

# Bishopston

## Matters

Tel: 07881 924059

issue 173, Dec 2023



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## Dear Readers...



The countdown to Christmas is on! Do not fear, our local businesses have everything covered for you to wrap Christmas up beautifully. Take a look at our 'Think Christmas, Think Local' feature inside, bursting with inspiration for everyone on your gift list! Whether you are shopping for presents, decorations, ingredients for bakes, or planning seasonal get togethers, please do keep it local this festive season.

As you can see from the front cover, the Y4 pupils from Ashley Down Primary School have been busy creating artwork to put us all in a jolly, festive mood. More of their creative cheer is displayed on the centre pages.

Glos Road Central is having their Christmas market on the evening of Thursday 7 December which always gets me in the Christmas spirit! We share the dates of many other lovely, local festive fairs, carol services and seasonal activities for you to enjoy.

I am pleased to share with you some thoughts and images from joining the 63rd Scouts Remembrance Sunday parade and service held in front of the Wellington Bomber memorial stone, in St Andrew's Park.



At this time of goodwill, there are some fantastic local projects you can easily support – Family Food Action, Every Child Needs Christmas, North Bristol Foodbank, AidBox Community Refutrees, B+A meals, and more.

From building Lego Christmas tree decorations, to Carols on the Common, The Ardagh Community Trust (ACT) have a packed schedule this December. They are also set to launch their 2023 Winter Fundraiser, to enable them to further improve facilities for all at The Ardagh. There are some great prizes to be had, Bishopston Matters was pleased to donate a £30 voucher for Icon Beauty; do get involved!

Merry Christmas one and all, **Kerry x**

**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) | [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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► Leader Mike Evans, with scout, Martha – 2023 winner of the John Macleod trophy for kindness



It was a privilege to take part in this year's Remembrance Sunday Parade around St Andrew's Park, led by the 63rd Scout troop. Fitting poems were read by the cubs and scouts, the moving last post sounded out, leading into the chimes of the church clock striking 11am, marking the start of the two minute silence. It was wonderful to witness all these young people showing their respect.

At the end of the service, hand-made poppies, with the names of scouting members who had lost their lives in service, were laid in front of the Wellington Bomber Memorial Stone, at the top of the park.

Back at the 63rd Scout Hut, amidst welcome mugs of tea and biscuits being handed out, awards were given to scouting members to celebrate achievements over the past year. It was wonderful to see the annual award in my late father's name (who treasured his time as a scout), for kindness, given to worthy scout, Martha.



### Join in the Adventure!

The Scouting organisation holds a special place in the heart of our family. We now take great pleasure seeing our children enjoying their adventures as Beavers. A huge thank you to Mike and Matt for their exceptional service, along with all the other volunteer leaders. This troop, along with other local scouting groups, are only made possible due to the generosity of people giving their time. New volunteers are always welcome. If you would like to get involved, weekly, monthly or for whatever time you can spare, please contact Matt Lloyd: [matt.j.lloyd@btinternet.com](mailto:matt.j.lloyd@btinternet.com) or Tel: 07918 102363.

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*By John McCrae*

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### MONDAY

- 7.30am | Reformer: Align
- 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

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

### 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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### Christmas donations please

Christmas is coming! This year, in view of the increased pressure on family budgets for buying enough food and power, we are not collecting/buying presents as we are concentrating on Christmas food and drink treats (though NO ALCOHOL please).

So, as well as our normal requests for everyday food items, we hope for donations of chocolate coins, boxes of biscuits, sweets/chocolates, mince pies, Christmas puddings (no brandy or nuts), snacks (no nuts please) and vegetarian gravy granules, stuffing mix and bread sauce mix, also nice toiletries for women, men, teenagers and children as well as our usual toiletries, nappies and feminine hygiene products.

Please consider getting together with others in your street and arranging a collection of Christmas goodies to support our families and children in food poverty in North Bristol. We will be collecting every



Tuesday morning, until 19 December, at The Ardagh next to the Café on the Common.

Our last deliveries are 12 December (May Park school) and 19 December for our four other community partners. We hope we get lots of lovely Christmas treats for the families we help to support. Many thanks in anticipation for your generosity ahead of the festive season.

We have had some great support recently from local businesses and from people running fundraising activities such as yard sales and street parties, but we still have an imbalance between our income and what we are spending. Everything you donate goes to buying fresh fruit and vegetables and dairy products, as well as a small amount of meat for specific partner organisations. All our work is done by volunteers, so you can be sure that your donations are supporting the people that need help to eat! It is shocking to think that in our society that this is an issue!

Our food clubs use our donations to put together bags of food and toiletries for their members. A bag of food is worth around £20-25 and the food club members pay £3.50 to receive a bag. The people attending food clubs are unable to afford to feed their families on their income, despite some of them being in important jobs like teaching or the NHS.

So, when you are enjoying choosing your Christmas presents and celebration food, please spare a thought for those people who will be struggling over the holiday period to just feed their families and, if you would like to donate anything to help them, please click on our Just Giving page here



DONATE TO HELP FAMILIES  
AND CHILDREN IN FOOD  
POVERTY IN NORTH BRISTOL  
HERE

**Get in touch** – 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 below. You can also follow us on Facebook: FFA Bristol & Instagram: FamilyFoodAction  
[www.familyfoodaction.org.uk](http://www.familyfoodaction.org.uk)







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### The Filtones Christmas Crackers Concert

In aid of charity 'FACE'

**Friday 8 December, 7.30pm**

at St Teresa's Church, Glos Rd North, BS34 7PL

Tickets £8 on the door – cash or cheques only please.

Further Info. 07870 984760

### Christmas Bazaar

**Saturday 2 December, 10.30am – 1.30pm**

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BGSOS Chair excitedly reports, "It's always wonderful when a new director introduces a fun twist on a classic, and our director, Rebecca de Coverly Veale, is definitely doing that! Our cast and crew are really enjoying this twist on Pirates, and while there will be new aspects to the production, our audience will be reassured to know that the classic earworms, hilarious jokes and beautiful singing you expect from us will all be present in March!"

**Tickets are available from [www.bristolgsos.co.uk](http://www.bristolgsos.co.uk) or directly through the Redgrave Theatre.**

E: [secretary@bgsos.co.uk](mailto:secretary@bgsos.co.uk) [f](https://www.facebook.com/BristolGSOS) @BristolGSOS



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## RETHINK Menopause

with Menopause  
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Dr Sam Morgan

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

Appointments are always with myself, Sam – BMS accredited menopause specialist doctor. Lasting 45–60 mins, we will have time to go through all your questions. Appointments are face to face in BS7 (just off Gloucester Road) or via video link to your work or home, according to your preference.

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

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

Together, we will develop a plan to address your symptoms effectively. You'll receive a letter summarising the consultation, with links to more info, and your GP will be kept fully up to date too.

### Yoga for Menopause

This 6-week course has been designed by Sam to support health and wellbeing from perimenopause to postmenopause.

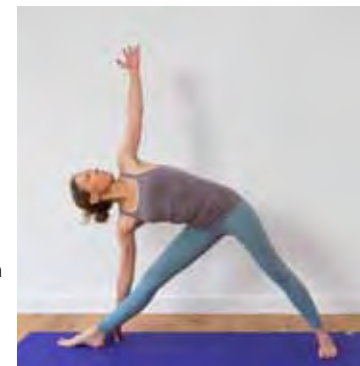
You can expect practices tailored for strength, flexibility, sleep, anxiety, and pelvic floor health. As well as restorative sessions and breathwork to promote rest for the body and mind. There will be videos included to continue your practice at home.

**Starting at Yogafurie in Bishopston on Thursday mornings from 4 January.**

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

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## News from the Goldenhill Community Garden

Hi everyone,

Now it is time to make 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 are 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 and 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](http://www.thegoldenhillcommunitygarden.com)  
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# Think Christmas, Think Local!



With Christmas preparations well underway, 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: 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. Fairfield's Winter Gala is on the evening of 13 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.



Pop in on 7th December 5pm-8pm and enjoy a glass of Prosecco whilst browsing gorgeous Christmas gifts and decorations

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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 7) and North Bristol Food Bank (page 28). 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 32). Children's Hospice Southwest invites you take part in their joyful Santa's on the Run event on Sunday 3 December (page 27). Every Child Needs Christmas is a campaign to provide Christmas gifts for children who are less fortunate within our local community. (see page 28). You can support Aid Box Community by purchasing your Christmas tree from their Refutrees stall at the Ardagh on Horfield Common this year (page 59) and you can help raise funds for the Goldenhill Community Garden by booking on to one of their popular wreath-making sessions (page 12).



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!

## THE FLOWER SHOP

BRISTOL

### Christmas Workshops & Gifts

Join us again this year for a Festive Wreath Workshop, there are a few spaces left on the **5th, 7th & 14th December**. We can also cater for private **Christmas Parties, £65** per person, mince pies and mulled wine included! \*minimum of 6 people

We're available for **festive cheer in your home or venue**, from swags to wreaths, staircase garlands and doorways. Get in touch to find out more about all of the above.

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Hello from the school council, We have been busy organising the Christmas Jumper Day at our school. We will all dress up in festive jumpers and decorate our chairs in tinsel with as many colours as possible.

We have told everyone in school what we are doing by designing and putting up posters and going around the classes sharing the news and

gossip. We used the smart platform to press a switch and travel around our corridors independently and some of us self-propelled in our walkers or used our powerchairs. It's always great to get out of the classroom and greet our friends.

On Christmas Jumper Day we will also have our raffle and all our letters and emails have paid off. We have many vouchers and hope to make up hampers too. It's all very exciting!

We would like to thank Bishopston Matters, Henleaze Garden Centre, The Ardagh, Waitrose, Tesco, Rumble in the Jungle, The Wave, Avon Valley Park, Willsbridge Mill Cafe, The Compass Inn Tormarton, Bristol Bears, Illuminae candles, Dog Den Grooming, Frilly Bits, Eastfield pub, Stu Tucker photography and Hart's Bakery Temple Meads.

We will be shouting "Roll up... Roll up... Come get your ticket", "Good luck everyone" and pulling out the winners with the help of the SENIOR LEADERSHIP TEAM!

We have also planned a make-your-own cracker craft activity with some of our favourite Xmas jokes. Our families and friends had better beware – our sense of humour is very cheesy!

Watch this space!

*Thanks from School Council*



### Community events for all at The Hub

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

**December 2023**

Sat 2 – Christmas Market,  
10am–4pm

Sat 9 – Christmas Decoration  
Workshop, 2–4pm



### 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](mailto:ashleydownpsa@gmail.com). Check our Instagram for further details @ashleydownpsa



### St Bon's School Christmas Fair

**Sunday 3 December, 2–5 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.

Egerton Road, BS7 8HP



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Good choice of ciders, lagers, ales, wine & spirits

Friendly atmosphere

Cosy

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**44 Gloucester Road, BS7 8AR**

Bottle and Jug
 Bottle and Jug Bar
 Open: Tues to Thurs, 3-10 pm | Fri to Sat 12-10 pm

Match stick boxes

Vintage plates

## 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!

New in, were a stunning range of hand-pressed seaweed art prints by Molesworth & Bird, based in Lyme Regis. Gorgeous, soft socks and gloves from Millie Mae in Dorset were also new to store.

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

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

Handy baskets from The Braided Rug company make an excellent gift, as do cheery Musango coffee mugs in bright colour ways. I couldn't resist a decorative matchstick soldier box as a stocking filler.

There are plenty of vintage treasures to be found too; I particularly liked the coloured, foiled lager glasses and a sweet tea plate set.

All this and festive favourites of luxury crackers, Christmas cards, wrapping paper, garlands, vintage tree decorations (check out the fabulously kitsch items bottom right) and much more!

**97 Gloucester Road, BS7 8AT • 0117 329 4505**



Molesworth & Bird seaweed pressings



Millie Mae socks and gloves



Beeswax candles



St. Eval

Luxury crackers



60s/70s Vintage glasses



Nkuku baubles



Musango mugs



Fabulous decorations!





206 GLOUCESTER RD BS7 8NU

[www.figshop.co.uk](http://www.figshop.co.uk)

01179244898



Chitra Merchant



Andy Mason



Robyn Coetzee



Jemima Lumley



Kate Tarling



Anna Harley



Sebastián & Kate



[www.phatandco.co.uk](http://www.phatandco.co.uk)



## 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





## New Glos Road home for Osna



Bridget

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, with an

**Open Day on Saturday 2 December.** Visitors will be introduced to various therapies including Bridget's amazing Sound Healing table.

**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 | 0117 907 5884



## Billie-Jean Pop Up Cashmere Event

Glos Rd Central Christmas Street Party

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



194 Gloucester Road, Bishopston



### Festive Coffee Morning

**Bishopston Methodist Church,**  
245 Gloucester Road, BS7 8NY,  
invite you to join them for

**mince pies and carol singing on the Church steps. Saturday 23 December,**

**10.30am to 12 noon.**

Hope to see you there!



## News from Glos Rd Central

Shops and businesses are gearing up for Christmas here at Glos Rd Central. The buzz has already started with the North Bristol Art Trail (25–26 November) and many of the artists on the trail continue to sell their artwork at Room 212 year-round. Also, there's a fabulous competition, dreamt up by Alice Darley, creator of the Shop Local Gloucester Road Facebook group. Alice photographed shop signs up and down Gloucester Road and put letters from the business names together as an alphabet (pictured). Spot which business names the letters and icons come from, then follow the Shop Local Gloucester Road Facebook group for further instructions on how to apply and win the huge range of brilliant prizes, including gift vouchers for you to spend on our favourite high street! Catch the Moment is working on some fantastic gifts which will include the design. The deadline is 5 December with winner announced at our Christmas Late Opening when a range of Gloucester Road gifts and postcards will be launched in our shops!

**Our Christmas Late Opening Party, Thursday 7 December (5.30–8pm)** is when the festive season really kicks off. This is a great chance to meet up with friends, neighbours and family and browse the lovely things our shops have got in store for Christmas. All our art shops and galleries show work by local artists so this is a great way to support them and buy unusual one-of-a-kind gifts. Paper Plane will have their usual paper snowflake making and the winner of the Gloucester Road Alphabet competition will be announced outside Room 212 at 6.30pm.

Jojo's Beauty will be offering hand and arm massages as well as giving away Neal's Yard skincare goodie pouches, while keeping the kids amused with balloon (biodegradable) face decorating. Next door, Nola Interiors will have prosecco and mince pies to enjoy while browsing

their gorgeous gifts and decorations. Osna Therapy will be celebrating their move into a brand-new premises, 222 Gloucester Road, with their delicious mulled wine – including lots of brandy! Sidney and Eden will also be serving mulled wine, cider and spiced apple and is a great place to sit and have a catch up.

Oddsox will be offering their usual fabulous footwear for kids and adults with 50% off all slippers and boots.

The Food Shop will be setting up a stall outside Gloucester Road Books, who are planning some 'meet the author' sessions. Catch the Moment are still riding the positivity wave they created with their successful Greentember campaign and will be launching their latest new lines.

If you're feeling peckish, Gopal's Curry Shack will be serving their delicious curries, alongside a Bishopston Preserve stall, outside Pawson's, while Giles' Butchers will have their usual barbeque. Joe's Bakery will be offering tasters of their fantastic Christmas specials and treats.

Perfecto will give 10% discount on every sale – including bags of coffee and coffee machines as well as hot drinks and food. New bubble tea shop, Mooboo, will come up and join us outside Shoe Express, offering discounts on their bubble teas.

Billie Jean's Cashmere Event will be popping up outside Bristol Furniture Works. It's always great to welcome Billie and John back onto Gloucester Road! Rambling Rose will have Christmas wreaths and other seasonal plants and Rollquick will be demonstrating all their great bikes and range of cycle accessories.

Boston Tea Party is going to join in the fun with a Christmas Market of craft, gifts and children's stalls, including Bobby and Bee kids craft. As they will set up in a market-style, there will be limited seating but they will have colouring activities for the kids and an array of mulled wine and drinks (bring your reusable cups!), cakes and hot sandwiches.

All in all, this promises to be a magical event and a great way to help you shop local with Glos Rd Central!

Follow us on Facebook [Glosrdcentral](#) for more details.



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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**

**JOE'S BAKERY**  
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](http://joesbakery.co.uk) @Joe's Bakery Bristol

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[www.frenchaychristmastreefarm.co.uk](http://www.frenchaychristmastreefarm.co.uk)  
info@frenchaychristmastreefarm.co.uk  
Open Everyday until 23 December, 9am – 5pm

**Christmas Wreaths & Tree Stands for sale**



## 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!*

In October, Nick was delighted to tell me Bishopston Fish Bar had been announced in the UK 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! So, you can imagine the excitement, when I returned in November, to hear the news the local business had now made it to the *Top 20 Fish and Chip Takeaways of the Year!*

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, 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 wonderful local customers who support us."



To get from the Top 40 to the Top 20 list meant the local Fish Bar had scored highly with three different mystery shoppers when they visited the take-away. Now, to get to the Top 20 to Top 10, Nick and his team will be visited by a representative from the NFFF, who will spend 4-5 hours inspecting every aspect of the business. Nick grinned and said, "If we are successful, we will be off to the Chip Shop Oscars in London!" Congratulations Nick, we have everything crossed for you to make that Top 10!

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

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**Servicing** – We have a fully equipped workshop and our friendly team of well-trained mechanics are happy to tackle the grubbier of bikes. We work on bikes of all ages and types from numerous well-known, and obscure manufacturers. This includes E-bikes with Bosch, Shimano, Yamaha and Fazua drivetrains. Our pricing system is fully transparent and affordable.

**Parts & Accessories** – We also have a range of accessories in store, including lights, mudguards, gloves, grips and locks. All of the components we use to repair and service bikes are also available for purchase in store – for more DIY-friendly cyclists out there!

**We also have a section of kids bikes – just in time for Christmas!**

**[www.rollquick.co.uk](http://www.rollquick.co.uk) 0117 2510 220**

**220 Gloucester Road, Bishopston, BS7 8NZ**



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children's hospice SOUTH WEST

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Charlton Farm

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# Every Child NEEDS CHRISTMAS!

Gloucester Road's Totally Toys is happy to once again be working with organisers of the Every Child Needs Christmas campaign, by acting as a donation point.



It's so easy to get involved and makes a massive difference to lots of children in the BS post-coded areas. To join in, all you need to do is donate a new gift/s (not wrapped) around the value of £5 to £7 and mark what age group of child, 0-16. The cut-off date for donations is 7 December 2023. You can either pick up items from Totally Toys or bring your own into store to donate.

All gifts will then be distributed to the families of underprivileged children. Teams from North Somerset Children's Centres, Social care networks, Foodbanks, Trusts and organisations will be distributing. Please donate to help ensure that Every Child can have a Christmas.

**Totally Toys, 109 Gloucester Road, BS7 8AT**  
**Facebook: Every Child Needs Christmas**



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## Christmas SHOPPING LIST

This year we have seen a huge rise in demand alongside a significant decrease in the food donations we receive. We provide nutritionally balanced emergency food to people in crisis who have been referred to a food bank. We also work with a network of care professionals and in partnership with Citizens Advice to provide signposting and support to services so that individuals no longer need to use a food bank. We can only continue to do this with the support of the community and, with the ongoing challenges posed by the pandemic and cost-of-living crisis, the need for support is greater than ever before.

The items on the shopping list this year are less Christmas-specific and more essential food items to reflect the demand.

### Christmas Shopping List

Tinned fruit | Sponge puddings  
Custard | Chocolate | Biscuits  
Savoury crackers | Crisps | Squash

### Local drop-off points:

**Co-op Ashley Heights**, Ashley Down Rd, BS7 9BU

**Co-op Gloucester Road**, 117-121 Gloucester Road, BS7 8AT and 335 Gloucester Road, BS7 8PE

**Gloucestershire Cricket Club Cafe**, Nevil Road Bristol County Ground, BS7 9EJ

**Pearce's Hardware**, 295 Gloucester Rd, BS7 8PE

**Tesco Express**, 171 Gloucester Rd, BS7 8B

Or directly to the **NB & SG FB's headquarters** at 286 Filton Avenue, Horfield, BS7 0BA.

**Christmas items are required at the start of December please.**

Visit our website if you'd like to find out more about the work of North Bristol & South Glos Foodbank. Thank you for your support.

[www.northbristol.foodbank.org.uk](http://www.northbristol.foodbank.org.uk)

## Christmas at Hobbs House Bakery

From Plum Bakewell to Cheese & Jalapeño Sourdough and classic Mince Pies, at Hobbs House Bakery we've got everything covered for your Christmas festivities.

**Stollen Bites** – Made using golden marzipan, these Stollen Bites are Christmas in a bite. Packed full of candied fruits and festive spices to create the taste of Christmas in every single bite. We love our Stollen Bites as an after-dinner sweet treat.

**Plum Bakewell** – Say hello to our best-selling Bakewell but now with a festive twist. Our Bakewell Slice has a crisp butter base and a light sponge middle. This year we've added juicy plums throughout, the perfect festive addition along with a plum puree drizzled on top. We love to enjoy our Plum Bakewell accompanying a mid-morning tea break.

**Chocolate Rye Cookies** – If you're looking for a new go-to cookie this Christmas, look no further. These cookies have the great taste of rye sweetened with the finest chocolate, resulting in a delicious crunchy cookie, making them the perfect dunking cookie for your warm drink of choice this winter.

**Mince Pies** – Mince Pies are the definition of Christmas so why not do them right this year? Our delicious All Butter Mince Pies are made with a beautifully buttery



pastry, and a rich and zesty mincemeat filling. Or why not indulge in our Luxury Almond Mince Pies which are made with layer of sweet frangipane and sprinkled with flaked almonds to finish.

**Dark Rye & Raisin Sourdough** – This small but mighty loaf is the perfect addition to any festive table. A wholegrain rye loaf, risen using our 68-year-old sourdough starter, giving a tangy sourdough flavour complemented by the sweetness of juicy raisins.

**Cheese & Jalapeño Sourdough** – Enjoy a combination of cheese, jalapeño and our 68-year-old sourdough starter. The jalapeño adds a welcome warmth to this loaf, the perfect comfort as the autumn days get colder. We love this loaf for a winter toastie, but it's equally delicious by itself as part of your Christmas table.

**177 Gloucester Road, BS7 8BE**



- COFFEE
- FRAPPÉS
- SMOOTHIES
- TOASTIES
- SALADS
- CAKES
- CRUMPETS



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Bristol  
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## Christmas pet-care tips

Here at Animal Health Centre we are all for getting your pets involved in the Christmas spirit. So, for those of you who like to do stockings, here are some stocking fillers we suggest!

As much as dogs love bones they can be dangerous if they splinter, and bones made from hide are quite a choking hazard! Why not try a Kong goodie bone which you can stuff with foods like peanut butter and kibble, a much safer alternative!

Lick mats and snuffle mats are also good for keeping your dog or cat entertained during a busy Christmas day. If you've reached post-Christmas dinner couch potato but your dog is feeling energetic, these mats help to mentally stimulate and tire your dog out so you don't have to!

Quick release collars are a good treat for your cat. If your cat roams around areas with branches or objects, collars can get caught on; quick release collars help prevent them getting caught or stuck.

Plaque off and other dental treats will help your pet have pearly white smiles for those Christmas photos! Plus, oral hygiene is key to a healthy life in the years to come for your pets!

And sometimes the simplest things like cardboard toilet rolls and wrapping paper are just as much fun to our pets as toys, so why not let them play with

### Naughty List Keep out of reach of pets!

Chocolate  
Christmas pudding,  
Christmas cake, Mince pies  
Onion, including gravy  
Garlic, Leeks, Shallots  
Bones  
Tinsel,  
Ribbons,  
Fairy lights  
Lilies, Poinsettias,  
Holly, Ivy  
Alcohol



what you already have! Just make sure they don't eat them!

It is important to keep your pets safe over the festive season. Nothing spoils a Christmas day like a trip to the emergency vet! Here are some of our top safety and wellbeing tips over this busy period.

Take care when filling up the car to not spill any, as antifreeze is extremely toxic to cats. Ingestion can lead to severe kidney problems and potentially death. The early signs tend to be the cat acting 'drunk', so contact us if you have any concerns as early intervention is a must!

With the darker evenings rolling in, it is vital that both you and your dog are seen when out on walks! There are light-up collars and high-visibility jackets available in reception to keep your dog safe when out and about on walks!

Christmas can be a very busy time and it's easy to forget the impact it can have on your pet. Always make sure they have somewhere to escape to that's just theirs and maybe plug in a pheromone diffuser nearby to help keep them calm when the whole family comes over!

With fewer daylight hours and cold and wet weather, our pets may not get out as much as they would in the summer. Monitor your pet's weight and adjust food levels accordingly. Concerned about your pet's weight? Book a weight check with a nurse!

Christmas also brings new items into our home; please see our Naughty List above of items to keep out of reach.



**Hollie & Deb**  
Animal Health care team

## Festive fun with Roxfords Pet Shop

Open 7 days a week • Free local delivery

**Christmas goodies for everyone!** Roxfords has a fantastic range of play and edible gifts to spoil a hamster to a Great Dane! This year, there is even something for pet owners, thanks to the handy-work of owner Sarah, creating hand-made bags in lovely cat fabric.

Kong has a new, fabulous range of fun, durable Christmas-themed toys. These delightful looking toys are made with reinforced fabric and stitching, so should make it well into 2024! Monty dog has put the Kong Snow Yeti at the top of his Christmas list! The canine Christmas jumpers are super-cute and available in a range of sizes.

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!

Roxfords has put together some attractive gift bags filled with yummy dog treats, the perfect alternative to human chocolate treats or the like, which can be poisonous to dogs (see more info on this, opposite).



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • [roxfordsthepetshop.co.uk](http://roxfordsthepetshop.co.uk)



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Wonderful, knowledgeable people."*



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2023 SEFTON PTA

## Winter Wonderfair!

**\* CHRISTMAS TREE SALE \***

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Sefton Park School, St. Bartholomews Rd, Bristol BS7 9BJ (or via Happy Lane)

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**13TH DECEMBER 2023**

## WINTER GALA

FREE ENTRY - 6:00PM - 8:30PM

Performance, Market Stalls, Halal BBQ & Festive Refreshments

Fairfield High School, Allfoxton Road, Horfield, BS7 9NL





## 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](http://www.justgiving.com/campaign/babristolmeals2023)

### Keep fit with Dance Moves

**Horfield Methodist Church, BS7 8SN**

Tuesdays, 10.15–11.15am

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

Tuesdays, 2–3pm

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

**Classes recommence on 12th January 2024**

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

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Bristol, BS7 8NU  
[PathwaysOfWellness.co.uk](http://PathwaysOfWellness.co.uk)

## Local Festive Shopping Evening

Discover the magic of handmade, as local makers unwrap a special festive shopping experience this Christmas. Seven Bristol artists and makers are joining forces in the lead up to Christmas to host a very special Festive shopping evening at Kiln Workshop in Bishopston.



The free event will take place on Wednesday 6 December, 6–9pm, and shoppers are invited to drop in to browse a selection of beautiful handmade gifts over a glass of fizz and a mince pie or two!

The event will showcase a variety of handcrafted delights including cards & prints, jewellery, modern leather craft kits, ceramics, slow fashion accessories and macrame plant hangers and DIY kits, all perfect for festive gifting.

**Festive Shopping Evening, 6 December, 6–9pm**  
**Kiln, 63 North Road, BS6 5AD**

## SADOWSKI HAIR SALON



Friendly, local salon owned by  
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Curly hair & colour specialist

### Special Offer £15 Blow Dry

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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\\_salon](https://www.instagram.com/sadowski_hair_salon)





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Wishing our clients a Merry Christmas & Happy New Year!

### Seasonal news from the green room

**Fabulous, Festive Gifts** – Select from a lovely range of quality Hair Gift Sets with extra free gifts! Of course, vouchers for the Green Room make excellent gifts too!

**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 opening hours** – The Green Room will be closing between Christmas and New Year; they look forward to welcoming their clients back in 2024!

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

## Jojo Beauty & Holistic Therapies



We believe in treating the Mind, Body and Soul. Whether you're in need of some you time or need some general beauty tidy ups, we'd love to welcome you to our salon. We pride ourselves on using products that are cruelty-free and a large number of our products are also vegan.

**Vouchers make a fabulous gift!**

Why not spoil a loved one this Christmas by treating them to some Jojo Beauty Gift Vouchers?

**Therapy room available to rent** for a Beauty, Holistic or Alternative Therapist.

To book in for a therapy, buy vouchers or to enquire about the room,  
Email: [jotovey@hotmail.co.uk](mailto:jotovey@hotmail.co.uk) or call Jo on **07828 174776**  
[www.jojobeautysalon.co.uk](http://www.jojobeautysalon.co.uk) | 166 Gloucester Road, BS7 8NT



*"I have just had the most wonderful hot stone massage from Jo. I haven't felt this nurtured or relaxed in a long time. The gorgeous lavender essential oils, warm oil, hot stones and tranquil music, combined with Jo's pure talent and healing intent have left me on cloud 9!"*  
— R Meadows Lynn



otherlovelythings

[www.otherlovelythings.co.uk](http://www.otherlovelythings.co.uk)

## 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](http://www.otherlovelythings.co.uk)



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DOG FRIENDLY VENUE

For full list of what's on this festive season  
visit [www.olddownestate.co.uk](http://www.olddownestate.co.uk)



# Seasonal services

**B&A Church, 279 Gloucester Road, BS7 8NY**

**17 December, 10:30am, Family Carols**

**17 December, 6pm, Evening Carols**

**Christmas Eve, 10:30am, Christmas Eve Fancy Dress Nativity Service**

**Christmas Day, 10:30am, Celebration service**

[www.babristol.org](http://www.babristol.org)

**Emmanuel Bishopston @ Church of the Good Shepherd, Bishop Road, BS7 8NA**

**9 December, 10am–1pm, Christmas market**

**9 December, 4:30pm, Carols Around the Fire**

**17 December, 10:45am – Carols for Little Ones**

**17 December, 10:45am, Christmas Fun for 7–11s**

**17 December, 6:30pm, Carols by Candlelight**

**Christmas Eve, 10:45am, All-Age Service**

**Christmas Day, 10:45am, Christmas Day Service**

[www.emmanuelbristol.org.uk](http://www.emmanuelbristol.org.uk)

**Bishopston Methodist Church, 245 Gloucester Road, BS7 8NY**

**17 December, 10:30am, Favourite Carols and Readings**

**23 December, 10:30am, Singing Carols on the steps of the Church, followed by Mince Pies and Coffee**

**Christmas Eve, 10:30am Morning service**

**Christmas Eve, 11:30pm, Midnight Communion**

**Christmas Day, 10:30am Christmas Morning Family**

[bishopstonmethodist.wordpress.com](http://bishopstonmethodist.wordpress.com)

**Horfield Methodist Church**

**Churchways Avenue, BS7 8SN**

**17 December, 10am Nativity Service**

**17 December, 6pm Carols by Candlelight**

**Christmas Eve, 4pm Messy Christmas service for all children and their families**

**Christmas Day, 10am Christmas Day family service**

[www.horfieldmethodist.org.uk](http://www.horfieldmethodist.org.uk)

**Horfield Parish Church, Horfield, BS7 8ST**

**3 December, 6pm, Candle lit service for Advent Sunday**

**17 December, 6pm, A Festival of Lessons and Carols**

**Christmas Eve, 3pm, Christmas Eve Christingle service**

**Christmas Eve, 11:30pm, Solemn Sung Mass at Midnight**

**Christmas Day, 8am, Mass at Dawn**

**Christmas Day, 10am, Mass of the Day**

[www.horfieldparishchurch.org.uk](http://www.horfieldparishchurch.org.uk)

**St Bonaventure's Church, Egerton Road, BS7 8HP**

**Christmas Eve, 10:00am, 4th Sunday of Advent**

**Christmas Eve, 5:00pm, Children's Mass**

**Christmas Eve, 10:00pm, Mass of Christmas Night**

**Christmas Day, 10:00am, Mass of Christmas Day**

email: [bristol.stbonaventure@cliffondiocese.com](mailto:bristol.stbonaventure@cliffondiocese.com)

[bristol.stbonaventure@cliffondiocese.com](mailto:bristol.stbonaventure@cliffondiocese.com)



## 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](mailto: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.**

**Join us for our Christmas market on 9 December.**







*Festive images thanks to 4B, Ashley Down Primary School*



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## Can you make gifts if you are an Attorney or a Deputy? What you need to know

Attorneys and deputies play a crucial role in managing someone else's financial and personal affairs. Making decisions about gifts is an important aspect of their responsibilities and can impact their relationship with the donor's family and friends.

A Power of Attorney (POA) empowers individuals to appoint trusted family or friends to handle their financial and sometimes personal matters when they are unable to do so due to various reasons, such as illness or old age. The appointed person is referred to as the 'attorney' and must be someone the donor trusts implicitly, as they will manage the donor's entire estate, including cash, investments and property. A POA is established while the donor is of sound mind and can be used immediately or when the donor becomes incapable of managing their affairs.

A guardianship order is established when an individual has already lost capacity, and there is no existing POA. This process involves the Court of Protection in deciding who will look after the individual's affairs, which can be a complex and costly endeavour. The court appoints a 'deputy' to oversee financial and welfare matters for the individual.

**Understanding Gifts** – Gifts are typically associated with birthday or holiday presents, but they can also involve lending money without interest, selling property below market value, or creating trusts and transferring assets. Although they may believe they are acting in the donor's best interest, there are limitations on making gifts.

**Gift Rules** – Attorneys and deputies can only make gifts under specific circumstances:

- To a family member, friend, or acquaintance on a 'customary occasion' (e.g. birthday, wedding, Christmas).
- To a charity.

In both cases, the gift must be of reasonable value relative to the donor's estate, and the attorney or deputy must act in the best interests of the donor. It's crucial to note that gifts cannot be made to evade care home fees.

**Making Larger Gifts** – For larger gifts, attorneys and deputies must obtain authorisation from the Court of Protection before proceeding. They must present their case to the Court, outlining their proposals and reasons behind the gift.

**De Minimis Exceptions** – Under specific conditions, de minimis exceptions allow gifts without



Court permission when the person's estate is worth more than £325,000 (the current nil rate band). These exceptions cover the annual inheritance tax exemption of £3,000 and the annual small gifts exemption of £250 per person.

The conditions include:

- The person has a life expectancy of less than five years.
- Their estate surpasses the nil rate band for inheritance tax purposes.
- The gifts are affordable, considering care costs, and won't negatively affect their care and quality of life.
- There is no evidence that the person would object to such gifts being made on their behalf.

However, these exceptions do not apply to loans to the attorney or their family, investments in the attorney's business, sales or purchases below value, or transactions with a conflict of interest.

**Careful Planning** – Gifts made on behalf of another person can be complex and have the potential to cause rifts within a family. Although gifting is a legitimate way to reduce inheritance tax, planning should be done well in advance of it becoming an issue for an attorney or deputy – if possible.

If you would like to arrange a relaxed chat about your circumstances or if you have any questions, please 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







WINTER/SPRING 2024



**THE VORTEX • by Noel Coward**  
**13 - 17 February 2024**

*Directed by Kris Hallett*

Worlds collide when two decadent lives crash into each other. As two opposing forces, a mother and son confront the reality behind their glamorous facades. Can the truth set them free? This is Punk Coward, where wit and shock go hand-in-hand. Think you know Noel? Think again.



**OUR COUNTRY'S GOOD**  
**by Timberlake Wertenbaker**  
**9 - 13 April 2024**

*Directed by Sarah Lawrence*

26 January 1788: a fleet of ships carrying convicts and colonisers arrives in Botany Bay, Australia, to establish a penal colony on stolen land. This fresh new take weaves storytelling and music through this much-loved classic.



**BOSTON MARRIAGE • by David Mamet**  
**31 May - 2 June 2024**

*Directed by Katie Kneen.*

This play is a wickedly sharp drawing room comedy about two fashionable, upper-class women embroiled in a "Boston marriage", a Victorian term for a long-term, intimate relationship between two unmarried, financially independent women.

*A Kelvin Black Box Production.*

**The Kelvin Players Announce Their 2024 Season!**



**Kelvin Players Theatre Company are proud to announce our programme of theatre for 2024. We've got a real mix of classics, modern dramas, and straight up fun and entertainment.**

**Our Artistic Director, Nicky Schoonderwoerd, said:**

"I'm really excited by the variety and diversity in terms of style and form, but also in representation for our actors. It's going to be an exciting, fun, packed season. Come along and see for yourselves! Kelvin can't wait to welcome you with open doors!"

Without further ado, the 2024 season of theatre at Kelvin Players is as follows:

**13 - 17 February - The Vortex by Noel Coward, directed by Kris Hallett**

Step into the world of glamour and intrigue as we kick off the season with Noël Coward's timeless classic, The Vortex.

Set against the backdrop of the roaring twenties, this intoxicating tale explores the complexities of love, addiction, and societal expectations, leaving audiences breathless with its sharp wit and piercing insights.

**9 - 13 April - Our Country's Good by Timberlake Wertenbaker, directed by Sarah Lawrence**

Witness the transformative power of theatre itself with Timberlake Wertenbaker's Our Country's Good. This thought-provoking drama unfolds within the confines of the first penal colony in Australia, exploring the redemptive and healing qualities of the stage.

Prepare for a journey that challenges preconceptions and celebrates the resilience of the human spirit.

**31 May - 2 June - Boston Marriage by David Mamet, directed by Katie Kneen**

This comedic gem explores the complexities of friendship, love, and societal expectations with a perfect blend of humour and heart. Brace yourself for an evening of laughter and poignant reflection.

This is a Black Box production, a stripped-back, fringe-style show with tickets at a bargain £5.

**9 - 13 July - Adele Stripe's Black Teeth and a Brilliant Smile by Lisa Holdsworth, directed by Fran Lewis**

Andrea Dunbar, acclaimed writer of Rita, Sue, and Bob Too, mum, sister, best friend, is struggling with her latest work. Her aching head is full of voices, stories from her past that have to be heard...

A bittersweet tale of the north/south divide, Black Teeth and a Brilliant Smile reveals how a shy teenage girl defied her circumstances and went on to become one of her generation's greatest dramatists.

**29 October - 2 November - Spider's Web by Agatha Christie, directed by Helen Hollick**

Our Halloween delight is none other than Agatha Christie's classic whodunnit, Spider's Web. Clarissa is entertaining houseguests and caring for her stepdaughter when an unwelcome visitor arrives...

Join us for an evening of suspense, mystery, and unexpected twists as the master of crime fiction weaves a web of intrigue that will keep you guessing until the final curtain falls.

**3 - 7 December - The Girlfriend Experience by Alecky Blythe, directed by Jacqs Graham**

A true-life play about friendship, heartbreak and business enterprise... in a seaside brothel.

Tessa has set up a business: a brothel where mature women specialise in offering the 'girlfriend experience', a surprisingly caring and sympathetic service. As the women stoically strive to make a living, their personal lives start to crumble.

**A note from our Chairperson, Mat Rees:**

"Our 2024 season looks as entertaining as ever. Kelvin Players love to produce an exciting mix of challenging, modern theatre alongside fresh takes on some classics.

This year, themes of identity and home feature strongly in our choices - issues that resonate strongly with a great number of people at the moment, both at home and abroad."

The Kelvin Players invite you to embark on a journey of emotion, laughter, and contemplation throughout the 2024 season.

**Tickets are on sale at -**  
**[www.kelvinplayers.co.uk/tickets](http://www.kelvinplayers.co.uk/tickets)**

SUMMER/AUTUMN 2024







## ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

Striving to be the best we can,  
guided by the light of Christ

# OPEN DAYS

## FOR RECEPTION SEPTEMBER 2024

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

*Visits will be conducted from September 2023 to January 2024.*



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

*All are welcome at St Bonaventure's.*

Email: [admissions.stbonaventures@bristol-schools.uk](mailto:admissions.stbonaventures@bristol-schools.uk)

Web: [stbons.uk](http://stbons.uk) Phone: 0117 353 2830



## Christmas at St Bonaventure's Catholic Primary School

**Term 2** at St Bonaventure's is always a busy time at the school, and there's a lot of excitement for Christmas.

**Key Stage 1** children have started practising for their nativity; they will be performing a show titled 'Follow the Star'.

**Our Key Stage 2** pupils will be singing in a carol service at the church on 14 December.

We will also have a visit from Bristol Old Vic who will perform their nativity show to the children, and everyone looks forward to the Christmas lunch!

**Our school Christmas fair will take place on Sunday 3 December, 2-5pm.** This is a wonderful

event and open to everyone. Please come along and support the school; there will be lots of stalls, as well as mince pies, mulled wine, soft drinks, homemade cakes, and our famous win a bottle stall, tombola, and carol singing.

Don't forget to buy some raffle tickets for a chance to win one of our amazing hampers that are made by all our classes.

After an amazing **Window Wanderland** last year, we will be hosting again and so are getting ready for our fabulous installations. We hope many of you can join in this year; keep an eye out for more information (see page 55).

[www.st-bonaventures.bristol.sch.uk](http://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](mailto: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](http://www.stbonaventureearlyyears.co.uk)**

**Email – [admin.stbonaventures.ey@bristol-schools.uk](mailto:admin.stbonaventures.ey@bristol-schools.uk)**

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

**Phone – 0117 3532887**





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Achievement - Diversity - Respect



## News from Cotham School

### Year 10 – Bake Off is Back!

One student from each tutor group took on the challenge of a swiss roll. The Bakers did a brilliant job and the results were amazing. Well done to all that took part.

[www.cotham.bristol.sch.uk](http://www.cotham.bristol.sch.uk)



### Year 10 Bake Off is back!

Year 10 students took on the challenge of a swiss roll. The Bakers did a brilliant job and the results were amazing.



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**Would you like to be in a local panto? Oh yes you would!**

### Ever wanted to be in a pantomime?

The Bartholomites are a local pantomime group based at Horfield Methodist Church Hall and they are looking for people of all ages to take part in their next production on 11–13 April 2024.

We're currently reviewing scripts and looking for the right one to showcase the talent that comes forward. (We don't hold auditions so no need to worry about previous experience of acting, singing or dancing.)

If you're interested in having a speaking part, then script reading starts on Monday 4 December at 8pm for adults and anyone KS3 or up, with an aim to cast the parts before Christmas. If you'd rather not have a part and would prefer to be part of the all-important chorus (providing essential support and presence on stage), then rehearsals start on Sunday 7 January at 3pm. Generally, Monday rehearsals are focused on script reading for people with parts, while Sunday afternoons are for everyone (chorus and people with parts) to learn songs and dances.

It's a great way to try something different, or come with a member of your family and use it as a way to spend some time together.

Contact [thebartholomites@gmail.com](mailto:thebartholomites@gmail.com) for more details or to flag your interest in joining.

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[www.bristolsteinerschool.org](http://www.bristolsteinerschool.org)

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## News from Red Dragons

Merry Christmas, everyone. I hope you all have the most amazing time over the festive period. Let's be honest, how is it nearly Christmas already?

This year has flown by. There have been so many highlights in 2023, that I can't possibly mention them all. But, I just want to say, well done to all of our amazing members, who work so hard and have all made incredible progress throughout the year.



Congratulations to everyone who graded successfully this year. It has been incredibly inspiring to watch you all make progress, and I feel it's such a privilege to watch you all grow.

A huge well done to all our instructors and staff, who really do help make Red Dragons Martial Arts the family that it is.

I hope everyone spends their Christmas resting and relaxing with their loved ones. I look forward to welcoming new members in 2024! Have the best time!

*Sensei Lloyd*

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

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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](http://www.westburyscottish.org.uk)** or email Maggie: [beginners@westburyscottish.org.uk](mailto:beginners@westburyscottish.org.uk) or Cheryl: [intermediates@westburyscottish.org.uk](mailto:intermediates@westburyscottish.org.uk) or phone\* 0117 401 2416 (\*or if a Thurs. preferred)

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*Sharing 25 years of experience with their customers*

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

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

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

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

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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.**

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### Circle Dance Evenings

At The Old Library, Muller Rd, BS5 6XP  
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7.30—9.30pm. Next sessions are  
30 January and 27 February 2024.

As always, we'll enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Warm, informal community dance evenings. Donations of £5 or more gratefully received.

Email us at [circledance321@gmail.com](mailto:circledance321@gmail.com)

Information also at [www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)



### Coffee & Craft

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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](mailto:admin@windowwanderland.com).

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### Little Bathroom & BOILER Company

*Sharing 25 years of experience with their customers*

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

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

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

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

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

**Do get in touch with your Little or Large project.**

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## Barcan+Kirby Strengthens Corporate and Commercial Team with Appointment of New Senior Associate

The award-winning law firm has expanded their Corporate and Commercial department.

Barcan+Kirby continues to strengthen its corporate and commercial department with the appointment of new Senior Associate, Elsie Lyford.

Elsie attended university in Winchester following her passion for art but changed direction and qualified as a solicitor in 2009. She will work from the firm's Bristol city centre office alongside Partners Georgina Bryant and Robert Davenport.

She said: "I have a real interest in corporate and commercial law and am delighted to have joined the team at Barcan+Kirby. I joined the firm as I was aware of their excellent reputation as employers but also as being a quality established law firm that I would be proud to work for."

Bill Wilcocks, Managing Partner commented: "We are thrilled to appoint Elsie to the Corporate and Commercial department and look forward to the continued success and growth of the team."

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*Pictured right: Elsie Lyford standing in front of the Gloucester Road office.*



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## News from Ardagh Community Trust

Christmas is often a time we value friendships, family and special relationships. Here at Ardagh Community Trust we could not achieve our aims without the support of the wonderful volunteers who give their time, energy and skills to help us.

### Making a difference – volunteers and trustees

We were thrilled and privileged to have a fabulous volunteer team here from Kier Construction in November. They arrived en-masse and set to work transforming the mud kitchen area and building a level seating area with sleepers. We now have an enclosed safe play space for mud chefs and improved outdoor seating space. Volunteers are vital to us to keep the site safe, maintained and accessible for everyone to enjoy.

Also, on the subject of volunteers, we are recruiting two new trustees for Ardagh Community Trust. We currently have six talented people giving their time to

serve as trustees for the charity, and we are recruiting for two new trustees to help the charity to develop its work further through 2024–25. If you would like more information, please email [hello@theardagh.com](mailto:hello@theardagh.com) and we will send all the relevant information out to you. Thank you to all our volunteers for the time, commitment and effort you bring to our charity to help us thrive.

### Festive activities and events

**Saturday 2 December, 10am – 2pm, Lego Build to Give** – Come and join ACT staff and volunteers to make Lego decorations for the café Christmas tree! For each decoration made, Lego will donate a playset to a child in need of play. This is suitable for all ages; children must be accompanied by an adult.

**Saturday 9 December, 10am – 3pm, Christmas Food and Craft Market** – Browse a brilliant selection of local produce and craft – perfect for gifts to give away – or just something special to keep for yourself! Lots of delicious food to keep you warm and cosy too!

**Wednesday 13 December, 6pm – 7.30pm, Community Christmas Carol Singalong** – Join us for our annual community 'Carols on the Common' event with great food and drink. Links to songbooks will be available to download on our social media, or pick one up from the café.

**Daily, during December, AidBox Community Refutrees** – Starting from 30 November, Refutrees will be on the triple court at The Ardagh selling Christmas trees, stands and lights for the benefit of refugees and asylum seekers in need. Sunday – Wednesday, 10.30am – 6pm, Thursday – Saturday, 10.30am – 7pm



**Café on the Common Christmas opening hours** – We are open every day up to and including Christmas Eve. Our lovely café staff then take a well-earned short break while we remain closed for Christmas Day and Boxing Day. We re-open on 27 December with normal opening hours. We are also closed on New Year's Day. Normal service is resumed on 2 January 2024, from 10am – 4pm daily.

**ACT 2023 winter fundraiser** – During December we will be launching our Winter 2023 fundraiser to enable us to further improve facilities for all at The Ardagh. We are aiming to raise £10,000 for core maintenance costs to keep the site safe and accessible, as well as improving areas for play and increased outdoor covered seating spaces. We have applied to Crowdfunder to match every £1 we raise so we can make your donations go even further. Look out for further information on our social media and posters on site.

### Friends of Horfield Common

November has seen us obsessed with one thing at the Common – the wildlife pond! We've had wonderful groups of volunteers helping us across the month to restore the pond below The Ardagh – getting very muddy in the process! Vegetation has been cut back, the pond has been dredged and the banks have been built back up, so that the local plants and wildlife can make it their home again. We also had our last litter pick of the year this month – thank you to everyone who helped clean the Common over 2023, it's so appreciated!

**On 3 December we'll have our next Volunteer Meeting, 2pm – 4pm**, in the Garden Room at The Ardagh; so, if you'd like to come and get involved, that's a great way to start. We can't run FOHC without more neighbours!

Please check our website [fohorfieldcommon.weebly.com](http://fohorfieldcommon.weebly.com) and **Facebook: Friends of Horfield Common** or keep an eye on the green noticeboard for more details. Thanks, and see you on the Common!



### ACT regular activities and events

Our monthly market will be taking a break until spring 2024, after Saturday 9 December, as well as the regular litter pick with Friends of Horfield Common and the Horfield Common Repair Café. Other regular activities continue:

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

**Tai Chi on Court 2** – Tuesdays (10am, 11am) and Fridays (10.30am, 11.30am); sessions are delivered by volunteers from Bristol Age UK.

**Family Food Action** – at The Ardagh every Tuesday, 10.30am – 12.30pm, ready to receive and sort donations of food and toiletries.

**Interactive live music sessions** – Tuesday mornings, 10am (term-time only), for babies and toddlers, delivered by [www.rockoutbaby.com](http://www.rockoutbaby.com)

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

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

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

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

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## ACT Winter Fundraiser 2023

Donate to help Ardagh Community Trust:

- **Pay for urgent, necessary maintenance to the Ardagh site to enable all areas to remain open for use.**
- **Pay for the cost of materials to enable volunteers to further improve facilities - including for play, increased seating space and installing a covered seating area.**

**We have applied to Crowdfunder for match funding so every £1 we raise is matched - watch this space!**

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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.

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## News from the Friends of Bishopston Library



Bishopston, like most libraries, welcomes a wide range of people. Browsers and borrowers, sitters and readers, students and toddlers – the list is endless. And possibly hiding in their midst is an author, researching and writing to create something that will ensure the library shelves are always stocked.

This was the case recently, when local author **Rob Sheffield** found a cosy spot in Bishopston Library to work on his recently published book, **Pieces of Us**. It tells the story of a small community near Swansea through interviews with residents, past and present.

**On Tuesday 12 December**, we will be holding an informal event book launch, when you can chat to Rob and find out more about the book and the community it describes. All are welcome to come along from 6.00 to 7.30pm. The event is free, and the Friends of Bishopston Library will be selling refreshments (cash only) in support of the library.



In this 'love letter to home', Rob rediscovers a sense of identity and place – a heritage of thousands of lives intertwined. *Pieces of Us* explores the knitting-together and pulling-apart of a family and a community. It provokes a timely conversation about wholeness. What's it like to live in a place where you're both seen and known – what does this unlock between us? And – conversely – what happens to us when we live somewhere but don't belong? This is a book about the formation, dismantlement and possible future of a particular working-class Welsh neighbourhood. But it's also a book about all of us.

**Review by Jem Peel**

*Founder of Everything is Connected*



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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



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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

**The Memorial Ground** – The planning application for the South Stand at the Memorial Ground was approved at a DCA planning committee on 15 November. Emma shares, “I am happy for the club and the fans at this decision, especially the increase in capacity for disabled supporters and improved accessibility the new stand will provide. However, while there are clear benefits, as a ward councillor my primary job is to represent residents, some of whom have been treated appallingly throughout this process and whose valid frustrations have been used to score cheap political points. While this application has been approved, Councillors from across the chamber expressed their disappointment in the lack of community engagement from the club. Going forward, I hope that the club honours its promises to improve engagement with local residents and fulfils the obligations it has promised to the community.”

**Ashley Down train station** – In early November we met with stakeholders and officers to get an update on the new Ashley Down train station. They updated us on the project and the work going on over the Christmas period so that the train station can be completed by its spring completion date. We raised residents’ concerns about parking in the area and asked that this be looked into, and have been assured that they will have a drop-off zone but they do not expect any additional parking pressures. We intend to monitor this closely and feed back if this is not the case. We also fed back concerns about the ongoing closure of Concorde Way and asked if any solutions to widening the path could be looked at again. If you are reading this in time, the project is having drop-in sessions for residents on 28 November, 4–8pm, at the Station Compound, Station Road, accessible from Muller Road (just under the bridge towards Eastville).

**Muller Road** – We have been in contact with the transport officers about the Muller Road project and have been given a completion date of the end of November. The latest update is that letters will go out to residents about the new changes and when roads will open again as well as information about the closed roads. We have repeatedly raised concerns about the delays and have been told that these are down to supply chain issues and work stopping due to bad weather. Specific concerns have been raised with us about people cutting through the now closed Brent roads and have

called for a collapsible bollard to be installed, which would prevent cut throughs but allow for emergency services. We have been told that new signs are to be installed in the next couple of weeks and their effectiveness will be closely monitored. If these do not work, we will continue to push for the installation of bollards.

**New surgery times** – Now James has settled into his new role as councillor we will be starting up surgeries again! As the nights have drawn in, we have been looking for a new venue as it is too dark to use the Ardagh in winter. We have also decided to add a second, online surgery to make our surgeries as accessible as possible to all residents. So, from December, our surgeries will be 4–6pm on the second Friday of the month at The Horfield Quakers Meeting House on Gloucester Rd, and on Zoom at 6–7pm on the second Monday of the month. If you would like to book a slot or come to our online surgery, please drop us an email. Our in-person surgery will also be open to drop-ins, though there may be a wait. We look forward to seeing you at one of our drop-ins soon. We will also be door knocking on Monday nights so we can listen to the issues that are affecting you and your communities.

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

**Councillor James Crawford, Green Party**  
[cldr.james.crawford@bristol.gov.uk](mailto:cldr.james.crawford@bristol.gov.uk)

## Redland ward

**Recycling update** – Changes to some recycling and bin collection days. To make rounds more reliable and even out the workload some changes are planned by Bristol Waste. Just over 500 addresses in the ward are getting a new collection day and a handful are moving from weekly bins and recycling to weekly recycling and fortnightly bins, in line with the norm for the city. Letters should have been delivered to affected addresses.

If you’re affected by the change to your collection day, please think about sharing the new day with



Emma & James

others in your street. If your black wheelie bin collection (residual waste) is moving from weekly to a fortnightly service then for a limited period, until 13 December only, you can get new recycling boxes delivered for free (if you order them). This should be explained in a letter to affected addresses. About 40% of what is typically in black bins can be recycled according to local waste analysis, so extra recycling boxes could save valuable materials and help deal with the switch.

**Bishop Rd traffic** – We’ve reported before how we’re talking to Bishop Rd school, the police, and residents about traffic problems around the school on this busy route.

We’re glad to say the council’s enforcement team have agreed to work with local PCSOs to tackle dangerous car use and parking at pick-up and drop-off times at Bishop Road school. Fi and Martin are still pressing for the school streets scheme that we have been promised, though this will only be for some streets north of Bishop Rd. However, in the meantime, some monitoring and patrols may help reduce some of the problems that residents and school users have been reporting.

## Anti-social behaviour at Gloucester Rd/Elton Rd junction

– We’ve been able to get council officers to take part in a walkabout with police on this part of Gloucester Road by the Sainsbury’s corner to assess the situation and see what can be done to improve matters in the area. Residents continue to raise concerns with us over threatening behaviour and we have recently talked to the manager of the supermarket who has agreed to get involved. We’d like to see fly-tipping managed better on the store’s land. There is no magic bullet but we are hoping that by sharing information we can understand better what’s going on and work together to improve matters.

**Planning applications** – Our ward doesn’t have much development as large sites aren’t common, but several proposals are currently affecting residents.

Martin has been offering support for residents affected by the third successive proposal for the site at 102 Gloucester Rd – the former NEG site on Berkeley Rd. After originally gaining planning permission for mixed uses including nine flats, followed by permission for mixed uses and fourteen flats, a new proposal has been lodged for ground floor mixed uses plus nine Houses in Multiple Occupancy comprising fifty-seven bedrooms.

It’s not uncommon for a developer to make multiple applications for the same site, even when they already have permission for development.

Another proposal is at the former Nat West site at 72–74 Gloucester Rd, by Shadwell Rd where residents are concerned about a nine-unit apart-hotel development.

There are still very long delays for most applications even to be allocated a case officer to handle the planning proposals. Do contact us if you’ve any queries relating to the ward.

**Cranbrook Rd crossing** – We’re sorry to say getting the promised crossing built here with funds we secured has been an inordinately long saga – in common with most local highway schemes across the city. The legal Traffic Regulation Order for changes to highway rules is now completed, so officers are working on the details to submit to a contractor for construction of the traffic island crossing.

Due to serious cost inflation, the council is trying to secure a new list of contractors and agree realistic prices, but for now the department has agreed to absorb some escalated costs so we’re relieved to say the project should be ok. They are working on getting the scheme ready for delivery although, regretfully, a construction timeline can’t be promised yet.

**Potholes and drains** – With bad weather upon us we’re getting more reports of blocked drains and autumn leaves. Please do remember to report these via the BCC website at <https://www.bristol.gov.uk/residents/streets-travel/report-a-street-issue>

If you haven’t already done so, please also remember to cut back overgrown hedges to your boundary to help keep pavements clear.

**Fi Hance, Green Party**  
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Martin & Fi



## Clutter can be no laughing matter

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

It is human nature to collect things. Belongings are part of our identity and bring much joy and happiness. Holiday mementos, photographs, ornaments, pictures, clothes, books etc. They all say something about your personality and are to be treasured. Yet when

collecting takes over your home it can become a problem that causes anxiety, worry and frustration.

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

I have been running a declutter service for over 10 years and thankfully have seen many positive changes in recycling. Recycling is at the heart of my service; it is a great resource and if an item can be recycled it is far easier to let it go.



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

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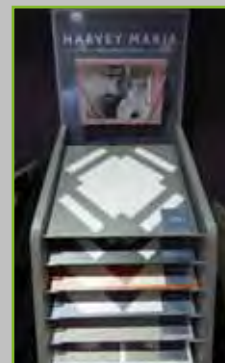
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Unit 4 Fairway  
Industrial Centre,  
Golf Course Lane,  
Filton, Bristol  
BS34 7QS

**Tel: 0117 239 9683**  
**www.LCMautomotive.co.uk**



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**BRISTOL**  
waste

## WASTE COLLECTION DAYS CHANGE OVER CHRISTMAS

We will work three Saturdays to get collections back to normal as quickly as possible.

### Your usual collection day

### Revised collection day

Mon 25 Dec	Wed 27 Dec
Tue 26 Dec	Thur 28 Dec
Wed 27 Dec	Fri 29 Dec
Thur 28 Dec	Sat 30 Dec
Fri 29 Dec	Tue 2 Jan
Mon 1 Jan	Wed 3 Jan
Tue 2 Jan	Thur 4 Jan
Wed 3 Jan	Fri 5 Jan
Thur 4 Jan	Sat 6 Jan
Fri 5 Jan	Mon 8 Jan
Mon 8 Jan	Tue 9 Jan
Tue 9 Jan	Wed 10 Jan
Wed 10 Jan	Thur 11 Jan
Thur 11 Jan	Fri 12 Jan
Fri 12 Jan	Sat 13 Jan

## Christmas trees

Put your tree out with your first wheelie bin collection from Monday 15 January.

You can also take trees to your nearest recycling centre – book here [recyclingcentrebooking.bristol.gov.uk](https://recyclingcentrebooking.bristol.gov.uk)

## Collection dates

Download your 2024 collection calendar from [bristolwastecompany.co.uk/festive](https://bristolwastecompany.co.uk/festive)

## Garden and bulky waste

Don't forget, garden and bulky waste services pause over the Christmas period.

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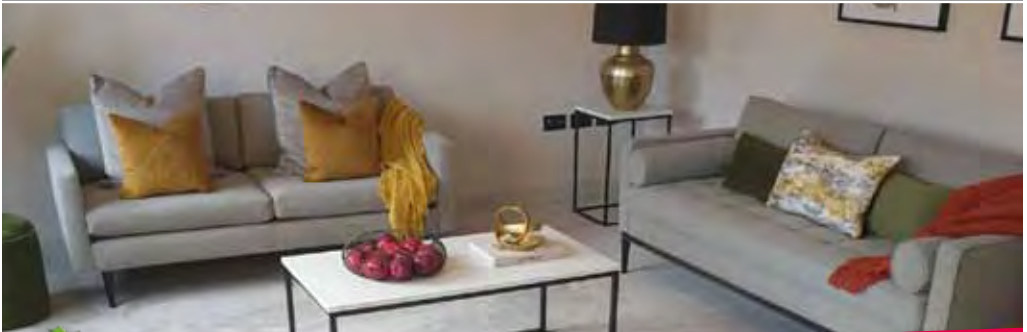
**Normal collections  
from Mon 15 Jan**



# Conran Carpets



Carpets ■ Rugs ■ LVT ■ Linoleum ■ Vinyl ■ Laminate ■ Engineered Wood  
Sisal ■ Coir ■ Artificial Grass ■ Safety Floor



*Wishing our wonderful customers a very  
happy Christmas and fabulous New Year!*



## OUR NEW CARPETS LOOK BEAUTIFUL

"Great service, product and price.  
John really looked after us.  
The whole process was hassle  
free. His fitting team did a  
great job and our new carpets  
look beautiful. Would definitely  
recommend this business."

## \*\*\*\*\* REVIEWS

### FANTASTIC SERVICE

"Very professional and fantastic  
customer service, a reliable and  
trustworthy company – I would  
highly recommend."

## VERY FRIENDLY AND HELPFUL

"What a find! Completely  
took the stress out of all my  
carpeting needs. Selection is  
huge, staff very friendly and  
helpful and a local shop!  
Highly recommend."

278–280 Gloucester Road, Bristol, BS7 8PD

0117 942 5770 | [conrancarpetsltd@gmail.com](mailto:conrancarpetsltd@gmail.com)

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

Open: Monday – Saturday 10.00am – 5.00pm

*Discount for Blue-badge holders, OAP's and NHS workers*



Conran Carpets Ltd



**Bishopston Matters** Please call Kerry on 07881 924 059