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issue 171, Oct 2023



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Dear Readers...

As you can see from the front cover, pupils from Sefton Park Primary are delighted with their new outdoor play facilities. Students had the opportunity to be involved with the process from design to installation; read more inside.

As we embrace the autumn there are plenty of local, seasonal activities to get involved with. The Horfield Organic Community Orchard invites you to join them for their 25th Apple Day, on Sunday 22 October, 2-4pm.

The Ardagh Community Trust is planning another spectacular Halloween Party, open to all on Saturday 28 October. Staying on the subject of Halloween, do pop into Joe's bakery for plenty of treats with a scary theme this October.

We are pleased to bring you news from St Andrew's Park Community Garden, who share with us their progress, details of work parties, and the green space's new name of, The Pod.

Staying on the gardening theme, our Local History section looks into the development of local allotments – Horfield Common was even used as a community allotment site during World War 2!

The 63rd Bristol Scouts do a tremendous job entertaining and developing life skills with over 300 local young people each week. Read all about the fabulous time they had visiting Switzerland and on their Oxfordshire camp over the summer holidays. This local scouting group are looking to grow their volunteer base in order to continue. They have adapted volunteering roles to fit around modern life, so please do read more on how you can get involved and have lots of fun!

There are some great Reader Offers thanks to featured businesses; please see page 50 for a full list and do make the most of them. I look forward to visiting Old Down Country Park this half-term, with the boys getting in for only £1 each!

Happy autumn to you all,

Kerry x

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Supporting local small business at Ardagh Food & Craft Market

On the second Saturday of the month, Ardagh Community Trust hosts a Food & Craft Market at its site on Horfield Common.

The aim of the market is to showcase the amazing independent traders in Bristol and the surrounding area.

We aim to celebrate ethical and environmentally conscious brands and provide a space for the surrounding community to shop local and support small business. A relaxed, friendly atmosphere is encouraged, and there is space to sit, chat, eat and just enjoy the community spirit that makes this place so special.

Stalls include fresh produce, arts, crafts, jewellery, cosmetics, soaps, vintage items, plants, flowers, clothing and more. Many items are unique, hand-crafted and exclusive. Local trader Rosie, of Rosie Webb Paints, says, "I take part in markets all over Bristol and beyond but I'm so happy there is finally somewhere for me to sell my wares on my doorstep and meet the customers who have been with me from the start."

Mouth-watering aromas from the food vendors carry you towards the sports courts just inside the entrance to The Ardagh. Here you can choose from an array of delicious hot food options: stone-baked pizza, home-cooked Indian treats, a gut-friendly, vegan box of delights. Recent market visitor Simon said, "The box of Indian snacks from Little India was just amazing! Fresh and full of flavour. Totally recommend it."




After a stroll and a chat to the traders, the Café on the Common is just a few footsteps away for another friendly welcome and a hot drink while you enjoy the beautiful gardens maintained by volunteers from Ardagh Community Trust.



The market is new this year and is still building a reputation. **If you are interested in having a stall here, please contact ardaghmarket@gmail.com.** We would also welcome any local musicians, choirs, performers or dancers who would like to be part of this monthly community event.

The Ardagh Food & Craft Market is here, rain or shine, until the end of the year. We start at 10am and stalls close at 3pm.

Saturdays for your diary: 14 October, 11 November and a Christmas market on 9 December.



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News from Ardagh Community Trust

As we welcome autumn, The Ardagh site is as busy as ever! It's wonderful to see so many people of all ages enjoying this precious community resource every day. With continued support from so many generous volunteers we can grow and develop the opportunities available for all locally.

Play sessions on Horfield Common – Play provision is high on our agenda to build more community links and provide opportunities for children locally to access games, art, crafts, music, nature, dance and sport. ACT hosts Rock Out Baby on Tuesday mornings and Hideaway Forest School on Thursday mornings, as well as The Outdoors Project during school holidays. **In October we will be offering a free, weekly after school outdoor activity session** on Horfield Common for local school children, in partnership with Young Bristol. We are looking for volunteers and offering free training with Playful Bristol to help support this exciting new event, so please email us for more information.

If your organisation offers activities for children aged 8–12 years and you would be interested in leading a session, please get in touch with us, we'd love to talk to you.

Extending our plant nursery – We were very lucky to have a volunteer team from DAS UK Group here in September to help us extend our vegetable producing area and develop an area to provide more opportunities for therapy/wellbeing sessions. It will be used by visiting groups for therapeutic and educational horticulture sessions and to increase the amount of fresh food we can grow for food banks. The team of ten worked tirelessly during the day to move tonnes of topsoil and gravel to the new raised beds to give our volunteer gardeners a head start for autumn and winter planting. Volunteers make all the difference; we can't thank you enough.



Halloween Spooktacular Party! – As this edition goes to print, we are finalising plans for our **Halloween event on Saturday 28 October**. Look out for posters on site and on our social media for details nearer the date. We are looking forward to another wonderful event for the whole family to enjoy.

Friends of Horfield Common – You may have noticed that the green Horfield Common noticeboard outside The Ardagh has had more posters recently... that's because we're reinitiating the Friends of Horfield Common volunteer group!

We've been welcoming new volunteers to share their time and skills, to improve the Common and have fun in nature with their neighbours. We're looking for people in all roles: leading events, promotion, admin etc, but no contribution is too small – come and attend an event when you can!

Last month, we had our third FOHC meeting; at these sessions new and existing volunteers gather to share ideas for the Common. This is a great way to begin getting involved with the FOHC if you're interested! Our biggest event so far has been preparing the meadow patches for autumn. On a day of 30 degree heat, raking grass and mulching wasn't the easiest work, but it'll be worth it when the wildflowers bloom and provide an amazing ecosystem for the wildlife around Horfield.

In October, we have bulb planting to look forward to, our monthly Litter Pick (28 October, 10am) which is always popular with families, and the finishing of our survey of the benches around the Common, to see how we can get them all up to scratch.

Please see our website fohorfieldcommon.weebly.com, Facebook: Friends of Horfield Common or keep an eye on the green noticeboard for more details. Thanks, and see you on the Common!



Preparing the meadow patches for autumn

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.



DAS UK Group volunteers working hard

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

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children's hospice SOUTH WEST

Registered Charity No. 1003314

For more than 30 years, The Children's 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. 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



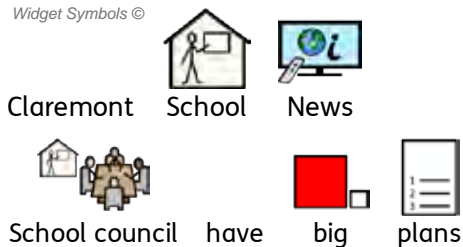
was. Our favourite place is the trees in the garden where we take photos, because that was the first place Noa was properly outside in her life."

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, please do get in touch by ringing 01275 866600 or email reception.cf@chsw.or.uk



CHSW are delighted to announce they will be holding their Christmas fundraiser event 'Santas On The Run' in the grounds of Charlton Farm this year and are looking forward to hundreds of people signing up and running in their festive gear on **Sunday 3rd December**. This feels like it will be extra special as it will be held at Charlton Farm.

If you are interested go to: <https://www.chsw.org.uk/event/group/santas-run>



Hello all, school is back, and the school council have been visiting some of the classes to find out how everyone is feeling as we start a new year. People told us they were excited, happy, tired and hot! It's a new start, so there are new notice boards... in school and online! The school council have been updating their notice boards choosing the colours and borders and making new headings for the displays. We have been thinking about the things we do as a school council, e.g. interviewing new staff, deciding on which charities to support, planning special events in school and doing surveys to find out what students think. Now we are also planning a web page all about our role and how we have our say and share our opinions at Claremont.



We will decide on the layout, the content, the images and we will help design the whole thing – so it's going to be a big task! Go to the Claremont School website in a few months and you might see whether our hard work has paid off and we plan to put a link to our *Bishopston Matters* newsletter too!

As school counsellors, we often help the office staff distribute information or registers around school. This is a popular role as it means you can go and chat to everyone. Using our high-tech communication aids, we have been asking questions to get to know everyone better and find out their ideas. We discovered they like music, stories and being out in the garden. Students said they were looking forward to finding out about their classmates and the new teachers across school. We might collect information from different classes for our webpage and maybe do

interviews with the teachers to find out their top facts and gossip!

Watch out, it's going to be a busy year! We look forward to sharing our progress with you.

Claremont School Council

News from Red Dragons

It has been an incredibly exciting September. We have welcomed lots of new members (we have limited spaces now so contact us quickly to book your free trial). We ended September with our grading, and it is always so inspiring watching all our members push themselves.

I'm especially proud of some of our younger members going for higher belts and absolutely smashing them. It is incredible to think that it's their choice to be there pushing themselves and deciding that they are going to achieve their goals.

We have talked a lot about self-control this month. I think it's hugely important to be in control of your behaviour and your choices. When our members are pushing themselves through their gradings the only thing they can control is themselves. They could decide to go home and sit on the sofa and eat biscuits and watch Netflix. Instead they make the choice to carry on to do the next thing, the next exercise, the next punch, the next kick.

My challenge for you is this. Take control of one thing (only one, not twenty-five or one hundred – people make the mistake of trying to change everything all at once) and do it for the next four weeks. Mine is going to be a complete removal of any processed foods, what are you going to choose?

Sensei Lloyd



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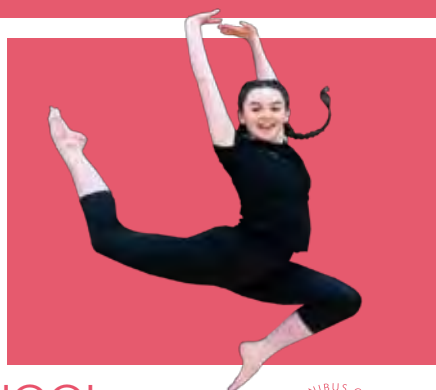
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Alternative Patio Ideas

Are you tired of the old concrete slab patio in your back garden? Looking to add some character and style to your outdoor living space? We've got some alternative patio ideas that will not only make your space stand out but will also compliment the overall aesthetic of your garden and home.

Hoggin is a great place to start. This traditional English material is a mixture of crushed limestone and clay, creating a rustic, gravel-like surface that's perfect for a casual, cottage-style garden, and can also create a Mediterranean vibe. It's durable, easy to maintain, and blends effortlessly with planting schemes.

Natural stone paving, such as sandstone or limestone, can bring a touch of timeless elegance to your patio. This paving comes in varying colours, allowing you to choose one that complements your home's architecture.

For a vintage, industrial vibe, consider using reclaimed bricks. They add a rustic charm, and are durable and eco-friendly.

If you love the look of wood but want something low-maintenance and durable, composite decking is the way to go. It comes in various shades and won't rot or warp.

Consider adding gravel pathways or stepping-stones within your patio space. They not only break up large areas but are cost effective and give added detail.



Hoggin Patio, Bishopston

Don't be afraid to mix materials for a unique and eclectic look. Combining pavers with gravel, wood with stone, or bricks with concrete to create visually interesting patterns and textures.

Add character to your patio with cosy seating areas. Use weathered benches, colourful cushions, strings of solar lighting and potted plants to create a welcoming atmosphere.

Your patio is an extension of your home, so choose materials and designs that reflect your personal style and the overall ambiance you want to create. With these alternative patio ideas, you'll not only enhance your outdoor living space but will also add character and style to your home and garden.

Get in touch if you would like to discuss your patio or garden project.

Ali



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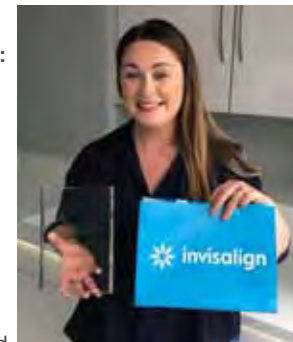
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SADOWSKI HAIR SALON

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* – he is a confirmed finalist, so fingers crossed for a win!

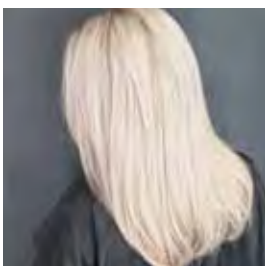
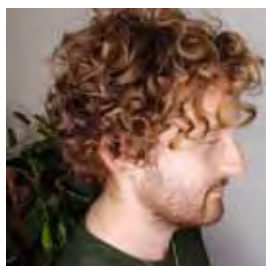
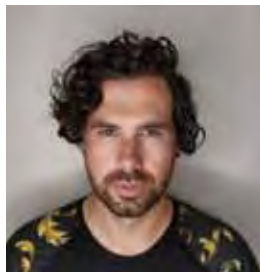
Tomasz is a colour specialist too; he took a colour degree in London. With a wealth of experience in all aspects of hairdressing, he is also happy to apply extensions, and enjoyed working with a wedding magazine on photo shoots.

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.



Sadowski Hair Salon, 9 Muller Road, BS7 0AB | 07916 847624

Sadowski Hair Art sadowski_hair_salon



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.

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

October Retreat

To mark World Menopause Day, on **Saturday 14 October**, I am hosting a day retreat at Sensate Spa, Henleaze. I'll be running a workshop about cardiovascular health and a yoga class with a focus on strength to support our metabolism. We will then have the chance to rest, relax and chat in the spa.

November talks

Due to popular demand, I will be hosting more talks at The Ardagh on Horfield Common, on **Friday 3, 10 and 17 November**.

You can book an appointment or onto any of the events detailed via my website below.

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

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Divine Ceremony

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The celebration of a lifetime

The end of October/ start of November sees a host of festivals all over the world that celebrate and honour those who've gone before. There's the Mexican tradition of the Day of the Dead, observed by much of Latin America, Samhain (pronounced sah-win) a pagan festival with ancient Celtic roots and the Christian traditions of All Hallows' Eve, All Saints' Day and All Souls' Day. Not to mention all the seasonal tricks and treats of Halloween, linked in various ways to all these customs.

Whatever your personal beliefs, this time of year is a chance to reflect on and connect with the relationships we have with those people who have died. And there are lots of different ways one can do this.

Some might choose to light a candle, write a letter or go for a walk. Another lovely way to honour a connection is by planting a handful of bulbs – sowing into the damp autumn soil a promise of future colour.



Yoksel Zok ©

In a sense it's a way of bridging a gap, of at once looking back to and acknowledging the past and ahead to whatever comes tomorrow. In this way, we can join our fellow humans who are honouring their people all around the world.

Throughout the month of October we've got spring bulbs to give away to anyone who'd like to plant a few in memory of someone. If you think that might be you, please do drop into The Sanctuary and see us. We'd love to help you send a postcard forward to the spring, to remember a person who has mattered.

Find out more on the events page of our website.

Dee Ryding – Founder of Divine Ceremony

Divine Ceremony at The Sanctuary, 2 Zetland Road, BS6 7AE | 0117 9049786 | divineceremony.co.uk



Jan Davidson

Kinesiology, Nutrition & Naturopathy

Jan Davidson is a locally based, Kinesiology, Nutrition and Naturopathy practitioner, registered with the Kinesiology Association and CNHC.

She is dedicated to supporting clients from her home in Bishopston, to achieve better health through natural and complimentary methods.

Are you suffering from a stubborn health condition?

Do you want to regain your vitality?

Are you ready to take the first steps towards better health?

Jan is equipped to help with a range of health challenges including; anxiety & depression, insomnia, gut dysbiosis, hormone imbalances, food intolerances and sensitivities, post viral fatigue, blood sugar balancing and many other health conditions. 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.



E mail: jan@jandavidson.co.uk

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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.

Salon director Jo has rescheduled her move to Cyprus until early 2024, so luckily for us, she is still available to book in with for the next few months.

Drinks for all – the green room caters for all tastes when it comes to refreshments: a cuppa with oat milk, non-alcoholic, organic wine or even a Buck's fizz!

15 The Promenade, Gloucester Road, BS7 8AL | Tel: 0117 942 75 75 The Green Room

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For Fun, Fitness & Friendship... try Scottish Country Dancing

Have you enjoyed a ceilidh, perhaps at a party, and want to learn more?

Scottish Country Dancing (SCD) is an activity of proven health benefit for exercising body and mind, and is enjoyed worldwide. You don't need a kilt, or a partner.

There are two local SCD groups: Bristol Westbury Scottish Country Dance Club (BWSCDC), and Bristol RSCDS (Royal SCD Society).

Teacher Maggie, "Started in school, and still loves it!" But it is never too late to take up SCD. Alison, who joined BWSCDC in 2022, shares, "Everyone mixes, it's a fun way to meet new people and keep fit; the 'no partner required' was an important point for me".

There is an emphasis on making the sessions fun, as teacher Cheryl encapsulates, "SCD is such fun, mixing with friendly people. For the newcomer, we teach the basic steps and different formations through simpler dances to iconic Scottish music in a supportive, friendly environment, opening-up a whole world of social dancing." Peter (who started in 2013) says, "The music just compels you to want to dance!"

Dances with live music are organised several times each year, by BWSCDC or by RSCDS, and



attract SCD dancers from across the South-West. Indeed, SCD dancers comprise a UK and worldwide community, which, as Andrew (lifelong dancer) says, "Has been a tremendous support at difficult times".

Everyone is welcome! Your local SCD group invites you to come and have a go. Just wear flat, soft shoes, comfy clothes, and a smile!

BWSCDC meets weekly on Tuesdays, 7.30pm at St Peter's Church Hall, The Drive, Henleaze, BS9 4LD. Your first night is free; then £6 per night for non-members; £5 for members (after £10 p.a. subscription). RSCDS meets on Thursdays at St Monica's, BS9 3UN.

Find out more at: www.westburyscottish.org.uk or email Maggie: beginners@westburyscottish.org. uk or Cheryl: intermediates@westburyscottish.org. uk or phone* 0117 401 2416 (*or if a Thurs. preferred)



News from the Goldenhill Community Garden

Hi everyone,

Well, summer is good and done but the garden is still looking great. We've had a brilliant season of munching plums and apples, taking home delicious vegetables and welcoming new people to the garden. September saw us ready for the start of term for our toddler groups and afterschool clubs. At time of writing, we currently have two spots available in our 10-11.30am, Tuesday morning group, which is a lovely session of digging, pond dipping, crafting, harvesting, exploring nature, singing, chatting and driving round in tiny cars – all in our beautiful garden. If you'd like to know more, please check our website or get in touch.

We were on the telly! On BBC's Gardeners' World! Just for a little bit, as part of the story of donated veg from Blaise Nursery making its way on to kids' plates across the city – via Family Food Action – and featuring the fab folks of the Vench in Lockleaze. We were on episode 19 and you can find us on iPlayer. They came and filmed right after the huge heat wave back in late June, so the garden was looking pretty crispy, but with clever camera work all looked absolutely gorgeous. Keep your eyes peeled for our glorious chard which definitely deserves celebrity status! The scheme – to collect surplus from the garden and the allotment holders on the large site we're based on, to take up to Family Food Action at the Ardagh (see page 47) each week – has gone from strength to strength, with Richard (and Natalie) hefting massive wheelbarrows piled high with kilos of beans, tomatoes, apples, spuds, beetroot, courgettes (of course) but even aubergines! Great stuff.

Our harvests are slowing down a bit now but there's still plenty to eat and lots of things to do in the garden – it's a great time to get involved. We're here every Wednesday, 10am-4pm. Come and find us through gates behind Horfield prison, just down from the school playground. There's no need to come every week or stay all day, and no experience or knowledge is required. New folks are welcome along for a tour and chat at 12 or 2.30pm or just come when you can.

And finally, a special mention one of our new volunteers – a new kid on the block and local celebrity

– Harry! This silky little black cat started coming along to our kids' sessions in the garden this summer and charmed everyone. He is often found dozing in the warm polytunnels and he is the most chilled and friendly cat I think I've ever met, seemingly unfazed by any number of children or fuss. This past summer he really helped some of our SEND children feel settled in the space, trotting in at 11am on the dot to welcome children into the garden and even coming on tours of the garden. He is a delight! (Except when he eats grasshoppers but hey-ho we all have our flaws!)

See you in the garden!

Lucy

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

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

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 – As you can see from the photo, owner Darren takes the sourcing of cheese products seriously! The launch of the new cheese counter has been hugely successful, and is the perfect spot to pick up your favourite local and South West sourced cheeses. Do speak to the team about placing your Christmas cheese order!

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

57 Gloucester Rd, BS7 8AD | foodxshopx.com

@foodshopbristol | Open Tues–Sat, 10am–6pm



Spooky treats & new Sweet bakes

October means **Halloween**, when there will be no tricks, but plenty of treats at Joe's. Their local bakeries will have a wide selection of delicious spooky items in the lead up to Halloween – monster and pumpkin cupcakes, ginger bread mummies, Frankenstein's monster, eye ball and cobweb doughnuts!

Always striving to deliver the best bakes to their customers, Joe's has created these stunning new sweet, treats. **Pistachio Croissant** – butter croissant filled with pistachio crème and topped with pistachios. **Financier** – buttery, moist marzipan cake, flavoured with amaretto and finished with a crunchy almond topping! **Clotted Cream & Fudge Doughnut** – Joe's classic doughnut dipped in caramel fudge ice, with a clotted cream centre and West-Country fudge!

Preparations for the festive season – As we head into the colder months, Joe's is preparing their large range of delicious festive bakes, many of them wrapped and presented to make great gifts. Watch this space and as always, keep an eye on Joe's socials for info on more new products.

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



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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 filter.

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

Apple Day at Horfield Organic Community Orchard – celebrating 25 fruitful years

In 1998 members of Avon Organic Group (AOG) were looking for a site to plant a new community orchard in Bristol. One day, walking along the lane from Bishop Road to Longmead Avenue, Pauline Markovits, the woman with the inspiration for the orchard, spotted fruit trees in blossom on the other side of the allotment fence. Among the flowering trees was the apple that has come to be known as the Golden Hill Pippin.

Now a deep-rooted community food project, Horfield Organic Community Orchard (HOCO) invite all our readers to celebrate their 25th anniversary at this year's Apple Day on Sunday 22 October. Highlights include the Apple Tasting table, and human-powered juice pressing. Arrive early for homemade cake, fresh-pressed juice, and the pick of plants and preserves.

The sale of young fruit trees also raises funds for the orchard. Earlier this year, HOCO members, who are volunteers, took part in several grafting workshops, and have looked after the baby trees since then. Pre-ordering trees is highly recommended. See the HOCO website for more information.



Orchard member Shannon Smith says, "I'm pleased to report we'll have some Golden Hill Pippin trees for sale, along with many other HOCO favourites. It's a gorgeous looking and wonderful tasting apple. We're not sure if it's a one-off, but since HOCO rescued the abandoned allotment plots 25 years ago, this tree has been nurtured back to health and fruitfulness."

HOCO members are also delighted by news of a successful funding bid to the West of England Combined Authority's Community Pollinator Fund for a project called *Bee Active, Bee Fruitful!* Visitors to Apple Day will be able to see a proto-type wild beehive suited to small gardens installed in the Home Orchard Plot. More pollinator-friendly projects, along with opportunities for community volunteering, are planned in the coming months.

Apple Day – Sunday 22 October, 2–4pm

To find the orchard (nearest postcode BS7 8JP) – walk down the lane beside 22 Kings Drive (between Bishop Road & Kellaway Avenue), turn left and it's the first gate on the right. OR Take the lane beside 134 Longmead Avenue (BS7 8QQ) until you come to the last gate on the left.

Please contact HOCO c/o the website to sign up for up-to-date information: www.community-orchard.org.uk | Phone: 0117 373 1587



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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.

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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 Letting 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

0117 911 2919 | jstephens@jbsbristol.co.uk

www.jbsbristol.co.uk

91 Bishop Road BS7 8LX

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"

Update on St Andrew's Food Garden: Welcome to The Pod!



We're hoping it was a one-off because the plants seem to be fine.

We created a couple of new beds in the ground; Martin created a rich bed of courgettes, sweetcorn, artichokes and fennel, which is doing really well, and reveals how beautiful and not just functional, vegetable plants are. The

Yes, we now have a name! It's taken a while to find what feels like the right one, but we got there finally.

Over the last few months, The Pod has been really starting to flourish; it's been a joy to watch and participate in. The trees are healthy and doing well after being cut back hard in the spring.

The edible hedge has got off to a good start with all the plants doing well and many of them producing currants in their first season. The vines are creeping up the arch so are also very happy where they are. We didn't realise the arch would present itself as a very convenient football goal; the two children who told us this were very concerned and advised me earnestly to build a giant fence around the garden!

courgette and artichoke flowers are stunning! We want one of the ground level beds to have just one vegetable in it next year so we can grow a bigger crop. If you have any ideas for the best candidate, please tell us! We also want to plant pumpkins; if you are likely to have pumpkin plants next year that we could have, please let us know.

One of the most rewarding things about The Pod is the community of people enjoying it. Families with young children have been keeping the plants watered all summer with the watering cans that you'll find along the fence, and we've been told by so many parents that their children find it a magical space, which was exactly what we had hoped! And many thanks to the person who donated a hose – that will be very helpful.

If you would like to get involved, please do come along to one of our community sessions (times listed below) to find out how – we would love to see you! The Pod is for everyone to enjoy and participate in; it's for all of us. If you have a plant you'd like to grow, bring it along. Or just come along for a chat!

COMMUNITY SESSIONS: Second Tuesday of the month, 2–3pm and the last Saturday of the month, 10–11am. CONTACT: on Facebook on the group called Food Garden For St Andrew's Park. We also regularly post news in the main park community group page.



Bristol 63rd's Summer Scouting Adventure!



The 63rd scouts took part in a range of activities at the beautiful Scout Adventures site at Youlbury, including climbing, crate stacking and fencing. They cooked all their own meals in patrols and got the chance to spend the night sleeping in a hammock. The scouts enjoyed day trips out to the Oxford Natural History Museum and spent an afternoon sailing on Farnoor Reservoir.

The camp brought together scouts and a leadership team from 63rd Bristol and 41st Cheltenham, and the two groups meshed well and learnt from each other.

Meanwhile, the 63rd Bristol and the Arizona Explorers had an amazing summer of adventure! Thirty-five explorers and a team of leaders, went on a 10-day trip to Adelboden in Switzerland, staying in a 50-bed lodge in the beautiful mountains. The young people and all the leaders took part in a wide range of active challenges, including hiking, gorge walking, zip wires and white-water rafting, as well as traveling up mountains in gondolas, mountain trains and visiting waterfalls within the mountain itself. The travellers were also able to join in with cultural activities with National Swiss Day celebrations and the Centenary festivities at the international Scouting centre in Kandersteg. The young people represented UK Scouts proudly and many wonderful memories were made, which will last forever.

Why not join in the fun?

The Bristol 63rd Scouting Group entertains and helps build life skills for over 300 local youth each week. Group numbers are now significantly higher than pre-Covid. To sustain this growth and enable further opportunities to be offered, this brilliant scouting group needs your help!



Self-employed, with two young boys, I understand the weekly time constraints of active work/family life – that doesn't however mean we can't be a part of the 63rd team. Scouting now recognises when it comes to recruiting new volunteers, they need to be flexible. There is now the opportunity for people to offer the time and skill they feel comfortable with – that could be a couple of hours weekly, fortnightly, monthly or quarterly – whatever you can offer to help keep this important group sustainable, would be welcome. They would love some support with the weekly Beaver, Cub and Scouting meetings but there is other behind-the-scenes work you can do too.

Volunteering is open to anyone – university graduates back home, people who have just moved to the area and are looking to get to know more people and the area, families, retired people... everyone has something they can bring to this group. And the great news is – volunteering makes you feel brilliant too, so go on, give it a go!

For more information on how you can get involved please contact Matt Lloyd,
email: matt.j.lloyd@btinternet.com
Tel: 07918 102363.

Community events for all, at The Hub

Marie Curie Charity Shop,
105–107 Gloucester Rd, BS7 8AT

October 2023

Sat 14 – Dungeons & Dragons Tournament, 2–4pm
Sat 21 – Witching Window & Halloween Market, 10am–5pm
Sat 28 – Halloween Tea Party, 2–4pm

November 2023

Sat 4 – Christmas Market, 10am–4pm
Sat 25 – Christmas Card Making Workshop, 2–4pm

December 2023

Sat 2 – Christmas Market, 10am–4pm
Sat 9 – Christmas Decoration Workshop, 2–4pm

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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North Bristol Art Trail 2023



Charlotte Savill

The North Bristol Art Trail takes place over the last weekend of November, 25–26. This incredibly popular trail has been taking place in our area for over 20 years. More than 100 local artists, crafters and makers show their original artwork in homes, studios and public spaces, so just pop in.

There will be everything, including original paintings, prints, ceramics, jewellery, textiles and glassware. Artists love this chance to meet people and talk about their creative process so don't be shy about going up to them, or just have a browse as you would in a public gallery. Many new members are joining the trail this year so there'll be lots of interesting and different work to see and artists to talk to.

The trail stretches over Redland, Bishopston, Henleaze, St Andrew's, Ashley and Horfield, subdivided into smaller areas on the trail map to make it easier to plan your route. You can find the NBA map online or pick up a physical copy in many venues around Bristol including Future Leap and Room 212 on Gloucester Road, Coldharbour Gallery & Waitrose in Westbury Park and at the Royal West of England Academy.

The art trail is a fun and relaxed event. It's a fantastic chance to bump into your friends and neighbours, buy yourself a treat or find reasonably priced original artworks in time for Christmas! Some of the artists will hold a preview evening on Friday 24 November and many will offer mulled wine or refreshments during the trail. Just look for the North Bristol Art Trail signs, sponsored by Elephant Estate Agents, which go up outside each of the venues, and check out northbristolartists.org.uk for further information.



Top: Diana Gibb | Above: Cathie Cooper



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NORTH BRISTOL ARTISTS ART TRAIL

25-26 November 2023 10am-5pm

Meet over 100 Artists & Makers in homes, studios & group shows around North Bristol. Discover original artwork, jewellery, ceramics, photography and more.

 www.northbristolartists.org.uk

 [northbristolartists](https://www.instagram.com/northbristolartists)

 [@NBAarttrail](https://www.facebook.com/NBAarttrail)

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www.fairfield.excalibur.org.uk



News from Fairfield High

Students, families and staff at Fairfield High School celebrated a fantastic set of GCSE results this summer. The grades reflect the hard work, determination and resilience of the students and the relentless efforts of staff.

There were plenty of smiles from students and their parents as envelopes were opened. Zayan was one example. He said: "I was so shocked with my results and never believed I could have done so well. My biggest achievement was an 8 in science, which is down to all my amazing teachers."

Interim Principal, Amanda Bridgewater, expressed immense pride in the students' accomplishments, stating: "I am absolutely delighted with this year's exam results. Our students have shown exceptional commitment to their studies, and their hard work has truly paid off. These results are a testament to their determination and the unwavering support they have received from our staff and their families."

Beyond academic outcomes, Fairfield High School places a strong emphasis on holistic education, and the school is also celebrating students' success outside of the exam hall. A substantial number of students took part in extracurricular activities that led to local and national awards, including



equalities, performing arts and sports, while still maintaining their focus on studies.

In a message to the graduating class, Ms Bridgewater said: "These results are a stepping stone to your future endeavours. Your hard work and determination have brought you this far, and I have no doubt that you will continue to achieve greatness in all that you pursue. Remember, your time at Fairfield has prepared you not only for academic challenges but also for the challenges of life. Congratulations to each and every one of you. Do keep in touch and let us know what happens in your next chapter."

www.fairfield.excalibur.org.uk

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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

Tel: 0117 463 0300



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

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Time to Play at Sefton Park



'It's fantastic'

'I love being able to climb and use the pole'

'Loads of people love playing in the kitchen'

'The swing is great'

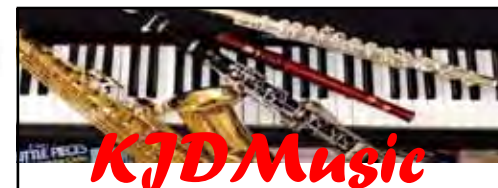
'All the new stuff is great for playing tag too'

These are some of the comments from the children at Sefton Park as they embrace the new creative play equipment in the school's woodland area.

The design and build by 'Touchwood Play' was in collaboration with the pupil-led school council. The school council heard presentations from the company, listened to their ideas and thought process, and decided which parts of the design would be best implemented within the budget set.

"It was an excellent example of children using their communication and creative thinking skills in conjunction with Touchwood and the end outcome is fantastic. It further enhances the provision for our children" said Dan Simson, Headteacher. "Members of the school council even went out to the timber yard for a tour of the equipment, wood and processes used to build the new equipment," Dan went on to say.

Sefton Park has a wide range of different outdoor areas from sports areas and climbing equipment to more rustic wooded areas and even an area for goats and chickens! Dan shares, "This wide use of space is extremely important for all our children as play is really valued at our school".



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Katherine Denny BA(Hons), PGCE, LRSM, CTABRSM

Lessons can be for fun or focused on passing graded exams. Lessons typically last half an hour and cost £20.

E-mail: katherine@kjdmusic.co.uk

www.kjdmusic.co.uk [f](https://www.kjdmusic.co.uk) [i](https://www.kjdmusic.co.uk) [a](https://www.kjdmusic.co.uk) [kjdmusiclessons](https://www.kjdmusic.co.uk)

Sefton Park Open Days

Reception 2024, prospective tour dates are as follows

Tuesday 3 October 2023 – 9.30am

Thursday 19 October 2023 - 9.30am

Friday 3 November 2023– 9.30am

Tuesday 14 November 2023 – 5pm

Tuesday 5 December 2023 – 9.30am

Thursday 14 December 2023 – 5pm

Thursday 4 January 2024 – 5pm

Contact the school office to book yourself on a tour or visit the school website



seftonparkschools.co.uk

01173773290

Sefton Park Infant and Junior Schools
Ashley Down Road, Ashley Down,
Bristol, BS7 9BJ



ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

Striving to be the best we can,
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OPEN DAYS FOR RECEPTION SEPTEMBER 2024

We would be delighted if you could join us for one of our Open Days exclusively for prospective parents of Reception-aged pupils starting school in September 2024.

Visits will be conducted from September 2023 to January 2024.



To book a place on one of our tours please email:

All are welcome at St Bonaventure's.

Email: admissions.stbonaventures@bristol-schools.uk

Web: stbons.uk Phone: 0117 353 2830

News from St Bonaventure's Catholic Primary School

Settling in at St Bon's – We started the new school year with a settling-in week. All classes spent time getting to know their new class teachers and new classmates, the weather was glorious and fun was had by all.

We've got lots planned for the term ahead and have already celebrated Roald Dahl story day by dressing up as our favourite Roald Dahl character or by wearing yellow – Roald Dahl's favourite colour.

It's been a productive and busy start to the term – Parents have had the opportunity to come into school to visit their child's new classroom and meet the teacher. Year 5 children have been busy taking part in Bikeability, learning how to stay safe on their bikes while using the road.

Looking ahead – We are already looking forward to celebrating our Curriculum week at the end of this term. The focus of this week is based around our current whole school theme 'Love Thy Neighbour'. Children will spend this week immersed in learning based around this theme. At the end of the week, we will celebrate the work produced in a whole-school assembly.



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

Saturday 7 October, 10.30am to 12 noon
Hope to see you there!





We have lots of open days for parents/carers of prospective Reception-aged children for September 2024. To book a place on a tour, please contact the school office on **0117 3532830**. To find out more about a mid-year admission and to book a tour, please contact our administrator at admissions. st.bonaventures@bristol-schools.uk



St Bonaventure's Pre School

St Bonaventure's Pre-school is now taking admissions for September 2024 Intake

**We are open, term time only,
Monday – Friday 8:15 – 5:30.**

Please contact us if you would like further information or to request an application form.

www.stbonaventuresearlyyears.co.uk

Email – admin.stbonaventures.ey@bristol-schools.uk

Instagram – [@stbonspreschool](https://www.instagram.com/stbonspreschool)

Phone – 0117 3532887

Local & online tutor for children aged 6–11

Horfield resident Liz Romero

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I have also taught at Westbury Park and St Bonaventure's.

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COTHAM SCHOOL OPEN EVENINGS FOR THE NORTH BRISTOL POST 16

Thursday 12 October 2023 – (Cotham) 6.30pm to 8.30pm
Thursday 19 October 2023 (RGS) – 6.30pm to 8.30pm

www.cotham.bristol.sch.uk Achievement - Diversity - Respect

News from Cotham Post 16

This year, students from Cotham Post 16 (part of the North Bristol Post 16 Centre) had much to celebrate with their Post 16 results in August. As always, we saw our young people move forward into a wide range of pathways including highly competitive degree apprenticeships, international study and a wide range of university courses.

Three of our Cotham Year 13 students secured places to study at University of Oxford on routes of English, Law and Biomedicine. We also had a further two students move into study at Cambridge, studying Human, Social and Political Science, and Maths.

Each year we have a cohort of young people who are provided with focused support and guidance on our 'early applicants' pathway. This includes students aiming for routes of study at Oxbridge universities, as well as aspiring to move into competitive early applicant courses including Medicine, Veterinary Science and Dentistry. We are excited to be working with 25 Year 13s in our latest cohort and look forward to celebrating the successes of all our Year 13s in summer 2024.

www.cotham.bristol.sch.uk



A little Buddhism for children

Saturday 14 October
Sakya Buddhist Centre
Bristol

2.00-2.30pm for ages 5-8
3.30-4.15pm for ages 9-12

Both events are **free** and feature an intro to Buddhist thought and meditation. Note: children need to be accompanied by an adult. All welcome.

121 Sommerville Rd,
St Andrews BS6 5BX
t: 0117 924 4424
e: bristol@dechen.org
www.sakyabristol.org

Gloucestershire County Cricket Club in conjunction with Ashley Down Schools Federation, will host another spectacular **firework display** on the evening of **Friday 3 November**. Tickets and more information on the event are available now from www.gloscricket.co.uk/fireworks.

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Did you see Family Food Action and the Ardagh on BBC2 Gardeners World?

It was great to be part of a Gardeners' World programme in August. It included a feature on the way in which Covid and lockdown effects had unexpectedly brought about a new and exciting food chain in Bristol – of supplying, growing and donating fresh fruit and vegetables to organisations via Blaise Nursery, various allotments and community gardens, including Golden Hill, and the Ardagh Gardening Group, to Family Food Action and onward to our partner organisations, including the Vench who were filmed using the vegetables in cooking activities with the children.

It was such a positive outcome for a desperate time for many people, and one that continues to impact on children and families across the country. Family Food Action was proud to share the learning and discuss the positive benefits of helping children eat more healthily. The additional mental health benefits of being involved in growing and gardening, as well as in working with other volunteers, was also featured in discussions with Steve from The Ardagh.

You can still see the programme on BBC iPlayer – Episode 19 – which aired on 4 August.

We have been delighted by the number of new gardening and growing organisations that have offered us food since seeing the feature and by individuals who have donated their produce too.

We are always pleased to receive fresh fruit and vegetables from donors as well as the larger goods. Each week, we also share social media updates on special requests from our partners which reflect their activities that week. Now the children are back at school, we are supporting more of them with healthy

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HOMEFIX www.homefixweb.co.uk



break-time snacks and supplying food for the food clubs too.

We have been reaching out to new communities who might be able to offer help as people feel the effects of the cost-of-living rise. The cost of supplying a bag of food through the food clubs has risen from £12–15 up to between £20 and £25 so we will need to raise our current level of donations to reflect both the price rises and the increased demand. There are so many more people seeking help at our partners now.

If you can help by giving, perhaps even just a few pounds a week, we would love to hear from you. Do come and talk to us at The Ardagh, Kellaway Avenue, BS6 7YL any Tuesday morning, 10.30–11.30am, or contact us through the website.

familyfoodaction.org.uk

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info: Email: bs7gardenservices@gmail.com

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.

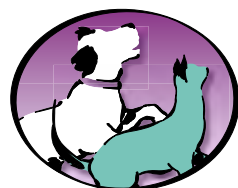


Trick training can be good stimulation while also helping form a positive association between you and your pet, making it a fun and beneficial bonding experience. Surprising to some, rabbits respond to treat training like any other pet so make sure to try it out with all your animals. Taking the time 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 tug 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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www.animalhealthcentre.org

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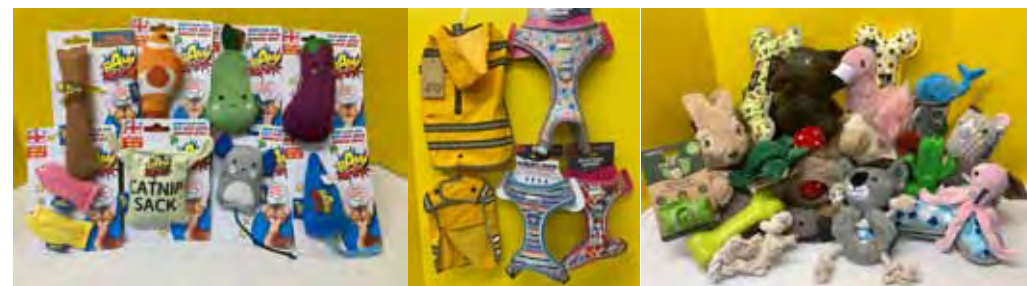
Seasonal coats & harnesses – as we embrace autumn, the stylish Sötnos sunshine yellow, rain coat, with removable fleece layer, is perfect for your pooch to enjoy being outside in all weathers. Doodlebone's adjustable airmesh harnesses come in some lovely patterns and the breathable fabric is super soft to touch.

Ancol toys – Roxfords has a fabulous range of new Ancol toys, from the The Heritage Collection of smart tweed, soft animals, to their Soho pet collection of brightly patterned, plush bones.

The Soho range is made from recycled materials and stuffing, to reduce your dog's carbon paw-print!

The cute, Minis plush toy, animal range – specially for smaller dogs, are created in part from recycled bottles. As is their Playtime range – I particularly loved the pink flamingo! The strong, interactive cactus, from Ancol's Jawables range, will keep your dogs entertained while helping to clean their teeth.

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“Reading gives us some place to go when we have to stay where we are.” Mason Cooley

Being stuck at home is often not a lot of fun. It can be hard getting all the essential things done, leaving little energy for

the things that bring you joy, like getting new library books. How many of us get a real thrill, seeking out new titles to enjoy, or familiar volumes to read again?

Help is at hand! The Bristol Home Library Service (BHLS) is available for anyone over 18, living in Bristol and who is unable to get to their local library for reasons of age, disability or responsibility. There are HLS DBS-checked volunteers in most parts of the city, who will be happy to come around to your house and keep your book pile topped up. They will fetch you a specific book you want or bring suggestions for your pleasure (librarians are very helpful with this). The free service is offered monthly and most of our volunteers have time to stop for a chat when they visit.

So, if you are someone who needs this service, please call or email using the details at the bottom.

Reader Offers

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 Hobbs House Bakery – 50% Off Your Hot Drink, pg 3
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 Pilates Active – Free Trial Class, pg 13
 Yoga Space – 50% off trial class, pg 21
 Check individual adverts for conditions

If you know someone who might enjoy this service, do tell them about it and, either give them the details, or call BHLS and they will be in touch.

Or, perhaps you might be willing to join the wonderful BHLS team? They would love to hear from you. It is a voluntary role, but expenses can be refunded. You will be making a real difference to someone's life.

Please share this good news around and help reduce isolation in our community.

**E: BHLSVisits@royalvoluntaryservice.org.uk
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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! They Meet on Thursday evenings, 7.30–9pm, t Horfield Baptist Church, 160a Gloucester Road, Bishopston, BS7 8NT.
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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.

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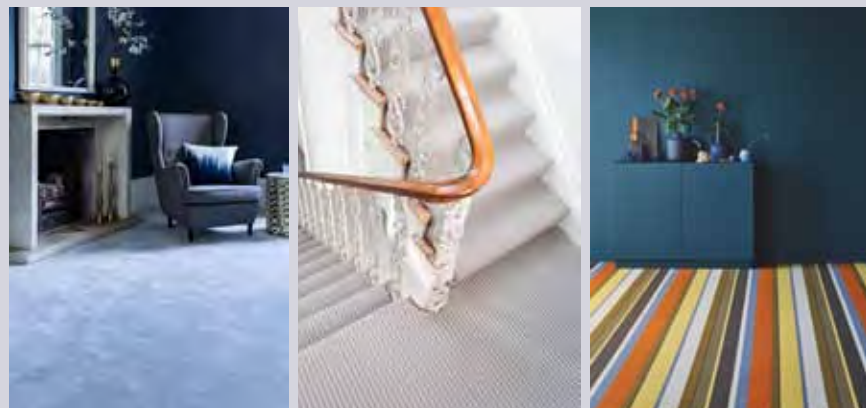
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Allotments in North Bristol

BHA local history research – Andy Buchan ©

Allotments, as we know them today, result from legislation starting in the mid-19th century, continuing into the mid-20th century. The Enclosure Acts of 1845 and later, were in part designed to create 'field gardens' for the landless poor, but the act failed. In 1887 the 'Allotment Act' meant that councils had to provide allotments if there was demand for them, but many resisted to comply. It is possible that the allotments in Ashley Down District, referred to in a newspaper in 1903, were formed following this act. The article says that it hopes further land will be made available in the north of the area. The Small Holdings and Allotments Act of 1907 and additional legislation in 1908, imposed responsibilities on councils to provide allotments. To the Victorians and Edwardians, allotments were seen as a way of keeping people active and away from the 'evils of drink', as well as providing fresh produce for families living in houses with no gardens.

The first series Ordnance Survey map, c1881, shows no allotments in North Bristol, but the second series, c1903 shows two designated areas. One was directly opposite the south end of Downend Park; today Muller Road runs through the site – this land had been pasture, and maybe the allotments mentioned in the 1903 newspaper article. The second allotments were behind Bristol (Horfield) Prison and may have served to provide food for the prison; this land had formerly been arable. Today this site forms part of the Golden Hill allotments.

The first allotments that we know something about were at Quab Farm, where Maple Road and Beloe Road now lie; these were laid out in c1909, but had disappeared under housing by the early 1920s. The Golden Hill allotments were developed later in the early 1920s on adjacent land.

By 1914, there were approximately 500,000 allotments across England, but food shortages caused by Germany's blockage of shipping meant that more were needed, and the government gave local authorities powers to turn derelict land into allotments. The Horfield and District Allotments Association was formed in late 1916; their first allotments were off Filton Avenue – approximately where Bristol Rovers play today. People from the Horfield group were active in promoting allotments and developing and protecting the rights of allotment holders, across the Bristol area and beyond, as evidenced by newspaper reports.

Image from Know Your Place (<https://maps.bristol.gov.uk/kyp/>)
Allotments on Horfield Common 1946

Know Your Place – 1880s-1930s maps from the collections of the British Library & National Library of Scotland. 1946 Aerial Imagery © Blom Pictometry. OS data © Crown copyright & database rights 2016 Ordnance Survey 100023406. Use of OS data is subject to end user licence

One source of land, too small for general agriculture that was developed for allotments, was alongside



Image by Peter Fraser ©

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railway lines and some of these were given to railway workers. At the end of the war there were an estimated 1.5 million allotments in England; in 1919, an act was passed to enable returning service men to get some of these.

While demand for allotments was high, so was the demand for land for building and other purposes; some land was returned to its original use, often recreational, and other land was built on. An example would be the large allotment plot known as Graham's Field, south of Horfield Barrack, which ran from Gloucester Road to almost Filton Avenue, and from the Barracks to Highbury Road. Some land was repurposed for building and Wessex Avenue was

built down the middle, leaving two smaller sites that still exist today. Other sites in Upper Horfield that had been developed as allotments during and after WWI, were also built upon.

When WWII began there was a new drive to produce food supplies to alleviate the German blockades, with the Dig for Victory campaign and again spare land was turned into allotments, notably in Horfield much of Horfield Common, alongside Kellaway Avenue and down Wellington Hill West. The campaign, supported by posters and a song, was very successful; before the war Britain imported 75% of its food, by 1945 75% of food was produced in Britain and there were 1.4 million allotments.

News from Ashley, Bishopston & Ashley Down & Redland Councillors



Amirah Cole

Ashley Ward

You may have heard that St Paul's dentist, run by Bupa, closed its doors suddenly at the end of July, impacting many Bishopston residents. Since then, local community activists and I have been campaigning for a solution. We've been making good progress; we've been in contact with another dentist that

operates in Bristol and is interested in taking it over, and Sovereign Housing – the owners of the building – and Bupa are working with us to make this happen. Although nothing is confirmed yet, this should be welcome news to the local residents who have been left without access to dental care.

In news outside of Ashley ward, this month, the Labour administration approved investment into Bishopston Library to make it more energy-efficient, reducing CO2 emissions and saving the council money, which it could reinvest into our libraries. Residents will also see that work has begun on Ashley Down Train station, following the opening of Portway Park and Ride Station – the first new one to open in Bristol for almost a century – last month. This is great news for residents of Ashley ward, who will have another new sustainable transport option.

If any residents of Ashley would like to contact me about any council matters, please do.

Amirah Cole, Labour Party
Cllr.amirah.cole@bristol.gov.uk

Bishopston & Ashley Down ward

Thank you, from Emma and James – On 24 August the Bishopston and Ashley Down by-election was held, and we are over the moon that James Crawford was elected, after Cllr Lily Fitzgibbon stood down in June. A massive thank you to all who voted and

helped with the campaign. James grew up in the area and is passionate about local issues. He is looking forward to getting stuck in to helping Emma in the ward and connecting with local residents. "I am delighted to be elected, I have already been listening to residents and I share many of their concerns. I look forward to meeting more of you in future and helping Emma with all the fantastic work she's been doing in the ward."

Ashley Down School Street – We were delighted to hear that the plans for a school street for Ashley Down School has gone ahead and is confirmed. The scheme will see Olveston Rd closed to traffic during term time on weekday mornings and at pick-up time. The scheme is due to start at the beginning of October. Emma has been working with the school and officers to get this implemented and we thank everyone who responded to the consultation. This will provide a much safer area around the school gates for drop off and pick-up time, as well as reducing pollution outside the school.

Muller Road project – Sadly, we have been told that the Muller Road project completion date has been pushed back again, due to contractors running into unforeseen issues with utility cables. We have been putting pressure on the council to engage in better resident communication about this as this has been the fourth delay in six months. We have been told that the new estimated date for completion is 4 October, but we will keep residents informed if this is due to change. The changes will see a new bus gate on Muller Rd, new traffic signals at the bottom of Ralph Rd and the final blocking off of Springfield and Brent Rds to prevent rat-running and through-traffic.

The Memorial Ground – Emma has had continued discussions with Bristol Rovers about the building work at the Memorial and sharing the concerns of local residents. They have agreed to host a series of community engagement events to discuss these concerns and to develop a better relationship with the community. At time of writing, we are preparing to take part in the first of these events on Thursday 21 September, at the Memorial Stadium. Residents will be invited along to discuss the building of the South Stand and any other concerns they have and learn more about the proposed stand. Further meeting dates will be announced.



Emma & James

Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

Councillor Lily Fitzgibbon, Green Party

Cllr.Lily.Fitzgibbon@bristol.gov.uk

Redland ward

Problems at the bottom of Gloucester Road – Fi met with the local PCSOs recently at their request to see how we can work together to reduce some of the problems occurring in the area. We've also had reports from residents who are concerned about a rise in some antisocial behaviour. Clearly there are no simple solutions to the increased prevalence of drug use, incidences of shoplifting and some abusive behaviours. Additionally, as we all know, resources everywhere are very stretched. Rather than simply trying to move the problem elsewhere, we have been in touch with council officers to see how support can be offered and long-term solutions found. The PCSOs are also keen to invite anyone interested to a (probably virtual) meeting to discuss how we can all work together on the issue. If you would be interested in getting involved, please let Fi or Martin know.

Planning delays continue – Complaints from residents continue to arrive about lengthy planning delays, even for very simple applications. This frustrating situation has been drawn to the mayor's attention on many occasions, both by councillors and by residents via public forum statements made at full council meetings. The cause remains the loss of key staff and the inadequate funding to run the service.

The statutory period for deciding householder applications is within 8 weeks, unless a longer period is agreed in writing with the applicant. But, in August 2023, household applications were delivered in the timescale in only 18 out of 36 cases (i.e. 50%). We're assured that there are now new recruits in the team so we hope the situation will improve in the near future. Where applications are straightforward, we can try to get a rapid assessment if you send us details of a delayed application.

Electric vehicle charging – interest in electric vehicle use and charging continues to grow. We have been contacted by residents enquiring about installing, at their own expense, EV charging gullies (a strip where cables can be tucked away below the surface) outside their homes, similar to how dropped kerbs are agreed and paid for.

This appears to have accelerated since the Clean Air Zone started and is a good indication of people wanting to switch to cleaner vehicles. We recognise concerns over trip hazards – a genuine concern; groups representing disabled people will need assurances this won't be a risk.

The administration says gullies have been discussed with various groups and departments but are not deemed as a viable option. Their favoured option is to install more on-street chargers and target areas where the chargers will be best utilised. The future of charging is much the same as petrol stations. We hope this doesn't mean lengthy delays until new facilities are available.

Weed removal – We've previously referred in our news column to concern about the council spraying glyphosate to suppress weeds. If a street wishes to opt out there is a procedure now to make a commitment to keeping the street weed-free, with a named resident to liaise with the contract manager. The council will reserve the right to get spraying carried out if a street isn't kept weed-free.

We have been trying to establish what progress is being made with the public commitment to cut spraying by half in time for 2030, in line with the council's Ecological Emergency Declaration. The actions on this will be reviewed later this year by the scrutiny commission Martin chairs.

Bristol Waste has recently been trialling a pivot away from the chemical spraying and using the team to manually remove the weeds. This is more labour-intensive, and the ground is covered more slowly, so it is not deemed viable when budgets are shrinking – hence the challenge for residents to work together in their own street. Do contact us if you'd like more information about how to take action as a street.

Fi Hance, Green Party

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

Martin Fodor, Green Party

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

[Facebook.com/cllrmartin.fodor](https://www.facebook.com/cllrmartin.fodor) or [cllrfi.hance](https://www.facebook.com/cllrfi.hance)



Martin & Fi



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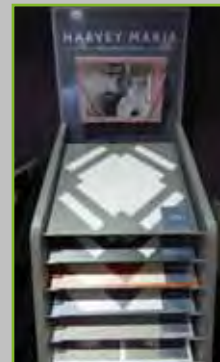
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Natural Born Flooring

203 Gloucester Road

Bristol, BS7 8NN

Customer parking at the rear of the shop
www.naturalbornflooring.co.uk



It is great this family business has remained busy during these challenging times. When I last spoke with owners Colin and Ross they told me they have now been on our high street for nine years! They both still very much enjoy being a part of the Gloucester Road community and thank their local customers for their ongoing support.

Their impressive showroom runs over three floors – downstairs is dedicated to real wood, parquet and engineered oak flooring.

The rear showroom displays stylish, luxury vinyl tiles, perfect for all areas of the house with brands such as – Amtico, Karndean, Distinctive, Polyflor and Harvey Maria – who have a fabulous new range on display at the showroom.

The ground floor is home to an extensive range of quality carpets rugs and runners, both of natural and synthetic fibres. Ross has been busy installing the new distressed wooden panels that display beautifully the diverse ranges of gorgeous carpets they have on offer.

Natural Born Flooring's team are highly experienced and offer a friendly service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices.

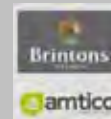
The Natural Born Flooring team would like to thank their clients for their ongoing custom. They look forward to working on your exciting flooring projects throughout 2023!

Call today for a free consultation on 01179 427829

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357 Filton Avenue, Bristol BS7 0BD



James Antony NEW SHOW ROOM

Due to popular demand, the James Antony Flooring team (James Garland and Antony Egan) have expanded from a mobile service, into a new show room at 357 Filton Avenue, BS7 0BD.

Opening in spring 2023, the business has been well-received in their new home. Keen to support their local community, James Antony are now the proud sponsors of Filton Avenue's school football team. You can see some of the happy squad modelling their fine new kit outside the showroom.

James Antony Flooring are a professional flooring company that fit Carpets, Luxury Vinyl Tiles, Laminate Flooring, Vinyl Flooring and Artificial Grass to both residential and commercial properties.

They are proud to offer their customers excellent service at a competitive price. They offer discounts to OAPs and NHS workers, and promise to beat any like-for-like quotation on Carpets, Laminates and Vinyls.

Previously working as a mobile service, the team will still go out and visit clients at home, to professionally measure up and bring along a



selection of flooring samples if this is the best option for their customers. If you visit their showroom however, you will be able to browse a huge range of different flooring samples, while asking questions on what would work best for the project in hand.

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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SOUL PILATES

PILATES REFORMER, EQUIPMENT & BARRE STUDIOS

MONDAY

- 7.30am | Reformer: Uplift
- 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

FRIDAY

- 7.30am | Reformer: Align
- 9.45am | Reformer: Align
- 12.05pm | Reformer: Evolve
- 1.15pm | Reformer: Align
- 5pm | Reformer: Align

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

SATURDAY

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

WEDNESDAY

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

SUNDAY

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

THURSDAY

- 7.30am | Reformer: Align
- 10.15am | Reformer: Align
- 12.15pm | Equipment: Circuit
- 1.15pm | Reformer: Evolve
- 5.30pm | Reformer: Align
- 6.45pm | Reformer: Evolve
- 8pm | Reformer: Beginner

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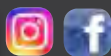
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