

# Bishopston

## Matters

Tel: 07881 924059

issue 168, June 2023



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welcome the start of summer*



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## Dear Readers...

As you can see from the front cover, summer has been officially welcomed in by Jack in the Green! Our foliage friend and his merry parade performed their annual ceremony on Horfield Common over the Coronation weekend. The Ardagh Community Trust hosted a range of community events over this bank holiday, in true British fashion not letting the downpours get in the way of having fun!

At time of writing, I have just returned from attending the Goldenhill Community Garden Fair, another wonderful local venue that we always enjoy visiting as a family. Catch up with their news and be inspired to get planting!

Staying on the green-fingered theme, Horfield Organic Community Orchard are celebrating 25 years of growing! Why not pay a visit to this local haven during their Summer Orchard Open Day, Saturday 3 June, 2-5pm, when they take part in the 2023 Get Growing Garden Trail.

Family Food Action (based at the Ardagh on Horfield Common each Tuesday) has been a charity for a year now. During this time your donations have helped feed about 1,500 Bristol families and contributed to 155,000 meals over the year. Donations and new volunteers are welcome.

Bishopston Library turned 6 at the start of May. To celebrate, the Friends of Bishopston Library (FoBL) offered afternoon tea to anyone using the library. The FoBL are delighted to be putting on events for local residents to enjoy; their next author visit takes place on Wednesday 7 June at 7.30pm.

Bishopston-based SENDaWelcome are working with Step and Stone to give people with learning disabilities real control and choices over their work. Read more about this exciting project and SENDaWelcome's local youth club, inside.

I do hope the sun shines over us this June.

Take care until next time,

Kerry x

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## News from the Goldenhill Community Garden

Hi everyone

June is always a great month in the garden. All risk of frosts is long gone, and with our Big Spring Fair and plant sale done and dusted, we planted out all of our frost-tender veg and flowers in the second half of May. Now our sweetcorn and celeriac, pumpkins, courgettes and squashes join the rest of the veg busy getting their roots down and drinking up any rain and all the sun. If you haven't planted anything yet don't worry it's not too late! Lots of things can go in now – for example, tomato or chilli seedlings, and there's even still time to start off loads of other vegetables from seed. So, if all your courgettes or cabbages or carrots have been munched by slugs – try, try again! If you're new to gardening and you've managed to nurture your seeds into seedlings and you've managed to keep them watered and kept off the slugs and aphids – well done! And if you haven't then don't worry and don't be disheartened – gardening is great but also can be tricky and unpredictable!

I got into growing in 2003; I had no idea what I was doing, everything got munched and that year I only managed to successfully grow potatoes! But such delicious potatoes! – glorious buried treasure, and I still feel that same sense of achievement 20 years later! That's why I love growing things so much and even if you haven't got a garden (I haven't got one at home!) then growing in pots still hits the spot. And it's another reason I love the community garden so much – it is such a treat to get access to this lovely big growing space and ponds, trees, flower beds and fruit bushes but getting to share all the work with a lovely load of people! **We're open every Wednesday 10am–4pm** and we show new folks around at 12 and 2.30pm. There's always a range of jobs and no experience or tools needed and no need to come every week or stay all day. Each week you can even take home some of the delicious harvest.



Happy scenes at the GHCG Spring Fair

This year we are going to be carrying on growing for us, but also **growing veggies to donate to Family Food Action** up at the Ardagh. They work in partnership with community organisations supporting families in Bristol to access good food. They accept donations on Tuesdays 10.30am – 12.30pm; fresh veg and fruit is always welcome. The community garden sits at the bottom of the allotment slope with over 200 plots so a huge amount of food is grown here. Last year we put up a sign to say we'd collect any spare veg and deliver it up there and the response was great. David, who volunteered to take it, was often pushing away a wheelbarrow piled high!

Last month we also found out that Quartet are funding our **Family Adventure Days for children with SEN** and their families. So please check our website or Facebook page with info on dates and how to book and come along for baking, digging, pond dipping, exploring nature, climbing, harvesting and munching pizza. There's no set age so, if you think that sounds like a good fit for your family, get in touch and I'll let you know when booking opens.

See you in the garden!

*Lucy*

[www.thegoldenhillcommunitygarden.com](http://www.thegoldenhillcommunitygarden.com)

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## PILATES REFORMER, EQUIPMENT & BARRE STUDIOS

### MONDAY

- 10.45am | Reformer: Align
- 1.15pm | Reformer: Evolve
- 5.30pm | Reformer: Beginner
- 6pm | Mat: Fundamentals
- 6.15pm | Equipment: Circuit
- 6.45pm | Reformer: Empower
- 8pm | Barre: Uplift

### TUESDAY

- 7.30am | Reformer: Evolve
- 9.45am | Reformer: Align
- 1.15pm | Reformer: Align
- 1.15pm | Equipment: Circuit
- 4.30pm | Reformer: Align
- 5.45pm | Reformer: Align
- 6.15pm | Equipment: Circuit
- 7pm | Reformer: Evolve
- 8.15pm | Reformer: Uplift

### WEDNESDAY

- 7.30am | Reformer: Align
- 10.45am | Reformer: Align
- 12pm | Reformer: Align
- 1.15pm | Reformer: Uplift
- 5.15pm | Equipment: Circuit
- 5.30pm | Reformer: Align
- 6.15pm | Equipment: Circuit
- 6.45pm | Reformer: Evolve
- 8pm | Reformer: Align

### THURSDAY

- 10.15am | Reformer: Align
- 12.15pm | Equipment: Circuit
- 1.15pm | Reformer: Evolve
- 5.30pm | Reformer: Align
- 6.45pm | Reformer: Evolve
- 8pm | Reformer: Beginner

### FRIDAY

- 7.30am | Reformer: Align
- 9.45am | Reformer: Align
- 12pm | Reformer: Evolve
- 1.15pm | Reformer: Align
- 5pm | Reformer: Align
- 6.15pm | Barre: Flow

### SATURDAY

- 9.30am | Reformer: Align
- 9.30am | Equipment: Circuit
- 10.45am | Reformer: Evolve
- 10.45am | Equipment: Circuit
- 12pm | Reformer: Align

### SUNDAY

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

- Bishopston - Bristol North Baths, Gloucester Rd, BS7 8BN
- City Centre - 57 Queen Charlotte Street, BS1 4HQ

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## News from the green room

### \*\*\*\*\*JOB ALERT\*\*\*\*\*

#### New employed/self-employed stylist vacancy

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](mailto:thegreenroomorganic@hotmail.co.uk) or text: 07753 210214. A friendly environment and good rates of pay await.

**Celebrating Pride** – Pride month starts on 1 June 2023 and The Green Room hopes you all enjoy celebrating the biggest celebration in the LGBTQ calendar. Bristol's Pride Day takes place on Saturday 8 July. [bristolpride.co.uk](http://bristolpride.co.uk).

**Father's Day** – The Green Room is a unisex salon that welcomes both men and women. Why not surprise the special man in your life with a fresh colour and cut for Father's Day on Sunday 18 June?

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## Horfield Organic Community Orchard – 25 years and growing

The Get Growing Garden Trail – a showcase for Bristol's inspiring community food growing projects – takes place over the first weekend in June. The city-wide event is a brilliant opportunity to visit thirty different growing spaces. One of these, the pioneering Horfield Organic Community Orchard (HOCO), was set up on some former allotment plots in 1998. This year it celebrates its 25th anniversary as an orchard project, growing fruit, community, wellbeing and learning.

"It's hard to believe HOCO is 25 years old," orchard member Shannon Smith, told us. "It thrives thanks to all those years of voluntary activity and public support. Planting fruit trees is relatively easy. Looking after them as they grow up, and age, asks more of us. We are delighted to be celebrating HOCO as a successful project, although less-than-perfect, with the potential to keep on growing for another 25 years, or more."

As an established organic orchard, HOCO is home to microorganisms, fungi, insects, plants, birds and animals, as well as many varieties of apples, pears and plums. Bring your fruit growing questions to the Open Day. Orchard members will be at hand to advise and share nature-friendly solutions. You are invited to take a closer look at experimental projects, in the Home Orchard Plot area.

Shannon added, "We know the growing conditions of high summer affect the quality and quantity of fruit – in any year and in the following one. We are also concerned about the impacts of climate emergency chaos, and how to prepare and adapt for an unpredictable future. We are keen to show and share actions that can help sustain future harvests."



Home-made cakes and refreshing cordials, as well as plants and produce, will be on sale. Find out more about pruning courses and how to join the orchard as a supporting Friend.

**Summer Orchard Open Day, Saturday 3 June, 2–5pm.** How to find Horfield Organic Community Orchard: Nearest postcode BS7 8JP. Walk down the lane beside 22 Kings Drive, turn left and it's the first gate on the right. Or take the lane beside 134 Longmead Avenue Field (BS7 8QQ) until you come to the last gate on the left.

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## News from the Friends of Bishopston Library



We invite you to escape to far flung places and be transported across oceans in *Blue Eyes*, 'a sailboat barely bigger than a bathtub', when **Tom Dymond** shares his round-the-world travel memoir *Hooked on the Horizon*. Join us at Bishopston Library on **Wednesday 7 June at 7.30pm** to hear about the voyage, and the somewhat precarious preparations 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, tickets are £3 from the library (or with admin fee from Eventbrite) and there will be a bar selling snacks and soft drinks (cash only).

Tom is writing another book, and the subject matter might surprise you! With luck we will have a brief preview.

It has been great to be back running events in the library. We enjoyed a fascinating evening with Lucienne Boyce, who described the wide-ranging areas of research she uses for her work, both fiction and non-fiction. As well as the more obvious

historical information, she uses newspapers, songs, court reports and contemporary novels to help create mood and atmosphere. It gave us a really interesting insight into the art of writing, along with a better understanding of why boxing was such an important sport in eighteenth century England.

And in case you missed it, **Bishopston Library turned 6** on 3 May. To celebrate, we offered afternoon tea to anyone using the library, including a lot of hard-working students. As a birthday gift, we presented some lovely wooden toys bought from Totally Toys to the children's area – look out for them among the books. And good luck with the exams to all those studying hard!

**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.



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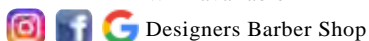
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## Welcoming Missiato Estates to Gloucester Road

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, 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?

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## Room 212 celebrating 10 years on Glos Rd Central

Ten years ago, Sarah Thorp took over a little pop-up gallery on Gloucester Road with the idea of turning it into a permanent exhibition space and shop for local artists. As a participant in the popular North Bristol Art Trail, Sarah felt that her fellow artists could do with a space to show their artwork for more than just one weekend, so she invited a selection to show their work in her shop. This idea proved so popular that the space rapidly expanded to offer a huge variety of paintings, prints, jewellery, lampshades, ceramics, gifts, cards and more, all by local Bristol artists and creatives.

Sarah soon became an active member of the community, helping to enliven her section of Gloucester Road, known as Glos Rd Central, putting on Mayfest, the Christmas Street Party, the Gloucester Road Art Banners and various fundraising events. She loves being one of the long-time traders on her favourite high street of independent shops!

Many of the first artists to join still sell their work at Room 212 and have become good friends. For instance, Rosie Webb brought her popular paintings of quirky animals directly to Room 212 the day it opened. Katie Johnston's beautiful enamel jewellery has evolved over the years but is still a firm favourite, and Hannah Turner's ceramics are best sellers even though they are now made by a women's cooperative in Sri Lanka. Toni Burrows' fascinating mosaics and Jenny Urquhart's beautiful paintings of Bristol always look wonderful in the windows. Many of the artists are still North Bristol Artists and have exhibited on the Art Trail with Sarah in her studio downstairs and in the Eco House in the garden round the back.



Barbara Evripidou ©



Bristol Moon, by Emma Catherine.  
Room 212's most popular print



Print by Rosie Webb



Earrings by Sarah Thorp

Lockdown was a turning point for Room 212, luckily in a positive way; when Emma Catherine started displaying her beautiful teal and gold Full Moon paintings in the window – the first one was appropriately snapped up by neighbouring business Lunar Optical!

Sarah was honoured that Room 212 was selected as the only shop to feature in the bestselling book *111 Places in Bristol You Shouldn't Miss* which gave her the boost to continue during lockdown, as did the support Room 212 received through online sales.

As nearly all the artists live close by, it's likely you'll meet one or two of them popping in with their latest creations! Room 212's big windows are perfect to display original paintings by regular and guest artists, tying in with the seasons or Bristol events. For instance, there'll be a celebration of unicorns for the upcoming Unicornfest in July, and a display of balloon-related art for the Balloon Fiesta.



LtoR: Jenny Urquhart, Sarah Thorp & Emma Catherine

Sarah fondly remembers the first week Room 212 opened, when a customer walked in and exclaimed 'This is SO Gloucester Road!'. She quickly learnt how much people love unique arty cards and stocks a huge variety, which can keep the shop afloat on the quietest days; and her window displays are always a delight to behold. Her own creative output has changed over the years, from knitting and upcycling with decoupage to her current popular range of brass and copper jewellery. So, if ever you're passing, do pop in for a browse and a chat – you'll always be welcome!

For more info visit: [www.room212.co.uk](http://www.room212.co.uk)

[f](https://www.facebook.com/room212) Room 212 [i](https://www.instagram.com/room212gallery) room212gallery

Barbara Evripidou ©



# growing minds: greenhouse summer club

Thinking of what to do over summer? Beat the heat with our fun summer activities, from **24th July to 31st August 9am-4pm**, at **Redland Green School (Redland Ct Rd, BS6 7EH)**

## DRAMA MONDAYS

### Life is a stage, make it your own!

Monday drama sessions with exciting activities:

- Improv
- Script-writing and developing plays in groups
- Stage fighting!

### Hunt through the past - it's yours to discover!

Tuesday history sessions which are enquiry-focused:

- Investigate historical events and characters
- Dive into historical "heroes and villains"
- Historical re-enactments and a Rap Battle!

## HISTORY TUESDAYS

## CRIMINOLOGY WEDNESDAYS

### Be the investigator - Can you solve the crime?

Wednesday criminology sessions in an escape-room style:

- Step into the shoes of a detective!
- Find clues and evidence to catch the culprit amongst the suspects
- Stand the suspects in mock trials!

### Let your imagination run wild!

Thursday creative writing sessions exploring different genres:

- Create new stories in groups and individually
- Re-imagine your favourite stories!

## CREATIVE WRITING THURSDAYS

## MUSIC FRIDAYS

### Find your rhythm!

Friday music sessions playing with different music styles:

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## Badminton School welcomes new Head, Jessica Miles

The Badminton School Board of Governors, staff, and pupils were delighted to welcome Mrs Jessica Miles (pictured) as the new Head of the School at the end of April. Her appointment was the result of an extensive recruitment process aimed at finding an exceptional, innovative and forward-thinking educational expert who is dedicated to and passionate about girls' education.

Mr Justin Lewis, Chair of Governors at Badminton said: "Mrs Miles brings with her a wealth of experience in leading girls' boarding and day schools having previously been Head of Haberdashers' Monmouth School for Girls and prior to that, Head of Queen Margaret's School in York, as well as having held numerous Senior Leadership and teaching positions at some of the top independent schools in the country. She is a fierce advocate of single-sex education, in particular for girls, and we were impressed by her strong alignment to Badminton's vision and values."

Mrs Miles expressed her excitement of being the new Head at Badminton, stating:

"I am thrilled to have the great privilege of being the new Head at Badminton, a school that has a remarkable history, a vibrant community, and at which girls know their individuality will be celebrated and their learning expanded far beyond the classroom. I look forward to stewarding this great school into the next chapter of its history."

[badmintonschool.co.uk](http://badmintonschool.co.uk)

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Don't forget to mention Bishopston Matters when replying to ads!

## Exciting Plans for Cryer & Coe Architects

Award-winning architects Cryer & Coe are celebrating five years in business this year and have cemented their position on Gloucester Road by buying a property that they will develop into their new office. Owners Duncan and Matt love being part of the Gloucester Road community and are really looking forward to using their talents on their own project!

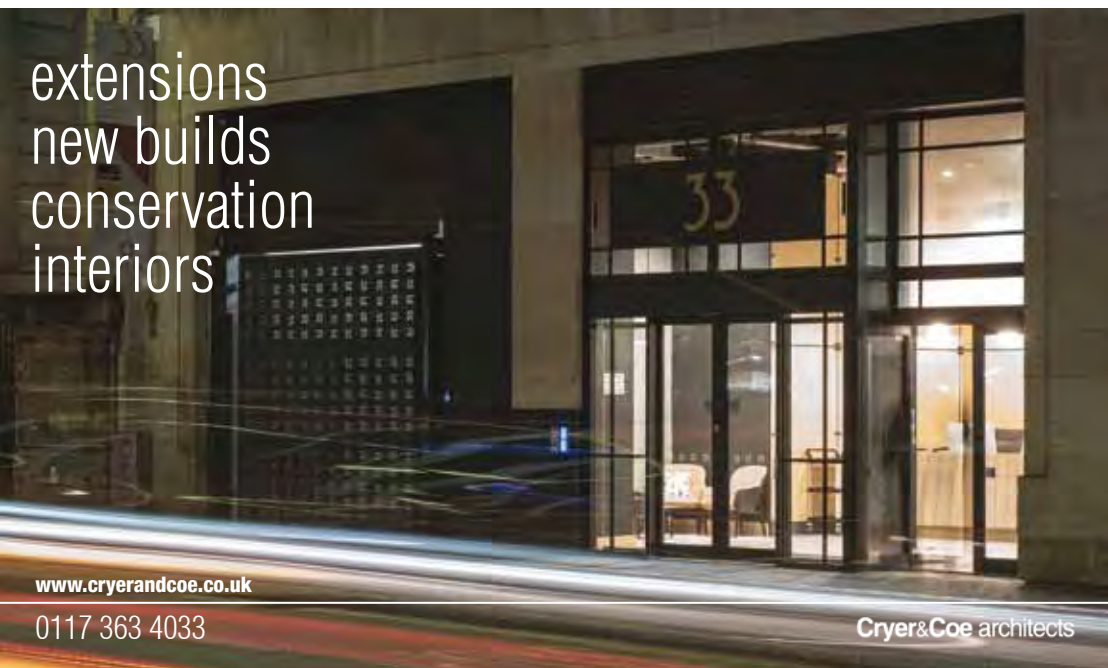
As well as the many residential schemes that they design locally, commercial projects are also a large part of their work and this is a great opportunity for them to showcase their skills whilst creating a vibrant environment for their growing team. The new offices will also be much better placed to welcome clients.

**Cryer & Coe architects** 0117 363 4033 | [www.cryerandcoe.co.uk](http://www.cryerandcoe.co.uk)

The new building is in a brilliant location with great neighbours at Gloucester Road Central, and although it will be a while before the office is completed, the space has already been put to good use when Cryer & Coe let Aid Box Community use it to sell their Refutrees Christmas trees at the end of last year!

Cryer & Coe welcome enquiries for all types of architectural projects so do get in touch whether it's for your home or office!

Projects pictured below, left to right: 5 Callaghan Square, Cardiff, Bristol North Baths, Gloucester Road and Rawlings & Son Ltd HQ, Warmley



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## Use your savings as a force for good

***If you're seeking to be more environmentally friendly, it's worth considering the impact your savings can have. One positive and impactful option is to invest in renewable, community-owned energy.***

With the launch of their new share offer, Bristol Energy Cooperative aims to bring people together to tackle the climate emergency and the energy crisis. The not-for-profit is seeking to raise £1million to develop more green, clean energy projects across the region, at speed.

When you invest in the energy cooperative, your money will:

- Tackle climate change by funding the delivery of pioneering clean energy projects such as rooftop solar panels on community buildings
- Support local community with cheaper energy bills for host buildings, and raising community benefit funds for local initiatives
- Democratise energy ownership, allowing communities and individuals to feel the benefit of renewable energy generation
- Earn a potential financial return, with a projected 5% in this share offer

BEC's business model of raising funds has proved very successful so far. Since it was set up in 2011, the co-op has raised over £15 million, and developed over 10MWp of solar and battery assets, enough to power roughly 3,250 homes. The organisation is an important contributor of renewable energy in the South West, generating roughly the equivalent of 30% of Bristol's solar energy.



It's not only BEC's members that gain from a return on investment. Over the past 10 years, the cooperative has channelled over £350,000 of community benefit payments into local sustainability initiatives, such as community gardens, education and biodiversity programmes. Also, community spaces such as Easton Community Centre and Knowle West Media Centre have benefitted from cheaper energy rates thanks to the solar installations by BEC, meaning they have more funds to spend on their vital services. In December 2022 BEC completed a 1MW rooftop PV install at the second Bottleyard Film studios (TBY2). This is by far its largest rooftop scheme to date, and BEC believes it's the largest community rooftop solar array in the UK.

The cooperative currently has 1,500 members, and is looking to grow and diversify its membership to help create a just energy transition.

**Anyone can invest in BEC's withdrawable shares, from as little as £100. Investors are projected to receive a 5% annual return. The share offer is open until 17th July 2023. For more information please see: <https://bristolenergy.coop/share-offer-2023/>**

*Photos: BEC Staff at TBY2 installation; Easton Community Centre solar array; BEC Members mingle at 2022 event*



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As always, we are busy training, learning new skills and having fun at Red Dragons Martial Arts. At our last grading sessions we graded over 200 members! I am always so proud and inspired to witness so many people who we coach, pushing themselves to achieve. 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.

Our first black belt grading is scheduled for later this month. Those taking part have been training hard for this special occasion for 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*

Facebook: [Red Dragons Martial Arts](https://www.facebook.com/RedDragonsMartialArts)

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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!



Bishopston Fish Bar, 264 Gloucester Road, BS7 8PB • 0117 307 9390 Bishopston Fish Bar



**Family Food Action Open Day 2023. A date for your diary: Tuesday 19 September 2023.**

**All welcome.** Last year, we held an open day at The Ardagh to showcase our charity. Nirmal came from Felix Road Adventure Playground, one of our partners with samples of food she had cooked using FFA donations, and we had a cake sale and a raffle, which raised funds for us to buy more food with. Our other partners came too and talked to visitors about how they supported their communities. We are currently putting together our programme for this year so keep an eye out for further announcements.

In April, we ran a stall in Sainsbury's in Clifton Down, and were bowled over by the level of donations from shoppers there. All the donations were distributed to our partners in May which helped to offset the impact of all the bank holidays which affect how much food is donated. Remember, you can **bring food and toiletries up to The Ardagh any Tuesday morning between 10.30 and midday** – and enjoy the lovely gardens and café while you are there.

FFA Open Day 2022



We have been a charity for a year now, and we compiled a report of the year which is on our website: we worked out that we have helped to feed about 1,500 families each week over the year and contributed to 155,000 meals over the year. See the amazing details on our website or Facebook page.

### 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](http://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 – midday.

[familyfoodaction.org.uk](http://familyfoodaction.org.uk)



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## Property planning is a must for the upcoming legislation in the PRS



- 1. EPCs (energy performance certificates)** – There are proposals that by 2025 all rented properties are going to need a band C in order to be rented out. This is quite a jump from the current minimum band of E and we are currently working on all of our managed properties to increase them ahead of time; for some properties this can be as simple as adding TRVs or thermostats, however some properties are needing further insulation in the flooring and loft spaces. We suggest that all landlords look at this early as it is likely going to be one of the bigger costs faced for some of the period properties in Bristol.
- 2. Renter's reform bill** – This is probably the biggest change coming to the lettings industry since ASTs were introduced 30 years ago. The proposals within the bill include an introduction of standard periodic tenancies, abolishing section 21s and doubling notice periods for rental increases. In principle the idea of periodic tenancies is great, as we always want good tenants to stay as long as possible in a property; however, from a planning perspective it puts the landlord at a disadvantage, as there would be a risk that the property becomes vacate over December / January which fixed terms are used to cover this period. The main obstacle would be student lettings as the lets are normally lined up 6 months in advance. Under the new proposals this would mean student lets would be turned around with 2 months' notice.

The abolishment of section 21 would just restrict the landlord's ability to regain possession of their property; however, as industry professionals we

have only issued these notices when, for example a landlord is looking to move back into their property, or when they are looking to sell. The other times would be if a tenant is not looking after the property. There would still be easier routes for the landlord to take under the new rules if there were breaches of tenancy (such as rental arrears and or antisocial behaviour). Our thoughts on this would be extending the notice period which was done during COVID rules, and this worked well as it gave the tenants plenty of time to plan accordingly.

Extending notice periods for increasing rentals is good for tenants to plan accordingly and make an informed decision without having the increased pressure of limited time at the property, and would not affect a landlord who is on top of their property planning.

If you want to discuss your property and talk about how to approach the planning aspect, please reach out to book a free consultation.

*Jack Stephens*

Jack Stephens, Director of JBS Bristol Lettings



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## The Power of Future Planning

Surely it must be summer by now? Winter was long and the spring so very unsettled – we hope the coming season is a bit less up and down.

Here at Divine, we're always planning ahead. The nature of our business means we often live a few weeks in advance, preparing all that needs to be prepared in the run up to a funeral.

Even now, as we look forward to some lovely summer weather, we're already thinking about autumn, when we'll be hosting a programme of green funeral events. More on that soon. In the meantime, while we're on the subject of future plans, a quick word about last wishes.

Just as we're planning for Divine's autumn now, it's a really good idea when in the 'summer' of our lifetimes to look ahead and plan for what we'd like when in our 'winter'. While this might be, for many, a very sensitive subject, it can also be a powerful experience to broach it with our loved ones while we can; to appraise our lives with the people closest to us.

Not only does it make practical sense to have things clear for all concerned, it's also a beautiful way to honour ourselves – to take control of what we want and not leave anything to chance.

Funeral planning differs from paid-for funeral plans. The latter tends to cover finance and logistics, while the former is more about our own wishes around death, dying and the funeral, eg where we'd like to be when we die, and personal decisions about the ceremony, eg music, readings and flowers.

To help guide you through these important decisions, we've created a Last Wishes form. If you think you could use one, please feel free to come and see us. In fact, our upcoming **Death Cafe is here at The Sanctuary on the 15 June, 7–9pm**. What better time and place to come and have that conversation?



**Dee Ryding**  
Founder of Divine Ceremony



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## Inheritance tax – strategies for your family

**Inheritance tax (IHT)** is a tax imposed on the estate of a deceased person, which can significantly reduce the amount of assets passed down to their loved ones. However, with proper estate planning, it is possible to reduce or even avoid paying IHT altogether. In this article, we will explore some of the strategies that can be used to mitigate the impact of IHT on your estate.

**Nil Rate Band (NRB):** The standard IHT rate in the UK is 40%, and it applies to the portion of the estate exceeding the threshold. The Nil Rate Band is the threshold up to which an estate is exempt from IHT. As of the current tax year (2023/2024), the NRB stands at £325,000 per person. Married couples and civil partners can effectively double their NRB allowance, as any unused portion of the first spouse or civil partner's NRB can be transferred to the surviving spouse or civil partner.

**Residence Nil Rate Band (RNRB):** The RNRB mitigates the impact of IHT on the main residence and is currently set at £175,000 per person. It only applies to estates where a residence is passed on to direct descendants and can also be transferred between spouses or civil partners.

**Annual Exemptions:** Every year, individuals can gift up to £3,000 tax-free, and this gift can be carried over for one year. This means that a couple can gift up to £6,000 without incurring any IHT. Gifts made to charities, political parties, and certain other organisations are also exempt.

**Small Gifts Exemptions:** In addition to the annual exemption, individuals can also make small gifts of up to £250 per recipient, free of IHT.

**Lifetime Gifts:** If a gift is made at least seven years before the donor's death, it will not be included in their estate for IHT purposes. However, if the donor passes away within seven years of making the gift, at least part of the value of the gift will be included in their estate.

Remember, you must record all gifts given to ensure it is clear they should be considered exempt.

**Trusts:** By placing assets into a trust, they are no longer considered part of the estate for IHT purposes. However, there may be other tax implications associated with trusts, so it is essential to seek professional advice before using this strategy.

**Business Relief (BR):** Investments that qualify for BR can be passed on free from IHT upon the death of



the investor, provided the shares have been owned for at least two years at that time. This is a well-established relief dating back 40 years, however, you should keep in mind that the value of an investment may go down as well as up and investors may not get back what they originally put in.

Inheritance tax can be a significant burden on an estate and is often stressful for the people dealing with paying the tax bill, which is often due before probate has been completed. Having a plan in place to mitigate this or for how the bill may be paid will be so helpful to your loved ones at an already difficult time.

As experts in later life financial planning, we are well placed to help you have clarity in confidence in your estate planning. If you would like to arrange a relaxed chat about your circumstances, please don't hesitate to get in touch by calling **0117 3636 212** or email: [office@haroldstephens.co.uk](mailto:office@haroldstephens.co.uk). We are here to help.

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*All are welcome at St Bonaventure's.*

## News from St Bon's

There's been lots to celebrate at St Bon's this term. At the start of May we celebrated our annual crowning of Mary service. Our youngest and oldest pupils crowned our statue of Mary and took part in a whole school celebration of Mary's life.

To celebrate the King's Coronation, we invited all children to come to school wearing a home-made crown. Parents were invited to watch the procession and join in with the singing. A great time was had by all involved.

Our new forest school area is now ready to use. This area is going to provide the opportunity for our



children to take part in outdoor den making and team building activities.

The next step is to plant up our new wetland area. We look forward to sharing an update with you in future issues.

### *Rebecca Ramsden*

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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.

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from Pet Munchies and Nature's Variety, 100% freeze-dried meat bites. Thanks to Roxfords owner Sarah you can purchase a stylish, home-made fabric treat bag. Further assistance to be used with treats comes from Coachi's clicker trainer and dog whistle. To help beat the boredom and avoid unwanted chewing of household objects, Kong toys and Licki Mats can be filled with a delicious dog-friendly pate and treats.

**Toilet training** – As with all infants, lessons need to be learned on where is appropriate to take number ones and twos! Pick up some Training pads and puppy trainer spray to help with this task.



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## Pollution from Pet Parasiticides

A recent publication (March 2023) from the Grantham Institute at Imperial College London has made sobering reading. It appears that we are now seeing an environmental impact from the use of parasiticides from small animal veterinary practice as well as across the counter preparations from pet shops and supermarkets. The study has collated evidence from waterways across England showing hot spots of pollution from pet parasiticides, even in urban areas. Parasiticides include products to protect against or treat fleas, ticks and worms.

Parasiticides are designed to be toxic – that is why they work in our pets – however, the toxicity does not stop there, it continues once in the environment. Currently there is minimal environmental risk assessment of products used in dogs and cats. This is unlike agricultural products which have strict regulation. One chemical, imidacloprid, was fully banned in UK in 2018 as an agricultural product due to environmental contamination and particularly toxic effects on aquatic life in our waterways. However, no such ban exists on its use in dogs and cats where thousands of kg are sold each year for the pet market.

Veterinary parasiticides have now been suggested as the potential primary source of contamination of our waterways by these chemicals. Not all products used are monitored by the Environment Agency, particularly the more recent compounds so the full picture is not known. However, we do know that even these small individual doses used are now applied so frequently and on an increasing population of pets that the total volumes used are considerable.

So how can we in veterinary practice help this issue and explain the consequences of using these products to our clients? First, we should be dispensing parasiticides responsibly using a risk-assessed individual basis.

We need to educate owners to help prevent further contamination of our environment, particularly our waterways. This includes not letting your dog swim and do not bath him if he has product applied; pick up all dog and cat poo as often as possible and dispose of it in dog bins for incineration. Dispose of packaging responsibly; ideally return your packaging to the veterinary practice for safe disposal as well as returning any unused products. Consider using oral products rather than collar or spot on formulations.

We still need to protect our pets from parasites as well as protecting ourselves. We do still need to use anti-parasitic products but this can be balanced with

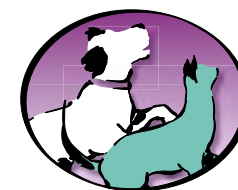
a more sensitive environmental approach. Perhaps it is time to reconsider the treatment of entire populations of healthy animals and instead use targeted reactive treatments when necessary.

I may not have much influence over worldwide environmental concerns but by making this issue more widely known I can at

least feel I am doing my bit to increase awareness. For further information, the complete article can be found at: [www.imperial.ac.uk/grantham/publications/are-urban-areas-hotspots-for-pollution-from-pet-parasiticides](http://www.imperial.ac.uk/grantham/publications/are-urban-areas-hotspots-for-pollution-from-pet-parasiticides).

**Nicky Bromhall MRCVS**

Head vet at Animal Health Centre



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INSTA: @ARDAGH\_FOODANDCRAFT\_MARKET; TWITTER: @THEARDAGH



## News from Ardagh Community Trust

**“Volunteers do not necessarily have the time;  
they just have the heart.”**

*Elizabeth Andrew*

June 1– 7 is Volunteers Week and ACT would like to take the opportunity to say a massive thank you to everyone who supports the projects here at The Ardagh by volunteering their time, skills and enthusiasm! We value each and every one of you and appreciate the difference you make to this community.

Continuing that theme, huge thanks to all those who made our Coronation weekend of celebrations such a brilliant community event. Local musicians, performers and face painters really helped to keep the party atmosphere going (despite the unhelpful British weather!) and our wonderful staff and volunteers ensured all events ran smoothly and safely during the weekend.

Bishopston Matters and Clifton Renovations generously sponsored the Fancy Dress Competition at the Community Coronation Celebration on Saturday and we were delighted to be able to provide lovely prizes to all of the winners! Thank you everyone who took part – it was a wonderful event.

The first Ardagh Food and Craft Market boasted an amazing array of local traders and crafters who braved the weather to make it a great success. **The next market is Saturday 10 June, 10am – 3pm.** Follow us on Instagram to see the growing number of traders and their products: [www.instagram.com/ardagh\\_foodandcraft\\_market/](https://www.instagram.com/ardagh_foodandcraft_market/)

Thanks also to those who have come forward to offer to volunteer for the **Horfield Common Repair Café**. It is a much-loved resource here and without the help of a team of volunteers we would not be able to host this on a monthly basis. The next repair café is on **Saturday 17 June, 10am – midday**. If you would like to bring along any household or garden items in need of repair our volunteers will be happy to take look and offer their advice.

**June Events** – There are some great chilled-out community evenings planned here for June. There will be a bar open every Friday/Saturday throughout

June and on into the summer to enjoy a peaceful drink with friends, surrounded by the beautiful Ardagh gardens. Food pop-ups will be a regular feature of our relaxed mood – look out for details on social media – and more local live music. Just need to order in the sunshine!

### ACT regular activities and events

**Afterschool club** – Mondays, 3.30–4.30pm in the Wild Play area. Delivered by [www.theoutdoorsproject.co.uk/bristol/](http://www.theoutdoorsproject.co.uk/bristol/)

**Tai Chi on Court 2** – Tuesdays (10am, 11am) and Fridays (10.30am, 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 23).

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

**‘Sing and Sign’** – Claremont students host in the Garden Room (term time only and weather permitting) a fun

drop-in session from 11am – midday.

**Horfield Common Young Explorers sessions** – Thursday mornings (term-time only) in the Wild Play Area, 10.00am. Run by [www.hideawayforest.com/pre-school-young-explorers](http://www.hideawayforest.com/pre-school-young-explorers).

**Ardagh Food and Craft Market** – second Saturday of the month, 10am–3pm

**Horfield Common Repair Café** – third Saturday of the month, 10am – midday.

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

*Continued on next page ►*







► To keep up to date with events and news visit the ACT website or social media pages below.

### Ardagh Community Trust AGM

Thank you to everyone who came along to the AGM on Saturday 22 April 2023. It was a great opportunity to reflect back on all that the charity has achieved since being set up only 6 years ago! Bishopston & Ashley Down Councillor, Emma Edwards came to talk to attendees about a wide range of issues affecting the local area, parks, community assets, school streets and cycling to name but a few. She answered questions from the meeting about topics as varied as the new committee system for decision-making which will be in place at Bristol City Council from May 2024, CIL (Community Infrastructure Levy) funding and how this is allocated citywide, cycling, potholes and much more!

Thank you to all of ACT's trustees who are local people volunteering their time to lead and support the charity. Their contribution is invaluable and very much appreciated.

ACT has a couple of spaces on the board for which we are intending to recruit new trustees over the next 3-6 months. If you are interested in getting involved and supporting ACT into the future, please get in touch at [hello@theardagh.com](mailto:hello@theardagh.com). We'll send you the recruitment pack and further information as soon as it is available.

E: [hello@theardagh.com](mailto:hello@theardagh.com) | [theardagh.com](http://theardagh.com)

[f](#) [t](#) [i](#) [s](#) TheArdagh theardagh

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## 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.

**Contact us**

[welcome@stepandstone.co](mailto:welcome@stepandstone.co)

[www.stepandstone.co](http://www.stepandstone.co)



Are you a young person with learning disabilities?  
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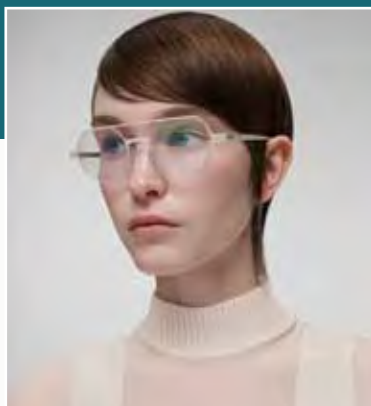
**Please call BHES to make an appointment  
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## Lunar Optical, over the moon with family business

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."



Jill

Killian

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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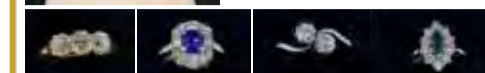
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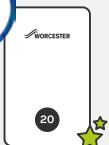


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# Circles in Garden Design

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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# Arts Trail

BS9 Arts Trail is sponsored by award-winning solicitors



**10-11 JUNE 2023**  
11am to 5pm Daily  
[www.bs9arts.co.uk](http://www.bs9arts.co.uk)



*One postcode...so much to see*

## BS9 ARTS TRAIL

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

Sponsored by VWV Solicitors

### 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.

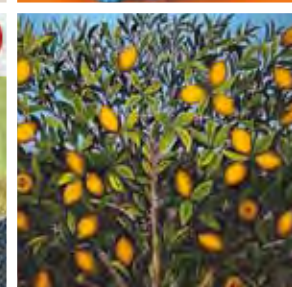
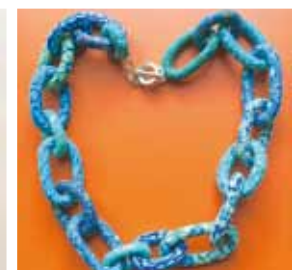
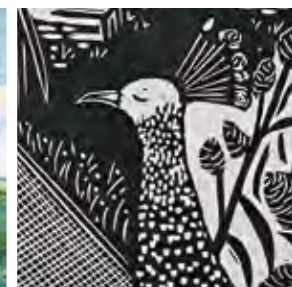
The BS9 Arts Trail is a community event that benefits enormously from the support of the BS9 community and local businesses, including our sponsor for this year's trail, VWV. Margrielle Blake, Associate at VWV commented: "VWV is delighted to sponsor the Arts Trail and continue to invest in our local 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](http://www.bs9arts.co.uk) or pick up one of our brochures from cafés, libraries and shops in the area.

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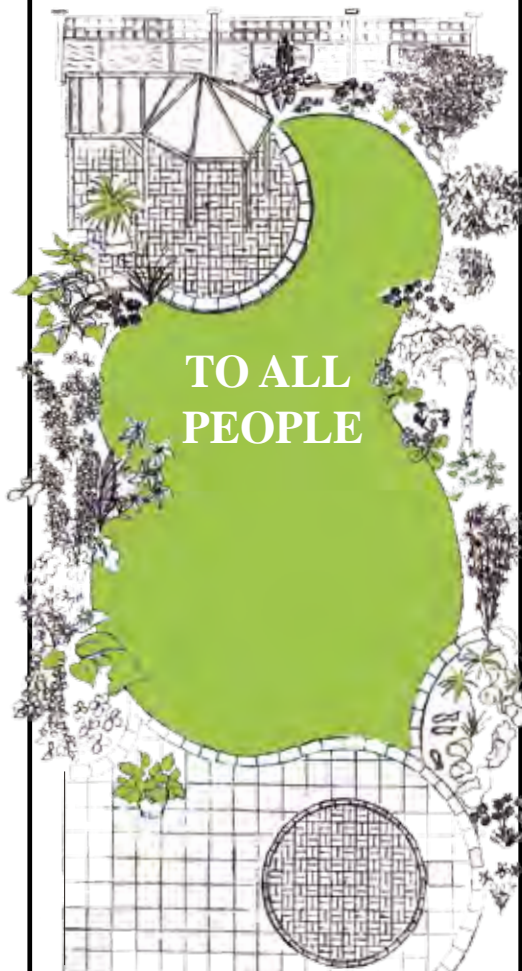
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## Clutter can be no laughing matter



Many of us have too many belongings, and we joke about our clutter but if it gets out of hand it is no longer something to smile about.

It is human nature to collect things. Belongings are part of our identity and bring much joy and happiness. Holiday mementos, photographs, ornaments, pictures, clothes, books etc. They all say something about your personality and are to be treasured. Yet when collecting takes over your home it can become a problem that causes anxiety, worry and frustration.

Piles of paperwork, cupboards, garages, and lofts full to the brim, or just a general overflow of clutter can turn into nagging chores that constantly play on the mind.

I have been running a declutter service for over 10 years and thankfully have seen many positive

changes in recycling. Recycling is at the heart of my service; it is a great resource and if an item can be recycled it is far easier to let it go.

Decluttering and reorganising your home is not about making a 'show home'. It is about managing your belongings and making your home an inviting, pleasurable place to live in and somewhere to feel proud of.

Whether you have hoarding tendencies or are just fed up with general clutter, help is at hand to get you motivated and free from clutter.

It may seem daunting at first, therefore FM DeClutter Services provides a friendly tailor-made service that works with you at your pace with empathy and understanding.

For further information, help, advice and solutions,

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#### MOVING HOUSE

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

#### HOUSE NOT SELLING LOW OFFERS POOR VIEWINGS

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

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

**FM DeClutter Services offer  
a tailor-made service  
to suit your needs**



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**Sakya Buddhist Centre**  
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### Discover Buddhism: Buddhist Meditation and Talks

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

Tuesday, 8-9pm

Wednesday 10.30-11.30am (simply meditation)

Saturday, 10.30-11.30am

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

For further info, email [bristol@dechen.org](mailto:bristol@dechen.org)



[www.sakyabristol.org](http://www.sakyabristol.org)  
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# RETHINK Menopause

**Women are unique  
Our menopause experiences are different  
At Rethink it's always personal**

### About Menopause Specialist Samantha Morgan

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

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

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

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

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

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



### What can you expect from a Rethink Menopause consultation?

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

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

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

**Talks** – Sam has delivered a series of sell-out local talks. Work is currently underway to make these sessions available as webinars, for people to watch in their own time at home. Please sign up for Sam's newsletter via the website, or follow her social media pages to be kept up to date with the launch.

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."

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.

### Get in touch

[rethinkmenopause.com](http://rethinkmenopause.com)

[@rethinkmenopause](https://instagram.com/rethinkmenopause)

I listen and understand a woman's experience and empower her with relevant information. My aim is simply to provide support, in whatever shape suits you best.



# 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 complementary 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 June 2023. Do get in touch to reserve your space or to find out more.



Jan Davidson



**E mail: [jan@jandavidson.co.uk](mailto:jan@jandavidson.co.uk)**

**Web: [www.jandavidson.co.uk](http://www.jandavidson.co.uk)**

**Mob: 07738 294171**

### Keep fit with Dance Moves

**Horfield Methodist Church, BS7 8SN**

Tuesdays, 10.15–11.15am

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

Tuesdays, 2–3pm

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

**Term starts on 10th January 2023**

For further information contact Eileen Scott,  
**T: 07969 929 733 / E: [scottyarto@hotmail.com](mailto:scottyarto@hotmail.com)**

### 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**

Live music with Morag & Bob to celebrate summer! 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.org.uk](mailto:susannah@temple.org.uk)**



### Marie Community Hub Summer Events



**May Day Market – 29/04/23**

**One Stop Travel Shop – 20/05/23**

**Wedding Fair & Market – 03/06/23**

**Festival Fair Market – 17/06/23**

**105 to 107 Gloucester Road, Bristol, BS7 8AT**

**A Capella singing for Square Food Foundation  
with The Chandellers  
and the Gasmen Collective**

St Peter's Church Hall, Henleaze, BS9 4LD  
on **Saturday 17 June**, doors open at 7pm.

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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.**



**adrianosbarberinglounge.co.uk**  
146 Gloucester Road, BS7 8NT

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

**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**



# Reasons to use Self-Storage

**Local self-storage business, Stashed Away, is open 7 days a week, 7am–7pm and ready to help with any of the below reasons for storage.**

**Run out of space at home** – Are you reluctant to cast aside the belongings you no longer use, especially if they are still in good condition? Putting them into storage provides another option.

**Moving house** – If you are moving out of your old home before moving into your new one to avoid losing a sale, your belongings can be safely stored.

**Renovating** – Areas can be cleared to protect furniture from dust or damage and valuables can be stored. Use your local self-storage facility, and come and go easily if you need any items you've stored.

**Traders** – Don't leave ALL your tools in your van; use our handy lockers so you can stash tools that are not used on a daily basis. You can pick them up with convenient access 7 days a week, 7am–7pm.

**Garden furniture and equipment** – Autumn arrives and it's time to put away all the garden furniture and equipment. You're not going to use any of the items for months so why not use self-storage?

**During a divorce** – Often in the madness and the emotional stress of a divorce, documents can get lost or go missing; self-storage can provide a locker for paperwork or a self-storage unit to protect the items that are yours.

**Working away** – You have been offered the chance to work away, maybe abroad, for a period of time. You want to leave your belongings behind for the duration of your stay away, but can't leave them at home.

**Students** – At the end of term you will need to change accommodation; self-storage provides an easy alternative to taking everything home. We can collect your items and deliver them back to your new accommodation ready for the start of your next term.

**Local business** – During seasonal times you may need to increase your stock; self-storage can be ideal for short periods of time giving the flexibility of extended space without increasing your floor space.

**Document storage** – Free-up office space. Storage can be shared within a secure shelved unit; we label each box with a unique code so we can withdraw the box for you quickly and efficiently, or private storage – a unit can be shelved to your own specification and is accessible 7am–7pm, 7 days a week.

**Drop off points** – Self-storage can provide a 'Drop Off' and storage point where persons can collect these items seven days a week, allowing businesses to operate further afield with reduced costs.

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**If you are looking for tenants then we would love to hear from you!**

**Email: d.j.short1993@gmail.com**  
**Tel: 07735 493227**





## Claremont School News

Last Christmas the School Council had a raffle to raise money. It was great fun collecting and organising the prizes donated by friends and local businesses (including *Bishopston Matters*), and pulling the winning tickets out of the bucket. After the event we had to decide what to do with the money we had raised.

Back in January, we asked everyone in school what they thought and together we voted. We chose to spend some of the money on a visit from Noah's Ark Zoo and their animals. In May, it finally happened! Several strange creatures were brought in for us to see. Some of us were brave and chose to touch the living creatures. Some of us felt the tickle of the stick insects on our bare arms and tapped the hard shell of the tortoise and snail. Those of us who were keen used the back of our hands to feel the long snake. But some of us quickly told the staff by directing our gaze away completely or towards the LOOK symbol not the FEEL symbol that we definitely didn't want to touch and we just wanted to use our eyes to observe.

The helpers from Noah's Ark brought the animals round slowly and calmly and told us facts about them. As well as feeling the snake we explored the skin it had already shed, it was fine, crinkly and fragile to touch. They also had an empty tortoise shell and some rhino skin plus the teeth of a hippo. All great things for us to explore with different textures and surfaces.

The zoo team visited both our Henleaze and Redland sites, and we invited students from Henleaze Juniors and Redland Green School to join us. They explored with us and together we did a smelling challenge as snails have a great sense of smell. We were tested to see whether we liked the smell of vinegar or vanilla. The visit got a thumbs up from everyone.

*Claremont School Council*



A scene from FHS's fabulous 'A Night at the Musicals'

## News from Fairfield High

**Fairfield is a good, ambitious school where pupils are happy and safe – Ofsted.**

Fairfield High School (FHS) is a nurturing school that is ambitious for the future of all students. That's the view of young people, their parents and carers – and also of the education watchdog Ofsted, which has given FHS another glowing report.

Following a two-day inspection in February, Ofsted says that FHS continues to be a Good school, with a "calm and purposeful atmosphere". Lead inspector, James Oldham, writes in his report: "Pupils are happy and safe. They feel that that staff are caring and respectful and ambitious for their futures. Parents say this too."

The school's leaders are praised for planning carefully what pupils need to know and when, and for their good use of assessment. "Teachers have the subject knowledge they need to teach the curriculum well." It recognised the strong contribution that the curriculum has on pupils' personal development; also, that "the curriculum helps pupils to develop an understanding of healthy relationships appropriate to their age".

In addition, support and teaching for young people with special educational needs is found to be a strength.

Mr Oldham says the leaders of FHS, which is part of Excalibur Academies Trust, are determined that pupils gain the knowledge and skills they need to succeed in life.

Principal, Amanda Bridgewater, said: "I am so proud of our whole school community for this wonderful

At the school's Community Iftar – Amanda Bridgewater (second right) with Anilla Khan, Assistant Director of Science & organiser of the event (left) plus students



report, which includes so many positive comments. The inspectors have recognised the unique qualities of our school, where young people are able to thrive in their learning and development because they feel safe, are happy and have confidence in the adults around them."

**FHS held its first Community Iftar** with great flair and success, as multi-faith speakers shared their experiences of fasting in their religion. The Iftar, postponed since before Covid, saw Fairfield students, their families and guests come together to create a truly magical event, including dates/water and a delicious meal at the breaking time of fast, 7.39pm.

The influential speakers, who represented the Muslim, Christian, Jewish, Hindu, Sikh and Humanist faiths, each gave a warm and passionate address.

Anilla Khan, organiser of this event and Assistant Director of Science at FHS, comments: "I am so proud that, after years of hard work, our vision has become a beautiful reality. We would like to thank the many individuals and companies for their collaborative efforts, in particular Sweet Mart, Pak Butchers, Brunel Associates and Tesco for their generous food and monetary donations. I can say with confidence that this will be a firm date in the Fairfield diary, further demonstrating the school's commitment to its community and inclusivity."

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# News from Bishopston & Ashley Down & Redland Councillors

## Bishopston & Ashley Down ward

**Concorde Way and Station Rd** – While work on Ashley Down station carries on at a pace, we are upset to hear of the disruption the work has been causing at antisocial hours. We have been in touch with the neighbourhood engagement team, as well as the project managers to discuss these issues. There will be another public engagement session coming up soon where you can voice your opinion. We would like assurances that efforts are being made to keep the disruption of noisy trucks and work to a minimum.

Emma has now passed on all complaints about the closure of Concorde Way to the mayor, who has said that no changes can be made. We want to continue to challenge this assertion, especially as the current route is dangerous for cyclists and pedestrians. We fully intend to challenge this and call for more options for cyclists who use this route to commute.

**Muller Road** – A lot of people have been in touch regarding Muller Road and when it will be reopened. We have been assured that the works will be completed in July at the latest, and that delays have been primarily down to weather. Emma has been working with officers to look at ways to stop cars driving on the green at the bottom of Springfield, and has also raised concerns about the overgrown hedges on the pavement opposite.

**Cricket Ground News** – Emma recently attended the community engagement meeting at Gloucester Cricket Ground, where she was delighted to discuss issues with local residents regarding the ground. There was discussion about potential changes to the FLUMP and residents were able to ask questions about their concerns regarding the flood lights. Emma also discussed future solutions to transport regarding the cricket ground, and whether or not a shuttle bus might be an option in the future. While nothing is confirmed yet, watch this space!

**Green light for The Ardagh** – We are both delighted to hear the news that the Council have decided to transfer the lease of the bowling club to The Ardagh Community Trust (ACT). This move means that The Ardagh is now eligible to apply for major funding to help grow and develop the site. We, along with previous Green councillors, have been supporting The Ardagh in getting this change.

The decision is the conclusion of a lengthy consultation and decision-making process by the council, which resolved a number of the complex, licensing issues connected with areas of the site previously outside of ACT's lease. Lack of clarity about the ongoing maintenance and management of those areas was preventing the charity from being able to progress with much-needed improvements to the site.

ACT has ambitious plans – informed by hundreds of local people over the last five years, which include a Changing Places facility, improved courts for multisport and events use, improved access and egress and ongoing improvements to the public gardens and play facilities. This change does not mean the bowling club will have to close, and can still operate for members under the new lease. We are delighted that a solution has been found that can suit everyone.

**Cllr Emma Edwards, Green Party**  
[cldr.emma.edwards@bristol.gov.uk](mailto:cldr.emma.edwards@bristol.gov.uk)

**Councillor Lily Fitzgibbon, Green Party**  
[Cllr.Lily.Fitzgibbon@bristol.gov.uk](mailto:Cllr.Lily.Fitzgibbon@bristol.gov.uk)

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

## Redland ward

**Redevelopment of former NEG site on Berkeley Rd rejected** – Residents have been concerned about the proposed redevelopment of the site at 102 Gloucester Rd and the application was 'called in' by Martin so the planning decision would be made in public by a planning committee. This allows statements to be tabled and made in public forum by residents so they will be taken into account during the discussion. Two residents and Martin spoke at committee about various concerns about overdevelopment, parking, overlooking of the library flats, protection of street trees – including the one sponsored by residents – and the need to avoiding lengthy closure of the pavement during construction. Committee members were very concerned about space standards and overall density of a seventeen-flat development, road safety regarding the access for the filling station opposite, and overlooking. They compared it to the current permission gained quite recently for nine flats with retail and office and included. After a lengthy discussion the committee would not approve the proposal despite a recommendation from officers to accept the plan. They rejected it despite advice from officers that the concerns had to be balanced around the various government policies and none merited full rejection. There will now be a follow-up report to the next committee meeting which may or may not then be advised to approve it.

**New smoke controls to be introduced** – We've had notice that in the near future new smoke control regulation enforcement will be introduced in the city. Using new powers it is likely that the council will begin to clamp down on unauthorised solid fuels and the use of non-approved appliances (e.g. stoves or open fires). We recognise growing evidence of the harm small smoke particulates are causing to public health and if there's action the council can take to

reduce damaging smoke this could help those with breathing difficulties.

**Lack of funds for Area projects** – Most years we remind community groups about the lead-in process to the allocation of developer funds to local projects. This is the percentage of the sum eligible developments pay called Community Infrastructure Levy or CIL which comes to our local Area. The rest is held centrally by the mayor. We usually invite project ideas. Sadly, we have had news that due to optimism and overallocation last autumn and the slowing of developments in the city we have no confirmed funds in the pipeline at present! Until more development projects get underway and make their CIL payments there won't be even the modest budget we usually have for councillors in our part of the city to allocate. As councillors we have no other discretionary funds at our disposal at present so we're sorry to say this means no money for new road safety, play or other community building projects.

**U-turns on promised inquiry into SEND 'spying'** – The mayor promised to hold an independent inquiry into the scandal of SEND officers 'spying' on parents of children with special educational needs and disabilities. However, he recently stated he is no longer planning to commission the investigation. We know this will disappoint many people who expected the inquiry.

We share this concern that the mayor appears to be abandoning the commitment, which was supported by all parties at Full Council. We believe the saga seriously damaged the council's reputation and its relationship with parents and guardians of SEND children. We need an impartial investigation so that lessons can be learned. Greens will work with other parties to do everything within our power to ensure there is an investigation.

**Footway maintenance** – Most of the ward's pavements are being 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. The way loose debris is being blown off the footway could also affect parked cars so do consider moving yours. Let us know if you have any issues.

Cllr Edwards (middle, left) with Sam Thompson, Chief Exec Officer of Ardagh Community Trust (middle, right).



**Trade bins on Gloucester Road tidied** – Residents have been in touch with us about the ongoing problem of commercial bins crowding the pavement areas of Gloucester Road. We know that timed collections have been trialled in the city centre and may get rolled out into our area but in the meantime, we've asked enforcement officers to focus on the area more. Whilst some shops have no option other than to store their waste outside their premises, we are trying to ensure that this is kept to an absolute minimum as too many commercial bins are not only unsightly but can clog the footway up for wheelchair users and prams. With very few officers on the ground however, it's a long and slow business! We're keeping an eye on unlocked and overflowing trade bins that haven't been dealt with yet.

**Pothole problems** – The impact of winter and reduced road maintenance is sadly visible across the city. We're worried about how this affects road safety, and the condition of streets like Cheltenham Road is dire, as only the largest potholes are being fixed. Martin raised this at a recent meeting of the Cabinet who approved extra government funds for road maintenance. Do remember to report any damaged roads and pavements via the council website. The Residents' section has a page for reporting all types of street issues, from potholes to blocked drains and abandoned vehicles. It's always helpful to get problems lodged in the maintenance and inspection system as soon as possible. Until a pothole has white lines painted around it, it may not be due for repair.

**Reduced opening at household recycling centres** – We're sorry to report that, following service changes, the household reuse and recycling centres won't now be open 7 days a week. Please check before making a trip to see which one will be open – each will offer a different 5 days a week service and you should still book online to reserve an entry slot at [bristolwastecompany.co.uk](http://bristolwastecompany.co.uk). There are also now charges for disposal of DIY waste.

**Fi Hance, Green Party**  
[cldr.fi.hance@bristol.gov.uk](mailto:cldr.fi.hance@bristol.gov.uk) / 0117 3534720

**Martin Fodor, Green Party**  
[cldr.martin.fodor@bristol.gov.uk](mailto:cldr.martin.fodor@bristol.gov.uk) / 07884 736101

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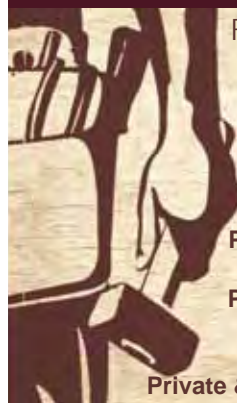
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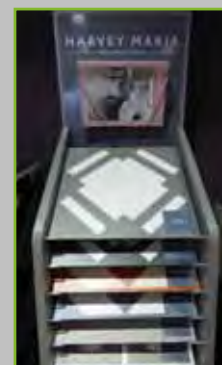


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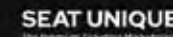
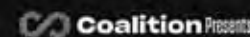


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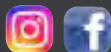
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