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issue 167, May 2023



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Goldenhill Community Garden
Big Spring Fair, Saturday 13 May



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Dear Readers...

As you can see from the front cover, we look forward to attending Goldenhill Community Garden's Big Spring Fair! This special local garden is a sanctuary to a wide cross-section of our neighbourhood all year around. They always put on fantastic events so do get along and enjoy the seasonal fair on Saturday 13 May.

The Ardagh Community Trust on Horfield Common has a whole host of events planned over the Coronation weekend. Bishopston Matters is pleased to sponsor the Fancy Dress Competition on Saturday 6 May. Bristol Jack in the Green and his merry parade will mark the start of summer on the afternoon of Monday 8 May, a spectacle not to be missed! The Old Library on Muller Road also has a royal BBQ planned on Saturday 6 May for the community to enjoy.

Another date for your diary is the inclusive 'My Community Celebration' event on Saturday 20 May,

from 10.30am to 3pm, at Horfield Methodist Church on Gloucester Road. Find out what the organisers have planned inside.

We enjoyed a family afternoon out to watch the Bartholomites production of Robin Hood panto; read how the local group enjoyed getting back on stage at a new local venue – Oh yes, they did!

The Friends of St Andrew's Park have had another productive year caring and improving this treasured, local green space; read all about what they have achieved this year and future projects.

If you're Wedding or Prom dress shopping, we have good news: the Tenovus Cancer Care shop at 181 Gloucester Road, BS7 8BG has recently re-opened their wedding shop on the first floor. Get in touch with them to book an appointment.

There are more events inside to enjoy. Whatever you get up to this May, I hope you have a fabulous time. Take care until next time,

Kerry x

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
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News from the Goldenhill Community Garden

Hi everyone

Birds are singing, everything is green, the trees are blossoming and if it's spring, then as sure as eggs in eggs, it's time for our **Big Spring Fair Saturday 13 May, 1-4pm**. Come along! Bring your friends, family and tell everyone you know. There will be our usual plant sale with lots of veg, herb and flower seedlings and loads of our favourite bombproof, slug proof, drought proof perennial flowers! So, if you've not got your tomatoes started or want your garden to burst with colour from a plant that won't need any attention, then come and grab a bargain.

We'll be making the world's best pizzas in the clay oven and there'll be delicious cake. **We'll have live music from fab choirs and bands, and YOU**, as everyone is welcome to come and get involved with the all-day junk drumming workshop. There'll be plenty of free **kids' activities – pond dipping, face painting, May crown making, along with a quieter indoor sensory space** for those who like a peaceful spot. We've got a sliding scale of prices so it's £4/2 for adults/children or less if you like, or free! We'd love to see you here and show off our gorgeous garden.

The volunteers have been busy away this spring sowing thousands of seeds, potting on, planting out, building beds and fixing sheds (thanks Patrick!), tidying, sorting and prepping for the year. We try to garden with wildlife in mind so we leave all the old plants standing for hibernating insects and cover for

all sorts of invertebrates and little mammals. And, last month when the temperature was consistently over 10 degrees C, we had a good tidy – though don't worry, we're never too tidy! We've got piles of logs, and loads of bramble patches, "weeds" and wild areas and this time of year it's amazing to see the garden come alive with bees, butterflies and beasts. Every year we see something new – last month we spotted our first ever woodlouse spider, living up to its name and cheerfully dragging a hunted woodlouse away to its den!

And of course, we're still **open every Wednesday 10am-4pm for anyone to pop along and get involved** with gardening, chatting and drinking tea. This is the season for planting out and also sitting back and watching as plants shoot up as the heat and rain gives the season's first big growth spurt. Come find us behind Horfield Prison at the end of Monk Road. No experience necessary and no need to stay all day or come every week; just bring yourself and we always have a range of jobs to suit a range of folks. If it's your first time it'd be great if you could come at 12pm or 2.30pm so you can get a tour, but if you can't make it then, just come when you can :) Rain or shine, we're always here.

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com

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

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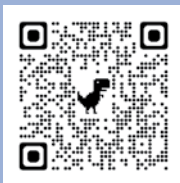
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Rachel, 2023 March Retreat

Divine Ceremony

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Springing Forward at Divine

Spring is finally springing. After what feels like a very long winter indeed, we're delighted to welcome longer days and (hopefully) sunnier skies.

As the world unfurls its way towards beginnings, we're excited to announce a new beginning of our own, with the latest addition to the Divine Ceremony team, Jess Neill.

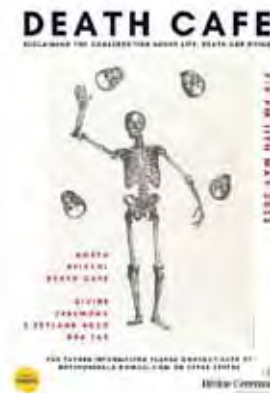
Jess has joined us as a part-time administrator, helping with the day-to-day running of the office. She's also a writer and funeral celebrant, who'll be taking ceremonies for us as and when. It's really exciting to expand our little team – we're delighted to have her on board.

We're also excited to announce the next **North Bristol Death Cafe**, which we'll be hosting here at **The Sanctuary on Thursday 11 May, from 7-9pm**. Part of Dying Matters Awareness Week (see hospiceuk.org for more info), the Death Cafe is an opportunity to express our deepest fears about death and dying, and to hear other people's experiences.

Whilst a Death Cafe is not a bereavement group, it can be a time to think and talk more freely about one of society's greatest taboos. What's more, it's completely free, making it highly accessible for all. If you'd like to talk about death and dying in a welcoming, inclusive atmosphere, please do come along. The kettle will most certainly be on!

Finally, in case you missed it, you can listen again to my interview with Radio Bristol's John Darvall, recorded on Thursday 13 April, at 12.10pm. Find it on BBC Sounds. I really enjoyed talking to John about what we do here at Divine, and visiting my old haunting ground of the BBC building on Whiteladies Road. The interview covers (among other things) my background in film, the power of storytelling and how Queen Victoria's mourning of Prince Albert still affects the way funerals are conducted today. Enjoy!

Dee Ryding – Founder of Divine Ceremony



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Welcoming Missiato Estates to Gloucester Road

We are pleased to welcome independent business, Missiato Estates to our Gloucester Road community. It was great to catch up with Lettings Manager, Jess Watt (pictured), to find out more about what Missiato Estates has to offer.

How did Missiato Estates come to launch?

Missiato Estates was created as a sister company to Missiato Design and Build, initially because so many of our customers asked us to maintain their rental properties after we had completed building works for them. Missiato Estates was the perfect solution, allowing us to bring in lettings agent expertise to the company to complement the significant resource in trades and planning that we have.

Why did you choose Gloucester Road as your home?

We have a great deal of experience working in this area. There is an eclectic mix of properties and letting needs that are perfectly suited to the services we offer. It is great to be a part of this much-loved high street, and have a newly renovated office to welcome clients into.

What kind of properties do you look after?

We take care of Professional, Family and Student properties. We like to ensure all of our managed

properties are well looked after and are kept up to date with the current legislation.

Do you work with HMOs?

Yes, we have great deal of knowledge in this area. We understand all the regulations and can guide clients through the whole process.

Why should people choose Missiato?

We are an experienced independent firm with a high street presence, so we are small enough to really care about every customer, and you can always pop in and see us whenever you need to.

We like to work with landlords who care about the condition of their properties and want to provide their tenants with a comfortable, secure and happy home. We nurture excellent relationships with both landlords and tenants.

Get in touch

Jess and her team look forward to working with you.

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Robin Hood, Robin Hood, riding through the – Gloucester Road!

Local pantomime group The Bartholomites have just finished their 2023 panto *Robin Hood* and it was a great success. Louise Hammonds, Director, said "I am so proud of what the whole group have produced. Moving to a new venue has meant changes to the way we rehearse, and getting used to a new stage. Both the cast and crew have been brilliantly flexible and we have overcome every hurdle. I hope the audiences enjoyed themselves as much as we did."

The group have had a great time coming back to perform with many familiar faces on stage, backstage and supporting front-of-house operations. There's a lot of work that goes into putting on a show and it's not just a case of learning words, songs and dances. It's been a real team effort, including painting afternoons with members assisting to paint scenery, create props and prepare backgrounds.

They've had the delight of welcoming back teenage members who returned after an absence of a few years. They wanted to take part in a show without the pressure of a stressful auditioning process and which is fun on-stage and off. It's given them a chance to reconnect with childhood friends or get to know their fellow cast members. The group has also grown this year with new faces who have joined



as part of a publicity campaign back in December or from knowing existing group members. When talking to the newcomers about why they joined, a common response has been that they wanted to do something different and have brought along another family member so that they can spend time together whilst sharing the experience.

The Bartholomites would like to thank Horfield Methodist Church for the use of their premises for rehearsals and performances.

If you came to see the show and/or would like to know more about getting involved in future productions, contact thebartholomites@gmail.com for more details.

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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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News from Friends of St Andrew's Park

Our beautiful Park continues to be a source of pleasure, relaxation and wellbeing for so many people. Although we sing its praises every year, we must never take for granted what a jewel we have on our doorstep and how it adds to the quality of so many people's lives.

Thank you! Part of what makes our Park such a joyous place, is the many people who contribute to its life and vitality. A big "thank you" to all the many volunteers, to the council staff who keep the Park in such good shape – particularly of course Mickey for all the wonderful work he does – and to Fay and her staff for providing the delights of the Tea House cafe throughout the year.

Council budget – In November last year, the council published its draft budget, which included significant cuts to the overall Parks budget, effectively looking to make it self-financing. At public consultation, many groups (including FoSAP and the Bristol Parks Forum) and individuals responded passionately about the terrible impact this would have on Bristol's parks and open spaces. Fortunately, the many voices were listened to and the proposal was withdrawn.

Volunteering – Volunteers continue to play an important and growing role in the life of the Park. Over the last year, we have started to log the number of hours volunteers contribute to the Park, which averages out at between 12 and 15 hours per week.

Achievements in 2022/23

Pond improvements – A re-positioning of the fence and an improved adjacent path has both improved access and allowed for higher water levels to be



created. The work was done by the council's Fix it team, and the material costs covered by a generous family donation. In addition, the necessary annual removal of some of the pond vegetative material was undertaken by volunteers, as was



various other repair works and the flower seeding of the new earth bank between the new path and fence. The pond continues to be a wonderful feature of the Park, encouraging wildlife and biodiversity, and this work has further enhanced it.

Community Food Garden –

First developed by two local residents as a community

facility which would help, particularly children and families, in getting hands-

on experience of planting, maintaining and caring for food crops. With the active support of FoSAP, first steps in its creation were taken in 2021/22, with the planting of four fruit trees. Since then, three raised beds have been built by the council (paid for through crowd funding) and a number of fruit bushes planted. Just recently, a compost bin was built, and a more defined entrance and edge to the garden created by the construction of a pergola entrance and planting of a fruit hedge.

Tree trail & leaflet – The Park has a great variety of mature trees, a fact perhaps not always widely recognised. An attractive, informative leaflet (that can be download or picked up from cafe), was created to bring people's attention to this wonderful asset, and has been enormously successful in doing so.



Perennial ("Angela's") beds – adjacent to the dog-free area. With Angela's departure at the end of 2021, new arrangements for the care, maintenance and where possible, enhancement of the three beautiful perennial flower beds had to be set up. This has been successfully done with a number of new, enthusiastic and knowledgeable volunteers now regularly involved as the seasons require.

Play area improvements – A number of relatively small, but important improvements, were outstanding from the major redevelopment contract last year. A new pedestrian gate, giving easier access to the toilets was installed, the damaged bank below the toddler play equipment was repaired, and a new more robust basketball hoop one was purchased and installed. Repair of the damaged junior trim trail is still outstanding.

Perennial flower meadow – Now coming into its third year, last autumn's cutback was closely followed by the sowing of areas of Yellow Rattle seed, which hopefully will establish itself over time and help suppress the historically established grass, thereby encouraging greater biodiversity and range of plants.

Wellington bomber memorial – Both the elegant stone memorial and adjacent planting continue to be well maintained, providing an important historical reference point for the Park.

Melita Rd pollinator bed – Created over a year ago by local residents and maintained by them, this delightful addition to this part of the Park, has established itself and will hopefully continue to flourish.

Toilet wall mural – Following its creation by Lucas Antics in 2021, this striking mural suffered from some vandalism on the side wall. The artist came back and restored it to its former glory at no charge, for which we are very grateful.

Recycling – A pattern of collection by Bristol Waste now appears to have been established at the Melita

Rd and the main Effingham Rd entrances. In addition, notices have been put on all the rubbish bins, encouraging people to take their recycling home.

Paddling pool – Although not directly a FoSAP project, the council's re-opening of the paddling pool after two years of closure due to Covid, was widely welcomed. Despite council budget pressures, FoSAP will continue to promote its necessary annual repair and maintenance. The paddling pool is planned to be open this year late May/early June, after some repair to the render has been carried out.

Priorities for 2023/2024

As a group we will continue to liaise and work closely with the council. We will effectively maintain and support all the ongoing projects. Volunteering opportunities will continue to be promoted and new volunteers welcomed.

We plan to build on the success of the Tree Trail by launching a Nature/Tree Trail for children that is currently in preparation.

Finally, and again, a big THANK YOU to everybody involved. If you would like to get involved with any of the projects featured in this write-up, we would be delighted to hear from you. Please email: fosapsecretary@gmail.com.

Steve Perry (FoSAP Chair)

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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 – Following on from the success of her recent sell-out talks, Sam has announced three more dates at the Ardagh on Horfield Common, 10.15–11.45am on 12, 19 and 26 May. Book-in via: rethinkmenopause.com/talks/.

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

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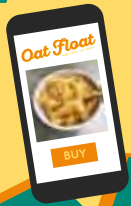
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New & celebratory bakes at Joe's Bakery



Coronation celebrations – To mark the King's Coronation, Joe's will be selling scones, cream tea boxes (limited amount) and some royal cupcakes. Get your orders in for your favourite rolls for street parties and BBQs. Both bakeries will be open on Saturday 6th May but reduced hours may be in place.

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.

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

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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. The sought after barber shop has recently relocated 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 the new venue.

The business has relocated just over the road from its original site, to 146 Gloucester Road. Adriano is delighted with the new shop, “There is 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 later this year.

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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Jack Stephens

5 property letting tips from the Bristol experts:

- 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.
- 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.
- 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.
- 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.
- 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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10th & 11th June 2023
(11am–5pm)

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ONE POSTCODE – SO MUCH TO SEE!

Where can you go to see the work of 40 painters, 15 potters, 10 textile artists and 8 mixed-media artists, plus printers, glass artists, jewellery-makers, digital artists, illustrators, an enamel artist and a wood carver – and all for free? Answer – this year's BS9 Arts Trail!

The trail takes place on the weekend of **10th and 11th June** and **87 artists** will be showing their work in **15 venues** in the **Henleaze, Westbury-on-Trym and Stoke Bishop** areas of the city. All venues are open from **11am–5pm** on both Saturday and Sunday.

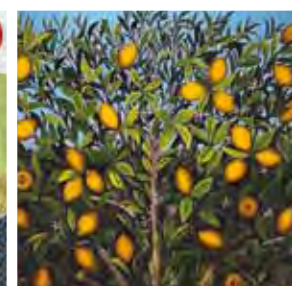
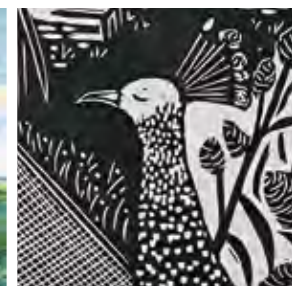
Our artists are a talented bunch and produce a vast array of high-quality work that is available for you to purchase, directly from the person who made it. There is something to suit every budget, from greetings cards to big original paintings. We welcome the opportunity to chat about our work, so please feel free to talk to us.

The BS9 Arts Trail is a community event that benefits enormously from the support of the BS9 community and local businesses, including our sponsor for this year's trail, VWV. Margrielle Blake, Associate at VWV commented: "VWV is delighted to sponsor the Arts Trail and continue to invest in our local community. We're always excited to see the range of artwork displayed every year and love supporting local Bristol artists."

The trail is located in a really attractive part of the city and artists are based in interesting venues, such as the Stoke Lodge Centre and Trinity College. There are good bus routes (1, 2, 3, 4) and it's a great area for cycling and walking, with the Downs and Blaise nearby. Several venues offer refreshments, which not only provide welcome breaks in your journey, but have helped to raise around £2,000 for local good causes in previous years.

For more detailed information about artists and venues, visit www.bs9arts.co.uk or pick up one of our brochures from cafés, libraries and shops in the area.

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Voyages of Exploration

An exhibition of colourful cashmere patchwork throws by Billie Weston and paintings by John Weston, at Artigo, 12–18 May.

Local textile artist Billie Weston shared her making process, “Each throw is an experiment in colour and abstract design. Other creations I make include – berets, wrist warmer mitts and neck warmers. All of my work is created using recycled cashmere.”

John’s paintings are inspired by the rugged and wild West Coast of Ireland where they now spend much of their time since retiring. Billie and John traded as Billie-Jean Clothes on Gloucester Road for 25 years, selling velvet curtains, vintage clothes and textiles. The couple now use that experience and love of fabrics, in choosing colour and texture together in the throws.

Artigo, at 188 Gloucester Road, is an independent Art & Gallery Gift Shop and Therapy Space, run by Diego and Jitka Godoy. The venue focuses on supporting locally made, responsibly sourced products, stocking over 50 local creatives’ work.

Bristol Stitchers

Exhibition

Friday 2nd & Saturday 3rd June 2023

Stoke Lodge Adult Education Centre
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[@Bristol_stitchers](https://www.instagram.com/Bristol_stitchers)

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Voyages of Exploration

An Exhibition of
Cashmere Patchwork Throws
by Billie Weston &
Paintings by John Weston

At Artigo, 188 Gloucester Road,
Bishopston, BS7 8NU

12th – 18th May 2023

Evening preview
Friday 12th May, 6–8pm





Claremont

School

News

We

love

school

trips

Happy Spring time to all.

As a member of the School Council at Claremont Secondary, I would like to tell you about a trip we have been on this term. I used my communication book to express my opinions about the day out.

It was great. 👍 It was good. 👍 It was funny. 😄

I visited Wake the Tiger on the minibus for a morning visit. I went with my friends in a different class. To get into the event we had to show our ID codes. The bouncer on the door then scanned them and luckily let us pass!

The best bit was the fact that it was calm and chilled. Some of the spaces had bright contrasting lights that were easy to pick out for those who do not see clearly. It was not too busy with people and they gave us a map to follow so we knew which spaces we could get into and out of in our wheelchairs. I was in charge of the map. We could not get everywhere but we could visit many of the larger interesting rooms. I liked the blocks of colour especially the black and white corridor and there were lots of sounds to sit and be surrounded by.

The unusual exhibition was totally different and lots was going on but not in a frantic way. I enjoyed sitting and listening to the recordings on the telephones and found it funny when people popped out of strange doorways in the maze-like environment. There was technology to explore and we found out which element we are most like. I was air and at the end I had my own special light and sound show to experience. Some people giggled at all the different noises.

Thanks for reading my report.

Yr 8, Claremont School Council student



News from Redland Green School

International Women's Day – On 8 March Redland Green students celebrated International Women's Day. The theme for this year is #EmbraceEquity and students in PSHE lessons learned about the origins of International Women's Day and how important it is to #EmbraceEquity to ensure a fair society for all. Year 12 students Gracie, Marnie, Kai, Naomi, Sienna and Thalia designed and delivered the lessons to students, who each produced a speech bubble poster of the most inspirational woman in their life. A graffiti wall was created in the main Street running through the school to showcase these posters and to celebrate the wonderful role models we have. Students have also learned about feminism and expressed their views around how feminism can help improve equality and equity for all genders. Shout out to all the mums and family members who made it on to the wall and well done to all the students who have been inspired and continue to inspire each other to be kind and #EmbraceEquity.

Post-16 student Gracie, said "Teaching students to celebrate the women in their lives that inspire and encourage them and giving them an opportunity to reflect on what they can do to help make our school and the world a fairer place was an incredible opportunity. The project was received brilliantly by students of all years and the engagement was even better than we expected."

Careers at RGS – It has been a busy term at Redland Green School careers team, with National Careers Week and STEM week coming in quick succession. The school was delighted to welcome a wide range of speakers in to talk to students about their passion for their careers. For STEM week students had the chance to hear about careers in sustainable food, apprenticeships at Rolls Royce, how science and engineering roles in medical settings, and the many roles in the biochemistry industry – from fermentation engineer to work

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on Dolly the sheep. Students were even given a sneak peek into becoming a wildlife filmmaker and the programmes coming this year from the BBC. Outside of STEM week, we welcomed a barrister in to talk to Year 9 classes about the judiciary, ITV news reporters, The Avon and Somerset Black Police Association as well as lunchtime pop-ups from Access Creative College and Bristol City Robins Foundation.

The school wants to send a big thank you to all the speakers who gave up their time to support the students. If any reader would be interested in talking with students, or if any local employers would be interested in offering students a work experience place please contact the school at: info@redlandgreen.bristol.sch.uk.

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News from the Friends of Bishopston Library

Despite very unseasonal weather, we had a full house for our first spring event, when Paul Wheatcroft, a retired police officer, shared entertaining stories of life on the beat along Gloucester Road and surrounding areas in the 1960s and 70s. As well as an old police bike, he brought along a selection of archives, artefacts and photos for us to pore over. Many thanks to Paul, and to everyone who braved the awful weather to enjoy a fascinating evening.



We are looking forward to escaping whatever the Bristol weather holds on **Wednesday 7 June**, when **Tom Dymond** (pictured) will transport us across oceans in Blue Eyes, 'a sailboat barely bigger than a bathtub' and let us momentarily escape to far-flung paradises around the world as he shares his travel memoir, **Hooked on the Horizon**. However, as anyone knows, you have to prepare for a round-the-world trip, so we will also hear about **Wrongs of Passage**, which describes adventures and hilarious mishaps as he and friends learnt the ropes by getting things wrong in the English Channel.

What did Tom and his friend James discover about

themselves and the world as they navigated the oceans? Come along and find out.

Doors open at 7.10pm for a 7.30pm start. Tickets £3.00, available through Eventbrite or in Bishopston Library. There will be a bar selling soft drinks open before the event and during the interval (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 on the first and third Saturday of the month, 11.30am to 1pm, at Bishopston Library. It's totally free and kids and their parents can come along anytime during the morning.

**The next sessions take place on
Saturday 6 and 20 May**

Bishopston Library, Gloucester Road, BS7 8BN

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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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 antiprotzoals. 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.



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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New toys – Roxfords has a great selection of new toys for your favourite pooch. The Mighty Dragon is not only seriously strong but wonderfully soft.

Plush Percy parrot is from Petface's planet range and made out of recycled bottles. I loved the cuddly caterpillar and Bert the Bee rope ball.

For our feline friends, Roxfords has a cute collection of catnip-filled toys to chase, pounce and kick! I thought the Catnip Red Snapper was inspired. If you purchase a toy from the Battersea range, you will be supporting the Dog and Cat charity. The wind up furry mice, racing across the floor with swishing tails will be sure to create some kitty excitement!



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News from Ardagh Community Trust



It's hotting up here at The Ardagh with lots of events and activities going on over the next few months – wish we could say the same for the weather!

Kicking off our Coronation weekend of events is our

Community Coronation Celebration on Saturday 6 May, midday – 8pm. A day of music, food, bar, fancy dress and family fun! We thank *Bishopston Matters* for being one of our sponsors for the Fancy Dress Competition, with a Kings and Queens theme. We are also particularly pleased to introduce the **Ardagh Food and Craft Market** which will be running on site, from 10am to 3pm, and will have a variety of local traders with stalls comprising of hot and cold food, cosmetics, ceramics, candles, jewellery and much more! We are hoping this will be the first of many monthly markets to showcase local traders, so please come along and support them.

Community Coronation Celebration
FANCY DRESS COMPETITION

Saturday 6th May 2023 at the Ardagh
Theme: Kings & Queens
Judging at 3.30pm!

Prizes for the best costumes: Under 5s, Under 12s, Under 18s & Grown Ups!

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Sunday 7 May we are hosting a Community Coronation Tea Party, midday – 2pm. This will be a relaxed time enjoying tea and cake surrounded by the beautiful Ardagh gardens. This event is by invitation only and is for those in our local community who will benefit from a little treat.

Monday 8 May sees the arrival of Bristol's Jack in the Green on Horfield Common. To help the celebrations go with a swing, we are hosting a BBQ, bar and relaxed family time to welcome in the summer as part of an old Bristol tradition, with Jack expected to arrive on the common during the afternoon. The Ardagh will be open from midday to 6pm so come along and join in the fun!

Continuing our Community Coronation Celebrations, we are delighted to again be working with Bristol's brilliant 'Invisible Circus' (pictured above) to bring original live performances to Horfield Common! **On Sunday 14 May we'll be welcoming The Farmyard Circus** to perform their incredible show for local audiences. Dressing up in farmyard-themed costume is welcome! The show is 'a warm and cheery, family-friendly, farm-life inspired spectacle with group acrobatics, juggling, theatre & live music'.

The Ardagh is built on a piece of land that was originally called Quab Farm, so it's fitting that our first show for 2023 is farmyard themed. Expect a bewildering display of group acrobatics and juggling using hay bales, wheelbarrows, a tractor tyre and even an old scarecrow! The show is set to a score of old-time tunes and raucous rhythms played live throughout! Tickets are £7.50 for adults, £5 for under 14s and Under 2s go free; available from theardagh.com (using Eventbrite, booking fees apply), so grab your tickets quickly before it sells out.

The Ardagh Community Plant Nursery is thriving with a wide variety of plants, shrubs and herbs available daily on site. Stock is constantly replenished so come along and see what's available then decide on your purchase over a coffee and cake in the Café on the Common! **We are looking for volunteers** to help support this community social enterprise every Thursday, and would welcome applications via our volunteer application form. Please email us for further details.

Volunteers are also needed for our Horfield Common Repair Café which we have had to

suspend temporarily while we source extra help. We urgently need a Repair Café host who would be confident to welcome 'customers', to take details of necessary repairs and compile a list on the day to enable our repairers to work promptly through the repairs. If you could offer two hours each third Saturday of the month, please email us, or leave your details at the café and we will get back to you.



We are really delighted to see the **new basketball nets** now in place on one of our sports courts here. It's brilliant to see people of all ages already enjoying this new facility. This is a 'turn up and play' opportunity and has been organised in response to local requests. We are so grateful to all those who have donated towards this and to the amazing volunteers who helped to clean the court ready for the arrival of the nets.

To make a donation to support ACT's work to improve the Ardagh facilities for everyone, go to theardagh.com/get-involved

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

ACT regular activities and events

New event: Afterschool club – Mondays, 3.30–4.30pm in the Wild Play area. Delivered by www.theoutdoorsproject.co.uk/bristol/

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 – 12.30pm, ready to receive and sort donations of food and toiletries. (See page 45).

Interactive live music sessions – Tuesday mornings, 10.00am (term-time only), for babies and toddlers, delivered by www.rockoutbaby.com

Horfield Common Young Explorers sessions – Thursday mornings (term-time only) in the Wild Play



Jack in the Green

Area from 10.00am. Run by www.hideawayforest.com/pre-school-young-explorers.

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. Please email info@bristolcommunityarts.org.

Horfield Common 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 – midday.

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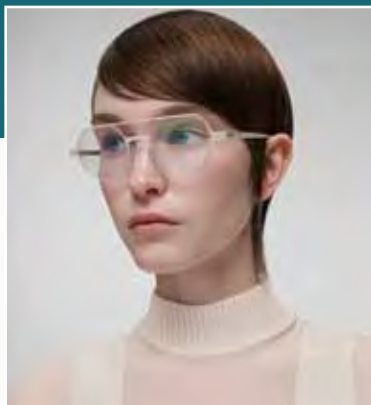
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Lunar Optical, over the moon with family business

Independent opticians Lunar Optical has been part of our Gloucester Road community for 10 years, and their passion for the business is stronger than ever. As well as expanding their Gloucester Road team and venue to meet demand, with the addition of two new consulting rooms, they have now launched a second Lunar in the heart of Clifton.

I met with owner, Jill, and Dispensing Optician and Manager, Killian, at their new venue. A strong mother and son team, the future of Lunar Optical is bright. Lunar Clifton maintains their classy style and trademark colour palette. When I asked what prompted the additional practice, Jill explained, "As a business we always want to be moving forward and improving the services we offer. A second location enables us to serve a greater number of clients, covering a larger area of Bristol. When Killian joined Lunar in 2020, we were able to make firm plans for the future."

I was interested to know why they selected Clifton as a second location; Jill shared, "Prior to launching Lunar, I worked in Vousden opticians in Clifton Village, and since they closed, I have always had it in mind to bring an opticians back to Clifton. It has been wonderful to be welcomed back by many people who remember me."



It is clear Lunar is invested in both their clients and the wider community, with their ongoing support of Bristol charity Unique Voice and donations made during lockdown to buy tablets for nearby schools. 10 years on our High Street is testament to the excellent eye care and customer service Lunar provides, and of course the exceptional frames they offer. Killian shared, "We only work with trusted, independent suppliers who we have built a strong relationship with over the past decade."

I asked if there were any new ranges to Lunar? Killian showed me two new lines – Kilsgaard, who present timeless designs in innovative materials and Lool, creative frames in lightweight surgical steel with a patented no-screw hinge. Killian demonstrated how these stunning frames could be manipulated and stretched without breaking!

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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.

Salon 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.

Fabriq 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. 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 [f](https://www.facebook.com/thegreenroom) **The Green Room**



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 May 2023. Do get in touch to reserve your space or to find out more.



Jan Davidson



E mail: jan@jandavidson.co.uk

Web: www.jandavidson.co.uk

Mob: 07738 294171



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

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Saturday, 10.30–11.30am

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Pick up a beautiful bargain!

If you're wedding dress shopping, why not make an appointment with Tenovus Cancer Care shop at 181 Gloucester Road, BS7 8BG?

They have recently re-opened their Wedding Shop on the first floor, and it looks beautiful! There are some lovely dresses at great prices, from £50. There are also lots of bridesmaid's dresses, mother of the bride outfits, prom dresses, shoes and veils. You can book an appointment by calling the shop on 0117 942 7744.

If you are interested in volunteering, then pop into the shop to pick up an application form and have a chat with the shop manager, or type in the link below for an online application form.

www.tenovuscancercare.org.uk/about-us/volunteer-with-us



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Circle Dance Evenings

At The Old Library, on the last Tuesday evening of each month led by Susannah Temple



A perfect Dancing Evening on 30 May, 7.30-9.30 pm

Join us to celebrate the Springtime dances together! Come and dance together into the New Year months. Live music with Morag & Bob for our January evening. As always, we'll enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Join in as much or as little as you want. Light refreshments provided. Cost: £5 (or more if possible) to cover expenses and support The Old Library.

For more info contact Susannah:
0117 979 1519 | susannah temple@googlemail.com



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

Saturday 6 May, 10.30 am to 12 noon

Hope to see you there!



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.

Email: Yourstreetconsulting@gmail.com

Phone: 07462 127943



Anne-Louise Perez

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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Making the impossible – possible!

All to train for

It has been an incredibly busy few months in Red Dragons Martial Arts. We graded over 200 members in February and March.

So many people pushing themselves to achieve is so inspiring. One of my absolute favourite things to do is to hand out the belts and certificates. To see people earning meaningful rewards like this is amazing.

We have scheduled our first black belt grading in June this year, and yes, they are already training for it now. In fact, by the time you read this they will have been training for two months. The black belt grading will be challenging to say the least but it will be such an incredible achievement.

Charity event – Saturday 5 August

We have also planned a big event in the Horfield Methodist Church on 5 August, to raise money for the charity Limb Power. I have set myself a tough task for this one and I am already in training. So, if you see me out and about running then do say hello.

Work hard and be happy,

Sensei Lloyd

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



The Real Work Choices Project

Created by Step and Stone and SENDaWelcome

Do you have a learning disability?

Are you interested in learning new work skills?

Would you like to explore different employment options?

Do you want help finding work in a sector you are interested in?

The Real Work Choices Project will run workshops to help you learn more about the different jobs you find interesting. You can access job coaching and have the opportunity to be supported into paid employment.

These workshops aim to give people with learning disabilities real control over their choice of work. The project will offer workshops exploring career possibilities based on the interests and ambitions of its participants.

Different speakers with a learning disability will be invited to talk about their jobs, inspiring participants and their families about the range of employment possibilities in the participants' selected areas.

To help launch careers, the project will motivate the employment journeys of local people with learning difficulties and offer them the opportunity to be supported into employment. Job coaching

will be catered to the participants areas of interest and offered on a timeline which works for them, empowering everyone involved in the project to have real work choices and achieve their employment aspirations.

Step and Stone is a real-life place of work which bakes award-winning products for sale in fine food shops, as well as teaching transferable employability skills to people with a learning disability.

SENDaWelcome is a community founded on a place, with a vision for people with a learning disability in North Bristol to be able to access their local communities.

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Tel: 07735 493227



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.

Rebecca Ramsden

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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 event will be showcasing 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 would like some further information: mycommunity.bristol@mencap.org.uk or call us on 07890 043455 (Alice) or 07816 295082 (Jess).

Come to our
EVENT



Community support for families and children in food poverty



Family Food Action was overwhelmed by the generosity of people who gave such a wonderful collection of chocolate eggs for the children this Easter. It is a year since FFA became a charity and we would like to thank everyone who has supported us with donations of goods and money. Our full

report of our first year as a charity will be shared on our website familyfoodaction.org.uk but here are some headline messages:

- we are supporting 50% more hungry children and parents since July 2022, and
- we have increased the value of donated goods each week to about £1500 and doubled our weekly financial donations.

We have experienced a slight drop-off in donations recently, as everyone is affected by the cost-of-living

rises; the recent food price rises have hit 17% and the end of the subsidies of power bills will increase the impact of food poverty, so if you are able to help by dropping off some food or toiletries for the families we support, that would be wonderful. We are at the Ardagh every Tuesday between 10.30am – 12.00pm. Come and see the sorting hub in action. And enjoy a coffee and cake at the Ardagh Cafe while you are there!

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

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 – 12.00pm.

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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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.



#ITSOKAYTOTALK



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

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



St Andrew's Park
site of plane crash



51/21 Ballon Station
Gas Works Sports Ground

51/23 Ballon Station
Whitehall Recreation Ground



Bristol Walk Fest is back and it's bigger than ever!

Bristol Walk Fest is a walking festival that runs from 1 to 31 May to coincide with Living Streets' National Walking Month. It began over a decade ago to inspire and encourage people of all ages to explore Bristol by foot. The festival includes walks across Bristol that you can enjoy either individually or with others, with inclusive walks and events for people of all ages, interests and abilities. The walks are either free or low-cost, providing everyone with an opportunity to get involved.

This year's festival is set to be the biggest one yet with over 80 walk providers involved in running 150 events and activities during May. The festival is run by Age UK Bristol as a part of their Active Ageing programme but is open to all ages.

Walks taking place in North Bristol include – Walking Football on 2 May, A dawn walk from Clifton Down on 6 May, Wildflowers, Pollinators and Folklore on 16 May, Mindful walk in the woods (Badock's) on Saturday 20 May and Spine of Purdown walk on 23 May.



Alex Rotas ©



Alex Rotas ©

Karen Lloyd, Festival Director said, "It's fantastic to be celebrating the launch of Bristol's annual walking festival; every year a huge amount of work goes into planning the festival and I'd like to say a big thank you to all of our wonderful walk providers who have helped create such a varied programme. I look forward to welcoming thousands of walkers from across the city!"

Visit the Bristol Walk Fest website for full details and events or pick up a printed programme from your local library, leisure centre or community centre. For more information about the festival please visit www.bristolwalkfest.com or follow Bristol Walk Fest on Facebook, Twitter and Instagram for all the latest updates.

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News from Ashley, Bishopston & Ashley Down & Redland Councillors

Editors note: This image illustrates a group of trees that are under threat if the planning application below is approved in its current form. The image was sent in by concerned local residents.



Ashley ward

New planning application 23/00649/P – An application for erection of 9 self-contained flats at 171 – 175 Gloucester Road, BS7 8BE has been put in to the council. Residents have raised this planning application with me. It is early days and it has not yet even been allocated a housing officer and some obvious things need to be explored, like access. I understand residents' concerns about a whole variety of issues and I will be monitoring the application closely. If the recommendation is for 'approval' I will make sure that it is on the agenda for planning committee so all of those concerns can be raised in a public forum. In the meantime, remember that you can make comments (for or against) on the planning portal <https://pa.bristol.gov.uk/online-applications/> – search 23/00649/P.

Tim Wye, Green Party

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

Facebook: [Cllr Tim Wye](#)

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. Emma put a statement into March Full cabinet, but sadly the Mayor has come back to say that he does not think changes can be made. We fully intend to challenge this and call for more options for cyclists who use this route to commute.

Cycling day success – We were delighted with the success of our first cycling community day at The Ardagh on 14 April. We welcomed community officers from Avon and Somerset Police, who spent the afternoon doing free QRCode bike marking for residents. We also had Peter Adcock from Life Cycle

who came to chat with visitors about cycling training, and Bristol Cycling Campaign, who joined Emma and Nick in a lively panel discussion about improving cycling in Bristol. We also had visitors writing notes telling us their views and gave away free cycling maps. We hope to host many more events like this in future and a big thank you to all who came down, and to The Ardagh for hosting.

New bus route to Southmead – We were delighted to hear that a new bus route has started along Muller Road: the 25. This route has been provided by the bus company Transpora and runs the length of Muller Road to Horfield Common and Southmead Hospital. We have raised concerns about the dwindling bus services for many months now and so are really pleased to see this service added. You can find the timetable at: <http://www.transporabus.co.uk/route-25>

Cricket ground news – The cricket ground brought a licensing application to the council recently to hold three large-scale events a year. Residents wrote to us with concerns about the application, which were relayed as representations to the committee. The licence has been granted but, thanks to the representations made, they have had additional conditions put in place, meaning that there will be a lot more control to alleviate concerns around antisocial behaviour. We intend to speak now to the cricket ground to make sure that there is more community engagement going forward.

Cllr Emma Edwards, Green Party

cldr.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 council budget for the new financial year. Capital from developer contributions has now been allocated to this. It's money called Strategic CIL, Community Infrastructure Levy. This is a different, 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 proposing £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 and 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 then.

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

Footway maintenance – Most of the ward's pavements will be treated over the next few months in a preventative maintenance programme where the surface is sealed with a non-slip coating. This preserves the footway life though it doesn't deal with major faults. Only one side of each road will be treated at one time and it should take just a day to set in good weather so hopefully this will not be too big an inconvenience. All the stop taps and edges should be taped to protect services, driveways etc.

Where the footway is badly damaged it may need more attention so please do report it via the 'Report a pothole, damaged road or footpath' page of the council website. We're aware of concerns that some debris may not have been swept before the treatment and have reported this – do let us know if you have any concerns.

Housing proposed in Cossins Road – There's a proposal to redevelop some old garages at Cossins Road, next to Redland Green. The garages are run down and the site is identified by the council in the draft local plan as suitable for housing. The plot is right next to the Redland Conservation Area and we're keen to see something sympathetic and sustainable overlooking the Green. A consultation event for residents was held and we will review issues raised by people and how the developer responds. Details are on the council website via the planning portal (reference no 23/00665/F) please do let us know what you think.

Bishop Road traffic safety discussions – Following Fi's recent meeting with the deputy head of Bishop Road School to discuss the traffic problems in the area, a number of residents have been in touch with us raising more concerns about local streets. As the school has over 800 pupils, it only takes a small proportion of carers and parents driving to cause significant problems in the narrow streets in the area.

The school shares our concerns and has taken a number of steps to try to deal with this potentially dangerous situation. Our next step is to work with the school, highways officers and local residents to see what measures are effective and available. Thanks to those who have been in touch. We are hoping to set up a meeting (probably online) to make a start on seeing what can be done soon. Under the current council arrangements for a scheme called School Streets, no two-way street like Bishop Road itself would be eligible for changes.



Green Group influence grows – As we reported before, from 2024 a committees system will be put in place to run the council. Prior to that we're promised that the budget will be drawn up by a cross-party group of councillors. As the largest group on the council, with 25 members now, the Green Group shall be seeking some changes to deliver our priorities. But how the council runs through committees and the scope for more public participation is a real priority for us. 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 or statements you'd like to table to: committeesystem@bristol.gov.uk

Supporting our high streets – The council's Vacant Commercial Property Grant scheme is open to applications until 22 May for businesses/ organisations opening on one of the city's designated high streets. We're sorry not all retail areas in the ward are included and did propose additional locations get designated.

Full details can be found at: bristol.gov.uk, then search 'Vacant commercial property grant scheme'.

There's a business information booklet, see www.bristol.gov.uk/files/documents/689-business-information-booklet/file. Email business@bristol.gov.uk to discuss or request a visit from a Business Development Officer.

The 2023 City Centre and High Streets Culture and Events programme can be found at: bristol.gov.uk, then search 'City Centre and High Streets Economic Recovery Culture and Events Programme'. There's also a weekly business newsletter with information on business support and grants – see www.bristol.gov.uk/businessnewsletter

Fi Hance, Green Party

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Martin Fodor, Green Party

cldr.martin.fodor@bristol.gov.uk / 07884 736101

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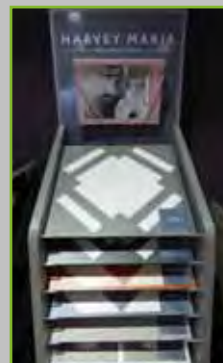
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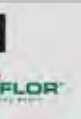
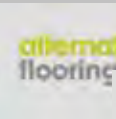
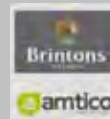
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Editorial services

Rebecca Ramsden 44

Electricians / Electrical Shops

Charnick Electrical 55
Matt Pederick 60
Redland Electrical 60

Equipment hire (indoor/outdoor)

Lown 8

Events / Exhibitions

Bristol Quilters Quiltfest 23 25
Bristol Stitchers Exhibition 25
BS9 Art trail 22,23
Voyages of Exploration 25

Financial advisors

Harold Stephens Independent 41
Financial Adviser

Florists / Plant shops

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Food & Drink outlets

Hobbs House Bakery 3
Joe's Bakery 19
Oat Float – zero waste delivery service 18

Framing – Niche 27

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Divine Ceremony 7

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All Gardens 44
Alpine Landscaping 51
BS7 Garden Services 15
Collins Trees 57
Nuthatch 61
Secret Garden 47
Wild Gardening 54

Gift shops / services

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Other Lovely Things 24

Glazing & Doors

DCL Doors & Windows 57
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Anne-Louise Perez 40

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Horfield Dental Care 1,38
Icon Beauty 35
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Health / Fitness / Wellbeing

Jan Davidson – Kinesiology, Nutrition & Naturopathy practitioner 37
Keep Fit with Dance Moves 51
Trainehrs 37
Rethink Menopause 17

Hearing services

Andrew Bird Hearing Ltd 37
Lunar Optical 34,35

Heating – Gas / Elec

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Dynamic Heating Services (DHS) 61
Little Bathroom & Boiler Company 16

Home de-cluttering services

FM DeClutter Services 8

Home Interior Shops / Services

DHS – Bathroom Installation 61
Dream Doors 13
Janey Keirs Curtains & Blinds 5
Little Bathroom & Boiler Company 16
Nola Interiors 24

International House

4

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36

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Dream Doors 13

Lettings services

JBS Bristol Lettings 21
Local let required 43
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Andrew Bird Hearing Ltd 37
Lunar Optical 34,35

Painting & Decorating Services

MW Decorating & Building 55
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Pilates Active 16
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AMW Plumbing & Heating 10
Matt Pederick 60

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6

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Collins Trees 57
Nuthatch 61

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Liz Romero – local & online tutor 29
Primary School Tutor Maths & English 11

Veg Boxes

Bristol Veg Boxes 4

Vet

Animal Health Centre 30

Weaving

Beginners Weaving Classes 24

Yoga

Yogawest 1

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- + Employment

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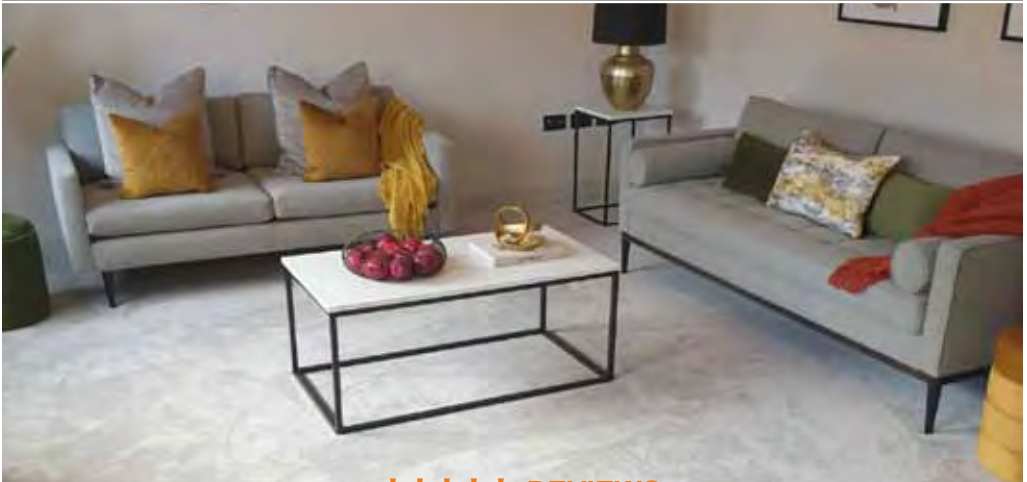
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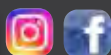
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