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issue 192, Nov 2025



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Dear Readers...

As you can see from the front cover, Bishopston Matters is delighted to be celebrating 18 years in print! Big thanks to you all for reading and supporting this community magazine and to all of the local businesses who make the magazine possible – please do support them too!

November means the North Bristol Arts Trail will be taking place across our neighbourhood from 28 to 30 November, when you are invited to visit numerous local venues to submerge yourself in creativity. One of the locations, Niche, will be celebrating 30 years in business over the trail weekend and I have been told there will be birthday cake for all, so do visit their gallery space and help them celebrate!

Local holistic treatment centre, Osna, is busy preparing for a new Mind, Body, Spirit evening to be hosted at Boston Tea Party, Gloucester Road, on Saturday 22 November with all the proceeds going to St Peter's Hospice; do get your ticket and enjoy.

Remembrance Sunday takes place on Sunday 9 November; the boys and I will join the 63rd Scout troop for a parade around St Andrew's Park and short service in front of the memorial stone; everyone is welcome to join this always moving gathering at approx 10.30am. The 63rd troop also invite you to celebrate 10 years of their Hut6368 on their Open Day on 15 November, 11am to 6pm. Thoughts are turning to Christmas and we bring news of lots of local fairs, markets and inspiration to get you started on your gift buying list! We also share details of some lovely festive charity campaigns that will help others less fortunate to have a happy Christmas season too.

Do take advantage of some of the fabulous **Reader Offers** throughout the magazine. Please do mention Bishopston Matters when you support the traders who feature within it, thank you.

Take care until next time,

Kerry x

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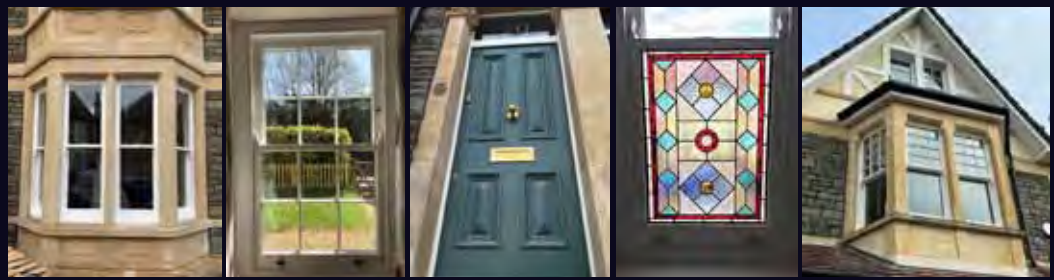
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News from the Goldenhill Community Garden

Hi everyone,
 Would you like to make a unique and beautiful winter wreath in a fun and informal session? Would you like it to be environmentally friendly and a bargain? AND would you like to support a local community project at the same time?!? Well, you're in luck, because we're coming back with **our lovely and friendly wreath making workshops!** They'll be on **Saturday 2 and Sunday 3 December**. Each wreath costs £25/£15 and it takes about an hour depending on your creative process. You'll learn how to weave a willow hoop from locally harvested willow and then be provided with everything you need to decorate it with gorgeous natural foliage. Every wreath is different and they **always turn out beautifully** and it's a lovely jolly thing to do with pals, family or by yourself. Children are welcome and booking is essential; the details are on our website thegoldenhillcommunitygarden.com or at bookwhen.com/ghcgarden.

The days get darker but **we don't close in winter** and the Wednesday volunteers and our children's groups are in the garden year round. We'll be running our **festive holiday club** 10am – 3.30pm on **Monday 22 and Tuesday 23 December** for making, baking, crafting, playing. We are mostly outdoors

but we do have a cosy indoor space. Booking is essential – check our website for details. Our Wednesday volunteers take the edge off during the colder months by cooking up a **delicious soup with our veg from the plot**; coming together each week and chopping and chatting and then slurping down hot soup always puts a smile on faces. Every year we aim to grow



loads of parsnips and leeks and greens, lots of good stuff to feed us through winter; although this year we've had a tough time getting many of our parsnips to germinate and our leeks stayed small in the dry summer – luckily we've plenty of squash and greens to keep our soup pot bubbling.

We also spend the winter fixing, sorting, tidying, clearing, organising and catching up with all the jobs we don't have time for in summer. It's good to have a reason to be outdoors this time of year and I always feel like every bit of fresh air makes the short days more bearable. So, **if you'd like to come and get involved, please feel very welcome!** We're here every week, 10am – 4pm (though we close at 3pm in December and January), and new folks can come along for a tour and a chat at 12 or 2.30pm or pop in when you can. No need to come every week or stay all day.

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com
 Instagram: [@ghcommunitygarden](https://www.instagram.com/ghcommunitygarden).
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Niche logos through the years

North Bristol Arts Trail Returns

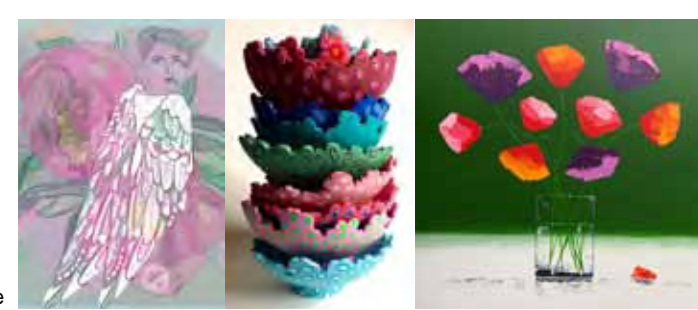
29–30 November 2025

North Bristol Artists collective is delighted to announce the return of the much-loved, free annual **North Bristol Arts Trail on 29–30 November 2025**. This highlight of the cultural calendar invites art lovers into artists' homes, studios and community venues across Redland, Bishopston, Henleaze, St Andrews, Ashley and Horfield.

Featuring **110 artists and makers** in over **50 venues**, the trail showcases a stunning array of works, including paintings, original prints, photography, ceramics, jewellery, textiles, glassware, with refreshments and helpful facilities along the route.

"This is more than a trail – it's a celebration of creativity and community," says NBA Co-Chair, Caroline Casswell. "Whether you're a seasoned collector or a curious passer-by, this is your chance to meet the makers and discover the diversity of artistic talent thriving in North Bristol."

The trail is carefully mapped out into smaller neighbourhood clusters to help you plan your route whether you're on foot or on wheels.



Above left to right: Nika Nazarova-Evans | Caroline Casswell | Nancy Chambers

30 years of Niche



This year, local framers and printers, **Niche**, are proud to be celebrating **30 years in business** – originally their home was in Stokes Croft with the framing, photograph/scanning and printing all under one roof. When

the business had to move from this location in 2020, the shop came to Zetland Road and the framing moved to a purpose-built location in Brislington. The business has been happy in both its locations but the large Zetland Road space is perfect for meeting customers and discussing their framing projects, as well providing a gallery area.

When I visited in October, it was great to see some of **Richard Castor Jefferies'** prints of original paintings depicting many local spots on Gloucester and Cheltenham Road. Richard has all his artwork framed and prints reproduced with Niche, and the exhibition at the venue created a great buzz.

Niche now looks forward to being venue 28 on the North Bristol Arts Trail that takes place over the last weekend of November. Niche is pleased to host painter, Mick Connaire. This weekend dedicated to local art seems the perfect time for Niche to **celebrate their 30th birthday!** Do visit the local venue and **enjoy a delicious slice of birthday cake** and some people will be lucky enough to receive a celebratory gift. They will be open late on Friday 28 November for the launch evening and during the day of Saturday 29 and Sunday 30 November, so there is plenty of opportunity for you to pop in and join the celebration!

It is always great to chat with director, Rupert Morley, and hear what exciting projects and events Niche has planned. As well as the Arts Trail, Niche is pleased to support the **RWA (Royal West of England**

Academy) 172 Annual Open Exhibition with their **Niche Print Makers Award**. The exhibition, that runs to 28 December, features over 500 contemporary artworks. Any artwork that has used print making techniques is eligible for the sponsored prize of £250 in printing and framing, and £250 cash.

Looking ahead to 2026, Niche is heavily involved in iconic **Bristol photographer Beezer's new book launch and exhibition**. Beezer is launching two new books that depict his photographs of Bristol's vibrant music scene during 1982 to 1986. Along with the books there will be some roaming shows, which Niche is printing and framing all the artwork for.

Christmas at Niche. Don't forget to get your framing and printing orders to them in good time so the local business can have your Christmas gift items ready for the big day! As well as personal artwork, Niche can find the perfect frame for sentimental drawings, cards and letters as well as 3D items such as baby shoes, sports memorabilia or a favourite Teddy. When I was there, they were working on framing sections of Formula One cars for racing fanatics!

To the next 30 years! I have nothing but admiration and respect for independent businesses like Niche that stand the test of time. Their success is down to endless hard work, a great, skilful team, their expert knowledge and willingness to move with technology and invest in the future. Local residents, husband and wife team, Pete and Jane, launched Niche in 1995. On their retirement in 2016 their son, Joe (who heads up the framing side) and director Rupert (who leads on print and scanning), took ownership. In these talented hands, **Niche continues to thrive and enjoys being part of Bristol's creative scene.**

01179 422213 | nicheframes.co.uk

@nicheframes @NicheFrames

Niche, 4 Zetland Road, Bishopston, BS6 7AE

Free customer car parking just off Cranbrook Road

Collect stamps along the way and **be in with a chance of winning original artworks** in a return of last year's popular Art Collectors' Trail!

Beyond the weekend, North Bristol Artists remain active year-round, hosting exhibitions, workshops and classes that nurture creativity across the community.

Event Details:

Dates: Saturday & Sunday, 29–30 November 2025

Venues: Studios, homes and public venues across six North Bristol neighbourhoods

Highlights: 110 artists, diverse media, warm hospitality, community-driven

For more information: visit northbristolartists.org.uk

NORTH BRISTOL ARTISTS TRAIL

29-30 November 2025
10am-5pm

Scan to visit our website

Small Group Strength Training *with Polly Turnill*



"I just need a little push"
 "I can't keep up the motivation on my own"
 "I'm not really sure what I'm doing"
 "I'm worried about injuring myself"

These are just some of the reasons (not to mention having fun, meeting new people and feeling awesome!) why small group training could be just what you're looking for.

Gill started training with us in January. She's 65 years old and a very busy grandmother!

"I spend a lot of time with my three pre-school age grandchildren, something I would like to continue for as long as possible"

Gill regularly exercises but was frustrated as she has a shoulder injury which she kept on making worse and wasn't sure how to train safely.

the group means that each person receives individual attention. I feel more confident to push a little further each week, and so far, remain injury free!"

Gill has done amazingly well. She rarely misses a session despite her busy work and childcare schedule and it's paying off; last week she was able to lift the most she's ever done before! The biggest achievement is her confidence.

"It's great to be in an environment where exercising with others is both motivating and fun. I leave every session feeling more mobile and energised, with a spring in my step as I walk home!"

If you'd like help with getting stronger and fitter, in a safe and friendly environment AND have fun at the same time, do get in touch!

Email: info@pollyturnillfitness.com
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Let's Light Up Bishopston: Window Wanderland Returns in 2026

Bishopston's much-loved *Window Wanderland* is back from **27 February to 1 March 2026**, and we'd love for you to be part of it.

For one magical weekend, our streets will be transformed into a walking trail of creativity, with homes, schools, businesses and community spaces lighting up their windows to bring joy, wonder and connection to the neighbourhood. Whether it's a bold design, a simple silhouette or a child's drawing on tissue paper, it's about joining in, not perfection.

In recent years, we've seen a drop in displays, but we believe the spirit of *Window Wanderland* is still alive in Bishopston. This is our chance to reignite it, bring people out of hibernation, spark conversation over garden walls and celebrate the creativity that makes our community so special.

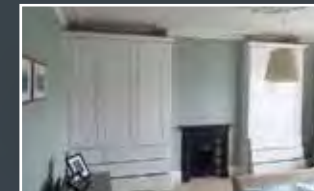
We need your help to make it shine.

If you love the festival and want to see it thrive again, we'd be so grateful if you could help spread the word. Share it in your community groups, class or street WhatsApp chats, or on social media. Every little bit helps.

We're also looking for **local businesses** who'd like to get involved, either by sponsoring the event or offering up their windows for schools or community groups to decorate. It's a fantastic way to show your support and be part of something that brings thousands of people out to explore the area.

To take part, offer help or get involved as a business, visit www.windowwanderland.com or email us at comms@windowwanderland.com.

Let's bring the magic back and make *Window Wanderland 2026* the brightest one yet.



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Introducing you to Suyuan Bistro Healthy, tasty and not too costly

There are so many great things that I can share with you about Gloucester Road restaurant, Suyuan Bistro. The delicious, fresh tasty food, calm, tasteful interiors and excellent service, but for me, what made this experience special is the lady that brings all of this together – Mei, its charismatic owner.

I was lucky enough to share a wonderful meal with a friend at this local eatery, where we were treated to a banquet of freshly made Chinese chive pancakes, deliciously filled tofu and herb dumplings, delicate salmon curry, tempura prawns, exceptional fried rice and my personal favourite, sweet and sour Chinese aubergines. All washed down with home-made peach and passion fruit iced tea – the perfect accompaniment.

There is an abundance of vegan, vegetarian and gluten-free options and Mei makes her own (very) hot sauce and pickle.

Owner also of popular Suyuan vegetarian and vegan restaurant on Queen's square for the last nine years, I was interested to know what led Mei to set up this enchanting Bistro on Gloucester Road? She explained, "I have always loved Gloucester Road and, members of my family have enjoyed businesses here. I did a lot of research into Chinese eateries in Bristol and I found they all shared very similar, western-style Chinese dishes. I wanted to showcase authentic home Chinese cooking, all created with fresh ingredients, sourcing particular Chinese vegetables from specialist suppliers.

"I understand many people associate Chinese food with GM and takeaways but we really offer something different. We produce dishes, cooked with love that are healthy, tasty and not too costly!"

Mei puts everyone who comes through the door at ease; nothing was too much trouble. People



are parcelled off with yummy left-overs – even with a portion of pickle.

The Bistro is open for breakfast, lunch and dinner. Mei has incorporated traditional English alternatives with a Chinese twist for breakfast (9am to 4pm), noodles are a favourite for lunch and then traditional dining in the evening (from 5.30pm). Always lovely to have options but I would recommend giving your taste buds a treat and keeping it Chinese.

It is always great to find a venue that can accommodate everyone's taste, desires and needs without compromising on flavour.

If you dine in, you can take advantage of their **Early Bird Special**. For £24.99 pp (served before 7pm) you can choose any starter, any main and either a rice or pancake dish.

You can also order food to takeaway via **Just Eat**; their full menu can be found on their website suyuanbistro.com You can make a reservation online or call **0117 403 5778**.

Open: Tues to Fri, 9am – 4pm. 5.30 – 11pm. Sat 9am – 11 pm & Sun 9am – 10pm. Closed Mondays.

Suyan Bistro, 131 Gloucester Road, BS7 8AX



Mei preparing Chinese sweet n sour aubergines – yum!



Love local this Christmas

There is no harm in starting early when it comes to planning Christmas and, luckily for us, our local high street and surrounding community has everything we need to get Christmas all wrapped up!

When I visit local traders now, I hear more than ever how they are working hard to keep the business they love open for all to enjoy. So, may I urge you to please support local when you start shopping for Christmas, they really do have you covered. From satsumas to fizz, books to your Christmas turkey, an original piece of art to wooden toys, Yule tide log to baking trays, gaming accessories to Bristol gin, a framed keep-sake to luxury candle, Kelvin Players or Bartholomite's performance tickets, along with all manner of vouchers! Flowers to cookery, beauty treatments to meals out, haircuts to tattoos, you can buy a voucher that will please everyone.

If you're looking for something in particular, you can ask traders questions on The Shop Local Gloucester Road Facebook page (which celebrates its five-year anniversary on 3 November).

Gloucester Road and its adjoining streets provide such a lovely shopping experience; the independent

businesses welcome you and are pleased to share their knowledge and advice. I hope to see many of you at Glos Rd Central's shopping evening on Thursday 4 December.

We also have some fabulous local charities that are running Christmas appeals; read how you can support Bishopston Baby Bank and Aid Box Community; Goldenhill Community Garden invites you to make a door wreath and Children's Hospice Southwest would love you to join their Santas on the Run. North Bristol & South Glos Foodbank and Family Food Action welcome seasonal donations at their home at The Ardagh and The Ardagh itself has many festive events in the planning. You can even treat our four-legged friends with donations to the Bishopston Moggery and Bristol's Animal Rescue Centre.

Shopping can be sociable and entertaining, I certainly intend to visit some local school fairs – I always find something for a loved one and something I love for me! All while catching up with friends and enjoying a mulled wine and mince pie (from Joe's Bakery of course!).



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Fond farewell from



Situated between La Ruca and RePsycho, Playfull Toyshop has been trading on Gloucester Road since 2002 and will be closing at the end of December, when owners Kerstin and Nigel Price retire.

Kerstin and Nigel would like to thank the local community and all their loyal customers for their support in what has become, especially for specialist shops, a tough economic climate.

During the last 20 years Playfull has survived the 2008 financial crisis, Brexit and the pandemic; all of which affected football on our high streets. Playfull imported a large part of its stock from Europe and after Brexit costs rose by about 30%. The main cause of concern for their specialist shop however has been the inexorable rise of online 'shopping'.

Kerstin and Nigel would like to say a massive thanks again, for the great memories they have created over the last 23 years. They would also like to urge readers to carry on visiting and supporting the local traders that make Gloucester Road the special place that it is. These independent businesses offer a wonderful shopping experience, advice and passion for what they do that you won't find online.

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Santas on the Run returns!

A much-loved Christmas event – Santas on the Run, which will see people dressed as Father Christmas, elves and other festive characters, is being held on **7 December** in the grounds of Children's Hospice South West's (CHSW) hospice at Charlton Farm in Wraxall.

This is the third year the 2k festive run has been held in the beautiful grounds of Charlton Farm. Last year's event raised an incredible £15,000 for CHSW.

People are encouraged to arrive in festive fancy dress, with prizes on the day for the best dressed child, adult, pram and dog. Money raised from Santas on the Run will go towards offering care and support to local families who use CHSW's three hospices, including Charlton Farm.

Tickets are available to buy online at www.chsw.org.uk/event/santas-run-north-somerset-2025

Also included in the ticket price is half-price entry to Noah's Ark Zoo Farm on the weekend of the event for the ticket holder and up to four friends and family.

CHSW Events Fundraiser, Hollie Thorogood, said: "We can't wait to see all of Santa's little helpers at our *Santas on the Run* event this year and hope everyone can join us for another fun-filled day. We're delighted to hold the event at Charlton Farm for the third year and show people our amazing hospice."

All money raised from Santas on the Run will help CHSW to continue providing care to local children living with life-limiting conditions and their families. Participants are encouraged to raise £25 in sponsorship as an individual and £70 per family.

www.chsw.org.uk | 01275 866600



Local church events

Bishopston Methodist Church,
245 Gloucester Road, BS7 8NY



Tea, Coffee, Craft & Chat, Saturday 8 November and Saturday 13 December, 10.30am to midday (then every second Sat of month). A chance to chat, join in with our church sewing group or just bring your own projects... Or, just come along and have a tea or coffee with us.

Singing Carols on the steps of the church on Saturday 20 December from 11 am.

Midnight Communion, 24 December at 11.30pm.

Horfield Methodist Church,
Churchways Ave, BS7 8SN



Christmas Fayre, Saturday 22 November, 10.30am to 12.30pm.

Nativity service, Sunday 21 December, 10am.

Christmas Carol Service, Sunday 21 December, 6pm.

Christmas Eve Crib Service for all the family on Wednesday 24 December, 4pm.

Christmas Day Service 25 December, 10am.

Sounds like Christmas at Gloucester Road WI



Come and make your very own Christmas Wreath

Last month, Gloucester Road WI hosted its very first **Sound Bath** – and it proved to be a resounding success! Around two-thirds of the group, including seven first-time visitors, had never experienced a sound bath before but came

along especially to give it a try. The session was led by **Rounik**, who lives just off Gloucester Road. He explained how the sounds he creates help guide our brains from a state of normal alertness (known as beta waves) into slower, more relaxed brainwave states. The rhythmic vibrations encourage the brain to synchronise with these calming frequencies, promoting deep relaxation. Feedback was overwhelmingly positive – from both Rounik, who loved the venue and hopes to hold more sessions there soon, and from participants, who rounded off the evening in true WI style with a cup of herbal tea and a friendly chat.

Looking ahead, on **Tuesday 25 November**, we'll be hosting our ever-popular **Christmas Wreath-Making Workshop** at St Bonaventure's Parish Hall from 7.45pm. This festive workshop has become a much-loved annual tradition, offering great value and plenty of creative fun. **The session is free for members and £28 for visitors** (women aged 18+). The price includes everything you need to make and take home a beautiful, traditional Christmas wreath for your door. As spaces are limited, booking in advance is essential. If you'd like to attend as a visitor, please email info@gloucesterroadwi.org. Alternatively, you can join as a member now and attend the workshop for free as part of your membership. Details on how to join can be found at www.gloucesterroadwi.org.



The Coffee Pot

Fri 28 Nov – an interview with Jon and Grace Daniel, an airline pilot and Inflight Service Manager

Fri 12 Dec – Christmas

special: Christmas carols and refreshments.

The Coffee Pot takes place at Church of the Good Shepherd Hall, Bishop Road, BS7 8NA, 1–2.30pm. There is a voluntary contribution of £2 to go towards the cost of the refreshments.

For more information, email: bishopston@emmanuelbristol.org.uk



Brunel Field's Winter Market

Brunel Field School is thrilled to be welcoming back local vendors to their Winter Market on Thursday 20 November, at the Gloucestershire County Cricket Club.

This sustainable event showcases some of the best local handmade crafts and produce including homewares, art, jewellery, spirits, hot sauces, designer stationery, accessories, clothing, and much more...

There are also a fantastic range of pre-loved bargains donated by the school community including toys, puzzles, games and fancy dress.

You can even wrap your gifts on site and leave with a free sprig of mistletoe!

All are welcome to this year's event at the Seat Unique Stadium, BS7 9EJ.

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

Everyone welcome at The Tattoo Studio



Thirty years in his tattoo studio next to the arches in Bishopston, is testament to the skill and professionalism of Bristol born-and-bred, award-winning artist, Ben Boston.



Before

After



I enjoyed visiting the venue recently and learning more about this popular local business. Never stepping foot in a tattoo studio before I was made to feel extremely welcome and comfortable. I was impressed by the professional set up and slightly overwhelmed with the skill and artistic talent Ben brings to all of his designs.

Ben has clients of all ages and walks of life and everyone is treated with

professionalism and respect. If people would feel more comfortable to have someone by their side while they have their tattoo that is absolutely fine with Ben.

Ben covers all styles of tattoos in his work. As well as creating new tattoos, Ben specialises in transforming tattoos that people are no longer happy with into something amazing. Nothing is left to chance, Ben translates your ideas into a design you first see on paper before it is set in ink. I was also interested to learn Ben can transform scars into something beautiful. Ben shared, "We offer a discrete, one to one service, where you can be utterly comfortable in a completely safe, non judgemental environment."

While you receive a premium service, The Tattoo Studio is committed to always offering a fair price. Book in today, and take advantage of the **Reader Offer** below and get **£10 off!** If you are looking for a seasonal gift that will result in a unique piece of artwork, personal to that individual, this offer can also be used in the purchase of **Christmas Gift Vouchers**.



Scar transformation



Santa says,

*"A tattoo isn't just for Christmas
so get the best!"*



Reader Offer! Get **£10 off** your tattoo booking or **Gift Voucher** purchase. Simply quote "BMXmas25" before the end date of 30/12/2025.

The Tattoo Studio, 232 Cheltenham Road, Bristol BS6 5QU

Tel: 0117 9077407 • Visit: www.tattoo-bristol.co.uk

Facebook: The Tattoo Studio Bristol • Instagram: [tattoostudiobristol](https://www.instagram.com/tattoostudiobristol)

Don't forget to mention Bishopston Matters when replying to ads!

Regain your confidence with Cleo Extended

This month we catch up with Cleo, founder of Cleo Extended – a personal hair extension service offering high-quality, natural looking hair extensions.

What led you to launch your business? I have always been passionate about hair and wanting to pursue a career in this area. I chose to work with hair extensions as since the birth of my children, I have suffered with thin hair, which really knocked my confidence. Like many of the woman I now work with, I felt there was a stigma attached to hair extensions that for a long time prevented me going down this route.

What changed your mind?

A few years ago, a friend lost hair through stress. The addition of some quality hair extensions changed everything for her, and this gave me the confidence to explore extensions for myself. The results were amazing; they have completely transformed the way I feel about myself and reignited my confidence and self-worth.

What motivates you?

I am passionate about spreading the glow these extensions can create. I am determined to show people how natural the extensions look and enable them to regain their confidence. I receive many compliments about how healthy my hair looks and nobody ever thinks I am wearing extensions – and that's the way it should be.

What can people expect if they book in with you?

The first step is scheduling a **free consultation**, where I will colour match to the client's hair. Based on the length of hair they require (the hair is costed per gram), I can then provide a quote. If they decide to go ahead after the initial consultation, I will order the hair and book a date in for the fitting. This is the fun bit when clients leave in feeling fabulous!

Where are you based? I have a beautiful home salon in Cheswick Village but appointments can also be made on Gloucester Road.

How do get in touch? Please message me on Instagram: @cleoextended, email me at: cleoextended@gmail.com or call: 07717 824555.



Cleo



Hello Autumn Beauty!

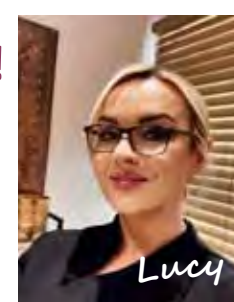
As the days get cooler and the nights draw in, it's the perfect time to refresh your look and indulge in a little self-care.

At **Icon Beauty** we're here to help you feel your best as the festive season approaches – step into the cozy comfort of our salon, escape the autumn chill, and let our friendly team get you ready to sparkle all season long.

pedicures and expert waxing, so you can step into the festive season looking and feeling your absolute best. From perfectly shaped brows to glossy nails and silky-smooth skin, we'll make sure every detail is taken care of. Relax, unwind, and let us help you glow with confidence – because you deserve a little sparkle this season!

Give the Gift of Self-Care This Christmas!

Looking for the perfect present for someone special? Treat them to a little pampering with an **Icon Beauty Gift Voucher** – the ideal way to show you care this Christmas. It's a thoughtful, flexible gift that lets your loved ones choose exactly how they'd like to be spoiled. Pop into our **Bishopston** salon to pick one up, or visit our website and order one online – because everyone deserves a bit of beauty and relaxation this festive season!



Lucy

NEW! Korean Lash Lift

Wake Up to Naturally Gorgeous Lashes!

Say goodbye to your lash curler and hello to effortlessly beautiful lashes with our **Korean**



Lash Lift at Icon Beauty, right here in Bishopston!

This gentle, nourishing treatment lifts and curls your natural lashes, giving you that bright-eyed, fresh look that lasts for weeks.

Using the latest Korean beauty techniques, we enhance your lashes while keeping them healthy and soft – no extensions, no fuss! It's perfect for busy mornings, leaving you feeling refreshed, confident and ready to take on the day!

Book your Korean Lash Lift today and enjoy 10% off your first treatment!

Get Party-Ready with Icon Beauty!

With the party season just around the corner, it's the perfect time to treat yourself at **Icon Beauty**. Our talented team specialises in **brow lamination, eye and lash treatments, gel manicures,**



Working with you to create a clean, green and serene home & garden for you and your loved ones to enjoy. Focusing on ethical practices that care for the environment while simplifying your life, my services are designed to bring ease, flow, and balance to your space.

Emily x



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Website ; barbaradizdar.co.uk
Sunday 23rd Nov 2025 1pm-5.30pm

Coasters and Candleholders
at Marie Curie 105 Gloucester Rd BS7 8AT

Mosaic workshops

Gifts for Christmas
Saturday 29th Nov 2025 10am-6pm

Creatures and Flowers
Day workshop including Lunch
at My Studio in Fishponds BS16 3JZ
contact: barbaradizdar@gmail.com



iconbeauty.co.uk

269 Gloucester Road, BS6 8NY | 0117 924 5566

Lucy and the Icon Team x

Aid Box Community: A Place to Belong

Moving into St Bart's Parish Hall has been a huge moment for Aid Box Community (ABC) – one filled with effort, emotion and an overwhelming sense of love. Shaped by thousands of hands and hearts, our new building is the result of months of volunteer efforts – their care, love and labour now held in its walls. We are deeply grateful. This isn't just a new space. It's our home, a place to belong.

This year marks ten years of ABC. What began in the dystopian muddy camps of Dunkirk in 2015 has grown into a movement powered by compassion. A story of hope. Of what it means to be human and care. Of love in action.

Our 10-year celebration event was a moment of deep reflection and radiant joy. In our newly opened home, hope felt tangible. We heard stories of lives rebuilt, of resilience in the face of bureaucracy and indifference, and of love, patience, humility and dedication. A celebration not just of what we've built, but of who we've become: a community rooted in dignity and care.

Our founder, local resident, Imogen McIntosh, shared some words that stayed with us all:

"Looking at photos from the last 10 years, I saw how much ABC had done – but also how much me and my family had lived [...] and I thought about the people in the asylum system I've known for the same amount of time – whose lives have been frozen in limbo, without control over their futures. That's the cruelty of the asylum system."

We're living through increasingly difficult times, and the weight of hostility towards displaced people is

felt deeply across our community. We've had to take safety measures we never imagined, and it's heartbreaking to hear those we support say they're not afraid – they're just used to it. That kind of acceptance should never be normal. Solidarity matters and we believe that through truth, dialogue and care, hearts can change.

Now that we've settled into our new home, we're turning our energy towards one of the most joyful parts of our year – **Refutrees**. This November, our beloved **ethical Christmas tree sale returns**, each one supporting refugees and reminding us of what the season is truly about. **The shop opens on Thursday, 27 November at St Bart's Church on Maurice Road** (St Andrew's, BS6 5BZ) and will run until we're out of stock – usually about two weeks, so grab your Refutree while you can. Our online shop goes live on 15 November for delivery orders only. We'll be looking for volunteers to help run the shop and spread the cheer – keep an eye on our website for updates and ways to get involved.

Aid Box began with a call for help – and it's been answered again and again by people like you. Thank you for walking this journey with us.

www.aidboxcommunity.co.uk



Aid Box 10-year celebration day



Discover a hidden gem of land, glasshouses and polytunnels!

Unearth the joy of gardening with our vibrant flowering and bedding plants, house plants, bulbs, shrubs, alpines, fruit trees, composts, along with an extensive range of seasonal vegetables plants, herbs and seeds.

Relax and refuel in our on-site cafe.

UPCOMING:

- **Christmas Trees** in-store from Friday 21 November 2025
- **Wreath making workshops** on the Saturday 6 and Sunday 7 December 2025
- **Guest Lecture/Talk & Workshop** in April 2026 & much more throughout the year

Follow us on Instagram and Facebook for updates on our events

Kings Weston Road, Bristol, BS11 0XF
www.bristol.gov.uk/blaise-plant-nursery

2025 Opening Times
1st Oct – 21st Dec, Mon–Sat: 9am–4pm | Sun: 10am–4pm



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Open: Mon – Sat, 9am – 6pm ▪ *Trusted, local, independent*

“ I took my PC to I Love PC for retiring/recycling my computer in Sep2025. They were efficient, knowledgeable and helped me sort the best way to recycle my computer. I even got my PC hard drive (SSD), written over, as an external hard drive to use!

I have used them previously where they replaced my PC with SSD to extend its lifetime. I got nearly another 5 years from the PC with their advice. They provided the guidance to how to best deal with my issue for free. Their service is extremely trustworthy and helpful.

Best PC repair shop around Bristol!

4.9 ★★★★★ Google reviews



The team behind the hard-working Bishopston Bishop Road Primary School PTFA is pleased to be hosting the ever-popular Bishopston Christmas Market once again.

We are particularly delighted to give you the opportunity to buy Christmas presents for your family and friends (perhaps even a little treat for yourself), while supporting local artists and businesses.

Some of our old favourites are returning, and we are also welcoming new faces to the Market this year. We think you will agree that browsing a wide range of artistic goodies, crafts and treats in a thoroughly festive atmosphere is a far more enjoyable experience than shopping online.

Stalls will include gorgeous jewellery, delicious condiments, handmade crafts and much more.

Join us for an enjoyable evening of shopping, then relax with a glass of mulled wine and a mince pie from Joe's Bakery. It's an ideal opportunity to support creative people in your community and local businesses, while picking up some wonderful Christmas gifts.

Bishop Road Primary School, Bishop Road, BS7 8LS. Thursday 27 November, 7-9pm. Entry £2. Over 12s only.

And for more festive fun for the whole family, come and enjoy the 'Christmas Cracker' and Tree Sale at Bishop Road Primary School on Saturday 6 December (1-4pm). Christmassy kids stalls, mulled wine and Christmas trees galore!

Facebook: @BishopRoadPrimarySchoolPTFA



BISHOP ROAD Christmas CRACKER

Christmas Tree Sale & Festive Fun
All Are Welcome!

SATURDAY 6TH DEC
1PM - 4PM

Please pre-order your trees on the PTFA website by Fri 28th Nov.
Extra trees available on the day!
ptfa.bishoproad.bristol.sch.uk/shop

Bishop Road Primary School, BS7 8LS

Bishopston Christmas Market

at Bishop Road School
Thursday 27 November
7pm to 9pm

Enjoy an evening of shopping a glass of mulled wine and a mince pie all whilst supporting creative people in your Community and local businesses.

Entry £2, over 12s only



All your festive favourites at Joe's Bakery

Christmas-ready! Nobody does Christmas confectionery better than Joe's. All the scrumptious, seasonal favourites of: Christmas bread, authentic German stollen, spelt and curd stollen, mince pies (in many yummy forms), cinnamon stars, panettone classico, pudding truffles, yule logs and traditional Christmas cake, along with some newer items such as chocolate orange brownies.

Enjoy samples of these delectable bakes at Glos Rd Central's **Christmas Shopping Evening on Thursday 4 December** where you will also be able to pick up some beautifully packaged bakery gifts.

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

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- Shellac pedicure – £32 (normally £47)
- Aromatherapy Massage – £29 (normally £40)
- Eyebrow – Threading/Waxing – £9 (normally £12)
- Reflexology First Treatment – £45 (normally £55)
- 10% off – any non offer treatment (existing clients)

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* One offer to be selected only, one use only. Valid until 30/11/2025



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SCAN ME

Baby Bank Network Bristol launches Christmas Appeal

Baby Bank Network Bristol (BBNB) has launched its annual Santa's Sack Christmas Appeal, a vital initiative aimed at supporting families across Bristol in need this winter and beyond. Founded by three local mums living in Bishopston back in 2015, the organisation has supported over 11,600 families across Bristol in 10 years!

Your support is urgently needed – Child poverty in the UK is at a record high. In Bristol, one in five children live in income-deprived families, increasing to half in some wards. Poverty significantly harms children's health, wellbeing and life chances. Parents are often forced into impossible choices about what to spend limited income on. Many of the families we support also face additional challenges, such as homelessness, domestic abuse, seeking refuge/asylum, mental health issues, mums under 21.

Essential Support Services – Hygiene poverty is also a problem for many families, with 1.1 million children in the UK lacking access to basic hygiene products. In addition to redistributing preloved items like clothes, cots and prams, BBNB distributes over 1,000 toiletry packs annually for mothers and babies. Each pack costs approximately £20 and includes essential items such as baby wipes, nappy cream, soap, shampoo, toothbrushes, and more.

"Thanks to the generosity of our supporters, since beginning in 2015, together we have helped over 11,600 families in Bristol, redistributing over 482,000 items. If bought new, we estimate these would have cost over £3.5 million! None of this would have been possible without the kindness of the local community, and we are hoping you will be able to support us again this Christmas as we gear up for a busy winter of referrals to our service. If you are able to make a financial donation, or organise a toiletries drive, please do! With your support this Christmas, we can continue to provide essentials for children up to five years, help keep children safe and well, ease the burden on families already struggling, and relieve some of the anxiety that comes with having a newborn," said Becky Gilbert, CEO and Co-Founder of Baby Bank Network in Bristol.



Your Donations Doubled – From 2 to 9 December (midday), donations made to BBNB through the Big Give Christmas Challenge will be match-funded, meaning the impact of your generosity is doubled! For example, a £10 donation becomes £20.

Get your business, school or community group involved – As well as asking for financial contributions, BBNB is calling on schools, businesses and community groups to organise toiletry drives or donate pre-made toiletry packs.

Fundraising Goals – Baby Bank Network aims to raise at least £8,500 from public donations during the Big Give Challenge, which will unlock an additional £8,500 in match-funding, bringing the total target to £17,000. These funds will help ensure families across Bristol who are experiencing poverty or crisis have access to basic essentials.

How to support Baby Bank Network's Santa's Sack Appeal

- Donate to their Big Give Christmas Challenge from midday on 2 to 9 December (midday), and have your donation doubled!
- Organise a toiletries collection in your place of work or worship, school or other community group, or donate pre-made toiletry packs (please visit their website to find out what toiletries are needed).

For more information on how to support Baby Bank Network Bristol this Christmas, and beyond visit their website at www.babybanknetwork.com/christmas.



News & tips from **New Style**

Supporting our hair as it changes over the years

During perimenopause and menopause, changes in oestrogen and progesterone can affect the hair's growth cycle. Many women notice thinning, reduced density and drier, more fragile strands. This often begins in perimenopause, when hormones first start to fluctuate, and continues as the natural hair cycles shorten with age. Don't fear! New Style is here to support our clients through the changes, by recommending gentle shampoos and conditioners, regular moisturising masks, and avoiding harsh chemical or heat treatments. Scalp massages with nourishing oils may improve circulation and leave hair feeling healthier and stronger. We can also advise on a well-chosen haircut or styling technique to make the hair look fuller.

Join the New Style team!

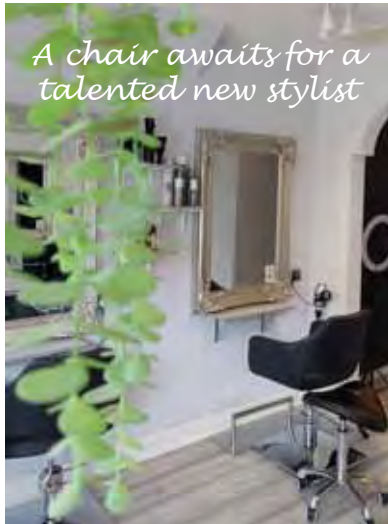
There is now an opening for the right stylist to join this popular Gloucester Road business by renting a chair. Do get in touch via the contact details below to discuss this great opportunity.



Paula *New Style owner*

New Style, 443 Gloucester Road, BS7 8TZ

07564 024299 New Style hair salon Bristol



A chair awaits for a talented new stylist



Beauty Box

Give the Gift of Beauty this Christmas with Beauty Box!

This holiday season, treat your loved ones to a little luxury with Beauty Box, Bristol's beloved family-run beauty salon group. Whether it's a well-deserved pampering session or a rejuvenating facial, our gift vouchers are the perfect present for anyone who deserves a moment of indulgence and they are valid for 12 months.

At Beauty Box, we understand that the holidays can be hectic, and finding the perfect gift can be a challenge. That's why our gift vouchers make shopping easy and delightful!

Imagine the joy on your loved one's face when they unwrap a gift of relaxation and self-care! Our talented team of beauty professionals are dedicated to providing exceptional service and creating a warm, welcoming environment. Each voucher can be used for a wide range of treatments, including manicures, pedicures, massages, facials and hair removal services.

Not only do our gift vouchers make for a thoughtful present, but they also allow your friends and family to choose exactly what they want! Whether they opt for a calming spa experience or a trendy new Hydrafacial, our team at Beauty Box is here to ensure they leave feeling refreshed and beautiful.

Reader Offer! Mention Bishopston Matters and get an **extra 20%** on vouchers that are used in January, February or March 2026. Spend £40 and get vouchers worth £48 when you use them at the start of next year. So, don't wait until the last minute—buy your Beauty Box gift vouchers today!

Available in any denomination, our vouchers can be purchased online at beautyboxbristol.co.uk, over the phone or in person at any of our conveniently located salons across Bristol.

This Christmas, give the gift of beauty and relaxation. Because everyone deserves a little pampering!



Beauty Box – where beauty meets Family

Daniela Difford Upholstery

Offering bespoke upholstery services using traditional and modern methods, including soft furnishings.

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Tel: 07455 183309



Keep fit with Dance Moves

At **Horfield Methodist Church** BS7 8SN, 10.15–11am (registration at 10am) & **St Peter's Church, Filton**, BS34 7BQ, 2–3pm.

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

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

Circle Dance Evenings

At The Old Library, Muller Road, BS5 6XP, on the last Tuesday of each month, 7.30–9.30pm.

Our autumn dance is on **Tuesday 25 November**. There will be no meeting in December.

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

Email: circledance321@gmail.com
Information also at: www.theoldlibrary.org.uk



Westbury on Trym

16 High Street, Bristol, Westbury-on-Trym, Bristol, BS9 3DU

0117 9507080

Coldharbour Road

121 Coldharbour Road, Redland, Bristol, BS6 7SN

0117 3291750

Clifton Down

Unit 1, Clifton Dn Shopping Centre, Whiteladies Road, Bristol, BS8 2NP

0117 3297005

Keep up to date with further news and offers on Beauty Box

Claire with Maple Road's donations including the WI harvest festival collection



FFA is looking forward to Christmas – you can help support local families and children

Christmas Wish List

- Chocolate Coins
- Boxes of Biscuits
- Boxes of Chocolates/Sweets
- Selection Boxes
- Mince Pies
- Christmas Puddings
- Crisps / Snacks (no Nuts)
- Gravy
- Stuffing
- Cranberry Sauce
- Bread Sauce
- Jelly
- Nice Toiletries (suitable for gifting) for men, women, teenagers, children



Vegan and gluten-free options are always very welcome. Please note we cannot accept items which include alcohol or nuts

By the time this issue lands on your doormat we expect that, for many of you, Christmas preparations will be underway. FFA is planning the logistics of our Christmas collections and how we will get them to each of our partners in time to fit around their particular holiday celebrations.

We are always on the lookout for a bit of extra help towards the end of the year – including extra drivers to deliver donations – so, if you can spare some time and would like to get involved, please do get in touch.

Some of our partners close over the Christmas/ New Year period, so we try to boost our pre-holiday donations to make sure they have enough food to last until after the holidays.

Store-cupboard items are always needed and in addition we try to include some special treats so that all our families can join in the festivities.

Have a look at our Christmas Wish List and, if you are able to donate any items on it, please bring them up to us at the Ardagh on any Tuesday morning up to and including 16 December (our last collection before the festive break – we re-open for business on 6 January).

In the meantime, our fundraising activities are continuing: on 8 November we will have a stall at The Ardagh Food & Craft Market, selling more of Louise Block's beautiful glass art and jewellery (fantastic Christmas gift and craft ideas and stocking fillers), as well as cakes baked by our volunteers. Please come along to try our wares (we have some very talented bakers in our ranks) and take the opportunity to find out more about FFA: what we do, and how we do it. It would be great to see you.

Can you make 2026 better for FFA families and children?

As thoughts turn towards New Year resolutions, you might consider the various ways you could make 2026 the year you support Family Food Action (either as a one-off, or as a more regular involvement):

- **You can set up a new street collection group.** Get together with neighbours and collect food and toiletries regularly. These are distributed through the partner food clubs and at the play sessions to children and families in need
- **Run a fundraising event:** could you (or a group you are part of) do a coffee morning or a sponsored swim/run/ride in aid of FFA? Funds go to buy fresh fruit and veg and dairy products
- **Fund FFA purchase of food for families in food poverty:** Pay a regular or one-off financial donation – £5 a week for instance goes a long way to help families in need
- **You could volunteer** at a food club or with FFA – contact us for details
- **Donate** some essential foodstuffs at The Ardagh on Tuesday mornings between 10.30am and 12pm

To find out more about any of these, please visit our website Familyfoodaction.org.uk

To follow up on our last article, we are very sorry to report that the food club at St Paul's has had to close because no suitable premises have yet been found. Having said that, efforts are continuing, and we very much hope that the closure will be temporary rather than permanent. In the meantime, we are working to find other ways in which we might be able to help support the families who used the food club, and we remain hopeful for a workable solution.

Dear North Bristol,

Working in animal rescue is both inspiring and heart breaking. Today I have comforted a stray dog, groomed a matted kitten and cleaned a kennel for the final time for one of our long stays, one of the lucky ones who has found their forever home.

I see frightened dogs, sick cats and injured wildlife arrive at our doors every day, some come here and meet compassion for the very first time in their lives and sometimes sadly this also is their heartbreaking end; but finally seeing true kindness.

We also see the joy of a cat healed, a dog learning to trust again, and a hedgehog released back to the wild. These moments make all the challenges worth it.

Animals give us so much; a pet that makes you laugh, a robin's chirp on a frosty morning, or the comfort of a loyal companion that's always warming a spot on the sofa. This Christmas, we want Bristol to show them all how much they mean to us.

By supporting **The Big Give Back To Animals** with a donation to Bristol Animal Rescue Centre you'll give Bristol's unwanted animals food, care, warmth and love when they need it most. Together, we can give back to the animals who always give us so much.

And if you aren't in a position to support us this Christmas, look out for the signs from Bristol's animals that want to wish you...



A MERRY CHRISTMAS

Flame Dunn, Clinic Nurse Assistant,
Bristol Animal Rescue Centre
For people, for pets, for Bristol



Scan to Donate

Or Call 0117 980 3906
(Monday – Friday, 9am to 5pm)





THE DRONE LIGHT SHOW

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20-21
DECEMBER 2025

SEAT UNIQUE STADIUM | ALL AGES WELCOME
BISHOPSTON, BRISTOL | (UNDER 3S FREE)

This show is suitable for all ages. Wheelchair-accessible seating, a buggy park, and concession discounts are available. Contingency dates provided in the event of bad weather.



New immersive drone light show, WILD, arrives in Bristol to bring the animal kingdom to life like never before

On 20 – 21 December 2025, *WILD: The Drone Light Show* will light up Seat Unique Stadium with dazzling displays of beloved and majestic creatures, from soaring birds and prowling tigers, to polar bears and playful penguins.

Bristol, 9 September – A new one-of-a-kind spectacle, **WILD: The Drone Light Show**, is coming to Bristol on **20 – 21 December 2025**. Taking place at **Seat Unique Stadium**, the experience brings the animal kingdom to life in a dazzling fusion of cutting-edge technology, artistry, and music. Produced by **Yuup** and **Celestial**, WILD is touring venues across the UK in 2025, with Bristol set to host this spectacular show on the journey. You can purchase your tickets for this amazing show now!

Before the main event, guests can enjoy a family-friendly pre-show programme, including a food village and, in select venues, live music and fairground rides. The main event is a spectacular 40-minute performance in which over 600 drones light up the night sky, creating vivid depictions of four wild worlds – desert, ocean, arctic, and jungle – synchronised with music.

“With WILD, we set out to capture the wonder of the natural world and put audiences at the heart of it,” said **Dominic Mills, Founder of Yuup**. “When we asked our audiences what they most wanted to see in a drone show, the answer was clear: the animal kingdom. That inspired a journey across deserts, oceans, arctic worlds and jungles, brought vividly to life in the night sky – from penguins to polar bears.”

WILD is produced by **Yuup**, the marketplace for local experiences, in partnership with **Celestial** – a world-leading drone art company that fuses creative vision with technical mastery to deliver awe-inspiring shows. Together, they launched the UK’s first paid-for ticketed drone light shows in 2023. Since then, they have continued to captivate audiences with mesmerising productions such as *A Christmas Carol* and *The Wizard of Oz*, bringing breathtaking displays to cities across the country.

To date, their shows have been enjoyed by more than 130,000 people.

Practical information:

- **Location:** Seat Unique Stadium, Bristol, BS7 9EJ
- **Dates:** 20 – 21 December 2025
- **Price:** Starting from £14 per adult and £9 per child (age 3+) for Early Bird
- **Duration:** 40 minutes
- **Tickets:** www.wilddroneshow.com

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Founded in Devon, they offer a wide range of sustainable eyewear made from plant-based bio-acetates, recycled metals, and repurposed materials.

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☎ Tel: 0117 942 0011
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🌐 www.lunaroptycal.com

for more information
about bird, visit
bird eyewear.co.uk

bird
EYEWEAR



Who is Sense of Self?

Sense of Self is a new holistic wellbeing studio in Bishopston; we offer yoga, pilates, barre and rest, seven days a week. Our intention is to meet you where you are, and we wholeheartedly invite you to come as you

are. We are committed to offering high-quality classes with experienced, kind and inspiring teachers, so that when you come to class you feel supported and seen. We are a place for everybody to feel, move, breathe, connect and express.

When we opened in March, we spent time figuring out what we valued as a space, and we landed on the following:

Self expression | Joy | Community | Connection

so, this means that we aspire for everything we do to be rooted in, and an expression of, these values.

What to expect when you visit? We are so proud of our quiet little sanctuary tucked behind Gloucester Road, and we hope that when you visit, you feel the love and intention that has been poured into the space to make it feel like home. You can expect a beautifully designed, natural light filled space with underfloor heating, small class sizes, the best quality mats, props, equipment and sound system and always, our freshly brewed SoS tea!

The best way to practice with you? We offer a really popular introductory offer, which is a great way to get to know us! It allows you to come unlimited times for two weeks for £40, to get a feel for what you like. We then have several memberships, class packs and drop-in rates.

Something special? Once a month we offer an SoS social/special, which is a longer practice, with some element of community after; so far we've been to The Ardagh sauna, hosted a summer solstice sound bath, a wine and book swap at Cave and we've got 'Groovy Barre' and an Autumn Equinox Special coming up. We include these in our memberships as a 'thank you' to our members.

Find out more at: senseofselfbristol.co.uk

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



senseofselfbristol.co.uk

@senseofselfbristol



PILATES ∞ YOGA ∞ BARRE ∞ REST

Refocus Hypnotherapy

with Emily Richardson

If you're looking for a gentle, positive way to manage life's challenges, **Solution Focused Hypnotherapy** could be just what you need. This modern, science-based approach combines talking therapy with deep relaxation to help you focus on solutions rather than problems – supporting better sleep, reduced stress and a calmer, more confident mindset.

Sessions are relaxing and uplifting, helping you take small, positive steps toward the future you want. Many people find it helpful for anxiety, low mood, confidence, motivation and general wellbeing.

For expectant parents, there's even more good news – **new Hypnobirthing courses** are now available locally using Sophie Fletcher's Mindful Hypnobirthing techniques.

These friendly and practical classes use the same techniques to help you feel calm, confident, and in control throughout pregnancy and birth.

Courses are offered in **small, welcoming groups or 1:1 sessions**, so you can choose what suits you best.

For more information, please visit my website: www.refocushypno.co.uk, give me a call on **07912 181128**, email emily@refocushypno.co.uk or follow me on Instagram: **@refocushypno**



Join the Bartholomites for their 2026 Pantomime



The Bartholomites are excited to announce their upcoming 2026 pantomime and are looking for individuals of all ages to fill various roles both on stage and off. Whether you have a flair for the dramatic or prefer working behind the scenes, we'd love for you to get involved.

No auditions! All ages are welcome, and no prior experience is necessary. We just ask for a sense of humour and commitment to the rehearsal schedule.

Interested in joining? Get in touch via the contact details opposite to find out more.

Rehearsals – Sundays 3.30pm at Horfield Methodist Church, BS7 8SN.

- starting 2 Nov for secondary school age and older
- starting 16 Nov for primary school age cast members

2026 Pantomime Performances – 19 to 21 February 2026.

Bartholomites Quiz Night

Test your knowledge and kick off the festive season at our **Quiz Night on Saturday 29 November**, at Cotham Parish Church Hall, BS6 6DR. Doors open at 7pm, and the quiz starts at 7.30pm.

Teams can have up to six members, and the entry fee is £5 per person. If you don't have a team, you can join one on the night. There will be a bar with soft and alcoholic drinks for sale, and Christmas outfits or hats are optional but might win you a prize!

Get in touch! For more information on joining the pantomime cast or the Quiz Night, please email: thebartholomites@gmail.com or find us on social media. [f The Bartholomites](https://www.facebook.com/TheBartholomites) [i the.bartholomites](https://www.instagram.com/the.bartholomites)



Big news from Little Bathroom & Boiler Co

It's always great to check in with a local business and hear they have had a good year and are excited about what the next twelve months will bring. Joining the Little Bathroom (LB) team of owner, Jamie, and designer, Siobhan, is Steph, who will be developing their online and social media presence.

You may have noticed the business has new brand colours on their shop-front and logo and new bathroom and kitchen displays are in the process of being installed in their showroom on Gloucester Road North too.

The business has worked on some stunning bathroom designs in BS7 over recent months, I think you'll agree the transformation below is fantastic! This tricky job, which resulted in a complete reconfiguration of the room's layout, could not have happened without Jamie's trade experience and determination, the craft workers they employ and the excellent design capability of Siobhan.

Jamie has 25 years in the plumbing trade and shares his wealth of experience and problem-solving abilities when working on a new bathroom or kitchen layout with designer Siobhan, who brings the style to your project. The team

listens to your wish list, the budget you have available and the style of design you love. They then develop the best possible layout and source quality products, which will look not only look stunning but will work perfectly on a practical level too, leaving clients delighted with the bathroom or kitchen they receive.

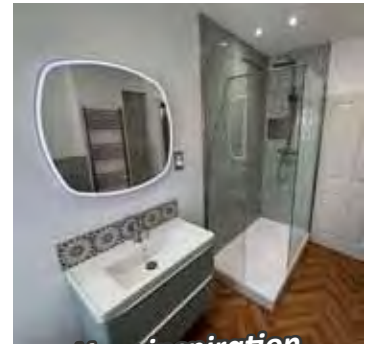
Being invited to work on high-end bathroom designs has led them to collaborate with 34 St John, suppliers of bespoke vanity units painted in your choice of colour. LB is proud to be the exclusive supplier in the South West of these products. LB can also supply bespoke, hand-painted baths, coloured radiators and UK-made, real wood vanity units through their exclusive partnerships.

LB is pleased to work with Somerset Toiletries, whose luxury bathroom products will soon be offered as an indulgent gift pack with the bathrooms they supply. LB also commissions a BS7-based product development company to create bespoke accessories for their bathroom designs.

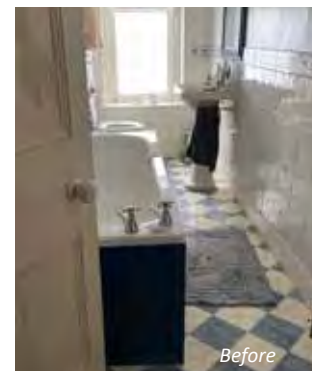
But it's not all about bathrooms! Their trade knowledge, design skills and attention to detail is also applied to all of the kitchen projects LB works with clients on to design and supply.

LB has decided to limit the fitting slots they will be offering to just one per month for 2026 in order that they can focus on design and supply as well as project management and consultancy work. So, do book an appointment with LB, talk with their skilled, passionate team and let them design and supply the perfect bathroom or kitchen for you.

32 Gloucester Road North, BS7 0SJ | 01179 792 860
www.littlebbc.co.uk | Instagram: **little_bathroom**



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Mind body & spirit event at Boston Tea Party



Osna's owner, Bridget, is excited to share the launch of a new holistic evening at **Boston Tea Party, Gloucester Road**. The first (of what hopefully will be many) **Mind, Body and Spirit evenings** will take place on **Saturday 22 November, 6.00–9.00pm**. All funds raised from this lovely event will be **donated to St Peter's Hospice**. Everyone is welcome to attend!



Are you a local therapy business who would like to join in? Bridget would welcome other local, holistic businesses to get involved and join Osna for this amazing charity event.

Osna, 222 Gloucester Road, BS7 8NZ
info@osnatherapy.com | www.osnatherapy.com
Instagram: osnatherapycentre | 07527 585984



This fantastic local group meets weekly for some exercise, socialising, free hot drink and to learn

something new from their guest speaker. Everyone is invited and you will be sure of a warm welcome.

All of the meetings below run 10am–12pm at The Seat Unique Stadium, Nevil Rd, BS7 9EJ.

Wed 5 Nov, Q & A with David Young – Part 2!

An ex-army bomb disposal operator, David Young will be talking about his experiences dealing with lethal improvised explosive devices during the 1960s, 70s and 80s.

Wed 12 Nov, Q & A with Alex Lovell – Alex is an English television presenter, actor, newsreader and voice-over artist who works for ITV West Country.

Wed 19 Nov, Q & A with Trevor Crouch – Trevor Crouch is the president of the Bristol & District Cricket League.

For more info, contact Andy; email: andy@finderskeepersuk.com or call: 07831 532670.

www.walkersandtalkers.org

SB Counselling – Talking therapy with Bishopston Matters

Hello, my name is Steve and I am an experienced, local Counsellor and Psychotherapist, registered with the National Counselling & Psychotherapy Society.

Mental Health Matters – Our mental health affects how we think, feel and act. Being proactive and managing our mental health, by making time to pause, reflect and process, can be as important as eating healthily and doing exercise. People work with a personal trainer to improve their physical health and I believe it is a strength to reach out and work with a counsellor to help improve mental health; whether it's resolving issues in the past, or getting back on track, to lead the life you want.

What can Counselling help with?

- Anxiety • Stress • Low mood • Depression
- Trauma (childhood, adult, multiple) • Bullying
- Bereavement • Confidence & Self Esteem
- Control • Shame • Family issues • Neurodiversity
- Relationship issues • Ill health (self, family, pet or loved one). This list is not exhaustive.

What is Counselling like? Some people describe the counselling process as unpacking their thoughts and experiences, with a counsellor helping to make sense of them, then re-packing them in a way that they feel more comfortable with; allowing them to take control and move forward.

Others describe feeling truly heard and understood without being judged, as liberating.

How do I work? I offer one-to-one counselling for adults at my private practice in Elm Road Studios, Bishopston, or online. I am a good listener, non-judgmental, and provide a comfortable, safe space to talk, at a pace you are comfortable with to help you explore and navigate your thoughts and experiences. I offer a FREE initial 30-minute consultation – in person, online or by telephone – as finding a counsellor you feel comfortable to work with can determine the effectiveness of therapy.

Scan the QR Code or visit my website, www.sb-counselling.co.uk to find out more.



“Steve made me feel comfortable and valued. I feel in control for the first time in years. Thank you.”



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Are You Helping Your Parents With Care?



The current cost of care homes in North-West Bristol is reaching 'eye-watering' proportions. We are not that far off seeing annual £100,000+ costs, and are already there in some specialist dementia care settings. Annual price increases are currently around 10% with local care homes passing on ever-rising costs like national insurance rises, national minimum wage increases and the rise in the cost of general insurance.

The abandonment of the proposed Government cap on care costs hasn't helped, with another Royal Commission on its way promising yet another full review into Social Care in the UK. The results of the review are expected in 2028 with any implementation of the mooted 'National Care Service' not until 2036. Let's not hold our breath on this one.

Much of the emotional strain can fall on you, the adult children, who may be successful professionals in your own right, working full-time and still caring for children of your own. You are not alone in being a stressed-out member of the 'sandwich generation'!

Such is the stress on the adult children, we are finding many coming to us not just for the clarity of later life financial planning support from a local specialist but also for help as a local guide, signposting to trusted local resources as well as providing that valuable emotional support in our homely office.

As a later life financial planning specialist, we have a complete understanding of the way in which local care homes operate, and the role that money plays. If your parents are selling the family home to fund care and have other investments and savings, it's well worth taking financial advice to properly explore the options.

This is especially true if you are acting as an attorney under a Lasting Power of Attorney where you will have a legal duty make decisions for your parents in their best interests. Naturally, as advisers to self-funding residents we have good relationships with some of the more high-end care homes in the local area, but we can also recommend some of the middle of the range homes too that fit the bill perfectly well.

Also, do not completely disregard setting up care within your own home. It is financially more possible than many may think, and there are some excellent local providers of domiciliary care out there.

We will provide you, as the adult children caring for a parent, with clarity and leadership, even if it means telling you the things you don't want to hear, but ultimately the solutions that are in your parents' and perhaps the wider family's best interest. We will walk with you side by side, providing the authority and gentle hand that local people in this situation desperately seek and value. Delivering advice on who should be paying for care and the all-important 'how' and 'when'.

Harold Stephens is a specialist, later life financial and legal planning specialist – our advisers are SOLLA (Society of Later Life Advisers) Accredited. We help families plan for later life issues such as care planning, inheritance tax, Lasting Power of Attorney and Wills. If you are caring for parents and they have amassed wealth, there are specialist options available that we can recommend to you, to not only fund the care that will give them the dignity in later life they deserve – but also in a very tax-efficient way and potentially put a cap on those care costs.

Don't hesitate to get in touch with the office for a complimentary initial chat. We can be reached at 50, High Street, Westbury on Trym BS9 3DZ, office@haroldstephens.co.uk or telephone us on **0117 3636 212**.



www.haroldstephens.co.uk | 50 High Street, Westbury on Trym, Bristol BS9 3DZ

Find our financial planning videos on YouTube by searching for 'Harold Stephens IFA'

Supporting independence in later life

At Abbeyfield, we believe in taking the stress out of later life, which is why we offer more than just housing. Our single monthly fee covers everything; rent, delicious home-cooked meals, and all utilities. It's one simple cost that lets residents focus on living and enjoying companionship and support, not worrying about bills.

Our four houses in Redland, Henleaze, Hanham, and Keynsham offer self-contained apartments with en-suite facilities and kitchenettes, allowing residents to maintain their independence.

A home that feels like family, with a simple, all-inclusive fee.

*"I have been here for two months, and all the staff have been so considerate, supportive, and caring."
Mary*





43-49 Westbury Road, Henleaze, Bristol BS9 3AU

www.abbeyfield-bristol.co.uk 0117 973 6997



**Book a viewing today
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What we offer:

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For independence.
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Home-cooked served daily.
-  **Fully-Inclusive Fees**
Monthly fees cover rent, food and bills.
-  **Landscaped Gardens**
Beautiful gardens for relaxation.



Discover Explorers Hangout

Tucked away on the Merton Road trading estate, just off Gloucester Road, is Explorers Hangout. Labelled as 'Bristol's only Petrolhead and Biker themed cafe-lounge' and home to the iconic Westcountry Choppers lifestyle brand, the Hangout is open and welcoming to anyone and everyone, whether you're into cars or bikes or just good coffee!

Serving its very own branded fresh coffee, as well as hot and cold drinks, all-day breakfast baps, hotdogs, burgers and loaded fries to eat in, takeaway or online through Just Eat & Deliveroo, it's definitely worth a visit. It sells merch too!

Tania, who is your host, shared, "Customers

love our man cave theme, the atmosphere and the fact it's a quiet location.

"We've been open just over a year and have enjoyed hosting many events and parties, as well as supporting two charities."



Open Wednesday to Sunday from 8am to 8pm (10am to 4pm on Sundays), the Explorers Hangout invites you to come and chill at their venue soon. Everyone is welcome – they are family and dog friendly too.

Find them on Facebook, TikTok, Instagram, and of course at Explorers Hangout, 25F Merton Road, Bishopston, BS7 8TL.



Bespoke Rocking Chairs

Handmade locally to order
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For more information or to
arrange a viewing, contact

Simon Kinkead

Tel: 07802 332275

Email: simongkinkead@hotmail.co.uk



Autumn events at
Sakya Buddhist Centre Bristol

Tuesday 7.30pm - 8.30pm
Buddhist thought and meditation

Wednesday 10.30am - 11.30am
Simply meditation

Saturday 10.30am - 11.30am
Buddhist thought and meditation

Sundays 10.30am - 11.30am
Family meditation
All sessions free, donations welcome.

121 Sommerville Rd
BS6 5BX
www.sakyabristol.org

Adult Courses at City of Bristol College

Future Ready Learning for Ages 19+



Looking to change careers, boost your skills, or turn a passion into a profession? City of Bristol College offers a wide range of adult courses (for learners aged 19 and over) designed to fit around busy schedules and prior commitments.

There are many benefits to studying as an adult; from improvement in transferable skills such as communication and confidence, to industry-specific enhanced knowledge to bring you one step closer to your dream job!

Choose from accredited qualifications in high-demand sectors such as Accountancy, People Practice, IT and Project Management - all taught by expert tutors with real industry experience. With flexible evening and online study options, an inclusive adult-friendly environment, and competitive fees, you'll obtain real-world skills that help you grow towards your 'Where Next'.

Advance your career - on your schedule! Invest in yourself with adult courses at City of Bristol College.

For more information, simply visit:
<http://bit.ly/4fpbeJE>



For any questions, please contact our email address or give us a call:
enquiries@cityofbristol.ac.uk
0117 312 5000



Ardagh Community Trust News



At the time of writing we are gearing up for our Halloween extravaganza over the first weekend of November – there may be time for you to join in our spooktacular fancy dress parade and Monster Hunt!

In the next issue we'll be sharing our wonderful Christmas schedule.



October saw the launch of our fundraiser to raise money to revamp and future-proof the green, for community events, activities and play! Details can be seen on posters around the site and on our website. If you are able to help to

improve this much-loved community green space we would appreciate your donations.

The latest news from our garden team is that we're thrilled to introduce our new head gardener, Sol Harmsworth (pictured above), who will be working with our amazing volunteers two days a week to raise the potential of our gardens and veg beds. Sol's expertise will help us increase sustainability and biodiversity, and we can't wait to see the impact of her knowledge. Sol is also the Horticulture

Program Manager at the Heart of BS13 charity www.heartofbs13.org.uk/what-we-do/flowers/ where she manages their flower farm and supports volunteers. We're so lucky to have her on board!

With the recent heavy rain, our garden has come alive again after a very dry summer, and the autumn colours are looking great. Cosmos, Penstemon, Mexican Sunflower and Gaura are bursting with colour, and even Cyclamen are starting to bloom. Our volunteers have been busy sowing sweet peas, lettuce, beans, garlic, beetroot and radish, and our raised beds, polytunnel and greenhouse are thriving, providing a bounty of fresh produce for our café and the Family Food Action food bank. We're grateful for the hard work of our nursery volunteer group, who are busy propagating cuttings and growing a variety of plants for sale every day at the café and our monthly market.

Claremont School's children are back with us, enjoying their twice-weekly gardening sessions, where they've been planting bulbs, building a bug house, and hunting for strawberries. Over the summer, we had an amazing time with our Let's Build a Sensory Garden project, where over 50 adults and children with learning disabilities participated in creating garden decorations, renovating benches and building a central wooden sculpture in place on the green. We can't wait to continue this project with more workshops coming up – watch this space for dates and join us!

theardagh.com | Email: hello@theardagh.com

[TheArdagh](https://www.facebook.com/TheArdagh) [theardagh](https://www.instagram.com/theardagh)



Ardagh Community Sauna: Autumn News



Our community wellness retreat is open weekly – a thoughtfully designed space to relax, recharge and restore both body and mind. Everyone is welcome.

At the heart of our retreat sits a beautiful 16-person wood-fired sauna, surrounded

by cold gravity showers, plunge pools, changing facilities and a calm relaxation area.

You may spot a few changes as winter approaches. Our new, larger plunge pools are now in use, and over the coming weeks we'll be adding a chiller unit for truly refreshing cold plunges, along with new showers and improved changing spaces.

We also host an array of mindful and social events – from breathwork and yoga to live music – all alongside our sauna facilities. We love a gathering! Why not book your next celebration with us?

Sophie's Soundgarden

Unwind body and mind with our sell-out Sound Bath, Sauna & Cold Plunge sessions.

What is a sauna sound bath?

These hour-long sessions blend sauna heat and cold plunge with immersive sound bath elements, designed to deepen relaxation. Soothing soundscapes flow through the warmth of the sauna and the cool of the plunge, creating a unique space to release stress, reconnect with yourself, and share calm moments with like-minded people.

Sophie also runs women's-only sessions, inviting you to unwind to the sounds of crystal and Himalayan singing bowls while enjoying the sauna and plunge pools.

Upcoming Sessions – £15 each:

- **Wednesday 12 November** – 8pm (mixed session)
- **Thursday 27 November** – 8pm (mixed session)

Sauna Sessions & Live Music

After a sold-out debut with Firewood Island, our sauna and music evenings return this month with Bristol's Kayla Painter.

Kayla Painter: Ambient Owl Core

Friday 14 November | 18:30 & 20:00 | £20 + booking fee

Location: Ardagh Community Sauna

Join us for an intimate evening of sound and steam with Kayla Painter – an experimental Bristol producer known for creating immersive ambient experiences. Her shows blend electronic soundscapes with live visuals by Jason Baker, offering an atmospheric journey perfectly suited to our candlelit sauna setting.

Kayla's performances have featured at The Great Escape, Bluedot and We Out Here festivals, and her music has appeared on BBC 6Music and Radio 1, supported by Gilles Peterson and Mary-Anne Hobbs among others. She's also composed for Disney, Channel 4 and independent film projects.

Expect a deeply relaxing, sensory evening – the perfect balance of warmth, sound and community.

Tickets available at headfirstbristol.co.uk

Private Bookings & Celebrations

Planning a special occasion? Our sauna is available for private hire – starting at £100 per hour for up to 16 people. Celebrate birthdays, gatherings or small group events surrounded by nature at Horfield Common. We can help tailor your event with food, drinks, entertainment and more. Share your ideas and we'll make it happen.

Email: info@ardaghcommunitysauna.org

Book online: ardaghcommunitysauna.org

Walk-ups are always welcome, and we accept card and cash on site. Not sure if it's for you? Come by, have a look, and say hello.

You'll find us at The Ardagh, Off Kellaway Avenue, Horfield Common, BS6 7YL.

More info at: ardaghcommunitysauna.org



Why choose Gecko Solar?

We are pleased to share the below, glowing review from Bristol resident Pete, of Windmill Hill, on local business Gecko Solar.

I began my solar journey by approaching the larger installers provided to us by the major utility companies. Frustratingly, we found it to be a one size fits all approach, with little or any movement in specification or the aesthetics of the installation. Choosing Gecko Solar was the best decision on many levels. Their professionalism with their initial site visit and subsequent communication. Their polite etiquette while working at our home, always on time and never disturbing us, which is great when both of us work from home. Their care and attention to the detail, rare these days to see this level of pride and desire to over-deliver on customer expectation. Even after the installation, they have been happy to field queries. You would have thought choosing a bespoke installation with a local solar installer would be the more costly option, but in the end, we got more kWhs on our roof and a bigger battery, more aesthetically pleasing installation and we still saved money – it was a no brainer!

The one major issue I have since the installation, is the addiction to the monitoring app! The app that monitors our house's energy consumption is so

well designed as it depicts in one dynamic image the flows of energy in/ out of your house and which energy sources, grid/solar/ battery are providing it. In the centre is this indicator which summarises how 'Green' your house is as a percentage. Since March, while the sun has been out, our house has been running at 100% most days, meaning we are using nothing from the grid and getting all our energy day and night from the solar and battery storage. We are a family of four, so this gives us great feeling that we have reduced our reliance on the grid for our energy needs. It's also helped change our living habits and how we use our energy in our home.

If you are ready to begin your Solar journey, contact Gecko Solar today to arrange your free design consultation and be on the road to grid independence! Email: info@geckosolar.co.uk, call 07967 563928 or 01179 557227.



Pinewood Roofing & Building

Pinewood Roofing and Building is locally based and proud to serve the Bristol area. We offer a fast and responsive roof repair service including emergency roof repairs. Our services extend into chimney repair and replacement, as well as the installation of gutters and fascias.

Older properties often require some roofing care and attention; we can help keep your home safe and dry. Extensions are popular in this area too; as flat roof experts, this style of roofing can offer a cost-effective solution for the extended new space.

At Pinewood, we are not just passionate about protecting your home, we're also committed to protecting our planet. We offer a range of eco-friendly roofing options that are as kind to the environment as they are to your wallet. Their energy-efficient materials can help reduce your carbon footprint and lower your energy bills, all while providing superior protection for your home.

For more information on any of the above or to book a free quote, please get in touch via the contact details below.



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The textured hair training at Loreal Academy in London felt like a day at the salon, with a great finish of coils and curls

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Struggling with your curls? Let our curly hair specialists work their magic! We understand the intricacies of curly, wavy and textured hair, and we know exactly how to cut and style it to perfection. Embrace your natural curls with confidence!

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Tomasz Sadowski



Discover the Benefits of Pregnancy Pilates with Pilates Active

Hi, I'm Vicky – a local Pilates instructor with over 15 years of experience helping people feel stronger, more connected, and confident in their bodies. After receiving growing interest in Pregnancy Pilates, I've bought an expert instructor, Sylvia onboard and added a dedicated class to my timetable to support mums-to-be.



New Class: Pregnancy Pilates

Wednesdays at 5:30–6:30 PM

St Peters Community Centre, Manor Farm, BS10 5FQ

Why Pregnancy Pilates Could Be Perfect for You:

Expert Guidance: Pregnancy brings many changes – some visible, some not. These classes are designed to support your body safely and effectively.

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Strength for Labour & Recovery: Build and maintain strength to support your body through childbirth and beyond.

Body Awareness: Learn to tune in to your body's signals and move with confidence.

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I am a qualified counsellor and work with both adults and young people – I have an additional qualification in Counselling Children and Young People. I am a member of the NCPS (National Counselling and Psychotherapy Society) and have a DBS safeguarding check. I also counsel for a local charity, where I work with clients aged 11 to 80.

I provide clients with a confidential, safe, warm empathic space where they are listened to, heard and fully accepted without judgement. You, the client, are the expert on your own life; we will work at your pace, you choose what you would like to bring to your sessions; the agenda is yours.

For further information or to book a free 30-minute session, please visit my website www.helenpapworthcounselling.co.uk or email: helenpapworthcounselling@gmail.com.

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“ I recommend Reco 100% to anyone who is in pain, give it chance and see what a difference it can make.

For five years I have been struggling with chronic leg pain; I have been under the NHS for the same amount of time, having scans, treatments and under pain management. I even went all the way to Bournemouth for a very long scan and all they kept saying was, I have to live with the pain but try and manage it. So my thought was painkillers; but due to having mental health problems, I wasn't allowed anything more than codeine, which did nothing. I have been using aids for three years and felt so degraded, especially being male and I served in armed forces, to then feel so low about life. I decided to take action into my own hands and thought that life has to get better or what is the point? So I decided to come to Reco Spinal Centre where I met Emily who was so kind, caring and understanding. The initial consultation was talking about health and the issues I have, which then leant towards having a spinal scan, to actually finding out I have a problem with my spine which causes me to have leg pain. I see Emily once a week and have been

under her care for a couple of months now and already feel a massive difference in my physical health, which then helps with my mood etc. I recommend Reco 100% to anyone who is in pain; give it a chance and see what a difference it can make. I'm getting to the stage in life where I am slowly getting to the point where I can walk without aid and in my eyes that's a miracle; I thought I would end up in a wheelchair but things are looking up thanks to Emily, and to be honest all the staff seem really friendly and helpful. I can tell Mandeep has a lot of duty of care towards customers and is always happy to make conversation and the room lights up when she smiles. **So, if you're in any pain or discomfort I hope my story has inspired you to give Reco a chance and hope you can have a better wellbeing.**”

Thank you. Lucian Mason, July 2025.

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Emily



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An Adventure, a Bicycle, and a Charity

By local resident, Salena Williams

As a mental health nurse working at the BRI, cycling has long been one of my favourite stress-reducing activities. But it was the need to regain my confidence after breaking my arm in a cycling accident that prompted me to join a cycle group that had just been set up by another Bishopston resident during the first 'Covid summer'.

As well as having the desired effect for me, all the members of The Freewheelers soon became firm friends. And it was the – characteristically adventurous – idea of one of those new friends that I should join her in November on a sponsored cycling safari in Kenya in support of the Bristol-based charity, Child.org.

Set up by a Bishopston resident, Child.org works with women, communities and government in Kenya, where the mortality rate among babies before the age of one year is approximately ten times that in England and Wales. As well as helping to raise awareness, the charity provides life-saving healthcare, neonatal information and practical support for mothers and babies.

So, when my new friend, Margaret – now retired, but a busy grandmother – said she would be

returning to Kenya this November to take part in her second fundraising cycling event, I decided to join her.

Ride Africa takes place over six days, covering a distance of 500 km, from Lake Nakuru to Maasai Mara National Reserve. Accompanied by a team of nurses, trucks to rest in if the going gets too tough, and rifle-toting wardens to protect us against any lions, leopards or other wild animals that like the idea of a dinner wrapped in Lycra, it's going to be a bit different from cycling along the Bristol and Bath Railway Path. But what could possibly go wrong? (I'll let you know (if) when we get back!)

Anyone who would like to sponsor the ride can donate through the JustGiving page: www.justgiving.com/page/salena-williams-2. All donations go directly to Child.org.



Margaret & Salena



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Barcan+Kirby

BARCAN+KIRBY'S 2025 COMMUNITY FUND WINNERS ANNOUNCED

Award-winning law firm, Barcan+Kirby, has selected their Community Fund winners. The Fund, which is in its fifth year, provides local not-for-profit organisations and/or charities funding to help better the community.

The firm gave away over £5,000 of funding for organisations based in the postcodes around their five offices: BS1, BS3, BS7, BS15 and BS35. This year's selected winners are:

The Harbour (BS1) The Harbour provides counselling for people facing death, dying and bereavement, giving people a safe space to talk and be listened to. Louise Jenks, Fundraising & Communications officer at The Harbour said: *"We are so grateful to Barcan+Kirby for their generous Community Fund award! This donation will enable our small counselling charity to provide people in the Bristol area with crucial emotional support, helping them to live well with grief."* the-harbour.org.uk

Ashton Vale Club for Young People (BS3) Ashton Vale Club for Young People, which is supported by Young Bristol, helps local young people through out-of-school sports, and creative and developmental activities in a safe and inclusive environment where friends for life are made. India Crawford, Fundraising Coordinator at Young Bristol commented: *"Ashton Vale Club for Young People is absolutely thrilled to be selected for community funding by Barcan+Kirby! Our youth club has been embedded in the community for almost 30 years, and this funding will allow us to continue to provide vital youth support to the young people who need us most."* youngbristol.com

SENDaWelcome (BS7) SENDaWelcome runs projects steered by people with lived experience of learning disabilities. The charity builds awareness and understanding of those living with SEND with a vision to create a community that celebrates and values neurodiversity. Laura Hindmarsh at SENDaWelcome explained what the funding will be put towards: *"Community funding from Barcan+Kirby will make a huge difference to our organisation and the people we offer services to. This money will be used to build a sensory space for people with learning disabilities over the summer holidays, a much-needed addition to our neighbourhood."* sendawelcome.co.uk

Horfield Welly Pre-School (BS7) Horfield Welly pre-school offers a nurturing environment for children aged 2–4 years, in which each individual child is supported to achieve their potential through meaningful play experiences. The registered charity pre-school puts session fees and money raised through fundraising events back into enriching the children's learning and development. Courtney Haley from Horfield Welly commented: *"We are so pleased to be awarded this funding. This means our children will be able to have extra enrichment activities to celebrate the end of term."* wellypreschool.org

Ignite Life (BS15) Ignite Life UK supports young people and families by providing counselling, mentoring and food support, relieving the needs of disadvantaged and/or marginalised young people. *Emilia Thomas, Fundraising Manager at Ignite Life said: "Funding from the Barcan+Kirby Community Fund will allow us to provide transformative 1:1 counselling to more isolated young people who are at risk of slipping through the net. Our 1:1 counselling empowers marginalised young people and improves emotional wellbeing, resilience and educational attainment. Youth mental health support is a priority, and we are excited to work with Barcan+Kirby to deliver our mission!"* ignite-life.co.uk

JIGSAW (BS35) JIGSAW Thornbury provides friendship, support, compassion and fun to children and young people with additional needs or disabilities, and their families, driven by the passion of staff and volunteers. Hattie Clayton, CEO of JIGSAW said: *"We are delighted to be awarded funding from the Barcan+Kirby Community Fund. With a 78% increase in the number of people accessing our services over the last two years, this has come at such a vital time. We are only able to continue to provide vital support, compassion and empowerment for children and young people with additional needs, and their families, with support from our community. Thank you, Barcan+ Kirby for being a part of this."* jigsawthornbury.org.uk



Barcan+Kirby | Community Fund





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OPEN DAYS FOR RECEPTION SEPTEMBER 2026



We would be delighted if you could join us for one of our open days exclusively for prospective parents of Reception-aged pupils starting school in September 2026.

We have a number of open days throughout September until January, all the dates and times are on our website; call or email to book your place.

St Bonaventures, Egerton Road, Bishopston BS78HP
Email: admissions.stbonaventures@bristol-schools.uk
Web: st-bonaventures.bristol.sch.uk
Phone: 0117 353 2830

News from St Bonaventure's

We are having a super busy term at St Bonaventure's! We are so proud of our diverse community here at St Bon's and so started the term off celebrating 'Cultures Week'; we invited parents to come into school and read stories from around the world, children created artwork celebrating who they are and what makes them unique, and the children wore bright or cultural clothes for our Harvest appeal.

We are excited for the start of the festive period and will be kicking things off with a performance of *Once Upon a Winter*, performed by The Bristol Old Vic; the children love seeing the show every year which is kindly paid for by our PTFA.

On **Sunday 7 December** we will be hosting our annual **Christmas Fair**; all are welcome so please do join us. This is a fantastic fundraising event organised by the PTFA, with lots of fun stalls including our amazing win a bottle stall, an auction with lots of great prices



to win including days out and event tickets. There will also be lots of stall selling gifts ideas, home-baked cakes as well as drinks and mulled wine for the adults, and a visit from Father Christmas!

Our Christmas tree is ordered and will arrive in December just in time for our key stage 1 nativity shows, followed by a Carol service for all those in key stage 2 – as well as a whole school Christmas lunch at the end of term.

Don't forget that if your child was born between 1 September 2021 and 31 August 2022 they are due to start school next September and you need to make a school application before the 15 January. There is still time to book a school tour; get in touch to book we would love to show you everything we have to offer.



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I am a qualified Primary School teacher working part-time at Our Lady of the Rosary, Lawrence Weston and I have also taught at Westbury Park, St Bonaventures and St Mary's, Bradley Stoke.

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



Delighting in diversity

Who doesn't like to have a mystery solved? During the autumn months the Apple Tree Lady is busy with the detective work of figuring out the identity of mystery apples from trees grown in gardens, allotments and orchards. This year's case load has been steady and has resulted in the cracking of many a who-is-it.

Why does this matter? There are thousands of varieties of apples, and all have different qualities and characteristics. Some are best eaten as soon as they are picked. Many more are at their peak after a period in storage to allow flavours and sweetness to mature. In ideal conditions, excellent dessert varieties such as Adams's Pearmain and Winston, can be kept and eaten fresh until March or April.

The Apple Tree Lady is available to identify mystery apples from gardens and allotments in and around Bristol. She offers this service for a £10 donation (for each variety of apple). Get in touch c/o the website.

Horfield Organic Community Orchard (HOCO) is a living celebration of diversity. Our popular Apple Tasting Table showcases this at October's Apple Day event. We can also bring this interactive experience to other groups and events. People are amazed by the range of apples we grow, and fascinated by the variations of looks, tastes and aromas. Get in touch for a chat about arranging a pop-up Apple Tasting Table.

If you are thinking of planting an apple tree, we advise tasting different fruits before deciding what to grow. On that note, we still have young HOCO-grafted apple trees for sale. While November is the best month for planting, you have until March to get them in the ground. See the website for ordering information.

Wassail is Saturday 17 January 2026

More information: 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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Bristol window company up for Two national excellence awards

Bristol home improvement company, The Window Hub, has made it to the final of a prestigious industry award, and is the only one to represent Bristol down to Cornwall and South Wales.

"The G-Awards (G25) celebrate the very best in the double glazing industry in the UK, and we are super-excited to be finalists in the Installer of the Year category for the second year running," The Window Hub's managing director Danny Robb said. "We may only have been in business for five and a half years, but the judges have selected us alongside four other fantastic retail companies as representing the cream of the crop."

It doesn't end there. Four members of The Window Hub team are also finalists in the 2025 National Fenestration Awards (NFA25). From Office Manager of the Year, Business Development Person of the Year, Young Person of the Year and even CEO of the Year, these nominations celebrate the dedication, skill and passion of the people who will be working on your home. Their success is proof that the company's commitment to quality runs right through the team, from the showroom to your installation.

From humble beginnings, The Window Hub operates from a head office and showroom in Staple Hill in Bristol with offices, showrooms and installation depots in Exeter and Torbay.

Danny launched The Window Hub because he wanted to be much more than just a double glazing company. "We know that choosing new windows and inviting someone into your home can be stressful, so we have introduced as many initiatives as possible to be fair and reasonable in our approach to give our customers the best experience possible," he said.

And The Window Hub has the customer reviews to prove it. 90% of reviews for The Window Hub on Trustpilot and Google are for five stars, with customers celebrating the company's professionalism, friendliness, tidiness and attention to detail.

As well as being open and honest, The Window Hub is keen to raise environmental awareness. "All of our products will help homeowners reduce their energy usage because they are extremely energy efficient," Danny said. "But we also buy the majority our products from companies in the Bristol area. When we remove old windows and doors, everything is recycled, and we are currently planting a tree for every customer at a wildlife park near where we are based."

The winners of G-Awards will be announced at a glittering gala dinner at the Park Lane Hotel in London on 28 November.

For more information, please visit
TheWindowHub.co.uk



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G25 AWARDS FINALIST





The Window Hub Bristol has just been named one of the TOP 4 Installers in the whole of the UK & the only company shortlisted in Bristol, Gloucestershire, Somerset & Gwent for the prestigious G25 Awards this November. We're also proud to fit award-winning products, giving your home the benefit of proven quality as well as nationally recognised installation.

That means when you choose The Window Hub, you're not just getting new windows, doors or a conservatory you're choosing...

a team trusted by industry leaders & recognised nationally for excellence!

And it doesn't stop there: four of our brilliant team are also finalists at the 2025 National Fenestration Awards, showing the passion, care and craftsmanship that goes into every single job!

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North Bristol Post 16 Centre Open Evening Success

North Bristol Post 16 Centre's first open evening of the year brought a real buzz to both the Cotham and Redland sites, as we welcomed hundreds of prospective students, parents and carers to this annual showcase event. Visitors were warmly welcomed by student ambassadors and staff, with guided tours, subject talks, and the chance to explore the spaces and culture that make our centre unique.

The evenings highlighted everything that sets NBP16 apart: high expectations, outstanding teaching and a strong sense of community. Visitors heard from current students about how they're challenged to think deeply, grow in independence and prepare for life beyond Post 16, whether that's university, apprenticeships or employment. Staff explained how individual support and inclusive learning underpin academic success.

There's much to celebrate. This summer, our students achieved exceptional results: more A*-A and A*-B grades than ever before, with BTEC grades averaging at Distinction. Most university applicants secured their first-choice offers, while others took up high-level apprenticeships in sectors such as finance, engineering and media.



If you missed the open evenings, it's not too late to explore what makes North Bristol Post 16 Centre so special. You can watch our welcome video and subject films on our website, where you can also find detailed course information and start your application.

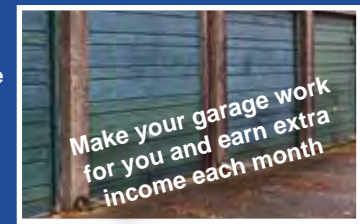
The deadline for September 2026 entry is 5 December, so don't delay.

At North Bristol Post 16 Centre, you're more than just a student; you're part of a vibrant, ambitious and supportive community. Whether you're aiming for top university places, high-level apprenticeships or simply want to thrive in a place where you're known and valued, we're here to help you get there!

Find out more and apply now at www.nbp16c.org.uk
We look forward to receiving your application.

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The Rise of Home Education in Bristol



Across Bristol and around the UK, more families are choosing home education for their children. Some pupils struggle with the pace and pressures of school, others find

large classrooms overwhelming, and particularly for children with Special Educational Needs and Disabilities (SEND), the system can sometimes feel ill-suited to their needs.

“Over the past year, we’ve spoken with a growing number of parents who’ve made the decision to move to home education,” says Rachael Tan, Director of Bristol Tutors. “For many children, including those with SEND, it can be a positive step – letting them learn at their own pace in an environment where they feel calm and understood. We’re also seeing parents of children without additional needs choosing this route for a more flexible and personalised approach to learning.”

Here in Bristol, the home education community is well-established and growing. Families connect through local groups, meet-ups and shared learning

sessions, creating a supportive network for both parents and children.

Home education allows children to explore learning in ways that suit them – following their interests, taking breaks when needed or building timetables around their natural rhythms. It also fosters family connection, resilience and confidence beyond the classroom.

At the same time, the shift isn’t without challenges. “Parents sometimes tell us that while home education brings relief, it can also feel overwhelming,” explains Rachael. “Suddenly you’re responsible not just for your child’s wellbeing, but also for their education.”

Support networks and specialist tutors can make a real difference. “Every child can flourish in their own way, and having support – whether through tutoring, guidance or community connections – can make that journey smoother,” says Rachael.

Families interested in tutoring support, including for children with SEND, can contact Bristol Tutors on 0117 463 0523 or info@bristol-tutors.co.uk to find out more.

As Bristol’s home education community continues to expand, it’s clear this approach can be a positive path for a wide range of families and learners.

Celebrating black belt success at Red Dragons

This month, we are celebrating the black belt success of Red Dragons, Josh and David. A massive congratulations goes to them both for the passion, dedication and extreme hard work that went into earning their black belts. It really was a gruelling time and one that they will never forget.

I can’t begin to say how proud I am of them. At the start of their grading, I told them that they would get through the next fourteen hours (split over two days – I’m not a complete monster!), if they did two things, “**Don’t quit and do whatever it takes!**”. These two rules, I think, are hugely important. Obviously, there is a lot to do to get to a black belt and still loads more during the black belt grading. Applying these two rules has helped me throughout my life.

So, if we believe, we can accomplish whatever we want by not quitting and doing whatever it takes.

If you would like to start your martial arts journey or are ready to get back into training, do join us.

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Sensei Lloyd



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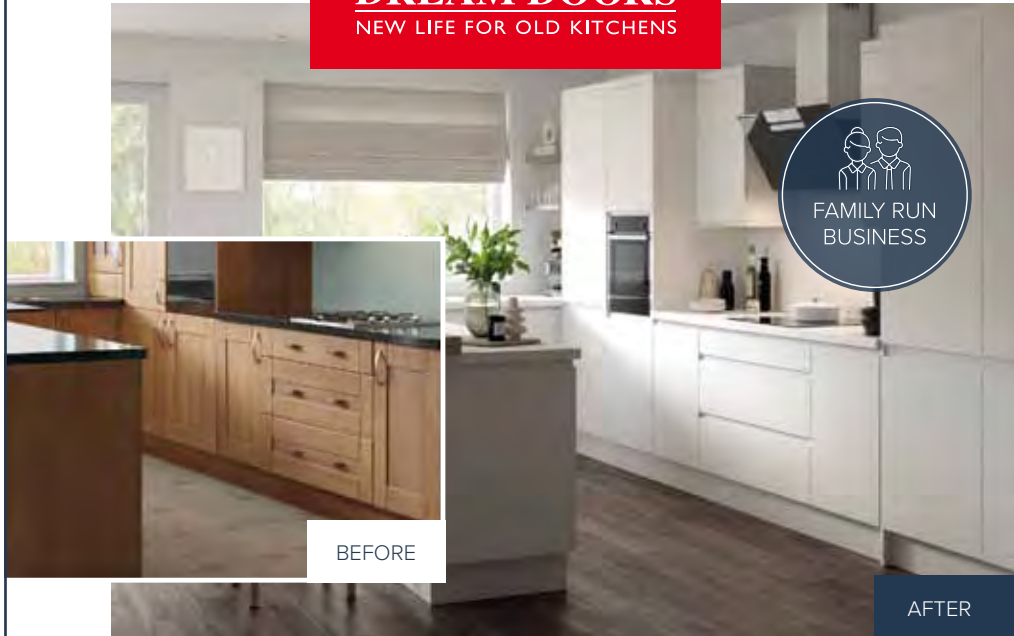
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At Secret Garden, we love creating outdoor spaces that reflect the lives of the people who use them. Our most recent project in Bristol was designed for a family of keen gardeners who already enjoy the satisfaction of tending an allotment and growing their own produce. Their brief was clear – they wanted a practical, welcoming garden that could provide space for growing vegetables, encourage wildlife, and also be a place to relax together.

We began by building a series of beautiful timber-framed raised beds, made from durable, native larch. These beds are perfectly sized for easy planting, weeding and harvesting, and they'll last for many years to come. The family can now bring their love of food growing a little closer to home, with seasonal crops right outside the door.

One of the standout features of the garden is a new wildlife pond. Ponds are one of the best ways to increase biodiversity in a garden, attracting everything from frogs and dragonflies to birds, who stop for a drink. We've surrounded this pond with meadow turf, which quickly knits together to create a soft, natural look. As the wildflowers bloom, they provide nectar for bees, butterflies and other beneficial insects, making the garden hum with life.

To ensure the garden works as a space for people as well as plants, we added two new patio areas connected with matching sandstone stepping stones. These areas give the family plenty of options – a sunny breakfast spot at one end, and a larger terrace for entertaining at the other. The natural sandstone

brings warmth and texture, while the stepping stones tie the whole space together.

Finally, we created new timber borders planted with hardy shrubs and perennials, chosen for their resilience and year-round interest. With drought-tolerant varieties included, the planting is designed to thrive with less water and lower maintenance – an important consideration as our summers become hotter and drier.

The end result is a garden that balances beauty, practicality and sustainability. It's a place where vegetables will grow alongside wildlife habitats, where there's room for both peaceful moments and family gatherings.

At Secret Garden, we believe every outdoor space has the potential to be more than just a backdrop – it can become an extension of your home and lifestyle. If you're thinking about how your garden could work better for you, whether that's by adding a vegetable patch, creating more wildlife-friendly planting, or simply making a welcoming space to relax, we'd love to help.

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Bristol Civil Service Sports Club celebrating 100 years in the community



Tucked away behind the houses on Filton Avenue (entrance near the junction of Muller Road and Filton Avenue), is the Bristol Civil Service Sports

Club (BCSSC). Founded in 1925 it was created to encourage ladies and men of the civil service to become more active and involved in sport. Eighty such clubs were created in the UK but sadly now only four remain and one of those is here in Bristol. CSSC is a not-for-profit sports and leisure organisation owned and run by its members.

On Friday 26 September 2025, the BCSSC celebrated its centenary birthday! Current and past members were joined by invited guests including local politicians for a drinks reception and an evening of entertainment from singer Lucy Winter. Glasses were raised to celebrate this major birthday and to wish the club a long and successful future.

Still offering a variety of sports, the club is the home to the largest table tennis club in the southwest, several football teams of various ages, cricket, lacrosse and netball. It also hosts sports days for local primary



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**Saturday 1 November 2025 from 6.00 pm
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Divine Ceremony

The celebration of a lifetime

Our Virtual Shop Window: Clarity, Choice and Compassion

Just like many other aspects of life today, arranging a funeral often begins online. For Divine Ceremony, our website is more than just a digital presence, it's our first opportunity to connect with families, to offer clarity, and to express how we work and why we care.

While we've always taken pride in our creative and informative website, we recognised the need to go further and offer more in this space. People need clear, straightforward information, especially when they're grieving or planning ahead. That's why we've refreshed and simplified our online offering to make it easier to understand what we provide, how much it costs and how we can tailor a funeral to truly reflect a life lived.

Many people come to us with memories of funerals from decades ago, with an expectation that they will do something similar, and yet, today there are more options available and greater scope for individualisation. Our new website includes real examples to inspire; from personalised coffins and shared storytelling, to family-led ceremonies and

ways to involve children in meaningful, comforting roles.

To offer a deeper sense of what it's like to work with us, Jo Foster, our Marketing Executive from Wide Blue Yonder, interviewed past clients about their experiences. Featuring on our Inspiration page, their stories speak volumes about the thoughtful choices they made and the support they felt.

We've also highlighted our unique venue, The Sanctuary, a calm, beautiful space for vigils, ceremonies and receptions. It's an alternative to the conventional crematoria and a place where families can shape something personal and profound.

We hope our updated 'shop window' helps you see what's possible, and what it feels like to be looked after by us. And if it speaks to you, we'd love to welcome you in person. divineceremony.co.uk



The Divine Ceremony team in the lobby of The Sanctuary

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Vince and his team can also offer high-quality bags of kindling wood starting at £10 per bag (or five bags for £35). Please see website for full price list and current offers.

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Autumn and Your Pets

As the nights draw in and the weather turns cooler, autumn brings a host of seasonal changes – and with them, a few hazards to be mindful of when it comes to our pets.

Conkers

Conkers (horse chestnuts) may be fun for dogs to chase and chew, but they can be harmful if swallowed. They contain a compound called aesculin, which can cause vomiting, diarrhoea, and even neurological symptoms in dogs. Sharp fragments can also pose a choking risk or cause internal damage.

Tip: Keep conkers out of reach and discourage your dog from picking them up during walks.

Ethylene Glycol Toxicity

As temperatures drop, many people top up their car's antifreeze. Unfortunately, ethylene glycol – the active ingredient – is highly toxic to pets. Even small amounts can cause kidney failure and be fatal if not treated promptly.

Tip: Clean up spills immediately and store antifreeze securely out of reach.

Halloween Hazards

Halloween can be a fun time for families, but it poses several risks for pets. Sweets, especially those containing chocolate or xylitol, are toxic. Costumes may cause stress or restrict movement, and decorations like candles or wires can be dangerous.

Tip: Keep treats out of reach and only dress pets if they're comfortable and safe.

Fireworks Night

Bonfire Night (5 November) can be a frightening time for many pets. Loud bangs, flashing lights, and unfamiliar smells can all contribute to stress.

Here are a few ways to help your pet feel more secure:

- Create a safe space: a quiet, cosy area where your pet can retreat.
- Anti-anxiety supplements: natural calming aids can help reduce stress.
- Thundershirts: these snug-fitting garments provide gentle pressure that can soothe anxiety.
- Medications: in some cases, prescription medication may be appropriate.



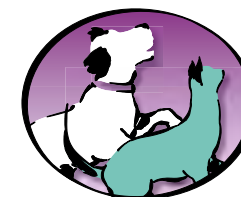
If you'd like to discuss your pet's firework anxiety with one of our experienced team, please call us on 0117 924 7832 – we're here to help.

Welcome Roisin and Cerise!

We're delighted to welcome Roisin to our reception team. She joined us in September and has already become a friendly and familiar face at the front desk. Be sure to say hello next time you visit!

We're also pleased to welcome Cerise to the Animal Health Centre's veterinary team. She joins us from a hospital setting, bringing valuable experience and a calm, professional approach to veterinary care. We're glad to have her on board.

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www.animalhealthcentre.org



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News from the Friends of Horfield Common

Tree walks, new ponds and plenty of ways to get involved

From willow trees to rare catmint, a small group recently enjoyed a sunny and relaxed walk along the Twelve Trees Trail on Horfield Common, exploring the variety of trees that make the Common so special, learning how to tell hawthorn from rosehips and why leaving fallen branches helps attract wildlife. Highlights included spotting catmint near Kellaway Crescent – a plant not recorded in this part of Bristol for many years – along with an escaped patch of Squirting Cucumber (which, as its name suggests, has exploding fruit), found near the Horfield Common play area.



By the time this magazine reaches you, we hope the new Quab Pond will be in place in the south-western corner of the Common. This is a project created in partnership with Bristol City Council, who will carry out the excavation, with Friends of Horfield Common (FoHC) volunteers installing the surrounding fencing. We apologise in advance for any short-term mess while the work takes place – it will be well worth it in the long run! Attention will then turn to the Lower Common Wildlife Pond, the original pond at the bottom of the Common near Maple Road. Plans under discussion include improving its ability to hold water during dry periods and exploring accessibility options so that more people can safely enjoy the wildlife in this lovely feature.



Alongside our guided walks, FoHC continue their regular volunteer sessions, including monthly litter picks that keep the Common looking its best. New volunteers are always welcome, whether you'd like to join a litter pick, lend a hand with planting, or simply come along to learn more about the area's trees and wildlife. The group is also in the process of applying for funding to support future educational talks and to install new bat boxes around the Common, and looking at different ways to manage different parts of the Common, so there's plenty of ways to get involved. Do get in touch via the below.

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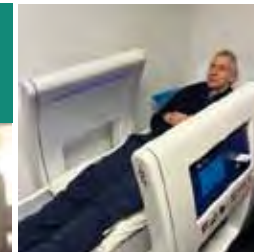
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Spinal Arthritis

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MBST UK is proud to support Bath Rugby for the 2025/26 season as their Official Club Partner.

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

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Singing for BUST Bristol



An entertaining evening of unaccompanied choral singing from The Gasmen Collective, and The Stepford Singers in aid of the charity Bust, who support the Bristol Breast Care Centre at Southmead hospital.

Doors open at 7pm on **Saturday 22 November** at St Peter's Church Hall, BS9 4LD.


Tickets £12 on the door or £12.50 from <https://tinyurl.com/yk5xjp7k>



Concert of Remembrance

A special event to commemorate the 80th Anniversary of VD day in 2025 and to mark Remembrance Day. City of Bristol Brass Band host this evening, featuring the Welsh choir, Pendyrus Male Voice Choir. Expect an evening of well known music and songs appropriate to the occasion. Lord-Lieutenant of the County and City of Bristol, Peaches Golding, will be the special guest at this event, along with veterans and currently serving members of the armed forces, navy and RAF.

Saturday 8 November, 7pm, at Bristol Cathedral.
Buy tickets from: <https://www.ticketsource.co.uk/cobbb/concert-of-remembrance/e-egomja>



New! Stan Drews Folk Nights

It is always great to share information on a new local group; we are pleased to introduce the Stan Drews Folk Club. The musical evening was created when St Andrew's Bowls Club approached local musician, Jem Iles, to ask if he could set up a musical group who could make good use of their excellent facilities over the winter months.

Jem shares, "I sing in the Island Folk Choir and play in the All@Sea Ceilidh Collective so have some contacts in the Bristol folk scene. But, having lived in Bishopston for 30 years, I also know there aren't many music venues in our neck of the woods. So, when Dan, the Bowls Club Treasurer, asked if I could set up a folk club it took me no time at all to see the potential.

"The format is flexible – it just depends who turns up on the day and who wants to sing a song or play a tune. So far, we've had all sorts: recording folkies, and first-time voices, solo songsters and established groups.

"I curate the evening to give everyone a chance and to welcome new people and those less experienced: it takes a lot of guts to get up and sing for your first time, but we are very welcoming.

"How did we come up with the name? It's a puzzle, but let's just say Stan Drew lives within St Andrew's!"

This free, musical group welcomes new members to join them. The next sessions take place at St Andrew's Bowling Club, Derby Road, BS7 9AQ on 12 November, 10 December and then every second Wednesday of the month. Doors open at 7.15pm for a 7.30pm start. The venue is upstairs with a stair lift available, just let them know if you would like to use it. You can enjoy a drink from the bar too!

Please email: StanDrewsFolkClub@outlook.com

Bishopston Community Choir

Horfield Baptist Church, 160a Gloucester Road, Bishopston, BS7 8NT. Thursdays 7.30–9pm.
Next term begins 4 September 2025.
Performances throughout the year.

New members welcome. £8 per week. **Contact: bishoproadchoir@gmail.com** to sign up or just turn up on the night.



Join Bristol Playgoers

Come and join Bristol Playgoers! We are a friendly drama group performing 'script-in-hand' play readings every few weeks. Acting, directing, front-of-house, technical/backstage, an audience member – there's something for everyone.

Play readings are great if you can't commit to months of rehearsals and no line-learning required! Despite holding scripts, we use costume, props and set dressing to make our performances engaging. Join us to experience a variety of plays, a sociable atmosphere, the excitement of preparing a performance in just two or three rehearsals and a well-earned drink in the bar afterwards!

If you've never been on stage before but would like to have a go, play readings are an accessible first step to gaining confidence and learning stagecraft. No pressure to perform, you're welcome to join as part of our audience. A membership of £50 (no matter what you choose to do) works out at £4.17 per night of entertainment – what a bargain!

Our 2025/26 season is underway, see details below. See www.bristolplaygoersclub.co.uk for full listings

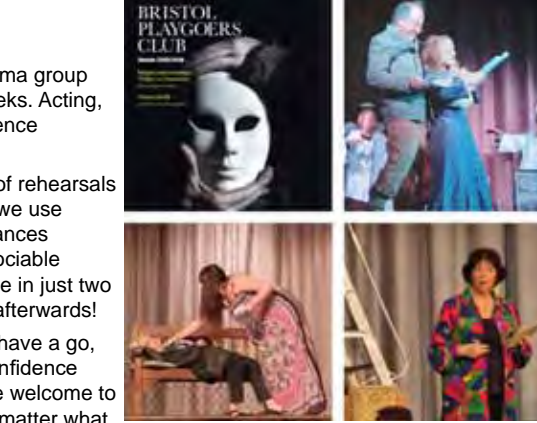
11 November '25 – A HERO OF THE PEOPLE
by Brad Birch, adapted from the play An Enemy of the People by Henrik Ibsen.

25 November '25 – SPEAKER: DOUG ALLAN OBE
Scottish wildlife cameraman and photographer. A wildlife talk accompanied by his award-winning photographs.

9 December '25 – KAFKA'S DICK *by Alan Bennett*
Mulled wine & mince pies will be served after the reading and a collection will be held in aid of the club's charity, POD.

27 January '26 – EQUALLY DIVIDED
by Ronald Harwood

Membership enquiries: playgoersmembership@gmail.com | 07504 254499 | www.bristolplaygoersclub.co.uk
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The local group takes place every Thursday, 11.30am to 1pm, at Bishopston Library, BS7 8BN.



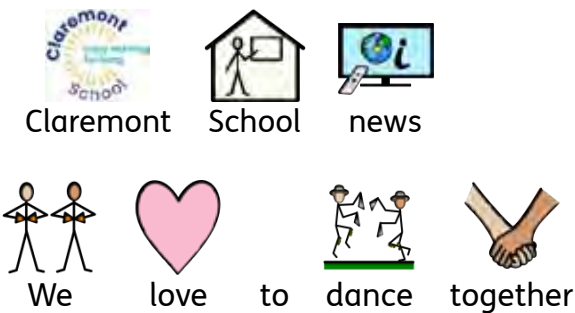
Final rehearsal for Duruflé Requiem at All Saints church, Clifton.

Redland Green Choir is a friendly, non-auditioned ensemble singing varied musical styles in 4 parts but with an emphasis on classical repertoire.

New members are always welcome: come for a session or two for free to see if you'd like to join us. We meet from 7–9 pm, on Mondays in term-time, at Redland Green School, BS6 7EH.

There is a **free Christmas mini-concert on 15 December** at 8pm at the school. Then in February we give a Candlemas 'into the light' concert.

For more info: redlandgreenchoir.org.uk



Hello from School Council,

We have had some exciting visitors into school this term. The Pigsty Morris Dancers.

This is the second time the group have been to dance at Claremont. We all voted a big YES to have them return and we all enjoyed our morning together. The dancers brought sticks and bells for us to explore and we loved the music of the accordion and the feel of the soft handkerchiefs. We joined in together dancing under the arm of arches and in amongst the dancer's patterns as the sticks clicked and the voices sang. Such a fantastic dance display with an infectious energy. We say MORE, MORE, MORE!

As winter is coming, we are planning a sensory grotto and raffle. Please get in touch if you can help us with any donations for prizes or if you can help us fundraise in any other way! (Contact details are on our website: www.claremontbristol.org.uk.) Fundraising helps us pay for more sensory experiences and we as a school council get a say in how the money is spent.

From Claremont School Council.

Local Schools Crowned Earth Day Heroes in City-Wide Awards

Local schools have demonstrated exceptional commitment to the planet, with Brunel Field Primary School and Fairfield School both celebrating top honours at the prestigious 2025 Earth Day Heroes Youth Awards.

Brunel Field Achieves Mighty Oak Status

Brunel Field Primary received the highest award, the Mighty Oak award, for their Zero Carbon Schools Project. This comprehensive initiative, run by Green Schools Project, focuses on measures to reduce the school's carbon footprint.

The school's environmental efforts are ongoing and embedded in their curriculum and wider school life. Each year, they hold an annual Eco Week to raise awareness, and their flourishing Gardening Club helps children connect with nature by maintaining raised beds and growing fruit and vegetables.

The fantastic news is that this work will continue to grow! The new Year 5 cohort is currently embarking on the second year of the Zero Carbon Schools programme, building on the foundational work done by last year's pupils.

Double Local Success! Brunel Field was one of only five projects to achieve the Mighty Oak status.



Another local winner was Fairfield High School, which was also recognised with a Mighty Oak award for its impressive Park & Stride scheme – a brilliant idea that encourages families to walk the last part of their journey to school, reducing traffic congestion and carbon emissions.

The young eco-heroes were celebrated at a special ceremony at Sparks Bristol, with local recognition continuing back at Brunel Field. Bishopston's Green Councillor, Emma Edwards, visited the school for a special assembly to present the award and celebrate the students' fantastic achievement.

The Earth Day Heroes awards celebrate young people aged 7–21, proving that, as one Brunel Field Year 5 pupil put it, "We really believe that, even though we're kids, we can make a huge difference when it comes to climate change and making our world a better place."

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Before the NHS

local history research by Andy Buchan ©

A group from Horfield parish church has recently embarked on a fascinating project looking into the lives and deaths of the people buried within its graveyard. Although our NHS is under huge strain and some people lament it, we are lucky to have it, along with the advances in science today. Some of our case studies below reveal how life was much worse without it.

The earliest record we have discovered so far of someone who died following an accident occurred in 1799, when the docks in Bristol were much busier, there was less safety, no barriers, and the docks were tidal. George Armstrong fell into the docks near Clare Street at night when the tide was out. When he was found, he had been lying on the mud for hours and both his legs were broken. He could not be saved and sadly he died later the same day, leaving a wife and a daughter who was about two years old.

In 1918, Reginald Cox, who lived on Gloucester Road, was on Filton Hill when he was struck and run over by a lorry. After a call, a St John's Ambulance arrived and took him to the BRI. At that time there was no state or city ambulance service, and an ambulance service was provided by volunteers from St John's Ambulance and the Red Cross. Sadly, Reginald died; he was only fifteen. He must have been very unlucky; I cannot imagine that there would have been many motor vehicles on the road at that time.

Frank Percival Jennings' father worked in insurance and they moved around; when he left school at the age of fourteen, in the last column the school wrote about likely occupations, for Frank it says – office boy – 'adventurer'. Frank started working as a printer in the newspaper industry, but then decided to emigrate, on his own, as many young men did, to Canada to become a farmer! He went to Saskatchewan, but when the First World War started and Britain put the call out to the dominions he volunteered and signed up for the Canadian Expeditionary Force. He arrived in the UK with his unit towards the end of 1915, but Frank never saw France or active service; he died of meningitis, despite the army using the recommended treatment of the time, this being before antibiotics.

There are a number of soldiers from Horfield Barracks, and indeed at least one example of a child who lived at the barracks, buried at Horfield who died because of illness/disease before the advent of antibiotics.

The gravestone of Frank Percival who died in 1916



There are numerous stories of families losing not one but several children. The Adams family lost three children between 1865 and 1871, aged eight months, one year and eight years of age.

Another family lost their son George, when he was eight; he is remembered on a large memorial, with lots of space below George's details, the implication being that his parents or other family members might be buried there. But instead, the family moved away from Bristol after George's death, leaving George all alone.

It is early days but our results so far would seem to suggest that if you made it past 21 years of age, the chances are you might make it to late middle age or beyond. For men and women, the typical life expectancy was 48 and 50 in 1850, 52 and 57 in 1900 and by 1950, it was 70 and 75, as antibiotics, vaccines and other medical developments took effect.

But it is not all sad news; there is a grave for a woman called Rachel Jones who was 105 years old, when she died in 1869.

The gravestone of George Armstrong who died in 1799



Events with 63rd Scouts

Remembrance Sunday takes place on Sunday 9 November; the 63rd Scout troop will parade around St Andrew's Park and deliver a short service in front of the memorial stone; everyone is welcome to join this community gathering at approx 10.30am.



On Saturday 15 November, 11am to 6pm, they will be celebrating 10 years of their Hut6368. Everyone is invited to enjoy activities, refreshments and ceremony and cake cutting at 4pm.

Events at Horfield Baptist Church, 160A Gloucester Road, BS7 8NT



Coffee and Craft, Fridays 14 and 28 November and 12 December, 10.30am to 12.15pm. Come and meet with this community group, bring what you are making, enjoy lively conversation. Coffee and tea will be available.

Carols in the Courtyard, Friday 12 December, 5.30 to 6.30pm. Come and sing some seasonal songs. Refreshments will be available after.

Christmas Carol Service, Sunday 21 December, at 5pm. An all age event that will be based on the Christmas story as we read it in our Bibles. Hot drinks, squash and mince pies will again be available.

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News from Bishopston & Ashley Down & Redland Councillors



James & Emma at the new mural at Ashley Down Station

Bishopston & Ashley Down ward

Earth Heroes prize for Brunel Field – We were delighted to attend the Earth Day Heroes Youth Awards at Sparks, Broadmead, in September, celebrating the achievements of over 1,200 young people aged 7–21 who were involved in environmental projects in schools and communities across the city and beyond. We were even more delighted to see Brunel Field School take home a 'Mighty Oak Award' for their Zero Carbon School project. While some Year 6 pupils attended the awards to pick up their prize, Emma was thrilled to be asked along to the school's assembly the following week to present the award to the whole school and listen to the children discuss their project and their ambitions for sustainability (see page 73).

Consultation now open on 349 Gloucester Road – At the start of October, a consultation was launched for a new development at 349 Gloucester Road, which comprises the derelict building next to the site of the old Co-op and backs onto Merton Road. Emma attended the launch of the consultation, which was a webinar by the developers to present their proposal. We know residents have wanted this site developed for a long time and that there is a need for new housing, but also that residents will want to put forward any concerns they may have about the proposals. The developers are keen to hear from residents before they put forward an application; you can provide feedback via: www.tinyurl.com/349GloucesterRoadFeedback, by emailing: info@349gloucesterroad.co.uk or calling: 0808 143 4781. We will also provide feedback on anything we hear from residents.

Surgery news for Bishopston and Ashley Down – We're taking a short break from our in-person surgeries until the new year, while we find a new venue and time, as our last two regular slots

clashed with our committee commitments. It has also been fed back to us that they weren't suitable for many people. We will update you as soon as we have this confirmed for the new year. We will be available via email and we are always happy to come and meet with you or your group about specific issues.

Waste collection news – We were disappointed to hear of some more missed bin collections this month, especially around Dongola Road. We have been in touch with Bristol Waste, who have apologised and said it was down to a spike in operational illness and due to some trucks being out of action due to routine maintenance, but this should be resolved soon. As usual, please report any missed collections via www.bristol.gov.uk/residents/bins-and-recycling/missed-bin-or-recycling-collection.

Can you help? Recently, someone got in touch from the Children's Book Project, a fantastic charity that redistributes preloved books to children with limited access to books. They are currently looking for the donation of storage space within the ward for books. If you know of any storage spaces that might be available free of charge for this worthy cause, please get in touch with us by email.

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

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

Redland ward

Ash trees to be replaced – Sadly disease is affecting many Ash trees in the city and tackling the damage is a major cost for the council. Where affected ash trees pose a higher risk to people and property, Bristol City Council is carrying out works to make them safe – either by removing them or by reducing their canopy.

Since September council contractors have been working to remove affected ash trees at risk including ones on Redland Green Allotments and Metford Road Allotments. The allotment site representatives were notified about the works and the tenants whose plots will be affected have been informed. We know loss of trees is a great concern to residents, and we're pleased there's also a parallel tree planting project underway across the city to create new canopy with a mix of native species and to green highway land. Where street trees have deteriorated or become diseased, any that are felled are available for sponsorship by residents and businesses.

Parking news – A report is proposed at the time of writing suggesting a possible parking management scheme (permit parking and pay and display spaces, also called RPS) in response to long requested action to deal with unmanaged streets and rogue parking affecting road safety and services around some parts of our ward. The areas of Redland which got a scheme in 2014 rarely have any problems with parking safety but it can be chaotic elsewhere with vehicles being left and competition for spaces. The possibility of future schemes being consulted for various areas including Bishopston and Westbury Park is now being proposed in committee. We will make sure any details are looked at and residents and businesses get their say if this goes forward in future.

Redland Rd changes – A road safety scheme near the south end of Redland Road, off Zetland Road, has finally been completed that changes access and priorities. Delays to highway projects are well known but this one has gone through three iterations and almost took a decade. Do look out for new priorities and the one-way section by the junction for motorists. Many thanks to those who have written to say these changes have been helpful. We're also delighted that, with increased priority for cycling and scooters, the degraded road surface under the railway bridge will finally be replaced soon. The potholed area has been needing new tarmac rather than patching for several years.

Libraries – Amidst unfounded rumours and a misinformation campaign that the Green administration was planning to close libraries across the city, Martin and Fi were delighted to hear that Greens and Liberal Democrats have worked together to ensure that the libraries budget will be protected until at least April 2027. Fi has been taking part in a task and finish group looking at devising a libraries strategy which will aim to improve this incredibly valuable city-wide service. Recent years have seen random closures of branches due to a recruitment freeze and staff shortages and the focus will be on ensuring services are offered when and where they are needed most. We're lucky to have one of the most modern, flexible and successful libraries in the city in our ward.

Better for nature in the city – We're delighted that the council has had funding success with around £950,000 grant money won from Heritage lottery, Natural England and the National Trust to support community action for nature in the city. Funds for local projects, improved council support and a simplified way of working with community groups



Martin & Fi

should help enhance ways to manage more land for nature and promote nature recovery in the city. The council's own action plan to support nature recovery is being updated now too.

Supporting climate action – In a related piece of work, the council's own climate action plan is being updated with many practical proposals. This continues the ambition to tackle our impacts as a council and to support a switch to clean energy. Going forwards there will also be more attention to dealing with changing climate like rising flood and heat risks and making services resilient.

You can also take a direct stake in the council's action if you have savings from £5 upwards that you'd like to lend into a savings scheme with interest and capital returned to you over five years. The Bristol Climate Action Investment Fund is seeking a further £500,000 to reach a total of £2 million which will be used to save energy in local facilities and services like respite care homes, heating, clean power projects and lighting. This is open until 1 December and the first call was extremely popular. You can find out more from our partner, Abundance Investments, and should get advice.

Planning enforcement – With the council tackling the planning application backlog of the last few years, attention is now switching to dealing with enforcement and developments that have not been given permission. We know many people and applicants have been frustrated by the delays and uncertainty and we're sorry about this. Recent enforcement action has included the unauthorised installation of new aerials on the former Bristol North Baths tower which did not comply with the heritage status. A retrospective application has been refused although an appeal may be made by EE.

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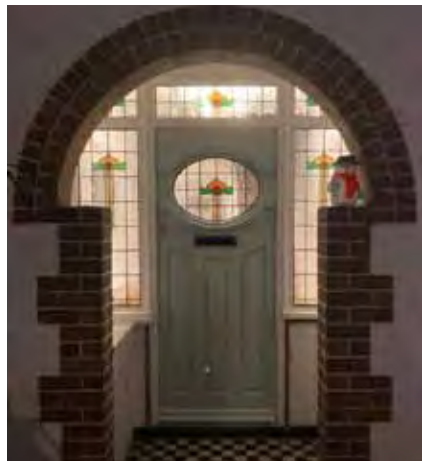
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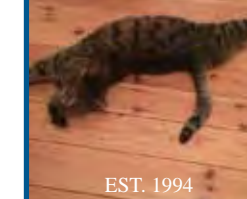
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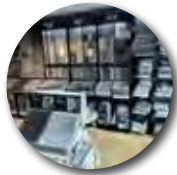


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Dan Grace Aerials	81	Firewood – Vince's Logs (free delivery)	66	Reco Spinal Centre	51
MD Aerials	85	Flour sanding – Richard Sweet	79	Sense of Self	35
Aggregate supplies – Earthworks	10	Food & Drink shops		Pets shops – Roxford's Pet Shop	75
Appliance repairs – A+ Appliance Repairs		Grape & Grind	15	Plates	
(Large items only – Washing machine, Dishwasher,		Hobbs House Bakery	26	Embracing Pilates	38
Oven, Tumble dryer & Fridge freezers)	80	Joe's Bakery	25	Pilates Active	49
Architects – Cryer & Coe Architects	65	Framing & Printing – Niche	6	Soul Pilates	50
Ardagh Community Trust	1,45	Funeral directors – Divine Ceremony	65	Plasterers / Plasterwork	
Art trails – North Bristol Arts Trail	7	Garage services – Secure Garage Space	59	Bristol Plastering and Decorating	80
Art / Crafts – Mosaic Workshop	20	Garden Centre – Blaise Plant Nursery	23	John Boyce Plasterwork	85
Asbestos removal – Bristol Asbestos Ltd	80	Garden Design / Maintenance		Plumber	
Barbers – Zero Barbering	17	All Gardens	56	AMW Plumbing & Heating	83
Bathrooms		Alpine Landscaping	68	Eco Gas Plumbing & Heating	81
AMW Plumbing & Heating	83	Secret Garden	63	Matt Pederick	85
DHS – Bathroom Installation	85	Verdalis Home & Garden Care	20	Property services	
Eco Gas Plumbing & Heating	81	Wild Gardening	8	Homefix	83
Little Bathroom & Boiler Company	37	Glazing & Doors		Rob's Property Maintenance	79
Buddhist Centre – Sakya	42	DCL Doors & Windows	84	Renewable energy/Solar – Gecko Solar 46	
Building maintenance/construction		M&P Joinery	4	Repairs – A+ Appliance Repairs (Large	
Bristol Building Company	81	Price Glass	78	items only – Washing machine, Dishwasher,	
Expand Building	80	The Window Hub	57	Oven, Tumble dryer & Fridge freezers)	80
Homefix	83	Hardware stores – Pearce's Hardware	22	Restaurants / Cafés / Takeaways	
MW Decorating & Building	75	Hair & Beauty		Explorers Hang Out	42
Pear Tree Renovations	79	Aura Therapies	25	Suyuan Bistro	13
Rob's Property Maintenance	79	Beauty Box	29	Thousand Leaves Chinese Takeaway	71
Use Your Loft Space	39	Cleo Extended (hair extensions)	20	Roofing	
Carpets / Flooring		Horfield Dental Care	1, 87	Pinewood Roof & Building	47
Conran Carpets	88	Icon Beauty	21	Rooftech	85
James Antony Flooring	82	New Style Hair	28	The Roofing Company	83
Richard Sweet Floor Sanding	79	Sadowski Hair	48	Saunas – Ardagh Community Sauna	1,45
Car repair		Zero Barbering	17	Self storage – Stashed Away	46,81
LCM Automotive	68	Health / Fitness / Wellbeing		Sleep specialists	
Windsor Road Garage	75	Bristol Civil Service Club	64	Dreamy Bees – Baby & Child,	
Carpentry		Cura Clinical Consultancy	69	Autism & Anxiety Sleep Specialist	73
Bespoke Rocking Chairs	42	Keep Fit with Dance Moves	28	Solicitors – Barcan+Kirby	52,53
Bristol Bookcase Co	11	Oсна Therapy Centre	38	Space to hire – Bristol Civil Service Club	64
M&P Joinery	4	Polly Turnill – Personal Trainer	8	Stonemasons	
Pear Tree Renovations	79	Sense of Self	35	Matthew King	79
Charities		Heating – Gas / Elec		Supreme Stonemasonry	11
Bristol Animal Rescue Centre	31	AMW Plumbing & Heating	83	Swimming lessons – Splash Happy	73
Children's Hospice South West	16	Dynamic Heating Services (DHS)	85	Theatre	
The Grand Appeal	72	Eco Gas Plumbing & Heating	81	Bristol Playgoers	71
Childcare / Holiday Clubs		Little Bathroom & Boiler Company	37	The Kelvin Players	18
Bishopston Beanstalks Pre School	55	Hypnotherapy – Refocus Hypnotherapy	36	Toy shop – Playfull	15
Clifton College Holiday Club	12	Independent living support		Tree surgery	
Chimney sweep – Chimney 2 Sweep	81	Abbeyfield Bristol	41	Collins Trees	83
Christmas events		Kitchen installation / Refurbishment		Nuthatch	84
Bishop Road Christmas Cracker	24	Dream Doors	62	The Newby Tree Co	5
Bishop Road Christmas Market	24	Little Bathroom & Boiler Company	37	Lettings services	
Brunel Field Winter Market	16	Box Property Management	3	Bristol Tutors	60
WILD: The Drone Light Show	32,33	Home For You	2	City of Bristol College	43
Cleaning Services / Organising		Lofts – Use Your Loft Space	39	Cotham School	58,59
Full Service Cleaning	49	Marial arts – Red Dragons	61	KJD Music	70
Verdalis Home & Garden Care	20	Mobility services –		Liz Romero – local & online tutor	55
Cookery school / parties – Cooking It	14	Brookfield Mobility Solutions	9	St Bonaventure's School	54,55
Computer repair – I love my PC	23	Music tuition – KJD Music	70	Trinity	61
Counselling		Optometrists – Lunar Optical	34	Tattoos – The Tattoo Studio	19
Helen Papworth	49	Painting & decorating services		Upholsterer – Daniela Difford	28
SB Counselling	39	Bristol Plastering and Decorating	80	Vet – Animal Health Centre	67
Chiropractors & Spinal therapists		MW Decorating & Building	75	Waste removal – Earthworks	10
Reco Spinal Centre	51	Stephen Carter Decorating	79	Will Writing – The Grand Appeal	72
Dental care – Horfield Dental Care	1, 87				

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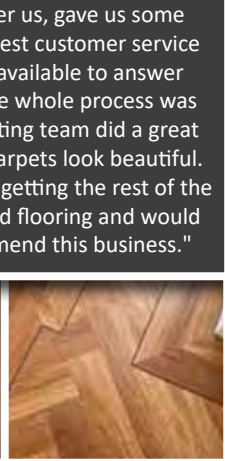
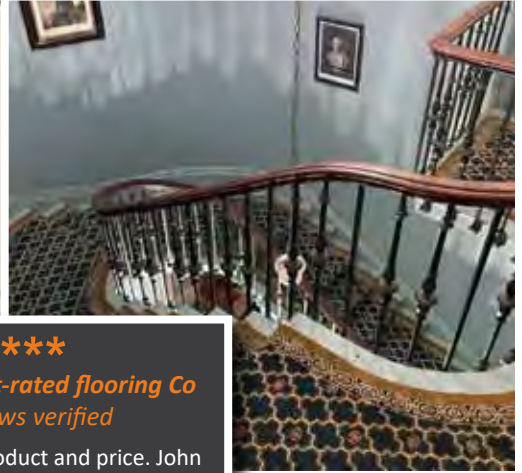
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