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Matters

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issue 165, March 2023



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Dear Readers...

A change of season is on the horizon and our spirits raised with signs of spring. Mothering Sunday takes place on 19 March and we have plenty of ideas on how you can spoil the special ladies in your life. Along with some seasonal drawings from some of our younger readers, we share inspiration from local businesses on how to celebrate Mother's Day – from the perfect gift, to afternoon teas at the Cafe on the Common.

This year, Window Wanderland is being hosted by St Bonaventure's School in Bishopston; we are all invited to a special launch evening at the venue on Saturday 4 March. Along with fabulous window displays, there will be light projections and warming refreshments. There is still time to put your window on the digital map, so do get involved.

St Andrew's Food Garden celebrates its first birthday – find out how this garden is growing and about their plans for the future. Everyone is

welcome to tend and harvest the fruit, veg and herbs from this community green space. They have two monthly work sessions for people to attend.

Staying on the green theme, we share plans of a new tree trail thanks to The Ardagh gardening team, along with all the latest news from Goldenhill Community Garden.

Pupils from Brunel Field School have been doing their bit for the environment when they embraced Eco-week. We share some of their activities.

We are pleased to bring you an article focusing on Andy's Man Club and the huge source of support it is to many local men. The group takes place every Monday, 7pm at The Brightside Ground (BS7 9EJ). New people are encouraged to go along.

Signing off with love to my mum who possesses a special blend of kindness and strength.

Kerry x

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
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I'm a Ghostwriter – we all have a story to tell

This month it was great to catch up with local Ghostwriter Anne-Louise Perez and find out more about this specific style of writing.

How would you describe what you do?

In a nutshell I give my storytellers – my clients, a means to tell their stories in a literary voice. They don't have to agonise over how to put their words on paper or worry about things like structure, tone, or time constraints. I'm there to help with that and I work with them to create a book or other piece of writing that captures their story.

Who are your storytellers?

Anyone, you don't have to be rich and famous to have a great story to share, whether it's your own, or that of a friend or family member.

What does the process look like?

Ideally I like to meet my storyteller face-to-face to see if we click, it's really helpful to have a good chemistry – a good connection between us makes the collaborative process much easier for the both of us, then its interviews, drafts, edits and final manuscript.

What makes a good ghostwriter?

Being a good listener and asking the right leading questions are important. Presenting on BCfm radio has been great training for those skills.

What is the most rewarding part of this work?

When I succeed in putting myself into someone else's head and I can 'see the story' at which point I am able to build a picture and add the colour. That creative flow excites me.

Don't you mind not taking the credit as the author?

Not at all – I'm not by nature, a glory hunter, so I'm quite happy on that score.

What's next?

At the moment I'm working on a couple of books. I was asked recently if I wrote eulogies, and I thought what a privilege that would be. So yes, I would be honoured to help write eulogies too.

To work on a story with Anne-Louise Perez get in touch for an initial informal chat.

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Walkers & Talkers – All Welcome!

Former Gloucestershire County Cricket wicket-keeper, Andy Brassington, hosts Walkers & Talkers each week, usually at the Seat Unique Stadium, Nevil Road, BS7 9EJ but sometimes at the Memorial Stadium, BS7 0BF.

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).

March 2023 meetings

Wednesday 1 March – Speaker TBC
Wednesday 8 March – Peaches Goulding OBE
 (This meeting is at the Memorial Stadium)
Wednesday 15 March – Graham Gooch OBE
 (Former Essex and England cricketer)
Wednesday 22 March – TBC
Wednesday 29 March – David Nash
 (Former Middlesex Cricketer)

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ANDY'S MAN CLUB #IT'S OK TO TALK

Andy's Man Club was set up in Halifax in June 2016 following the tragic death of Andy Roberts, who died by suicide. Andy's mother Elaine and brother-in-law Luke Ambler decided to start a club to reduce the stigma around male mental health issues, and give men the opportunity to talk with their peers about whatever storms they're going through.

The group now has 117 clubs across the UK, as well as an online option for anyone who can't get to one. All meet at 7pm every Monday except Bank Holidays.

There are two Andy's Man Clubs in Bristol. Bristol North meets in the Jessop Suite at the Seat Unique Stadium aka the County Cricket Ground. Bristol South meets at the Knowle West Media Centre. The clubs are run by a team of volunteer facilitators, all of whom originally joined the club to get support for themselves.

Below we are honoured to share with you the experience of a local man, who found the support he needed from Andy's Man Club.



My Name is Andy, AKA Barts.

I'm 42 years old and I started attending Andy's Man Club at the beginning of June 2022. I can honestly say it has changed my life for the better in such a short time.

I have always been

the happy-go-lucky guy. I've spent most of my life brushing things under the carpet or saying "I'm fine" when I wasn't. This would lead to me having meltdowns or kicking off for no apparent reason.

I first walked through the door at the County Cricket Ground in Bristol for Andy's Man Club after the above had become apparent. My whole life I'd been living with anxiety, and then in June I was diagnosed with depression.

The anxiety was so strong that I didn't want to upset people, or I wouldn't speak up as I didn't want the confrontation – the only way to describe it is walking on eggshells my whole life!

Attending Andy's Man Club has made me less anxious by nature. Everyone listens and I get to talk and no judgement is passed. Also you realise you are not alone, others are going through a storm themselves.

No person is the same at Andy's Man Club. However we can all relate to each other, and that's because we all had a reason to walk through that door on our first evening. Even the facilitators!

In November 2022 I became a facilitator and have really enjoyed leading groups. It really is as simple as having a chat over a brew and a biscuit – all provided free of charge.

Andy's Man Club has given me that different outlook I needed. I now use the word "perspective" more than I ever have in my life. I recently did a radio interview on BBC Radio Bristol to talk about what made me join Andy's Man Club and also what Andy's Man Club has done for me!

I'm not here to sell Andy's Man Club to anyone. All I can say is it has changed me for the better, and if you are going through a storm yourself or know somebody who is, Andy's Man Club's doors are open 7–9pm every Monday and it might help lighten that load.

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, BS7 9EJ.**

There is now a **Bristol South** group that meet at the **Knowle West Media Centre, BS4 1NL.** Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process.

andysmanclub.co.uk



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and children in food poverty**

FFA is a charity which aims to promote community engagement, awareness and relief of food poverty in Bristol, through local networking and the collection of food and other vital supplies for distribution to community partners working with families and children in poverty and in need.

Each week, we collect donated food and toiletries from communities in the North Bristol area through a network of neighbourhood volunteers. After collection, donations are taken to our sorting hub, at the Ardagh, Horfield Common, on a Tuesday morning for allocation to our community partners, **The Vench Adventure Playground, St Paul's and Southmead Children's Centres, Felix Road Adventure Playground and May Park Primary school**, who work directly with families and children in poverty. We also collect financial donations which are used to source bulk fresh produce, fruit,

vegetables, eggs and dairy products, from local suppliers for delivery to our partners. With the rising cost of living your support is vital.

If you would like to set up your own street collection, or you would like to volunteer, please visit our website familyfoodaction.org.uk and follow the link for how you can help.

Easter is approaching and we are appealing for small packets of little Easter eggs to distribute to our centres. This is on top of our usual requests for basic store cupboard goods tins, cereals, fresh fruit and veg, toiletries and nappies. You can donate directly to The Ardagh, Kellaway Avenue, BS6 7YL 10.30am to 12.30pm each Tuesday morning.

If you'd like to find out more

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Local Tutoring Service Bristol Tutors are now part of Greenhouse Learning

Education Provider Greenhouse Learning, based on Gloucester Road, is pleased to announce the acquisition of local tutoring company Bristol Tutors Ltd.

Following over 5 years of delivering tuition to school children and adults within Bristol and the surrounding areas, Greenhouse Learning is expanding its reach and offerings with this acquisition, providing even more high-quality tutoring services to students in the greater Bristol area. Founded in 2009, Bristol Tutors Ltd has built a strong and longstanding reputation for its dedication to student success.

"We are thrilled to welcome the clients and tutor team from Bristol Tutors into our organization," said Rachael Tan, Owner of Greenhouse Learning. "This merger will allow us to serve even more families and school clients locally, furthering our mission of helping students develop confidence, become independent learners, and reach their full potential."

"I am confident that Rachael and her team at Greenhouse Learning will continue to provide the exceptional tutoring services that our clients have come to expect," said Anne-Marie Firmin, owner of Bristol Tutors.



Left to right: Rachael Tan, Anne-Marie Firmin, Chin Tan

"I am excited to see the positive impact this merger will have on the students in our community."

The acquisition will be seamless for Bristol Tutors' clients, as they will continue to receive the same high-quality tutoring services they have come to expect. Greenhouse Learning looks forward to working with the incoming team to ensure a smooth transition and continued success for all students.

Greenhouse Learning is committed to providing the best possible tutoring services to its clients and is excited for the opportunity to serve even more students with the addition of Bristol Tutors Ltd.

For more information about Greenhouse Learning and its services, visit www.greenhouselearning.co.uk or drop into their office at: 84 Gloucester Road, BS7 8BN.

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Celebrating a year in St Andrew's Park Food Garden

St Andrew's food garden is now one year old! On 31 January 2022 we planted four fruit trees. They are settling in well and we are really looking forward to seeing how they do this season. We installed three raised beds (well, the council did – and what a good job they did too) and planted some more fruit shrubs between the trees. We enjoyed food and herbs throughout the summer and in the late winter planted a row of raspberry bushes near the fence.

And now in true Spring-like fashion, we are looking ahead to 2023 with much anticipation, and making plans which we believe will make the garden even more special. First, we're going to define it more clearly, which will give it a real sense of place. We'll do this by planting an edible hedge (consisting of black, red and white currants, and also possibly tayberries and others). We're going to install a wooden arch as part of this boundary which will create an entrance and trail edible plants up and around it. Once we have defined our garden space more clearly, we are then going to create some more beds to grow more food.

Our plan for planting is to build on what we did in 2022; pick and come again plants (like rocket, cavolo Nero, spinach, lettuce and all the wonderful tea herbs we enjoyed for most of the year), plus some more bold and striking plants like artichokes, and pumpkins, as well as more sunflowers. We have no definitive plans for any of this or other crops (carrots; potatoes; tomatoes; leeks; peas and so on) as yet so please, if you have ideas and you'd like to contribute, do come along to our community sessions.

Which leads me on to the next, and in a way most important, thing to say. This garden is for all of us. Anyone can get involved in working on it, in planting, and we can all harvest the bounty that comes from it.

We have decided to have two scheduled community sessions per month, and to make it easier to remember when they are, for the time being they will be on the **Second Tuesday of the month at 2–3pm** and the **Last Saturday of the month at 10–11am**. So now you know! We have a **Facebook group called Food garden for St Andrew's Park** where information is posted regularly (including all the dates in a pinned post), as well as the more general St Andrew's Park community forum group.

In order to help people know what they can pick and when, we're going to install a chalkboard on the side of each bed. Anyone working in the garden can then let passers-by know what can be picked.

We have more plans as well; we want to install at least one bench to make the garden a welcoming place where people can take a rest (and more accessible to our older visitors to the garden); we will install a compost bin, and we people, want to build a bug hotel too. We are also hoping to run some workshops at some point, and a couple of more festive get togethers to celebrate the garden.

And we still need a name so we will probably run a competition to find it in the spring or summer.

Many many thanks to Teija and everyone at the council, to Steve and Martin and everyone else at FOSAP for all their help, and to Trucie and Sarah as well. And to all those people who quietly helped throughout last year – watering the plants during the heatwaves and making sure the garden survived through some very dry weeks.

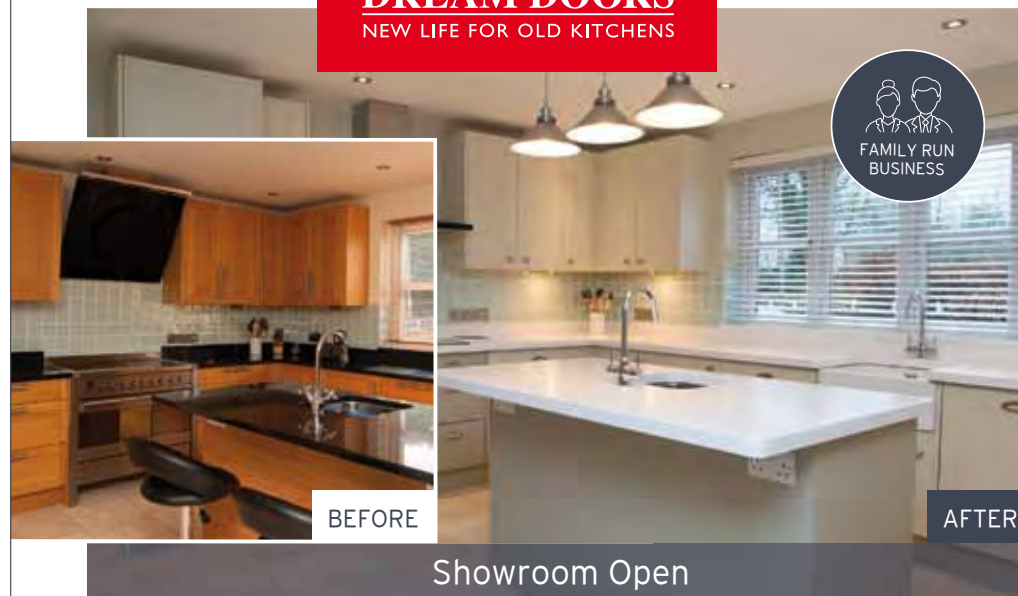
We're really looking forward to 2023 and to watching our garden grow!

Penny Southgate & Helen Jackson-Brown

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Brunel Field pupils embraced their second Eco Week, that took place 16–20 January 2023.

There were 5 key themes across the week:

1. Meat Free Monday: how eating more plant-based foods can help the environment
2. Reducing Waste
3. Protecting our pollinators
4. Understanding palm oil
5. Sustainable transport

The kids were galvanised into action with a launch assembly led by Sarah George on Monday, and Steve Williams got them all thinking about the amount of food waste produced during school mealtime and how to cut down on this (which they did – from a whopping 26kg on Friday before Eco Week to 13kg the week after!).

A number of children and their grownups formed a fantastic crew of litter pickers, who together collected many large bags of waste from the area around the school.

Several parents gave up their time to come into the school and chat with classes about their work and passions; these include: Tom Wewer talking about wind energy, Matt Wilkinson on plastic pollution (and he brought the Oat Float to the school gates too), Sarah and Florence George about palm oil, Cathy Wentworth about litter, Sinead English and Elena Mares about insects, and we had a visit from researcher Amy Morrison-Drake about animal behaviour. Thanks to the teachers and parents who organised this important week.

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

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

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New book from bestselling Bishopston author

This month it was great to catch up with the hugely talented Emily Koch – a local, award-winning author of two previous novels, *If I Die Before I Wake* and *Keep Him Close*. Her latest novel *What July Knew* is out now and we are delighted to have a copy to give away to one lucky reader!

The latest book was inspired by her next-door neighbour. Emily explained, "One day, several years ago, I heard a heavily pregnant Nikki cry out through the party wall. I thought I was going to have to deliver her baby! It later became clear that I had overreacted, but it got me thinking, what if...? I can't say too much more about that without spoilers!"

The new novel is a moving family mystery set in the 90s about a girl trying to solve the mystery of her mother's death. Ten-year-old July Hooper knows 18 facts about her mum – but not the truth of what has happened to her. Now, in the summer of 1995, that's about to change.

Much of the book was planned and written during the early lockdowns, when Emily would be inspired by her daily allowed walks around Bishopston. She shared, "There's a key location in the book which is a dilapidated house with bright yellow window frames which was inspired by some of the colourfully painted houses around here."

Lockdown also played a part in when the book is set. Emily shared, "I decided to set the book in the 90s so I could run away from the present and escape to the comfort of the years when I grew up."

Emily enjoys all Bishopston has to offer; favourite local venues include – Gloucester Road Books, Fed 303, Ardagh community cafe and Bishopston Library, which she visits on her own and with her kids: "We are really lucky to have such a brilliant library on our doorstep."

What July Knew is available from all major book stores, online and from Gloucester Road books.

Reader Competition! To be in with a chance of winning a copy, email your answer to the below question to – kerry@bishopstonmatters.co.uk by 28/02/23. Q: What year is *What July Knew* set in?

Image Barbara Evripadou ©



Emily Koch



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The countdown is on for Window Wanderland 2023!

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 served 6—7.30pm, light projections 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.

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





Events at The Old Library

The Old Library is a vibrant community space on Muller Road, BS5 6XP. They have lots of events coming up that everyone is welcome to attend.

Community Toy Sale – Saturday 4 March, 11am–1pm. If you would like to book a table (£5) please email: hello@theoldlibrary.org.uk.

Jumble Sale – Saturday 1 April.

Repair Cafe – this popular event takes place on the second Saturday of the month. Amazing volunteers help to fix small electrical items, garments and more.

Board at the Old Library – Board game evenings take place on the second Tuesday of each month. Come as a group or on your own. Bring a game or play one from the collection available on site.

STEAM club – every Thursday after school in term time, 3.30–5pm. Aimed at children 7+. Free entry. Community cafe open. Email: steamclubattheoldlibrary@gmail.com

Forest School – takes place on the second Sunday of every month.

'Not a Pub' Quiz – takes place every third Tuesday of the month, 7.30pm. BYO snacks and a drink. Come as a team, or alone and join one! £2.

Circle Dance Evenings – take place on the last Tuesday evening of each month, 7.30–9.30pm. The next session is on 28 March. Warm, informal community dance evenings for all abilities led by Susannah Temple. Music from different countries. Beginners are welcome and you don't need to have a partner. Great variety of dances, from peaceful to lively! Susannah teaches as you go along, so you can pick it up gradually. Light refreshments provided. Cost: £5 (or more if possible) to cover expenses and to support The Old Library. For more details, get in touch with Susannah on 0117 979 1519 or email: circledance321@gmail.com.

Community Cafe – The Old Library also runs a Community Cafe. They are always looking for volunteers to help with the cafe plus other roles such as social media and fundraising – so please get in touch if you'd like to get involved!

www.theoldlibrary.org.uk



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FHS celebrates World Hijab Day 2023

Fairfield High School (FHS) has celebrated its second annual World Hijab Day, where the school community were invited to wear a scarf around their necks in solidarity with women who wear hijabs across the globe. This year was extra special because it was student led. The inspirational young people created a powerful assembly addressing misconceptions around hijab and to promote religious tolerance as well as eliminate discrimination.

The day was celebrated with World Hijab Day cakes at break time, and at lunch time a special guest was welcomed. Dr Sana Maqsood, a cardiologist visited Fairfield to share her education and career journey as a Muslim female professional. The day ended with a self-defence class for the school's Muslim girls.

Anilla Khan, Assistant Director of Science at FHS commented: "Thank you to all our students and staff who made this event so magnificent and memorable by allowing students to dress them in hijab! As one of our Year 11 students so eloquently put it, the celebration wasn't about cultural appropriation; it's a solidarity when you wear with us because you always support us. These young insightful minds will never fail to touch my heart."

Images above

Pic 1: Achievement Manager Liam Henry with Anilla Khan

Pic 2: Achievement Manager Judith McKenzie & Assistant Vice Principal Cashan Campbell

Pic 3: Staff show their solidarity, including Amanda Bridgewater, Principal (top middle/4th from left)

"I have been so **impressed** with the transition into Year 7. My child is **speaking incredibly positively** about the teachers and is **motivated to learn.**"

Parent



www.fairfield.excalibur.org.uk

News from the Friends of Bishopston Library



After a few months' break, we're pleased to announce a spring programme of evening events at Bishopston Library.

We are kicking off on **Wednesday 29 March at 7.30** with **'A Police Raid on your Senses!'**. Retired Police Constable **Paul Wheatcroft** will be sharing some light-hearted stories from his time walking the beat

in Horfield, Bishopston, St Andrew's and Eastville in the 60s & 70s. His selection of funny, curious, bizarre and true tales features changes in attitudes to the public and to the police, canteen culture, macho behaviour and some local characters.

Paul confirms that he is interruptible and invites you to ask him anything you have ever wanted to know, but were too afraid to ask a Police Officer!

Tickets £3, available through Eventbrite at the end of February. There will be a cash bar selling soft drinks open before the event and during the interval.

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Other dates for your diary are **Tuesday 25 April**, when **Lucienne Boyce** will discuss her atmospheric historical Dan Foster mysteries, including the most recent in the series, *The Contraband Killings*, and how she undertakes her background research. And on **Wednesday 7 June**, **Tom Dymond** will transport us across oceans and let us momentarily escape to far-flung paradises around the world as he shares his travel memoir *Hooked on the Horizon*.

It's impossible to talk about the library without saying a fond farewell to Julie Boston (pictured), tireless local campaigner who was passionate about libraries and who was a recent addition to our FOBL committee.



Sadly, Julie died at the end of October, but had already made her mark as a FOBL member by organising a series of lunchtime discussions on the Big Jubilee Read. We will miss her determination, enthusiasm and extraordinary ability to get people to do what she wanted!

Library open hours: Monday – 1 to 7pm, Wednesday, Thursday, Friday, Saturday – 11am to 5pm, Tuesday & Sunday – closed.

Email: friends@bishopstonlibrary.org.uk

Address: Gloucester Road, Bishopston BS7 8BN



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 and most importantly a huge Lego fan!

The next sessions take place on Saturday 4 and 18 March

Bishopston Library, Gloucester Road, BS7 8BN

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





Horfield Organic Community Orchard – 25 years nourishing and flourishing

Hundreds of people braved ankle-deep mud and icy winds to Wassail Horfield Organic Community Orchard (HOCO) in January (pictured above). HOCO celebrates its 25th anniversary in May. Since 1998 hundreds of volunteer members have looked after nearly a hundred fruiting trees. During this time HOCO has also developed as a place of learning and experiment for a resilient future.

The call to plant more trees rings loud and true. If every garden in Bristol grew one or two fruit trees – our city would be transformed into a large urban orchard. Some of us are lucky to have older fruit trees in our garden or allotment – but we may not be sure how best to care for them.

“We know that trees help us by mopping up carbon and cooling the air when it’s hot. Do we remember that trees in cities need our help too?” asks Shannon Smith, HOCO learning co-ordinator. “Planting and caring for fruit trees reconnects us with a beautiful relationship between humans and orchard trees. It’s a bond that is many thousands of years old. As with any relationship – understanding, knowledge and good skills ensure nourishing and flourishing.”

HOCO is open to new Harvest-share members this year. Active members are partnered with a Tree Buddy (usually an apple tree), and get involved with organising working meetings and events. For beginners, the ideal way into active membership is by taking part in the 4-month *Get Growing Fruit Trees* – an introduction or *Pruning for Beginners* courses. More experienced growers are invited to sign up for *Pruning for Improvers* courses. HOCO also invites supporters of the orchard to join as Friends.

Get Growing Fruit Trees – a hands-on introduction. Deadline for applications: Sunday 5 March 2023. Course dates: Saturdays – 11 March, 13 May, 8 July, 9 September. Discounted fees for members of Horfield Organic Community Orchard

For more information about membership and courses visit: www.community-orchard.org.uk

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Niche's Rupert Morley & Siobhan with Wildlife Photography winner Lily Harper



'Melancholy on a ferry' by Mirco Brunner



Niche Director Rupert Morley (right) handing over the Niche Award to RWA winning photographer Mirco Brunner

An event-full start to the year at niche

Photographic Wildlife Exhibition

Niche was delighted to sponsor this popular annual exhibition, hosted at Futureleap on Gloucester Road. There were some incredible photos of British wildlife on display. Niche was pleased to select the prize winner, Lily Harper, with her photograph *Scottish Wildcat*. Niche director, Rupert Morley, and manager, Siobhan, handed over £100 of vouchers to the delighted Lily at the launch event.

The evening showcased fantastic photography along with interesting talks on UK biodiversity, such as Peatland Restoration on the Somerset levels.

As well as sponsoring, Niche framed and printed the successful entries. The photographs were printed on Hahnemuhle bamboo (their most sustainable paper) and framed in Aluminium frames, which is better for the environment due to their recyclability.

The Niche team are always pleased to be part of this great, local project.

RWA Photo Open Exhibition 2023

The RWA Photo Open celebrates contemporary photographic practice in all its forms. This Open Call exhibition invited submissions from artists and photographers, at any stage of their careers, who create photographic work or explore the nature of photography in their work.

Niche is delighted to be one of the sponsors of this exhibition; the Niche Award of £250, plus a voucher of £250 towards printing and framing with them, was awarded to Mirco Brunner for his fantastic entry *Melancholy on a ferry*.

Niche is proud to have so many featured artists pick them for both their printing and framing for this exhibition. The RWA Photo Open exhibition runs until 1 May 2023 and is well worth a visit.

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Always abreast of relevant new technology, Niche has invested in a state-of-the-art scanner. With this fantastic new set-up, they plan to offer shorter turnarounds with an unbeatable quality.

If you are an artist or photographer who would like to reproduce your artwork into prints – now is the time!

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Niche would like to offer readers 10% off scanning and printing until the end of April 2023. Simply mention this article to redeem the discount.

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Launch evening at RWA Photo Open Exhibition 2023



News from the Goldenhill Community Garden

Hi everyone

And welcome to spring! The garden gets greener every day as more leaves return to cloak the trees, more green shoots nose their way through the soil and the weeds pop up everywhere. We're lucky to have two polytunnels so we start planting in earnest this month and will be filling trays and trays with veg, flower and herb seeds. Our polytunnels provide light to the seedlings through the day which is hard to do in a house, especially if you've not got window sills or southern facing windows – so if that's you, I would hold off planting until next month and everything normally catches up in May.

It's our 12th growing season and the garden is looking great! The volunteers have been beaver away all winter fixing, building, painting, tidying and sorting and we've got lots of exciting plans for 2023 and you are very welcome to come and get involved! **We're here every Wednesday, 10am – 4pm and new folks are welcome along for a tour and chat at 12 or 2.30pm** or just come when you can. There's no need to come every week or stay all day and there's always a range of jobs to do.

We'll be back this **Easter with adventure days for kids and for families with a child/ren with SEND** and their siblings. Check our website or Facebook to find details of them and how to book.



AND a date for your diary! **Our Big Spring Fair and plant sale will be on Saturday 13 March.** And finally welcome to the newest recruits to the garden... the worms in our new wormery! These little beauties are very handy to munch up bits and bobs from our cooking that we don't want to go on the compost heaps and it's great to watch them work!

See you in the garden,

Lucy

www.thegoldenhillcommunitygarden.com

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

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It's never too early to arrange Lasting Powers of Attorney



A lasting power of attorney (LPA) is a document by which one person (the "donor") gives another person (the "attorney") the power to act on their behalf and in their name. There are two types of LPA – health and welfare, and property and financial affairs.

Without a property and financial affairs LPA, no one is permitted to manage your financial and legal affairs should you become unable to make decisions for yourself.

Even if you are married, in a civil partnership or have adult children, no one will be allowed to make important decisions without going through an extremely intrusive, time-consuming, and expensive deputyship process.

This could lead to you missing out on new opportunities to manage your wealth effectively for your loved ones and limit the amount of support that is easily accessible to help with your care.

There are strict rules around what attorneys can do with an LPA and a lack of understanding or misinterpreting of these rules can also inadvertently lead to misuse of the LPA. It can be daunting being given the responsibility of making decisions for another person and often leads to families falling out at what can be a time of significant stress.

Using a financial adviser to organise your LPA can ensure everyone involved understands what the LPA allows the attorney to do. With oversight of the financial position especially, an adviser can provide guidance to the attorney and therefore reassurance for the whole family that the provisions in the LPA and actions of the attorney are in the donor's best interests.

What happens if my family member doesn't have Lasting Powers of Attorney in place? If a loved one has lost the capacity to make decisions before arranging Lasting Powers of Attorney (LPAs), you will need to apply to be a Deputy with the Court of Protection in order to assist them.

There are many difficulties in following this process which is not only costly but also time consuming and will sadly not always be granted:

- Lots of paperwork to complete including an assessment of capacity form, usually completed by the individual's GP or a witness statement.
- The application can take 3–6 months to finalise and until a Deputy order is made, their accounts are frozen. Some medical practitioners also charge for providing medical evidence.
- Once the court has appointed a Deputy, they will receive a Deputy order in which the exact powers are set out. These powers depend on the individual's needs and can't be exceeded. The powers may apply to any aspect of the individual's life, including their finances, personal welfare, medical treatment and social care interventions.
- As well as dealing with the individual's day-to-day affairs the Deputy will have other ongoing responsibilities, for example, filling in an annual account and report accounting to the Court for all the financial transactions in the previous year.
- Initial and ongoing fees – £400 deputyship application (doubled if for both health & welfare and property & finance), potential £500 hearing fee, £320 ongoing deputyship supervision fee, £100 assessment fee if a new deputy.

The whole process can be both distressing and intrusive for the loved one's family.

How do I avoid this? The answer is simple – by making Lasting Powers of Attorney as soon as possible – it is never too early.

Get in touch –

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.

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Trip of a lifetime for local Scouts

A group of local Explorer Scouts aged 14–18 are embarking on the trip of a lifetime to help support scouting in the Chitwan area of Nepal in October 2023. Cabot District (covering north Bristol) have been supporting Scouting in Nepal since 2007 when Bristol Scouts organised and ran the first Jungle Jamboree which was attended by 35 local Scouts and their leaders – their first experience of camping away from home!

Despite problems – civil unrest, political upheaval and Covid – this link has continued and grown. There are now 4 scout troops and a service crew receiving ongoing support. During the forthcoming trip our 25 young people will be responsible for planning and running the 4th Jungle Jamboree (a 4-day camp) but this time for 250 Nepalese Scouts.

Participants are each paying for their own travel and are also raising money as a group to cover the costs of the jamboree. Full information can be found at www.namastenepal.org.uk. There are group fundraising events throughout the year so check out the Namaste Nepal website for details.

A fun Pub Quiz takes place on Saturday 4 March, 7.30–10.30pm at 26th Bristol Scouts HQ, Northcote Scout Hall, Great Brokerage, BS9 3TY. All are welcome to book in via namastenepal.org.uk.

The Big Easter Egg Hunt takes place at Woodhouse Park on **Saturday 1 and Sunday 2 April**. Tickets are available via: woodhousepark.org.uk/events/easter-egg-hunt.

If you would like to donate to the group fundraising for the jamboree or donate a prize for our summer raffle, please contact us at enquiries@namastenepal.org.uk

New home needed – urgent appeal!

Due to circumstances beyond their control the 91st Bristol Scout Group are sadly homeless from the end of March 2023. If any local venue out there would be able to accommodate the Beavers & Cubs (Wednesday 6–8.30pm) and Scouts (Tuesday 7–9pm), please contact Jo Strong, jstrong@91stbristol.org.uk, ASAP.

The group also desperately need to find storage space (garage-sized) for their camping and other equipment. This local community group need to find a new home so they can continue to support over 80 local young people across the 3 sections.



Jack Stephens

5 property letting tips from the Bristol experts:

- 1. Tenant selection** – is the most important point to get right; it could be a very difficult tenancy and beyond, if it goes wrong. From a referencing perspective the tenant would need to prove 30x the monthly rent, have a positive previous landlord ref, the right to rent in the UK, and good, clear credit history.
- 2. Inventory services** are as important as a good AST contract; these documents come hand-in-hand when managing the property, as it is the accurate record of what the property was like at the start of the tenancy and will allow us to then go through and see if there has been deterioration during the tenancy, and who is liable.
- 3. Maintaining good relations with your tenants** – this really helps when things do not go to plan; often you will be at the mercy of contractors and it can be very stressful if you are let down, but having that positive relationship with your tenants makes it that much easier for them to work with you when needed, rather than against you.
- 4. Regular property inspections** are a must – we conduct ours quarterly and for larger HMOs we almost attend monthly to ensure the building is being well looked after by tenants and being pro-active in any issues that arise with the property.
- 5. Pre-check out appointment** – helps massively with the end of the tenancy, running through the inventory with the tenant and letting them know what we expect of them at the end of the tenancy and also then pre-planning our works, if any, to reduce the void period. If we can get the tenant through their tenancy and hand back the whole deposit because of our guidance, that is the goal, and streamlines the whole process.

Jack Stephens

Jack Stephens, Director of JBS Bristol Lettings

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Barcan+Kirby

signs new three-year partnership agreement with Glos Cricket

Local law firm, Barcan+Kirby, continue their sponsorship of Gloucestershire Cricket for a further three years, after agreeing a new sponsorship deal with the Club.

Having first partnered with Gloucestershire in 2020, the relationship between the two organisations continues to grow and Barcan+Kirby have now renewed its partnership with the Club.

As part of the partnership, Glos will provide Barcan+Kirby with opportunities for corporate hospitality, networking and sponsor events. The firm also benefit from the use of the Club's facilities for both social events and business meetings, and their branded banners proudly adorn the Mount Stand, the largest stand in the Seat Unique Stadium.

Partner, Georgina Bryant, said:

"We are so pleased to continue our partnership with the Cricket Club and excited for another year of events. Supporting our community is really important to us and we are proud to further develop our relationship."

L to R: Clare Norman, James Bell, Samantha Castle, Julie Creese, Georgina Bryant, Premila Patel



Barcan+Kirby have offices across Bristol and South Gloucestershire, including one on Gloucester Road, near the Club's Seat Unique Stadium. As well as sponsorship, the firm now advises the Club on legal matters such as contracts, sponsorship agreements and corporate governance.

Joe Kaniecki, Head of Partnerships at Gloucestershire Cricket, commented:

"We're a proud supporter of local businesses and have loved working with Barcan+Kirby over the last couple of years, so we're thrilled to have them onboard for the next three seasons.

The Mount Stand continues to look fantastic with the addition of Barcan+Kirby branding and I'd like to thank them for their ongoing support of the Club."



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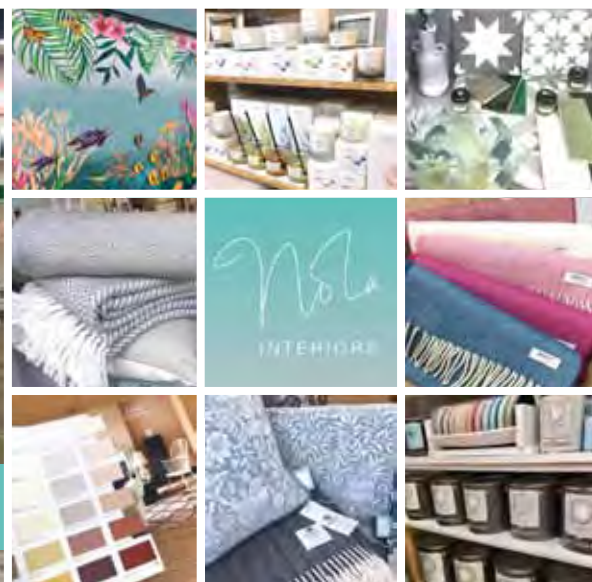
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Celebrating Mothering Sunday 19 March

If you need some inspiration for finding the perfect gift for your mum or special person in your life, you need look no further than our local community.

In the next few pages we celebrate what our fabulous Gloucester Road traders have to offer – from luxurious French soaps at Reason, to red and white vermouths (delicious on their own or perfect for a celebratory cocktail!) from Grape & Grind. A gorgeous cashmere scarf from Nola Interiors (in a beautiful range of colours) to stunning floral bouquets from The Flower Shop.

If you are really looking to spoil your loved one, I can recommend vouchers for both Icon Beauty – for a blissful pamper or The Green Room – for a new spring hair cut or colour.

We also bring you info on local businesses – Other Lovely Things, who create stunning, hand-painted baubles (and, if you get your order in quick, they are offering a complimentary gift box of relaxing Meditation Candles), and AHLQ Jewellery, who bring you preloved statement pieces, unique antiques and vintage jewels.

If you would like to treat your special person to an afternoon tea, the Cafe on the Common are serving sweet treats 2–4pm on Sunday 19 March. If you are looking to host your own tea party – Joe's bakery has Mothering buns, spring cupcakes and of course the all-important scones for you to purchase.

In this issue we have even remembered our four-legged friends, with treats and toys for animal mums and their puppies or kittens.

If you are not making your own card (like some of these lovely designs in the magazine, by local children), Room 212, and many other local shops have a wonderful selection to choose from.

Whether it be a card or a gift, please do support your local traders this Mother's Day, there really is something perfect to be found for every budget.

I wish you all a happy and peaceful Mothering Sunday. Enjoy celebrating the mums, step-mums, nannies, great-grannies or whoever loves and cares for you.



otherlovelythings.

Hand painted baubles to be treasured forever

www.otherlovelythings.co.uk

Complimentary gift box of relaxing Meditation Candles with every order until the end of March to celebrate **Mother's Day**.*

*subject to availability



New & seasonal bakes at Joe's Bakery

As always, Joe's Bakery is working hard to deliver the finest new and trusted favourite baked products, to its local customers.

New! Jalapeno & Cheese Sourdough and Black pepper and Parmesan Pave – Both of these breads are based on Joe's Mild White Sourdough recipe, have a great open texture and a crunchy crust. One bake is jewelled with jalapeños and Cheddar cheese and the other topped with Parmesan & Black Pepper. These delectable breads are available Thursday, Friday and Saturday at both stores.

New style Focaccia (with a variety of toppings) – Traditional Italian style bread with extra virgin olive oil. Toppings available include; Fresh garlic, Black pepper & Rock salt and Red Onion & Rosemary.

Please ask staff for any specials and new toppings! These delicious bakes are available Tuesday to Saturday at both stores.

Mothering Sunday – Joe's upholds the tradition of Mothering buns – white buns, adorned with hundreds & thousands. These attractive bakes can be pre-ordered (recommended) until Friday 17th March, or you can pop in on Saturday 18th March but there will be limited stock and once they're gone – they're gone! Joe's will also be producing gorgeous cupcakes, along with their popular scones, which are available to order for anyone putting on an afternoon tea.

Easter goodies – Coming soon! Joe's will be baking all the seasonal favourites – Simnel cake, Hot x buns, Easter donuts, Easter biscuits, Mini egg cupcakes in spring colours and Easter bread.

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

REASON INTERIORS

From luxury French soap to Devonshire hand-made candles, relaxing wheat bags to stylish socks, gorgeous hand printed tablecloths to Earth Song seed packs– there are so many 'Reasons' to visit this local interior store. Pop in this spring for some fabulous gift inspiration.

97 Gloucester Road, BS7 8AT
0117 329 4505



Mother's Day Sunday 19th March

This year treat your special mum to one of our beautiful gift vouchers.

They can be used for any of our luxurious treatments and are a wonderful way to say thank you.

No matter what age, we need our mums. They are irreplaceable and offer a kind of comfort and warmth in our hearts that can't be taken away, even when they are angels watching over us.

Thinking of you all this Mother's Day,

Lucy x

(P.S. this is my lovely mum)

ICON BEAUTY, 267 – 269 Gloucester Road, BS7 8NY | www.iconbeauty.co.uk





Treat your mum to a lovely card and gift, all made by local artists.

From jewellery and original paintings to homewares, gorgeous soaps, and candles – there's so much to choose from at Room 212.



Card by Maita Robinson

Room 212 | 212 Gloucester Road, BS7 8NU
0770 2598 090 | room212.co.uk

Mother's Day at Roxfords Pet Shop

Open 7 days a week • Free local delivery

As we celebrate Mother's Day in March, this month we are focusing on baby pets and their hard-working mums. Roxfords has everything you need to support mumma cat or dog along with their offspring – with a wide selection of wet and dry specialist food for both.

There is a great range of puppy treats to assist with training, and even a Pup's 1st Gift Box. Owner Sarah has been hard at work, making beautiful, bespoke fabric treat bags, in a range of pet-themed prints.



All things kitten



All things puppy

A few 'accidents' are inevitable as pups get to grips with making it out of the back door in time! Thankfully, Roxfords stocks a puppy training aid spray that can be used with absorbent training pads.

Of course, puppies love to play! There is a fantastic selection of puppy plush and rubber toys – to assist with teething, entertainment, training and snuggling.

For kittens, there are tempting Tasty sticks and Lick-e-Lix, along with many kitten-specific, catnip-filled toys for them to bite and pounce on! The printed, ceramic cat bowl designs are both cute and practical.

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Bookings being taken now for Mothering Sunday, 19th March



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LYON Dry Vermouth, 'Floral & Herbaceous'
ROSSO Sweet Vermouth, 'Aromatic & Bitter Sweet'
REUS Blanco Vermouth, 'Savoury & Complex'

The Aperitivo! Co is located in the heart of Bristol. These vermouths are delicious on their own or lend themselves perfectly to cocktails.

Grape & Grind | 101 Gloucester Road, BS7 8AT
GRAPEANDGRIND.CO.UK

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News from Ardagh Community Trust

As the weather continues to improve and the days grow a little longer every day, we are looking forward to seeing more activity on site over the coming months.

Tree trail – As always, our wonderful gardening team have been very busy preparing for spring with a particular focus on planting trees. Keep your eyes peeled for a tree trail around the site which will be ready soon. Did you know we have more than 70 different varieties of tree here? The new trees will help to increase the tree canopy and provide lovely shady seating areas, as well as a welcome home for the wildlife on site.

The Big Seed Sow – Another exciting development is our involvement with a new national project through RHS Communities team. The Ardagh gardeners have been invited to be one of their community growing champions to promote 'The Big Seed Sow' with a focus on food. Our gardeners' experience and advice on growing fresh fruit and vegetables for FFA, the café, and beyond will help to inspire others to engage with gardening for wellbeing. Look out for more information about this on our social media sites.

Annual Site Users' Survey – Thank you to everyone who submitted their responses to our annual site users' survey, either online or in person at the café. Trustees are continuing to analyse the information gathered from your feedback and we will advise the outcome of this shortly.

Spring events – We have lots more exciting events currently being planned for the coming months – look out for music, food pop-ups and craft fairs. We are also planning Easter events to include an Easter trail and Easter egg hunt. We will keep you updated with regular updates on our social media as details become available.

The Café on the Common will extend its opening hours from 1 March to 5pm. Details of site opening hours to follow.

March activities

Mothers Day – Continuing the garden theme, on **13–19 March we will be offering floral posies and displays to buy for Mother's Day**. Why not say thank you to someone special with a lovely bright and colourful arrangement, freshly made and each one unique! On sale at The Ardagh with proceeds returning to the charity to provide more investment in the site.

The Café on the Common will also be offering cream teas on Sunday 19 March. Treat your special someone to our range of delicious cakes and slices, or an indulgent, crumbly scone topped with jam and cream (or is it cream and jam?), all washed down with a perfect brew or fresh coffee. What's not to love?



Horfield Common Repair Café –

March sees the return of Horfield Common Repair Café! We are very pleased to welcome Bristol Community Arts on board who will be helping to run the repair café alongside our lovely volunteers – www.bristolcommunityarts.org. Bristol Community Arts is an established local charity providing a range of creative opportunities. We feel that our shared resources will offer a variety of skills and experience to help the repair café flourish. **The Repair Café will be open for business on Saturday 18 March from 10am to midday**. If you would like to join our volunteer group, please email hello@theardagh.com for more information.

Litter pick – Our regular Horfield Common Litter Pick group in partnership with Friends of Horfield Common will meet on the last Saturday of the month to give our common a spring clean! Saturday 25 March from 10am to midday. If you have time to spare, we'd love to welcome you at The Ardagh entrance; all equipment is provided.

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 (10.30, 11.30am) sessions are delivered by volunteers from Bristol Age UK.

Family Food Action – at 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.

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

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What's new at the green room

JOB ALERT

New employed/self-employed stylist vacancy

The Green Room is currently looking to expand their team. If you have 5 years (minimum) experience and would like to join this vibrant salon on Gloucester Road, please contact salon director Jo, by email: thegreenroomorganic@hotmail.co.uk or text: 07753 210214. A friendly environment and good rates of pay await.

Mother's Day gifts – if you're looking to treat the special ladies in your life this Mother's Day, why not purchase some vouchers for The Green Room? They also stock a wide range of quality hair products that make great gifts too.

Two new treatments that you don't want to miss!

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, 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 has other treatments in their range; ask in salon for further information.

Treat yourself and your hair this spring, book in soon!

15 The Promenade, Gloucester Road, BS7 8AL

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



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 homemade cakes and other items on Saturday

4 March & 1 April 2023

10.30 am to 12 noon

Hope to see you there!



Keep fit with Dance Moves

Horfield Methodist Church, BS7 8SN

Tuesdays, 10.15–11.15am

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

Tuesdays, 2–3pm

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

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Short versus long term thinking

How is everyone doing? I hope you are all well and enjoying the slightly warmer weather. How are those fitness plans going?

January can be a difficult time to start a fitness regime. After the initial motivation of New Year, *New Me* wears off. We are hit with the stark reality that it's cold and raining outside and warm and cosy inside. So many of us prioritise comfort over long term results.

Unfortunately, getting fit isn't a quick fix. It does take time and consistent effort. I often say it is sometimes harder to get up off a warm sofa and drag yourself outside to run or attend a fitness class, than the actual run or class! I think it boils down to one thing – a way of thinking. If we think short term, we prioritise how we are feeling right now – we want the warmth and comfort. If we think long term, then we prioritise the intrinsic reward of getting fitter and feeling better in our own skin.

So, please remember it isn't always meant to be easy, if it was, everyone would be gaining amazing results!

When you don't feel like doing something is when you gain the most reward and develop an incredible mindset if you do. *Sensei Lloyd*

Facebook: *Red Dragons Martial Arts*

Email: info@reddragonsmartialarts.com | Call: 07779 740 432 to book your free trial.



**'If you think you can, or you think you can't.
You are probably right.' Henry Ford**



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 April 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

LOVE HORFIELD
COMMUNITY FUN RUN
FOR ALL AGES AND ABILITIES!
(UNDER 16'S MUST BE ACCOMPANIED BY AN ADULT)
SATURDAY 25TH MARCH
9AM AT ORCHARD SCHOOL PLAYING FIELDS, FILTON ROAD

How far? The course will be about 5k long and will be entirely run on a grass field. Also, 1K course for primary school aged children. It's FREE!

How much? It's FREE!

More details and sign up for your place -
<https://tinyurl.com/lovehorfieldfunrun>

SPECTATORS ARE WELCOME!
(DOGS ARE NOT PERMITTED ON SITE)

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bristol@dechen.org

**Discover Buddhism:
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The Centre is now open and running the following sessions in person:
Tuesday, 8-9pm
Wednesday 10.30-11.30am (simply meditation)
Saturday, 10.30-11.30am

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

For further info, email bristol@dechen.org


www.sakyabristol.org
www.dechen.org

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Why has my vet given me a 'Non prescription form for antibiotics'?

Antibiotics are very important medicines in human and veterinary practice that have saved millions of lives. However, we are now seeing antimicrobial resistance (AMR) occurring, and using the medications we have responsibly is necessary to save those medicines for cases where they are needed. This will ensure that the medicines will continue to work and to reduce the likelihood of resistance occurring. Veterinary surgeons are part of the One Health initiative and have a professional responsibility to ensure that they use antibiotics responsibly, not only for our own patients but also for the wider human and environmental consequences. One of the greatest threats to medical treatments in the future is antimicrobial resistance.

Antimicrobials are used to inhibit or kill micro-organisms, and include medicines for use against bacteria, antifungals, antivirals and antiprotozoals. Antibiotics are used against bacteria.

Many common diseases that we see in veterinary practice are not caused by bacteria; for example, diarrhoea, sneezes, and skin conditions.



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These diseases often do not require antibiotic treatment. Viruses are not killed by antibiotics.

Responsible use of antibiotics, or antibiotic stewardship, involves making evidence-based decisions about the need for treatment of an individual patient with a bacterial infection while being mindful of the wider implications of antibiotic use.

In practice we now individually assess each patient; we use antibiotics where we have evidence of a bacterial infection being present. This may involve taking a sample to submit to a laboratory or looking under the microscope for evidence of bacteria. Use of an antibiotic is then made as an informed decision.

However, in many cases where we have previously handed out antibiotics we are now no longer doing so as there is evidence that they are not necessary. In these cases, your vet may instead give you a 'Non-prescription form' which explains why, in this case, antibiotics have not been prescribed and what alternative treatments may be recommended.

It is hoped that this national initiative will help to make us all aware of the danger of overuse of antibiotics and will help to save their efficacy for where they are really needed.

Nicky Bromhall MRCVS

Head vet at Animal Health Centre



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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.

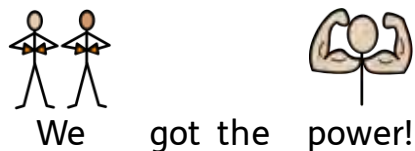
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We are excited to announce that Claremont School Council has made a difference! We have been going around school singing "We have the power!"

We noticed that the pathway between Claremont School (Henleaze site) and Phoenix Grove needed to be repaired so we asked the school community how they felt about it. We found out that most students thought it was a very bumpy ride due to the uneven surface and staff are suffering from back and ankle problems due to the leaning of the footpath. We asked our teachers if they knew what could be done, we asked our heads of department and senior leadership team and no one could help us!

So, we contacted the local councillor, Steve Smith, and invited him into school to share our concerns. We handed over our research – some letters, notes and symbols – all supporting our call for some repairs. Steve and the school council went down the alley to see the problem; one member of the student council agreed that



Steve could push their wheelchair to feel the weight and how bumpy the surface was. Steve joined our Friday meeting and, using our high tech AAC communication devices, we asked lots of questions about the role of a councillor and Steve's interests. Steve has invited us to visit City Hall where we can see where Bristol City councillors meet to discuss and vote on issues concerning our city.

Steve took our research seriously and has replied to us in a video telling us the land is owned by the council and after inspection the first part of the path will be repaired – hooray! It feels great to be able to make something happen and we are sharing this news all around the school and putting up a poster on the fence by the alley.

We hope to see the builders soon fixing the potholes and then we will be off to City Hall to see where meetings are held in Bristol.

We think it's great news!

Claremont School Council

Know where your local defibrillators are located – it could save somebody's life

Immediate CPR and quick access to an automated external defibrillator (AED) increase the chance of survival threefold – from 1 in 10, to 3 in 10.

Defibrillators installed, and in use, in the local area:

- Gloucester Road, Future Leap, BS7 8AA (next to the Prince of Wales pub)
- Gloucester Road, Apple Green petrol station, BS7 8NL, (at the bottom of Berkeley Road)
- Gloucester Road, Prison building, BS7 8NZ (near Golden Lion pub)
- Gloucester Road, The Crafty Cow pub, BS7 0BJ (opposite Horfield Sports Centre)
- Beehive pub, Wellington Hill West, BS9 4QY
- Bristol Chiropractic, 2 Kellaway Avenue, BS6 7XR
- Bristol Property, 14 Chandos Road, BS6 6PE
- Horfield Common, outside of main gates to Ardagh Community Cafe, BS6 7YL
- Max Minerva's bookshop, North View, Westbury Park, BS6 7PY



My Community Bristol is working to make our local community an even better place for people with learning disabilities to live happy and healthy lives.

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

Join the Action Group!

The Action Group are local people, with and without a learning disability, who meet regularly to discuss community issues and take action on ideas to make the area even better.

Apply for funding!

'My Community Bristol' has money available to invest in ideas that help start and support community-led activity in Horfield, Lockleaze, Bishopston & Ashley Down, and Ashley wards. For more info, scan this QR code or follow this link: <https://tinyurl.com/f9b7edbt>

Community Partners, Alice and Jess, support the Action Group and My Community Bristol work.

You can contact them for more information by emailing – **mycommunity.bristol@mencap.org.uk** or call us **07890 043455** (Alice) | **07816 295082** (Jess).

Volunteer and make a difference

The St Peter's Hospice shop, at 95 Gloucester Road, has been part of the local high street for over 20 years. They are currently looking for volunteers to join the team. 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". 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."

If you would like to join the Gloucester Road team visit: 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.



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 Berkeley 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

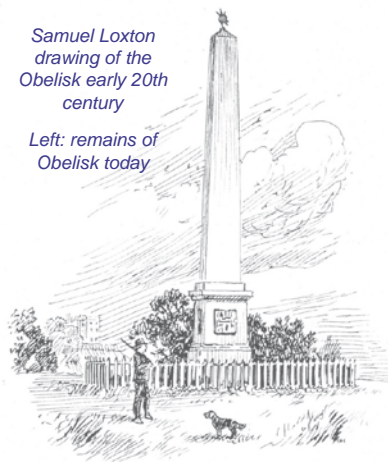
◀ Reconstruction drawing of Wright's 'Tomb of the Horatii' sketched by the late James Russell (JRR), a well-known local archaeologist who did a lot of research on Stoke Park. It is based on descriptions from people who saw it when it was still standing intact in 1764. This building was on the steep slope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



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

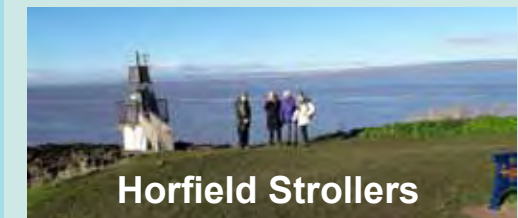


Community Hub

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.

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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.

News from Bishopston & Ashley Down and Redland Councillors



Bishopston & Ashley Down ward

Tree planting on Horfield Common

The first phase of the new tree planted started on 15 February on Horfield Common, with more planting taking part in March. This project has been in the pipeline for a while, and we are so delighted that it is starting. The first phase will see trees spaced around the common as well as a new fruit orchard. The trees will contribute to carbon capture, improve biodiversity on the common and help with flooding. A big thanks to all who filled in the consultation and to those volunteering.

Ashley Down School

The consultation for a School Street for Ashley Down School is now closed (as of 17 February) and we thank everyone who filled in the public survey. We excitedly look forward to the next phase of the project and find out what the results of the consultation were. We are also delighted to find out that our funding bid for new pencil bollards has got through the next round for Community Interest Levy funding. We hope that securing this funding for bollards, along with the School Street initiative will really help the children and parents of Ashley Down School feel safer at drop off and pick up times. To find out more about school streets, visit <https://travelwest.info/projects/bristol-school-streets>

Airport expansion

We were both sad to hear the news that Bristol Airport won their appeal to expand. We have both been very active in the protest against the expansion of the airport, since before we were both councillors. Emma gave a speech at a rally on College Green following the news, where she

promised that we would continue to speak up in our role as councillors against the expansion. So many residents have told us how concerned they are about the impact of the airport expansion on air quality in Bristol and we share those concerns. We will continue to support Bristol Airport Action Network in their work to appeal this decision.

Muller Road update

We know many people have been concerned about how long Muller Road is taking and when the project will be finished and the road reopened. We met with the new lead officer in February, who said while the roadworks were a little behind schedule, due to adverse weather, that the roads should be reopened by spring. We also discussed ways we can protect the green at the bottom of Springfield and if there is any scope for more trees on Ralph Road, but this is yet to be confirmed.

Our surgeries continue at the Ardagh every first Friday of the month, 4–5pm; if you wish to book a slot you can email us, though there is usually space if you just turn up!

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

Councillor Lily Fitzgibbon, Green Party
Cllr.Lily.Fitzgibbon@bristol.gov.uk
Facebook: [EmmaEdwardsLilyFitzGibbon](https://www.facebook.com/EmmaEdwardsLilyFitzGibbon)

Redland ward

Belvedere Rd care home rejected

The third proposal in recent years for additional care home development in Belvedere Road has been rejected. The applicant went to the government planning inspectorate after their proposal wasn't dealt with in time – it's called a non-determination appeal. Previous proposals for more care home rooms were also turned down in planning committees due to traffic and parking issues and this was affirmed by the inspector, who rejected the appeal on these grounds again. Many residents objected that another house was to be converted in the street and asked for advice.

Planning delays due to staff shortages have continued to slow down the handling of applications small and large and this is something we've reported in the past and taken up on behalf of residents. There seems little sign that the backlog is being dealt with yet, unfortunately.

Can we improve Bishop Road traffic safety?

Fi recently met with the deputy head of Bishop Road School to discuss the traffic problems in the area that local people and parents have raised with us. The school is one of the largest in the city with over 800 pupils, so it only takes a small proportion of carers and parents driving to cause significant problems in the narrow residential streets in the area. Not surprisingly, the school shares our concerns and has taken a number of steps to try to deal with this potentially dangerous situation. Together with the school, we hope to be able to work with highways officers and local residents to see what measures are effective and available. If you are interested in getting involved, please do get in touch with us.

Cranbrook Road crossing

The long-awaited delivery of the Cranbrook Road crossing is inching forwards. We've finally been told that legal work to allow restrictions – at the corners of Cairns Rd and Harcourt Hill to improve safety with double yellow lines – will be drafted.

Up-to-date legal protection for corners is needed so they can be kept clear where the new island crossing will be put in. We're doing what we can to keep the project moving despite the slow pace of all highway schemes in the city. The money was first secured by us from developer funds in 2019 after a campaign by residents. A child was hit in a collision by a vehicle at this vital school crossing route and there's been no safe crossing. We're hoping there are no more delays.

Mental health helpline number

Bristol Mindline, a free helpline to support callers' mental health and emotional wellbeing, has been in touch.

If you sometimes speak to people who are struggling with life, the number could be helpful to them. It's a confidential and anonymous service that anybody in the area can call if they are experiencing feelings of anxiety, depression, loneliness, or anything else that is concerning them.

The line is staffed by highly trained volunteers who will listen, support callers, and help them to work through and better understand their feelings. The Bristol Mindline number is 0808 808 0330.

Green Group grows – We're delighted to be joined by our 25th colleague in the Green Group on the



council after a local by-election in Hotwells and Harbourside. This makes our group the largest on the city council. But this does not affect control before the post of Mayor is abolished in May 2024. Until then the elected Mayor is still in charge of most decisions. However, towards the end of this year the budget for the new council in 2024 led by proportionate committees will be drawn up by a cross-party group of councillors. There are now a series of committee meetings being held in public to draw up the new model of how committees will take over running the council. You can find details on the council website pages for council meetings and email questions to: committeesystem@bristol.gov.uk

Redesign of junction South Rd with Redland Rd

There's been a road safety scheme in development for many years due to accidents at the South Rd/Redland Rd junction. It's being progressed slowly – the same pace as other highway schemes! – and the proposed design is changing.

The changes could affect waiting restrictions on South Rd to make it safer for cyclists squeezed by parked cars. We understand there will be an additional consultation in the vicinity about modifying the proposal, including the removal of the existing traffic island on Zetland Road. This is needed to make sure that larger vehicles can make the Redland Rd/Zetland Rd turn once a widened footway has been built. Do submit your comments or get in touch if you have queries about proposals being circulated to addresses near the junction.

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

Martin Fodor, Green Party
cllr.martin.fodor@bristol.gov.uk / 07884 736101
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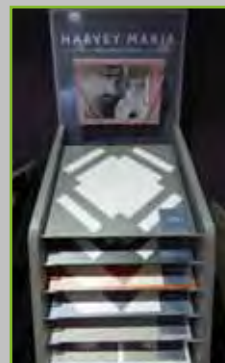
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SOUL PILATES REFORMER & BARRE STUDIO

MONDAY

10.45am | Reformer: Align

1.15pm | Reformer: Evolve

5.30pm | Reformer:

Beginners

6.45pm | Reformer: Empower

8pm | Barre: Uplift

FRIDAY

7.30am | Reformer: Align

9.45am | Reformer: Align

1.15pm | Reformer: Align

6pm | Barre: Flow

TUESDAY

9.45am | Reformer: Align

1.15pm | Reformer: Align

5.45pm | Reformer: Align

7pm | Reformer: Evolve

8.15pm | Reformer: Uplift

SATURDAY

9.30am | Reformer: Align

10.45am | Reformer: Evolve

SUNDAY

10am | Reformer: Align

11.15am | Reformer: Evolve

12:30pm | Barre: Uplift

WEDNESDAY

7:30am | Reformer: Align

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

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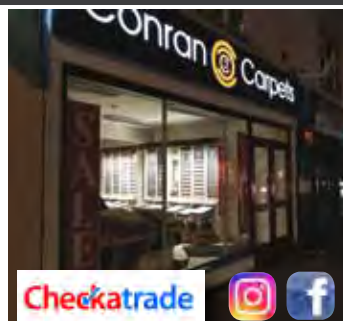
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