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Matters

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issue 175, March 2024



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Dear Readers...

Spring is on the horizon; it's light past 5pm and the beautiful seasonal blooms bring a bit of joy to the everyday. I hope, like me, you are heartened by the change of season almost upon us.

This month we celebrate Mothering Sunday on 10 and Easter weekend from 29 March. If you are looking for alternative Easter gifts, or to spoil your mum or whoever is special to you in your life, our local traders have everything you need to find the perfect gift. From delicious bakes at Hobbs and Joe's, to vouchers from JoJo and NuYou Beauty, the Green Room Hair and Yogawest, a bottle of something lovely from Grape & Grind, bouquets from the Flower Shop, a painting class at Room 212, handmade goodies from Fig and Paper Plane, gorgeous homeware from Nola's, to a washing subscription with Clean Bean – there really is something for everyone. See from page 16 for further inspiration.

If you would like to go out for a treat, do take advantage of Better Food's tea and cake Reader

offer and money-off sign-up on page 25; dine in at newly refurbished Basil and Tomato – any pizza for £9.99; or take a trip to The Café on the Common for a delicious cream tea.

There are many more community events and activities taking place at The Ardagh; read their latest report including the fantastic news that junior park run, is soon to be running on the Common!

A not to be missed event is the annual Bishopston Window Wanderland, that takes place over the weekend of 9–11 March; join the launch celebrations at St Bon's school – take in their fabulous window displays, enjoy choir entertainment and indulge in some free goodies thanks to Joe's, Fed and Pizzarova. See you there!

All this and much more with updates on numerous local groups and all the fabulous work they do in our community.

Enjoy the spring-time celebrations!

Kerry x

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Window Wanderland 2024, 9–11 March

Once again, with the help of St Bonaventure's Primary School, Bishopston Window Wanderland 2024 returns to our streets over the weekend of 9–11 March.

A great place to start the trail is in St Bon's playground, at the top of Egerton Road, BS7 8HP. Go along for the launch, 6–7pm on Saturday 9 March and indulge in a FREE hot chocolate, sweet treats from Joe's Bakery, and scrummy Pizzarova pizza!

St Bon's are throwing their school gates open, for you to admire their decorative window displays, and enjoy some entertainment from the school choir before you make your way around the surrounding streets.

There is still time to have some fun and take part as a Window Maker. What you create is up to you – from simple to spectacular, anything goes; this year's theme is 'Shine Your Light' so get your creative thinking caps on, and join in to transform the streets on Bishopston. You can use tried and tested black card silhouettes, video, pets or even yourself to make a display. Whatever you do it will be seen and appreciated by those who wrap up warm for an interesting evening wander. Anything goes... as long as it's family friendly!



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To register your window and add your location to the map, click on 'Take part in this event' at www.windowwanderland.com/event/bishopston-bristol-2024. You'll receive a 'Welcome Pack' when you sign in and access to lots of inspiration for windows too.

I look forward to seeing lots of you out on the trail; I am excited to discover what creative delights you talented lot will deliver this year – I am always impressed, amazed, amused and soak up all the neighbourhood love of this fantastic event – born in Bishopston!

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Visit The Pod in St Andrew's Park

The Pod – community edible garden in St Andrew's Park – is slowly acquiring its sense of place, especially now that the fruit shrub hedge is starting to grow. We have our arch, which the grapes are now winding their way through up to the top, intertwined with other berries. We've planted a fifth fruit tree, and this one is a Greengage, Old Greengage to be precise, dating back to the Middle Ages. The fruit will be sweet, tangy, bright green plums and deliciously juicy – we hope! It may take two or three years before we see any fruit, but it will be worth the wait.

We have two community sessions each month (see below), when we meet so many lovely people. The Pod seems to be especially popular with families with young children. They love watering the plants (with one of our ever-growing family of watering cans that we've left on the fence throughout the year) and helping to transport bits and pieces to the compost heap in our miniature wheelbarrow. Lots of children have also gone home with seeds planted in pots. We've also heard from many other people about how much they love the garden, and what a magical space it is.

And indeed, it is; even though it's so young, it's already such a lovely place to be. In 2023 we enjoyed sharing our bounty of peas, tomatoes, raspberries, artichokes, sweetcorn, lavender, courgettes and more. One of the most useful things about The Pod is when you're cooking and realise you're out of fresh herbs; it's so good to be able to walk into the park and pick fresh rosemary, parsley, thyme, mint, sage and rocket. And, if you want tea, there's camomile, mint and lemon verbena. Please do come and help yourselves, that is what it's there for! The only thing we ask is that you leave some for others (which indeed everyone seems to be doing; we've yet to find any of the plants stripped!).



The Pod, situated in the bottom corner of the dog-free area, next to the play park

This year we're going to do some more planting in the ground, around and about. More artichokes (apart from anything else because the ones we don't eat look amazing), and hopefully pumpkins for Halloween! We will also start raising some money for a couple of benches. It would be nice for people to be able to sit and chat as other people are tending to the garden.

Please do come and say hello if you're ever around on the **second Tuesday of the month (at 2pm) or the last Saturday of the month (at 10am)**; we'd love to see you! And if you're on a waiting list for an allotment, why not come and join us while you're waiting?

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Badminton School raises the roof at St George's Bristol

On Wednesday 7 February, the musicians of Badminton School gathered at the renowned Bristol concert hall, St George's, to perform at the school's annual Spring Concert.

A former 200-year-old Georgian church, St George's Bristol was once described by Sir Simon Rattle as having 'the best acoustic for chamber music in Europe' and the pupils at Badminton School made full use of its professional splendour.

Under the baton of the school's Director of Music, Mr Mark Dowd, the programme for the evening, performed by the school's various choirs and orchestras, included pieces by Ola Gjeilo, Steinberg & Kelly's True Colours and Consider Yourself from Oliver!

Three soloists for the concert were students in the Upper Sixth. Jasmine Wong's rendition of O mio babbino caro, was followed by an electrifying Let the Bright Seraphim from Handel's oratoria Samson. Yijing Ren's virtuosic playing of the Schumann Fantasiestucke, Op12 had younger pupils hanging over the balconies to watch. When the third soloist, Kristina Gvozdyuk was joined on stage by drums and bass, the atmosphere changed. Electrifying playing of the jazz melodies of Sasko and of Peterson filled the hall and received a rapturous reception. A poignant moment for the young performers.

Mr Mark Dowd, Director of Music at Badminton, commented: "I am profoundly proud of what our young musicians have achieved today. For a school to perform at this level usually requires legions of professional musicians supporting the student performers, but not at Badminton. There were many remarkable performances this evening, but the orchestra's faultless performance of Strauss' Emperor Waltz was made even more remarkable with the addition of only a handful of teachers. The lyrical and technically faultless performance was worthy of any adult orchestra. I am overjoyed not only that the quality of our musicians was demonstrated this evening, but that their individual enjoyment of performing to over 500 people, was evident in the beaming smiles I had the pleasure of witnessing as they left the stage".

Mrs Jessica Miles, Head, who joined Badminton less than a year ago, commented in her end of concert speech that she had been "utterly blown away" by the performances.



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News from the Goldenhill Community Garden

Hi Everyone,

Welcome to spring! As the days get longer and the world gets greener, I can always feel myself get lighter. Whatever the weather is up to, the buds are bursting, more green shoots are nosing their way back through the soil and the weeds are popping up everywhere. As the garden wakes up, the Wednesday volunteers move into seed-planting mode, and the polytunnels are filling up with seed trays and teeny seedlings. Every year we plant THOUSANDS of veg, flower and herb seeds – loads for us to grow in the garden, loads and loads for us

to sell to you lovely folks at plant stalls and lots more for us to plant in the garden again after the slugs have eaten the first ones! Our polytunnels provide light to the seedlings throughout the day, which is hard to do in a house – especially if you haven't got window sills or southern facing windows – so if that's you, I would hold off planting until the end of the month and everything normally catches up in May.

We had an epic winter beaver away in the garden with lots of dry Wednesdays and so far, 2024 has been The Year Of the Shed. Firstly we got our new beautiful donated shed ready and organised and looking great and that inspired us to turn our attention to our other sheds! It turns out in our 12 years we've collected A LOT of stuff – and we've had loads of really great stuff donated but also plenty of stuff that might have looked useful but we've never actually used, and it turns out lots of it is not useful! It felt so good to get everything out and say goodbye to manky things, unfixable things and unidentifiable bits and bobs. We've painted, fixed roofs, sorted shelving, labelled boxes, untangled string, dodged spiders the size of mice, found long lost treasures, scrubbed, disinfected and basked in the warm glow of tidy, nice, organised sheds.

Check out our website/social media for dates coming up for SEND days and holiday clubs AND a date for your diary – **Our Big Spring Fair and plant sale will be on Saturday 11 May** – with our fab storyteller and a gorgeous choir already booked, it's going to be a good one.

See you in the garden and come and follow us on social media if you're into that.

Lucy

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For more than 30 years; The Children's Hospice South West (CHSW) has been dedicated to making the most of short and precious lives and providing specialist children's hospice care for children and young people with life-limiting conditions. The care offered at Charlton Farm in Wraxall (one of three children's hospices run by CHSW across the south west) is not just about medical and nursing support for children and young people but enriching lives of the children and their whole family.



Charlton Farm provides care and support to over 230 families living in the Bristol and surrounding area who have children with life-limiting conditions. Providing specialist palliative and hospice care for

the whole family, a sibling support service for brothers and sisters, emergency support, end of life care and a bereavement service; CHSW is a lifeline to so many.

Following the Covid 19 Pandemic CHSW had to significantly change the way it worked. Their new care model is based on care at the hospice, at home and virtual; and enables them to continue to support vulnerable children and their families at no cost to the family, however to provide this specialist care at Charlton Farm it costs around £4 million with very little input from the government.

Get in touch – If you would like to know more about the vital work they do or you belong to a community group that enjoys fundraising for incredible causes or are an individual who would like to take on a challenge **please call: 01275 866600** or **email: reception.cf@chsw.org.uk**. The charity would be delighted to tell you more or can provide free speakers at a time suitable for you.



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News from Red Dragons

I hope you have all had a fantastic start to the year. Last month was *Fear Busting February* at Red Dragons and we wanted to encourage all our amazing members to push themselves outside of their comfort zone.

Over the years, I have had the absolute privilege to watch people grow and develop their confidence. I remember one young lady who was so incredibly shy when she started, I could see how apprehensive she was. She never spoke to me and didn't make eye contact with anyone. Now she is incredibly confident and thinks nothing of standing in front of a group of adults and getting everyone organised and into their lines.

Recently, I was teaching a class, which had a student who only speaks with a few people and with everyone else she remains silent. So, I asked her name, and amazingly, she made eye contact and clearly told me her name. Her parents were delighted – this young lady had now shed her past fears and did something she normally doesn't.

We all have fears. Our brains can be our best friend and our own worst enemy. We need to recognise that often these fears are unfounded and, when we push beyond them, awesome things can happen.

Sensei Lloyd

Facebook: *Red Dragons Martial Arts*

Visit: www.reddragonsmartialarts.com

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Come along to Emmanuel Bishopston's Easter holiday club!

The Great Games will include gladiator-themed drama, activities and crafts plus finding out more about Jesus! The children will be in small teams (grouped by age), with at least two DBS-checked leaders who will be with them throughout the week.

Mon 8th April – Thurs 11th April 2024

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The price for four mornings is £25 (£20 for siblings)

Sign up at emmanuelbristol.org.uk/events/holidayclub

Emmanuel
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 **THE CHURCH
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Shop and celebrate locally for spring-time celebrations

This year we have the seasonal celebrations of both Mothering Sunday on 10 March and Easter from 29 March. Our local traders have everything you need to find thoughtful gifts and treats for your loved ones. Take inspiration from the next few pages for these spring festivities.

Nola Interiors has some gorgeous spring homeware; Fig, Paper Plane are Room 212 are filled with handmade loveliness; you can also book onto a workshop painting glorious blooms at Room 212.

On the subject of flowers, The Flower Shop has stunning fresh and dried flowers arrangements that always make a welcome gift.

If you are looking to pamper that special person you can purchase vouchers from NuYou (15% Reader discount) and Jo Jo Beauty, The Green Room and Sadowski hair.

Yoga west and Soul Pilates offer gift cards, as do Osna and many other

wellbeing and holistic practitioners – some relaxing and healing time is bliss.

The Clean Bean launderette offers a subscription service where washing is collected, cleaned and delivered back; a month or two of this service makes an excellent gift for those new mums and dads out there. As would a spring clean session or two, with Full Service Cleaning – support in running a home when time is tight is much appreciated.

Joe's bakery upholds the Bristol tradition of Mothering buns; these are available for one day only – Saturday 9 March (pre-ordering is advised). Both Joe's and Hobbs House bakeries have a scrumptious range of Easter bakes to indulge in over the holiday period.

If you are seeking a bottle of something special, Grape & Grind can always assist you on the perfect beverage for every individual's preference – be it champagne to locally brewed ale, aperitifs to coffee.

Not forgetting our four-legged friends, Roxfords Pet Shop has a fab selection of toys and treats for kittens, pups and their mums!

If you are looking to go out to celebrate these special occasions, recently renovated Tomato and Basil makes a lovely family destination with any eat-in pizza at just £9.99. Better Food Gloucester Road are currently offering *Bishopston Matters'* readers a special deal on hot drinks and cakes and a 10% off signup. There are numerous other fabulous cafes, restaurants and bars that will welcome the trade with your seasonal get togethers.

The Café on the Common is offering cream teas on Mothering Sunday and their fun, annual Easter egg trail will run from 29 March to 7 April.

Always a wonderful family outing, the popular Bartholomite's panto,

Cream tea from The Café on the Common



Beauty and the Beast, takes place on 11 to 13 April, at Horfield Methodist Church Hall. Tickets to a performance of this, or one of the brilliant Kelvin Players shows make a great gift.

There is further information on all the ideas mentioned above (and more) throughout the magazine. I hope you may be inspired to shop and celebrate locally for these spring celebrations. I wish all of you special people a happy Mothering Sunday and Easter weekend.



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New home, new energy for Osna



Bridget

Osna owner, Bridget, is excited to announce her Therapy Centre has moved into new premises, just down the road at 222 Gloucester Road. Bridget shared, "I feel energised and enthusiastic since settling into my new, bigger and brighter venue."

"I will of course continue to run all my therapy treatments with my lovely clients, but the new larger space enables me to expand my luxury, skincare products, as well as organising courses and talks for later in 2024." Bridget went on to say, "I am especially excited to be adding Sound Healing baths very soon, using hand made Himalayan singing bowls sourced directly from India."



Mother's Day presents – Osna vouchers make a lovely gift, or why not select some gorgeous products from Bridget's luxury skincare range, available in store and online?

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Dine in at Tomato & Basil

This month it was lovely to visit Tomato & Basil Pizzeria, soak up the cosy, relaxed atmosphere and tuck into some delicious pizza!

If like me, you hadn't realised this pizzeria now offers dine in, it is well worth a visit. The local venue is under new management who have refurbished the eatery and created a lovely restaurant. It is a warm, welcoming space, perfect for get-togethers.

If you like their food and the atmosphere, the venue can cater for all occasions, from special birthdays to weddings.

When we visited, I selected the popular, vegetarian Artigato pizza – fior di latte (a type of fresh mozzarella), tomato, grilled artichokes, feta, sun-dried tomatoes, garlic oil and caramelised onion. It was scrumptious! My boys shared a traditional Margherita and commented on how much they loved the crispy crusts. At £7.99, this simple classic is an absolute bargain.

In fact, Tomato & Basil is currently offering any eat-in pizza at £9.99; this is such a great deal when you can select from any of their tempting toppings. Drinks are also good value: Appletiser is £1.99, kids juice £0.99 and a Peroni or Butcombe beer at just £2.99.

There is a tasty range of pizza toppings, with plenty of vegetarian and vegan options, as well as a kids menu. They also offer a great selection of side orders, and of course dessert!



The owners are committed to using quality ingredients and creating delicious food at a fair price, so that everyone can enjoy the eating out experience.

As well as dining in, pizzas and sides can be delivered. Whether you decide to eat in or out, reservations and orders can be made via their website below.

I will certainly be returning with the family as there is something for everyone to enjoy, in a warm and welcoming atmosphere. But don't just take my word for it, read some of their five star Google reviews from over one hundred and fifty happy customers.

Tomato & Basil, 299 Gloucester Road, BS7 8PE
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***** Google Reviews

"Had my birthday meal here with both kids and grandparents! Everyone left happy! Super friendly staff and great pizza!"

"Wonderful pizzas, had the veggie hot and halloumi top. They were ready in ten minutes, good music and friendly service. And open until 1am!"

"Great tasty pizza every time. Good for takeaway and eating in. Reasonable priced. Lovely thin crusts. Fresh ingredients."

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Seasonal news from the green room

Treat someone you love

With Mother's Day and Easter both taking place this month, if you are looking to find a special gift for someone you love, which is a bit different from chocolate or flowers, why not purchase some Green Room vouchers? They also stock gorgeous Kevin Murphy hair products, formulated without sulphates, parabens or cruelty, as well as Sweden's vegan-friendly Maria nila, who work with the philosophy of providing the world with vegan and friendly beauty. All products stocked are kind to the environment and your hair without compromising on quality.

Team news

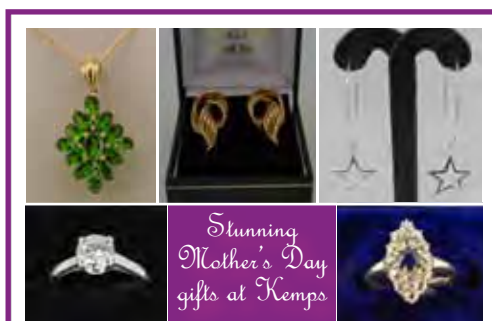
The Green Room is delighted to welcome new stylist, Becks, to the team, who is happy to be working at the popular Gloucester Road salon. Becks is pleased to be offering a **20% discount to NHS workers** on a Wednesday and Thursday. Do get in touch to book in!

Talented stylist, Neo, enjoys his time at the Green Room, all day Monday and Wednesdays.

Salon director, Jo, is getting ready to move to Cyprus, but rest assured, the Green Room will continue to run as normal, with her great team.

Pop in for your Mother's Day gifts

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



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Seasonal bakes at Joe's Bakery

Window Wanderland – Always keen to support their surrounding community and local customers, Joe's Bakery is delighted to be one of the sponsors of Window Wanderland 2024, taking place 9th to 11th March.

Mothering Sunday – Joe's upholds the Bristol tradition of Mothering buns – white buns, adorned with hundreds & thousands. These attractive bakes will only be available to purchase on Saturday 9th March, but can be pre-ordered (recommended) until Thursday 7th March. Joe's will also be producing gorgeous cupcakes, along with their popular scones, which are available to order for anyone putting on an afternoon tea. All items are available to buy at both of Joe's stores.

Easter goodies – Soon to be appearing at Joe's – Hot cross buns in four flavours – original, wholemeal, chocolate and caramel. Simnel cake, purchased by the slice or whole, along with Joe's authentic Easter Bread, Mini-egg cupcakes with lemon or chocolate frosting, and you won't find a better Easter biscuit – enjoy!

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

Get ready for a blooming good time at Room 212 on Gloucester Road!

On 9th March and 13th April, they're hosting an art workshop that's perfect for mums and teens who love to get creative. You'll be painting beautiful flowers from life with vibrant acrylic paints, just in time for **Mother's Day**. With the help of local Artist Emma Catherine. Don't miss out on this fun and artsy event – book your spot now and let your creativity blossom! Cost is £65 per day.

Saturday March 9th or April 13th, 10am – 1pm
Limited places, to book get in touch with Emmacatherine@live.co.uk
Room 212 | 212 Gloucester Road, BS7 8NU

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Vouchers make a fabulous gift!

Why not spoil a loved one this **Mother's Day** by treating them to some Jojo Beauty Gift Vouchers? Vouchers to be pampered are a great alternative to buying **Easter** eggs too!

To book in for a therapy or buy vouchers
Email: jotovey@hotmail.co.uk or call Jo on **07828 174776 | jojobeautysalon.co.uk**
166 Gloucester Road, BS7 8NT

Celebrating Mother's Day at Roxfords Pet Shop

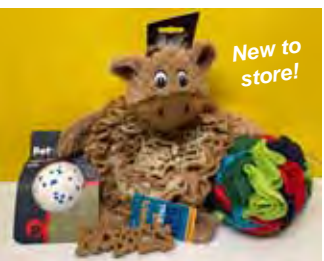
Open 7 days a week • Free local delivery

For mummy & babies – With it being Mothering Sunday later this month, we thought we would remind you that Roxfords has everything you need to take care of kittens, puppies and their hard-working mummies! You can select from a wide range of excellent quality, wet and dry feeds, to support your pets through each stage of their development. There are also some yummy, age-appropriate treats to assist with potty training and recall.

All youngsters love to play, and you will find some extremely cute options for both kitten and pup. Kong's durable teethers are particularly good for infant dogs, offering relief to the pup while saving your slippers and newspaper from being chewed!

New products! Introducing the **Mighty ball** dog toy, perfect for

throw and fetch (it even floats in water) and resistant to heavy chewing. **Nobblys dental chews** come in three sizes. These low-calorie, tasty chews, contain peanut butter, are gluten-, grain- and meat-free and help support the canine immune system. Petface **Snuffle ball pet treat puzzle** can have treats inserted into its folds, to entertain and encourage your dogs foraging instinct. Ask in store for more details on anything featured in this article.



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

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



Sadowski Hair Art



sadowski_hair_salon

The end of an era but the creativity lives on

After fifteen successful years trading on the wonderful Gloucester Road, Fig is sadly closing its doors for the last time at the end of April this year.

The popular gallery was set up by six Bristol artists as a co-operative venture in 2009 and, although not all the original artists remain, it has always maintained its handmade and locally sourced identity. Although very sorry to see Fig shut, the artists are all keen to maintain a local presence and will continue to make original art and handcrafted pieces.

It's not completely the end though, as the collective has announced that their friends and neighbours at Paper Plane, another gift shop a few doors down, will be moving into their shop and will carry on offering an array of handmade loveliness.

Jemima Lumley, a silver jewellery maker at Fig, said, "We're all so proud of Fig and all it has achieved since we first set it up fifteen years ago. We've had a wonderful run but our lease was coming to an end and we all agreed that it was time for us all to move in different directions professionally."

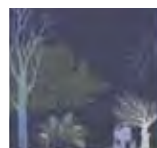
Textile artist Kate Tarling added, "We have loved being a part of this particular section of Gloucester Road and we will all miss being a part of this thriving independent scene."

Robyn Coetzee, glass artist at Fig shared, "I have loved my thirteen years here and will miss Fig and seeing my customers face to face. I am however looking forward to trying out new places in and around Bristol. I am super delighted that Paperplane are taking over the premises."

Alice of Paperplane told us, "We are sad to be losing Fig but are grateful to have the opportunity to move from our slightly awkward two roomed space, into the light, airy and one large roomed shop! We've been at 196 for ten years so it feels like a great step to be moving onward and upwards! We love the work by Fig artists, so we're keen to keep as much work on as we can fit with our current makers. We are so excited for the move, and plan to open in early July, so Watch This Space!"



206 GLOUCESTER RD BS7 8NU
www.figshop.co.uk | 01179244898



Chitra Merchant



Andy Mason



Robyn Coetzee



Jemima Lumley



Kate Tarling



Anna Harley



With a keen interest in supporting young designers and brands, Paper Plane is proud to stock ethical and sustainable work from over 50 local emerging designers, makers and artists

www.paperplanebristol.co.uk

Paper Plane

196 (soon to be 206) Gloucester Rd, BS7 8NU



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At Better Food, we're passionate about shopping that's better for you and the planet. Every shelf in our shops is filled with goods that have been considered for their organic, local, and ethical values. It means that when you pick up a basket and do your shop, you can have faith in the products for their lower impact on the planet, and that the people behind them are paid a fair price. That's the Better Food experience.

We want as many people as possible to enjoy our Better Food

community. We believe that everyone should have the right to good quality food that doesn't compromise on people or planet. That's why we have our **loyalty scheme, Bee Better**, to unlock great deals every time they shop with us. Download the Magic Stamp app on your phone and search 'Better Food' to join.

If you share our passion for food, great producers and their products, then join our weekly newsletter. From the latest news, such as our founder Phil Haughton recently being awarded an MBE, to new products, great offers, upcoming events, delicious recipes and more, we promise to respect your inbox and only contact you about things we think you will genuinely be interested in.



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Reader Offer! Do take advantage of our March Reader Offer – enjoy a hot drink and a cake for only £6, cut out the voucher opposite.

FRIDAY

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NEW! Easy service drop-off at **The Clean Bean**

The Clean Bean Launderette has been an independent family business on Gloucester Road since its launch in 2010, by mother and son team – Nuala and David. In 2021 it was time for daughter Tara and her partner to take the reins. A few years on, as life evolves, Tara is now running the venue solo as a single mum.

Dedicated to our local high street and residents, Tara has recently invested in a new refurbishment of the launderette and adapted the business to fit in with family life. The Clean Bean still offers all the services they have done in the past, but a new, quick and easy drop-off method has been installed.

Rather than having to drop off items for a service wash within the previous hours of 10am to 3pm, the installation of lockers means you can safely leave items for service washes 7 days a week, 8.30am to 8.30pm Monday to Friday, 9am to 8pm Saturday and Sunday.

Tara shared, "I am pleased to keep the family business going; I have made these changes to fit in with becoming a single parent. The lockers are safe and easy to use. If you have items you would like service washed, all you need to do is come into The Clean Bean, select a locker, put your washing inside and chose a memorable 4-digit pin to secure the locker. To let us know what and how you would like things cleaned, you can simply scan the QR code displayed on the lockers or, if you prefer, there is a number to WhatsApp your details or contact us via email. When the work is complete, we return your sparkling clean items to a locker and contact you with

Owner Tara is pleased to carry on the family business



the locker number to collect. Payment is easily made online too. This new system allows us to be open for drops-offs for a greater number of hours, as well as me being able to be a good single mum – working around school hours. I hope my lovely customers will support me in this. Me and my boys enjoy living as part of the local community as well as running a Gloucester Road business."

For those tight on time, The Clean Bean's subscription service is popular; Tara explained, "Many people with young families take advantage of our pick-up and drop-off service (within a 3-mile radius). Subscription services are tailor made and can be weekly, fortnightly or monthly, whatever suits you and your lifestyle (full details on website). A one-off subscription service for a month or two makes a great gift for a new mum too, if you are looking for any alternative ideas for Mother's Day this year!"

Of course, self-service machines can also be accessed during the extended opening hours. While there, you can take advantage of the free wi-fi, sit on one of the stools and catch up with emails.

The Clean Bean tries to be as environmentally friendly as they can – using products that are least harmful to the planet and reducing plastic waste by choosing metal coat hangers and pins. Tara is wholly committed to her brilliant team, paying her staff the real Living Wage, and always using local suppliers wherever possible.

274 Gloucester Road, BS7 8PB

07496 419 653 | lockers@thecleanbean.co.uk
thecleanbean.co.uk

Current offers

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RETHINK Menopause

with Menopause Specialist
Dr Sam Morgan



What can you expect from a Rethink Menopause consultation?

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

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

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

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

Business support –

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

Online support – Later this month, I am delighted to be able to offer recordings of the popular, local menopause talks and the Yoga for menopause course I ran last year. **The next series of live talks will be held at The Ardagh on 3, 10 and 17 May.**

Rethink aims to ensure you have all the resources and support you need to make informed decisions about your health and wellbeing at menopause. You can book an appointment or onto any of the events detailed via my website below.

rethinkmenopause.com

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Refocus Hypnotherapy with Emily Richardson

I am excited to be writing a regular feature in *Bishopston Matters*, and will be using this space for business updates and to share some simple wellbeing tips; but first, here is a little about me.

I have worked as a Learning Disability Nurse for the last 20 years but more recently, have retrained as a Solution Focused Hypnotherapist (SFHT). This has been a real game changer and has encouraged me to use and adapt the techniques I have learnt for myself and my family (my daughter would say I am always trying to hypnotise her!).

How can SFHT help you? SFHT is a positive form of therapy, with the emphasis on the client's future rather than focusing on the problem. SFHT can be used to treat stress, anxiety, depression, sleep problems, OCD, weight management, smoking/vaping cessation and much more.

My business is called Refocus Hypnotherapy and I provide one-to-one sessions for adults and children, with a particular interest in supporting children in learning how the brain works and how to cope with the world around them.

Relaxation group – I have recently expanded my business by running group sessions to encourage relaxation. Although this may seem like an obvious

part of life, so many of us struggle to prioritise ourselves and find time to switch off and recharge. My group sessions take place at Westbury Wildlife

Park, which is the most beautiful setting; and focus on a theme (such as Gratitude, Kindness, Goal Setting). After some information sharing and a short breathing exercise, the real relaxation takes place with a trance/guided meditation.

Make time for you – I will be running a course of four sessions in March, and a one-off retreat with a local food specialist to embrace the arrival of spring. Please contact me for further information and booking.

Emily Richardson

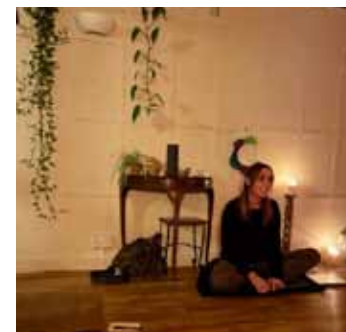


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Discover Reiki with Holistic Therapist Tash Melia

Tash is a qualified Reiki Practitioner, registered with the CNHC and the UK Reiki Federation. She also practises Reiki as a Priory Health Professional.

Reiki is a gentle and safe hands-on healing therapy that treats the whole person and can help to **encourage deep relaxation, relieve stress and tension, calm the mind, naturally boost energy and vitality, and support the body's natural ability to heal itself.**

Through her Reiki practice at the Healing Rooms, Gloucester Road, Tash wishes to help others to find their way through the ups and downs of life back to a place of calm and wellbeing.



Tash has a particular interest in supporting women with busy lives who may be managing such things as stress, anxiety, feeling overwhelmed, tiredness, burnout, low mood, sleep difficulties, grief and loss, life transitions such as menopause...

Would you like support with your health and wellbeing, or would you enjoy some relaxing self-care?

A Reiki session with Tash can offer you the space to relax, reset and recharge, helping you reconnect with yourself and feel more balanced and at ease.

"I was initially sceptical about Reiki but the first session with Tash was a revelation. I left feeling deeply relaxed and better equipped to face a stressful period at work."

Kate, Bishopston

Try a Reiki session for yourself and discover the positive changes it can bring to your life.

tashmeliareiki.com

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Rediscover Vitality & Strength: Embrace Pilates for a Healthier You!

In a fast-paced world where stress and sedentary lifestyles have become the norm, it's essential for us to prioritise our physical and mental well-being. If you're seeking a transformative exercise routine that promotes flexibility, core strength, and overall vitality, look no further than Pilates with me, Vicky. I have been running local Mat Pilates classes for over 12 years.

Why choose Pilates? Pilates is a proven method for enhancing body awareness and improving posture, it is the perfect choice for individuals who are eager to embrace a healthier lifestyle.

Tailored for you – Pilates is renowned for its adaptability, making it a fantastic exercise option for adults of all fitness levels. Whether you're a beginner or have a background in fitness, Pilates offers modifications and variations to suit your needs. In my classes you'll get personalised guidance, embark on a Pilates journey that is safe, effective, and enjoyable. I have a wealth of experience and understanding of the challenges and goals that come with ageing.

Enhance Core Strength & Stability – As we age, it becomes increasingly important to strengthen our core muscles to support our posture and prevent injuries. Pilates focuses on developing a strong core by engaging deep abdominal muscles and stabilising the spine. Through controlled and precise movements, you'll notice improved balance, better posture, and reduced back pain.

Gentle on Joints, Big on Results – Pilates is a low-impact exercise that places minimal stress on your joints, making it an excellent choice for mature individuals. By emphasising controlled movements and mindful breathing, Pilates helps to increase flexibility, joint mobility, and overall range of motion. As you progress, you'll witness enhanced muscle tone, increased energy levels, and a renewed sense of vitality that will positively impact your daily life.

Mind-Body Connection – In addition to the physical benefits, Pilates places a strong emphasis on the mind-body connection. By focusing on breath control, concentration, and precise movements, you'll experience a sense of mindfulness and inner calm.

I am dedicated to providing a supportive and empowering environment for all my clients. Start your Pilates practice today and unlock a healthier, more vibrant you!

Vicky Woodington

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Pilates Instructor **Vicky Woodington**

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AFFORDABLE COUNSELLING & THERAPY



Margherita Szabo, is an experienced, Integrative counsellor, which means she can offer you a personalised therapy for a happier you. ACT was set up by Mags, as she strongly believes,

“Counselling should be available to everyone who wishes to access it, which is why I offer effective counselling at affordable prices.”

Mags is understanding and empathetic, and can help you gain awareness of your own emotions, fears, or anxieties. She can work with you if you need support with stress, relationship or life difficulties, depression, trauma, loss and anxiety.

“ From the minute I met Mags I felt comfortable and confident to share anything with her, knowing that she would listen attentively and respond thoughtfully. She is warm and patient and provides helpful, personal insights which allow for quick progress towards understanding the reasons and solutions for negative thought processes. ”

“ Margherita was very approachable and professional. We developed a good rapport in a short amount of time. Her support at a difficult time for me was invaluable. I appreciated her flexibility and warm approach. I would definitely recommend her if you are looking for a safe space to talk. ”

“ Comparatively, with other therapists I have worked with I have never felt as held and understood as I did with Mags, I knew I had her unfaltering support always. ”

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margherita.szabo.counselling@gmail.com

Meet your local Slimming World consultants

Kerry is your local Slimming World consultant in Horfield and Lockleaze, with groups taking place in Lockleaze sports centre every Monday evening and Tuesday morning. She shares, "I have been a consultant for two years, after starting on my own Slimming World journey, currently having lost 2 stone!"



Sue has been a Slimming World consultant since 2012 in Bishopston, with groups taking place in Horfield Baptist church every Thursday morning and evening. Sue told us, "It's wonderful to see the faces of our new members when we tell them about all the tasty food they can eat and still lose weight! And we don't even have to count a single calorie!"

They both agreed, "Our members transform and gain confidence in front of our eyes, while we support them on their weight loss journeys. Along the way they make new friends and learn new strategies that will help them stay healthy for life."

Spring is a great time to join a local group and make positive changes for the year ahead. Kerry and Sue look forward to welcoming you to a group.



Horfield & Lockleaze

Lockleaze Sports Centre (Off Bonnington Walk) BS7 9XF
Mon at 6pm and 7.30pm. Tues at 9.30am
Call Kerry on 07738 572188

Bishopston

Horfield Baptist Church, 160A Gloucester Rd, BS7 8NT
Thurs at 9am and 5pm. Call Sue on 07702 578298

Little Stoke

Little Stoke Community Hall, Stoke Lane, BS34 6HR
Weds at 5.30pm and 7pm.
Call Sharron on 07947 064711

slimmingworld.co.uk





Jan Davidson

Kinesiology, Nutrition & Naturopathy

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

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

Are you suffering from a stubborn health condition?

Do you want to regain your vitality?

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

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

Would you like to learn the kinesiology foundation course in small groups, in Bishopston?

A registered tutor with the Kinesiology Association, Jan is now taking bookings for a New course Foundation starting from March 2024. Do get in touch to reserve your space or to find out more.



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However, I think one of the main things that our existing members like about the gym is its cosy and very friendly atmosphere. Not only can you lose weight and get fitter but like a lot of members you



can have a chat if you want and make new and lasting friendships.

Gym membership options are available for £35-£45 per month or £6 PAYG.

Join us! So, if all this sparks your interest, why don't you give us a call or email and get booked in for a free trial – you have nothing to lose but maybe a lot to gain!

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ADELLE STRIPE'S BLACK TEETH AND A BRILLIANT SMILE

9-13 JULY 2024

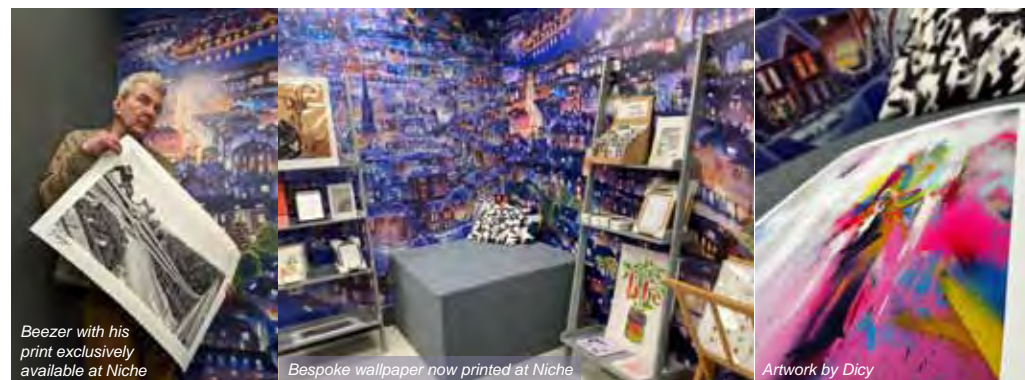
The Beacon, Buttershaw 1990. Andrea Dunbar, acclaimed writer of *Rita*, *Sue*, and *Bob Too*, mum, sister, best friend, is struggling with her latest work. Her aching head is full of voices, stories from her past that have to be heard...



Kelvin Players Theatre Company
253b Gloucester Road
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Kelvin Players Theatre Company is a non-professional drama company and is registered with the Charity Commission under Number 294367.

www.kelvinplayers.co.uk
@KelvinPlayers



Exciting collaborations & new technology at Niche

When I visited Niche recently, to find out what was planned for 2024, as always with this impressive local business, there was new technology and projects to be excited about.

New fine art printer – Always investing in the future and seeking to provide their loyal clients with the best possible printing service, Niche has recently installed a new Canon printer. This impressive, state-of-the-art printer has an 11 colour ink set, one of them containing fluorescent pink. The addition of this vibrant colour means any prints with popping colours will have a stand-out finish. This lends itself particularly well to graffiti artists and photographers. When I was in the Niche studio, I had the pleasure of viewing recently printed work by popular artist Dicy. Dicy lives in North Bristol and is respected for his contribution to the graffiti scene in the city.

Bespoke, statement wallpaper – available to all! When I entered Niche on a miserable, wet day, it was wonderful to be welcomed and drawn into the venue, by the stunning Cath Read artwork, papered onto their exhibition space walls. Drawn to the warmth of the lights and street scene pictured, you felt absorbed within the illustrated scene. If you would like a statement wall in your home or business, Niche can print to the desired size. The printer has the capability (although you can request smaller reels) of printing wallpaper to the width of 54 inches, helping to avoid too many joins. The self-adhesive paper is easy to install yourself. Niche can print photography onto the paper, bespoke designs commissioned by graphic designers or artists, or you may wish to purchase the rights to artwork online to use. To get an idea of the presence a bespoke wallpaper can have, do visit Niche and immerse yourself in the Cath Read wall in situ. The team will be happy to talk through any ideas you may have for your own project.

Collaboration with Beezer – In September 2023, Niche sponsored the exhibition *Streets of Beezer*, at the Mount Without, on St Michael's Hill, Bristol. This iconic Bristol photographer, who now lives in Japan, captured the Bristol scene of the 80s and 90s. Niche has maintained a good relationship with the artist since the successful show. They are delighted to exclusively be selling one of his stand-out Bristol prints, featuring the Suspension Bridge, until the end of March 2024. The print is available in four sizes; get in touch with Niche to find out more.

Photographic Wildlife Exhibition in collaboration with Future Leap – Niche was once again, pleased to partner with their neighbours across the road, Future Leap, to deliver the 2024 Wildlife Photography Exhibition. As well as sponsoring the event, Niche printed and framed all the selected finalists. The launch evening was a great success; Niche director, Rupert Morley, was pleased to select the winning image and hand over their prize of £100.



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Taking Action for Family Food Action

This month it was great to catch up with local resident, Andrew Milton, and hear all about his forthcoming fundraiser for Family Food Action (FFA), for which he will be fasting for 48 hours!

Can you tell us a bit about FFA?

FFA promotes community engagement and awareness of hunger in our society, and the relief of food poverty. The FFA collects food and toiletry donations from local groups and sends it out to foodbanks across Bristol for families and children in food poverty. The collection centre is based at the Ardagh site on Horfield Common, BS6 7YL, each Tuesday morning, 10.30 – midday.

What inspired you take on this challenge?

When I was young, people did not have to choose between heating and eating, or other things like clothing. Over the last fourteen years we have seen this situation get increasingly worse. I want to do something that contributes to preventing kids going to school hungry, doctors having to prescribe "food" because someone is malnourished, or in some cases people actually dying of hunger. This is happening now in a country that has the sixth highest GDP (Gross Domestic Product) in the world.



Andrew Milton with the food he would normally eat over a 48 hour period

The FFA's work, as valuable as it is, should not be seen as a solution; we need to work to end this situation. However, in the meantime foodbanks are a literal lifeline for many families in Bristol and I want to contribute to that work.

What does the fundraiser involve?

I'm undertaking a sponsored 48 hour fast from 5pm on Wednesday 6 March to 5pm on Friday 8 March. I will eat nothing and drink only water for that time. I've chosen to do this to experience a deep hunger for myself and report on the physical and psychological effects first-hand. In the process I hope to raise as much as possible for the FFA.

How can we support you?

Please donate to my Just Giving appeal. I've started it off; let's smash the £500 target to make a significant contribution to alleviating hunger in Bristol. If you feel you can, you are welcome join me in fasting for those 48 hours.

Please visit www.justgiving.com and search Andrew Milton, you can then click on to my page.

Thank you to everyone who donates, you will be making a difference to the lives of people less fortunate than ourselves living in Bristol.

Familyfoodaction.org.uk



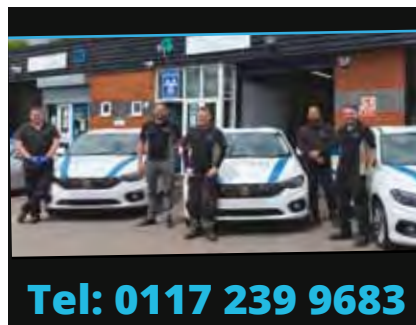
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Have you organised your Lasting Powers of Attorney?

The organising of Lasting Powers of Attorney (LPA) and how they function in practice can be a bit unclear for many people. Simply put, an LPA is a legal document that allows you (the donor) to handpick and appoint one or more individuals (attorneys) to make decisions on your behalf if you lose mental capacity at some point down the line.

As of 2021, only 7% of people in the UK had taken the step to create and register an LPA. There is a misconception that this is something reserved for the 'older' generation or those with substantial assets, but the reality is that anyone over the age of 18 can establish an LPA – **but it can only be done while you're mentally sound.**

Contrary to a popular belief, the responsibility of an attorney doesn't automatically fall to the next of kin, granting them the right to make decisions on your behalf.

If you opt not to designate an attorney (and subsequently lose mental capacity), the Court of Protection has the authority to appoint a deputy, and you won't have any say in this appointment. Alternatively, a loved one will need to apply to the Court of Protection to become a deputy to make decisions on your behalf. This is a long, expensive process which involves ongoing record keeping and can result in delays to decisions needed about your health and finances.

For most of us, it's wise to be prepared for unforeseen accidents or illnesses that might render us incapable of making our own decisions. Being ready for any eventuality is a sensible move, as you never quite know what might be lurking around the corner.

Curious about how your chosen attorney – the person entrusted to make decisions on your behalf – will act? It's comforting to know that attorneys are bound by a legal duty to make decisions that are firmly in your best interests. This duty involves considering your current wishes and what they might be in the future. Furthermore, they must include you in the decision-making process whenever feasible.

While this process may be straightforward if you share a close, personal relationship with your attorney, it's advisable to ensure your wishes are crystal clear, regardless of your relationship with them. If possible, express your wishes verbally and in writing while you still have mental capacity – doing so ensures that any decisions made on your behalf reflect your own desires.



When creating or registering an LPA, it's essential to bear in mind that anything documented in the LPA is legally binding. Consider updating your preferences and appointed attorneys if they no longer align with your wishes. If you make an LPA in your younger years, you may wish to appoint any children you have once they are of an appropriate age for example. Importantly, both types of LPAs (health & welfare and property & financial affairs) can be used temporarily or terminated if you regain mental capacity.

In essence, creating an LPA empowers you to make informed decisions about your assets, property, finances, health and well-being – both now and in the future. It offers peace of mind, knowing that your affairs will be managed without causing undue costs, delays and stress for your family and loved ones.

If you would like to chat about the process of organising your LPA(s), please don't hesitate to get in touch. We can offer estate planning package deals to ensure your wishes are reflected across your Will and LPAs.

Call **0117 3636 212** or email office@haroldstephens.co.uk to start organising your affairs with the assistance of our experts.

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



News from Ardagh Community Trust

"It was one of those March days when the sun shines hot and the wind blows cold, when it is summer in the light and winter in the shade." Charles Dickens

As we move into spring and the light stays with us a little longer every day, we are anticipating busy times over the coming months. We have some new, regular activities on site and lots of events planned for this month and beyond to support and involve the whole community.

March activities

Café on the Common extended opening – from Friday 1 March, the community café will be open until 4.30pm, with a plan to extend this further as the weather improves.

Free digital skill workshop – Friday 8 March sees the third and final session of our popular free workshops led by AbilityNet/BT to encourage the older generation to bring along their mobiles, laptops and tablets to discover how to access information and stay safe online. An informal workshop for advice and support, 10 – 11.30am, in the Garden Room at The Ardagh – you even get free tea and biscuits! You can book a spot via our website events page or pop in to the café to confirm attendance.

Return of the Ardagh Food & Craft Market – Saturday 9 March marks the relaunch of the local monthly market running every second Saturday from March to December, on the triple court from 10am to 3pm. Come and browse the great selection of local crafts, delicious food, hot & cold, and lots of unique gift ideas. We're hoping to have live music too so if you are a local musician and happy to busk then please email Myles at ardaghmarket@gmail.com for further details. It's great to support local small businesses and we thank all the traders that have

helped this market grow during 2023. We look forward to seeing you again in 2024!

Mother's Day, Sunday 10 March

– Why not join us with your special loved ones for tea and scones served with lashings of clotted cream and jam, available all day? There will be special limited-edition bakes available as well as all the usual delicious café options. You can also treat someone special to one of our lovely flowering houseplants on sale in the café – look out for pictures of what is available on our social media.

Horfield Common Repair Café – this popular event returns for 2024 on Saturday 16 March and then takes place every third Saturday of the month, 10am – midday. Bring your broken and damaged items to The Ardagh from where our brilliant volunteer team will assess, advise and, if possible, make repairs. It's a great way to reuse and recycle and prevent needless waste. This event could not happen without the commitment of our volunteers, so thank you one and all.

Easter egg hunt! From 29 March to 7 April we will be running our annual Easter egg hunt! If you would like to paint one of our trail eggs please contact hello@theardagh.com or pop in to the café to pick up a template. Maps will be available in the café and prizes awarded for completed trails. More detail on this nearer the date so watch out for information on our social media and posters on site.

STOP PRESS – BREAKING NEWS! – **Junior Parkrun** is nearly ready to run! Grab some trainers for the kids because, as this issue goes to print, we are finalising dates and details for the Horfield Common Junior Parkrun – hooray! Further information to follow in the next few weeks! We're almost there!



News from Friends of Horfield Common

The first Friends meeting of 2024 had an amazing response and we'd love to get to know more of you at our March meeting! We're especially looking for people to help with Fundraising and Duke of Edinburgh events.

A reminder of our **Monthly Litter Picks, 10am – midday**, the last Saturday of every month, which are always a hit with families – so please put Saturday 30 March in your diary and we'll see you there!

The very popular **History Walk** is returning on Sunday **17 March**, 2–3.30pm. It is free but spaces are limited, so keep an eye on our contact details below to see when you can secure your place.

Please check our website 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

Afterschool club – Mondays, 3.30 – 4.30pm in the Wild Play area. Delivered by www.theoutdoorsproject.co.uk/bristol/

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

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

Cook, Chop & Chat – Tuesdays and Thursdays, 12 – 4pm, small group cookery classes. Full details on our website at theardagh.com/events/ Runs until the end of March

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

Baby massage – Wednesdays, midday – 1.30pm. Five-week course of baby massage; visit www.rowanowen.com

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

New activity! Ardagh Alligators – afterschool club at Horfield Methodist Church Hall, BS7 8SN, 3.30 – 5.30pm. Free play sessions, funded by BCC for 8–11yr olds. Contact Huw@theardagh.com for details

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

Horfield Common Repair Café – third Saturday of the month from 10am to midday

Horfield Common Litter Pickers – with Friends of Horfield Common; meet at The Ardagh the last Saturday of the month from 10am to midday

For a full listing of all our activities and events, look out for posters on site or find information on our website or social media pages.

E: hello@theardagh.com | theardagh.com

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Tuesday 11 June & Thursday 27 June
Tuesday 2 July 2024

www.cotham.bristol.sch.uk

Achievement - Diversity - Respect

A crisis but not of their making?

Exploring Digital Wellbeing for young people with a ground breaking event in Bristol



Award winning Bradley Stoke based social enterprise, Inclusive Change At Work CIC has joined forces with Digital Safety CIC to bring a ground breaking conference at Leigh Court, Bristol on 25th April 2024.

In today's landscape, the well-being of our young people is paramount, and the impact of the digital world on their lives cannot be overstated. Current headlines are relentless, painting a stark picture of challenges ranging from smartphone addiction to cyberbullying, from misinformation to the tragic consequences of digital vulnerability.

That is why Inclusive Change At Work CIC and Digital Safety are working together to create a unique and innovative event named The Castle Conference; Digital Wellbeing for Young People.

The event will serve as a gathering point for agencies, professionals, and organisations dedicated to tackling the crisis facing our youth in the digital age.

Lucy Smith, founder of Inclusive Change of Work CIC tells us a bit more about the event *"We will delve into a range of topics with insights from academia, professionals, and those with lived experiences. From understanding the impact of the big tech companies on young minds to exploring the intersection of neurodiversity and digital vulnerabilities"*.

The team behind the event believe in making these vital conversations accessible to all, which is why delegate tickets are priced at just £9 each.

You can secure your place at icaw-cic.com/events.

Applications are welcome from exhibitors and stall holders who wish to be part of this transformative event. Your participation could catalyse connections that make a tangible difference in our communities.

Even if you're unable to join us in person, we invite you to stay connected, simply reach out to us at Lucy@inclusivechange.co.uk or Andy.J@ds-cic.com.

The challenges facing our young people in the digital age are complex, but together, through collective action and collaboration, we can pave the way for a safer, healthier online environment.

The inaugural conference was hosted in Durham in September 2023 and was a resounding success, featuring organisations like "if u care share", Kooth, local police forces and British ESports. Our Bristol conference will shine a spotlight on critical issues and include invaluable insights of lived experience from young people.

Get in touch and be part of the solution today.

DIGITAL WELLBEING FOR YOUNG PEOPLE

Inclusive Change at Work
Community Interest Company

DIGITAL WELLBEING FOR YOUNG PEOPLE
The Castle Conference

digitalsafety
DIGITAL SAFETY FOR ALL

25 APRIL **LEIGH COURT, BRISTOL**
9:00am - 4:30pm

For more information email: events@icaw-cic.com
icaw-cic.com/events

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Neurodiversity & Wellbeing



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Web: st-bonaventures.gov.sch.uk

Phone: 0117 353 2830

All are welcome at St Bonaventure's.



Spring at St Bonaventure's Primary School

Term 3 was a busy term for the children and there have been some exciting trips!

Year 1 went to the SS Great Britain and had a great day learning about the ship, Isambard Kingdom Brunel and his historical links to Bristol. They especially enjoyed the dressing up, as did the teachers!

Year 3 visited the Bristol Museum – They had a fantastic time looking around the museum and taking part in workshops. The trip linked with their current history curriculum on the ancient Egyptians. In school they are taking what they saw and learnt and are creating their own museum of Egyptian artefacts.

The Explorer Dome came to the school and set up their incredible space dome in the hall. The year 5s spent the morning in the dome learning about space and the planets.

World Book Day, this year on Thursday 7 March, is always a fantastic day of celebration in school. This year our St Bon's theme is bedtime stories. Children can come to school on World Book Day dressed either in the PJs or dressed as a character from their favourite bedtime story/book.

We are planning lots of exciting events throughout the day, such as book-based activities to encourage a love of reading, English lessons will be related to the class book of the day, teachers will swap classes at the end of the day to share stories and the introduction of a reading café!

Window Wanderland 2024 is being launched in our school playground on Saturday 9 March, 6 to 7pm. You can see our window displays, be entertained by our joyful choir and even enjoy a free hot chocolate, sweet treats from Joe's Bakery, and Pizzarova pizza! Don't miss it!

New, exciting play equipment has recently been installed in our playground, completely funded by our hard-working PTFA. We have a stage area that the children have been using for performing shows. And we also have two reading nooks that the children have loved using.

Easter is fast approaching, and excitement is building for our Easter festival; this is a fantastic all-day event that takes place on the last day of term. Our school houses compete by performing dances, songs or poem recitals, as well as bringing in Easter bonnets, painted eggs, Easter pictures and Easter gardens.



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





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St Bonaventure's Pre-school is now accepting applications for September 2024

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2024. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3 and 4 year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

As well as following the Early Years Framework, Birth to Five Matters, and completing the Bristol Standard, they offer a range of extra-curricular activities to provide further opportunity for enrichment; children enjoy tennis three times a week, trips to the community gardens, drama workshops and forest school. Cooking is a regular activity and the children have the opportunity to grow plants and vegetables in the outdoor areas. Practitioners incorporate Makaton as a form of inclusive communication throughout the year and the children benefit from fluent Chinese and Italian speakers among the Practitioners, who share their interests in the language and culture with the children.

Marie Taylor, Manager of St Bonaventure's Pre-school, says: "As an early years setting we continuously strive to further progress our practice in order to deliver the best possible care for the children and families within the community; we are passionate about providing the best start in life for your child in a fun and relaxed atmosphere."

Staff are highly qualified, committed and experienced practitioners, the majority of whom have been with the pre-school for a number of years. High staff to children ratios mean that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

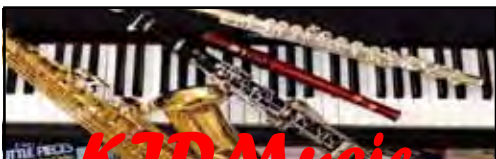
St Bonaventure's Pre-school is open Monday – Friday, 8.15am – 5.30pm during term time.

The setting offers parents the opportunity to use any free early education entitlement up to 30 hours, within our session times.

Do get in touch.

Email: admin.stbonaventures.ey@bristol-schools.uk or telephone: 0117 353 2887 for more information. To request an application form or see what past and present parents have to say about St Bon's pre-school, please visit: www.stbonaventuresearlyyears.co.uk | Instagram: [@stbonspreschool](https://www.instagram.com/stbonspreschool)






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www.kjdmusic.co.uk   [kjdmusiclessons](https://www.instagram.com/kjdmusiclessons)

Bristol's Lit Legacies launch: Free GCSE resources in response to shocking lack of texts on diversity

Lit Legacies was launched with pride and compassion at Fairfield High School, marking a successful year's work by professionals to create a free scheme of work based around the play *Princess and the Hustler* by Chinonyerem Odimba, in response to the shocking lack of GCSE texts on diversity. Centred around Bristol, including the Bristol Bus Boycott in 1963, this beautifully crafted play articulates the experiences of black people living in the UK, with Lit Legacies offering a fresh set of resources and activities ready to be picked up and delivered to students.

Welcoming a stream of external guests including older members of the local community, who shared personal experiences of protesting and fighting for racial equality during the 60s, educational professionals and a lead examiner, Fairfield's Atrium was buzzing with rich history, emotion and a sense of privilege to be part of this special event. Even more humbling was the attendance of Barbara Dettering, one of the seven Saints of St Pauls, who features on the large mural dedicated to the saints in school's Atrium.

Lit Legacies' project team's wealth of experience, knowledge and culture consists of University of the West of England Senior Lecturers Amy Saleh and

Malcolm Richards, plus English teachers Cashan Campbell (Fairfield High School), Tanisha Hicks-Beresford (Bristol Cathedral Choir School) and DeMarco Ryans (St John The Baptist School). Spearheaded by Amy, the group came together to educate and expose the profound racism experienced in Britain through a unique and enchanted perspective, which contains many moments of resilience, joy and hope.

Amy Saleh explains: "Growing up, I was used to seeing white literature with no black characters, even if the whole of the class was black. I've always been concerned about the message this sends, but understood the resources were just not available. One of the best days of my life as an educator was the day the project team met up, looked at the play, unpicked the issues and put a plan into place.

"We recognised the importance of student voice in the creation of the resources to ensure culture and identity reflection. They were amazing! They had so many different questions and ideas which provoked rich conversations and dialogue, helping to shape the resources. Their honesty and meaningful feedback meant they weren't afraid to say when they didn't like something!"

Cashan Campbell, Assistant Vice Principal and English Teacher at Fairfield adds: "This has been a considerably rewarding and enriching experience for me. I grew up in Bristol, came to school at Fairfield and my beloved Nanny was one of the Seven Saints of St Paul's. Lit Legacies represents stories of global majority characters, perspectives and life experiences which we hope will encourage understanding, friendships and an opening for wider discussions."




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Much loved Bristol vet retires after 39 years

Nicky Bromhall BVSc MRCVS, spent her career developing a locally focused and caring veterinary practice, but after a momentous career she is hanging up her stethoscope at the Animal Health Centre (AHC) on 25 March for the last time.

Nicky has made it the focus of her career to provide a local, personal and caring service for pet owners in Bristol. During her 39 years, Nicky has continued to strive for an individual and sustainable service for all her clients and their pets.

"When we became first-time dog owners, we were fortunate enough to find the very best vet and friend in Nicky Bromhall. During Pumpkin's sixteen years of life, Nicky cared for her as though she were her own and we can never thank her enough. We wish her the very best for this new chapter in her life." Says a long-term client of the AHC. This sentiment echoes the feeling of so many of Nicky's clients.

In 2002, the opportunity to buy the AHC came up and Nicky jumped at the chance. She has overseen major changes, including the surgery's redevelopment and technological upgrades, including digital x-rays and an in-house laboratory.

Nicky has seen many young vets, nurses and students pass through her doors at AHC. Her most recent new grad, Izzy, shares, "Nicky has been a very supportive mentor". Like Nicky, Izzy studied veterinary medicine at Bristol University. Receiving their qualifications 38 years apart, things looked very different for a newly qualified Nicky, who would have been dealing with paper patient records and communicating complex medical conditions via faxes! Now of course all client records are computerised and cases are pinged over instantly on an email.



"Thank you to everyone, clients, staff and of course, patients, I shall miss you all." Nicky



Litter picking on Gloucester Road

Nicky is a firm advocate for local pet care and has been an avid fundraiser for her community, completing charity litter picking, preposterously long cycle rides and night-time runs.



Nicky and the class of '85 outside Bristol University

Among Nicky's favoured charities is a local Greyhound and Lurcher rescue, Bristol DAWG, who have been bringing both the rescue dogs and their own pets to Nicky for over 10 years. Gerry, trustee and founder of Bristol DAWG, said, "nothing is ever too much for this lovely lady; she really does go above and beyond for her patients. I can honestly say the AHC is the best veterinary practice I have ever been with; Nicky has always had very high standards and this is reflected in the professionalism of the practice. I wish Nicky the very best in her retirement, she thoroughly deserves it."

Nicky may be retiring but she has no plans of slowing down her active life; she says, "I look forward to having more time to indulge in running, cycling and gardening, with a cycle trip across Italy for starters! Despite being sad to leave, I feel so lucky to have enjoyed my career so much. I shall miss you all but know I am leaving AHC in very safe hands."

Along with Izzy, both Holly and Amy will remain treating Bristol's pets at the AHC. "Nicky has created such a welcoming and caring practice for pets, owners and staff alike. She has been a great inspiration for the team with her enthusiasm and passion for the job," says Amy. Holly recalls her first impressions of Nicky, "as soon as I met Nicky, I knew I was going to enjoy working at the AHC. I loved her ethos, her kindness and her dedication to this practice." AHC practice manager, Sam, adds, "Nicky has become a great friend. She has taught me so much, from the veterinary side to running a business. She is passionate about the environment, which I am too. I want to ensure that we continue her efforts by always being conscious of our impact on the environment."

Nicky left Bristol University with a strong set of ideologies and a desire to provide a reliable and personal approach to vet care; despite many obstacles and a changing world I think it is clear she has more than achieved this. We thank her for all she has done and wish her well in her next adventure.

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Barcan+Kirby achieves muslim employment charter workplace accreditation

Award-winning law firm, Barcan+Kirby continues its commitment to workplace inclusivity by joining the Muslim Employment Charter.

The charter aims to help employers better accommodate the needs of Muslim professionals in the modern workplace with the goal of helping employers create an environment in which professionals can thrive without compromising their religious duties.

Anna Wilson, Executive Partner at Barcan+Kirby reflected on the firm's charter achievement: "We are extremely proud to be one of the first law firms to sign the Muslim Employment Charter. We are passionate about creating an inclusive and diverse environment for our staff."

Since joining the charter, the firm's Thornbury office has installed a Wudumate for Muslim employees to practice ritual ablution and provided prayer mats and jugs for each office.

Trainee Solicitor, Aishah Din who has been part of the journey commented on the firm's accreditation: "It is incredible to see Barcan+Kirby take such a crucial step in growing their inclusivity. I am really excited to see the firm develop an understanding of what Muslim colleagues need in their daily lives and hope this inspires colleagues of all faiths to step forward and feel safe in bringing their true selves to work!"

Waqas Hussain, founder of the Muslim Employment Charter, commented on the firm joining the Charter: "Barcan+Kirby's commendable commitment to inclusivity, exemplified by their endorsement of the Muslim Employment Charter stands out. This accreditation serves as a clear signal to current and potential employees that Barcan+Kirby not only acknowledges, but actively accommodates religious obligations. By implementing our Charter, they facilitate the seamless integration of faith facilities and policies, enabling Barcan+Kirby to harmonise their religious obligations with their professional aspirations. We encourage other organisations to follow this example. For further information, please reach out to hello@muslimec.co.uk."

The accreditation is an important step in the firm's ED&I journey and they are looking forward to continuing their relationship with the Charter for the foreseeable future.



Aishah Din using the Wudumate at the Thornbury office



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A BIG THANKYOU from Family Food Action

Sainsbury's manager at Clifton Down, Sean, putting their £150 donation of food through the till



Family Food Action is supported by so many wonderful local people. And there are often new volunteers and donors who have read about us and come up to The Ardagh to meet us at the sorting hub on the first Tuesday of each month to find out more. Anyone is welcome to come and talk to us about the way that your donation, for instance of a bag of pasta or a tin of beans, is included with

the other donations and our purchased produce – dairy, eggs and fresh fruit and vegetables – which is given to our partners in Easton, Eastville, Lockleaze, Southmead and St Pauls. They distribute donations to their local families through food clubs and use them at after school activities, where children can get freshly cooked food.

Over Christmas 2023, we were so happy to see the collection also included a lot of treats for children to enjoy over the holiday, but even happier that so many people marked the 'season of giving', with additional financial donations which allow us to continue to supply the wholesale fruit and vegetables. Each week, large sacks of potatoes, carrots and onions and crates of green vegetables, cauliflower, apples, oranges and bananas are delivered from our supplier direct to our partners. Cost-of-living increases have made these much more expensive than they were, so we are incredibly grateful for every financial donation we receive.

Last year, many people raised funds for FFA in a variety of ways; we had yard sales, carol-singing, lunch and coffee and croissant gatherings, quiz nights and street parties and a North Bristol Art Trail artist donated all the money from her sales of art and refreshments. This March, Andrew M is doing a sponsored fast to raise funds for FFA; you can support him through Just Giving (see page 38). We have a new events manager, Laura, and she is happy to give support to anyone who has a good fundraising idea. Get in touch with us through the website FFA.org.uk or Facebook page.

We have also been supported by many local businesses; Red Monkey in Chandos Road gave us lots of individual bottles of cola and lemonade, Piemister have donated 100 pies each month for

our partners to use, Hobbs House Bakery donate 10 fresh loaves each week, and our charity partner store Sainsburys at Clifton Down donated £150 goods before Christmas. Many businesses gave items for our Open Day raffle – too many to list here – but they all contributed to a stunning £3000 raised. Many people say that they found out about FFA through reading about the charity in *Bishopston Matters*, so a big thank you to Kerry and the team for their continuing support.

We have donations from many allotment and food growing organisations which supports our aim to give our families healthy food items. We have also this year, had an additional donation from Ignite-Life, a charity based in Kingswood, that offered us 'warm packs', which included draft excluders, electric blankets and wraps, radiator foil and secondary glazing film which we passed on to our partners and to St Nicholas of Toledo food bank in Old Market.

If you can help with donations, in-kind or financial, please visit us at the Ardagh, Kellaway Avenue, BS6 7YL on any Tuesday morning, 10.30 – 12.00, or visit our website and look for the donate page.

Familyfoodaction.org.uk



Widgit Symbols ©



our own school council page on the Claremont School website; we have finally started to plan it! We have chosen the background for our photos and the Primary, Secondary and Post 16 school councils have decided they all want their own pages. Everyone is excited by different things! We even took some of the photographs ourselves using our communication devices.

Some of us would like to share videos of Makaton. (Makaton is a unique language programme that uses symbols and signs and speech to enable better communication.) We want to make our own films to show the signs for words we have chosen, e.g. go, stop, more. We want to do body signing, sign ourselves and get staff to sign with us co-actively.

Some of us want to share our favourite jokes, our top

places to go at the weekends and even photos of our favourite messy fun, e.g. splatting custard pies on fundraiser days.

We thought we should have a section for past events like our successful Christmas raffle and our visit to the Mayor at City Hall last year to campaign for better footpaths near our school.

Plus, each term we will write about what's been happening, e.g. this term some of us visited the Job Fair at Ashton Gate to help the school recruit new staff. We hope they apply then we can help by interviewing them and showing off our fantastic school. All jobs at Claremont School are shown on our website. We asked people questions and helped tell people about Claremont at our stall.

Finally, we will have a section for future events like our Children's World Mental Health Week. We have taken a vote from each student to decide on what activities we should do together. It looks like a morning of music, lights and vibrating tactile toys to make us all feel happy. Maybe some laughing yoga too!!! We can celebrate our school being awarded the Essential Healthy Schools Award by looking after ourselves.

We hope to get our webpage up and running by sending all our ideas to our IT specialist; please check us out on the Claremont website soon and if you would like to volunteer or apply for a job all the details are also there.

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Lockleaze Neighbourhood Trust, along with four other anchor organisations across Bristol, is raising funds for people who are struggling to pay their energy bills this winter. Nobody deserves to be in a position where they cannot put on their heating or cook food. These funds are distributed through a fair referral system and 100% of donations go to people in need, with no cuts from the organisations distributing them whatsoever.

To find out more, and to donate to the fund, please visit: justgiving.com/campaign/winter-fuel-fund
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It's nearly time for curtains up! Oh yes it is!

Showtime is coming! The Bartholomites are returning to the stage after Easter with their pantomime performance of **Beauty and the Beast**. Show dates are **Thursday 11, Friday 12 and Saturday 13 April** at **Horfield Methodist Church Hall**.

Although it's a well-known story, surprisingly the Bartholomites have never staged a version in their 50+ years of performing, and that influenced Director, Greg Heath, with his decision, "At its heart is a classic story of love triumphing over adversity. I was happy to find a great script from local writer Ben Crocker".

The Bartholomites performed their first pantomime in 1969 when a group of fun-loving friends got together and put on their first show. The group has always been of mixed ages, often with different generations from the same family, giving them an opportunity to spend time together doing something 'a bit different'.

As an amateur group, there's opportunity for people to pitch in and take part and not just under the spotlights but back-stage helping with lighting, front of house, props, making scenery, and costumes. Louise Hammonds, Chair, is very proud of the group, "We have faced many challenges over the past few years but have worked as a team to adapt and continue to put on a great show, alongside our social events throughout the year. I'm back on stage this year and loving the singing and dancing and just being a bit silly with friends. I'm very happy to see more children back in this year's cast, as they really do bring life to a show. I love the way the group offers the opportunity for people of all ages to interact and learn from each other."

Why not come along and see a show and maybe

next year, you might want to get involved yourself? Pantomime caters for all ages and so come as a family and share an experience together. Treat someone to a ticket for Mothering Sunday or as an alternative to an Easter egg?

Tickets go on sale on 27 February costing £10 for adults and £6 for under 16s. Call Rob to book tickets on 0777 999 1697.

BEAUTY & THE BEAST

A pantomime by Ben Crocker

This year, the group is trialling a relaxed performance for their 2pm matinee on Saturday 13 April. This will be slightly different to the evening shows. During this performance, the hall will not be in darkness, the exterior door will be open to enable the audience to have time outside if needed, and special effects will be toned down. Tickets for the relaxed performance will be £6. There will also be an information pack available via email for those who benefit from knowing what to expect. If you'd like more information, then please contact thebartholomites@gmail.com.

We can't wait to see you in the audience, it's going to be fun! Oh yes it is!

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knitting or other craft and talk with others in the
community who share similar interests.

Next meetings – March, 12 and 26 April

Additional meeting on 15 March when a
representative of Avon and Somerset Police will
talk about personal safety at 10.30am.



Sid Lawrence, Guy Reid-Bailey
& Andy Brassington

Images thanks to
Ruth Sharville

Walkers & Talkers – Everyone Welcome

In July 2022, I had the pleasure of attending local group, Walkers & Talkers, for the first time, after an invitation from group founder Andy Brassington (former Gloucestershire County Cricket wicket-keeper).

Now, nearly two years from its launch, it was great to catch up with Andy again, to see how this community group is getting on. "It is fantastic! This week we had 175 people join us and the week before that 200! This group does change people's lives" Andy enthused.

Each Wednesday, hosted at our local Seat Unique Stadium, the meetings kick off at 10am with friendly chat over some complimentary teas and coffees (thanks to Andy's business Finders-Keepers), then the group have the opportunity to take a stroll around the cricket ground, before returning to enjoy a guest speaker.

Andy shares, "I love the first hour when people come together and chat and I witness friendships forming and cemented. The walk is also an important part of the session – we have helped people rehab back from knee and hip operations!"

At the end of the walk they gather in the cricket club's museum, where a different item is shared and discussed. They were recently shown a letter from W. G. Grace, written 150 years ago!

I asked Andy if he had been surprised by how many people living in our community felt isolated? "Yes, I have been stunned by the lack of support out there for people who live on their own, are carers or widows. Just because you're in the latter part of your life does not mean you don't want to get out of bed and do something," Andy explained. He goes on to say, "I am delighted that this caring group is making a difference; every week friendships

blossom, new people are warmly welcomed and looked after and people now stay in touch in between meetings. Everyone has a story to tell and brings something to the party."

"I've genuinely valued the warm welcome made by the group, and fully appreciate the great facilities made available to us – unexpectedly, I'm happy to call the County Ground a new home from home!"

Group member

Graham Gooch, kindly got up at 5am to drive up and deliver a talk



"My experiences since joining the group has been very rewarding. Not only have I made new friends, I've found the talks to be interesting, truly inspirational, and at times its fair to say emotional. I really look forward to meeting up each Wednesday."

Group member

Each week a guest speaker comes to share their story, professional cricket, rugby, football players, athletes, actors and choirs are among the many amazing people who come to talk. Each week everyone leaves feeling touched and inspired by the visiting speaker. Everyone gives their time for free and Andy told me the speakers themselves all find the experience rewarding and, often, an unexpectedly emotional experience. They tell Andy what an honour it has been to address the group.

This weekly meeting is completely free and open to anyone of any age; everyone who attends is welcomed and looked after. With people attending in their hundreds now, Andy jokes, "That's a lot of biscuits to buy!"

When the meeting is unable to take place at the Cricket Ground, Bristol Rovers and Bristol City have been fantastic in offering their facilities.

Ground, Bristol Rovers and Bristol City have been fantastic in offering their facilities.

Walkers and Talkers meet every Wednesday morning at 10am, usually at Seat Unique Stadium, Nevil Road, BS7 9EJ but on occasions at The Memorial Stadium, Filton Avenue, BS7 0BF or at Ashton Gate Stadium, BS3 2EJ.

To find out more do get in touch with Andy, he couldn't be more enthusiastic or welcoming.

E: andy@finderskeepersuk.com

T: 07831 532670

The group starts back on Wednesday 10 January, at Seat Unique Stadium.

Are You Orchard Curious?

Horfield Organic Community Orchard (HOCO) was well and truly woken up by many hundreds of Wassailers in January. As the days grow longer, sunlight stirs the sap, that swells the buds, that break into blossom – awaking the trees for another year of harvest hope. We look forward to pressing the juice and returning a symbolic cupful of cider to the tree roots at next year's Wassail.

Fruit trees thrive when well cared for. A community orchard is raised by many hands attending to the soil, pruning, and nature-friendly management of pests and problems. A community orchard spreads its seeds with many minds to organise working meetings, events and projects. A community orchard brings together people with a whole bunch of practical skills to look after the site, structures and trees.

You are invited to support our lively and lovely orchard by becoming a Friend of HOCO. We also warmly welcome new members keen to learn and become active Harvest-share members. As well as a share of the fruit harvest, active members enjoy the wellbeing benefits of doing good work in a gorgeous green space with a friendly group.

Are you new to fruit growing and orchards? Joining HOCO as an active member and taking part in a course is a great way to learn. **Get going with Get Growing Fruit Trees** – an introduction over four seasons, and **Pruning for Beginners** courses. Professional gardeners and more experienced growers can refresh skills and deepen practical knowledge by taking part in **Pruning for Improvers** courses.

Not sure about joining HOCO? Happy to lend a hand clearing the ground for our new community pollinator project? Part-funded by West of England Combined Authority (WECA), **'Bee Active, Bee Fruitful!'** will enrich the orchard habitat for wild bees and other pollinating insects by planting year-round food



Editor of Bishopston Matters ready to enjoy some cider with apple juice!



forage. Get in touch for news of active community volunteer sessions coming up in March and April.

Get Growing Fruit Trees – a hands-on introduction Course dates: Sundays – 10 March, 12 May, 14 July, 15 September. Book by Friday 8 March

Dormant Season Pruning – Saturday 16 March (for Beginners) or Sunday 17 March (for Improvers)

More information about HOCO membership, courses, and Bee Active volunteer days:

www.community-orchard.org.uk

Tel: 0117 373 1587

Words by Shannon Smith – aka The Apple Tree Lady. Photograph by Jamie Carstairs

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Curious about how your dream outdoor space could look? There is a 3D Design option to get a sneak peek into your ideal SunSpace. It's like window shopping for your outdoor haven, where you can bring your vision to life with 3D rendering. Contact us to discuss your requirements.

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Local group listings to inspire health & wellbeing

ANDY'S MAN CLUB is a free-to-attend talking group that runs every Monday night at 7pm (excluding bank holidays) at the Seat Unique Stadium, BS7 9EJ. There is also a Bristol South group that meets at the Knowle West Media Centre, BS4 1NL. Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process. andysmanclub.co.uk

Art for Wellbeing – At The Hub, Gainsborough Square, Lockleaze, BS7 9FB. Every Thursday from 10.30am to 12.30pm. A relaxed, no pressure art session aimed at improving your wellbeing. Bring your own project or follow the volunteers suggestion. Spend time with your community while making some fun arts and crafts. £3.50pp. www.lockleazehub.org.uk

Bishopston Community Choir Meet at Horfield Baptist Church Hall, 160A Gloucester Road, BS7 8NT, on Thursday evenings, 7.30–9pm. They are a four-part mixed choir and sing a wide range of music to suit all tastes. There is no audition; the first session is free! Email: bishoproadchoir@gmail.com

Bristol St Andrews Bowls Club, Derby Road, BS7 9AQ. Welcomes new members of all age ranges, for the outdoor lawn bowls season which runs April to September; please apply to become a member via their website: www.bsabowls.co.uk and they will contact you to discuss membership options.

Bristol Westbury Scottish Country Dance Club, St Peter's Church Hall, Henleaze, BS9 4LD. Tuesdays, 7.30pm. Looking for fun, friendship and fitness? Try Scottish Dancing. See www.westburyscottish.org.uk or call: 0117 4012416.

Buzz Community Garden – Behind Gainsborough Square (access is down the slope to the right of the Chinese takeaway). Wednesdays and Saturdays, 10am–12pm. Email: info@lockleazent.co.uk or call: 0117 9141129. A welcoming community-led garden in the heart of Lockleaze. A place where you can join Anne-Louise, unleash your creativity, grow and harvest, share knowledge, ideas and know-how, make new friendships, enjoy the garden and wildlife. All are welcome. Free drop-ins. No booking required. Facebook: @Thehublockleaze.



Buzz Community Garden

Coffee and Craft Community Group – Held at Horfield Baptist Church, 160A Gloucester Road, BS7 8NT. Next sessions: 10.30am to 12.15pm, on Friday 8 and 22 March 2024. Those who attend usually bring a piece of craft they are currently working on. This includes: knitting, crochet and patchwork. Drinks and biscuits are available and the room resounds to happy conversations. When you attend you are assured of a warm welcome. For further details, please contact Pam, call: 0117 9248166.

Circle Dance Evenings – At The Old Library, Muller Road, BS5 6XP, on the last Tuesday of each month, 7.30–9.30pm. Next session is 26 March 2024. 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: circledance321@gmail.com. theoldlibrary.org.uk

Gardening at The Pod Community Garden, St Andrews Park, BS6 5AX. Second Tuesday of the month, 2pm, or the last Saturday of the month, 10am. Everyone welcome.

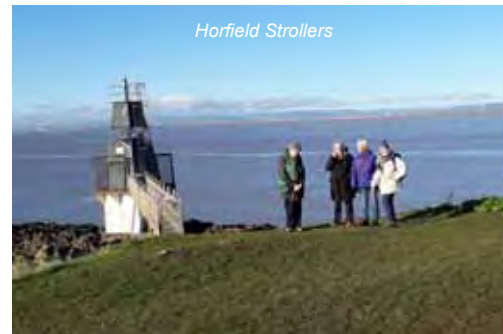
Goldenhill Community Garden, based on the Horfield and District Allotment Association site in Bishopston, BS7 8NE (just through the gates at the end of Monk Rd, behind Bishop Road School and Horfield Prison). Everybody is welcome along on any Wednesday, 10am – 4pm-. There are a range of jobs to do every week and no experience needed. No need to come every week or stay all day. New folks are shown round at 12pm and 2.30pm but if you can't make it then come when you can. Contact Lucy, call: 07506 905 394 or email: ghcgarden@gmail.com.



Bishopston Community Choir



Coffee & Craft Community Group



Horfield Strollers

Horfield Strollers – The friendly group meets once a fortnight on a Tuesday at 10am. Meeting points depend on where they are heading. Walks explore the local area and sometimes a bus will be taken to get to or back from a walk location. Walk lengths are usually 2–3 miles. At the end of the stroll, there is often the option to enjoy refreshments at a venue close to the walk. Julianne Trotman is the Walks Leader and devises all the strolls, drawing on her extensive experience leading walks for the former Bristol City Council sponsored Walking for Health groups. To find out more – contact group member, Anna George. New members are welcome. To join the mailing list and receive details of upcoming walks directly, email: anna@agtrans.co.uk. You can also look out for posts on Love Horfield and Manor Farm Community Hub Facebook pages.

Hubbub pop-up cafe @ The Hub – Gainsborough Square, Lockleaze, BS7 9FB. Every Wednesday from 10.30am to 1.30pm. A pop-up cafe attended by members of the community. Come and play a board game, chat with your community, stay warm, eat and drink. A great way to meet new friends. Hot drinks: 50p. Food is £1.25 – £4.40.

My Community Bristol aims to put local people with a learning disability at the centre of community decisions. They have an Action Group. To know more call Alice on 07890 043455 or email: mycommunity.bristol@mencap.org.uk

Redland Ladies Hockey Club, based at Lockleaze Sports Centre, 1 Stanley Cottages Bonnington Walk, BS7 9XF. Provides sports sessions for young people and adults. The club is an accredited England



Tai Chi at The Ardagh

Hockey ClubMark club with four senior teams, junior teams at Under 16, U14 and U12 and two national Masters squads at Over 45 and O55. Adult training is on Thursday evenings at Lockleaze Sports Centre, where we they also play their home matches. Junior training is on Monday evenings at Badminton School. Interested people can take part in a few free taster sessions, then if you wish to continue you can join the club. For more information, visit www.redlandladieshockey.co.uk – you can get in touch via the Contact Us page on the website.

Tai Chi, Court 2, The Ardagh Pavilion, Horfield Common, Kellaway Avenue, BS6 7YL. Tuesday, 10am and 11am, and Friday 10.30 and 11.30am. Free sessions, delivered by volunteers from Bristol Age UK.

Movement Mondays – The Hub, Gainsborough Square, Lockleaze, BS7 9FB, offers three sessions that are great for physical and mental wellbeing. www.lockleazehub.org.uk.

- Gentle Exercise, 10.15–11.15am** – A gentle exercise group aimed at the over 55s, classic music and seated exercise. £4.50pp.
- Accessible Exercise, 11.30am–12.15pm** – An exercise group aimed at adults with additional needs and wheelchair friendly. £4pp.
- Short Mat Bowls, 1–3pm** – A casual game of indoor bowls with plenty of tea and biscuits! £3.50pp.

First session of any of the above is free to see if you enjoy it. If you take part in two of the above, on the same day you save 50p. Free for support workers.



The Umbrella Chorus performing at the My Community 2023 Celebration Day



Redland Ladies Hockey Club

Continued on next page ►

Local group listings to inspire health & wellbeing continued

Walking Cricket – Is a specially adapted game for older adults aged 50 and over. Sessions are run by the Gloucestershire Cricket Foundation and take place every Thursday, 3–4pm, in the Sports Hall at the home of Gloucestershire County Cricket Club, the Seat Unique Stadium, BS7 9EJ. A very friendly group comes together once a week to socialise with friends, meet new people, get active and most importantly have fun. All sessions are free and are played with a soft ball, so no prior cricket experience is necessary. If you would like to get involved, email: harry.watts@gloucestershirecricketfoundation.org or call Harry on, 07584 705646.

Walking Football Club – Bristol United Walking Football Club play on Tuesday and Thursday mornings, at Horfield Leisure Centre, 10.30–11.30am. The first session is free; the cost is then £4 per session. Players must be over 50. If you would like to give walking football a try, please contact Bill Byard (Club secretary), email: wbyard17@gmail.com or call: 07757 745404.



Walking Tennis – This is a slower version of the game; it is tennis, but at a walking pace. The game has been designed so that anyone can play it, regardless of age or fitness level. Sessions take place locally at the following three venues.

Bristol Central Tennis Club, Happy Lane, BS7 9AQ, every Saturday at 11am, open to everyone. The first session is free; the cost is then £4 per session.

Henleaze Lawn Tennis Club Ltd, Tennessee Grove, Off Springfield Grove, Westbury Park, BS6 7XH.

There are 2 Walking Tennis Club sessions each week. These are on Wednesday mornings and Monday afternoons. Please email: heatherforrest14@gmail.com if you would like more information and to join in.

Redland Green Club, Redland Green, BS6 7HF. Tuesdays, 11am–12pm. £3 per session.

www.lta.org.uk/play/ways-to-play/walking-tennis

Walkers and Talkers usually meet at The Seat Unique Stadium, Nevil Road, BS7 9EJ, but on occasions at The Memorial Stadium, Filton Avenue, BS7 0BF or at Ashton Gate Stadium, BS3 2EJ. Every Wednesday morning at 10am.

To find out more get in touch with Andy, email: andy@finderskeepersuk.com or call: 07831 532670. The group starts back on Wednesday 10 January, at Seat Unique Stadium.



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Local church secures £75,000 to help feed Bristol

Last year the team behind B&A Meals, a food ministry run by B&A Church in Bishopston, applied to the Government's Community Organisations Cost of Living Fund for a grant. They were delighted to find out recently that B&A was awarded £75,000, the top amount. What they will spend the money on is easy. The cost-of-living crisis has made Warm Welcome Spaces spring up across Bristol, helping local residents with the difficult choice of heating – or eating. Costs are naturally increasing for these vital community spaces too. At 279 Gloucester Road, B&A church has a 5-star kitchen with a team of professional chefs. They cook and share about 350 free meals a week – for Warm Welcome Spaces, and many different groups from refugees to local families on low incomes. Winning the Community Fund grant means B&A meals can scale up: they've recruited a dedicated driver, Tim, and are soon to buy an electric delivery van. Tim and the van will deliver meals directly to Warm Welcome Spaces. Also on the shopping list, some high-tech kitchen kit to streamline the cooking process.

B&A works in partnership with waste food charity, Fareshare, aiming to save 20 tonnes of surplus food a year. New venture FareshareGo is the next step. Local participating supermarkets and restaurants



will donate unsold food directly to B&A Meals, cutting out the warehouse. This will save hundreds of people hours and gallons of fuel. Donors to FareshareGo include major brands like Nando's and KFC. This new opportunity means that even food like grilled chicken can be delivered directly to people who need it, for free. It's not just soup! Innovative thinking like this is at the heart of B&A Meals (plus a love of great food!). Would you like to join in our vision to feed Bristol, rescue waste food and get delicious meals into the communities who need them the most?

Please support us by donating through JustGiving: www.justgiving.com/campaign/BABristolMeals2023

Activities & events at Horfield Methodist Church, Churchways Avenue, BS7 8SN

Regular activities

Art & Crochet Group – Fridays, 2–4pm in term time. No experience needed, bring your own materials and join us for tea, conversation and a shared love of art. For more info, contact John Parry: call: 01179 691908 or email: eurfron@blueyonder.co.uk

Little Fishes – Fridays, 10–11.30am, in term time, for children from the age of 12 months to 3 years.

Film club – meeting one evening a month. To find out more, email: mail@horfieldmethodist.org.uk

Seasonal events

World Day of Prayer service – Friday 1 March, 10.30am

Good Friday Service – 29 March, 10am

Eco Coffee Morning – Saturday 27 April, 10am–12pm

For more information on any of the above, please email: mail@horfieldmethodist.org.uk

Saturday 9 March

Light Lunches will be served at Bishopston Methodist Church, BS7 8NY

12.30–2 pm

Soup and roll, cheese and fruit

Donations to Christian Aid

Everyone welcome!



Easter Services
*at St. Bonaventure's Church,
Egerton Road, Bishopston,
BS7 8HP*



Healing Mass – Saturday 16 March, 3pm

Easter Vigil Mass – Saturday 30 March, 9pm

Easter Mass – Sunday 31 March, 10am

Easter Mass – Sunday 31 March, 6pm

The perils of medicines of old BHA local history research – Andy Buchan ©

Before the advent of laws on medicines, what could be in them and who they could be given to, together with laws on what could and could not be said in adverts, meant whenever the public opened their newspapers, they would have been assailed with adverts for medicines that today would not be considered safe, and they might have thought could cure anything.

Some contained ingredients that today we know are harmful, for example, may damage organs or, cause cancer, or may be addictive, such as – cocaine or opium. Some simply did not work, and others contained ingredients of variable quality/source, so their efficacy varied from batch to batch. Some of these medicines could still be purchased at least until the 1940s.

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F. MOSS, Chemist, 239, Cheltenham Road

In the *Horfield and Bishopston Record* and *Montpelier & District Free Press* – for Saturday 07 January 1905, F. Moss, Chemist of 239 Cheltenham Road advertised among other things the following items:

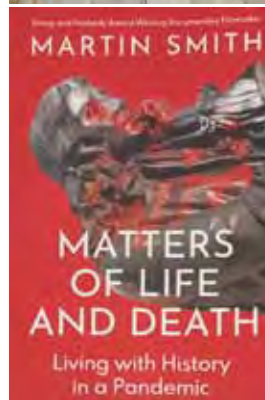
	Medicine	Said to treat	Contained
1	Ainger's Emulsion	Influenza, bronchitis, and other lung disorders intestinal disorders	Petroleum emulsion and hypophosphites of lime and soda
2	Antipon	Obesity	Found to contain no active ingredients
3	Carter's Little Liver Pills	Headache, dizziness, bad breath, due to constipation	Aloe extract, podophyllin (an extract from the American mandrake plant) and liquorice
4	Coleman's Wincarnis	Anaemia, depression, brain fog, sleeplessness, physical and mental prostration, nerve troubles and for convalescence	Port wine, meat extract, c.f. Oxo and malt extract
5	Hall's Coca Wine	Restorative – invaluable in cases of influenza, sleeplessness, neuralgia, anaemia, mental fatigue etc	Red wine, port, and cocaine
6	Kay's Essence	Coughs, colds, influenza, bronchitis, asthma, consumption, whooping cough and croup	Preparation of linseed, aniseed, and herbs, also contained chloroform, ipecacuanha wine (alcohol) and a trace of morphine
6	Owbridge's Lung Tonic	Cures coughs, colds, asthma, bronchitis, influenza, and all affections of the chest, throat and lungs	Chloroform, ipecacuanha wine (alcohol), honey, peppermint, aniseed, and a trace of capsicum. The leaflet made it clear that the product did not contain opium, laudanum, or morphine

Many of these preparations were given to children, as well as adults.

- This would probably not have worked, or it worked because of ingredients it was mixed with including alcohol and/or opium, and morphine preparations to name but a few.
- Antipon was said to absorb fat.
- In the 1940s the manufacturer removed liver from the product name because it was mis-leading. Probably had little or no effect.
- This product gave some nutritive benefit. A version without the meat extract is still available today.
- Public at the time were more concerned about the alcohol content, than the cocaine.
- This may have made people feel better but would not have had a curative effect. Chloroform is toxic, causing various symptoms including excitement, and nausea following by dizziness and drowsiness. It may cause liver and kidney damage and may be a carcinogen.

A popular medication of the 19th and early 20th century this store did not advertise, but may have sold, was Chlorodyne; it was developed by a doctor working with the British Army in India in the 1850s to treat cholera; it was subsequently said to be suitable for treating cholera, diarrhoea, insomnia, neuralgia, migraines etc. Its principal ingredients were a mixture of laudanum (opium), cannabis and chloroform. It would have been effective at treating diarrhoea and acting as a sedative and pain killer but was highly addictive.

Thankfully, today all medicines must be trialled and go through strict approval processes, and adverts must be truthful.



News from the Friends of Bishopston Library

Local resident, Martin Smith, has had a long and successful career as a documentary film maker, frequently covering some of the more shocking events of the last 50 years.

During Covid, he began to reflect on his life's work, and put it into a current context. He gave a series of short talks for local radio station BCfm, and nearly 50 of these talks have been collected and published as *MATTERS OF LIFE AND DEATH Living with History in a Pandemic*.

The book covers a multitude of topics, including history, both well-known and lesser-known events,

politics, music, literature as well as some more personal family stories.

Martin will talk about his work and the book at the Bristol launch event in Bishopston Library on Wednesday 6 March. Tickets will be available from Eventbrite in early February at £3 (£5 on the door). We hope to see you then.

Library open hours:

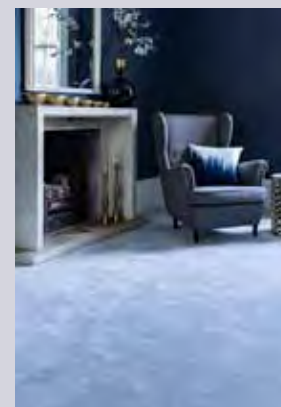
Monday – 1 to 7pm, Wednesday, Thursday, Friday, Saturday – 11am to 5pm, Tuesday & Sunday – closed.

Bishopston Library, Gloucester Road, Bishopston BS7 8BN



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.

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Bishopston & Ashley Down ward



James & Emma

248 Gloucester Road

— There has been much interest around the fate of 248 Gloucester Road — the site of the old bank building on the corner of Gloucester Road and Longmead Avenue.

Developers have put in an application to demolish the site and build a new block of flats. There have been many comments on the application and concern about the loss of the façade. We have met with the developers and architect who have reassured us that no final plan for the building has happened and that they are willing to engage with the local community about the finalised plans. Unfortunately, the façade is unlikely to be saved due to extensive damage caused by squatters and from the discovery of asbestos in the roof, but there will still be scope to input into the look of the final development. We will continue to communicate with the developers as they put forward their plans.

Ashley Down train station — We have heard from officers that the new Ashley Down train station is on track to be completed within the next six months and we know this will be welcome news for many. However, there have been concerns about the recent loss of parking spaces around the station and access needs. We have spoken with transport officers who have explained that this temporary measure is to keep space available for a disabled parking bay, and for safety reasons for the vehicles accessing the site. Other measures were looked at but were sadly impractical. We have requested the council improve comms with residents and keep them better informed of any potential changes. We have also reiterated the need to get Concorde Way open as soon as possible and we hope this will be opened again when the station opens later this year.

Ardagh Bowling Club — We understand many are concerned about the future of the Ardagh Bowling Club now that the lease has been transferred to the Ardagh Community Trust. Unfortunately, due to ongoing council budget cuts across the city, there is no longer a budget for the council to support leisure activities in parks, and community asset transfers to community trusts are one way of resolving this to keep sports clubs open. Unfortunately, community trusts cannot subsidise private leisure clubs under their terms of reference with the council, and so this has been a difficult situation and we understand

this has created an upsetting conflict between the club and the trust. We have spoken at length to club members, the trust and council officers and we hope an amicable solution can be found soon that allows both the club and trust to continue to work together for the good of the community. As green councillors we oppose the ongoing budget cuts and call on the government to fund local authorities properly for the good of residents and local communities.

Meeting with local police about crime in the area

— In January we met with our local police representatives about issues in the area that residents have raised with us. Specifically, issues around speeding, antisocial behaviour and bike theft. We are working with the local police to do another series of speed watch dates, where we can visit roads with speeding issues and monitor the issues using speed guns. The police are also going to inform beat officers about antisocial behaviour on Gloucester Road and around the Methodist Church, as well as on match days. We are also working with police to put on another bike-marking day at The Ardagh, as outlined below. If you have any issues you wish us to raise with the local police, please don't hesitate to get in touch.

Bike marking and cycling event at The Ardagh

— Following the success of the event in 2023, where over 40 residents had their bikes marked for free, we are pleased to announce we are helping host another bike-marking day at The Ardagh on 23 March in the afternoon. Bring your bike along and local community police officers will mark it and get it registered. We will also be on hand to chat about all things cycling, including discussing ways to improve active travel in Bristol and providing cycling maps. We look forward to seeing you there!

Traffic around the Memorial Ground — Residents have been in touch with ongoing concerns about traffic and parking issues on match days around the Memorial Ground. We have been in touch with Bristol Rovers and understand they are carrying out traffic surveys on match days to improve the situation. We have also contacted transport officers about the situation to see if the transport plan can be adjusted. We understand the ongoing parking issue is causing a lot of stress and this is something we would like to address longer term with some form of residents' parking system. At time of writing, we are preparing to attend an engagement meeting for local residents on 29 February, at the club, to discuss ongoing concerns, so please get in touch if you would like to know more.

Cllr Emma Edwards, Green Party

cldr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cldr.james.crawford@bristol.gov.uk

Redland ward

Allotment proposals in limbo — Many residents have been worried and upset at the local council's administration's proposals for a massive hike in allotment charges plus new bureaucratic rules. The upset led to 3500 consultation responses which are now being reviewed. Additional charges for ponds, trees and sheds raised questions about damage to the environment and retrospective rules that would be near impossible to enforce by volunteer site reps. Local community orchards and gardens with popular events in our neighbourhood have also been very worried. Fi attended a meeting with around 200 allotmenters to listen to views and Martin pushed to make sure these changes get debated by councillors before the Mayor brings them to his Cabinet on 5 March. There is a public forum there where statements and questions can be tabled in advance. Allotment fees have not changed since 2018 so a review is clearly needed, but Fi and Martin are horrified at the inadequate consultation process and impact that such measure could have. Although most changes — apart from fees — are now paused, the uncertainty will now be left to the new multi-party committee administration to deal with after May's elections.

More library staff promised — The frequent, short notice closures affecting Bishopston Library and all the city's branches have been disruptive and damaging. This has been caused by a decision last summer to block spending on any staff when someone falls sick, retires or gets a secondment. The budget was there but it was being reserved for other service overspends. Martin called for the spending block to be lifted in a council debate and it's finally been announced by the Mayor that the budget will now be released to find casual staff again. The recruitment can now proceed so libraires can keep doors open.

Missed recycling services — The weekly recycling services are vital but we keep getting reports of missed collections. Whole streets in our ward are sometimes missed — several weeks running. The council is sometimes the cause as trucks get blocked by chaotic parking. It's two years since we asked the Mayor for action to protect corners from rogue parking but this hasn't been acted on. We've been told we need to find a budget from developer funds and, as with other highway projects, we know even if funded these have still not been put in place. We have asked to meet with the different services and are liaising with the police to try and put together a practical way to make services more reliable.

Parking problems — After nearly eight years with permit charges unchanged, there's been a second review of charges by the Mayor. Following changes in December 2023, a new, tripling of first parking permit costs and elimination of third permits was passed in January by his Cabinet. This was blamed on 'failure' of the permit scheme but no evidence was given for claims that lots of short local trips are

generated in the permit areas. Martin pressed the Cabinet for a coherent approach to ensure streets with no parking management get solutions to the chaos when vehicles are left for free, but no promises were given. We're keen to see a better way to manage streets developed in future.



Martin & Fi

Bishop Road traffic issues — Fi is planning to bring concerned residents, officers, the police and school representatives together to solve problems around school pick-up and drop-off time, when hazards are at their worst. Progress on finding a solution to the longstanding traffic and air quality issues in the area has stalled as the school cannot find the staff resources needed to support a school street scheme. The local PCSOs are now patrolling the area regularly at school pick-up time when problems are at their worst. Fi aims to bring together residents, the school, highways officers and the police to look again at a way forward.

Empty homes could be repurposed — A successful Green motion debated at the council has raised the issue of action on the many empty homes around the city, and the unused shops and offices which could be repurposed for housing if no longer viable.

We'd like to see action taken to bring these back into use, especially the need for affordable housing for city residents. While planning permission gets given for many new developments these aren't always built and wasted homes and other buildings could be a practical way to create housing where it's needed.

Funding for services shrinks again — Government spending on local council services has been tightly controlled and has shrunk in real terms after years of austerity. The latest announcements confirm that most budgets will be under pressure again, with social care making up about four-fifths of the council spend. The controversial proposals for how to manage social care costs has now been left to the next administration to resolve after the May elections.

The council must set a balanced budget and only has some discretion over things like council tax and certain fees and charges. This means services are yet again at risk. The budget has been drawn up by the outgoing Mayor but, at the time of writing, it will come to the full council for approval in February.

Fi Hance, Green Party

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

Martin Fodor, Green Party

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

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

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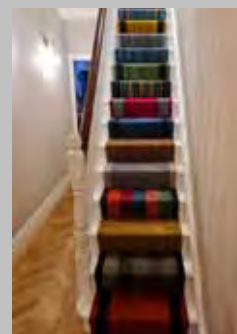
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Clutter can be no laughing matter

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

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

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

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



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

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

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

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

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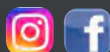
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