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issue 170, Sept 2023



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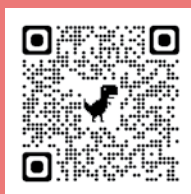
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Dear Readers...

Welcome to the September issue – I hope you have enjoyed the summer holidays, whether home or away. As you can see from the front cover, a highlight in July for me, was meeting Gardener's World presenter Joe Swift, when he came with a film crew to visit The Ardagh Gardens. It is great to see the wonderful work this community trust carries out, with the support of many volunteers, being recognised by the national TV show.

One of the community partnerships the Ardagh grows fresh vegetables for, is Family Food Action. This important local charity is hosting an open day on Tuesday 19 September. Do get along to find out more and enjoy the entertainment and refreshments.

Goldenhill Community Garden invites everyone to celebrate their Harvest Fair on Saturday 23 September, 1–4pm. Our family love visiting this community space, where there is always plenty of out door fun, and delicious pizza to be had!

At the end of last term, I spent an enjoyable afternoon watching Year 2 Ashley Down pupils perform their end of year show.

Family fun day – Party in the Park 2023 takes place on Saturday 16 September at the Goldenhill playing fields. There is live entertainment throughout the day with a finale firework display in the evening! Bishopston Matters is pleased to be sponsoring the Horsey Hoppers event again this year.

If you are looking for a new challenge this autumn, do get along to one of the Pigsty Morris taster evenings on Gloucester Road at the end of September. The Bristol Gilbert & Sullivan Operatic Society are also looking for new members.

There are some great Reader Offers thanks to featured businesses; please see page 47 for a full list, and do make the most of them!

All this and many more updates from local groups and details of local activities.

Kerry x

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For more than 30 years, The Childrens Hospice South West (CHSW) has been dedicated to helping local families make the most of short and precious lives.

The charity has three hospices across the south west, supporting more than 500 families; Charlton Farm near Bristol supports more than 200 local children and young people with life-limiting conditions and their families with a range of free services, all available 24 hours-a-day, 365 days-a-year.

Support for the whole family includes short breaks; specialist medical, palliative, emergency and end-of-life care; play and music therapy; activities for siblings; and bereavement support. During the Covid pandemic, the charity adapted its care model to extend support to families' own homes.

When Noa died at Charlton Farm in November 2018, aged three months old, the care, compassion and support the family received from the hospice helped give them the time and space they needed to say goodbye. Here mum, Jo explains why the family will be forever grateful to Charlton Farm for the vital help and support during Noa's life and after she had died.

"Me and my husband, Jim and our daughters Nellie, aged 3 and Ada aged 1 love coming together to visit Charlton Farm and reflect on the memories that we had with Noa. One thing that we love about the support at Charlton Farm is that, despite our girls not being born when Noa was here, members of staff have built lovely relationships with them to help them process and understand grief, having lost their sister they never met. It's incredible how they intentionally want to help support your grief for a long time after, even though our time there was so brief."

"We visit Charlton Farm every year on Noa's anniversary which is really special for us, and maybe that won't be a forever thing, but now, while the girls are small, it's really great getting



to take them somewhere specific where they get attention and we get to mark Noa's anniversary and somewhere she actually was. Our favourite place is the trees in the garden where we take photos, because that was the first place Noa was properly outside in her life."

Jo has recently welcomed her fourth baby girl and the family look forward to continuing to share precious memories made with older sister Noa.

CHSW needs around £11m a year to run its three children's hospices, and around 85 per cent is raised through voluntary donations. Their promise is to 'make the most of short and precious lives across the South West'.

If you have been inspired by this story and would like to support CHSW by perhaps arranging your own fundraisers, or you are a community group that would like a representative from the charity to come and provide a talk, please do get in touch by ringing **01275 866600** or email reception.cf@chsw.org.uk

Check out <https://www.chsw.org.uk/events> to find out in so many ways how you can help.

Greenhouse Learning celebrates 2 years thriving on Gloucester Road

Greenhouse Learning, a local academic tuition company, is celebrating nearly two years in their office at 84 Gloucester Road. The decision to establish a physical location stemmed from their desire to foster collaboration among their staff and build a stronger team. The prime location on our High street, favoured by the owners Rachael and Chin Tan, has proven to be an excellent choice.

Since setting up their office, the business has thrived. Rachael shared, "We have seen explosive growth over the past two years, helping more students than ever before; we have now supported over 1,000 students, something we are very proud of".

The pandemic has given rise to a new mental health crisis, and many students are struggling to engage with the school system. As a result, schools increasingly turn to Greenhouse Learning for one-to-one support, particularly in core subjects. Their personalised approach has led to remarkable transformations in students, and the team finds great reward in witnessing their progress.

An important milestone for Greenhouse Learning was becoming an Approved Tuition Partner on the government's National Tutoring Programme at the beginning of the year. This accreditation has allowed

them to reach and support even more students, either through one-to-one tutoring or in small groups.

Despite facing challenges during the lockdowns, the team at Greenhouse Learning are grateful for their perseverance. They attribute much of their success to their dedicated staff members, Natalie, Arfynna, and Education Consultant Naomi, who are all passionate about making a positive impact on young people's lives. The team of tutors also deserves lots of praise for their amazing work, building rapport with their students, acting as mentors and really helping them to thrive.

Looking ahead, Greenhouse Learning is excited about the future and eager to continue their mission of helping students thrive academically. To learn more about the tutoring services do get in touch.

Visit: greenhouselearning.co.uk

E-mail: office@greenhouselearning.co.uk

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Left to right: Rachael Tan, Natalie Bucknall & Arfynna Binte Sariman

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surrounding communities. Visitors can enjoy stalls with things to do and buy, information from local businesses and charities, and food to suit all tastes including vegetarians and vegans. There will be entertainment ranging from inflatables to demos from local groups, and fabulous live music all day. *Bishopston Matters* is always pleased to sponsor the Horsey Hopper activity.

Party in the Park raises money for Golden Hill Sports, a charity providing opportunities for all our community to play cricket and football, including boys and girls of all ages, men and women.

Visit www.goldenhillsports.com

or social media: @GoldenHillICC

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Sourdough September & new Sweet treats



2023 marks the 10th anniversary of the annual, international Sourdough September, the month genuine sourdough and the people who make it are celebrated. Joe's has a good range of much-loved sourdoughs available every month of the year, but in September, they will be adding some new ones, as well as bringing back some firm favourites such as **Turmeric, Nigella & Chilli Sourdough** – Joe's Mild White Sourdough with Chilli and Turmeric, topped with Nigella Seeds – perfect for soups, stews and cheeses!

Always striving to deliver the best bakes to their customers, do make sure you try these stunning new sweet, treats. **Pistachio Croissant** – butter croissant filled with pistachio crème and topped with pistachios. **Lemon Meringue Doughnut** – doughnut filled with lemon creme, finished with lemon drizzle and crushed meringue. **Strawberry Bomb** – doughnut filled with fresh glazed strawberries.

Looking ahead to October and **Halloween**, there will be no tricks, but plenty of treats – monster cupcakes, ginger bread mummies, Frankenstein's monster and cobweb doughnuts! Keep an eye on Joe's socials for info on more new products.

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News from the Goldenhill Community Garden

Hi folks,

As our squashes ripen and our grapes turn purple and summer season starts its last hurrah it's time for our **Harvest Fair! Saturday 23 September! 1-4pm!** £2 suggested donation for adults and £1 for children, or free if you like! As I'm writing this in early August, it's still in the planning stages but we're hoping to have **live music, delicious cake, pizza fresh from the clay frog oven, veg monster creation, pond dipping, giant games** and if the summer has been kind to the apple trees we might be able to get the apple press out and get juicy! Check our website or Facebook page for up-to-date details.

It's a new term here for our afterschool clubs and toddler groups – we've currently got no waiting list for our **toddler groups** so please get in touch if you'd like to come along on **Tuesdays or Fridays 10-11.30am** for playing, digging, harvesting, singing, crafting, pond dipping, exploring and connecting with nature. We take bookings by the term, and it works out at £8 a session and we also have £6 lower cost places and some free places put aside in case money is a barrier to you coming to the garden. A previous attendee said: "It's the highlight of his week... and mine!" Also grown-ups are very welcome to bring children along to our **open access volunteering day on Wednesdays – there is no need to book or pay and we're here 10am-4pm.**

Last term we said goodbye to our fab Duke of Edinburgh volunteers. Having teenage volunteers along really helps make our clubs amazing! From master minding playing games like in real-life computer games, to being on hand to give nervous Year 6s solid advice about secondary school and generally being all round excellent role models.

Arty date for your diary!

The much-loved North Bristol Art Trail will take place on 25-26 November 2023, with previews on Friday 24 in selected venues. A fantastic opportunity to meet local artists in their homes, studios and shared venues. Learn about their craft and treat yourself to original art, jewellery, ceramics, gifts and more.
www.northbristolartists.org.uk



We have space for new **D of E** volunteers on Mondays, Tuesdays and Thursdays 3.45ish-5.45pm – so if you know any Year 8s or above who'd like to come along, play games, help build dens and be heroes to our primary age after school club kids, then they can get in touch at ghcgarden@gmail.com.

And now is a great time to get involved at the garden – we have loads of delicious harvest ready every week that's taken home and munched by our Wednesday volunteers. Anyone is welcome along and we show new folks around at 12 or 2.30pm, or just come when you can. No need to stay all day or come every week and there's always a range of jobs to suit everyone.

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com

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

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Wildflower Meadow Turf

Lush, vibrant, and teeming with life, wildflower meadows have long captivated our imaginations with their natural beauty. These enchanting landscapes not only bring joy to our eyes and a touch of serenity to our souls but also play a crucial role in supporting biodiversity. Sadly, the loss of meadows in the UK has been a growing concern in recent years. However, there is hope, as the use of wildflower meadow turf offers a practical and sustainable solution for reintroducing these precious habitats into our gardens.

After using their products for a few years, we have recently become an accredited partner of Wildflower Turf Ltd, a British family-run business, and an established and respected player in the UK wildflower market.

As well as a Species Rich Turf that is suitable for city spaces, they also provide an option for creating a low growing wildflower meadow. With a maximum height of 30-40cm, this turf is a versatile choice that can be managed in different ways to suit your needs. It can be regularly mown each month during the growing season, creating a springy, scented green carpet. Alternatively, it can be allowed to grow to maturity, with an annual cut in September. Due to the nature of wildflower turf, it can be laid in your garden and immediately starts putting down roots, creating a meadow far quicker than seeding can. Using seed has of course many benefits, but can take years to perfect a meadow.

The revival of meadows brings forth a multitude of benefits, both for us and for the surrounding ecosystem. Wildflower meadows provide a rich



Freshly laid Low Grow Meadow Turf

source of nectar and pollen for bees, butterflies, and other pollinators, aiding in their survival. These habitats also attract a wide array of insects, which, in turn, act as a vital food source for birds and small mammals, fostering a diverse and thriving web of life.

Even in the confines of urban environments, we can create pockets of natural beauty by incorporating wildflower meadows into our gardens. Whether you have a large or small outdoor space, there are options available to suit your needs.

Wildflower meadows can be particularly enchanting when used around ponds, attracting wildlife and adding tranquillity. The variety of flora in freshly laid turf quickly start standing up after a day or two of watering and include plants such as; Chamomile, Thyme, Kidney vetch, Lawn daisies, Lemon balm, Marjoram, Red, White and Strawberry clover, Salad burnet, Toadflax, Wood sage, Sheeps fescue, Sweet vernal and Quaking grass, to name but a few.

While perennial wildflower meadows are relatively drought-tolerant, extreme temperatures may cause them to set seed and die back more quickly. However, you can take comfort in knowing that they will re-emerge with vigour the following spring.



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Ali



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SADOWSKI HAIR SALON

I recently had the pleasure of enjoying
a blow dry at Sadowski Hair Salon,
based at the top of Muller Road.

I was warmly welcomed by owner,
Tomasz Sadowski. After being
seated, I was treated to a short neck
and shoulder massage; Tomasz says
this is an introduction he never misses
(unless at the client's request), as it
relaxes people on arrival. I then had
my hair washed and conditioned with
the best products to suit my hair (from
the Alterna and Innersense Organic
Beauty range). Before the conditioner
was washed off, there was a second
treat of a head massage.

I have curly locks that can be tricky
to deal with, but thankfully Tomasz
is a curly hair specialist. He applied
products while explaining their
benefits. I was able to relax while
Tomasz took his time blow-drying my
hair in the perfect way to create, light,
bouncy, defined curls – what a treat!

It was interesting to chat with Tomasz
and learn about his 20 years in the
hairdressing profession. Originally
from Poland, the UK has been his

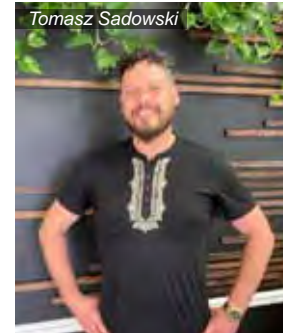
home for some time now, fine tuning
his skills in salons within London,
Cardiff and Bristol.

Sadowski's is his first salon in this
country; his enthusiasm for his work
bursts out when he talks about his
plans for the future and expanding in
to neighbouring shops when the time
is right.

After only being open for a few
months, Tomasz was over the moon
to learn he had been nominated for
*Best Salon in Bristol Retail Business
Awards 2023* – fingers crossed for the
win!

Tomasz is a colour specialist too; he
took a colour degree in London. With
a wealth of experience in all aspects
of hairdressing, he is also happy to
apply extensions, and enjoyed
working with a wedding magazine on
photo shoots.

Tomasz's obvious passion for the hair
industry, along with his warmth and
dedication to customer care, makes
Sadowski's a great place to be. The
friendly salon welcomes women, men
and children.



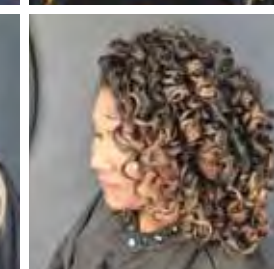
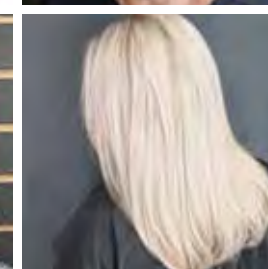
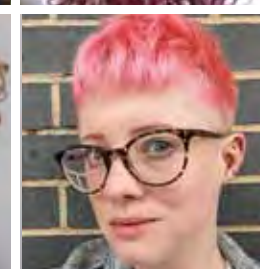
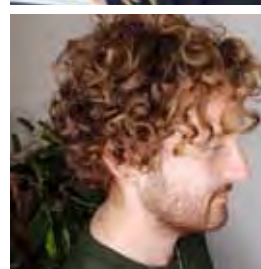
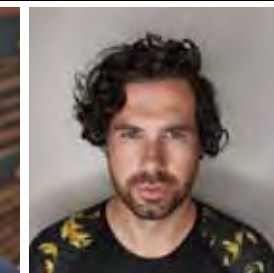
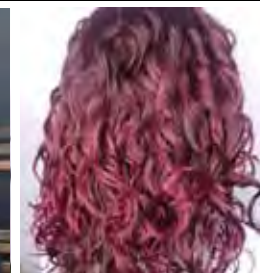
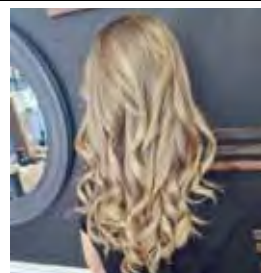
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Sadowski Hair Art



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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. Get in touch to book in.

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 January 2024. 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
121 Somerville Road,
St Andrews BS6 5BX
0117 924 4424
bristol@dechen.org

Discover Buddhism: Buddhist Meditation and Talks

The Centre is currently running the following weekly classes:

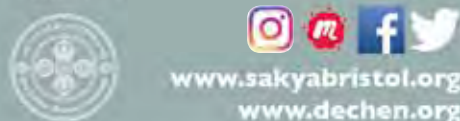
Tuesday, 8–9pm

Wednesday 10.30–11.30am (simply meditation)

Saturday, 10.30–11.30am

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

For further info, email bristol@dechen.org



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Sat - Sun 8am - 1pm



RETHINK Menopause

with Menopause Specialist
Dr Sam Morgan



What can you expect from a Rethink Menopause consultation?

Appointments are always with myself, Sam – BMS accredited menopause specialist doctor. Lasting 45–60 mins, we will have time to go through all your questions.

Appointments are face to face in BS7 (just off Gloucester Road) or via video link to your work or home, according to your preference.

Online booking is available through the website, and if you have any questions in advance please email: info@rethinkmenopause.com.

You'll be sent a link to complete a form about your medical history in advance of the appointment, and in addition have the option of uploading a symptom checker or other documents like blood results to your Rethink record.

We'll look at your sleep, nutrition, movement and rest. We'll assess your cardiovascular and bone health. If needed we can arrange blood tests and other investigations.

Together, we will develop a plan to address your symptoms effectively. This may involve various approaches, including:

- Starting HRT
- Optimising HRT already being taken
- Adding in testosterone
- Using non-hormonal medications
- Lifestyle support – sleep optimisation, nutrition advice, strength training
- Breathing exercises & yoga

You'll receive a letter summarising the consultation, with links to more info, and your GP will be kept fully up to date too.

Rethink aims to ensure you have all the resources and support you need to make informed decisions about your health and wellbeing at menopause.

rethinkmenopause.com

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COTHAM SCHOOL OPEN EVENING

27th September 2023 - 6.30pm to 8.30pm

Open Mornings also available on:

05, 17 and 18 October, 14 November, 06 December 2023 between 9am and 9.45am

See the admissions section on our website for more information

www.cotham.bristol.sch.uk

Achievement - Diversity - Respect

A fabulous finale to the term end at Cotham School

The penultimate week of term saw the culmination of six months of hard work from the students at Cotham School where, over three nights, we performed our whole school show for 2022/23 – Matilda!

This really was a whole school celebration, with 98 student performers including lead roles taken by students in Years 7 to 12, a band made up of staff from across the school, set elements designed and built by the Year 7 Art Club and our fantastic site team. It was an incredible way to end the school year and was fantastic to welcome over 500 family members and friends into the school to enjoy some live theatre.

The students worked tirelessly learning songs, choreography and blocking. They approached the process with creativity and professionalism throughout, resulting in a show enjoyed by all.

Beyond everything, the most wonderful element was the fun that everyone had and the friendships that were built between students from different year groups. It is this that makes a school show such an important and wonderful event.



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FOOD SHOP – New venue | Takeaway or Eat-in Food/Coffee

New home – It is always wonderful to see an independent expanding into bigger premises and the potential this opens up. Food Shop owner Darren, is delighted with their new home at 57 Gloucester Road (from Overton Road). The venue has enabled the shop to install an ice-cream freezer, extend their Italian and Mexican sections, and increase the range of wines and spirits they offer. The new space however offers a great deal more than that.

Delicious take-away food & coffee – Food Shop now has the capacity to offer sublime toasties and sandwiches, all on sourdough, with a range of fillings taken from the fine ingredients they supply. You can also pick up a delicious coffee. Purchases can be enjoyed in the vibrant store or taken-away.

New cheese counter coming

As you can see from the photo, owner Darren is taking the product research for the new cheese counter seriously! Due to popular demand, from this September, you will be able to buy pieces of your favourite local and South West sourced cheeses by cut weight.



If you haven't visited yet, do give yourself a treat soon!

57 Gloucester Rd, BS7 8AD | foodxshopx.com

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The most amazing food in Bristol. So much care and preparation goes into creating the food. Even the rice takes days of preparation. Beautiful atmosphere in the restaurant. Clean and good for the soul. The finest saffron used from the origins of Iran. I could not recommend anywhere better than here. Everything is made on the premises, even the bread is fresh. 10/10.
L Barnez

Read more 5 star reviews on Google

Divine Ceremony

The celebration of a lifetime

Reaching Out as the Nights are Drawing In

We've thoroughly enjoyed a busy

summer with lots of exciting new beginnings. Now that the nights are starting to draw in, we're looking forward to the introspective energy of autumn and all that means for the next phase of our business, which is all about expansion and growth.

As many may already know, Lorna Sylvester-Utley, an integral member of our team for nearly four years, left Divine in May. We thank her sincerely for all the brilliant work she's done and wish her all the best for the future.

In July, we were joined by Ruth Sidgwick, Bridget Grew and Lisa Clarke, all of whom are great additions. It really is brilliant to have them on board, not least as this month we're running a series of events around more choice in the funeral industry.

We kick things off on **7 September with a pop-up North Bristol Death Cafe** at the St Paul's Learning Centre, 94 Grosvenor Rd, BS2 8XJ, 6.30–8.30pm (note it will return to The Sanctuary the following **Thursday, 14 September**, at the usual 7–9pm).

Contact Ruth for more information: ruth@divineceremony.co.uk or 0117 9049786.

As ever, it's a chance to talk about death and dying in a safe and welcoming environment, this time within an important, neighbouring community. Head to our website for more details of other events, which will include a workshop on composing your own funeral and an interactive book reading by performer and celebrant, Liz Rothschild.

The aim is to raise awareness of what we do here and why, to better support people from all walks of life to make informed decisions about death and dying. Because the more people know about what their options are, the greater their capacity to choose what's right for them. And we firmly believe people have the right to choose.

Find out more on the events page of our website.

Dee Ryding – Founder of Divine Ceremony



How being charitable can reduce your inheritance tax bill

What are the basic rules of inheritance tax?

In the UK, inheritance tax is charged at a rate of 40% on assets (including money, property, possessions and investments) held over certain thresholds:

Every individual has a 'nil rate band' available to them, meaning you can have up to £325,000 of assets in your estate that will not be subject to inheritance tax. For married couples and civil partners, any unused portion of the nil-rate band can be transferred to the surviving partner, potentially doubling the tax-free allowance to £650,000.

In addition to the nil rate band, if you are leaving your main residence to direct descendants (children, including adopted, fostered or step-children or grandchildren), individuals are allowed a residence nil rate band of £175,000 each.

Assets held over these amounts (where applicable), will be subject to a tax of 40% which is paid to the government from your estate on your death.

It is possible to reduce the size of your estate through various legitimate means to reduce or eradicate the potential inheritance tax liability.

One of the ways to do this is through gifting. Everyone is entitled to gift a certain amount of money away each year, and more when there is a special occasion such as a close family member getting married for example. Another type of gifting is legacy giving.

What is legacy giving?

Legacy giving, also known as charitable bequests or planned giving, refers to the act of designating a portion of your assets, property, or financial resources to a charitable cause or organisation upon your death. It is a deliberate and thoughtful decision made during the estate planning process – stipulated in your Will, ensuring that your core values and passions continue to flourish even after you are no longer present.

The UK has a long history of philanthropy, with many of our most esteemed institutions, cultural landmarks and charitable organisations owing their existence and continued growth to the generosity of legacy gifts.

Legacy giving contributes to the preservation of culture and heritage, empowers charitable causes, impacts innovation and progress in an enormous amount of sectors, allows donors to build a lasting meaningful legacy and it can also significantly influence your inheritance tax liability.



How does legacy giving impact inheritance tax?

When you leave a gift to charity in your Will, you are not only helping causes you care about, but it can also reduce the amount of inheritance tax your estate will owe overall. When you donate at least 10% of your estate to charity, the rate of inheritance tax paid on the remainder of the estate (above the thresholds available to you) is reduced from 40% to 36%. For some people, this can have a significant impact on the tax loved ones will have to pay from their estate and so legacy giving becomes an important part of inheritance tax and estate planning.

If you would like to learn more about legacy giving or any other strategies to mitigate your inheritance tax burden, please don't hesitate to get in touch.

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 or if you would like us to complete a complementary inheritance tax review, call **0117 3636 212** or email office@haroldstephens.co.uk.

Free advice – Search 'Harold Stephens IFA' on YouTube for later life financial planning tips.

www.haroldstephens.co.uk

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MS Society Bristol & South Glos welcomes new members

The MS SB&SG are a friendly bunch, who meet each month to socialise and support each other, they also organise fundraisers.

Join the team! The local group are looking for new volunteers to join their friendly team. There are different roles available so you can work within your own skill set and interests; please email to register your interest.

Citizen's Advice Bureau – MS SB&SG part fund a representative from Citizens Advice to support local MS sufferers in claiming their full entitlement and completing the necessary forms.

Monthly Social – Anyone touched by MS is invited to attend the local MS Social on the last Wednesday of the month, 6.30pm at The Beehive, Wellington Hill West, BS9 4QY. The Society provides refreshments and it is a great opportunity to connect with the community. Do get in touch for more info.

Email: bristol@mssociety.org.uk



MS Society: Bristol & South Gloucestershire Group




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NEW AIR BNB SERVICE



Little Bathroom & BOILER Company

Sharing 25 years of experience with their customers

Despite their name, this local business situated at 32 Gloucester Road North (BS7 0SJ), can take on large jobs too. One example of their larger projects is a three-storey house in Redland where they fitted a new heating system earlier this year. The owners were sick of always being cold and, with energy prices at the forefront of their minds, contacted LBBC to advise on how to improve the heating system in their home. LBBC owner, Jamie, assured them that, with the right products installed, they could be warm without an increase in their energy bills.

Jamie shared, "When people think about heating, they think about the installation of boilers and radiators, but an experienced heating installer can offer so much more."

Jamie thrives on problem solving and delivering the best solutions and products to his clients. After visiting the Redland property and discussing the owners' needs – working in the basement during the day, living on the ground floor after school and sleeping on the top floor at night – Jamie proposed a complete overhaul of the heating system, including zoning of the whole house. This meant that the heating comes on at different times across the different floors to reflect the varied occupancy. The owners are delighted as they can now enjoy being toasty without increasing their bills.

Jamie went on to explain that zoning is not always done by floor but can be used to separate areas such as a new extension, where the insulation will be of a higher standard and less heating is required.

When it comes to smaller jobs LBBC applies just as much care and thought. They have recently launched a new service to help clients future-proof their home without compromising on design. The installation of a comfort height WC, an unobtrusive grab rail or an anti-slip shower tray can all provide much-needed support without the use of more conspicuous aids.

Do get in touch with your Little or Large project.

www.littlebbc.co.uk | 01179 792 860



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Come dance with Pigsty Morris

Pigsty Morris have enjoyed a busy summer of dancing in and around Bristol. The local team take their name from Pigsty Hill on Gloucester Road, where they practise during the winter months. The dancers made an early appearance in their warm winter kit in January, dancing at wassail celebrations in Thornbury, Hillfields and our local Horfield Organic Community Orchard.

Their main dancing season started on May Day at 4.30am on Brandon Hill, where they met with other local teams to dance at sunrise. This is always an exciting time for new members as it's their first dance out in public. Mayday was a long day for Pigsty Morris who didn't finish dancing until late afternoon at St Werburgh's City Farm May Festival.

The summer unfolded with dances at local pubs, and folk festivals in Bradford on Avon and Priddy. They also took part in a 24-hour non-stop music and dance event to raise money for local charities.

As we look ahead to the autumn, Pigsty Morris are inviting new dancers to join them.

They are holding two hour-long taster sessions on **Friday 29 September and Friday 6 October, 8pm at the Kelvin Player's Hall on Gloucester Road, BS7 8NY**. Pigsty Morris are an adult mixed gender group, dancing in the Cotswold Morris tradition.

For more information visit their Facebook page: PigstyMorris, or visit www.pigstymorris.org.uk

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 19th September 2024

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

Local performing group looks for new members

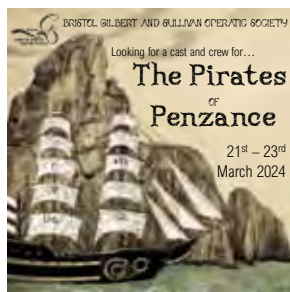
Start a new hobby, or revive an old one, with BGSOS!

Local performing group, Bristol Gilbert & Sullivan Operatic Society, is looking for people to join their ranks. The current membership includes people of all ages – from age 8 to 80 – who get together regularly to sing, act and socialise.

Chair Hannah Long, is passionate about the society, "It's a really friendly group who aren't just great performers, we are also great friends." Along with a professional orchestra, BGSOS is looking forward to its next production of *The Pirates of Penzance* at The Redgrave Theatre in Clifton in March.

BGSOS rehearses at Saint Teresa's on Gloucester Road in Filton on Tuesdays from September. BGSOS is looking for performing members, scenery builders, costume developers and technical volunteers. You can also support us as a society friend.

For details about all our roles get in touch, email secretary@bgsos.co.uk, visit www.bristolgbsos.co.uk, or via our Facebook page @BristolGbsos.



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Little BATHROOM (KITCHEN) & Boiler Company

Sharing 25 years of experience with their customers

LBBC owner, Jamie, has a lifetime of experience fitting kitchens, bathrooms, boilers and previously owned a successful plumbing business. He thrives on a challenge and loves to problem solve in order to make his client's wishes come true. Jamie shared, "We advise people what all the possibilities are for their projects, from the location of a towel hook to the moving of a wall. We only specify products that we know will work in the specific kitchen or bathroom we're designing, and we treat each customer and their home as individuals. We aim to provide a personalised service that reflects our various customers' needs."

LBBC welcomes people to visit them at their showroom at 32 Gloucester Road North, where you can have a consultation about your kitchen or bathroom plans, collect brochures and find out about their various survey and design options. They offer a design package that includes detailed product options, a 3D design and a measured floor plan, enabling clients to visualise what their completed room could look like.

When you are happy with your design all furniture and fittings can be ordered through LBBC and their preferred suppliers. LBBC have some installation capacity but can also advise on appointing a fitter.

Siobhan manages the showroom and produces kitchen and bathroom designs and can of course discuss boilers and heating systems too! Do get in touch and get your project underway soon.

www.littlebbc.co.uk | 01179 792 860



32 Gloucester Road North, BS7 0SJ

COMING UP THIS SEASON AT KELVIN PLAYERS THEATRE



THE AMAZING ANGEL-MAN

By Julian Felice

Directed by Avanti Pursell & Eszter Vass

1 September • 7:30pm
2 September • 2:30pm & 7:30pm
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TICKETS £5

DEATH & THE MAIDEN

By Ariel Dorfman

Directed by Alex Needham

WHEN

24-28 October

Curtain at 7:30pm

TICKETS

£15 full / £12 concessions



DEAD DOG IN A SUITCASE: A NEW BEGGAR'S OPERA

Written by Carl Grose

Composed by Charles Hazlewood

Directed by Simon Shorrock

WHEN

5-9 December

Curtain at 7:30pm

TICKETS

£15 full / £12 concessions



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25 years of graft and grafting at Horfield Organic Community Orchard

The Apple Day community celebration is the highlight of the year for members of Horfield Organic Community Orchard (HOCO). This year's event takes place on Sunday 22 October and also celebrates the 25th anniversary of an extraordinary community food project. HOCO are tenants of Horfield & District Allotment Association. In 1998 the association needed to make sure more than half their plots were actively cultivated. The orchard project began when Avon Organic Group (AOG) took over several abandoned plots on the margins of the Golden Hill allotment site. Members of AOG cleared a jungle of brambles and bindweed, and in the process rescued several fruit trees already on the plots, including apples, plums and a pear. Before planting new trees, the soil was improved with compost made from unsold vegetables collected from local businesses.

"The time, energy, and love that have gone into our orchard is awesome," says Shannon Smith, a member of HOCO since 2008. Shannon oversaw the changes that led to HOCO becoming an independent project in 2011. "The orchard is here today because of care given by hundreds of active members over the years, combined with support from the wider community. Tens of thousands of visitors have come to our fundraising public events since 1998."

The sale of young trees at Apple Day is a longstanding fundraiser for the orchard. When a fruit seed is planted, the tree that grows will not be the same as its

parent. Fruit trees are reproduced by grafting young wood from a parent tree



onto a rootstock. Earlier this year HOCO members, who are volunteers, took part in several grafting workshops, and have looked after the baby trees since then. "Caring for 70 tiny fruit trees is a huge responsibility," says Shannon. "They need protection from extremes of temperature and wind, along with regular watering. It's amazing to think that small saplings can grow into trees that have the potential to be fruitful for at least five decades. More than a thousand trees grafted for HOCO have been planted in gardens and allotments in Bristol and beyond. I wonder how many apples they've given?"

Pre-ordering trees is recommended. More information will be on the HOCO website in early September.

Save the date: **Apple Day at Horfield Organic Community Orchard, Sunday 22 October, 2-4pm.**

For more info visit: www.community-orchard.org.uk | Phone: 0117 373 1587



Coffee Cakes and Chat

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

2nd September, 10.30am to 12 noon

Hope to see you there!



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**COME and have fun and talk to us at
Family Food Action Open Day 2023**

FFA Open Day is all about showcasing and finding out more about what we do and how you can help us provide community support for families and children in food poverty in North Bristol.

It is shocking that a country like ours has such a high rate of food poverty. The Office of National Statistics recently reported: around 1 in 20 (5%) of adults reported that in the past two weeks they had run out of food and had been unable to afford more; this proportion appeared higher among groups including: those receiving support from charities (45%), living in a household with one adult and at least one child (28%), receiving some form of benefits or financial support (21%), Mixed or Multiple ethnicity adults (14%), Black, African, Caribbean or Black British adults (13%), renters (14%) and disabled adults (9%).

We have seen a major impact from the cost-of-living increases in the number of people who are using the food clubs at our partner organisations, of over a 50% rise in numbers, and the cost of providing a bag of food for them has also nearly doubled.

FFA FAMILY FOOD ACTION

community support for families and children in food poverty
reg charity no 1198241

OPEN DAY 2023

Tuesday 19th September 10.30 - 1.30 pm
The Ardagh, Horfield Common

Are you concerned about the rising levels of food poverty in Bristol?

- Visit the team and the organisations we support
- Know the groceries and what is on the shelves
- Remember to remember things with other items and to eat them
- Engage performance groups
- Get on and know your local food bank to help families in their journeys to food
- Visit and assist growing and cooking your own vegetables
- Bring your ideas about how to increase sustainable and fair food growth
- Remember to remember things with other items and to eat them

FFA Bristol familyfoodaction.org.uk
a community initiative addressing and raising awareness of food poverty

We want to continue supporting families at the current level, but we will need help from our community. **WHICH COULD BE YOU.**

Can you make a regular financial donation, or if you are already doing so (thank you) can you increase the level of your donation? Could you start a collection on your street? Could you run a fundraising event with the proceeds going to FFA? Do you run a business that can donate food or toiletries?

Come to the Open Day on 19 September at The Ardagh and meet some of the partners who work to help the people out in the community with food, but also with support with finding advice and help with other issues, and HAVE FUN TOO.

We have a RAFFLE with some great prizes which have been kindly donated:

£100 cash prize donated by Stanley Joseph Ltd

£75 John Lewis voucher donated by Pooh Corner Day Nursery, Redland

£50 Sainsbury's gift card donated by Sainsbury's Clifton Down

£30 Tesco voucher donated by Tesco Golden Hill

Vouchers for the Café on the Common and the Community

Plant Nursery donated by The Ardagh

Fruit hamper donated by Dole Food Service Ltd

Hair products donated by Bouckley's, Henleaze

630 washer donated by The Nail Shed Claws

Suitcases donated by Spainsburg's Clifton Down

Cookery class voucher donated by Cooking It Bedland

Jewellery donated by Samson Gold Ltd

Tickets are on sale each week at our sorting hub at The Ardagh by the Café on the Common on Tuesday mornings from 10.30 to 11.30am. The raffle will be drawn at the Open Day where there will also be a Tombola: come and join us.

Donate at – The Ardagh, Kellaway Avenue, BS6 7YL, open every Tuesday 10.30am – midday.

familyfoodaction.org.uk

Thank you, Bishopston Matters.

We owe you many thanks for getting us the bread donation of 10 fresh sliced loaves from Hobb House Bakery, who got in touch with us as a result of reading the article in the last BM edition; we do appreciate your support, thank you. Thanks also of course to Hobbs House Bakery. *FFA team*



Gardener's World meets The Ardagh Gardeners

At the start of July, there was much excitement at The Ardagh, when Joe Swift and the Gardener's World team descended upon the community space on Horfield Common.

Growing up with *Gardener's World* on the telly every Friday evening – my mum never missing an episode – to adulthood when I am now keen to see what Monty's 'Jobs for the weekend' are, it was a thrill to be able to have a quick chat with gardener/presenter Joe Swift. Joe was warm and personable to talk with, singing the praises of all that the Ardagh Community Trust (ACT) has achieved, creating such beautiful gardens with a diverse range of plants. Joe was amazed by the variety of plants, and that most of them had been donated by the local community or the Botanical Gardens. We both then agreed on the hugely positive impact the gardens have on the local people who visit and support the community space.

Gardener's World was visiting to learn more about how ACT are now growing veg to support local food banks, working in collaboration with Family Food Action based at The Ardagh site (see opposite).

Joe spent time talking both with professional gardener Steve, who oversees all the gardening work on the site, and a selection of local volunteers who work together to keep the community gardens in

such good shape. Steve is not someone who relishes the limelight, but he did a great job explaining to Joe how the team work together to grow produce for local food providers.

ACT's CEO Sam Thomson, long-term champion of The Ardagh and the community who use it, shared, "Having Gardener's World come to film at The Ardagh is a wonderful acknowledgment of the hard work and commitment of local volunteers and staff. Bringing The Ardagh gardens back into full use for the benefit of the whole community is a privilege and it's lovely that this work is being noticed nationally. We're really proud of the projects we run with local partners that focus on need in our community and it's exciting for the gardens to feature on national TV. For Gardener's World to visit following our win of the Gordon Ford Trophy in 2022 for the *Best Community Garden in the South West*, in the, *It's Your Neighbourhood Category*, feels like the cherry on top. The fact that the plants in the gardens have been mostly crowd sourced from the local community means that this truly is a community garden. Thank you to everyone who has contributed to date".

The Gardener's World episode featuring ACT's gardens first aired on 4 August 2023 (episode 19); if you haven't seen it, do catch up on i-player soon.





Taking a Learning Journey with Ashley Down Year 2

After a break (due to you know what!), it was wonderful to recommence the tradition of attending Year 2's end of term show at Ashley Down School. The performance took us on their learning journey as Year 2 pupils, with some favourite songs relating to the subjects mixed in. The show was led by an excellent narrator. Below are some of my highlights.

We heard from Isambard Kingdom Brunel (brilliant costume), born in 1806 and the most successful engineer of his time. I enjoyed the song lyrics, "He is an engineer, for that we all must cheer! He wears a great top hat, and he's very proud of that!"

As part of Design & Technology, the pupils focused on the *Don't Go knocking at the Circus Door* book. We enjoyed a sample of poetry from the thought-provoking book, and were treated to athletic rolls, jumps and springs!

I was heartened to learn as part of Term 6's topic – *Doing our bit*, every Year 2 pupil had written to the Bristol mayor, appealing to him to help make a difference in saving our oceans and all those who inhabit it. I particularly liked the letter that asked the Mayor to, "Imagine being a fish eating plastic, would you like it? No of course you wouldn't!"

Looking ahead to becoming Year 3 students, it was lovely to hear how the pupils had worked together to solve tricky problems and built up some resilience, such important life skills.

It's always emotional when a series of playground photos with the children embracing their friends rolls, as they all sing, "You can count on me like 1,2,3".

Good work Year 2, it was clear you have done some excellent learning – keep up the good work in Year 3!

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



You may be reading this as an owner of one property or a portfolio, however the issues faced are the same by every landlord. Firstly if you are managing your HMO property yourself, you may feel that it is taking up huge amounts of your time. Was this not the opposite result you were hoping to achieve?

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

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

Secondly, we advised the client on the market values of their properties and over the last 12 months the rents have been brought in line with the correct values, so our management fees have been completely covered and some so it has not cost him anything but given him his life back.

If you are currently using a different letting agent, I would encourage you to ask them how often they are visiting the property for routine inspections? To manage an HMO effectively your property manager needs to be visiting



Jack Stephens

at least every 3 months for routine inspections and perhaps more to keep on top of works orders and resident relations.

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

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

Jack Stephens

Jack Stephens, Director of JBS Bristol Lettings

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Landlord in BS7

"It's been a year since I got in touch with JBS regarding my property in Bristol BS7. I had some difficult tenants in situ who were neglectful of the property and consistently falling behind on their rent payments. Jack and Angeliki were a godsend in serving them notice, collecting overdue payments, getting the house up together and getting new tenants in. They took all the headache away and did all the checks to make sure that the new occupants would be good and reliable. I can't recommend them enough. They are truly professional, and I feel very comfortable with them managing the property and taking care of all the affairs. Thank you for all your hard work and efforts and for relieving the stresses"



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Epic end of year for pupils, staff and parents of St Bonaventure's Catholic Primary School

It's been an extremely busy end to our school year
for everyone at St Bon's.

Our annual health and wellbeing week went ahead
despite the showers! Pupils in all year groups came
off timetable for the week and engaged in sports and
wellbeing activities such as yoga, African dancing,
boules, French cricket, golf and much, much more.
All pupils took part in a sports morning which was
attended by parents and carers. Thank you to our
PTFA who provided pastries and coffee for parents
and fruit for our children.

Our Year 6 leavers have enjoyed marking the end
of their primary education. Events have included an
end of year disco, an Abba-themed soiree where
their families were entertained, and an end of year
Leavers Mass.

To everyone in our school community who is moving
on, pupils, staff and parents, you may be leaving St
Bon's, but St Bon's will never leave you. Please stay
in touch.

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Horfield resident Liz Romero



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News from Fairfield High

Bringing 'Black Joy' in an exciting new project

Fairfield High School is taking part in an exciting, new community project, 'Black Joy Trail', in collaboration with the University of the West of England (UWE). Black Joy Trail was created to give children the opportunity to learn, through a 'lens of joy', about people, places and stories in their local community.

The six week project's aim was to enhance knowledge and widen students' experiences beyond the stereotypical and thereby empowering them to see themselves as 'agents of change'. The following workshops formed the agenda: joyous words (poetry), joyous nature (horticulture), joyous entertainment (Ujima radio station), joyous technology (robotics), joyous food (cooking) and joyous art (mapping).

A pivotal figure in the project has been Tanisha Hicks-Beresford, who strives to "redress what feels like a stream of negative stories in the news", describing it as "bringing 'black joy' into the classroom. "It's not just about racism, there's so much more to this world. You don't want our students to come out and just feel 'I'm oppressed'. They need to see themselves in the world", she explains.*



Cashan Campbell, Assistant Vice Principal of Fairfield and leader of the project adds: "The Black Joy Trail has been hugely successful in educating and inspiring our students as they've delved deeper into their heritage. I've had the pleasure of watching their confidence grow week on week as they've experienced a wide variety of workshops. Having lived in Bristol all my life it's also meant a lot to me personally, as cultural exposure of this nature is integral to helping move Bristol forward in an inclusive and reparative way."

*source: <https://www.bbc.co.uk/news/education-61024474>

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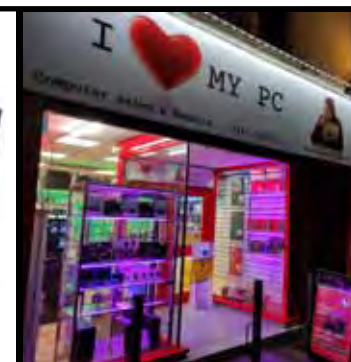
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Welcoming Neo to **the green room**



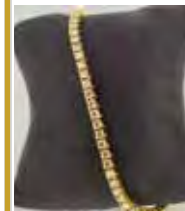
New talent at the green room – Salon director, Jo, is delighted to welcome talented stylist Neo (pictured left) to their Gloucester Road team. Jo shares, "Neo is a fantastic stylist, boasting a wealth of experience in cutting, colouring and styling, both men and women's hair. We are so pleased to welcome fresh talent to the Green Room and are sure the people of Bishopston will be thrilled with the results this exceptional stylist can achieve."

If you like what you see in the featured images, this is just a taste of Neo's work; he comes fresh from London and you can book in with him now.

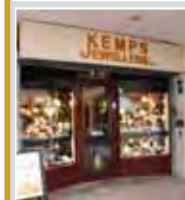
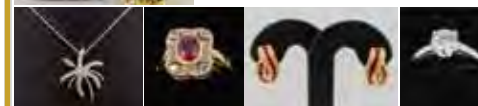
New season – new look! As we come out of the summer months, now is a good time to give your hair some TLC with a treatment to repair damage from sea and sun. It is also a great time to have a fresh colour to reflect those autumn tones. Get in touch to book in an appointment.

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Let me entertain you

Whether your pet has two legs, four legs, feathers or fur, they all need entertaining sometimes!

In this short article we hope to give you some tips on how to spend rainy autumn days (not to be used in place of a nice long wet walk). Finding what works for your pet is rather individual but we hope you can have some fun working it out together.

These enrichment activities are great for those pets convalescing after an injury (check the activities are injury-suitable), in isolation, helping with weight loss, behaviour, bonding and just spending some fun time with your pet.

Mealtimes no longer have to be boring... snuffle mats or puzzle feeders are a great way to exercise your pet's brain as well as being effective in slowing them down preventing them from inhaling their food too quickly. Between meals you can provide more food stimulation by filling Kongs with a low-fat treat or specialised filler/paste for your dogs or by freezing tuna spring water (avoid using tuna brine) for a fishy cat ice-lolly. For rabbits and other small furries, providing foraging opportunities by hiding food around their enclosure or makeshift maze will help tire your pets out without tiring you out.



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Trick training can be good stimulation while also helping form a positive association between you and your pet, making it a fun and beneficial bonding experience. Surprising to some, rabbits respond to treat training like any other pet so make sure to try it out with all your animals. Taking the time to teach your pets something new is great for obedience and can be a fun creative outlet for your furry friends to burn off some steam.

There are many toys on the market for all pets; here are a few examples we found: Kong Goodie bones are a great alternative for animal bones which can be dangerous to our pets and splinter. Cats love feather teasers and the opportunity to stimulate their hunting instincts. Creating new surroundings for rodents can help keep them motivated, such as toilet roll obstacle courses. There are many amazing toys out there but sometimes the simplest of things like cardboard and plaiting together old t-shirts to make a tuggy toy are just as much fun for our pets – just make sure they don't eat them!

We hope you enjoy finding what works for you and your pet. Maybe you can show us some new tricks the next time you are in the practice!

Hollie & Deb

Animal Health care team



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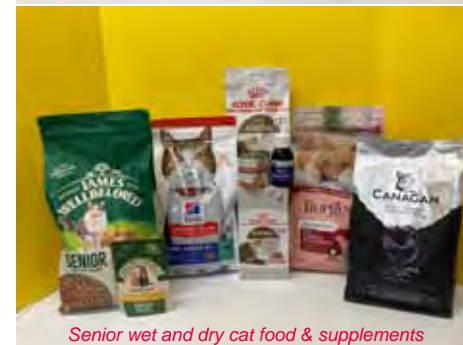
All your favourite feed suppliers – Nature's Way, Canagan, Nature's menu, Hills, Burgess and Royal Canin – all supply complete dry and wet foods created with older animals in mind. Some are reduced calorie to counterbalance the reduction in movement; others support vital organs and urinary tract health, and many contain ingredients to aid joint health.

Supplements of Glucosamine and Chondroitin, Salmon oil and a blend of supplements in MoveWellia and Joint Aid for dogs, all offer advanced joint care and assist with mobility. There are also soft bite treats and dental sticks specifically designed for older dogs, offering hip and joint support. True Leaf dental sticks contain cold pressed hemp seed oil, green lipped mussel and turmeric root. Do ask in store for advice on suitable products for your much-loved canine or feline friend.

I was pleased to see reputable pet toymaker, Kong, produce a toy specifically for senior dogs in gentle natural rubber. You can also pick up catnip-filled soft toys to delight older cats.



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It was a packed final term for the Class of 23. We wish them well as they leave Claremont School. The summer term saw a huge number of events as we said goodbye to seven students from the Hive, our Post 16 base. There was a huge prom party, all glitter and purple which was attended by family and friends; everyone was clapping and celebrating the leavers! The Hive made a photobooth to take silly photos together and after the awards there was an afternoon party with lots of dancing.

Those who graduated received their ASDAN Awards and their Duke of Edinburgh Awards. People were chatting and sharing memories and photos from their many years at school. Leavers were excited about moving on, some going to the Ashley Down Centre/City of Bristol College to study, others to Design For Life or Silvacare. Others are hoping to get student places at St Martins College Stroud or National Star College and move into their own student accommodation away from home.

At Claremont the school council look forward to another year expressing opinions and getting involved in daily school life where possible. Our last event was the sports day and we planned all the races for the whole school. We made sure that it was great fun for everyone and our feedback survey told us that the water race and parachute 'keep the balls up' event were the favourites. Best of all though was the teachers' messy race where we decided which ingredients were used to build towers and we squirted water everywhere. We had mashed potato, slimy spaghetti, soapy shaving foam and wobbly jelly; it was one big end of term mess!

Now it's time to start thinking about what we can organise around school this year; we will keep you informed.

Good luck at college, everyone!

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News from Red Dragons

Firstly, I have to say that we had to postpone the charity event until later in the year.

September is an interesting month isn't it? Children go back to school renewed after the summer holidays. A feeling that we are getting back into the swing of things. September is a great time to look at your fitness and health goals for yourself and your family.

Why not take up a martial art?

Bristol is incredibly lucky to have such a rich and talented group of martial arts clubs. All professionally run and delivering lessons that teach you so much about yourself.

Martial arts is NOT just about learning to punch and kick effectively. It's about instilling an attitude that anything is possible if you do two things.

Don't quit

Do whatever it takes

During our gradings our members push themselves beyond their limits. Children and adults making incredibly tough choices and pushing through discomfort. Choosing to do the next round, the next technique, the next exercise.

I personally think that martial arts changes people for the better. It's a wonderful way to KICKstart your fitness journey.

So, when are you going to book your free trial?

Sensei Lloyd



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News from Ardagh Community Trust

What a fabulous summer of fun events we've had here at The Ardagh! Lots of lovely, relaxed evenings enjoying delicious food from our pop-ups and barbeques, listening to talented local musicians entertain us, all topped off with a visit from the team at Gardener's World! (see page 33) Now as we head towards autumn there are new and exciting developments to be planned.

Horfield Common Bat Walks with Steve England – This September, we are delighted to welcome back local wildlife educator, historian and enthusiast, Steve England (www.steveengland.co.uk) to lead two guided walks around Horfield Common to spot, identify and learn all about bat species in the area.

He will guide you around the common, armed with bat echo locators to see how many different species of bat you can identify. You will look at the various habitats and learn all about bats – how bats see in the dark, how they find their food, how they find their way back home. It is ESSENTIAL to wear sturdy footwear, be stable on your feet, and bring a torch! There are limited spaces on these walks with booking on a first come first served basis via Eventbrite www.eventbrite.co.uk/e/666915250467

Play sessions on Horfield Common –

Leading on from the successful Crowdfunder last year to buy and install basketball nets, and more recently the addition of netball posts and nets, we are working on some very exciting plans to develop weekly outdoor play sessions based on Horfield Common starting this autumn.

We are actively seeking an experienced playworker who would be interested in leading a weekly, all-year-round-outdoor play session on Horfield Common. We would be particularly interested to hear from you if you have experience in play/youth work involving detached/outreach work to extend our offer for young people with a regular facilitated weekly session. Please email us if you would like to know more about this local job opportunity.

In addition to this we will also be hosting training sessions for volunteers (whether experienced of not) delivered by the brilliant Playful Bristol to support activities for children and young people for enjoyment or as a route into work in this sector. Please email us to express your interest.

Monthly Markets – It has been wonderful to see our monthly markets blossom and grow since the first one way back in May. Local traders have a chance to showcase their goods and there is always something new and interesting to spot every month. The Ardagh Food and Craft Market runs on the second Saturday in the month come rain or shine! If you are a local trader and interested in having a stall at The Ardagh, please contact Myles at ardaghmarket@gmail.com for more details.

The next Ardagh Food & Craft Market takes place on Saturday 9 September, 10am–3pm.

Funding – Plans are continually developing to try to secure funding for ongoing maintenance and activities at The Ardagh. As a small, local charity we rely on grants and donations to enable us to improve this wonderful community space for the benefit of all. You can visit our website donations page to see how money is spent and to find out how to donate online www.theardagh.com/get-involved/

Alternatively, you can support our social enterprises, the Café on the Common and the community plant nursery by visiting us here on site. Come and see what we do!

Circle Dance Evenings

As The Old Library will still be closed for building works there will be no dance evening scheduled for September.

Next dance evening at The Old Library (BS5 6XP) is on Tuesday 31 October, 7.30–9.30pm

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ACT regular activities and events

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 (10.30am, 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.

Interactive live music sessions – Tuesday mornings, 10am (term-time only), for babies and toddlers, delivered by 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 on Wednesday.

Horfield Common Young Explorers sessions – Thursday mornings (term-time only) in the Wild Play Area, 10am. Run by 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, 10am – midday.

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

E: hello@theardagh.com | theardagh.com



TheArdagh



theardagh



Bishopston Community Choir



Bishopston Community Choir are a four-part mixed choir and sing a wide range of music to suit all tastes. There is no audition; come and try us, the first session is free!

Meet on Thursday evenings, 7.30–9pm at Horfield Baptist Church, 160a Gloucester Road, Bishopston, BS7 8NT.

Get in touch!

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ANDY'S MAN CLUB is a free-to-attend talking group that runs every Monday night at 7pm, (excluding bank holidays) at the **Seat Unique Stadium, BS7 9EJ**.

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Dates for 2023: 15 September, 20 October, 10 November and 8 December

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'Churches' in Horfield

BHA local history research – Andy Buchan ©

Horfield has probably existed in some shape or form for at least the last two thousand years, and since approximately the time of the Norman conquest until the mid-19th century, there was only one church, Horfield Parish Church, situated on the edge of the common. Since then, 'within' the boundary of the original parish of Horfield there have been at least twenty-five buildings associated with religious groups, the bulk of these being non-conformist. Many of the methodist chapels were used by different branches of the methodist church.

These were built as housing in Horfield developed from Zetland Road up towards Filton, and west to east from Westbury on Trym to Lockleaze. Others were built as congregations moved out from the city.

Starting at Filton, a gazetteer of religious buildings reads as follow:

Ebenezer Methodist Church in Eden Grove, built in 1933.

St Gregory the Great, the original church was built in c 1912 and the church we see today was later built alongside it, when Upper Horfield was built in the early 1930s.

Ebenezer Chapel on Filton Avenue, built in the 1930s.

Horfield Barracks Church, built 1857.

Horfield Parish Church, built in stone in the 1100s.

Horfield Methodist Church built 1899 – this was the 2nd Horfield Methodist Church – see below.

Salvation Army Hall, on Ashley Down Road. This was originally the Horfield Methodist Church and was built in 1838. It was renovated and a new brick front built, in the early part of the 20th century.

Methodist Chapel, approximately opposite the Friends Meeting House, built c 1889. This building was built of corrugated iron. Originally the Horfield Baptist Church's, second location, it then became the Friends Meeting house, until 1908 and then a Methodist Chapel. Demolished in about the late 1920s.

Friends Meeting House, built 1908.

St Edmunds, this was built as a church hall/school in 1910 and converted into a church in 1930. This was essentially a chapel-of-ease for Horfield parish church.

Horfield Baptist Church, built 1900; the congregation of this church originally used a house in Rowley Road, now Oak Road, before moving to a purpose-built building in Brynland Avenue, now the church hall, until the church was built.

Bishopston Methodist Church, built in 1893.

St Michael and All Angels, built 1862.

Gospel Hall, almost opposite St Michael and All Angels, built c 1900.

Bishopston Methodist Church, at junction of Beverley Road and Gloucester Road, built 1865. The tower was added later.

St Andrew's, Montpelier, built 1844 – the parish had been carved partly out of Horfield.



Bishopston Methodist Church Berkeley Road, 1865
(Most recently home to Nailsea Electrical)



Mission Hall Gloucester Road c1890 | Horfield Baptist Church

The Church of the Good Shephard, Bishop Road built 1927; this was a daughter church of St Michael and All Angels.

St Bonaventure's, Roman Catholic Church, top of Egerton Road, built 1900.

Horfield Gospel Hall, Ramsey Road, Upper Horfield, built 1910.

Whitfield Tabernacle (Congregational), Muller Road, built 1957; the original church, in Downend Road was built in 1933 and then became the church hall.

St Bartholomew's, St Andrews, built 1894.

David Thomas Memorial Church (Congregational), Bishopston built 1879.

St Mary Magdalen with St Francis, Lockleaze, built 1956, subsequently demolished and new church built 1997.

St James (Presbyterian), Lockleaze, built 1951.

Some of these buildings have been knocked down, some of these have been re-purposed and some have swapped congregations. Churches have been lost either because they were no longer structurally sound, or their congregations had dwindled, and no alternative use could be found for the buildings. Often the new churches in Horfield were off-shoots or replacements for churches from the city of Bristol and often when they were built, they incorporated fixtures and fittings from the original churches. Sadly, reports show that even when the buildings have been saved/repurposed many of the fixtures and fittings could not be/were not saved.



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News from Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down ward

Memorial Stadium – Emma has been working with residents living around the Memorial Stadium who have had concerns about the new South Stand project planned. The club put in a planning application back in April but with the currently long wait times for planning assessments and permission, the council cannot grant this before the start of the new season. The club had started work clearing the old temporary stands in preparation, which caused great concern. Residents were concerned about the safety of the sight as well as the work being undertaken without permission. Emma has met with the club and has reiterated the importance of waiting for permission as well as good community engagement, she will continue to listen to residents' concerns and work with the club as the process continues.

School Street Update – We were delighted to hear that the 'school street' application for Ashley Down school, has got through the next round of consultation and is now going forward for its final decision. Thank you so much to all who put in supportive messages of the project. I have also sent the application forward with a message of support. We will know by the end of August if this has been successful and, if so, when this scheme will start to be implemented.

Vision Zero – Emma was delighted to second a motion that The Green Party brought to Full Council in July, to support Bristol adopting a 'Vision Zero' strategy; this aims to have a target of zero road deaths and injuries by 2030. This means the council will need to adopt certain strategies such as more 20mph zones, look at dangerous junctions, commit to more segregated cycling and walking routes, and produce a schools' forum where schools can discuss measures to make the school run safer for pupils. We hope to see work on this start straight away and expect a report back from the administration in six months time.

News from Lily – You may have heard by now, but I have made the difficult decision to resign as your local councillor. I am moving away from Bristol to be near my family, but I will be sad to leave this wonderful community. This hasn't been an easy decision, and it is not one I have taken lightly. It has been a tremendous honour to be able to make a difference for local people here, alongside my fellow Green Councillor, Emma Edwards. Although it will be hard for me to leave, I am glad that you all still have a fantastic councillor in Emma. There will now be a by-election, and I am delighted to say local campaigner, James Crawford, has been selected as the Green Candidate. I leave being so proud of all the work I have been involved in here: saving the Ashley Down Oak tree, getting new trees planted on Horfield

Common, getting new speeding signs on Ashley Down Road, campaigning for a school street for Ashley Down Primary, improving crossings as well as working with residents on various casework. I want to thank you all for the opportunity to serve as your councillor here for the past two years, and for your support. It's been a wonderful thing to have been able to help make this great area even better. With best wishes, Lily.

A note from Emma – I want to take this opportunity to thank Lily for all her hard work over the past two years. She really has been an inspiration to many, but particularly young people who have wanted to get involved in local issues, and environmental campaigning. I understand why she has to leave Bristol and I wish her all the best for the future. Our new candidate, James, has been helping out in the ward for a while, reporting road issues, talking to residents and campaigning for traffic calming measures on some of Bishopston and Ashley Down's busiest roads. James grew up in the area, and has a wealth of knowledge about energy, utilities, planning and roads. I really look forward to working more with him in the future.

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

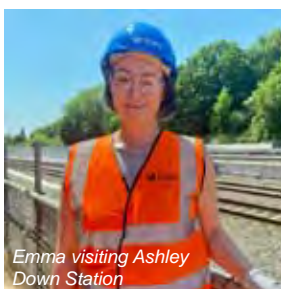
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Cllr.Lily.Fitzgibbon@bristol.gov.uk

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

Redland ward

Proposal for a 'school street' approach – Several residents have raised concerns with Fi and Martin over safety issues around Bishop Road School. The council is now considering setting up a 'school street' scheme in the area, which could involve the partial or timed and supervised closure of some streets in the neighbourhood at school drop-off time. Any proposal will be consulted on and is unlikely to be a silver bullet – the council does not install the measures on through-roads like Bishop Rd itself, so it would be side streets that get treated.

Fi has already been in discussions with the school but we are hopeful that proposals can be developed with them and the officers and residents that may help alleviate some of the problems that have been ongoing. We'll be involved and will report progress as plans emerge.



Emma visiting Ashley Down Station

Home energy upgrade advice service – It's more urgent than ever to save energy at home – it affects our pockets, our health, and the climate. A new advice service supported by the West of England regional authority is open. They're supporting new skills, suppliers, advice, and SMEs in the region to help get trusted advice and projects underway.

The Retrofit West Advice service helps households to plan an upgrade of the energy performance of their homes, saving on gas and electricity bills and act on climate change. Tel: 0800 038 6733 Web: www.retrofitwestadvice.co.uk for the plan-builder tool and signpost to the free advice line. You can register to be kept informed or email advice@retrofitwest.co.uk to build a retrofit plan for your home.

A different scheme in the city called Bright Green Homes has offered grants towards many energy saving measures for qualifying households with annual income below £30,000. This fund is accessed via www.bristolcityleap.co.uk/domestic/bright-green-homes/.

Changes to support for cleaner vehicles – Additional support now exists to help replace older vehicles with ones compliant with the Clean Air Zone. A further £11 million has been secured to help businesses and people in Bristol adapt. Now individuals who earn less than £30,000 a year (previously £27,000) are eligible for financial assistance to help change their vehicle to one that won't be charged in the zone. Businesses with five or more vehicles can also now get financial support for their fleet. Do revisit whether the scheme can help you if you weren't eligible before. A grant, a contribution towards the interest on a loan, or a combination of both up to £1,500 for a car and up to £4,500 for a van, which could be a second hand one, could meet the zone's emissions standards. Euro 4 petrol vehicles (roughly 2006 onwards) and Euro 6 diesel vehicles (roughly end of 2015 onwards) are not charged in the zone. Individuals and businesses can check their eligibility on the council website.

Helping reduce spraying in our streets – Every year we are contacted by residents who are worried about the council's use of glyphosate weedkiller sprayed on their streets. We contacted officers to see if opting out was an option and have been told that whilst the council reserve the right to step in and clear weeds on pavements if necessary, they are looking to maintain a database of streets who commit to clearing the weeds themselves.

Guidance on how this may work will be issued shortly, and we understand this could be quite specific about who is the responsible contact and include an undertaking to do the work safely and notify of any invasive species, for instance. If you're interested do talk to your neighbours and contact us for further details. A weed-free street maintained by

residents would mean the council contractor would not have to treat the street as long as the council can confirm the area is kept clear.

Cranbrook Road crossing inches forward

– There's been slow but practical progress with this crossing between Cairns Rd and Harcourt Hill. As we reported previously a legal step was the Traffic Regulation Order, advertised recently and attracting no statutory objections to the protection of corners with double yellow lines. This allows the legal changes to be 'sealed' so the project can move forwards.

Construction drawings are now being developed. This must be signed off by departments allowing a contractor to be found to build the scheme – easier said than done due to the current financial issues in the building industry. We'd love to give timescales as we first secured funding in 2019 but this isn't easy and sadly it's all taken far longer than we wished.

A city with zero traffic injuries and deaths – At the July council meeting a Green proposal for a target of zero killed or seriously injured on our city roads was approved. The council now has to develop plans to make all streets safer from the risk of collisions under this 'Vision Zero' commitment. While there was a goal for this there isn't a plan and the last few years there have been an average of 134 people killed or seriously injured on city roads each year. This resolution should mean commitment to concrete steps to make roads safer – with a target of zero by 2030.

Changes to council tax reduction scheme – A consultation is underway about the Council Tax Reduction Scheme, in line with a Budget commitment to review the scheme for 2024–25. It will run until midnight 25 September 2023.

The scheme protects most of the least well off across the city, but it costs the council over £40m a year. Changes would mean charges to many people – though not retired people – who have until now had a 100% discount on council tax. You can read more and complete the consultation on the Ask Bristol website. Paper copies of the consultation can be requested by emailing consultation@bristol.gov.uk.

Fi Hance, Green Party

cllr.fi.hance@bristol.gov.uk / 0117 3534720

Martin Fodor, Green Party

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

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Having recently taken a step back, the business is now being managed by his two sons, Paul and Ryan, and remains as an established local family business.



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Antony shared, "It has been hard-work getting the showroom ready to open, but it has been a labour of love. We are delighted with the finished results, and enjoy welcoming customers into our new venue to discuss their flooring needs."

To read 5-star reviews, and view the range of projects they work on, visit their **Facebook page:** [jamesantonyflooring](https://www.facebook.com/jamesantonyflooring) or [jamesantonyflooring](https://www.facebook.com/jamesantonyflooring).
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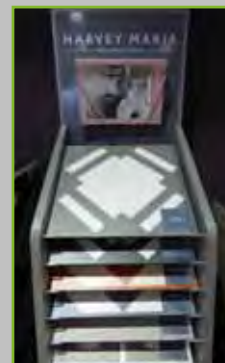
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Their impressive showroom runs over three floors – downstairs is dedicated to real wood, parquet and engineered oak flooring.

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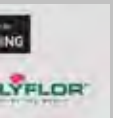
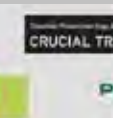
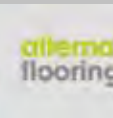
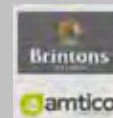
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