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issue 166, April 2023



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Dear Readers...

Welcome to the April issue of your community magazine. We are feeling the joys of spring in this edition with some Easter illustrations from local children and some inspiration for how to spend your money and time over the Easter holidays in our local community.

Visiting schools during World Book Day is always a highlight; we hope you enjoy some of the brilliant costumes and imagination shown at Brunel Field.

The ninth Bishopston Window Wanderland, hosted this year by St Bon's, was as creative and fun as ever – we are pleased to report on our experiences of the local trail and share with you a sample of the fabulous windows that were on display.

Ardagh Community Trust is delighted to launch their new garden nursery – perfect timing to purchase your summer bedding plants in the coming weeks. They also look forward to hosting an Easter egg hunt throughout the holidays.

Family Food Action, based at The Ardagh, asks us to please think of others at this time and perhaps donate some Easter treats to the food charity.

All at the Goldenhill Community Garden are busy as the garden springs back into life! They will be running Adventure days for children over the Easter holidays and are looking forward to their Big Spring Fair in May.

Sefton Park school pupils have been working on creative designs with contemporary artist Amy Maggee, for Unicornfest this summer.

The Bartholomites return to the stage for their production of Robin Hood pantomime. Lots of family fun, over the weekend of 14 and 15 April.

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 always welcome.

Kerry x

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Could you support your local schools by becoming a school governor?

Ashley Down Schools Federation are looking for volunteers to join our established and well organised governing body which oversees the management of Ashley Down and Brunel Field Primary Schools.

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World Book Day 2023!

A highlight every March is visiting schools on World Book Day; it is wonderful to see pupils (and teachers alike) embracing the joy of books and the adventures they can take us on. Brunel Field School enjoyed a book week, with visiting authors/illustrators, stories in the library and of course dressing up in favourite characters. Early Years classes were visited by storyteller, Katy Cawkwell, who shared a traditional tale brought to life by Katy's magical storytelling skills. Year 3 took part in a workshop with Katy where they learned a story to share with other pupils.

Years 4, 5 and 6 were treated to a visit from Tom McLaughlin, author and illustrator of, *The Accidental Prime Minister* and *The Cloud Spotter*. I was lucky enough to sit in on Tom's talk to Year 6, where he shared with the children his story-writing process and opened up the possibilities to them of writing and illustrating their own books. It was interesting to learn that Tom was a cartoonist for several years before becoming an author. He explained he watched so much news that he had the desire to create his own world to escape to.

Hats off to all of the teachers who turned out in fantastic costumes, much to the delight of all the children. Thanks goes to the hard-working school PSA whose fundraising efforts make the author visits possible.

Brunel Field are also celebrating being awarded £7,000 to upgrade their library. The grant, secured by the PSA, will pay for the building improvements. To fund the purchase of new books, the PSA have launched a 2023 campaign that encourages pupils to fundraise in some form relating to the number 23. Standby for participating children embarking on 23 runs, scoring 23 goals, selling 23 cakes or, if we're lucky – a 23-hour silence!

Donations welcome: donate.giveasyoulive.com/campaign/2023-library-makeover-appeal



Matilda's book trolley kindly made by her dad, by removing the wheels from his office chair!

► Generous Paddington brought a suitcase full of marmalade sandwiches to share with his class!



Window Wonderland 2023

This, the ninth Bishopston Window Wonderland, had a fabulous launch event at St Bon's School, who this year took on the organising of the trail. As we walked into the school grounds we were welcomed by candles in home-made decorative pots, light projections, tens of windows lit up showing off their designs and the joyous singing of the school choir – all this topped off with a free hot chocolate and cupcake! Saturday nights don't get much better!

From the school, my eldest and I took to wandering the adjoining streets and discovering the delights of this year's windows.

I was lucky to go out on Saturday and Sunday evening, my youngest son joining me on the Sunday. We visited the brilliant Mark Bolan dedicated window (this clever household has delighted us with tributes

to a number of late stars including John Lennon, David Bowie and Bob Marley, all memorable). On viewing their window this year, my youngest shared, "Wow! They have gone to a lot of effort and included a lot of detail. They have made a colourful design, put on music, added lights, candles and a feather decoration (boa)." Well-deserved high praise indeed from a 5-year-old.

Both my boys, well in fact everyone who gathered round, adored Window Wonderland founder, Lucy Reeve's installation, celebrating the murmur of birds, with accompanying sound, lights and an interactive button! We all stood and watched in amazement! I heard one person say this was so remarkable they felt they could never take part, and I do understand the creativity in Bishopston is to a

fantastic level, but nobody should be put-off joining in. The joy of the trail is that all different approaches make it interesting; simple designs can be brilliantly effective. It is all about having a go, having fun and interacting with the community.

For the first time this year, as a family we took part in Window Wonderland. When it came to putting the window design together, I enjoyed every minute; several hours were spent creating the tissue paper visual, it was wonderful to escape to our under the sea world for a week or so.

As well as tissue paper cut-outs and paintings, there were some inspired installations, we were treated to both an Elf home and Tiger people world on Brynland Avenue, along with an enchanting Harry Potter display on Maple Road, with spell books, potions, candles and tonics – brilliant fun.

Next year our local trail celebrates 10 years so what better time to get involved. Congratulations and thanks to this year's organisers for putting on another wonderful, free event for the whole community to enjoy.

"Thank you to every one of the 170 window makers that took part in this years Window Wonderland, you really showcased what an amazingly fun and creative community we live in. A special thanks to the children and staff at St Bons who put on a spectacular display and to the choir who sang beautifully for over 200 people on launch night, lots of people told me how impressive you were.

We will be back next year for the 10 Year anniversary! Let's join together and make the world a little brighter, one window at a time."

Hannah, main event organiser

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

Dr. Seuss, The Lorax

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"It was wonderful to see the local community come together to see our pupils hard work, enjoy a hot chocolate and listen to our school choir before heading off on their Window Wonderland adventure. Pupils, staff and parents had a truly great evening. Thank you for letting us be a part of it."

Sarah Ballantine-Head of St Bon's School



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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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“Had to update my review for Adriano’s, been going for years now, because it’s simply the best barbers on Gloucester Road! Adriano takes time to get to know his customers, treats you like an old friend and really does know his stuff. My haircut is always consistent, he has an eye for detail! Highly recommend this place!”

ABL celebrating 10 years on Gloucester Road

ABL independent barber shop is proud to be celebrating 10 years in our community. In the coming weeks ABL will move across the road, to its new home at 146 Gloucester Road.

It is always a pleasure to catch up with owner Adriano; we took some time to look back and to the future. There have been tough times – Covid was a low, eased by the kind messages of support Adriano received via notes through the door and online. He would like to say a huge thank you to all of his customers for their kind words and loyalty to his business.

You only have to read his numerous 5-star Google reviews to get a sense of how well thought of, respected and liked Adriano is, both for his professionalism and talent as a barber, and his kind, polite nature, that enables him to offer the best customer service.

Adriano is showing his intention to lay down roots on Gloucester Road, with the purchase of a new venue for

ABL. The business will relocate just over the road from its current site, to 146 Gloucester Road, in April 2023. Adriano looks forward to the move, “There will be fresh colour, fresh furniture and fresh cuts!”

With a passion for the wellbeing of people, Adriano has run regular ‘Men talk health’ meetings at ABL in the past. With the support of some local experts, he is looking to re-introduce these sessions after the move.

I asked Adriano if he had ever considered a different career? “No! I grew up in a barber shop, I learnt my trade from my father, and this is the only life for me. It is important to me to work alone so I can provide complete consistency in haircuts for my clients. I need diversity in my day and each client is different.”

You can book an appointment with ABL via the website or walk-ins are accepted when possible.

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Making the impossible – possible!

It has been a great month in the life of Red Dragons Martial Arts. On the first Saturday of March, we had a really tough level two grading. Everyone worked so incredibly hard and honestly pushed themselves far beyond their limits. Children really gritted their teeth and pushed through despite the difficulties. They then came to class the very next day and got stuck in like nothing had ever happened! The fantastic attitude of these young people really makes me happy and proud.

The following week, I was sat in a cafe chatting with two of my colleagues about the upcoming black belt grading. We outlined what would be happening and then worked out the training that will be needed to be ready for the black belt grading.

This led to us reminiscing about the start of their martial arts journey, how they would look at the higher grades and think achieving those levels was impossible. Now they are training for their black belt and doing things that back then would definitely have been impossible for them. This got me thinking about how we can all achieve the impossible if we set our minds to it – it just requires a little time and a lot of effort!

Sensei Lloyd



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



Facebook: Red Dragons Martial Arts

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Magical news from Sefton Park School

At the end of February, Sefton Park School enjoyed a surprise visit from contemporary artist Amy Maggee, the artist of our entry in Unicornfest this summer (theunicornfest.co.uk). We were delighted that Amy was able to visit our six artists whose entries into the Bristol Unicornfest competition had been chosen to provide inspiration for Amy.

Over 80 pupils entered the competition to inspire Amy with their artwork; as ever, the creativity was incredibly impressive. The winning designs were chosen by the school council, and huge congratulations go to Lila, Hafsa, Max, Tom, Lana and Ava for their entries.



Amy was really impressed by their work.

The children enjoyed an afternoon working with Amy, discussing their designs and inputting their thoughts into the painting technique for the Unicorn. Amy then took the time to introduce herself to the Junior school.



We are hugely indebted to school parent Matt – of the Forge and Fern (theforges.co.uk) – for allowing Sefton Park to be involved in such a creative city-wide project in aid of Leukemia Aid. On completion, the large painted unicorn will be on display outside the Forge and Fern and a foal will be kept at Sefton Park.

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News from the Goldenhill Community Garden

Hi everyone

Spring is here and it's a great time to get outdoors, enjoy the lighter evenings, and the return of the greenery. This time of year in the garden, every day another tree or bush comes into leaf, the polytunnel is full of new seedlings and the garden is full of birdsong. We're especially chuffed this year as our new little pond is full of tadpoles! The frogs stopped visiting the big pond and so last year we dug another, hoping we could tempt them back – and they came! Loads of them! It's always a joy to watch these little tiddlers develop, and I hear there's lots in St Andrew's Park and up at Horfield common, so get yourselves there if you can and take a front row seat for this marvellous metamorphosis.

This month in the garden we'll be busy sowing THOUSANDS of all kinds of flower, veg and herb seeds in pots in the polytunnels and then outside

as the soil warms up. **Come and get involved any Wednesday for the usual chatting, weeding, planting, barrowing and drinking tea.** If it's your first time please aim to come along at 12 noon or 2.30pm so we can show you around. You're welcome to come for just a look around and a chat, or bring small folk along to explore the garden. You'll find us behind Horfield Prison, through the second allotment gates at the end of Monk Road. No need to come every week or stay all day, we've got jobs to suit all energy levels. No experience or tools necessary. We're a friendly bunch and you'll get lovely harvests to take home every week.

This Easter we're running our usual fab Adventure Days for children ages 5–12, on Tuesday 4 April and Thursday 13 April, 10am – 3.30pm. This time, they can expect baking, making, playing, climbing and building and also maybe being chased around by an angry egg! These sessions often fill up fast so get in touch if you'd like to go on the mailing list to find out when bookings open. **Our Family Adventure Day for children with SEND and their siblings will run on Thursday 6 April, 11am – 3pm.** Get in touch to find out more.

Last month, we were very happy and honoured that our friend Elaine chose our garden to put up a plaque for her husband Hugh Vickers. We were lucky that this kind and funny man chose the garden as a place to spend lots of his time and energy; bashing through the weeds and dropping all manner of conversational titbits into our break times. He is missed and this lovely little memorial is perfect to bring him to mind.

AND finally, please put our Big Spring Fair in your diaries! Saturday 13 May, 1–4pm! We've been working really hard to make the garden look gorgeous and we'd love for you to come and enjoy it. We'll have lots of plants to buy, wonderful choirs and a band to enjoy, junk drumming to get involved with, cakes and pizza to munch on, lots of free kids' activities and LOADS MORE!

See you in the garden,

Lucy

www.thegoldenhillcommunitygarden.com

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

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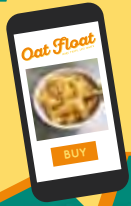
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New Vegan & Veggie menu at Bishopston Fish Bar

Your local, independent, award-winning Bishopston Fish Bar is delighted to introduce its new Vegan and Veggie menu.

Due to popular demand, owner Nick has responded to customers' requests for a greater variety of vegetarian products. He shared, "We are so grateful to our customers for selecting us for their chippy teas, we always want to offer the best range of products that we can. When people ask for more – I do my best to deliver!"

As well as sourcing new products, Nick has invested in a fryer that is dedicated to the vegan and vegetarian dishes.

The full meat/fish-free menu now consists of: Vegan burgers, Vegan strips, Mac & cheese bites, Mozzarella sticks, Halloumi fries, Cheesy onion rings, Jalapeño poppers, Potato, cheese & onion pasties, Halloumi (from Cyprus) in batter, Pea fritters and of course chips!

I was lucky enough to sample some of the new menu; my favourites were the Mozzarella sticks, Cheesy onion rings and Vegan strips – all perfect to dip into the small tubs of mayo and sweet chilli sauce that are also available to buy.

As for their chips, what can I say, they are the best. My 7-year-old son only had one place he wanted to go for his birthday treat – high praise indeed!



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RETHINK Menopause

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About Menopause Specialist Samantha Morgan

Dr Sam Morgan founded Rethink Menopause based on the above statements. Sam worked as a GP in Bristol for 20 years and has resided in Bishopston for the last 15 years.

Always drawn to supporting women, while working as a GP, Sam chose to undertake specialist menopause training and was awarded the Advanced Certificate in Menopause Care from the Faculty of Sexual and Reproductive Healthcare, and she is recognised as a Menopause Specialist by the British Menopause Society.

Sam told us, "I am passionate about education, and throughout my career have been involved in medical student, nurse and pharmacist teaching. For the last 10 years I have been a GP trainer and trainer for the Faculty of Sexual and Reproductive Healthcare."

Over the last 5 years Sam's interest in lifestyle medicine has developed, and in 2020 she studied with Dr Rangan Chatterjee on his prescribing lifestyle medicine course. She is a current member of the British Society of Lifestyle Medicine.

Sam has practiced yoga for 25 years, and having seen the benefits it brought to herself, she is currently a yoga teacher trainee with the Bristol School of Yoga, hoping to bring menopause yoga to Bristol later in 2023.

"All of my interests have converged on menopause care. I have seen the difference sleep, nutrition, movement, and rest can have on hormonal balance. I have seen the benefits of tailoring HRT regimes for individual women." Sam shares.



What can you expect from a Rethink Menopause consultation?

As a menopause specialist, Sam's aim is to support you in understanding your experience. She tells us, "I have a compassionate, non-judgmental approach and will work with you to create a personal package of support."

"Book with me knowing I'll listen, I'll hear you, I'll see you"

Rethink offers consultations to women with no symptoms, women with severe symptoms and all those in between.

Talks

Sam has recently hosted sell-out talks at the Ardagh on Horfield Common. She will continue to host regular talks in Bristol; please visit the website below for dates and venues.

Sam also offers bespoke talks or training for groups or businesses. If you think your employer could benefit from menopause training to enhance the support they currently offer, please contact her.

Sam told us what you can expect from one of her talks, "I love sharing information with women, we're generous and we pass it on. My talks are packed with evidence-based advice, based on the questions I have been asked by women over the past 20 years as a GP. Please do come and talk menopause with me."

Get in touch

rethinkmenopause.com

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News from Glos Rd WI

It has been an exciting few months for the Gloucester Road Women's Institute. In January we started the year in style with a swishing event, swapping clothes, jewellery, shoes, and accessories with each other, to clear out the old and herald in the new.

In February, we were visited by local resident, the fantastic Chris Yeo of the Antiques Roadshow, who talked to us about his life and values, and how he got into antiques. He even gave some of our members evaluations of their treasured possessions. He explained to us how his love for antiques is not just about the objects themselves but also the stories around them and what they tell us about people, society and time.

He described how antiques are closely linked to fashions with the value of objects dramatically increasing or decreasing over time – for example grandfather clocks, which used to be worth thousands, are no longer seen as keeping up with the times and are now worth only hundreds of pounds instead.

At time of writing, we are preparing for our March meeting, when we are taking an environmental focus, learning about plastic pollution and how we can help reduce it. We will also be making seed bombs ready to welcome in the spring. On 18 April, we will be Wine Tasting. Why not come and join us?

We are always open to new members; you can come and visit us for up to three meetings to see if the WI is for you. Our full events for the year and more details on how to join can be found on our **website: gloucesterroadwi.org**. We meet on the third Tuesday each month, 8pm at St Andrew's Bowling Club on Horfield Common.



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

Saturday 1 April, 10.30 am to 12 noon

Hope to see you there!



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?

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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.



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**Busy start to term 4 for the children,
families and staff of St Bon's!**



There's been a buzz of excitement at St Bon's this term.

We celebrated World Book Day with a 'Dress to Impress' theme. Children and staff were invited to come to school dressed as their favourite character, author or simply as their favourite word. On the day we organised a book swap where children exchanged their pre-loved books.

Earlier in the week, we had a visit from our local book shop, Max Minerva's, who presented a selection of books to each KS2 year group. The books were funded by our PTFA and were chosen

to link closely with our whole school theme – Seek the Truth. Children are enjoying taking it in turns to read these books for pleasure and are looking forward to feeding back at the start of next term before receiving their next selection of books.

We were delighted to host Bishopston Window Wanderland at the start of March. We opened up our playground and lit up the school to showcase our children's art work. Hot chocolate was flowing and our school choir entertained our guests. It was great to see so many local people out and about exploring this creative event.

Local & online tutor for children aged 6–11

Horfield resident Liz Romero

I am a qualified Primary School teacher working part-time at Our Lady of the Rosary, Lawrence Weston and St Marys, Bradley Stoke. I have also taught at Westbury Park and St Bonaventure's.

I love helping children to grow in confidence and my teaching style is positive and warm but focused. As well as supporting children generally in English and Maths, I can also prepare children for entrance exams and provide booster courses in the school holidays.

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

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World Book Day at FHS

Fairfield High School (FHS) celebrated World Book Day with a number of events and competitions. The most prominent was a door dressing competition demonstrating much creative flair and passion for books. Doors were dressed head to toe in book covers, displayed quotes from favourite books and even offered vocab competitions. Prizes were given to the first, second and third winners; a tricky decision in itself.

Staff and students also got in the spirit by dressing up as book characters, with prizes being awarded to three students with the most impressive costumes – well done to Amisha, Chip and Abdulhadi, from Years 7, 8 and 9.

During tutor time, students were shown a World Book Day video about the book *Being an Ally: Real Talk about showing up, Screwing up, and Trying Again*. This tied in well with this year's Theme of 'your' World Book Day and was followed by a special quiz.

During break time an event was held in the library where students were treated to sweets and cake with a chance to win even more prizes by designing a bookmark and/or writing a postcard to a book. This proved popular, with many students choosing to return at lunch to fine-tune their efforts. A special mention to Ruby, Eleanor, Imaan, Amisha and Aeryn.

Shay Singh, Senior Librarian at Fairfield High School comments, "World Book Day 2023 at Fairfield was a fantastic day. It was amazing to see students participating in so many different ways to show their love of literature. Next year we already have ideas to make the event even bigger and better!"



Events at The Old Library

The Old Library is a vibrant community space and cafe on Muller Road, BS5

6XP. Email: hello@theoldlibrary.org.uk for more information. www.theoldlibrary.org.uk

Jumble Sale – Saturday 1 April, 11am to 1pm.

Repair Cafe – this popular event takes place on the second Saturday of the month.

Board at the Old Library – Board game evenings take place on the second Tuesday of each month.


STEAM club – every Thursday after school in term time, 3.30–5pm. Aimed at children 7+.

Forest School – second Sunday of month, 10am.

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

Circle Dance Evenings – last Tuesday evening of each month, 7.30–9.30pm. **The next session is on 25 April.** Warm, informal community dance evenings for all abilities led by Susannah Temple. 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.





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

TUESDAY

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

FRIDAY

7.30am | Reformer: Align
9.45am | Reformer: Align
1.15pm | Reformer: Align
5pm | Reformer: Align
6.15pm | Barre: Flow

SATURDAY

8.30am | Reformer: Align
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
12.00pm | Reformer: Align
1.15pm | Reformer: Uplift
5.30pm | Reformer: Align
6.45pm | Reformer: Align
8pm | Reformer: Align

THURSDAY

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



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Since we opened in 2015, we've not only created in-studio classes, we've also worked with companies of all sizes to create events and experiences to enhance wellbeing at work. And our Soul weekend retreats, based just two hours away in Cornwall, are now in their seventh year, helping stressed-out individuals learn to cultivate more joy and ease in their lives.

So, if you can't make it to our studio regularly but would like a touch of Soul in your life, here's just a few ways you can get involved:

Private 2-hr "Soul Experience"

The perfect experience for Hen Parties, Celebrations with Friends or Small Team Outings. Our beautifully equipped Bishopston studio is the perfect location for private, small group wellness sessions. Whether you are celebrating a birthday, looking for something different to do with friends or planning a team event, this 2-hour private event is designed to help you unwind and recharge your mind, body and soul. The "Soul Experience" includes:

- Exclusive use of our Bishopston studio space for up to 11 people.
- Two hours of movement & relaxation including a candlelight meditation, introduction to Pilates, a restorative Pilates Mat class or a Pilates Reformer class.
- A range of herbal teas, coffees & refreshments.
- A Soul journal and bottle of Prosecco to take away or enjoy at the end of your experience.
- Optional healthy vegan/vegetarian lunch to enjoy at the end.



Pilates classes for wellbeing at work

These 60-minute classes, are a great way to bring the team together for a little bit of mindfulness! Over the session you can expect a welcoming meditation to begin, an exploration of the fundamentals of Pilates and how it can boost your energy and reduce stress, before ending on some nourishing breathwork. We also allow time for questions and chats for those maybe curious to explore more at the end.

Wellbeing weekend retreats in Cornwall

Carve out truly dedicated time for you in beautiful surroundings. The Soul Weekender is a fresh retreat concept based in secluded rural cottages & barns in Saltash, Cornwall – a short cab ride from Plymouth train station or a two-hour drive from Bristol, offering luxury award-winning accommodation, Pilates, hot tubs, meditation, massage, wellness talks alongside delicious vegetarian food, wine tasting and utter relaxation.

Workplace wellbeing workshops

Having supported a wide range of small and large-scale companies, we have taken the Soul ethos and developed our signature two-hour (half day also available) Workplace wellbeing workshops to help employees manage stress, improve posture, communication and productivity through our proven wellness and movement techniques.

Looking to arrange a get together with friends, or support the in-house wellness offering at your company? Email us on hello@soulpilates.co.uk to find out more and to book.



News from the Friends of Bishopston Library



Contraband and a trip round the world

It's great to be back with live events. On **Tuesday 25 April** historian, biographer and historical fiction writer Lucienne Boyce will discuss her atmospheric Dan Foster mysteries set in Georgian England. In **'From Fact to Fiction'**, Lucienne will tell us

about the latest in the series, *The Contraband Killings*, and describe her research process and how she uses it in a fictional setting.



And on **Wednesday 7 June**, **Tom Dymond** will transport us across oceans and let us momentarily escape to far-flung places around the world as he shares his travel memoir **'Hooked on the Horizon'**. But in *Blue Eyes*, a 'sailboat barely bigger than a bathtub', it won't all be plain sailing!

Both events start at 7.30, doors open at 7.10pm. There will be a cash bar selling soft drinks open

before the event and during the interval.

Tickets cost £3.00, and are available through Eventbrite or in the library (cash only).

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 next sessions take place on Saturday 1 and 15 April

Bishopston Library, Gloucester Road, BS7 8BN

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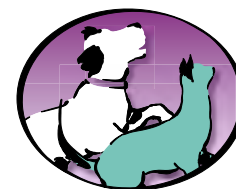
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Why has my vet given me a 'Non prescription form for antibiotics'?

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 antiprotazoals. 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
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Raises thousands for Jessie May

Bristol law firm, Barcan+Kirby has raised thousands of pounds for local charity Jessie May. Jessie May is a Kingswood based charity that provides at home nursing and respite care for children and young people with terminal or life limiting conditions throughout the South West.

The firm selected Jessie May as their chosen charity for 2022 after a member of staff's family was supported by the charity some time ago. The firm raised a total of £10,000 through a number of fund-raising initiatives such as raffles, an auction, a pub quiz, bake sales, cheese sales and sweepstakes. One member of staff ran the Great Bristol 10k and raised over £1,000.

Lucy Harttrup, Head of Marketing and Business Development said of the fundraising, "It has been a privilege to raise funds for Jessie May with colleagues from our 5 offices getting involved. Jessie May is a wonderful charity and we really enjoyed hearing about how the money we raised would get used to help families spend precious time with their children in their own homes."

Kim James-Coggins, Community Engagement Fundraising Officer at Jessie May said, "We are so grateful to all the team at Barcan+Kirby for all they have done to support Jessie May. They have really thrown themselves into fundraising with lots of great activities. The money raised will make a huge difference to us, ensuring our nurses can continue to support our families. They are an amazing team of people who really care about local charities."

Left to right: Kim James-Coggins, Lucy Harttrup, Grace Copper



Happy Easter holidays!



Wishing you all the best for a happy Easter weekend, which this year falls from Good Friday 7 April, to bank holiday Monday 9 April.

Traditionally a time to get together with family and friends, partake in the odd egg hunt, and of course eat lots of delicious food!

When it comes to Easter baked items we are spoilt for choice at Joe's Bakery; their seasonal treats include traditional Easter bread, biscuits, simnel cake, mini-egg cupcakes and – new this year – toffee hot cross buns!

If you're looking to treat yourself or a loved one to a delicious tippie over the holiday weekend, why not pick up a bottle of red and white vermouths (delicious on their own or perfect for a celebratory cocktail!), from Grape & Grind?

The season of chocolate is upon us! Scrumptiously Sweet and Chocolatier have a glorious range of luxury chocolate to select from. If you are looking for something different to chocolate eggs, Reason Interiors has some beautifully decorated egg tins that you can fill with your own treasure, along with fun egg candles and cute chicken tins.

Bring the colours of spring into your home with gorgeous interior items from Nola Interiors.

Local business – Other Lovely Things – creates stunning, hand-painted baubles, a wonderful personal gift and delightful decoration for the holidays (do take advantage of their 10% off offer to new customers).

St Andrew's-based AHLQ Jewellery, offers preloved statement pieces, unique antiques and vintage jewels – find a special gift or perhaps the perfect engagement or wedding ring!

Family run, Kemps Jewellers in neighbouring Westbury-on-Trym has a great mix of jewellery for every budget.

Spring time is a celebration of flowers and growth; The Flower Shop has a gorgeous selection of spring bouquets for you to choose from.

As the season changes, take advantage of the 10% reader discount at Icon beauty and get yourself ready for the warmer weather with some pampering treatments. I can recommend The Green Room if you're looking for a new spring hair cut or colour.



We have even remembered our four-legged friends, with Easter treats and toys for your favourite pooch at Roxfords pet shop.

Family Food Action asks us to think of others at this time and perhaps donate some Easter treats; read more on page 45.

The Ardagh Community Trust is hosting an Easter Egg hunt throughout the school holidays (page 38). Goldenhill Community Garden is running adventure days over the holidays too (page 12). The Bartholomites will be taking to the stage over the weekend on 14 and 15 April with their panto Robin Hood, which is always lots of family fun! (Page 42). Local churches will of course be running seasonal services; please check their website for times and dates.

There are plenty of ways to shop and celebrate locally this Easter; I wish you peace and happiness for the holiday.



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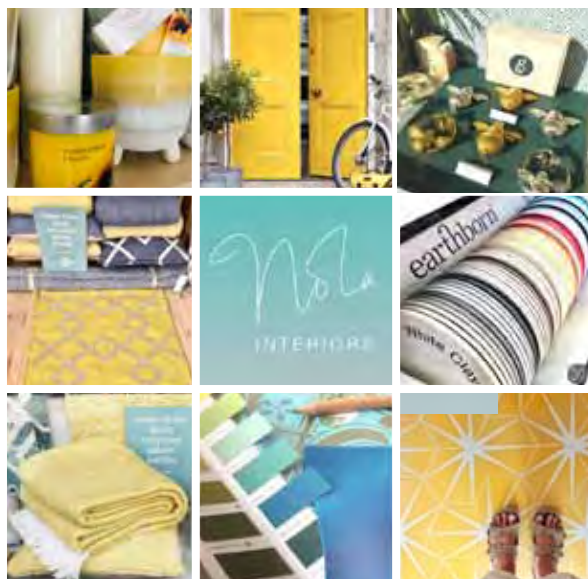
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New & seasonal bakes at Joe's Bakery

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

New! Jalapeño & 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.

Easter goodies – Available from both of Joe's stores – Hot cross buns in four flavours – original, wholemeal, chocolate and NEW soft caramel flavoured bun studded with caramel pieces. Simnel cake can be purchased by the slice or whole, along with Joe's authentic Easter Bread, Mini-egg cupcakes with lemon or chocolate frosting, and you won't find a better Easter biscuit – enjoy!

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Come and explore Sakya Buddhist Centre Bristol on Saturday 15 April

Whether you would like to look around our beautiful Tibetan-style shrine room, learn more about Buddhism, or simply chat over a coffee, all are welcome to come to our open day at Sakya Buddhist Centre on Saturday 15 April.

A full listing of activities is below:

10.30–11.30am – ‘Discover Buddhism’ session, with meditation and a talk, and time for questions too.

12.00–1.00pm – Centre closed for lunch

1.00–1.30pm – Shrine room open for meditation and quiet sitting

1.30–2.00pm – Buddhist meditation and story for primary school children (recommended ages 5–8)

2.00–2.30pm – Shrine room open for general viewing

2.30–3.00pm – Shrine room open for meditation and quiet sitting

3.00–3.30pm – Shrine room open for general viewing

3.30–4.15pm – Buddhist meditation and talk for older primary and secondary school children (recommended ages 9–12)

Both sessions for children will include 5 minutes of meditation (with full instructions) and either a short story about the life of the Buddha (1.30pm) or a talk on the key teachings of Buddhism (3.30pm). Children will need to be accompanied by an adult (who may wish to meditate too!).



If you don't wish to come to one of the formal sessions and would just like to chat to someone about Buddhism, you're welcome to come any time between 1.00 and 4.30pm.

All events are free and there is no need to book.

As the Centre is a charity and run by volunteers, any donations are welcome. Light refreshments will be available during the day.

All event details can be found at www.sakyabristol.org, and we're on Facebook, Instagram, Meetup and Twitter too. If you'd like to get in touch, please email: bristol@dechen.org



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Bristol
Open Day**

**SATURDAY
15 APRIL
10.30AM - 4.30PM**

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My own Monty dog thrives on this feed. Ask in store for more details.

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News from Ardagh Community Trust

Exciting times at The Ardagh site!

Monday 20 March saw the launch of the Ardagh Community Plant Nursery. This new social enterprise offers the chance to buy garden perennials, compost, bedding plants, hanging baskets, houseplants and more from our gardens. We are also providing a local delivery service (by wheelbarrow!) for plant and compost orders. Our gardening volunteers are on hand to offer advice and are happy to chat through your ideas and enquiries for your garden.

By supporting this social enterprise you will be helping to improve the gardens and facilities at The Ardagh, as all proceeds go towards further investment in the site. Happy gardening!

If you would like to be involved as a volunteer helper for the plant nursery please, email hello@theardagh.com for more details on how to apply.

April activities –

On Monday 3 and Tuesday 4 April, we are delighted to welcome **Life Cycle UK** back to The Ardagh. Their Bikeability Level 2 and 3 courses are available to book on their website www.lifecycleuk.org.uk/bristol-holiday-courses. This is a great way to get your kids cycling safely, get active, have fun and learn age-appropriate cycle skills. Places are limited, so book early!

To follow on from this, on **Friday 14 April**, 1–4pm, we are hosting a **cycling event** at The Ardagh to celebrate all things cycling and to encourage people to get on their bikes! Further details to follow so prepare to grab your wheels and come along!

Throughout the Easter school holidays – **Monday 3 – Monday 17 April**, 10am–4.30pm – children have the opportunity to take part in an **Easter Egg Hunt**. Pick up a trail map from the Café on the Common for £5 and explore the Ardagh site to find all the wooden eggs (painted by local

artists and volunteers). Once complete, return to the café to collect your chocolate prize (vegan options available).

For the duration of the Easter holidays, we will be welcoming The Outdoors Project to the Wild Play Area for their holiday club. We are also pleased to confirm that they will soon be running an after-school club on Monday afternoons, 3.30–4.45pm, at The Ardagh. Further information www.theoutdoorsproject.co.uk/bristol/

ACT AGM 2023 – The Ardagh Community Trust AGM will take place on Saturday 22 April, 11am. After the formal proceedings of the AGM (which is open for any ACT member to attend) we aim to celebrate 6 years of ACT with various activities on site, which all are welcome to attend. We look forward to seeing lots of our supporters, both old and new, as we mark this special occasion.

May Coronation Bank Holiday weekend

As this issue goes to print, we are planning lots of exciting events and opportunities over the long bank holiday weekend from Saturday 6 May through to Monday 8 May. Currently, we are hoping to organise a **Community Festival on Saturday 6 May** to include a farmers' market, food pop-ups, music and a bar. Arts and crafts workshops will run before the event to give people the opportunity to create their own fancy dress outfit complete with a crown to wear to the festival! Sunday's activities could include a **community lunch**, and events

culminate on Monday with the annual **Jack in the Green** festival on the common. This will include a barbeque at The Ardagh, additional food and drinks available from the Café on the Common and local entertainment. We are also hoping to host The Misfits Theatre Company over the weekend who will provide us with a special performance. Put the dates in your diary and join us to celebrate, have fun, and support your local community hub. If there are any local performers or musicians who would also like to come along to entertain us, please email hello@theardagh.com for further details.

Relaunching Friends of Horfield

Common – Friends of Horfield Common (FOHC) started in 2006 when a group of neighbours and interested residents decided to work together to ensure continued access to, and improvement of, Horfield Common. FOHC works in partnership with ACT, Bristol City Council and other interested organisations and groups to achieve these aims.

Thanks to the commitment and enthusiasm of a few local residents, the Friends of Horfield Common group has recently been relaunched with new personnel and projects planned. If you would like to join Friends of Horfield Common please email Lucy at fohorfieldcommon@gmail.com

Ardagh Community Trust is delighted to continue to work alongside Friends of Horfield Common to support projects that keep our local green space a wonderful outdoors facility in the city.

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, 10.30am to 12.30pm, ready to receive and sort donations of food and toiletries (see page 45).

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

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

NEW! Community Arts Slow Stitch – Thursday mornings, from 10am to midday, in the Garden Room at The Ardagh. Bristol Community Arts are running these free workshops. This is a peaceful and relaxing opportunity to develop



hand sewing skills to create unique wearable art. Places are limited, so please email info@bristolcommunityarts.org to book your place.

Horfield Common Repair Café and Textiles Workshop with Bristol Community Arts, 10am – midday, on the third Saturday of the month.

Horfield Common Litter Pickers with Friends of Horfield Common, meet at The Ardagh on the last Saturday of the month, 10.00am to midday.

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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.

ANDY'S MAN CLUB 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

Robin Hood is coming to Horfield – Oh yes, he is!

The Bartholomites are preparing for curtains up in their new location at Horfield Methodist Church Hall and would love you to join them in their latest pantomime, Robin Hood.

They staged their first pantomime in 1969 and were previously based at St Bartholomew's Church Hall and Church of the Good Shepherd but had to look for new premises when these halls were redeveloped.

Long-term Bartholomite Clare Robinson shared, "It's been a great opportunity to try somewhere new, together with a slight change in dates as we're now performing in April just after the Easter weekend. And if you think that's a little late for pantomime – oh no, it's not! Rehearsals have been going well, with both new and returning cast members."

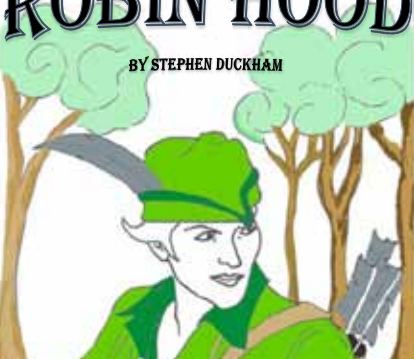
Why not take a trip to Sherwood with Robin and his Merry Men and see whether he rescues Marion from the clutches of the villainous Sheriff of Nottingham? Enjoy some toe-tapping tunes and make sure that you don't leave the cheers and boos at home!

For tickets contact: thebartholomites@gmail.com or Rob on 0777 999 1697. Tickets £9 Adults, £6 children (16 & under).

Tickets now on sale for The Bartholomites' 2023 pantomime

ROBIN HOOD

BY STEPHEN DUCKHAM



Friday 14th April 2023 – 7.30pm
Saturday 15th April 2023 – 2pm, 7.30pm

Horfield Methodist Church Hall,
 Churchways Avenue, Bristol

Tickets £9 Adults, £6 children (16 & under)



What's new at the green room

JOB ALERT

New employed/self-employed stylist vacancy

With salon director Jo preparing to leave for Cyprus, The Green Room is currently looking to expand their team. If you have five 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.

Jo will continue to run the popular salon based on The Prom, from across the waters. She will be leaving all her clients in safe hands, selecting the right stylist from the Green Room for your hair. We wish Jo all the very best as she sets out on her new adventure.

Easter gifts – if you're looking to treat someone special this spring, why not purchase some vouchers for The Green Room? They also stock a wide range of quality hair products that make great gifts too.

Tuesday closure – The Green Room is currently closed each Tuesday for a weekly deep clean.

Fabrig Quick Fix is an in-salon protein 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. Fabrig has other treatments in their range; ask in salon for further information. Treat yourself and your hair this spring – book in soon!

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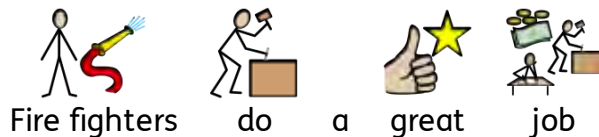
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Happy April from Claremont School Council. We have been busy making choices and planning. We are looking forward to future events and as always, we have been having our say! We are starting to tell people about our **joint school fair with Henleaze School. This will be on Saturday 20 May, at 2pm till 5pm.** We hope to run the Tombola stall ourselves, so we need to practise our encouragement skills. We are going around school saying "Roll Up, Roll Up, don't forget to come to the fair!" We are decorating bags for our bag tombola and putting treats inside to win. We will be handing out the winning bags and selling the tickets.

Another project we have been involved with is the **'Sensational Sheep Easter Trail'**. This free event takes place in Bristol Shopping Quarter, from Saturday 1 to Saturday 15 April, and there will be 31 fantastically decorated sheep to discover – bristolshoppingquarter.co.uk/Easter. We have asked every class to donate some items for our sheep collage. Our sheep is called Eliza! Keep your eyes peeled in the city centre as you might see a flock of Claremont sheep hiding somewhere!

So far we have chosen ruffles and necklaces, a hat and a high viz jacket to dress our sheep. Eliza is definitely ready to celebrate on the 2023 sheep trail.

We also decided that we wanted to tell you about our exciting visit from the local fire brigade. We asked the firefighters lots of questions. We saw the engine and even checked out the hose and the lights! Some of us even investigated the tool box. We saw the equipment used to gain access to buildings quickly in an emergency and cut open cars to help trapped people. It was an amazing visit! We liked it a lot and want to thank the local firefighters for talking with us. They also let us try on the helmets, use the hose and even pretend to drive the fire engine! Lots of "Ne naw, ne naw, ne nawing" at Claremont this month as we explore jobs and careers in our theme work.

Happy Easter from School Council.

Claremont School Council



Community celebration event!



Following the huge success of the first event last September, the 'My Community Bristol' Action Group (local people with and without learning disabilities) are planning another inclusive community event for all ages! They hope to bring together community members, with and without a learning disability, to celebrate all that is good in our area! There will be music, creative activities, food, and much more!

The event will be held on Saturday 20 May 2023, 10.30am to 3pm, at Horfield Methodist Church, Churchways Avenue (just off Gloucester Road).

The Action Group would love to showcase local groups and activities and give people the opportunity to try new activities by offering taster sessions of what's on locally.

Please get in touch with Community Partners, Jess and Alice, if you're interested in running a taster session, or would like some further information: mycommunity.bristol@mencap.org.uk or call us on 07890 043455 (Alice) or 07816 295082 (Jess).



Community support for families and children in food poverty

With Easter looming, please spare a thought for local families at the forefront of the cost-of living crisis for whom the holidays and special events can be particularly hard.

FamilyFoodAction.org.uk is a Bristol charity working with local families experiencing food poverty. We work with five community partners (organisations who provide food within the context of wider support) in central and North Bristol. We've featured regularly in Bishopston Matters because its readers are from the very same communities that enable FFA to keep going in difficult times and even expand what we do. This was demonstrated in our recent survey, which showed that, in December 2022, FFA donations are now:

- helping our partners to collectively support 50% more hungry children/parents than in July 2022
- supplementing the meals of about 1,500 local Bristol children and parents
- contributing to a total of about 155,000 meals annually

But the pressure on low-income families is far from abating; for example, new research from the Food

Foundation shows that across the UK 4 million children are now experiencing food poverty (that's doubled in the last year). According to the Joseph Rowntree Trust and Trussell trusts, basic benefits now fall £140 pcm short of the minimum cost of living. So local families still desperately need your support just to get by.

You can support FFA in many ways

- Start or donate to a street collection
- Make a financial donation
- Volunteer to help with sorting or driving duties
- Join the team to help manage FFA

But as it's Easter, how about also donating some treats such as nice smellies, small chocolate Easter eggs, biscuits or cakes?

You can find your local collecting hub at: familyfoodaction.org.uk/ffa-street-collection-map/, emailing us or popping your gift up to our sorting hub at The Ardagh, Kellaway Avenue, BS6 7YL, open every Tuesday 10.30am – 1pm.

**Look at our website: familyfoodaction.org.uk
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Circles in Garden Design

The use of circles and curves in garden design create a strong statement, and give significant visual interest by adding structural lines, allowing the eye to follow around the garden, connecting with other forms. They can be used to fit unusual or difficult areas, with the possibilities being endless. At Secret Garden we enjoy creating garden designs that use a variety of shapes and forms, with simple circles and curves always being a winner.

When utilising curves, bold, sweeping arcs work better than too many wiggling lines. Curves work well in large spaces, and within smaller gardens the use of semi circles can trick the eye into thinking that the space is larger than it is.

Horseshoe and semi circles can be used effectively in seating areas to create a community feel, where people can sit together, converse and see each other easily. You could use a perspective cheat with circles to make your garden look longer than it is. Have the largest circle nearest to your window, with an overlapping smaller circle furthest away. This is a great trick to use in smaller urban gardens, and creates a good vantage point.

Circular paving looks smart, and is great for creating separate, differing sized patio areas within a garden. This can be useful for capturing early morning, afternoon or early evening sun, which hits in different parts of the garden.



Sharp angles in the garden can sometimes appear awkward and can also create tiny, unusable spaces in borders and beds, and in lawns can create tight spots that are difficult to mow. Circles and curves on the other hand work easily, and can be used around specimen trees, which can be used to create a focal point.

Ponds, instead of being edged with right angles, could be circular, oval or any kind of loose, flowing shape. This will complement circular lawns, patios and other areas of the garden. If there's one thing you should try to include in your garden; it's water. It is so beneficial and will bring the buzz and song of nature into your life.

Ali



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St Andrew's Park – World War II

BHA local history research – Andy Buchan ©

By early in the Second World War, St Andrew's Park had been modified to provide protection for local residents. This work took the form of a large water tank to provide water for fire fighters, and three underground air raid shelters for residents of the roads surrounding the park. There was also a barrage balloon station 51/25 situated at the park. This was part of the network of balloons stationed over the city, to deter enemy aircraft and force them to higher altitudes where they would be more vulnerable to anti-aircraft fire.

The balloons were flown from mobile winches up to 5,000 feet. In the Bristol area their main purpose was to help protect Bristol docks and Avonmouth docks. They were designed so that if a plane hit the thick steel cable, it would snap at the top and bottom and then the wire, with small parachutes at either end would remain entangled around the wing of the aircraft, thus disabling it. The balloons themselves would slowly sink to the ground.

For any residents of the area who had not been hit by the war, this would change in April 1941. On 30 April 1941, a Vickers Wellington bomber – T2905, with a crew of six took off on a training flight from RAF Bassingbourn, in Cambridge. The flight was meant to take them to the Bristol Channel and then back to Cambridge. The usual crew was five, but this was a training flight. While flight training was not as hazardous as operational flying, it still had its dangers and more than 8,000 men were killed in training accidents or non-operational flying and these were often put down to inexperience or having to fly in old aircraft. This was not the case here; the plane had only been delivered to the unit in February 1941.

The crew on the plane were Sergeant Lawrence Hugh Houghton, who was flying the plane; Pilot Officer Kenneth Guy Evans, who was due to fly the return leg to Cambridge; Sergeant Charles Clark, Front Gunner; Sergeant John Stuart Jones, Navigator; Sergeant Richard Wish, Rear Gunner; and Sergeant Thomas Leonard Lever, wireless operator.



Image of Vickers Wellington bomber

The plane became lost and ended up over Bristol, and while visibility was good, the blackout meant it was pitch black outside and the crew would have had no idea where they were, when disaster struck! At 21:50, while flying at 2,000 feet, the left wing struck the cable of a barrage balloon; it is thought that this was the balloon over the Whitehall Recreation Ground. The plane flew on with the cable snagged on its wing, it then clipped another barrage balloon cable, over the Stapleton Road gas works playing field. The pilot struggled to control the plane, which was by now losing height. It eventually hit a tree and crashed into St Andrew's Park, breaking into two parts, and bursting into flames. Local residents and the emergency services rushed to help, braving the flames, and explosions to try and rescue the crew.

Sadly, three of the crew – Pilot Officer Kenneth Guy Evans, Sergeant Charles Clark, and Sergeant Thomas Leonard Lever – died. The others survived, albeit badly injured and in at least one case badly burnt, but eventually they recovered to return to operational flying. Some of the rescuers were also injured.

On 26 September 2009, a memorial stone was unveiled in the park, to mark the site of the crash and record the lives of those who died. In 2011, on the 70th anniversary of the crash a memorial service was held in the park.

For more information on this crash and the people involved visit www.wellingtont2905.co.uk/story.html



Memorial stone in St Andrew's Park



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 –

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News from Ashley, Bishopston & Ashley Down & Redland Councillors



L to R: Tim, Jude & Amirah

Ashley ward

From Cllr Tim Wye – Many people have been asking me how things will change with the committee system. In response, I've asked my Green councillor colleague Jenny Bartle who chairs the repetitiously named Committee Committee to write a few words.

Democracy! Governance! Committees! Lots of residents have been asking us about what is happening with the design of the committee system. With no mayor in 2024 how will things get done in the council? In January I was elected as the chair of the group of councillors working to design the committee system, so I may have some answers for you.

The key thing you need to know is that you can attend our public meetings, which take place on the last Friday of every month at 11:00–13:00 in City Hall. You can ask questions and submit statements by sending them to committeesystem@bristol.gov.uk. These will be read by the councillors, and you may also get to speak in the meeting to influence the debate.

One of the key things we have heard so far is the need for transparency, more engagement with local people, and more work to be inclusive. Those principles clearly must be central to whatever system we implement next. I'm glad we are having public meetings now, as it is a lot easier to talk about transparency when you have the public there to make sure you stick to your word.

As the chair it's my job to make sure we debate a lot of big questions and give a steer on what we think will be the fairest way to work. It's a lot of pressure, but so far it has been great to see councillors from every party working together and being constructive – hopefully a good reflection of how the committees will work come 2024.

Cllr Jenny Bartle, Easton Ward

Tim Wye, Green Party

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

Amira Cole, Labour Party

Cllr.Amira.Cole@bristol.gov.uk

Jude English, Green Party

Cllr.Jude.English@bristol.gov.uk



Lily & Emma

Bishopston & Ashley Down ward

Concorde Way closure – While we welcome the news that work has finally started on the new Ashley Down Station, we are greatly concerned about the cycling diversions in place.

Concorde Way is expected to be closed for over a year and while we accept that can't be changed, we are challenging the administration to provide better, safer diversion routes. The current diversion pushes over 1,000 cyclists a day onto a busy stretch of road, and in some parts cyclists have to dismount. There are other places that are prone to flooding. Emma put a statement into March Full cabinet and we hope that the diversion is reconsidered soon.

Cycling Day at the Ardagh and trees – On Friday 14 April we are hosting a cycling awareness afternoon at The Ardagh. Local police will be there to do free bike marking, as will local cycling trainers and bike maintenance specialists. There will also be a panel discussion about improving cycling in Bristol. We are also pleased that the second part of the first phase of tree planting has taken place on the common. 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 and the results are in and look really promising. So, the next phases of consultation can start. We are also delighted to find out that our funding bid for new pencil bollards has got through to 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>

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](#)

Redland ward

Funds won for parks and streets – We're delighted to have secured an extra £4m to spend on improving parks and streets in the next council budget. Capital comes from developer contributions to spend across the city on strategic priorities that support development. It's called Strategic CIL, Community Infrastructure Levy. It's a larger fund than the limited money available in local areas from nearby development, called Area CIL.

Martin drafted an amendment to the mayor's budget calling for £1m a year to be shared between parks and street improvements for four years and was successful in getting a unanimous vote from the council to support this. The mayor agreed to the change so it is now in the council budget for the coming year. Martin made a similar proposal the last two years but although a council majority supported it in February 2022 the mayor did not accept it. We now look forward to seeing how projects can get funded on practical improvements to local parks and safer streets. This could help build facilities like better paths, play areas, seating, or concessions to cope with busier parks and to manage traffic better in busier streets.

Housing proposed in Cossins Road – We've been talking to residents about proposed redevelopment of the old garages at Cossins Road, next to Redland Green. The garages are run down and the site has been identified by the council in the draft local plan as suitable for housing. The plot is next to the Redland Conservation Area and we're keen to see something sympathetic and sustainable overlooking the Green. As we write, a consultation event for residents is planned and we shall be reviewing the issues raised by people and how the developer responds. You can find details on the council website by looking on the planning portal under reference no 23/00665/F – please do let us know what you think!

Belvedere Road care home rejected – The third proposal in recent years for an additional care home development in Belvedere Road was rejected. The applicant went to the government Planning Inspectorate after their proposal wasn't dealt with in time – in a non-determination appeal. Previous proposals for more care home rooms were turned down in planning committees due to traffic and



Martin & Fi

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 us 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 been taking 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 primary schools in the city with well 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 what is clearly a 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. Several residents have been in touch and we are hoping to set up a meeting (probably online) to make a start on seeing what can be done soon.

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.

Continued on next page ►

▶ *Continued from previous page*

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, as you may be aware, the elected mayor is still in charge of most decisions.

However, this will change and from 2024 a committees' system will be in place, meaning that the budget will be drawn up by a cross-party group of councillors. There are now a series of meetings being held in public to work out how committees will take over running the council. You can find details on the council website pages for council meetings – a public forum is part of the agenda – and can also email questions to: committeessystem@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. 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.

New group supporting Redland station – We're delighted that local volunteers have set up a station adoption group for Redland and Montpellier train stations and are working with the Severnside Community Rail Partnership. As the stations are only two minutes apart the two stations are being adopted together. As well as work parties there it's hoped the planters and herb garden will be looked after by volunteers. The Facebook page for Redland station is Friends of Redland Station Bristol - FoRed. There's also a community notice board at the platform.

Fi Hance, Green Party
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Martin Fodor, Green Party
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[Facebook.com/cllrmartin.fodor](https://www.facebook.com/cllrmartin.fodor) or [cldr.fi.hance](https://www.facebook.com/cldr.fi.hance)



Made a Mark charity event hosted by Ardagh Bowling & Sports Club, Sunday 7 May

The aim of this event is to raise funds for the Bristol charity Made a Mark (madeamarkcharity.com), established in 2018, in loving memory of Mark

Knapp, a much-loved husband and father of two. The charity gives 'memory boxes' to bereaved children and families, in addition to providing the materials to make memory boxes to acute hospitals and hospices, to give to children following a bereavement.

Organised by Horfield resident and bowls club member Julie Garrett, the event is being held at the Ardagh Bowling and Sports club on Horfield Common, BS6 7YL. Julie hopes lots of people from the community will turn out to support the club in helping raise funds. "We will have a raffle and tombola going in the clubhouse, and lawn bowls matches taking place on the green, with a section reserved especially for parents to try bowls with their children. All you'll need to play is a flat pair of shoes and enthusiasm! We look forward to a fun afternoon." Julie shared.

The event is also an opportunity to change people's perception of lawn bowls being a sport just for 'old people', and show how enjoyable lawn bowls can be for people of all ages. If you're interested in trying lawn bowls, the Ardagh Bowling and Sports Club will be holding new player taster sessions on Friday evenings, starting 5 May, 6.15–8.30pm.

Visit the Ardagh Bowling and Sports Club Facebook page for more details about these taster sessions and events. The club looks forward to welcoming you to their Made a Mark event, on Sunday 7 May, 1.30–5.30 pm.

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Rev James Stevenson & Minister Sarah Phillpot, both filled with hope for the move

Church swap on Gloucester Road

Two local Gloucester Road churches celebrate upcoming building swap in unprecedented ecumenical exchange – Horfield Baptist Church and B&A Church are completing the process of swapping their buildings on Gloucester Road in what will be an unprecedented exchange of assets by two churches from different denominations.

The proposed swap has been met with approval by both congregations and has been through a process of evaluation by a series of professionals and leaders from both the Diocese of Bristol and the Baptist Union.

"We are excited to have found a solution that will enable both churches to continue to be based in the heart of the community they serve and to thrive and grow in the long-term" says Rev James Stevenson from B&A Church.

B&A Church have split their activities across two sites for a number of years now and have been looking for somewhere they can host community activities and Sunday services under one roof. At the same time Horfield Baptist Church have been looking for premises better suited to their current needs without having to relocate away from Gloucester Road where they have been based for over a century.

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"This is an almost unprecedented move between denominations and an answer to prayer for both congregations. It will also enable both churches to better serve the local community" says Sarah Phillpot, Minister at Horfield Baptist Church.

The exchange will complete on 31 March 2023 from which time 160a Gloucester Road will become the new home of Horfield Baptist Church. This move marks a new chapter for Horfield Baptist Church, enabling the church to move from a period of maintenance to becoming more focused on the community once again, whilst maintaining their focus on Sunday morning worship.

B&A Church will undertake a phased move to 279 Gloucester Road with their community activities including the Ukraine Welcome Hub, free weekly Soul Food meal for anyone, hot meals for Warm Spaces, Sixty-One Hub for ex-offenders, and the staff offices relocating to the front of the building from April 2023 whilst they undertake essential building work in the rest of the building. They will continue to meet at their other site, B&A St Andrew's Park, on Sundays for the time being.

For more information contact James Stevenson (B&A) and Sarah Phillpot (HBC)

james@babristol.org | babristol.org/279
sarah@horfieldbaptist.net | horfieldbaptist.net

Farewell from St Bartholomew's Ladies Circle



St Bartholomew's Ladies Circle started in St Bartholomew's church hall in St Andrew's district around 1957, as Young Wives, but

the name soon changed to Ladies Circle to include women of all ages.

After 50 memorable and fun years, due to the lack of new members, we have sadly made the decision to close the group. We have enjoyed hundreds of evening speakers over the years with subjects ranging from Hand Bell Ringing to Astronomy, and many others. The group also took numerous field trips including a memorable day at the then Prince Charles estate at Highgrove.

Thank you to all past and present members for their contributions and to all the many speakers who have entertained and educated us on so many varied subjects.

On behalf of the Committee, *Anne Lloyd.*

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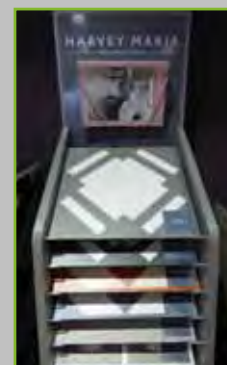
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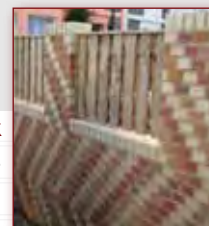
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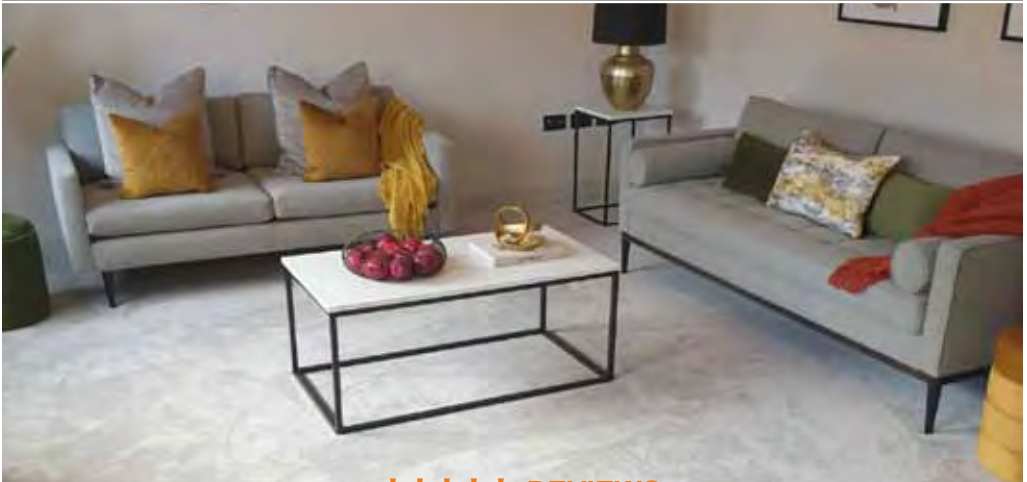
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