaps consider volunteering? We bring you a wide selection of fabulous local organisations to choose from in this magazine. Volunteering is hugely beneficial – not only to the group you support, but for your own wellbeing as well.

Our centre pages invite you to get out and explore the wonders Stoke Park has to offer.

To brighten the winter nights, we bring you news of Window Wanderland 2023 – do get involved!

Our 20% off, reader discount for Rooster's Piri Piri is sure to bring a smile on a cold winter's day.

Happy New Year!

Kerry x

Double Points

Save with double points on your loyalty card this January at Hobbs House Bakery

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Loyal

Bishopston Fish Bar Frying High with Success!

Bishopston Fish Bar has gained its place amongst the UK's top fish and chip shops by achieving the prestigious NFFF Quality Accreditation sponsored by Sarsons Vinegar.

The National Federation of Fish Friers (NFFF), the trade body that represents the nation's fish and chip shops, runs the scheme as a way of raising standards within and enhancing the profile of the fish and chip industry. The scheme is a way of rewarding and promoting shops that provide good quality products and high standards of hygiene, as well as friers who show a high level of competence and are Covid compliant.

To qualify, each shop must go through a virtual inspection by an NFFF Approved Assessor who assesses the shop's presentation, hygiene and cleanliness, staff training, equipment, frying and sales skills and most importantly the quality of the cooked product.

Owner Nick said "We are delighted to gain our place in the scheme. To be recognised as one of the top fish and chip shops by the NFFF is indeed an honour and a credit to our hardworking staff, who I would like to offer my sincere thanks for the continued hard work and efforts to maintain our excellent reputation."

I would personally like to thank all our customers, new and old. All businesses have found the coronavirus pandemic extremely difficult and the support and encouragement they have offered has been great. It has motivated us to maintain our high standards which have once again been recognised."

This accreditation sets the new benchmark for quality within the industry. It will signal to the consumer that they can buy with confidence where the award is displayed, and it will encourage more outlets to raise their standards.



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Community helping community – warm and welcoming spaces

Community partners in Horfield and Lockleaze have come together to create the following warm and welcoming spaces this winter.

Ebenezer Church, Filton Avenue, BS7 0BA – offering Monday morning warm and welcome space 9–11am, Thursday warm and welcome space 10.30am–12.30pm with affordable food, Friday community breakfast and warm and welcome space, 9–10.30am.

For any queries contact Stewart North on 0117 9791399.

Horfield Parish Church, Holy Trinity, Wellington Hill, BS7 8SP – offering a warm and welcome space, tea/coffee and pantry weekends. 9–10.30am, Monday to Friday. All free.

Horfield Leisure Centre, Dorian Road, BS7 0XW – offering warm and welcome space, affordable food. 2–4pm, Monday to Saturday and 7–9pm seven days a week. Free showers, Mon 7–8pm, Weds 3–4pm, Friday 10–11pm and Sat 2–3pm.

Lockleaze Sports Centre, Bonnington Walk, BS7 9XF – Monday 11.30am–1.30pm, warm and welcome space with affordable tea/coffee/soup. Any queries contact 0117 456 8955.



St Mary's & St James' Gainsborough Sq, BS7 9XA – Mondays, 5–7pm, free hot meal. Second and fourth Sunday of the month 9.15–10.30am, breakfast church. Any queries contact 0117 462 0643.

The Garden Room at the Ardagh, off Kellaway Avenue BS6 7YL – will be open as a welcoming space on Wednesdays from 1–4pm and Thursdays from 10am–1pm, weekly until end of February 2023.

The Hub, Lockleaze Neighbourhood Trust, Gainsborough Sq, BS7 9FB – Wednesday warm and welcome space and affordable lunch options 10.30am–2pm. Friday warm and welcome space with affordable hot drinks, 1–3pm. Any queries 0117 914 1129.

The Old Library Muller Road, BS5 6XP – Monday 10am–2pm and Friday 10am–12pm, warm and welcome space, affordable hot drinks.

The Vench, Romney Avenue, BS7 9TB – Tuesday 9.30am–3.30pm, warm and welcome space with affordable tea/coffee/soup. Any queries 07710 392 078.

All the venues are free access, have disabled access and wifi.

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ANDYSMANCLUB

In mid-2016, nine men met in a small room in the typical Yorkshire town of Halifax with a simple aim of talking through their issues and helping each other deal with the struggles in their lives. All in attendance agreed there was something innovative in that room that had to be shared. This was the start of a movement that has grown faster than anyone first involved could have ever imagined.

Fast forward almost six years and ANDYSMANCLUB now has groups at over 110 locations across England, Scotland and Wales.

ANDYSMANCLUB is a free-to-attend talking group that runs every Monday night at 7pm, excluding bank holidays. For over a year, the group has operated at a venue in Bishopston – the **Seat Unique Stadium**; any man over the age of 18 is free to attend with no registration, referral or booking process.

andysmanclub.co.uk



Walkers & Talkers – All Welcome!



Former Gloucestershire County Cricket wicket-keeper, Andy Brassington, hosts Walkers & Talkers each week at the Seat Unique Stadium, Nevil Road, BS7 9EJ. The free social 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 (as pictured above).

January 2023 meetings

Wednesday 4 – Speaker – Richard Dawson, Cricketer
Wednesday 11 – Speaker – Vaughan Jones, Footballer
Wednesday 18 – Speaker – Seb Choudhury, Broadcaster
Wednesday 25 – Speaker – TBC

E: andy@finderskeepersuk.com
T: 07831 532670



Jan Davidson

Kinesiology, Nutrition & Naturopathy

Jan Davidson is a locally based, Kinesiology, Nutrition and Naturopathy practitioner, registered with the Kinesiology Association and CNHC.

She is dedicated to supporting clients from her home in Bishopston, to achieve better health through natural and complimentary methods.

Are you suffering from a stubborn health condition?

Do you want to regain your vitality?

Are you ready to take the first steps towards better health?

Jan is equipped to help with a range of health challenges including; anxiety & depression, insomnia, gut dysbiosis, hormone imbalances, food intolerances and sensitivities, post viral fatigue, blood sugar balancing and many other health conditions.

Would you like to learn the kinesiology foundation course in small groups, in Bishopston?

A registered tutor with the Kinesiology Association, Jan is now taking bookings for a new weekend and weekday course, starting in March 2023. Do get in touch to reserve your space or to find out more.



E mail: jan@jandavidson.co.uk

Web: www.jandavidson.co.uk

Mob: 07738 294171



Jan Davidson

Advertising Sales Exec/Account manager

Part Time £20K – £24,500k per annum (pro rata part time)



At Matters Magazines we are looking for a passionate and highly self-motivated individual to help further develop our 4 publications.

The ideal candidate will have:

- Good sales experience preferably (but not essential) in media sales
- Excellent communication skills
- Great organisational skills and discipline
- Passion, commitment, drive and determination
- A personality that shines bright!

A respected Bristol business established in 2005. These publications have the community at their heart. This position is for 8 – 16 flexible hours a week, working from home and travelling to visit businesses in the Bristol area – BS6/7/8/9 and North Bristol (BS32/34/36). Salary can be discussed depending on experience and bonuses will be applied when targets are met. Training will be given. The candidate will strive to build long-term relationships with clients and manage their accounts. This is a sales role and resilience is key.

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Halal



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Cricket

Usually, a sport associated with the summer but the season is so short, so how does your child improve their game and be ready for the season when it arrives? It will be here before you know it...

Shine has the solution! Shine Winter Indoor Cricket coaching is the answer to improving and developing your game ready for the season start, whether you are a 5-year-old starting to play or a 14-year-old Zonal or County player.

Located indoors at the Shine Sports Hall in Henleaze, Brecon Road, BS9, Coach Harry and Coach Will, who themselves play cricket for local clubs, have ECB coaching qualifications and a huge knowledge of the game, deliver coaching in a fun way to get the most from the session.

Bowling: Players will develop and create an understanding of the core skills within bowling from the preparation of the run up to the technique and different styles.



Fielding: Catching with the correct techniques and control. Knowing your long and short barriers, throwing accuracy and improvement drills.

Batting: Specialist cricket nets within the sports hall allow practice and technique of hitting the ball.

Hardball cricket coaching on weekday evenings for children from Year 4 to Year 8.

Girls hardball and softball cricket coaching from Year 3 to Year 8.

Softball Cricket for children in year groups 1-4.

Inclusivity cricket designed to inspire boys and girls with special education needs.

**Please book any session at –
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LEGO Club takes place every other Saturday, 11.30am at Bishopston Library. It's totally free and kids and their parents can come along anytime during the morning.

The library has a giant box of LEGO for visitors to share. There is a theme at each session but kids can build whatever they like.



The group will be led by Ben Smith, a local parent, director of animation studio Red Star (who produced the forthcoming

Terry Pratchett movie *The Amazing Maurice* on Sky Cinema) and most importantly a huge Lego fan! Ben generally builds spaceships and sci-fi (as above pic).

A few years back Ben attended LEGO Club at the library but the person who ran it sadly had to stop. Thankfully Ben has stepped in, he shared, "Given I'm a LEGO fan myself, I thought I really should take the initiative here and offer to run it".

The group reconvenes in 2023 from 7 January.
Bishopston Library, Gloucester Road, BS7 8BN



Bristol Grammar School

Life changing

Our entrance exams for Year 7 entry in September 2023 are taking place in January

Call Hollie Matthews on 0117 933 9885



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

It is a gym – But not as you know it!

It is **Ladies only**, it is a **30-minute circuit**, it is **friendly** and it includes a social life! Our members range from 14 to 84 years young!

Trainhers gym on Kellaway Ave is a ladies-only gym, which is a 30-minute circuit tailored to fit your personal needs with access to a fully qualified personal trainer. We strive to provide the perfect setting for women looking to get a little healthier in a relaxed and fun environment. We encourage women of all shapes and sizes, and fitness levels and abilities to come along.

Did you know that doing **just 30 minutes of physical activity 5 days per week could prevent 1 in 12 deaths and 1 in 20 cases of cardiovascular disease** (including stroke, heart attack, and heart failure)?

For £30 per month (paying by DD) you can visit the gym as often as you like and book 1:1 sessions with a personal trainer (these sessions are included with the membership). These can include cardio, dancing, boxing and balance.

Lin, a member, says "Sisi's dance class is great fun!" Anna, another member, says "This place is just amazing with great atmosphere and knowledgeable trainers. I am so impressed with Sonam, who is not only kind, respectful and full of knowledge, but also very considerate."

The circuit is 10 stations (3 mins on each) including bike, cross-trainer, five resistance machines and two free stations where we can target your needs.

The social side includes drinks and meals out, where you can meet up with other members. We also have a massage therapist, hairdresser and beautician on site!

We are open 7 days a week and from 7.00am on weekdays. **Come and visit us and book a free trial now!**

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New Year, New Yoga

Yoga classes at the beautiful Yogawest in Denmark Place, Bishopston (walk down beside Bishopston Hardware)

If you are thinking of starting a yoga practice, or you are ready to return to real live classes with a real live teacher, Yogawest would love to welcome you.

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

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

Example classes:

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



Classic yoga classes for all levels and ability | Yogawest is a quiet sanctuary in Bishopston

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

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

Booking – Pre-book your place online: register with Yogawest and book your class on the timetable page at yogawest.co.uk

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



How would you like 20% off any facial and massage treatment?

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Cobblestones in Garden Design

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

But if you're after a driveway that will look stylish alongside your home, you might want to choose natural cobblestones or setts. Other alternatives are bricks and pavers. All can be laid utilising different patterns, which can look very effective. As cobblestones are naturally occurring they are less uniform in size. There are three types of rock that are used for the production of setts; sedimentary, metamorphic and igneous. Cobble-sized stones or setts can be used for pavements, streets and municipal areas that require durability and heavy usage, making them perfect for driveways, walkways, patios, or even as edging.

Recently we have completed a stunning sett driveway, which has been a huge transformation for the front of this property. Setts are shaped and come in a variety of stone; such as sandstone,



limestone and granite – and can be laid out in a range of patterns. There are no costly repairs as individual pieces can be easily replaced. They offer a more fade-resistant surface than other man-made products. Setts can be laid on sand, though for a driveway you want to ensure a lasting surface so they need to be laid on a mortar mix.

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

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

Ali

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Juno, Walking for Wallace & Gromit's Grand Appeal

Juno Victory-Rowe (pictured), a Year 6 Pupil at Sefton Park Infant and Junior School set herself an ambitious target of walking 1000 miles this year. She is very nearly at the end of her challenge having dedicatedly walked on average 2.7 miles per day in all weathers.

Juno decided she'd like to raise money for sick children in hospital, to make the experience better for them. She was inspired by hearing from her best friend's father about the work he does at Bristol Children's Hospital.



Juno's walking challenge has taken her to many different places. Her miles have included walks in Lanzarote, the Lake District (including climbing England highest peak – Scafell Pike), the Isle of Skye, as well as lots and lots of local walks around Purdown and Ashton Court.

Juno's longest walk was 13 miles and her most challenging was climbing Scafell Pike.

Juno said "I feel happy now that the challenge is almost complete as I don't have to walk everyday! It's been tough when I've felt tired and haven't had the energy to walk that day and winter limited the range of walking I could do. I felt like the challenge was going to last forever but I am really proud of myself and pleased with the money raised."

She has raised over £1,000 for the Bristol Children's Hospital and doesn't plan to give up walking just yet! If you would like to support Juno raise money for Wallace & Gromit's Grand Appeal, please visit,

www.justgiving.com/fundraising/junovictoryrowe



Make small, positive changes with Red Dragons Martial Arts

Firstly, let's get the obvious out of the way. Happy New Year to you all. I wish you all nothing but success and happiness in 2023.

Now, how many of you have started with the best of intentions and are committing to a fitness plan? Who has set themselves big goals and targets they want to achieve this year?

I think goal setting is hugely important and I also think that improving one's fitness is key to a happy life. The problem is when things get tough. When we take on too much. If you haven't done any fitness for a while start small and commit to making that small change a habit. Whether it is eating healthier (set something specific not vague) or if it's walking/jogging one mile five times a week. It is crucial to show up even when you have had a tough day. How often have we all not felt like training but went anyway then realised just how good we feel afterwards?

So, I hope this is useful to you. Make small positive changes and just enjoy the journey.

Have a great year.

Sensei Lloyd



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Community support for families and children in food poverty



Family Food Action is an innovative community organisation in North Bristol that directly supports

local families in food poverty. The health and wellbeing benefits of improving these families' access to nutritious food and raising awareness of this issue are profound. However, the impact of being involved in community organisations like FFA is often overlooked, so in this issue we're focusing on how being part of FFA helps our donors and volunteers.

We've all been through some difficult years and the news is unremittingly bad – it can feel quite overwhelming and hard to know what we, as individuals and communities, can do.



Organisations like FFA offer a way to feel part of the solution, get to know your neighbours and less

fortunate communities and while you're at it have fun and make friends (and encounter some unusual allotment vegetables). As one of our financial donors says:

"For me the sense of actually being able to do something practical to help people struggling with the cost-of-living crisis lightens the helpless feelings of doom about the state of the world."

For others working with FFA has provided a way in after difficult times:

"As someone who is recovering from mental health issues, FFA has given me a feeling of purpose. The non-judgemental attitude of FFA extends to volunteers, recipients and donors and this revives my sense of hope."

As chair of FFA I've found it amazing to see our organisation grow and succeed in such troubled times and to be part of such a creative, supportive, and committed community – one that is making a difference to so many lives.

There are many opportunities to volunteer, donate (money or food) and become involved in FFA or with one of our community partner organisations so:

If you'd like to find out more

Look at our website: familyfoodaction.org.uk

Email: contact@familyfoodaction.org.uk

Visit our sorting hub at The Ardagh, Kellaway Avenue, Bristol BS6 7YL every Tuesday 10.30am–1pm

Attend our next prospective volunteers drop-in on 1 February, 10.30am – 12.00pm (also at the Ardagh)



Community Hub

Here at the Marie Curie Community Hub, we are so lucky to be right at the heart of the community. We really value the space we have for our customers, not only to browse our wonderful donations but to sit down and have a good old chat. We offer a friendly and warm place to sit down to talk, reflect and relax. We love hearing about everyday life from the school play to bereavement.

We are so fortunate to have our amazing volunteers, from all walks of life within our local community, who make the Hub feel like a big family. We really love hearing people's stories and welcome everyone to use the space to shop, talk and unwind.

105 to 107 Gloucester Road, Bristol, BS7 8AT

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Web: stbons.uk

Phone: 0117 353 2830

All are welcome at St Bonaventure's.



St Bon's host Window Wanderland 2023 – get involved!

St Bonaventure's Primary School is delighted to be launching and hosting the 2023 Bishopston Window Wanderland. This colourful, creative annual event will kick into life with a special launch evening on the St Bon's school playground, starting at 6pm on Saturday 4 March.

As well as having the chance to take in all the school windows that have been lovingly decorated by our pupils, there will be refreshments and entertainment on hand. It's a fun way to start an event that we, as a school, are immensely proud to be part of.

And it's all happening thanks to Hannah, one of our amazing governors. She's been taking part in the festival since 2015. After hearing that it might not happen in 2023, due to long-term volunteer Sue Powell wishing to take a step back and a lack of new volunteers, Hannah approached our St Bon's Head, Sarah Ballantine. Together, they rallied the extraordinary St Bon's PTFA. And this is the result! We must say thank you again to Hannah and the PTFA – they've really stepped up to the challenge and 2023 is going to be a brilliant Window Wanderland.

We're proud to take part as our school sits in the heart of Bishopston – and community means everything to us. It embodies our St Bon's values, brings neighbourhoods together, reduces social isolation, and inspires creativity – all things very close to our hearts at St Bon's. We've always taken part in the festival, displaying our pupils' work in the windows of Lynne Fernandes Opticians on Gloucester Road.

And in March 2023, we're going all out – with our school windows being taken over by our children. We'd all be delighted if you could join us for this special launch evening. Have a window wander with a warming hot chocolate. Feast your eyes on our children's creativity and help us get the Bishopston

Window Wanderland 2023 off to a wonderfully colourful start!

Get involved

Here at St Bon's we invite all of you to get creative in your own homes and be part of the 2023 trail. You can choose to do anything you like for your windows: use paper, Lego, lights, anything glows! Let your imaginations run wild.

To put your window on the map visit: www.windowwanderland.com/event/bishopston-bristol-2023/

The Bishopston Window Wanderland 2023 event will run from Saturday 4 to Monday 6 March.

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 and St Marys, Bradley Stoke. I have also taught at Westbury Park 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 supporting children generally in English and Maths, I can also prepare children for entrance exams and provide booster courses in the school holidays.

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

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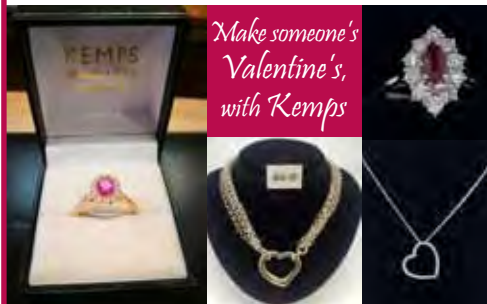
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Charlee Baker Beauty & Wellbeing – New Year – New venue

New home – Charlee has recently moved her beauty and wellbeing business from Gloucester Road to the Flamingo Centre on Southmead Road. Her treatment room is located in the Annexe at the back of the Centre, which is quiet and calming – the perfect setting for her cosy, relaxing treatments that she is popular for. The new venue has the added bonus of parking, which clients are extremely happy about.

Winter wellbeing – with darker, colder days it is important we look after our wellbeing; massages are a great way to restore vitality and recharge your batteries. Relaxing, restorative treatments can ease

mental stress – many of us are worried about world current affairs, but Charlee is equipped to help lighten the load with her different holistic therapies and massage.



Start 2023 as you mean to go on, make some time for you! Book in for regular massage or Reiki sessions, and set yourself up to be ready to tackle whatever the year ahead brings!

Pamper parties – what better way to be made to feel special, than celebrating a birthday or hen party with a Pamper and Wellbeing party? Charlee is enjoying visiting groups of people (friends, colleagues, families...) who have come together to be spoilt with relaxing, beauty treatments. Parties can also be booked for children and teenagers who enjoy being pampered.

Charlee's Beauty & Wellbeing @ The Flamingo Centre, 175 Southmead Road, Westbury on Trym, BS10 5DT on Wednesdays, Thursdays (until 7/8pm), Fridays and one Saturday a month. Book in soon!

07943 189558 | Charleesbeauty@outlook.com

Charleebaker_beautywellbeing

Charlee Baker - Beauty & Wellbeing



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St Bonaventure's Pre-school is now accepting applications for September 2023

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2023. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3 and 4 year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

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

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

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

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

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

Do get in touch

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





Featured artwork by Jules Wild.
All year round exhibition space in niche, perfect for showcasing their client's work.



Paula Bowles lizard



Emily V Jones— 3D folded multimedia and Sarah Dennis, Paper cut artwork



Louise David creates handprinted, layered prints and runs workshops from her parkside studio in Horfield

Print maker Bethan Witherow



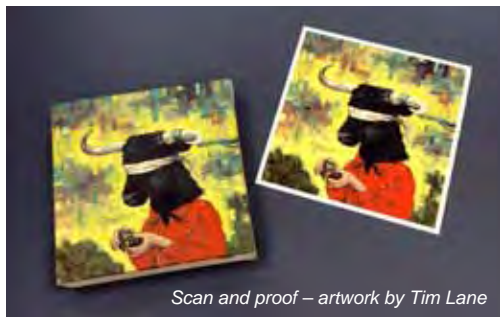
New Year, New Exhibitions & Projects at niche

Niche would like to wish all their customers a Happy New Year. Throughout 2023 they will continue to showcase their clients' work in their exhibition space at the back of the store – they collaborate with such a talented range of artists, it is always well worth popping in to see the work which is on display.

When I visited Niche at the end of December, they were trying out a new state of the art scanner that can scan 3D art pieces. They always keep up to date with the latest technology, enabling them to uphold the exceptional high standards their clients have come to expect from them.

If you are an artist, perhaps 2023 is the year you take your art to the next level, have pieces reproduced and framed for exhibition. Niche will be pleased to advise and work with you.

Photographic Wildlife Exhibition in collaboration with Future Leap – The year gets off to a great start with the opening of the 2023 Wildlife Photography Exhibition at Future Leap. Niche has partnered with their neighbours across the road on this project. Together, Future Leap and Niche has selected 18 applicants for the exhibition. Niche has printed and framed the successful wildlife shots that will feature. They are also providing



Scan and proof – artwork by Tim Lane

a prize of £100 vouchers for the worthy winner. This free exhibition launches on 24 January 2023 and will spend a month at Future Leap then come across to Niche's gallery for two weeks. Visit futureleap.co.uk to find out more.

Fine art reproduction – Are you an artist who would like to reproduce your artwork into prints? Niche are experts at high-resolution scanning and fine art reproduction. Whatever medium you work in – oils, collage, photography... Niche can scan, print and, if desired, frame your work – all under one roof.

A member of staff will take time to discuss and advise (if requested) on every aspect of how your work will be reproduced, from the weight of paper it is printed on, to the size of the print and so on. Then, if being framed, the choice of mount, the type of glass to be selected to the size and style of frame (of which, they have a spectacular number to choose from!).

10% OFF* Reader Offer!

Whether you are an artist looking to get your work reproduced for the first time in 2023, or were given a print or signed football shirt you love for Christmas, which you are keen to get on display. Don't delay, take advantage Niche's 10% January discount, for readers of *Bishopston Matters*.

To redeem your 10% simply quote BM23 when you go into store to book in your work.

*Not to be used with any other offer. One use per person. Valid until 31/01/2023.

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@NicheFrames

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North Bristol Arts Trail 2022

The last weekend in November means only one thing – the North Bristol Arts Trail! It was great to once again take to the local streets, map in hand and soak up the creativity!

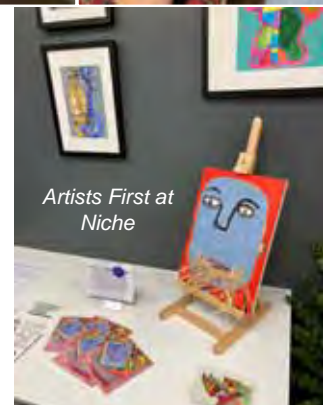
As well as being uplifted by the stunning and varied art on display, it is always a treat to talk with the artists (and at one venue sneak a cuddle with a rather adorable puppy). It is a great opportunity to learn more about the artwork they produce, projects on the go and their plans for the future.

My experience on the trail varied from visiting intimate home displays, to

group venues like Future Leap – that was buzzing, the Horfield Baptist church with live music entertainment throughout the day and the cosy setting of Room 212 with welcoming mulled wine.

It was great that printers and framers Niche became a venue for the first time, displaying the work of 11 artists from the Bristol charity, Artists First, a group of disabled artists with learning difficulties.

Hats off to all of the artists who took part in the 2022 trail – the 2023 weekend is in the diary!



Artists First at Niche



- ◀ Charlotte Savill – Stained glass & glass art
- ▶ LtoR: Jenny Urquhart – Acrylic Landscapes, Maita Robinson – Handmade cards & collage & Sarah Thorp – Jewellery & paintings
- ▼ Angie Kenber, Abstract Paintings & prints



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 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.

Fabriq Quick Fix is an in-salon protein treatment the Green Room has recently started to use. The treatment that takes just half an hour, with results that last for up to a month. Quick Fix is used to define curls, tame frizz and create healthy hair that's easier to manage, whatever style you choose. Fabriq have other treatments in their range; ask in salon for further information.

Happy New Year! The team wish you all a Happy New year! They will be re-opening on Tuesday 3 January 2023.

15 The Promenade, Gloucester Road, BS7 8AL
Tel: 0117 942 75 75 [f](#) **The Green Room**

Kevin.Murphy COLOR. ME GLOSS 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,



Would you like to sing with Companion Voices Bristol?

Companion Voices Bristol is recruiting new members. The group are a 'threshold choir' actively looking for new people to join them.

They meet in Easton on the third Tuesday of the month, 7–9pm, to learn soothing and uplifting songs by ear and build skills in sensitivity/compassion/loving presence, to sing at the bedsides of people nearing the end of life.

To join or support them in this work, contact Valerie,

Email: bristol@companionvoices.org

Facebook: Companion Voices Bristol

www.companionvoices.org



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



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1.15pm | Reformer: Evolve
5.30pm | Reformer: Beginners
6.45pm | Reformer: Empower
8pm | Barre: Uplift

TUESDAY

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

WEDNESDAY

10.45am | Reformer: Align
1.15pm | Reformer: Uplift
5.30pm | Reformer: Align
6.45pm | Reformer: Empower
8pm | Reformer: Align

THURSDAY

10.15am | Reformer: Align
1.15pm | Reformer: Evolve
5.30pm | Reformer: Uplift
6.45pm | Reformer: Evolve
8pm | Reformer: Beginners

FRIDAY

7.30am | Reformer: Align
9.45am | Reformer: Align
1.15pm | Reformer: Align
6pm | Barre: Flow

SATURDAY

9.30am | Reformer: Align
10.45am | Reformer: Evolve

SUNDAY

10am | Reformer: Align
11.15am | Reformer: Evolve
12.30pm | Barre: Uplift



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Pilates...isn't it just for women, to help bad backs and to build core strength?

Pilates is honestly for everyBODY and does so much more than just 'strengthen your core'. Whether you are new to movement, looking to improve fitness, working through an injury or managing chronic pain, Pilates can enhance both performance and your day-to-day health.

We hear a lot of Pilates myths at Soul Pilates. From thinking Pilates is like yoga, to assuming it's not much of a workout, many people seem to have the wrong idea at the start. So, to sort the Pilates fact from fiction, we have broken down some of the common misconceptions.

Pilates is just for women

The suitability and benefits of Pilates is not biased towards women! It never has been and in fact, Pilates was created by Joseph Pilates – a gymnast, boxer and a military trainer who had an incredible physique and even modelled for anatomy charts in his 60s! We work with men of all ages, including rugby players, cyclists, runners, footballers and elite athletes – men and women alike. In fact, some of our longest-standing clients are men!

Pilates is easy and not a real workout

Ever taken a Reformer Pilates class? Then you'll know just how wrong this myth is. With Pilates you are working out every muscle in your body including the very deepest muscles that often get neglected in other workouts. It's not always the most obviously hard looking exercises that are the most challenging – a tiny adjustment can make a huge difference by increasing the challenge of the movement. Pilates requires precise movements and the holding of challenging positions. Reformer Pilates also uses springs, pulleys and gravity rather than heavy weights to sculpt and strengthen the body.

You have to be flexible to do pilates

The truth is that regular Pilates will increase your flexibility, so it really doesn't matter if you're



nowhere near touching your toes and want to start Pilates. Pilates on the equipment can make even the most difficult exercise work for you, no matter what your physical limitations are. If anything, it is a reason to commit to regular Pilates practice. And believe us, your hamstrings will thank you for it.

Reformer pilates is harder than mat pilates

Both reformer and mat pilates can be equally challenging. But with mat pilates you don't have the feedback of the reformer, which can make mat feel more challenging in certain ways. That said, because the reformer has resistance, you can also use it to increase the challenge and therefore create a different type of workout than with mat based pilates. We find that a mix of mat and reformer pilates really benefits the body and works it in a balanced way.

Pilates is just for rehab and pain

Whilst it seems like 99% of people start Pilates because 'something hurts' and they've heard of the benefits this practice has for healing the body and preventing injuries reoccurring – they stay because of how amazing Pilates makes their body feel, and how much it calms the mind and improves their mental health.

Looking to get started? At Soul Pilates we want to make sure you start your journey in the right way, at the right level for your needs and goals. We encourage everyone new to Soul Pilates to book in for a free consultation call or drop us an email, so we can make sure you get started in a supported environment and set yourself up for the best possible results.

www.soulpilates.co.uk

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Lunar Optical

Lunar Optical has now been providing the local area with Ocular Health advice and care for 10 years, so we wanted to take this opportunity to thank our patients.

Thank you for supporting us, your local, independent Opticians, we very much look forward to the next 10 years and can't wait to see what those bring us.

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Lunar Optical celebrating 10 years on Gloucester Road

Lunar Optical has been providing Bishopston with a comprehensive eyecare service for 10 years. Thank you for supporting your local, independent opticians.

Jill and The Team cannot wait to continue to serve our local community for another 10 years and beyond.

Over the last 10 years a lot has changed at Lunar Optical

Killian Sunderland joined us in 2020 as our Dispensing Optician and Practice Manager. As an Optician, and Jill's son, he will continue to provide the high quality of care Jill has worked so hard to provide for the last decade.

Sophie joined us to head up reception and customer care, as well as wonderful frame styling.

Matt and Laura, our two excellent Dispensing Opticians, are here to direct and advise you on the most appropriate fitting frames and lenses for your eyes and look. They come with a wealth of Optical knowledge so please do pick their brains on all aspects of Optics, they are the experts.



A big change you may have already noticed, if you've recently stopped by the practice, is the addition of two new consulting rooms. This allows us to offer OCT scanning in addition to our already thorough examination of your eyes. OCT is a scan of the layers of the back of your eye to monitor conditions such as Glaucoma as well as the early detection of eye disease.

Our second room means more availability for you, as we can now offer earlier appointments, especially for our contact lens patients. To help in this area of expertise we have our excellent Contact Lens Optician, Sarah. This means we can continue to offer each and every patient the best advice and care possible, all in a timely manner.

Here's to the next 10 years!

The Team @ Lunar Optical



Horfield Strollers

The friendly group meet once a fortnight on a Tuesday

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

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

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

Find out more – Contact group member Anna George. New members are welcome. To join the mailing list and receive details of upcoming walks directly, email: anna@agtrans.co.uk. You can also look out for posts on Love Horfield and Manor Farm Community Hub Facebook pages.



SuperHuman Healing is a new healing temple located in Bishopston and specialised in Transformational Healing, Spiritual Awakening and Ascension Process.

It's mission is to guide people on their path of evolution.

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www.superhuman-healing.co.uk



A Park for Everyone by Anne-Louise

Stoke Park, a Grade II listed parkland, is one of my favourite places in BS7 to go for a walk with my dog Ziggy (pictured left).

It has plenty of flat, and if you want a hill, you can clamber those too.

You can do a section for a quick breath of fresh air, or if you need to work off a Sunday lunch try a big loop which takes me about 2 hours.

Home to the iconic historical landmark, the Dower House (the yellow house), it provides almost 300 acres of far-reaching views across grasslands, wildflower meadows, woodlands and a small lake.

The recent addition of a user-friendly tarmac path in 2022, now makes it easier than ever to navigate. As a regular visitor to the parkland, I often chat with people I meet on my travels. It has been interesting to learn what a difference the new path has made to so many local people, from giving young children an excellent opportunity to scoot or cycle after school, to giving older people the confidence to enjoy the green space, to assisting people make greener trips to their place of work across the accessible path in all weathers. One local man, who is a wheelchair user, told me, despite living next to the park, he had

never been able to visit prior to the introduction of the accessible path.

A path here is not a new concept. Historically there was a track in medieval times, which would have been an important trade access route. Remains of original paths are now lying buried beneath the new walkway.

Also new to this natural environment, is a collection of stunning sculptures and benches, that reflect the wildlife here. Carved by the talented Andy O'Neill, they make ideal rest and picnic spots as well as a great incentive to get the kids out for a walk!

Although there are three main ancient woodlands to explore – for ease, I'm giving mention to Longwood and Hermitage which both have decent paths. In the 1700s, with the Dower House then belonging to the Beaufort family, the landscape was given an exciting ornamental makeover; the Duke employed Thomas Wright to redesign the land – in particular these woods – where he added serpentine paths. Imagine rounding a corner to find a secret garden with seating, decorative urns, somewhere to enjoy afternoon tea perhaps? That's the kind of wows and surprises these trails were intended to give to guests of the Beauforts as they snaked their way through the woods. These paths are now considered to be the best surviving pieces of Wright's work in the country.



While in the woods slow down, listen out for bird song, notice what's around you, flora and fauna. With spring around the corner be prepared for a visual feast – carpets of bluebells. And if you ever think you have caught a whiff of garlic you would be correct – wild garlic.



The third forest, Barn Wood is beautiful, but a little hilly and probably more challenging for wheels. Though it does have a tarmac path running down its left flank, which if you follow it to the end and take a right, you'll be back on track by the Yellow House. Down the path just under the House is a bench where you can sit and catch your breath. Look across and you can't miss an obelisk. This was built in memory of the Duke of Beaufort's daughter, Elizabeth Somerset, who, at just 17 years old, while out horse riding took a fatal tumble. Some claim her ghost haunts the park. In the 1900s, the House was sold and became Stoke Park Hospital, an institution for the physically and mentally ill. The numerous paths on the estate provided manageable walks for the patients. In 2004 the House was sold and converted in to 13 flats, and the estate is managed by Bristol City Council.

I have just scratched the surface of what this public park has to offer; I recommend you make a new year's resolution to head over there and discover for yourself this wonderful green space on our doorstep.



Getting there: Based locally, walking or cycling to this venue is encouraged. There is no large car park. Turning off of Muller Road onto Shaldon Road, which runs into Romney Avenue, BS7 9TE, free street parking can be found and there are various access points into Stoke Park. The Vench Playground, BS7 9TD, has a footpath flanking the left of it – following this will bring you to an entrance to the park.

Facebook: [StokeParkEstate](#)

Anne-Louise is a local, free-lance writer, always looking for an interesting project to work on. She also presents Bristol Wild Show, Fridays on BCFM 93.2 Radio. Visit her Facebook page: [Anne-louise Perez](#) or email: bcbfmbristolwildshow@gmail.com, to get in touch.



Images to entice you to discover more of Andy O'Neill's stunning wood sculptures



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Kelvin Players 2023 Productions

Kelvin Players is delighted to announce their season for 2023. We have five shows every year and we are hoping you will be able to come along and see the shows we are offering up.

14-18 – February Blue Stockings by Jessica Swale

25-29 – April The Nether by Jennifer Haley

11-15 – July Splendour by Abi Morgan

24-28 – Oct Death and the Maiden by Ariel Dorfman

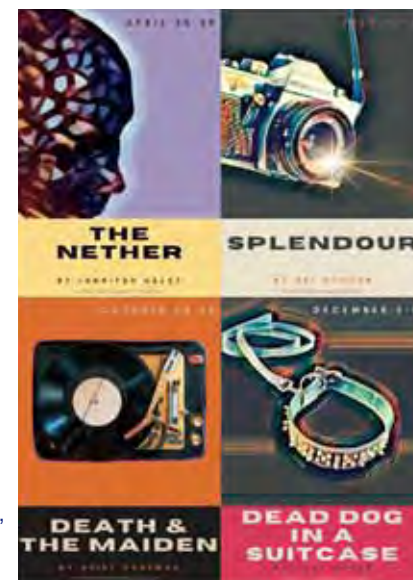
5-9 Dec – Dead Dog in a Suitcase by Carl Grose

All the shows will be performed at the Studio Theatre on Gloucester Road. We are always looking for new members, both for on stage and backstage. We are particularly interested in getting more people working with us on construction, lighting, sound, props and costume. If you are interested in joining, please contact membership@kelvinplayers.co.uk

We have other events throughout the year including workshops, rehearsed readings, quiz nights and our very own Awards Evening. We are also keen to use the facilities we have for community use, and anyone interested in hiring the hall or Morros Room for an event should contact lettings@kelvinplayers.co.uk

All tickets for our shows are available to purchase on ticket source. Just head to the website www.ticketsource.co.uk and search for 'Kelvin Players' and you will see what shows we are currently selling for. We quite often run discounted early bird offers so keep an eye and most of our shows sell out so we recommend buying your tickets before visiting.

Head over to our website www.kelvinplayers.co.uk to learn more about us.



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Walking Tennis



*Created in Bristol,
played across the UK*

Always impressed by the talented people who live in Bishopston, this month it was great to catch up with local resident Helen Abbott, who told me all about Walking Tennis and how it came about. She shares, "Walking Tennis was initiated in Bristol by Peter Coniglio and myself. As tennis coaches, we knew there was a great need to adapt the game to make it more inclusive, so we designed the game to be played at a walking pace to help more people get out, get active, and get social – tennis that anyone can play."

Walking Tennis is a version of tennis that's perfect for older people, or people with mobility issues,

or those just looking to get fit. It's just like normal tennis except that you can't run or jump, you use special balls and there is an option of a second bounce to give you more time to get to the ball.

Helen went on to say, "The benefits I have seen range from an improvement in physical agility like balance, coordination, leg strength and basic tennis skills to reports on an improvement in mental wellbeing and confidence as people engage in a regular fun outdoor physical activity, and in some cases, it's been life changing."

Helen is proud Walking Tennis is now an official national Tennis for Britain (LTA) sport, with clubs offering it around the country, competitive leagues etc. "I was so delighted when the LTA took Walking Tennis on as one of their products, which I feel is a measure of its success! I encourage everyone to give it a go!"

Walking Tennis is great for beginners or experienced players who haven't picked up a racquet for decades and fancy getting fit in a fun, sociable, inclusive environment.

Locally, Bristol Central Tennis Club, Happy Lane, BS7 9AQ, offer regular weekly drop-in sessions, every Saturday at 11am, open to everyone for £4 a session, with the first session free.

www.bctc.org.uk/about/play/walking-tennis
www.lta.org.uk/play/ways-to-play/walking-tennis



www.cryerandcoe.co.uk

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Having the Inheritance Conversation



For many, the prospect of passing on wealth to future generations is a significant motivation for carrying out financial planning. Knowing that your hard-earned nest egg is going to be used to help loved ones with major milestones such as going to university, getting married or buying a house can be extremely gratifying.

It has been suggested that younger people more and more expect to inherit money from family and potentially make some of their financial decisions based on this assumption.

This could lead to a shock further down the line if an expected inheritance doesn't materialise for whatever reason – the unexpected costs of care, living longer than anticipated without any care needs are just two factors that can have an enormous impact.

Life doesn't always pan out the way we want it to, but making a plan for potential outcomes is always sensible.

Managing the expectations of loved ones can be a difficult task, especially in uncertain times. A great place to start is by making a Will and explaining it to your beneficiaries. Again, this can be difficult and is something we can help with. We can be on hand as a reassuring presence and also to explain any potentially more complex arrangements such as trusts.

We understand it can be daunting to talk to loved ones about money and it's hard to know where to start. This can feel especially overwhelming if you don't feel you have control of your finances.

We're here to help you make a plan to protect your wealth and prepare for the future, whatever that may hold.

If you would like to have a relaxed chat about your circumstances and whether we could help with your plans, including helping you to talk to your family, please don't hesitate to get in touch.

Our services include:

- Pensions & retirement
- Savings & investments
- Long-term care planning
- Powers of Attorney
- Trusts
- Inheritance tax planning
- Probate



Richard Higgs (pictured) is a Solla (Society of Later Life Advisers) Accredited adviser which is the gold standard in later life advice.

We are proud to say we have been recognised at the *Just Group Vulnerable Customer Awards 2022* as **Company of the Year** and also Highly Commended as a **Vulnerable Customer Champion**.

To book a complimentary meeting with Richard to discuss your later life financial planning needs, please get in touch by calling **0117 3636 212** or email office@haroldstephens.co.uk.

Free advice

Richard records regular video updates on a range of later life financial topics – search 'Harold Stephens IFA' on YouTube.

www.haroldstephens.co.uk

50 High Street, Westbury on Trym, BS9 3DZ
0117 3636 212





Claremont School News

Happy New Year to everyone! As the theme for this month's BM is wellbeing and happiness, the school council has been asking the staff and students at Claremont what they like to do?

Dancing and music were the top choices. We meet weekly with friends from RGS school to dance at lunchtime. This club is run by a post-16 student and they control the starting and stopping of the dances and direct the movements of friends, e.g. spinning, arms up/down, kicking legs out, patting bodies etc. It results in lots of smiles and means we have fun together and develop friendships. Some of us also meet weekly with friends from Henleaze Juniors to sing and sign songs.

Gardening at the Ardagh Centre is also a good way to feel part of the local community and our post-16 students regularly join volunteers in the cafe gardens to get close to nature and smell the fragrances of the beautiful garden, dig the soil and water new seeds. It makes us happy. The roses have amazing scents but we also like the herbs. We recently enjoyed watching the apples being plucked from high up in the tree with a long picking stick.

Sports are Boccia and bowling. A few of us throw the balls, others use ramps but everyone joins in and together we listen for the sound of the skittles crashing and the supported cheers of our teammates as we aim for the targets. It's fantastic!

We all enjoy different clubs, lessons and experiences but during our questionnaire everyone kept mentioning one thing. It was how much they liked spending time with their family and their friends so we look forward to continuing doing this in 2023.

Results were as follows... dancing, music, singing, parties, sport, lights, TV, computers, stretching, shopping, chocolate, sleeping, sensory exploration, YouTube, pets, doing things for others, FAMILY TIME AND FRIENDS.

Claremont School Council

Widget Symbols ©

We love time with friends and family, dancing, gardening and being active



Rent the Ooni 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



Bishopston Beanstalks news



We are pleased to announce we now take children from age 2.5 years!

Look out for us this term as we

take to the streets in our high-vis jackets, exploring all that our wonderful neighbourhood has to offer, from the library and greengrocers to Golden Hill allotments, where we grow veggies on our plot.

It was so lovely to welcome parents in for our recent Parent lunch. We run these termly and the children love setting the tables and sharing lunch with their families. We love seeing parents too!

Our focus this term is 'Understanding the World' – we are exploring different jobs, posting letters and hearing all about Paddington's adventures through the Unicef postcards scheme.

If you would like to visit Beanstalks please get in touch by email or phone. We look forward to welcoming you.

Email: info@bishopstonbeanstalks.co.uk
Tel: 0117 9425104

The Bartholomites Need You!



We're looking for people of all ages (children and adults) to join our chorus.

The Bartholomites invite you to join the cast of their next pantomime in April 2023 at Horfield Methodist Church Hall, Churchways Ave.

Weekly rehearsals start Sunday 8 January. Performances are Friday 14 and Saturday 15 April 2023. No experience necessary, just enthusiasm and smiles.

Contact: TheBartholomites@gmail.com for more information of timings and how to join. You'll provide vital support on stage with singing and dancing.

The Bartholomites are a local amateur drama group and member of NODA (National Operatic and Drama Association). We've been putting on pantomimes and other shows since 1969 with casts including children and adults of all ages. Come along and join us?

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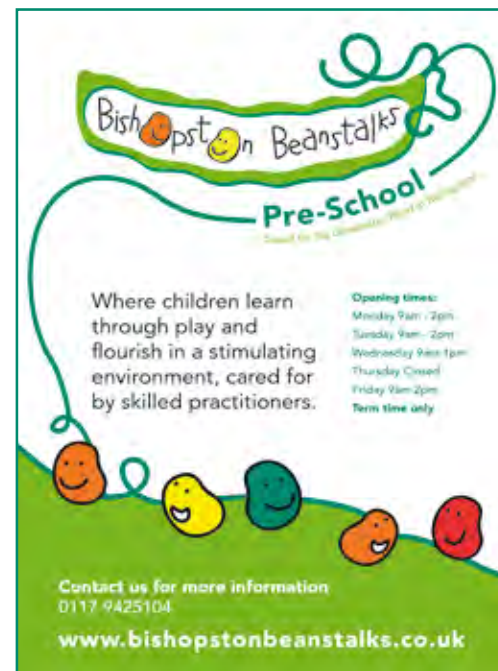
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Bristol Bears Rugby and Bristol Waste Company tidying up Horfield Common

News from Ardagh Community Trust

A lovely surprise!

Back in November the gardening group were delighted to be given a 5-star outstanding award by the Royal Horticultural Society. But there was even more good news to come. The gardeners were thrilled and surprised to then receive the Gordon Ford trophy for 'It's Your Neighbourhood' Best Community Garden in the Southwest prize! The Ardagh's gardener, Steve, who co-ordinates the volunteers said, "They awarded us outstanding which is 5 stars, and then surprised us by giving us the trophy for best Community Garden in the South West in Bloom category, which has about 500 entries. It's rated on contribution to Horticulture, Community and Environment. We were, and still are, very surprised! And obviously extremely chuffed." Well done to all the volunteers who work so hard to ensure the gardens at The Ardagh remain a beautiful, calming open space for all to enjoy.

Here are some of the lovely comments we have received about the gardens on our Facebook page: Sally said, 'The gardens are a life saver to me,' and Maureen added: 'Such a lovely place to sit.' Why not pay us a visit and appreciate the fresh air, the wildlife and of course, the fabulous gardens.

'Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.'

Dr Syed Muhammad Zeeshan Hussain Almashhadi

More volunteering opportunities

As well as the gardening group, we have many other opportunities for volunteering here at The Ardagh. As we move into 2023, we are focusing on health and wellbeing and have specific projects which we would love to get off the ground with help from volunteers. In particular, we would love to hear from you if you have an interest in becoming involved

with helping to establish Junior Parkrun/Parkwalk on Horfield Common: <https://blog.parkrun.com/uk/2022/09/14/introducing-parkwalk-at-parkrun/>

Junior Parkrun

If you would like to volunteer to be part of the core team setting up this activity to start in Spring 2023, please email volunteer lead, Lauren, at: Lauren@theardagh.com. We have raised the funding required for the kit needed and will be restarting the process to get this weekly event off the ground on Horfield Common. (This was previously thwarted by the pandemic!) You need to be able to make a regular commitment to support the delivery of this event. Please note – this is a call out for volunteers to help get this activity set up and started. Further information for those who would like to participate, rather than volunteer will be shared here.

Walking for health

Another outdoor project we would love to start is a regular walking for health group based at The Ardagh <https://beta.ramblers.org.uk/go-walking/wellbeing-walks>. Full training (provided in partnership with the Ramblers Society) is on offer for anyone who would like to join us as a volunteer to lead a regular community walk for health from the Ardagh. This might be a monthly session, or a weekly session. Get in touch to find out more. Please email volunteer lead, Sally, at: hello@theardagh.com.

Community Researchers

ACT Trustees are now working on plans for further regeneration of the Ardagh site. But we need your help. Could you be a Community Researcher to support our annual community survey and ongoing projects to improve understanding about our communities and our impact at The Ardagh? For more information, please contact volunteering leads, Alex and Antonia, at: Research@theardagh.com.

Training for volunteers will take place at The Ardagh on Friday 13 and 20 January, 10–11.30am; sessions in the Café 23–31 Jan 2023. Training (in partnership with NIHR) in Feb 2023 to develop ideas/skills for a research event at The Ardagh in March 2023.

Horfield Common Repair Café

We would love Horfield Common Repair Café to return in Spring 2023 but we need hosts to co-ordinate this activity. If you are able to volunteer as a host to co-ordinate the sessions and meet/greet attendees on the day, please contact volunteering lead, Lauren, at: Lauren@theardagh.com.

As well as all this amazing new activity, we will still continue with our regular weekly and monthly events.

ACT regular activities and events

Gardening and site maintenance volunteering groups – Tuesdays and Thursdays from 10am to 1.00pm. Email hello@theardagh.com 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 – The Ardagh every Tuesday from 10.30am to 12.30pm, ready to receive and sort donations of food and toiletries.

Interactive live music sessions – Tuesday mornings from 10.00am for babies and toddlers, delivered by Rock Out Baby Bristol www.rockoutbaby.com

Horfield Common Young Explorers sessions – Thursday mornings in the Wild Play Area from 10.00am. Run by Hideaway Forest School www.hideawayforest.com/pre-school-young-explorers

Horfield Common Litter Pickers meet at The Ardagh the last Saturday of the month, 10.00am to 12.00pm.

Please do what you can to support us during 2023 – As a small, local charity we rely on the generosity of our volunteers and the wider community to help us grow and provide wonderful opportunities for wellbeing, meeting and learning new skills. Looking forward to another great year at The Ardagh!

E: hello@theardagh.com | theardagh.com

f e TheArdagh

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My Community Bristol

Happy New Year! My Community Bristol is bringing together local people, with and without a learning disability, to

take action to make this area an even better place for people to live happy and healthy lives.

Over the past year, Community Partners, Jess and Alice, have been out and about talking to nearly 850 local people and professionals about what the community means to them, what the best bits are, and how it could be even better. From over 1450 conversations, they identified 53 regular topics and 8 key themes.

An 'Action Group' of passionate local people, with and without a learning disability, have come together to drive forward plans for future action. In November, Action Group members talked about what matters most to them and what issues they would like to take action on in 2023. Their top priorities are:

- Building and improving community relations by having more opportunities to make local connections through a wider choice of local inclusive, accessible, and affordable places to go that offer social opportunities and activities
- Improving information sharing and accessibility of information in the community
- Improving access, accessibility, reliability and safety of transport options (for example, community transport options, reliable public transport)
- Improving the local environment (for example, road and pavement safety, reducing litter)
- Developing a wider range of inclusive and accessible volunteering and work opportunities
- Campaigning or advocating on issues that affect the local community (such as regeneration of derelict buildings, transport availability)

If you are passionate about these issues too, please join the Action Group (new members always welcome) or get in touch to talk about how you might get involved!

If you have ideas for how you might make this an even better area, then My Community seed funding is available to support you bring your idea to life. There is a short and accessible application process to ensure that all ideas are valued and considered. Jess and Alice can work with you to develop your plans and apply for this money.

If you'd like to talk to Community Partners, Alice and Jess, about any of the above, please give us a call on **07890 043 455 (Alice) | 07816 295 082 (Jess)** or email us at **mycommunity.bristol@mencap.org.uk**

Circle Dance Evenings

At The Old Library, led by Susannah Temple
31 January & 28 February, 7.30–9.30pm
 Come and dance together into the New Year months. Live music with Morag & Bob for our January evening. As always, we'll enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Join in as much or as little as you want. 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



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

4 February 2023
10.30 am to 12 noon

Hope to see you there!



Keep fit with Dance Moves

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For further information contact Eileen Scott,
T: 07969 929 733 / E: scottartyois@hotmail.com



News from the Goldenhill Community Garden

Hi folks, Happy new year everyone!

Often we start the New Year with good intentions but if you are hoping to get out more, try something new, meet new people, spend more time in nature, get more exercise, do some volunteering or eating more vegetables then you can do ALL THESE THINGS AT ONCE and still get to drink tea and eat biscuits up at the community garden. If you're ever free on a Wednesday then why not come along to one of our open access volunteering days. **Everybody is welcome along on any Wednesday** (Jan 10am – 3pm; rest of the year 10am – 4pm). There is a range of jobs to do every week and no experience needed. There's tasty veg to harvest and we cook a delicious soup from the garden for lunch every week in the colder months. Come find us on the end of Monk Rd behind the prison – no need to come every week or stay all day, just come and help when it suits you.

Of course, winter's worst weather is still to come but the garden stays open all year! All the parents who come to the toddler group rain or shine or howling winds really earn official 'Tough Bud' status this term as well as having loads of fun smashing ice or wading through puddles. We'll be enjoying our last weeks in the dark with the afterschool kids who love hooning round playing tag with torches or disappearing into the bushes. The Wednesday volunteers are powered by soup, biscuits and tea to get through the cold months and it's really great to have this time to get really important jobs done, fixing, sorting, tidying, labelling, planning before we begin planting all over again.



And in February we'll be waiting with baited breath to see if frogs decide to come and lay frogspawn in the 'new' little pond that we dug last winter for them now the fish have totally taken over the big pond. Next to the pond is a big pile of logs with some lovely nooks and crevices that they may be hibernating in and we even buried a long pipe in the pile so they'd have a lovely frost-free place to spend the winter and it'll only be short hop to a charming little pond perfect to start a froggy family. Fingers crossed!

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com

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

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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

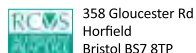


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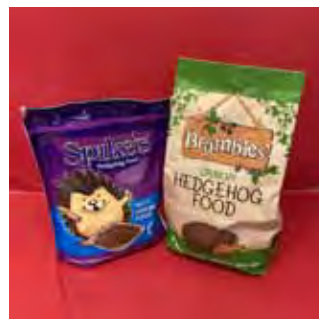
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Dapper doggy coats – Is your pup feeling the chill or sick of getting soaked in the rain? Pop along to Roxfords and get your pooch fitted out with the best coat for them. From cosy fake-fur lined puffas, to smart duffle coats, classy tweed to the latest reflective jacket, which will shine bright in the dark – they have them all. They carry a wide range of sizes too.

Feed the wildlife – It is that time of year when wild birds appreciate some daily food to be put out for them. As well as providing winter nourishment to local birds, a bird feeder creates a great focal point in the garden; you can sit from the comfort of a cosy armchair and enjoy the different bird species visiting you.

Roxfords has a huge range of feeds – from wild bird seed and nuts – to suet pellets, fat balls, mealworms and fat-filled coconuts.

Our prickly friends would also appreciate some hedgehog feed at this time of year.



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St Andrew's Park Food Garden – update

Two years ago, Helen and I were walking round the park and I mentioned to her that I'd like to grow some food there. She immediately liked the idea and the rest, as they say, is history! The Friends of St Andrew's Park (FOSAP) were very positive and encouraging and after two years we finally were able to plant something in the ground; four fruit trees and three different sized raised beds. Our community food garden was born! They were followed by some fruit shrubs and then, a few weeks ago, by a row of raspberry shrubs.

Our food garden is for the whole community; everyone is very welcome to come along and help in the garden, to plant, to weed, to tend, and most importantly, to harvest! We have had several community sessions this year, and it's so good to get together and share ideas, and expertise and hopes and dreams for this space. We've had groups of children from nurseries and primary schools doing some planting, and it's been so heartening to hear that people were looking after it during those

searingly hot and dry days in the heatwaves. You don't have to wait for permission to do these things – please just come and use it, and enjoy it.

Even though this was only our first year, we had much to harvest; in the summer we had endless supplies of Lollo Rosso lettuce, and from our tea bed, the delicately aromatic lemon verbena gave us fragrant tea all summer and autumn, along with mint, lavender, French tarragon, pineapple sage (smell the leaves!) and again, endless supplies of earthy cavolo Nero (delicious fried with olive oil and garlic). Our tiny petit pois were sweet and juicy and I suspect probably never made it to anyone's plate, but eaten straight off the plant! (Perfect for children to pick, and try, and discover.) We also had peppery rocket to enjoy deep into autumn and also leeks. Our tomatoes weren't quite so successful and the carrots kept being nicked by the squirrels we think, but it's all a journey of discovery. Parsley, thyme, tarragon and mint are our constant companions so please help yourself when you're passing.

For the future we are planning on installing a bench – more information on that to come! We also want to plant at least one other tree – I am determined that the garden will have a Greengate tree, giving us the best tangy, sweet and juicy bright green plums.

**We have two community sessions
scheduled for next year; on Saturday 14
January at 10.30 and Tuesday 7 February at
3pm.** (We try to vary the days and times to include both weekends and weekdays.) Please come and say hello – this is your garden!



Penny Southgate



News from Glos Rd Central

Glos Rd Central traders would like to say a huge thank you to everyone who has supported us throughout 2022. We loved hosting our Christmas Street Party, using our wide pavements to spill out with Christmas goodies and give space to local charities and choirs too. It's always a pleasure to see all our regular customers, friends and neighbours, give out mulled wine and generally getting into the festive vibe. It was wonderful that Refutrees used our section as a base for selling their Christmas trees to help refugees through Aid Box Community and we hope to see them again next year.

Nuala Morey Hairdressers are really excited to announce that they have won two awards – Salon of the Year at the British Hairdressing Awards in London and top 20 influencer by NHBf. They are expanding to a third floor with luxury styling rooms and a warm massaging bed that relaxes you as you have your hair washed. They now offer colour reading services to help with your clothes and make-up choices. They're thrilled with their shop front, decorated with flowers by Rambling Rose Florists.

The long winter evenings could give you the chance to sort your photos and let Catch the Moment transform them to an art piece – or maybe organise a family photo session with them. Gloucester Road Books will begin their events programme in February with author Dizz Tate, discussing her debut novel, *Brutes*. Dizz is a previous winner of the Bristol Short Story Prize and will be in conversation with Joe Melia in the bookshop on 10 Feb at 7pm.

Room 212 is reducing opening days during January and early February but they'll still be open Monday, Thursday, Friday and Saturday with the usual array of gorgeous prints, gifts and cards by local artists.



We're all facing a tricky time in 2023 and everyone is watching their bank balances. However, we know that you'll do your best to shop local and keep your favourite shops and businesses going through these difficult times. January and February are the coldest months so why not treat yourself, your friends or family to a massage, tasty treat, piece of artwork or just a card with a personal message. Valentine's Day isn't until 14 February but keeping our hearts healthy and connected is always important and your independent traders are here to help!

To keep up to date with Glos Rd Central news, Follow Glos Rd Central on Facebook.



Volunteer and make a difference this year

The start of a new year is often seen as an opportunity to try new things and set goals for the year ahead, so why not give volunteering a go this January and donate your time to the St Peter's Hospice shop on Gloucester Road.

The charity shops are supported by volunteers and help to raise vital funds to keep the Hospice running. The shop, based in Bishopston at 95 Gloucester Road, has been part of the local high street for over 20 years after opening in 1998. There are many benefits to giving up your time for a good cause from building confidence to learning new skills. Sophia, one of the Gloucester Road volunteer team says: "I've gained a unique experience, it makes me feel relaxed and enjoy my life more".

Some of the team have a personal connection to the Hospice; for Wiesia the motivation for volunteering is a combination of "giving back as well

as an eternal thank you for all that was done at the Hospice and Hospice at Home when my husband was ill".

All roles are flexible to fit around your lifestyle and offer a chance to meet new people and build confidence. As our volunteers say: "You can give what time you can and it's a fun place to be."

St Peter's Hospice is a local Bristol charity founded in 1978 when the first nurse was appointed. Since then the service has expanded, and each year makes a difference to the lives of thousands of patients and their families when it matters most. With an inpatient unit and Bristol-wide community nursing care, St Peter's Hospice staff work tirelessly to support individuals and families as they navigate the challenges of living with a life-limiting illness.



If joining the Gloucester Road team sounds like something to add to your list of New Year resolutions, then register your interest at www.stpetershospice.org/support-us/volunteer/ volunteer-in-our-shops or pop into the shop at 95 Gloucester Road where Chloe and the team will be ready to welcome you and organise a trial shift.

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Nuala Morey

All hail Wassail at Horfield Organic Community Orchard



Juice mulling pans at Horfield Organic Community Orchard (HOCO) are being scrubbed up after a three-year wait. **HOCO growers and fruit trees invite friends old and new to Wassail**

with them on Saturday 14 January, 2-4pm.

'Waes hail' is an Anglo-Saxon greeting meaning good health or good fortune. Apples, for eating and cidering, were a huge part of the local food economy up until the mid-20th century. Traditions of community gatherings to wake up the trees were celebrated wherever orchards grew.

"It's 25 years since HOCO took root on some abandoned plots on the margins of the Golden Hill allotment site," Shannon Smith, a longstanding HOCO member, told us. "The HOCO wassail includes traditional elements like dipping branches in cider, offering toast and honey to the guardian

spirits of the orchard, and making a BIG NOISE to wake up the trees from their slumbers. It's become an amazing mid-winter community celebration with hundreds of people. We look forward to welcoming everyone, and will have plenty of mulled juice and homemade cake for sale."

HOCO is also open to new members in the New Year. The group has ambitious plans to ensure the orchard is sustained for the next 25 years. These include projects to improve access to water, and funding a part-time co-ordinator role. Growing the number of supporting Friends members will help make them happen.

If you are interested in becoming an active member of HOCO, get in touch for information about this year's Orchard Learning courses. "It's only when we start caring for fruit trees that we find out how much we need to learn," says Shannon.

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

www.community-orchard.org.uk
Tel: 0117 373 1587

Transformation of Stoke Park in the 1700s

BHA local history research – Andy Buchan ©

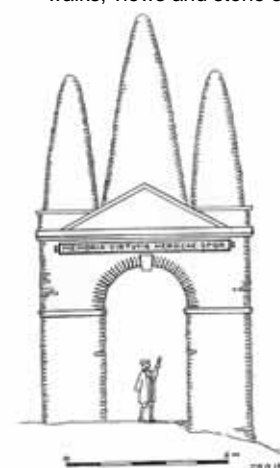
The Stoke Park we know today is the result of major changes that were made to Stoke Park between the 1730s and 1799, when the woodlands and farmland around the house were transformed into something resembling what we see today.

A map from 1725 shows less woodland than is present today, the whole area divided up into fields, together with some other signs of the land having been ploughed or managed for agriculture.

The park was part of an estate that had belonged to the Berkely family since the early 14th century. While significant changes were made to the house and surrounding buildings, little appears to have been done to change the surrounding parkland, but everything was to change in 1738 when Norborne Berkeley, Baron Botetourt, succeeded his father, inheriting – among other things – this estate.

Norborne immediately set about transforming the house and the estate, with the help of Thomas Wright, who was already working for Norborne's brother-in-law at Badminton. Thomas was a polymath, famous as an astronomer, mathematician, instrument maker, architect and garden designer. His work took a different form from that of other designers of the time like Capability Brown who aimed to create large 'natural' areas in place of previous formal gardens. The work of Norborne and Wright created an open landscape, in place of fields with some additional woodland, with extensive walks, views and stone structures to provide

interest and surprise for the family and visitors to the estate. Sadly, unlike other gardens/parks that Wright worked on, most



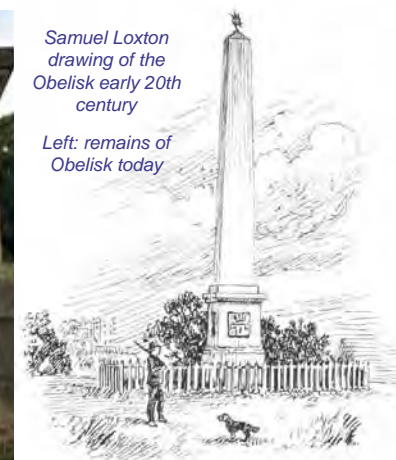
◀ *Reconstruction drawing of Wright's 'Tomb of the Horatii' sketched by the late James Russell (JRR), a well-known local archaeologist who did a lot of research on Stoke Park. It is based on descriptions from people who saw it when it was still standing intact in 1764. This building was on the steep slope facing the M32.*

The Stoke Park Tomb of the Horatii is an article which will be published by Bristol & Avon Archaeological Society in their upcoming BAA Journal edition 29.



Samuel Loxton drawing of the Obelisk early 20th century

Left: remains of Obelisk today



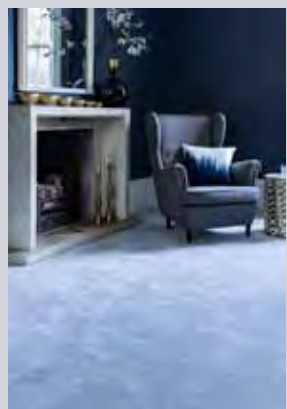
have been changed or disappeared, at Stoke Park, the overall layout remains; the woods still stand, as do many of the paths, but most of the structures are ruined or have disappeared. In part due to neglect and sometimes through vandalism. Some have been restored, only to suffer subsequent vandalism.

Among the features that were designed by Wright, and built in the park, were the Hermitage or 'Bladud's Cell', the Rotunda which looked like a bandstand and survived until the early twentieth century, a monument to Norborne Berkeley's brother-in-law, the 4th Duke of Beaufort, who died in 1756, a large 'temple like' structure, called the Tomb of the Horatii and Curatii, a tunnel in Hermitage Wood, which survives, the obelisk, which exists today only as a stump and the gates to the park, at the top of Broom Hill.

The obelisk was originally approximately 16m tall with a gilded metal solar disc or 'star' on the top. It is said to have been erected at the spot where Lady Elizabeth Somerset, one of the 4th Duke of Beaufort's daughters was killed in a riding accident in 1760. Certainly, at the base of the obelisk was an inscription to this effect, but this inscription may have been added to a structure that was already built.

The bulk of the work to both the house and the grounds is thought to have been completed by the early 1760s. In 1768 financial difficulties forced Norborne Berkeley to leave England and to take up the post of Governor of Virginia, where he died in 1770. Norborne was succeeded at Stoke Park by his sister Elizabeth, the Dowager Duchess, widow of the 4th Duke of Beaufort, who continued with the changes to the park and the estate, aided by Thomas Wright, until his death in 1768.

After Elizabeth's death in 1799 the estate remained in the ownership of the Berkely family until 1915, but while the house and associated buildings were maintained, no further work of any significance was done on the parkland or the structures therein.



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News from Ashley, Bishopston & Ashley Down and Redland Councillors

Ashley ward

A focus on casework for this edition: it's the main thing we do as councillors and it's getting harder as budgets get tighter.

Firstly, we have seen a lot of leaf fall this year. This has caused a lot of blocked drains and flooding. I've been quite successful in collating a map of key sites where water collects (e.g. Montpelier and St Paul's) but quite a few turned out to just be leaves and a quick brush was all that was needed (but the contractor still had to be paid to come out). So that's worth noting.

Secondly, I have been able to help a few residents with planning issues. This can be really stressful for residents and the council's planning enforcement team is really quite overstretched. But they can and do take action and it's great when you see something resolved.

Thirdly, I have been talking to residents in various parts of St Andrew's about parking and traffic issues. This is a really hard one to resolve in the current tight budgets but I am always happy to talk with residents. If small issues can be resolved I am happy to look into them. As an example, several people have raised the small bit of cycling infrastructure at the end of North Road by the Arches. It appears to suggest you can cycle against the one-way traffic on North Road. You can't, and I'm working with officers to come up with a solution as it feels quite dangerous.

Finally, I just wanted to mention that an Ashley project I have been involved with called 'Slow the smoke'. It has involved residents monitoring particulate emissions and in particular how solid fuel burning contributed to serious spikes in PM2 emissions. Results are in and were presented in an event last month. The results will appear later this month: <https://kwmc.org.uk/projects/slow-the-smoke/>

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Bishopston & Ashley Down ward

Cracking down on speed – One of the issues we are asked about most in the ward is how we can tackle speeding. While there is no one simple solution, we have been working closely with local police on the matter. Community officers have continued to be out and about on Downend Road and Somerville Road over the winter with 'speed

guns' trying to catch offenders and put others off. Residents can also get involved by setting up their own community speed watch days by emailing community.speedwatch@avonsomerset.police.uk.

Ashley Down tree saved! One bit of good news we received over winter is that the Holm Oak Tree, on Ashley Down Road, has been saved! Tree specialists have found a way to deal with the roots of the tree by injecting a type of resin around them, which will stop them from damaging local properties, but without the need of cutting them, or the canopy. We were delighted to work with local tree campaigners on saving this beautiful tree and share their joy that a solution has been found.

Fairfield High School – Concerned parents have been in touch regarding the safety of pupils walking from the Ashley Down area of the ward to school, especially since the days have got darker and the pavements have been flooded. Cllr Fitzgibbon used to be a pupil here and understands that this has been a problem for a while. We will be working with the Lockleaze councillors, the council and the school to find solutions to this issue.

Supporting Unison – There has been a lot of work at City Hall recently scrutinising the budget and staff cuts that are happening because of them. One area of major concern is cuts to transport staff, and their relocation to The West of England Combined Authority. We have grave concerns that these cuts and relocations will delay delivery of key transport projects in the ward. Emma went to meet with the Unison members of the councils making statements against these cuts, at City Hall in December. Emma also met with WECA Mayor Dan Norris in December to discuss the importance of delivering future transport projects, but especially around bus services, active travel and more Low Traffic Neighbourhoods.

Green Mondays – This January we are hosting a series of 'Green Mondays' – Monday evenings where you can come and get involved in the local work we are doing! If you have ever thought about



volunteering for the Green Party, this would be the perfect opportunity. We are kicking off on Monday 16 January with an upcycling fashion evening, where you can learn how to upcycle unwanted clothes; on the 23 January we will be out in the ward collecting for the Family Food Action Network foodbank; and on the 30 January we will be door-knocking, followed by dinner. If you would like to find out more, or get involved, then email info@bristolgreenparty.org.uk.

Cllr Emma Edwards, Green Party
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Councillor Lily Fitzgibbon, Green Party
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Redland ward

New Year message – We'd like to wish all our readers and residents a happy holiday and a peaceful new year. These are eventful times and we'd like to pay tribute to all the people working to look after us and each other in the city. As always, we're glad to support residents of the ward and if there's any way we can help advise or signpost residents to get help in the council do get in touch. There might be delays during the holiday period but there's also plenty of help and information on the council website and ways to report most problems, e.g. <https://www.bristol.gov.uk/residents/streets-travel/report-a-street-issue>.

Seasonal recycling changes – Look out for the notice about seasonal changes to recycling and waste services and opening times for the city Household Waste Recycling Centres. Each bank holiday adds a day to the usual collection schedule and, in January, garden waste collections will be replaced by Christmas tree recycling collections. View the 2023 collection calendar, as well as plenty of tips for waste reduction and recycling, at: bristolwastecompany.co.uk/festive.

Meeting of the Community Partnership – There's an online community meeting on 12 January, 7–8.30pm. This acts as our community forum and the agenda will cover the local plan, the council budget being set in February, and the council's move in 2024 to a multi-party committee-run system (after the elected Mayor post no longer exists). Community groups are also welcome to ask for a chance to talk about their work. You can register via email at: info@bcrp.org.uk.

Ghost buses – Like many others we can be affected by the ghost buses that appear to be approaching a bus stop only to vanish off the information display. These are timetabled services not actually running. Martin pressed the Mayor to lobby for more accurate information to be fed into

the display system to reduce the frustrations for users. Most city buses are purely commercial. We're supporting a petition to call on the regional West of England Metro Mayor to take control of buses by setting up a franchise system. This is on the web at: www.tinyurl.com/wecabuses.

Grim council budget news – Recent meetings have revealed the grim prospects for the future council budget, which will be set in February. The law requires a balanced revenue budget and, with ever-escalating costs and pressures on services, it looks likely that most areas of the council will face significant cuts. Energy, staff and inflation costs are rising and government funds have been falling. Council tax only covers a proportion of the spending. Cuts could affect social care, parks, libraries and probably all other services. At the same time the way capital spending is allocated gets decided and we're concerned how both major and smaller, local projects – like the long-delayed Cranbrook Road crossing – take extremely long times to get delivered.

Planning delays and local plan consultation – There have been lengthy delays to dealing with planning applications in the city and it's affected our ward too, plus small and major applications. When decisions are not made in time, a government inspector can be asked to take over. Meanwhile the city needs a more up-to-date local plan with new and updated policies to help guide decisions in the future. You can have your say over the revised local plan via the council's www.ask.bristol.gov.uk pages.

New proposals for St Christopher's site – Revised plans for the old St Christopher's school site on the edge of our ward have been tabled. We'll be having a close look at these and are happy to advise residents who are concerned to have their say over this. There have been concerns of the height and density of development and traffic implications and we'll be looking closely at the proposed changes for the planned retirement community there.

Looking after Redland Green – Fi and Martin were both glad to help the Redland Green Community Group with their annual bulb planting in December. We're looking forward to seeing them flowering in the coming years. A lot of leaf mould was also cleared from paths to keep these tidy. If you're keen to help, sign up via: <https://sites.google.com/site/redlandgreengcommunity/home>.

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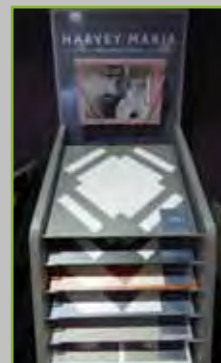
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It is great this family business has remained busy during these challenging times. When I last spoke with owners Colin and Ross they told me they have now been on our high street for nine years! They both still very much enjoy being a part of the Gloucester 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 wish their customers a very Happy New Year!
They look forward to working on your exciting flooring projects throughout 2023!

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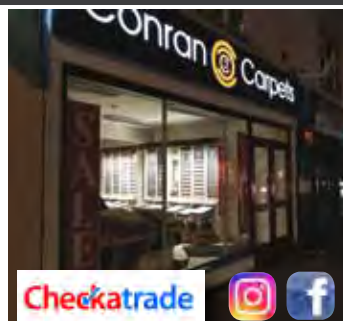
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