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issue 172, Nov 2023



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Dear Readers...

Bishopston Matters is delighted to be celebrating a sweet – 16 years in print this November! So much has changed since we first delivered that 28-page, black-and-white magazine (my boyfriend – now husband – and I delivered the many thousand copies for the first few years it was in publication), to today when we are a full-colour, glossy, 80-page magazine! Thank you all for your support over the years and for using the traders that feature within the publication – they are who make this free, community magazine possible.

So much has changed on Gloucester Road too, but wonderfully, many businesses that feature in this issue of Bishopston Matters, were trading before BM existed, and are still going strong – Joe's Bakery, Pearce's, Roxfords, Yogawest, The Flower Shop... It is always great to welcome new businesses to our High Street and hope they thrive too.

It is that time of year when I remind you just how much our special, independent traders have to

offer, as we start the run up to Christmas. Whether you are shopping for gifts, decorations, ingredients for bakes, or planning seasonal get togethers, please do keep it local this festive season.

There are some fantastic local appeals you can support too; we hear from Family Food Action, B+A Church, Refutrees, Children's Hospice Southwest and the Goldenhill Community Garden. We also share news on local Christmas markets, fairs and activities that are raising funds for local groups, while we all have fun taking part.

Getting out to local groups and organisations has always been a favourite part of my job. In October, I was delighted to attend the launch of Brunel Field Primary School's new library which was a joy to be a part of, 'read' all about it inside!

It wouldn't be November without the fabulous North Bristol Art Trail; I look forward to seeing lots of you out and about on the creative trail. Enjoy!

Kerry x

Email: kerry@bishopstonmatters.co.uk | www.bishopstonmatters.co.uk Bishopston Matters
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Read all about it! New Library at Brunel Field

It was wonderful to attend the World Picnic at Brunel Field School, as part of the celebrations, to launch their fabulous new library. Families tucked in to dishes from around the world, before gathering in the school hall. Year 6 pupils recited poems prior to cutting the ribbon to officially open the stunning new space.

The delivery of this ambitious project was made possible thanks to a generous donation from the Mercers' Company, following an application from the school PSA. Conor Watney from the Mercers' Company, was in attendance; he shared how delighted the Mercers' were to grant this funding. Additional funds were raised by parents and pupils who responded to the PSA appeal. Families undertook fundraising activities including bake sales, litter picking and sponsored readathons. Last year's Year 6 – The Class of 23! – got stuck in to raising funds for the space too; what a great legacy for them to be a part of.

The PSA always likes to support local, so when it came to sourcing new books, they approached Gloucester Road Books, and were delighted to build a 'wish list' with the shop.

Families bought a total of 269 new books, and Gloucester Road Books donated an extra 20% as a gift to the library. It was great to see Tom at the launch event; everyone at the school are so grateful to him, as well as being thrilled to have supported our local High Street!

Acting Head, Julie Waldren, was over the moon with all the work everyone had put in. She emphasised the importance of libraries and shared her memories of visiting these special buildings as a child.

The original Brunel Field library was in serious need of renovation. The bookshelves were too high for younger pupils to access, and were fixed in place so the space could not be adapted for group learning and other activities. The decor was muted and not at all inspiring. Well, this is certainly not the case now; it is such a happy place to be, bursting with colourful books inviting you to dive in. One wall has a glorious mural, perfectly capturing the great sense of adventure and escapism a good book can offer. Thanks go

to @silenthobo for the inspiring artwork.

Special thanks go to PSA parent, Cathy Wentworth, and her army of parent volunteers who packed, moved, unpacked, sorted and labelled books, rehomed and installed furniture, decorated, cleaned and organised the grand opening!

The library is now a versatile space, with a broadened selection of new library books and resources to reflect the diversity of the school community, including resources to support positive mental health and wellbeing. Still to come (when further funds have been raised), is a small sensory area to provide a calm, quiet space to meet the needs of learners with SEND.



What the pupils think...

I can reach all the books now!

I love all the new books and how colourful everything is.

I like that there are comfy pillows you can sit on when you read.

The big picture is fun!



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The Awards keep coming for Bishopston Fish Bar

Running a successful business on Gloucester Road is not the easiest way to make a living. It is often the heart of the traders that keep customers returning. Nick Lomvardos, of Bishopston Fish Bar and his hard-working team, certainly live up to their promise – *Cooked with Passion, Served with Pride!*

When I visited the Fish Bar at the start of October, Nick had a twinkle in his eye and a smile from ear to ear! He had just received the happy news that his Bishopston Fish Bar had once again been announced in the list of *Top 40 Fish and Chip Takeaways of the Year!* There are 10,000 fish and chip shops across the UK so this is no mean feat. Our local Fish Bar was the only one to be named in Bristol too!

It was wonderful to see, how after 37 years, and numerous awards, this recognition still means so much to Nick. He shared, "After one of the most difficult years in business, contending with the energy crisis, it feels so great to have all the love and passion myself and dedicated team put into our Fish Bar officially acknowledged, with this award from the NFFF (National Federation of Fish Friers). Thanks, as always, goes to my team and the wonderful local customers who support us."



Always looking to improve his business, during the summer, as well as launching an extended Vegan and Vegetarian menu, the front of the shop was given a beautiful, blue makeover. The business has also dispensed with traditional polystyrene packaging – the trays used now are made from biodegradable sugar cane, and the cups from cardboard.

I would encourage all of you to celebrate this great news with an award-winning chippy tea soon!

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News from Red Dragons

It has been an incredibly busy month at Red Dragons Martial Arts. We have welcomed some wonderful new members and we have been working really hard towards our grading event.

These events never ever fail to leave me feeling totally inspired. Children and adults working so hard to achieve their next goal.

What I think is really amazing is that each person who attended the grading pushed themselves so much. They had to endure, they had to master their minds and control their internal dialogue. They pushed themselves both physically and mentally.

And here is what I honestly think is just a little bit special – they all came back again the next week, to push themselves even harder for the next one! They disregard the difficulty and hardship and they go again. That really is just amazing, don't you think?

Hard work pays off and motivates you for the next challenge, and we have a lot of fun along the way too! If you would like to find out more about our Red Dragons family, do get in touch to book in your free trial.

Sensei Lloyd



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**St Bonaventure's Primary School to host
Bishopston Window Wanderland 2024**

St Bonaventure's Primary school is delighted to be hosting the 2023 Bishopston Window Wanderland for the second year running. This colourful, creative annual festival will run from Saturday 9 to Monday 11 March 2024.

We're proud to take part as our school sits in the heart of Bishopston – and community means everything to us. It embodies our St Bon's values, brings neighbourhoods together, reduces social isolation, and inspires creativity – all things very close to our hearts at St Bon's. We've always taken part in the festival, displaying our pupils' work in the windows of Lynne Fernandes Opticians on Gloucester Road.

Keep an eye on our social channels for more info. If you have a window where a community group could display their work for the festival, please email admin@windowwanderland.com.



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We can't quite believe it's November already, but here we are almost at the end of the year – and what a year it's been! We've recruited a whole new team, arranged some truly unforgettable funerals, and curated lots of interesting, engaging events – this month is set to be no different.

On **Friday 3 November** I'll be chairing **Where Have We Come From and Where Are We Going?** An online talk – part of the Kicking the Bucket Festival – exploring historic approaches to death in the UK and the blossoming green burial movement. Visit the festival website for more information and to book your place.

The following **Monday, 6 November**, join me and Humanist celebrant, Chrissie Hackett, for **Loving & Leaving Our One Life: A Humanist Approach to the Inevitable**, a talk at the Unitarian Meeting Hall in Brunswick Square. This free event will cover how we can prepare for death, both practically and emotionally, and what we can do to help those we leave behind. We'll also discuss living funerals.

Thursday, 9 November, we're hosting the last **Death Café** of the year. We're really looking forward to seeing some new and familiar faces. The team at Divine feel very grateful for all the amazing conversations we've held here at The Sanctuary since May. Come along to the next Death Café to enjoy some tea and cake and to talk about life, death and dying within a warm and welcoming environment.

This is our final piece in *Bishopston Matters* for 2023, so we'd like to take the opportunity to wish you a happy festive season. This time of year can certainly be hard as absences are often felt more keenly. Whatever December may mean for you and yours, we hope it brings you comfort and joy, and wish you all the very best for 2024.

Dee Ryding – Founder of Divine Ceremony



Dee Ryding



News from the Goldenhill Community Garden

Hi everyone,

Are you nearly ready to start making plans for the festive season? Would you like to make a unique and beautiful winter wreath in a fun and informal session? Would you like it to be environmentally friendly and a bargain? AND would you like to support a local community project at the same time? Well, you're in luck! Because we're coming back with our lovely and friendly **Wreath Making Workshops!** They'll be on **Saturday 2 and Sunday 3 December**. Each wreath costs £25/£15 and it takes about an hour, depending on your creative process. You'll learn how to weave a willow hoop and then be provided with everything you need to decorate it with gorgeous natural foliage. Every wreath is different and they always turn out beautifully and it's a lovely, jolly thing to do with pals. Children are welcome. Booking is essential; please find full details on our website.

The days get darker but **we don't close in winter; the Wednesday volunteers and our children's groups are in the garden all year round.** Our Wednesday volunteers take the edge off the colder months by cooking up a delicious soup with our veg from the plot; coming together each week and chopping and chatting and then slurping down hot soup always puts a smile on faces. Every year we make sure to grow loads of parsnips and leeks and greens, lots of good stuff to feed us through winter. In previous years we've planned for a mild December and have always sowed our broad beans so they don't get so big that they get battered by the cold winds in Jan/Feb. However, 2022's ferociously cold December took us by surprise, and wiped out our celeriac, beans, indoor salads. So, in 2023 we have planned for both mild and cold weather this year, with a set of early planted and late planted beans and protection for our salads in the polytunnel, but who knows what the season will bring?

We also spend the winter fixing, sorting, tidying, clearing, organising and catching up with all the jobs we don't have time for in summer.

It's good to have a reason to be outdoors at this time of year, I always feel like every bit of fresh air makes the short days more bearable. So, if you'd like to come and get involved, please feel very welcome! **We're here every Wednesday, 10am–4pm** (though we close at 3pm in December and January), and new folks can come along for a tour and a chat at 12 or 2.30pm, or pop in when you can. No need to come every week or stay all day.

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com

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

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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.

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

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

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

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

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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"



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INSPIRING THE HEAD, HEART AND SOUL



Trinity Academy launches its Sixth Form ready for September 2024

Trinity Academy is excited to be launching its sixth form this autumn ready for students to start in September 2024.

The new school opened in 2019 and moved into modern state-of-the-art facilities in September 2021. It has been oversubscribed since its opening and now has a full lower school. As part of the Cathedral Schools Trust, Trinity Academy sets a high standard of learning for its diverse school community and its mission for high academic teaching, a caring community and strong co-curricular offer resonates with the community.

Trinity is now looking to extend this mission and values to its sixth form which will open in purpose-built facilities that have been designed to meet the needs of our post-16 students. The school is working in close partnership with colleagues at Bristol Cathedral Choir School (BCCS) sixth form, which is oversubscribed and recently rated outstanding by Ofsted. Trinity sixth form will assume the same structures, processes and curriculum.

The school has a teaching staff of highly academic, outstanding teachers. Classes at Trinity are likely to be smaller than many other Bristol providers which will enable the school's focus on a caring community. The sixth form will also have a strong Performing Arts programme with formal links to the Bristol Old Vic Theatre School, Trinity Laban Conservatoire of Music and Dance and the Royal Welsh College of Music and Drama. Each institution will be involved in sharing their expertise and delivering part of the Dance, Drama and Music A Levels.

Headteacher Eiron Bailey says, "We are confident that our mission at Trinity translates into a first-class and unique 6th form provision where outstanding academic tuition is combined with high-level, individual support and a broad co-curricular offer. 6th formers at Trinity will have the opportunity to achieve both academic success and develop broader qualifications, whether this be within the performing arts or leadership arenas."



The first open event for the sixth form held on Wednesday 11 October was hugely successful with over 300 visitors. We anticipate a similar number of visitors to our second event on Tuesday 7 November 2023. We will be showcasing our first-class facilities including our newly furnished 6th form rooms as well as our outstanding teaching body who are on hand to answer questions about A level course content. Places can be booked via the Trinity Academy website (www.trinityacademybristol.org/sixth-form) or direct from Eventbrite.

www.trinityacademybristol.org/sixth-form

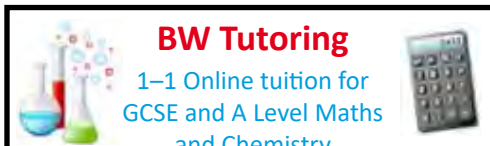
For all enquiries please contact: enquiries@trinityacademybristol.org



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Think Christmas, Think Local!



I know the start of November feels too early for some to start thinking about Christmas – but the more organised you are, the better you'll feel in the run-up to the big day! This feature is here to make gift shopping easier, by providing inspiration for everyone on your list – even the tricky ones.

If you get out on our High Street you can enjoy the experience of buying gifts and benefit from the traders' knowledge, as well as the quality of product. If you prefer to shop online, that is great too – many local businesses have comprehensive websites that offer delivery or click and collect.

There is such a diverse range of gifts available: original pieces of art, ethical jewellery and clothes, vegan hair products, hand-painted baubles, luxury candles, gorgeous homeware, gadgets for keen gamers, stunning pot plants, bouquets, Bristol gin and of course delicious festive confectionary and chocolate. If you can't decide what to buy, most of the local businesses offer vouchers or gift cards.



Vouchers are perfect if you would like to treat someone to a new hair style, beauty treatment, year-round floral arrangements or even theatre tickets for a Kelvin Players production.

Food and drink are at the centre of much Christmas celebration and tradition. We are lucky to have independent butchers, bakers greengrocers, drink specialists and delicatessens. And if you are trying to be sustainable with your food purchases, why not book in with the Oat-Float for all your Christmas pudding and cake ingredients, as well as visiting FOOD Shop and Better Food Co?

If you are planning your work Christmas party, annual catch-up with friends or you would simply light to have a relaxing drink or meal while shopping, we have so many wonderful cafes, restaurants and pubs to choose from.

There are Christmas markets to attend: Bishop Road hosts theirs on Thursday 23 November, Glos Rd Central's takes place on Thursday 7 December and The Ardagh on Saturday 9 December. Sefton Park and Ashley Down School, Christmas Fairs takes place on Saturday 2, and St Bon's on Sunday 3 December. Talking of schools, if you are in charge of purchasing presents for teachers this year, do consider buying local gifts or vouchers. Last year, by being part of the team buying for both of my sons' classes, a few hundred went back on to our

High Street over the year. It was wonderful to give something back to the same traders who support us with school raffle prizes and the like.

In this season of goodwill, there are many local groups you can support. Donations of seasonal goodies or cash can be made to Family Food Action (page 57). B+A Church launched B+A Meals in February 2023. By this Christmas they are looking to supply 600 meals a week to those who need them; you can donate via their Just Giving page (page 36). Children's Hospice Southwest invites you take part in their joyful Santa's on the Run event on Sunday 3 December (page 33). You can support Aid Box Community by purchasing your Christmas tree from their Refutrees stall at the Ardagh on Horfield Common this year (page 40) and you can help raise funds for the Goldenhill Community Garden by booking on to one of their popular wreath-making sessions (page 11).



By purchasing a net of sprouts or Christmas card, sticky tape to champagne, supporting local traders at any level makes a huge difference to the independent businesses on Gloucester Road and surrounding areas; let's help ensure they are here for a Happy New Year!

Wishing a wonderful festive season to one and all!



Lots of gorgeous Christmas gifts and homeware



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Christmas Workshops & Gifts

Join us again this year for a Festive Wreath Workshop, on the following dates:
28th & 30th November, 5th, 7th, 12th & 14th December.

We can also cater for private **Christmas Parties**, please phone for more details. £65 per person, mince pies and mulled wine included!
*minimum of 6 people

Local deliveries available
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145 Gloucester Road, BS7 8BA

Winter Wonderfair!

SAVE THE DATE!
Saturday 2 December, 12–4pm
Christmas Tree sale, Pre-Loved Boutique & Winter Wonderfair! Community event.
Sefton Park School, St Bartholomew's Rd, BS7 9BJ
Stall holders welcomed, contact Zoe:
chair.sefton.pta@gmail.com

Save the Date!
Ashley Down Primary School's Winter Fair on Saturday 2 December

Our elves will be manning the Christmas tree sale 10am–12pm followed by festive fun for all the family 12–3pm.

If you're a local business looking to hold a stall at our festive market hall please get in touch via ashleydownpsa@gmail.com. Check our Instagram for further details @ashleydownpsa

St Bon's School Christmas Fair

Sunday 3 December
2 to 5 pm

All are welcome so please come along as it's a great way to get into the festive spirit.

This is a fantastic fund raising event with lots of fun stalls including our amazing win a bottle stall and an auction with lots of prizes to win including days out and event tickets.

As well as yummy cake stalls and mulled wine for the grown-ups.

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Bishopston Christmas Market
at Bishop Road School
Thursday 23 November 7pm to 9pm
Entry £2 over 12s only

The team behind the ever-popular Bishopston Christmas Market is very pleased once again to welcome you back! Following on from last year's Christmas Market success, it's still a relatively challenging time for local artists and businesses, as many of their usual outlets that sell their wonderful products never reopened.

We are particularly excited to be bringing the Bishopston Christmas Market back this year to give you the opportunity to come and buy Christmas presents for your family and friends (and perhaps even a little treat for yourself?), whilst supporting local artists and businesses.

We are really happy that some of our old favourites are returning, and we are also welcoming some new faces to the Market this year. We think you will agree that we've all missed browsing a wide range of goodies – sometimes online shopping is just not the same! Stalls range from gorgeous jewellery to delicious condiments, stunning flower creations to local wines, beautiful clothes to handmade crafts... and lots more!

Come and join us for an enjoyable evening of shopping, then relax with a glass of mulled wine and a mince pie from Joe's Bakery. It's an ideal place to support creative people in your community and local business and pick up some great Christmas gifts!

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

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

Bishop Road Primary School, Bishop Road, BS7 8LS. Thursday 23 November 2023, 7–9pm. Entry £2. Over 12s only.

*There will be a raffle for a Christmas tree this year!



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REASON INTERIORS

Reason is looking forward to their fourteenth Christmas on Gloucester Road. Joint owners, Sue and her two daughters, Alice and Louise, would like to thank their lovely customers for their continued support. As always, when I visited, the shop was looking fabulous and filled with gorgeous things we would all love to open on Christmas morning!

Perfume is a great place to start when looking for gifts. The French, Bon Parfumeur, available in a range of stunning scents, is presented in chic packaging and comes in at a great price too.

The sought-after Angela Harding Advent and annual calendars are now in stock. This popular artist's range has extended into illustrated notebooks, diaries, note cards and tea towels.

St. Eval's Christmas candles have arrived, with scents of Orange & Cinnamon, Figgy Pudding and Winter Thyme; select from tea light sets or classy tins. Also popular are their advent candles. I loved the Beeswax Christmas tree and fur cone candles, handmade in Devon.

New this year are luxury, knitted wrist warmers from Aura Que, who create products in direct collaboration with fair trade producer groups, and Noma's Christmas lights, which are vintage in appearance but created in long-lasting LEDs, that can be used indoor or out.

There are plenty of vintage treasures to be found too; I particularly liked the gold foiled sherry/port glasses and a sweet tea plate set.

All this and festive favourites of luxury Christmas cards, wrapping paper, garlands, vintage tree decorations and much more!

97 Gloucester Road, BS7 8AT • 0117 329 4505



Natural cone, festive firelighters





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www.figshop.co.uk

01179244898



Introducing Phat & Co

Phat and Co is an independent business based in Bristol and run by Colombian/Bristolian couple, Kate and Sebastián, who met whilst backpacking in Colombia in 2014 and have been inseparable ever since. Their collective proudly showcases a continuously growing fashion, art, and wellness gift shop, featuring the works of over 100 talented artists and creators from Bristol and beyond. Explore a broad selection of products including lampshades, skincare, baby clothes, art prints and cards, glass and ceramic designs and beautiful brass and silver jewellery, with countless options in between. The variety of items on offer ensures that the ideal gift can be found for any individual and any occasion.

The shop truly is a family affair, with Kate designing and making the delicate, ethically sourced, feather earrings, and her brother Jamie – a resident artist of the shop and well-known creator of Ursa the bear who held her spot in The Bearpit for a whopping 6 years – stocking the shops with miniature bears and art prints. Gladys, Sebastián's mum, is involved in the success of the shop too, where you can find her beautiful, handmade Colombian creations alongside Sebastián's micro macramé jewellery.

Nature, and its protection, are at the heart of what Phat & Co set out to support – as mirrored in the painting of the walls of their Picton store, depicting abstract greenery and rainforest scenes, by fellow local artist Farrah Fortnam. This celebration of nature isn't only found on the walls of the Picton shop; it pertains to the products stocked there, and within the ethical objectives laid out by owners Kate and Sebastián. Plenty of brands and products you'll find in their shops are made with organic, recycled products and all wellness and skincare products stocked are animal-cruelty free. Recently, pre-loved clothing has been added to the shop, leaving no stone unturned in sustainable effort.

The duo have taken on two more shops since the signing of their first lease in 2020 on Picton Street, Montpelier. This first shop emerged as a direct response to the challenges arising around the Covid-19 outbreak and subsequent lockdown regulations which made trading impossible at festivals and markets. The Picton 'HQ' was a space that allowed them to continue promoting and exhibiting their products, and has been flourishing ever since with the help and innovation of like-minded creatives.

Their Second shop, 'Phat Studio', is located on Stokes Croft just opposite the legendary 'Turbo Island', and was opened in 2022. It offered the growing collective another space to showcase their unique creations and provided a workshop/studio for resident artists to continue producing their artworks.

Their third shop opened in July of this year, 2023, and can be found just off the busy and bustling Gloucester Road, on Overton Road. It would be a good idea to keep an eye on the progression of this one, their newest endeavour, which has many plans in the pipeline.

In the lead up to Christmas and as holiday spirit fills the air, Phat and Co remains committed to offering their customers an unparalleled selection of gifts that caters for every taste and preference. So, whether you're searching for the perfect present to place under the tree or seeking unique stocking stuffers, the Phat & Co gift shops are your one-stop destination for spreading joy and warmth this Christmas season.

Written and edited by Lidia Bennett & Kate Gillman

47 Picton Street, Montpelier, BS6 5PZ

70 Stokes Croft, St Paul's, BS1 3QY

63A Overton Road, Bishopston, BS6 5AG



Chitra Merchant



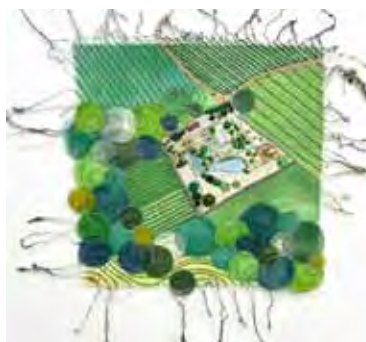
Andy Mason



Jemima Lumley



Robyn Coetzee



Kate Tarling



Anna Harley





FOOD SHOP favourites



Autumnal comforts – As we enter the colder months and seek to be cosy, FOOD SHOP has the perfect comfort foods to help you feel all warm inside. Ever-popular **Heist chocolate** is back in stock.

This scrumptious range comes from an independent chocolate maker based in Cardiff. FOOD SHOP owner Darren recommends **Pistachio praline** and **Honey roasted peanut butter** as toppers for porridge; add some luxury to this humble cereal. Enjoy the simple pleasures!

Extended cheese range – With the installation of a new cheese counter, FOOD SHOP is pleased to now offer a wider range of special cheeses from the South West and Europe. Do speak to the team about placing your Christmas cheese order!

Cult Jar – these delicious products are made and grown on a farm in Warminster, just 30 miles away. You can pick up jars of Fennel, oranges and chilli, Celeriac, mustard, tarragon and capers or a refreshing drink of Gooseberry and elderflower – each one is bursting with flavour.

Thicc sauces – Darren describes this range of sauces as “Mind boggling good!”. Products include Sriracha table sauce, Figroni chilli jam and Dill pickle with jalapeños, CBD infused.

Christmas hampers – Always a popular gift! At your request, FOOD SHOP will fill them with their current most popular items, along with some festive extras, or make up your own with the items you desire.

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



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L Barnez

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All your festive favourites at Joe's Bakery

Christmas-ready! Nobody does Christmas confectionary better than Joe's. Their scrumptious range of seasonal goodies includes – Christmas bread, authentic German stollen, Spelt and curd stollen, Mince pies, Cinnamon stars, Panettone Classico, Yule logs and of course traditional Christmas cake. Enjoy all the tradition of Christmas baking without having to make all the effort!

There are some new festive treats in the making, so keep your eyes peeled for their arrival soon!

Christmas market – Joe's is looking forward to taking part in Glos Rd Central's Christmas Market on the evening of **Thursday 7 December**. The bakery will be offering samples of their delicious festive bakes, with many beautifully packaged up to make great gifts for loved ones.

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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News from Glos Rd Central

Gloucester Road traders are looking forward to welcoming visitors to the **North Bristol Art Trail** this 25–26 November.

Some venues, such as Future Leap, St Michaels Church Hall and Room 212 have group shows of artists on the trail and many artists are opening their homes very close to Gloucester Road. Jewellery maker, Sarah Thorp, created Room 212 ten years ago because she wanted to give a permanent show home to artists from the trail. This year popular artists Jenny Urquhart, Emma Catherine and Maita Robinson will be joining Sarah in her studio below the shop – Venue 29 (entrance through the garden round the back).



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Room 212 and Niche Frames are excited to announce that they are working together to help customers and artists shop locally on Gloucester Road this Christmas. Both businesses are venues on the North Bristol Art Trail, holding pre trail exhibitions and collaborating on framing services.

Come along to Glos Rd Central on Thursday 7 December when all the lovely shops there will stay open until 8pm for their popular Christmas event. Independent shops and businesses at the top of Pigsty Hill will stay open late, spilling out onto the wide pavements, to give you the chance to browse and sample festive food and drink. Room 212, Paper Plane, Fig and Artigo are all owned by artists and offer a huge range of artwork by local makers and creatives, so they're perfect for locally made art, jewellery and gifts. Many will be offering fun, creative activities on the evening such as paper snowflakes at Paper Plane. Joe's Bakery will be offering tasters of their Christmas fare. There'll be a huge range of ideas for Christmas presents on offer from bikes at Rollquick to books at indie Gloucester Road Books. Oddsox shoe shop will have a special Christmas promotion and Osna will be introducing you to their new therapy room. All in all, the evening will be a lovely time to meet your friends and neighbours to get into the Christmas mood.

Billie-Jean Pop Up

Cashmere Event

Glos Rd Central **Christmas Street Party**

Thursday 7 Dec, 5–8 pm. On forecourt of



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room 212 **Bristol Artists & Makers**
many from the North Bristol Art Trail



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New Glos Road home for Osna



Osna owner, Bridget, is delighted to announce that, Osna Therapy Centre is expanding into brand new premises, just down the road at 222 Gloucester Road (near the corner of Bishop Road).

Osna's moving-in date is Friday 1 December 2023. Bridget has exciting plans for the new, larger venue which she looks forward to sharing with you.

Christmas Gifts – If you would like to spoil a loved one with a holistic treatment you can purchase vouchers from Osna's website, along with all of Bridget's luxury, vegan, organic skincare range.

234 Gloucester Road, BS7 8NZ
info@osnatherapy.com | www.osnatherapy.com
[osnatherapycentre](https://www.instagram.com/osnatherapycentre) | 0117 907 5884





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Seasonal news at Roxfords Pet Shop

Open 7 days a week • Free local delivery

Remember, remember your pets this November! As we head into firework season, it is a good idea to get prepared with some calming remedies, if your pet is understandably frightened of the loud bangs. Roxfords has a range of

calming sprays, tablets, oils and plug-in diffusers, to help settle your animals during these stressful evenings. Do ask staff for advice on the best treatment for your pet.

Be bright, be seen! Shorter days are upon us. To help keep your dog safe and seen during those early morning or evening walks, why not pop on a one-size-fits-all, rechargeable flashing band or blinker?

Festive fun! Roxfords has a fantastic range of play and edible gifts to spoil a hamster to Great Dane!

There are Christmas wreaths, luxury natural treats and even a pass-the-parcel box for the soft and furies. Felines will be delighted with Christmas toys filled with their adored catnip. The new Kong laser toy is set to create much excitement, and the gold bauble with feathers looked fun and fancy!

As well as the obligatory Christmas jumpers, dogs will love the new Kong 3 toys in 1 Santa's sledge, authentic reindeer horn to chew on and of course a great big plush Santa to sink their teeth into. Don't forget to pick up Roxfords own advent calendar filled with delicious natural, dried, meat treats.



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • roxfordsthepetshop.co.uk

Pearce's Hardware



Trading for over 130 years, Pearce's Hardware is a traditional store with traditional values, we sell

just about everything you can imagine you might need for your home and garden.

We are proud of our heritage and our contribution made to the Gloucester Road over many years.

Christmas ready!
We have a huge range of gifts to suit all budgets. You can also pick up Christmas essentials such as baking trays, gravy boats, decorations, festive lights and of course sellotape!

295 Gloucester Road, BS7 8PE
Tel: 0117 924 5787

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253b Gloucester Road
Bishopston, Bristol BS7 8NY

www.kelvinplayers.co.uk
@KelvinPlayers

Kelvin Players Theatre Company is a non-professional drama company and is registered with the Charity Commission under Number 294367.



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.

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 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



The Children's Hospice South West festive fun run event is back!

Please join CHSW from midday on Sunday 3rd December for some festive fun; the 2K fun run, walk or jog starts at 1pm. This year the course will be in the beautiful grounds of the Charlton Farm Hospice site in Wraxall. The beautiful

scenery and festive fun will not disappoint!

Come along with friends and family and raise a few pounds for children with life-limiting conditions!

There is also discounted entry to Noah's Ark Farm for Saturday 2nd and Sunday 3rd for all participants.

For more information and to sign up, log on and follow the link below:

www.chsw.org.uk/event/santas-run-north-somerset-2023

Please share with your family and friends.

We can't wait to see you at Charlton Farm in your best festive gear, Ho Ho Ho!

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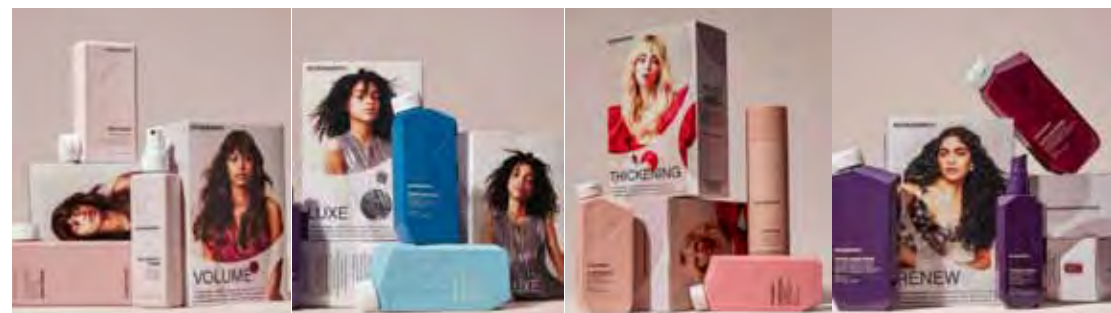
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Exciting new products at the green room

Introducing Maria nila

Salon director, Jo, is pleased to now be working with, and stocking fantastic products from, Sweden's vegan-friendly Maria nila. The company was created based on a respect for the planet and

animals, working with the philosophy of providing the world with vegan and friendly beauty. Ask in salon for more details of this wonderful product range.

New products from Kevin Murphy – The Green Room team still loves vegan-friendly Kevin Murphy hair products, and are pleased to welcome new products to the salon. You can now select from the following hair care sets – Volume, Luxe, Thickening, Renew, Vibrance and Shimmer.

Team news – Stylist Neo has settled in well and is enjoying working at the Gloucester Road salon. Jo has now deferred her move to Cyprus until early 2024 so there is still time to book in before she goes!

Festive gifts – Quality hair care sets, treatments, styling and conditioning products all make fantastic gifts! As do vouchers for the Green Room.

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

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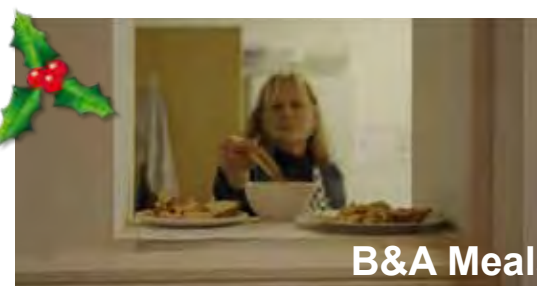
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B&A Meals – Story

B&A Meals started in February 2023 providing 200 free meals a week for the hungry. Chefs Harry and Penny cook the meals at 279 Gloucester Road (B&A Church) and different Bristol Churches collect and deliver this hot food to their own communities.

As the cold weather sets in we want to share more of what we have grown under God. We are a church seeking to serve Bristol – this is what the Kingdom of God is all about. The cost-of-living crisis means people in Bristol are still struggling to put food on the table. We want to help by raising enough funds to serve 600 meals a week by Christmas 2023.

At B&A Meals we see Jesus at work, every week. Young and old come together, the hungry and lonely are welcomed inside; playing games, eating together, feeling loved and cherished. They are heard, they are valued, they are loved and listened to. It's a taste of heaven on earth.



We're inviting you to give your donation and support to a brilliant collaboration that brings people together and makes a tangible difference in people's lives. Please donate to help care for the people of Bristol!

www.justgiving.com/campaign/babristolmeals2023

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

Tuesdays, 2–3pm

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



Charade Drama presents the pantomime Aladdin

by Warren McWilliams,
courtesy of Lazy Bee Scripts,

at Westbury-on-Trym Methodist Church Hall,
Thursday to Saturday 16 to 18 November,
7.30pm (doors 7pm).

Tickets: Adult £10, Child £5, reserve at our Box
Office 0117 9508488 | 07900 013694 or
email: janet.serjeant@homecall.co.uk
also available On-The-Door.



Community events for all at The Hub

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

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



Christmas Bazaar

SATURDAY 2ND DECEMBER
10.30AM – 1.30PM

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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.

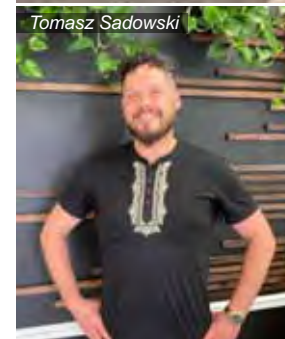
After only being open for a few months, Tomasz was over the moon to learn he had been nominated for *Best Salon in Bristol Retail Business Awards 2023* – he got down to the final 3 out of 400 salons!

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.

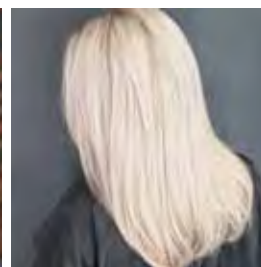
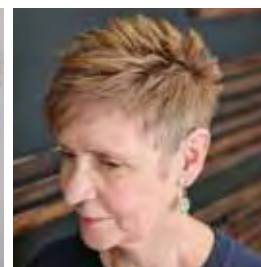
Special Offer – £15 Blow Dry

Tomasz is pleased to welcome junior stylist Kay to the team. To celebrate, walk-in blow dries are currently only £15 with Kay! Any hair, any blow dry!



GIFT CARDS – now available – with bonus 10%

As thoughts turn to Christmas, Gift Cards make a fabulous present, especially for those who are hard to buy for. If you purchase a Gift Card for Sadowski's, Tomasz will give you an extra 10% on top of the value, so if you spend £50, the value will be £55, and if you spend £100, you will get £110 to be spent on a fabulous hair cut / colour / style. Do ask in salon for more info and to purchase.



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



Sadowski Hair Art



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

Thoughtful gifting this Christmas

Local Bishopston mum, Rebecca, launched Other Lovely Things, in 2019. Leaving a professional arts marketing career that included working for The Royal Academy of Arts, 'Rolling Stone' and musician Ronnie Wood and The Royal Horticultural Society, to create a brand that is passionate about offering creative and thoughtful gifts.

After creating a successful range of iconic hand painted Christmas baubles, Rebecca is excited to have developed a new range of fun and colourful ceramics. These include hand painted cats and dogs on a selection of mugs, dishes and vases. The perfect gift for any animal lovers this Christmas!

The beautiful baubles Other Lovely Things creates are designed in Bristol and are individually hand painted from the inside by artisans using a traditional craft dating back hundreds of years. The quality of the baubles can be shown by their customers, which include – Searcy, Badminton School and Clifton High School. With over 20 different designs to choose from, many of the baubles feature local and much loved landmarks including Bristol Suspension Bridge, Bristol Harborside, Bath Abbey, Portishead Lido and Clevedon Pier.

To view their full selection of hand painted baubles and ceramics visit www.otherlovelythings.co.uk



North Bristol Art Trail 2023

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 from original paintings, prints and ceramics to jewellery, textiles and glassware. Artists love this chance to meet people and talk about their creative process, including Geoff Hannis, who will be demonstrating wood-turning on his pole lathe.

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.

Check out northbristolartists.org.uk for further information.



▲ Michelle Hinshelwood
▼ Jennifer Payne



▲ Emma Catherine
▼ Geoff Hannis



otherlovelythings

www.otherlovelythings.co.uk



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2023 10am-5pm**

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www.northbristolartists.org.uk

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

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News from Ardagh Community Trust

We have some exciting events and activities this month for whole community – why not come along and see what's happening here?

Halloween Party Saturday 28, October 4–8pm

If you are reading this is time, do join us for our 2023 Halloween Party and fundraiser with fancy dress parade, local food traders, Invisible Circus performances and more! We'll be running a Crowdfunder again this winter to raise money to improve specific areas of the Ardagh site which includes responding to requests to create a dedicated space for the mud kitchen with seating for parents, a raised garden area to increase space for seating at the front of the site and to repair gates and fences. It's free entry for all so come along and have a great evening. If you can make a donation to support our work, all proceeds will go towards the ongoing improvements and maintenance of the site.

Roll up, roll up and get your Refutree from the Ardagh this Christmas!

Ardagh Community Trust is delighted to support this year's fantastic Refutrees project from local charity Aid Box Community (ABC). Alongside our friends, Alan Coward & Sons, Avonmouth-based container and transport providers (who are supplying the containers to enable the project team to operate), ACT is very pleased to be able to support the project. We will provide space and facilities at the Ardagh for ABC's volunteers to sell Christmas trees to supporters all over the city this festive season. All profits from the sale of the trees goes to ABC to allow them to deliver a wide range of services throughout the year, to welcome and support some of Bristol's most vulnerable people.

Aid Box Community helps refugees and asylum seekers living in the West Country to access basic goods, as many of them arrive with nothing and are forced to live with no financial support. The money raised will directly help people who are far from home and living with trauma and uncertainty.

40 Local resident, Imogen McIntosh, founder

of Aid Box Community says: "Christmas is a time we think of others, so what better than to know that the Christmas tree in your living room is supporting people who need it most in our cold dark winter?"

Refutrees will be on the top court at the Ardagh daily from 25 November to 18 December (or until sold out) with Christmas trees to suit all homes – from small to very large!

ABC relies on volunteers to support the Refutrees project and would welcome people to help with the Refutrees project this winter. If you are physically fit (there's a lot of moving of trees involved!) and can offer some of your time this winter – please get in touch at hello@theardagh.com and we will send you details to the ABC volunteering team.

Play Sessions & Young Bristol's Mobile Youth Club on Wheels are coming to Horfield Common!

ACT is thrilled to be working with partners across Bristol to provide new play and youth sessions for local children and young people on Horfield Common. Funded by Bristol City Council, starting on 2 November, ACT's Play Team will deliver open, **free-play sessions next to Dorian Road play area, 3.30–5.30pm, on Thursdays every week.**

Alongside these sessions, which are aimed at children aged 8–11 (younger siblings/children are welcome if accompanied by a parent/carer), Young Bristol will be bringing their fantastic 'Mobile Youth Club on Wheels' to the skate park outside Horfield Leisure Centre at the same time to deliver youth sessions specifically for young people aged 11+ living locally. So, if you are in the Manor Farm, Horfield or Upper Horfield area, please come along! All sessions are free and open for all to attend. Come along and play!

Power To Change – community technology: the Discovery Project – We are really excited to have secured support through Power To Change's 'Discovery Fund' to explore how community technology can help ACT develop its work and social impact. ACT is one of 20 community-led organisations who will be working together on the Discovery Fund across the UK, to



explore how tech-based solutions might help us to meet some of the challenges our community and our community businesses face. **On Saturday 4 November, 2.30–4.00pm, we are hosting an open session in the Garden Room** for anyone interested in finding out more about the project and to input into some of the developing thinking and ideas about what might be possible. We'll be inviting a range of stakeholders, including groups and individuals who use the Ardagh site, to join workshops over the next few months and to get involved in the steering group for the project, which will run until March 2024. For more information, come along on 4 November to chat informally with the project team.



Build to Give – Saturday 2 December, 10am to 2pm

Come and join ACT staff and volunteers to make decorations for the cafe's Xmas tree out of Lego. For each decoration made, Lego will donate a play set to a child in need of play – ALL WELCOME! Suitable for all ages; children must be accompanied by a parent/carer.

Christmas carols community sing-along on the common – Wednesday 13 December, 6pm

Join us for our annual community 'Carols on the

Common' event with great food and drink. Carol Songbooks will be available to download from 10 December on the Ardagh website – see you there!

News from Friends of Horfield Common

October has been a busy month for us – we've had a daffodil bulb planting session (thanks to donations from the Ardagh), so hopefully come spring, we'll see the beautiful results around the Common. We were also lucky to welcome local historian Andy Buchan for a free guided walk on the rich history of the area; this got booked up fast, so a reminder to sign up to our mailing list at fohorfieldcommon@gmail.com to hear about future events. Thanks to Dylan Peters from BS7 Wildlife, we're also now looking after a new fence and sign to protect rare cat-mint by Wellington Hill!

Looking ahead to November, we have our biggest project yet – restoring the wildlife pond!

Come and join us at sessions throughout the month to dig out the pond and turn it back into a wonderful home for local animals and plants.



For more details about any of our projects, please see our website fohorfieldcommon.weebly.com, Facebook: **Friends of Horfield Common** or keep an eye on the green noticeboard for more information. Thanks, and see you on the Common!

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' – Clarendon students host in the Garden Room (term-time only and weather permitting) a fun drop-in session from 11am – midday on Wednesday.

Horfield Common Young Explorers sessions – Thursday mornings (term-time only) in the Wild Play Area, 10am. Run by www.hideawayforest.com/pre-school-young-explorers.

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

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

Horfield Common Litter Pickers with Friends of Horfield Common, meet at The Ardagh on the last Saturday of the month, 10am – midday.

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

E: hello@theardagh.com | theardagh.com



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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: 11 November and a Christmas market on 9 December.

THE ARDAGH FOOD & CRAFT MARKET

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11TH NOVEMBER, 9TH DECEMBER
10AM - 3PM
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Barcan+Kirby

Welcomes four Trainee Solicitors

The award-winning law firm has appointed four new trainees to join the growing firm. Bristol-based Barcan+Kirby continues to strengthen its professional reputation with the appointment of four new Trainee Solicitors. Clare Boulton, Jamie Lodge, Harvey Rainey and Aishah Din, who are all new to the firm, started their contracts in September 2023.

The trainees, along with other aspiring solicitors, were invited to the firm's assessment centre for the day where they got to learn more about Barcan+Kirby, meet other trainees, as well as undertake numerous activities to assess if they were the right fit for the firm.

Clare has previous experience as a paralegal in both Private Client and Litigation and is taking her first seat in the Commercial Property department in the firm's Gloucester Road office. Harvey has a background in Financial Litigation and Professional Negligence and is taking his first seat in the Personal Injury department in the city centre office.

Aishah and Jamie both have Master's degrees in Law and are taking their first seats in the Family departments in the Kingswood and Gloucester Road offices, respectively.

The trainees will undertake four seats over the two years of their training contracts, picking up invaluable experience along the way with the support of their



(L-R) Clare Boulton, Jamie Lodge, Harvey Rainey & Aishah Din

mentor. They will get to shadow senior members of staff who have an array of different specialisms, developing their legal expertise and confidence whilst assisting with client matters.

The trainees will also be able to take advantage of Barcan+Kirby's Training Academy where trainees in the firm get to share their experiences with each other during the course of their contracts allowing them to build relationships, gain firm-wide exposure and showcase their project management skills.

Bill Willcocks, Managing Partner at Barcan+Kirby, commented: "A huge congratulations to Clare, Harvey, Jamie and Aishah on securing their training contracts and taking the next step in their careers to becoming successful lawyers. Our training contracts provide the fundamental tools needed to succeed in the legal profession from day one. The firm looks forward to supporting them in their journey and development over the next two years."

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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

The start of Term 2 at St Bonaventure's is all about preparing for the busy Christmas period. The children love the run-up to Christmas and we have lots of exciting things going on in November and December; we have even ordered our Christmas tree.

Our Year 6s will be going on their residential trip to Kintbury, which is a fantastic retreat to enhance our RE, PSHME and Citizenship curriculum, as well as an opportunity for team building and fun together as a year group.

Key stage 1 are busy practising for their nativity performance which they perform in December, and Key stage 2 are preparing for their carol service at the church.

Bristol Old Vic will be visiting us in December to perform their nativity, which is always lots of fun.

Our Christmas fair will take place on Sunday 3 December, 2-5pm; all are welcome so please come along as it's a great way to get into the festive spirit. This is a fantastic fundraising event with lots of fun stalls – including our amazing win-a-bottle stall – and an auction with lots of prizes to win, including days out and event tickets. As well as yummy cake stalls and mulled wine for the grownups.

After an amazing **Window Wanderland** last year, we will be hosting again and so are getting ready for our amazing installations. We hope many of you can join in this year; keep an eye out for more information.

Don't forget that you can now **apply for Reception starters for 2024!** We still have spaces on our Open days so please book in to have a tour of the school. All the dates and information on applying are on our website. www.st-bonaventures.bristol.sch.uk

Local & online tutor for children aged 6–11

Experienced tutor Liz Romero

I am a qualified Primary School teacher working part-time at Our Lady of the Rosary, Lawrence Weston and St Marys, Bradley Stoke.

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

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

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

Please call me on 07824 700439 or email me at eromerotutor@gmail.com



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.stbonaventureearlyyears.co.uk

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Celebrating Black History Month at Cotham School

The theme for Black History Month at Cotham this year has been 'Celebrating Black Excellence', which is especially timely in Bristol at the 60th anniversary of the Bus Boycott and the 75th anniversary of Windrush.

Teachers have been working hard to review the taught curriculum for October, embedding a wide range of learning around Black history which students will experience in all courses and all year groups.

We also recently launched our Black Excellence art project, where students have been collaborating on a continuous line drawing to exemplify Bristol's history. In our libraries, students have been having their say in the #raceforpower conversation, where they get to share their thoughts about creating an equitable future for Bristol and contribute to a giant birthday card for Martin Luther King to celebrate 60 years since his 'dream' speech.

We have also had a range of visitors and speakers in to run talks and workshops with our young people, and even share an afternoon tea brilliantly prepared by some of our Key Stage 3 students! As well as the fabulous Malcolm X Elders Barbara Dettering, Pearl Quashie-Williams, Iva Williams and Gloria Watson, students have also had the chance to hear from iconic Bristol legend Guy Bailey OBE, who brought with him his brand-new Pride of Britain trophy, awarded just days before.

At Cotham, we are committed to ensuring that our young people get to grow through the embedding of Black history in their learning and we look forward to celebrating this at our African Caribbean Celebration Evening.

www.cotham.bristol.sch.uk

A brilliant example from the Black Excellence art project



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Multi-award Winning & Record-Breaking Beatboxer Visits Fairfield as part of Music Mark School nomination

For the third time, Fairfield High School is honoured to be nominated a Music Mark School in recognition of its excellent and high-quality music education plus commitment to music, on an individual, school and community level. The endorsement and engagement with Bristol Beacon, including working with high acclaimed SK Shlomo, offers many enrichment and educational opportunities for students, with an emphasis on inclusivity, diversity and belonging.

To kick off this year's collaboration (fittingly timed with the venue's 'once-in-a-generation transformation' and Black History Month) will be the delivery of assemblies from a Bristol Beacon coordinator promoting an exciting opportunity to visit its state-of-the-art studios. There, students can try their hands at music experimentation/collaboration, in addition to music production, DJ skills, rap and vocals, with the guidance and support of professional musicians.

Following this, beatboxer, producer and live looping technologist SK Shlomo will be sharing his expertise through assemblies/a workshop with LGBTQI+ students, culminating in a Saturday night performance at Bristol Beacon, as part of its opening celebrations.

Tim Roderick, Head of Music at Fairfield High School comments: "We are thrilled to again be receiving this accolade. Our eight year relationship with Bristol Beacon, formerly known as Bristol Plays Music, has given endless opportunities to offer a more representative and diverse Bristol-focused curriculum. A big thank you to Bristol Beacon for helping our music department to shine."

Being a proud Music Mark School, Fairfield continues to offer those students wishing to pursue individual instruments a wide array of choices, including singing, piano, guitar, drums, woodwind, violin and brass, as well as providing personalised support for any Post-16 opportunities and pathways they may wish to choose.



Join in the Scouting Adventure

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 please contact Matt Lloyd,
email: matt.j.lloyd@btinternet.com
Tel: 07918 102363.

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Hello, my name is Mags. I am an Integrative counsellor, which means that I can offer you a personalised therapy for a happier you.

I am understanding and empathetic, and can help you gain awareness of your own emotions, fears, or anxieties.

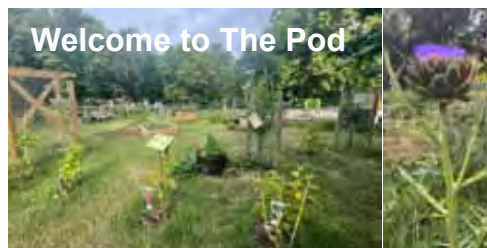
I can work with you if you need support with stress, relationship or life difficulties, depression, trauma, loss and anxiety.

My aim is to make counselling accessible to everyone who feels they need support for a range of emotional needs or difficulties in their lives.

My practice is inclusive and diverse, and I offer a warm, safe, confidential space for exploration, which can make a life-changing difference.

**Based 196-198 Cheltenham Road, BS6 5QZ,
I offer both in-person and online sessions.**

£45 per 50-minute session.



Welcome to The Pod

St Andrew's Community Food Garden has been named The Pod. Situated in the bottom corner of the play area, it is open for everyone to enjoy. Fruit trees and bushes, vegetables and herbs have all been planted. If you would like to get involved, please do go along to one of the community sessions, you will be warmly welcomed. 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. You can make contact on Facebook, via the group called Food Garden For St Andrew's Park. News is also regularly posted in the main park community group page.

"Margherita was very approachable and professional. We developed a good rapport in a short amount of time, I was able to bring up a few topics, the discussions were productive, and have helped me see things in different ways. Her support at a difficult time for me was invaluable. I appreciated her flexibility and warm approach. I would definitely recommend Margherita if you are looking for a safe space to talk."

10% DISCOUNT for students and low income
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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.

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

T: 07714 898 558

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

f MS Society: Bristol & South Gloucestershire Group



Are you a single person with a learning disability? Would you like to go to an event to meet other single people looking for friendship and love?

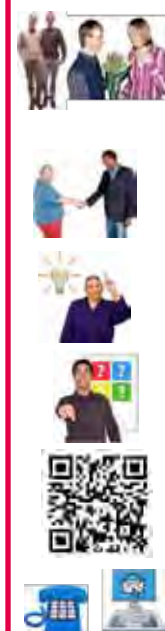
Some local people with a learning disability have told My Community Bristol they would like more opportunities to meet each other.

We would like to hear your ideas about when and where this could happen.

You can share your ideas and join a planning group by filling in the online questions at

<https://forms.office.com/e/88KrwKcqAa> or scanning the QR code

or contact Alice by calling 07890 043455 or email mycommunity.bristol@mencap.org.uk



Claremont School News From School Council

We love to garden, good cutting everyone

Hi all,

School is well and truly back, and the school council has been very busy. Our school council leader, Andrew, noticed the gardens at the back of school were, in his words, “RUBBISH”. The summer months had seen lots of brambles sprouting up and weeds growing in the grass. This vegetation spilling onto the paths was getting in the way of students trying to access the space in the autumn sunshine.

Andrew reported the issue to the gardeners and caretakers, and they said they would try hard to reduce the weeds in the half-term holidays when students will be at home. Andrew reported back and has gone on to inspire and encourage other

members of the student council and staff to get outside to try and tidy it themselves. Students have been using loppers with help from support staff and holding bags to be filled with cut vegetation. “Good job, you can do it”, says Andrew as he tries to motivate everyone. We found old strawberry plants under the hedges plus lots of bugs and creepy crawlies! We plan to plant some bulbs now to delight us all next spring. It is great to see students at Claremont taking an active role, expressing their opinions and trying to solve problems themselves.

Gardening is something we enjoy at Claremont and at the local Ardagh centre, on Horfield Common. We have two raised beds in the therapy space where we are taking control of the planting. We have already planted some broad beans to overwinter and some garlic. We are making a directory of plants, finding out about what conditions they like to grow in, how they grow and what they can be used for. We enjoy a good gossip with the volunteers and the general public in the cafe. We are learning new skills and using this experience as part of our Duke of Edinburgh award.

Back at school, the Foundation stage garden is looking “FANTASTIC” says Andrew. Staff developed this space last year with the younger students and they have colourful mobiles and a pop-up greenhouse.

We hope to offer ideas and be involved in the space at the Ardagh as it develops.

As we head into November, the school council would like to kindly ask anyone who would like to support our Christmas raffle to get in touch via our website. *Bishopston Matters* has already confirmed a prize and we will be promoting other donors next month as we get excited for the big annual draw. Watch this space!

Thanks from School Council



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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)

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WHEN & WHERE
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CONTACT
Teams of up to 5
£10 per team
pay on the Night
Please bring a raffle prize

WE'RE RAISING MONEY FOR BBC CHILDREN IN NEED

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.
E-mail: bishoproadchoir@gmail.com

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

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

There is now a **Bristol South** group that meet at the **Knowle West Media Centre, BS4 1NL.** Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process. andysmanclub.co.uk

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



How does legacy giving impact inheritance tax?

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

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

As experts in later life financial planning, we are well placed to help you have clarity in confidence in your estate planning. If you would like to arrange a relaxed chat about your circumstances or if you would like us to complete a complementary inheritance tax review, call **0117 3636 212** or **email office@haroldstephens.co.uk**.

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

www.haroldstephens.co.uk

50 High Street, Westbury on Trym, Bristol BS9 3DZ



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 tuggy toy are just as much fun for our pets – just make sure they don't eat them!

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

Hollie & Deb
Animal Health care team



We made an outstanding £3,378.30 on our Open Day, which will all go to support children and their families in need. Thank you to all our supporters, local businesses and members of the public who supported our open day through baking or buying cakes, selling raffle tickets, buying books, donating prizes or buying tickets for the tombola, or coming to the event.

We already have signed up four new volunteers who came to the Open Day, some of whom have already started helping with sorting and driving duties at the Ardagh on Tuesdays. We are also talking to people who are interested in starting new street collections, which would be great.

We are continuing our links with the 27 businesses who so generously supported our raffle and tombola. Two organisations talked to us about replicating our model in other areas of Bristol and elsewhere. Our community partners were very glad to have the opportunity to talk about their work to visitors and donors, and also made new links.

The money raised will go on supporting our bulk orders of fruit, vegetables, eggs, dairy products and meat, which are delivered directly to our partners: Felix Road Adventure Playground, May Park Primary School, Southmead and St Paul's Children's Centres and the Vench, adventure playground in Lockleaze.



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

Saturday 4 November, 10.30am to 12 noon. Hope to see you there!



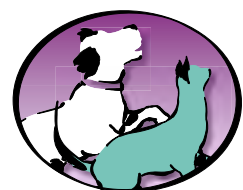


The cost of these bulk orders has gone up in line with food cost inflation and now costs around £1,200 per week, so we are having to find new ways of raising funding to maintain the level of our support for children and families in those areas. So, we were particularly grateful to local residents who organised fundraising events, a street party and a yard sale, in aid of FFA. We would love more people to come up with ideas for local fundraising – **WHAT COULD YOU DO?**

We are now in the season of gluts of allotment produce and love receiving donations of fresh fruit and vegetables from people's gardens and allotments. Last year, we were given the pumpkins from the Halloween display at Tyntesfield, which was a wonderful way of ensuring that all that food didn't go to waste.

Looking ahead to Christmas, in early December we will be asking for items such as chocolate coins and Santas (no advent calendars), along with mince pies and similar (alcohol-free) treats, for local families to enjoy this festive season.

If you can help by giving, even just a few pounds a week, or donating food, we would love to hear from you. Do come and talk/donate to us at **The Ardagh, Kellaway Avenue, BS6 7YL any Tuesday morning, 10.30–11.30am**, or contact us through the website. You can also follow us on Facebook: FFA Bristol and Instagram: FamilyFoodAction familyfoodaction.org.uk



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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.

Business support

I have delivered well-received menopause awareness sessions to local businesses. Bespoke sessions can be created, depending on your needs, with a focus on how menopause can affect people in the workplace, and what businesses can do to support their staff who are experiencing menopause.

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.

rethinkmenopause.com



@rethink.menopause



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.



Jan Davidson



E mail: jan@jandavidson.co.uk

Web: www.jandavidson.co.uk

Mob: 07738 294171

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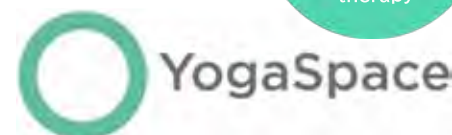
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Alternative Patio Ideas

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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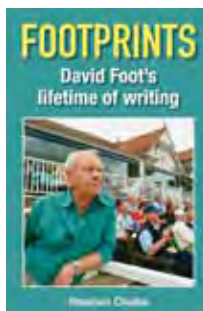
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New Book Celebrating the life of David Foot



Award-winning West Country journalist and author, David Foot, came to Bristol in 1955 and lived in Cornwall Road, Bishopston, until moving to Redland and then Westbury-on-Trym in 1966, where he lived until he died in 2021 at the age of 92.

On 4 October this year, at Gloucestershire County Cricket Club, the book

Footprints was launched. *Footprints* spans the full range of David's work – from cricket, football and boxing to theatre, local history and murder.

With an observant eye, a fascination with human nature and a felicitous way with words, David wrote with insight and freshness on a wide cast of characters: from cricketer Viv Richards and rugby star Carwyn James to actor Peter O'Toole, politician Harold Macmillan and poet Siegfried Sassoon.

This highly original book is both a collection of writing by a superb wordsmith and also the intimate story of how a boy from humble rural roots in Somerset overcame setbacks to become a writer, not only of beguiling prose but of wisdom,



David Foot pictured with his wife, outside their flat, at 15 Cornwall Road, Bishopston. Taken in 1957 on the occasion of their son Mark's christening, at the newly opened Church of the Good Shepherd, in Bishopston. The then, up and coming actor, Peter O'Toole would visit David at this flat.

compassion and humanity – a writer, in the words of one reviewer, 'of deep perception and rare sympathy'.

Stephen Chalke, the author and editor of this book, is an award-winning cricket writer and publisher, who knew David Foot well. The book has a foreword by Scyld Berry, former cricket correspondent of the *Observer* and *Daily Telegraph*, a close friend of David, and a preface by Mark Foot, David's son.

Footprints, published by Charcombe Books, in association with Fairfield Books. RRP £22 (ISBN: 978 1 7399293 4 3) is available to buy now.



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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 Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down ward

Ashley Down School Street

We were both delighted to visit Ashley Down School at the beginning of October, to see how their new School Street was working out. The scheme sees Olveston Road closed to traffic from 8.30am to 9.10am on school day mornings, and 2.50–3.30pm in afternoons. The road is open to all pedestrians, cyclists, street residents and blue badge holders. The school and parents have been pushing for a School Street for a while and we have been delighted to support the scheme. The scheme is looking for volunteers; they need stewards to monitor the barriers at drop-off time and pick-up time. If you can spare time to do a weekly morning or afternoon slot once a week, then please contact Emma or James or Ashley Down Head, Amy Sood, directly.

Cycle hangar update

We know many residents in the ward are keen cyclists, and that one of the barriers to owning a bike can be a lack of places to securely store it. So, we are delighted that funding has been secured from central government's Active Travel Fund to install 80 new cycle hangars across the region. There is a public consultation to find out where, across the city, these hangars should go. So, if you think a hangar should go in your street, then do fill in the consultation and let your neighbours know about it. The council wants to make sure the decision-making around the location of the cycle hangars is driven by where there is the most need.

You consultation deadline is 29 October: www.cyclehangarswest.co.uk.

Muller Road changes

We are sad to see that phase 1 of the Muller Road project is still not completed. Last week Emma had a meeting with the lead officer who gave an update, saying the delays had been down to more material shortages. They have given a new date of mid-October for completion, but we predict there may be longer to wait! We have asked for more regular updates and for residents to be sent letters on the completed project. We have had reassurance that cars will be able to turn around at the bottom of Springfield Road. We will be keeping an even closer eye on the situation as it goes forward.

Memorial Ground update

We have also been in close communication with



Emma & James (far right) with Ashley Down School stewards. Could you volunteer to support the School Street scheme?

Bristol Rovers and local residents about the new South Stand planning application. It was recently revealed that the Club withdrew their planning application as it was the wrong type; they have now resubmitted a new, more detailed, application that outlines the stand as a major development. The new application is now live and can be viewed on the council website for comment. Application number 23/03826/F.

Winter housing forums

The council is again hosting winter housing forums for council house tenants. At the winter forums, information will be shared about the actions the council is taking to manage and resolve damp and mould issues in council homes. Residents will also be able to get tips on what they can do to help manage these issues this winter. There will also be updates about developing plans to improve the way the council tackles anti-social behaviour, and the ongoing work around fire safety in high rise blocks.

If you would like to attend, you can book a place by visiting www.eventbrite.co.uk and searching 'e housing forums' you can then select from two dates, Thursday 9 November, 1–3pm or Tuesday 21 November, 6–8pm. Further details on how to join the meeting will be sent following registration.

For anyone unable to join online, there is also a free telephone dial-in option; for details email tpu@bristol.gov.uk.

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

Councillor James Crawford, Green Party
cldr.james.crawford@bristol.gov.uk

Redland ward

Planning delays continue – but more staff in place

We still receive complaints from residents frustrated by lengthy delays in having planning applications processed. At the time of writing there are still over 1,500 applications waiting to be allocated to an officer. As you may know, the council has had a recruitment freeze in many departments but thankfully this was lifted to allow the recruitment of ten new officers. As a result, the number of applications waiting has started to come down very gradually but it will still take time to clear the backlog. We realise how distressing this is, and we will do what we can to help if you have a planning application that is particularly urgent.

Cycle hangars consultation – closes 29 October

We know many people said they wish they could park bikes safely and conveniently but have no accessible storage in flats or terraced streets. This can deter regular cycle use. New storage hangars (for up to six standard bikes), have been funded in the West of England from government to install 80 sites across the region. If you read this in time you can comment here: www.cyclehangarswest.co.uk

Polling sites review

Now is the time to register to vote, either for next May's local elections across the city or for any general election. You can also request a voter identity card if you haven't got a passport or driving licence to bring with you to vote, or request a postal vote instead.

Where you vote may change, too. To even out the numbers at each polling station there are some proposed changes to where you will be able to vote. The council is looking for suggestions of accessible halls that can be used around the wards of the city. Comments may be made at the consultation page www.ask.bristol.gov.uk/polling-review-2023

New WestScoot trial includes e-bikes

A new trial e-scooter operator, Tier, is starting in the west of England. West Scoot is the new brand for legal, hire e-scooters. This region has been the most popular trial area in the whole country under the old Voi scheme, with millions of journeys made. But the council has asked for tighter controls on parking. One hundred new locations are planned across the region. Tier will also offer e-bikes for hire and some e-cargo bikes for businesses to use, all with a new turquoise colour scheme. We hope the switchover is smooth.

People should report issues to Tier in the first instance and initially can use the link <https://intercom-help.eu/tier-mobility/en/collections/431-feedback-and-reporting>.

The council will work with WECA and Tier to make it easier to report any problems. People can also email problems with parking locations to escoters.trial@bristol.gov.uk.

Do let us know if we can help.

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.

Fi Hance, Green Party

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

Martin Fodor, Green Party

cldr.martin.fodor@bristol.gov.uk / 07884 736101
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Martin & Fi



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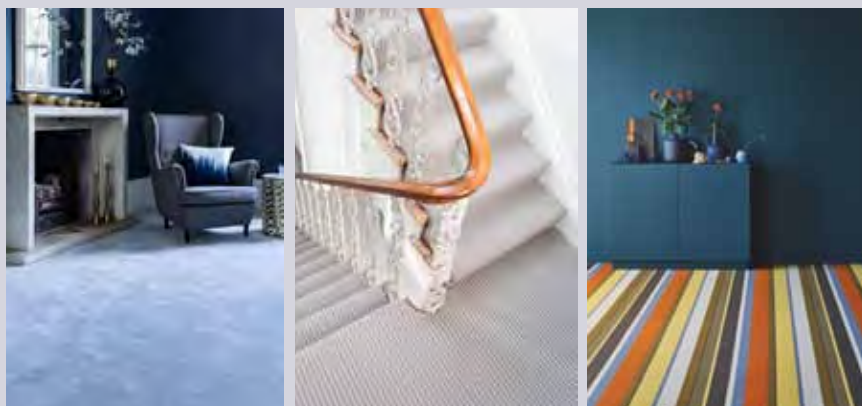
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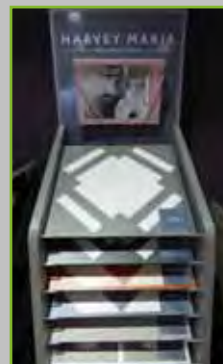
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SOUL PILATES

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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OUR INTRO
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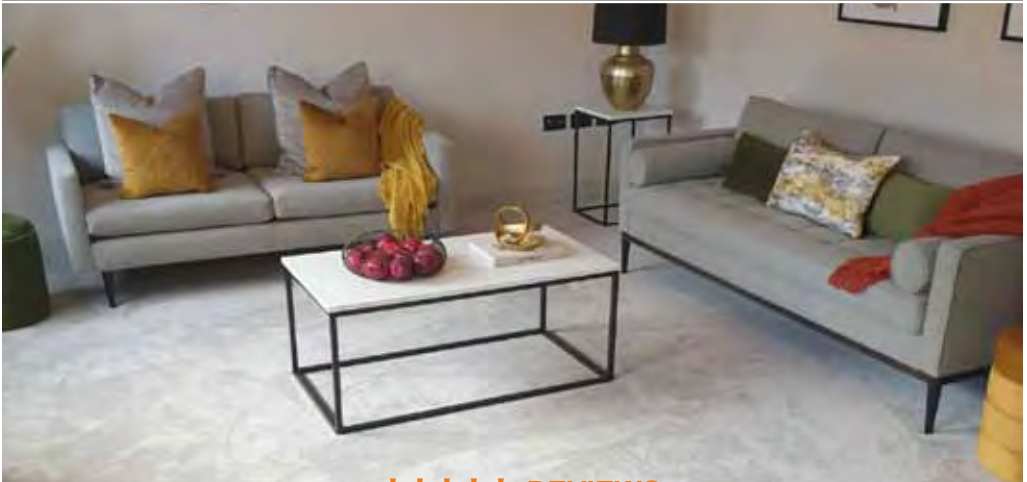
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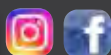
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