

# Bishopston

## Matters



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issue 193, Dec 2025



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## Dear Readers...

It's that time of year again when we share wonderful illustrations, full of seasonal joy, from Year 4 pupils at Ashley Down Primary School, both on the front cover and within the magazine.

Christmas is a coming and we are happy to offer some inspiration to get you started on your gift buying list! Our amazing Gloucester Road traders really do have everything you need for the special day and all the fun leading up to it. We can all help ensure our favourite independent businesses have a bright start to 2026 by supporting them!

'Tis the season of good will and we share details of some lovely, local campaigns that invite you to make small acts of kindness which collectively make a huge difference to less fortunate families across Bristol. You could extend the Christmas spirit by donating a box of mince pies or buying a tree from a local charity, gifting a toy or making your Christmas wreath at a local group... If you can choose one of these, that would be fantastic.

Bishop Road School shares the excitement of their recent visit from actor and now author, Hugh Bonneville, who shared news of his new book, as well as some info on filming Paddington!

Staying on the theme of books, thanks to an anonymous donor, Amnesty Bookshop on Gloucester Road currently has hundreds of free books to gift to local schools. Brunel Field was delighted to take up this opportunity and you can read how your school could do the same!

Looking ahead to 2026, Window Wanderland is determined to light up our local area brighter than ever before. Please do get involved in this happy, creative event.

We have some fabulous **Reader Offers** throughout the magazine. Please do mention Bishopston Matters when you support the traders who feature within it – thank you.

Sending seasonal love to you all, **Kerry x**

**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) | [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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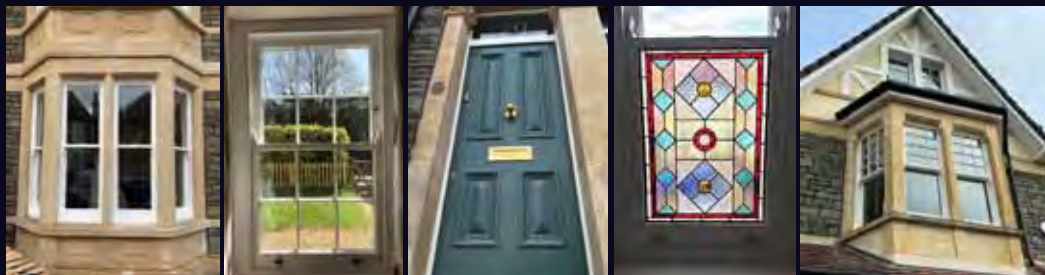
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## Scorpions Girls Score First Tournament

On 18 October, Sefton Park Scorpions' girls' teams invited local teams to join a multi-year group tournament at their Fairfield pitches on Muller Road. Over 120 girls joined in the first ever Scorpions tournament! A total of 24 teams took part from Westbury Park Foxes, Cotham Tigers, Wessex Wanderers, Bishop Road Buccaneers, Brunel Bantams and Sefton Park Scorpions.

There were teams representing Years 2 – 6 (U7s – U11s) at the event, with games across nine pitches going on at any one time. It was a wonderful sight watching so many budding young players on a clear and sunny morning. The event had great football on offer, with close matches, top skills, teamwork and determination shown throughout the tournament.

It was an incredible turnout and congratulations to all the players for making the event such a success. Each team's coaches were a huge help in making sure everything ran smoothly, and a committed group of volunteers ensured that all the pitches, goals and fixtures were ready when everyone turned up!

It was a celebration of youth football and a major local sports win, with the following comments from other teams after the tournament:

"Thank you for organising – the kids loved it – particularly our U7s for whom it was their first ever girls game."

"On behalf of the Foxes, they all had fun and it was a great tournament. 120 girls playing football in the sun on a Saturday morning... you should be very proud of a great job."

"Thanks so much Scorpions, our girls loved it and such a joy to see so many girls playing football together."

"Thank you Frie and everyone else involved to make this day possible and my lil Tigers loved it."

The girls' teams at Scorpions were set up in 2024 and have gone



from strength to strength. They formed to try to meet the challenge of retaining female players as they got older, starting with just five girls, they now have teams covering Years 2 – 6, who all have healthy squad numbers throughout the season (with waiting lists in some cases!). The team's speedy recruitment is a sign of the strength and draw of the girls' game in Bristol. Lead Scorpions girls' coach, Frie, says, "It has been great to witness the quick growth of the girls game and to see so many other teams getting involved!"

After the success of the initial event, there are plans to run more girls' tournaments soon. The Sefton Park Scorpions run every week from the same location at Fairfield, with year groups catering from Years 2 – 6 and includes girls from many local schools, including Sefton Park, Fairlawn and St Werburghs. **Please get in touch if you'd like to find out more by emailing: [seftonscorpionssecretary@gmail.com](mailto:seftonscorpionssecretary@gmail.com)**

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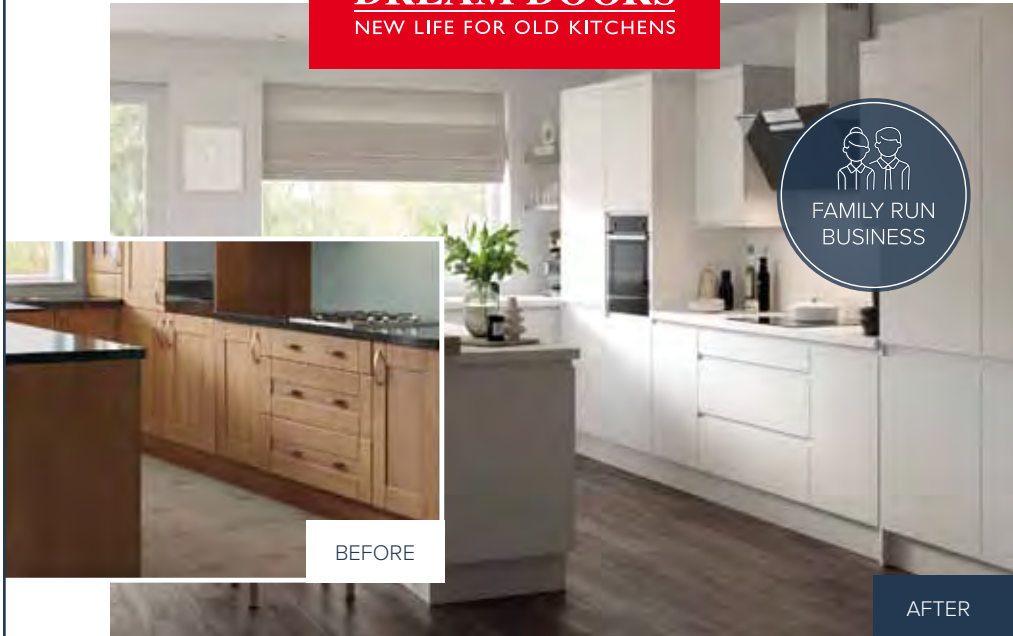
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## Hugh Bonneville visits Bishop Road Primary School

On Monday 6 October, Bishop Road Primary School in Bishopston welcomed star of Paddington and Downton Abbey – Hugh Bonneville. Year 3 and 4 children were invited to an assembly with Hugh where he introduced his hilarious debut novel: *Rory Sparks and the Elephant in the Room*.

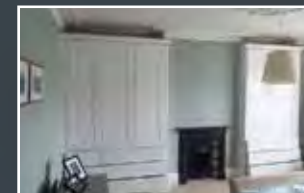
Hugh gave the children fantastic insight into the writing process, including gathering inspiration for

characters from family and friends

with the mum and sister from his novel having the same name as his own mum and sister! The children were delighted to hear a sneak-peek extract from the book, as well as some behind-the-scenes information from his time on the Paddington set.

Just like the children of Bishop Road, Hugh explained how he loved the book Paddington and that this novel inspired him on his reading journey. The children had lots of questions for Hugh about being a writer and actor and Hugh even spilled the beans on what Paddington is like to act with in real life!

Hugh was kind enough to stay in order to meet some rather excited pupils (and staff!) and sign copies of his book. Bishop Road is very grateful to Hugh and the team at the Yellow Lighted Bookshop for such an unforgettable experience.



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*Pupils from Brunel Field delighted with their new books!*

## Free books for local schools!

Books for Amnesty on Gloucester Road is delighted to have received sponsorship from a mystery donor, to offer 1,000 books to local schools for free!

Brunel Field was excited to take up this generous offer, and when I visited the school recently, pupils were keen to tell me what a lovely gift this had been. Year 2 teacher, Ms Pile, shared, "We are incredibly grateful to the Amnesty Bookshop for this generous donation of books, and to the benefactor who made it possible. The children have been thrilled to dive into the new stories and talk about them together – it has created such a buzz around reading in our school."

The great news is, at time of writing, there is still availability for more schools to take up this wonderful chance of claiming free books. The shop's team leader, Tracey Richards, said, "It's a great opportunity for schools to help kids with their reading skills. Local schools (limit of ten) are invited to come and select up to 100 books each from the bookshop's extensive stock of children's books. They're all in excellent condition. Schools can add them to their libraries, use them in their classrooms or just give them away to their pupils. One idea is for schools to give each pupil a book for Christmas!"

The much-loved bookshop has been on Gloucester Road for 28 years. It's very popular, especially because people know when they shop there, they're not just picking a book, they're helping fund urgent human rights campaigns around the world. The bookshop is currently gearing up for Christmas. Not only will it be selling beautiful books, which will make excellent Christmas presents, it will also be selling cards, calendars and diaries.

**Schools wishing to take advantage of the amazing Free Book Offer** should email Tracey at: [bristolbookshop@amnesty.org.uk](mailto:bristolbookshop@amnesty.org.uk) to find out more.

*The bookshop's regular opening hours are Monday to Friday, 9.30am – 4.30pm and Saturday, 10.30am – 5pm. In the run-up to Christmas, it will be open on Sundays, 12.30 – 3.30pm.*

## Bishopston Beanstalks news...

### Spaces available

We currently have spaces available and welcome both funded and fee-paying families with children aged 2–4 years old.

Our high staff ratios and small, play-based setting means children are well supported by highly trained practitioners.



"Bishopston Beanstalks is a magical pre-school. The staff are incredible and know every child inside out. I can't recommend it highly enough. If you are looking for a small, nurturing, family-feel pre-school then I would urge you to look no further!" Parent, 2024

### Flexible childcare offer

At Beanstalks we offer flexibility and support for families who work or require short-term childcare. We don't ask for a minimum commitment and we can work around the hours you need. Families also use us alongside childminders or nurseries, allowing parents to work longer hours.

**Please get in touch to arrange a visit or to discuss your childcare needs.**

**Email: [info@bishopstonbeanstalks.co.uk](mailto:info@bishopstonbeanstalks.co.uk)**

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## 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.

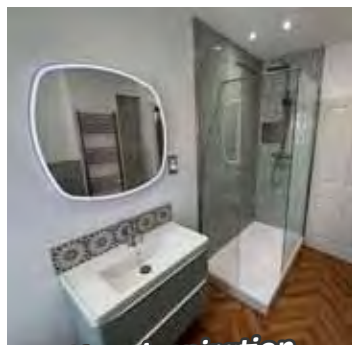
Being invited to work on high-end bathroom designs has led them to collaborate with 34 St John, suppliers of bespoke vanity units painted in your choice of colour. LB is proud to be the exclusive supplier in the South West of these products. LB can also supply bespoke, hand-painted baths, coloured radiators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

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Before



During



After

## 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](http://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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# How Much Should You Expect to Pay for Later Life Care?

Paying for care can feel like a daunting prospect. The recent scrapping of the proposed £86,000 lifetime cap on care costs has added even more uncertainty for families trying to plan ahead.

The cost of care continues to rise. Prices have outpaced inflation for decades, driven by higher energy costs, recruitment challenges, and increasing property and compliance expenses.

## How Much Does Care Cost?

Care costs vary across the country and tend to mirror local property prices. In North West Bristol, for example, care is among the most expensive in the region. If your assets are below **£23,250**, the Local Authority may help with funding, though this will be within their budget and standards.

Above this threshold, you're considered a **self-funder**. In this area, good-quality care homes typically cost between **£70,000** and **£100,000** per year, depending on the level of service and comfort you want. Of course, many people prefer to stay at home for as long as possible. Care can cost around **£32 per hour**, and live-in care can cost in the region of **£1,500 – £2,000** per week. The costs will vary depending on individual needs.

## Your Home and Care Costs

Your home isn't always counted as an asset for care purposes. For example, for the first 12 weeks in a care home, or if a spouse, partner, or elderly relative still lives there.

If you prefer to remain at home, the **Care Act 2014** supports this under the 'well-being principle.' There is the option of equity release to fund home care, helping them stay in familiar surroundings and maintain their independence.

If you have a property and savings/investments, there will be planning opportunities and some consideration around the order in which you use your assets to pay for care.

## Avoiding the Risk of Running Out of Money

Care fees can quickly erode savings if they exceed your income. An **Immediate Care Plan** may offer a solution. You pay a lump sum to an insurer in exchange for a guaranteed income for life to cover care fees with options to increase in line with inflation or defer when the payments start for example. The lump sum amount is based on your specific situation and quotes will be provided based on your



health. In our experience, the lump sum amount has averaged at around £250k so a significant number but with the costs of care as high as they are, this option may suit those looking for peace of mind, knowing your care is paid for no matter how long you live.

## Gifting and Inheritance

Gifting can reduce inheritance tax, but when care costs are a factor, it becomes complex. If the Local Authority believes assets were given away to avoid paying for care, they may treat this as deliberate deprivation. Always take professional advice before making significant gifts or transfers.

## Planning Ahead with Confidence

Care planning doesn't have to be overwhelming. Taking time to understand your options – and getting the right advice – can help you make confident, informed decisions that protect both your wellbeing and your financial security.

At Harold Stephens, we believe that peace of mind in later life starts with clear information and careful planning. If you'd like to talk through your options for paying for care for yourself or a loved one, we're always here to help. Our advisers are SOLLA (Society of Later Life Advisers) Accredited – the gold standard in later life financial advice.

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# MBST in BRISTOL: Helping patients heal through challenging conditions

## Dianne kindly shares her experience with MBST at CURA.

### INCLUSIVE BODY MYOSITIS:

It is a condition which means my muscles continue to waste and despite my best efforts through exercise, it is having a big impact.

Technically there is no medical management for this condition as there is no medication to slow the progression of the disease or ease its symptoms.

It was beginning to really slow me down and made walking more difficult. I had less energy and therefore it restricted my outings making me more homebound.

### How has MBST changed things for you?

It has been a game changer. Almost immediately during the first treatment I felt some improvement. In the first week, it felt as if I was dreaming my legs were lighter but then I realised that MBST relieved the inflammation in my muscles and the feeling was real. A further full body treatment for muscles and nerves resulted in my being able to walk further distances, increasing strength in legs helped with exercise and walking up inclines as well as rising from chairs etc.

### Ankle fracture:

I then had a fall in the kitchen at home causing fractures just above my ankle on both sides. The fracture knocked me back which was frustrating.

I was in a cast for 5 weeks then recommended to use the boot for 2-3 weeks which was not good for posture and movement.

### What was the outcome of the MBST for bone healing?

After three treatments my ankle was feeling so much better and stronger I only used the splint when going out. After the first week of treatment I discarded the splint and have been walking in normal footwear ever since. It speeded up the healing process giving me confidence to walk on my foot normally and to get back to normal life.

Friends have also commented how well I have recovered in what they deem as record time.



We're excited to announce we now have the breakthrough REMS technology at CURA. It measures bone density, bone strength and fragility using reflection/scatter Ultrasound. It's radiation free so you can track bone health more closely: if you're unsure of your DEXA results or feel they might be incorrect we can help.

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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 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](https://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.  
**Suyuan Bistro, 131 Gloucester Road, BS7 8AX**



Mei preparing Chinese sweet n sour aubergines – yum!



## “Where is my tummy coming from?!”

It's a question I hear from so many of my clients: “Losing weight just isn't as easy as it used to be!”

If that sounds familiar, you're not alone. During the menopause (which can begin from around 40 years), it's incredibly common to notice extra weight settling around the middle – even if you've always been slim or more pear-shaped. It can feel very frustrating when you haven't changed your diet or exercise routine.

**So, what's going on? A few key reasons include:**

- **Muscle loss** – From around 35 years, we naturally lose muscle. Less muscle means a slower metabolism, so we burn fewer calories.
- **Falling oestrogen levels** – Lower oestrogen affects how fat is distributed, often leading to that stubborn middle-area weight gain.
- **Low mood and anxiety** – Both can affect motivation and lead to comfort eating.
- **Tiredness** – When you're exhausted, it's much harder to make healthy choices or get moving.

**The great news?** You can absolutely turn things around! Weight training is one of the most effective ways to support your body through these changes. The NHS recommends at least two resistance training sessions each week to maintain muscle, boost metabolism, and help protect against osteoporosis.



This is Ness: “My weight had been creeping up with the menopause, and I'd lost motivation. Since training with Polly, I feel stronger, more confident, and more toned. My posture has improved, and the scales have stopped creeping up!

“I love the support from others in the team; it's very motivational and a cost-effective way of getting many of the benefits of a personal trainer. It's lovely to meet and train with other people in a supportive environment.”

If you're ready to feel stronger, healthier and more confident again – do get in touch and find out how we can help you feel your best.

**Whatsapp: 07954381845**

**Email: info@pollyturnillfitness.com**

**Visit: www.pollyturnillfitness.com**

Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR



## “ 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.

★★★★★ [Read more 5 star Google reviews online](#)



**Reader Offer! Book your initial consultation at a 50% discount, normally £67, now only £33.50. Valid until 31/10/2025**

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**recospinalcentre.com | Reco, 175 Southmead Rd, BS10 5DT**



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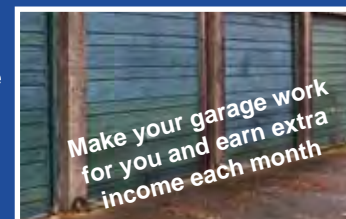
**www.vinceslogs.co.uk**

**e: vince@vinceslogs.co.uk**



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**Secure Garage Space** is a local business based in Horfield. We help people who have unused garages utilise these spaces and make good money each month by renting them out. We also pair people in need of extra space – to home a car, belongings, stock or to work in as a workshop.



*Make your garage work for you and earn extra income each month*

### Why us?

- Bristol based with experience managing garage rentals
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- Rent/deposit collection
- **Waiting list of tenants**
- Rental statements

### Does your garage need a bit of TLC before you let it?

**Don't worry, we've got you covered! We can arrange the following:**

- **Discounted replacement doors**
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### Reader Offer!

Contact us and book in a free appraisal in the next 21 days and claim 1 month free management fee.

0117 427 0434 – Call or WhatsApp  
info@securegaragespace.co.uk  
www.securegaragespace.co.uk



# 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.

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 help them double their donation total with their Santa's Sack Appeal. Aid Box Community's ethical Refutrees Christmas tree sale is on now; 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. Totally Toys is once again a collection point for Every Child Needs Christmas; do drop off your toy donations before 6 December. Family Food Action welcomes seasonal donations at their home at The Ardagh and The Ardagh itself has many festive events in the planning.

There are a whole host of local carol and seasonal services catering for all ages, along with school fairs and Christmas sales; see page 36 for more details.

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!

Pop in for a glass of Prosecco on 4 Dec, 5.30–8pm and browse gorgeous Christmas gifts and decorations



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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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ALL REMAINING STOCK IN DECEMBER

87, Gloucester Road, Bishopston, BS7 8AS  
playfullko@hotmail.com or find us on facebook

## 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 in October, 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.

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.

**Refutrees** – our beloved ethical **Christmas tree sale** returns on **Thursday, 27 November at St Bart's Church** on Maurice Road, St Andrew's, BS6 5BZ. Each tree sale supports refugees and reminds us of what the season is truly about. The shop will be open until we run out of stock – usually in about two weeks, so grab your Refutree while you can! Our online shop is now live (for delivery orders only).

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](http://www.aidboxcommunity.co.uk)



Aid Box 10-year celebration day



Refutrees  
Buy a Christmas Tree and help a Refugee

## It's Our Favourite Time of the Year!

Winter's here, and it's the perfect excuse to slow down and look after yourself. Step inside the cosy warmth of Icon Beauty, shake off the cold and let our friendly team help you feel refreshed, revived and ready for the festive season.



### NEW! Korean Lash Lift

Wake up to naturally lifted, beautiful lashes.

Say goodbye to your lash curler and hello to an easy, effortless look with our new Korean Lash Lift.

This gentle, nourishing treatment lifts and defines your natural lashes for a bright, fresh finish that lasts for weeks. Using the latest Korean beauty techniques, we enhance your lashes while keeping them soft and healthy – no extensions, no fuss. Perfect for busy mornings, leaving you feeling confident and ready for the day ahead.

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

### Get Ready with Us

With the party season here, we are looking forward to helping you prepare! We specialise in:

- Brow lamination
- Eye and lash treatments
- Gel manicures
- Pedicures
- Expert waxing

So you can enjoy all the festivities 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 Christmas!

### Give the Gift of Relaxation this Christmas

Stuck for gift ideas? An Icon Beauty Gift Voucher is the perfect way to treat someone you love. From relaxing treatments to beautiful nails and lashes, it's a thoughtful present that always fits. Valid for 12 months and available in any amount, they can be used for all our services and are perfect for placing under the tree or sending directly by email. You can purchase online with a personalised message and in the salon, perhaps while you're here for your pre-party prep appointment!



### Book Now

Appointments fill up so fast in December, so plan ahead to avoid the last-minute rush.

Visit [iconbeauty.co.uk](http://iconbeauty.co.uk) to book your appointment online or call us on **0117 924 5566**.

Wishing you a wonderful Christmas and a beautiful start to the new year!

Lucy & the Icon Beauty Team x



## SADOWSKI HAIR SALON



Friendly, local salon owned by **Tomasz Sadowski** – Curly hair & colour specialist

### Gift Cards for Christmas now available

Join the talented team, contact Tomasz for more info.

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



Sadowski Hair Art



sadowski\_hair\_salon

[iconbeauty.co.uk](http://iconbeauty.co.uk)

269 Gloucester Road, BS6 8NY | 0117 924 5566

ICON  
BEAUTY



**Christmas Gifts** – Osna owner, Bridget, is delighted to be bringing you her new range of beautiful, crystals and luxury soaps in time for Christmas! She will also be adding aromatherapy candles and soaps to her Bareskin brand. These gorgeous new products perfectly complement her sought-after aromatherapy infused body, face, hand and foot creams. All of these natural products are handmade in-house with love.

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

**Christmas Events** – Do visit Osna during **Glos Rd Central's Evening Christmas Street Party, on Thursday 4 December.** Pick up some lovely Christmas gifts and enjoy some of Bridget's legendary mulled wine, guaranteed to warm you up! All proceeds from the wine go to charity. Osna will also have a stall at **Boston Tea Party's Christmas Party on Friday 12 December, 6–9pm.**

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

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**Everyone welcome at The Tattoo Studio**

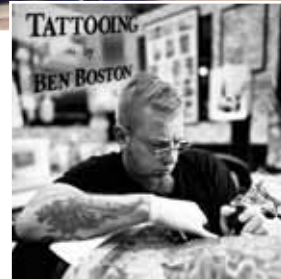


Thirty years in his tattoo studio next to the arches in Bishopston, is testament to the skill and professionalism of Bristol born-and-bred, award-winning artist, Ben Boston.



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."



Scar transformation



Before

After

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.**



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](http://www.tattoo-bristol.co.uk)

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

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## 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



*New Style*  
Wishing all my clients a Merry Christmas and Happy New Year! Thank you for an amazing 2025 and I look forward to seeing you in 2026!

*A chair awaits for a talented new stylist*

## Pearce's Hardware



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

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

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



### Christmas ready!

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

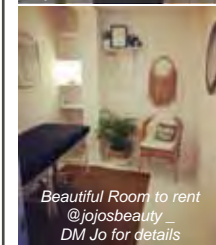


295 Gloucester Road, BS7 8PE  
Tel: 0117 924 5787

## Jojo Beauty & Holistic Therapies



Jojo's celebrating 6 years on Gloucester Rd



Beautiful room to rent @jojosbeauty DM Jo for details

### Treatments available

- Reflexology
- Swedish Massage
- Hot Stone Massage
- Pregnancy Massage
- Neal's Yard Facial
- Skinbase Hydro Facial
- Skinbase Microdermabrasion
- LVL Lash lift & tint
- Pedicure (classic & gel)
- Manicure classic & gel)

### New Therapist Georgie

Specialising in Lymphatic Massage, Bowen Therapy & Holistic Facial

### Christmas is coming!

Why not spoil a loved one with a Jojo Gift voucher?

Email: [jotovey@hotmail.co.uk](mailto:jotovey@hotmail.co.uk) or call Jo on 07828 174776 | [jojobeautysalon.co.uk](http://jojobeautysalon.co.uk)  
166 Gloucester Road, BS7 8NT



Volunteer Lou & staff member Evelina

**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 £10,00 from public donations during the Big Give Challenge, which will unlock an additional £10,00 in match-funding, bringing the total target to £20,000. These funds will help ensure families across Bristol who are experiencing poverty or crisis have access to basic essentials.

**For more information** on how to support Baby Bank Network Bristol this Christmas, and beyond visit their website at [www.babybanknetwork.com/christmas](http://www.babybanknetwork.com/christmas).

**Bartholomites 2026 Pantomime**

**The Little Mermaid**

**19 to 21 February 2026**

**Get in touch!** For more information, please email: [thebartholomites@gmail.com](mailto:thebartholomites@gmail.com) or find us on social media.

The Bartholomites [the.bartholomites](https://www.instagram.com/the.bartholomites)



# 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](http://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!**

Westbury on Trym	Coldharbour Road	Clifton Down
16 High Street, Bristol, Westbury-on-Trym, Bristol, BS9 3DU	121 Coldharbour Road, Redland Bristol, BS6 7SN	Unit 1, Clifton Dn Shopping Centre, Whiteladies Road, Bristol, BS8 2NP
<b>0117 9507080</b>	<b>0117 3291750</b>	<b>0117 3297005</b>

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



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

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



### 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).

To follow up on our last article concerning the closure of St Paul's Food Club, we are very pleased to report

that things are now looking much more positive. St Werburgh's Family Hub has agreed to host the food club and, in the meantime, FFA have been able to provide emergency provisions to families in need, especially for the families who are living in hotels with no cooking or refrigeration facilities. To do this, we have had to supplement our usual donations with items they can actually manage – more of a shopping challenge than you might think!

To help pay for this, our fundraising activities are continuing: on 8 November we held 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) well as cakes baked by our talented volunteers. At the end of November, Mary Bishop once again plans to kindly donate all the proceeds of the sale of her artwork (and her excellent pop-up café) from the North Bristol Art Trail: we are so grateful to Mary for her generosity and her ongoing support. If you have any ideas for raising money to support FFA, please do get in touch with us.

### 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 visit [Familyfoodaction.org.uk](http://Familyfoodaction.org.uk)



All your festive favourites at Joe's Bakery

**Christmas-ready!** Nobody does Christmas confectionary 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](http://joesbakery.co.uk) @Joe's Bakery Bristol Joesbakery\_glosrd



## COOKING IT

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Celebrate unforgettable parties, to confidence building classes, there's something delicious for everyone. Come and Cook with us at Cooking It!

Children's & adults' birthday parties | Team building cooking events  
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Kids – After school | School holidays | Saturdays cooking and baking classes  
Mini Chefs Club (for pre-schoolers and their carers) | DofE Skills courses

Adults – Evenings | Weekends | Master classes

Hire our event space or/and fully equipped kitchen – daily, weekly or one offs.

**Booking Christmas Parties now!**

**Vouchers make a great Christmas gift**

**Book/Enquire: [monica@cookingit.co.uk](mailto:monica@cookingit.co.uk)**  
or for more information visit [www.cookingit.co.uk](http://www.cookingit.co.uk)

## Christmas pet-care tips

For those of you who like to do stockings for your pets, here are some stocking fillers we suggest!

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

Lick mats and snuffle mats are also great for keeping your dog or cat entertained during a busy Christmas Day. These mats help to mentally stimulate and tire your dog out so you don't have to!

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

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

Sometimes the simplest things like cardboard toilet rolls and wrapping paper are just as much fun to our pets as toys, so why not let them play with what you already have! Just make sure they don't eat them!

It is important to keep your pets safe over the festive season. Nothing spoils a Christmas Day like a trip to



the emergency vet! Here are some of our top safety and wellbeing tips over this busy period.

Take care when filling up the car not to spill any antifreeze as it is extremely toxic to cats. The early signs tend to be the cat acting 'drunk', so contact us if you have any concerns as early intervention is a must.

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

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

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

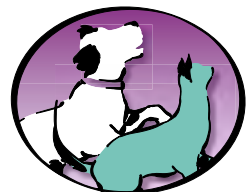
Christmas brings new items into our home; please see our Naughty List of items to keep out of reach!

### 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.

We're also pleased to welcome Cerise to our veterinary team. She joins us from a hospital setting, bringing valuable experience and a calm, professional approach to veterinary care.

358 Gloucester Road, BS7 8TP  
[www.animalhealthcentre.org](http://www.animalhealthcentre.org)



## Animal Health Centre

"A passion for pet care"

- The AHC team have been providing expert, friendly and dedicated care since 2002
- A welcoming and relaxing atmosphere
- Free preventative health clinics for your pet
- Modern surgical, x-ray and dentistry facilities

"Absolutely amazed by the service. Wonderful, knowledgeable people."



358 Gloucester Rd  
 Horfield  
 Bristol BS7 8TP

**0117 924 7832**  
[www.animalhealthcentre.org](http://www.animalhealthcentre.org)

Your local, friendly veterinary practice

## 30 years of Niche

This year, local framer and printer Niche is 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.

At time of writing, Niche is looking forward to being venue 29 on the North Bristol Arts Trail that takes place over the last weekend of November. Niche is pleased to host painter, Mike 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.

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. Any artwork that has used print-making techniques is eligible for the sponsored prize of £250 in printing and framing, and £250 cash.

### 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.

To the next 30 years! Niche's 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](http://nicheframes.co.uk)

NicheFramesniche, 4 Zetland Road, BS6 7AE



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207 Gloucester Road, BS7 8NN | [Facebook](https://www.facebook.com/ilovemypc) [Instagram](https://www.instagram.com/ilovemypc) Love My PC Ltd

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



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WAITING FOR YOU**  
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FROM YOUR PHONE**



SCAN ME

177 Gloucester Road

## REASON INTERIORS

If you need to get into the festive spirit or crave some gift inspiration, do visit Reason Interiors, it is sure to fill you with seasonal joy!

Reason is celebrating its 16th Christmas on Gloucester Road and as always, it is brimming with beautiful seasonal items. From luxury crackers to sumptuous velvet bows, advent candles to wonderfully illustrated advent calendars, gorgeous 3D paper garlands of robins to retro sparkly dinosaurs!

Vintage items are added to the shop each week; when I visited, I particularly loved the green stemmed cocktail glasses and intricately decorated sets of drawers that I discovered once homed chocolates but would be ideal to store jewellery and other treasures. On the subject of chocolate, there are some enchanting boxes of luxury chocolate robin eggs, lobsters or toy soldiers, which would all make tasteful (delicious) gifts.

The Christmas range of St Eval candles are in and always make lovely gifts – you may have trouble deciding which seasonal scent to select!

As well as their gorgeous mugs, customer favourite, Nkuku, has added a butter dish to their tableware range.

There are hundreds more treasures to be discovered that would make perfect gifts, a great **Reason** to visit this fantastic local shop

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





## News from the Goldenhill Community Garden

The festive season is upon us and what better way to mark this time than coming to the garden to make a unique and beautiful winter wreath in a fun and informal session? In a time of plastics and corporate profits how about doing a Christmassy something that is environmentally friendly AND supports a local community project at the same time? **We're back wreathing on Saturday 29 November and Sunday 1 December** with our lovely sessions. Each wreath costs just £20 and you can come along as a family or with pals to make one together or book separately if you want to make one each. Also, if you're under 16 or lower waged you can pay just £15 or just chose a free space when you book if money is a barrier.

You'll learn how to weave a willow hoop with local freshly harvested willow and then be provided with everything you need to decorate it with gorgeous natural foliage and we'll show you how to make it fabulous. Every wreath is different and they always turn out beautifully and it's a lovely jolly thing away from hectic shops and what not. It takes about an hour or so though you can spend longer on it if you like. Children are welcome and booking is essential; the details are on our website. Our site is wheelchair accessible and we do have covered and indoor spaces but come wrapped for the outside.

**The community garden is open on Wednesdays all winter** though in December and January we close an hour early at 3pm instead of 4pm and we're closed for Christmas Eve and New Year. It's a great time to get involved – we share a delicious soup from the garden and, with our new kitchen, we're getting more adventurous and have been cooking up chutneys and have plans for fresh bread. **We're a friendly and welcoming bunch**; there's always a range of jobs and even in midwinter there's always stuff to take home from the garden.

*Lucy*

thegoldenhillcommunitygarden.com  
Instagram: @ghcommunitygarden.  
Facebook: TheGoldenHillCommunityGarden

## The Yeomen of the Guard Gilbert and Sullivan's dark masterpiece



Bristol Gilbert & Sullivan Operatic Society (BGSOS) returns with The Yeomen of the Guard, the show that nearly made it to the stage in 2020 before the world shut down.

Under the direction of Sarah Nash, and with John Pitts conducting a professional orchestra, this darkly dramatic tale finally comes to life at our new home, the Olympus Theatre. Widely regarded as Sullivan's finest score, Yeomen blends grandeur, melancholy and wit in a uniquely powerful masterpiece.

**BGSOS will be performing The Yeomen of the Guard from 19 to 21 March at The Olympus Theatre, Filton, BS34 8LP.**

Tickets available at [www.ticketsource.co.uk/bgsos](http://www.ticketsource.co.uk/bgsos)

## A great stocking filler from local author

Ashley Down resident, Sue Weekes has recently published *Rowan The Dreamcoat Weaver*, the second novel in her 'Rowan The Dreamweaver' series, and it has been very well received by those who have read it so far.



It is a romantic fantasy set in the Middle Bronze Age which in theory is for young adults but in practice can be enjoyed by a range of ages. It can be bought from Amazon, however Sue has a few remainder copies at the flat rate of £8.99 and anyone who buys directly from her can have a personal dedication for themselves or a gift recipient. Although the middle one in the series, it can make a standalone read.

You can put in a request via [sue.weekes@hotmail.co.uk](mailto:sue.weekes@hotmail.co.uk), and you can find out more on her author Facebook page [rowanthedreamweaver](https://www.facebook.com/rowanthedreamweaver) – her writing name is Suzanne Stewart.

## 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](http://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."



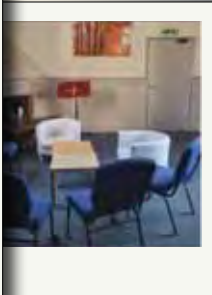
All money raised from Santas on the Run will help CHSW to continue providing care to local children living with life-limiting conditions and their families. Participants are encouraged to raise £25 in sponsorship as an individual and £70 per family.

[www.chsw.org.uk](http://www.chsw.org.uk) | 01275 866600





Horfield Baptist Church

### HALLS AVAILABLE FOR HIRE

Host unforgettable events in one of our three halls – perfect for parties and meetings.  
Main Hall – up to 100 people | Upper Link Room – up to 10 people | Front Hall – up to 40 people

Contact us: **0117 924 3608** | [www.horfieldbaptist.net](http://www.horfieldbaptist.net)

## Seasonal services

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

**14 December**, 10.30am, Family Carol service.

**14 December**, 6.30pm, Evening Carol service.

**Christmas Eve**, 3pm, Family celebration service.

**Christmas Day**, 10.30am, Christmas day service.

www.babristol.org

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

**6 December**, 4.30pm, Twilight Carols. Carols, lantern-making, toasted marshmallows, mulled wine and a short Christmas thought for all ages!

**12 December**, 1–2.30pm, Coffee Pot Christmas Cafe. Cake, coffee, chat and Christmas music – in aid of St Peter's Hospice.

**12 December**, 6.30–8pm, The Great Gingerbread Build-Off! A night of festive fun for the whole family.

**14 December**, 10.45am, Carols for little ones. Carols and the Christmas story, for under 7s.

**14 December**, 6pm, Carols by candlelight.

**Christmas Day**, 10.45am, Christmas Day service.

www.emmanuelbristol.org.uk

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

**13 December**, 10.30am–12pm (then every second Sat of month). Tea, Coffee, Craft & Chat with a Christmas theme! A chance to chat, join in with the church sewing group or just bring your own projects... Or, just go along and enjoy a tea or coffee in good company.

**20 December**, 11am, Singing Carols on the steps at Bishopston, everyone welcome.

**Christmas Eve**, 11.30pm Midnight Communion.

**Christmas Day**, 10.30am Christmas Morning Service.

bishopstonmethodist.wordpress.com

**Horfield Baptist Church, 160A Glos Rd, BS7 8NT**

**12 December**, 10.30am–12.15pm. Coffee and Craft, Come and meet with this Community group, bring what you are making enjoy lively conversation. Coffee and tea will be available.

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

**21 December**, 5pm. Christmas Carol Service – 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.

**Horfield Methodist Church  
Churchways Avenue, BS7 8SN**

**13 December**, 11am–1pm, Messy Church.

**21 December**, 10am, Nativity service.

**21 December**, 6pm, Christmas Carol Service.

**Christmas Eve**, 4pm, Christmas Eve Crib Service for all the family.

**Christmas Day**, 10am, Christmas day service.

www.horfieldmethodist.org.uk



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

**30 November**, 6pm, Advent Music & Hymns sung by the Holy Trinity Festival Choir.

**13 December**, 3pm, Concert of Advent and Christmas Music.

**14 December**, 4pm, Quiet Christmas.

**21 December**, 6pm, Festival of Lessons and Carols. sung by the Holy Trinity Festival Choir.

**Christmas Eve**, 3pm, Christingle Service.

**Christmas Eve**, 11.30pm, Midnight Mass.

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

**Christmas Day**, 10am, Day Mass.

www.horfieldparishchurch.org.uk

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

**6 December**, 7.30pm, Christmas concert – festive performance by the choir, followed by mince pies and mulled wine.

**Christmas Eve**, midnight, Mass of Christmas Night.

**Christmas Day**, 11am, Mass of Christmas Day.

email: bristol.stbonaventure@cliftondiocese.com

## Local Christmas Events

**Glos Road Central Christmas Shopping Evening,**

**Thursday 4 December, until 8pm.** Shops and businesses at the top of Pigsty Hill on Gloucester Road will be staying open late to give customers a chance to do some late-night shopping.

**The Old Library Christmas Party! Saturday 6**

**December, 2–6pm.** Live bands, festive food, licensed bars, stories with Santa, festive games and more! The Old Library, Muller Road, BS5 6XP.

**Bishop Road Christmas Cracker! Saturday 6**

**December, 1–4pm.** Christmas tree sale and festive fun, all welcome. Pre-order trees at [ptfa.bishoproad.bristol.sch.uk/shop/](http://ptfa.bishoproad.bristol.sch.uk/shop/) by 28 November. Extra trees available on the day. Bishop Road Primary School, BS7 8LS.

**St Bon's Christmas Fair, Sunday 7 December,**

**2pm.** Lots of stalls, gifts ideas, home baked cakes and mulled wine, as well as a visit from Father Christmas! St Bonaventure's Catholic Primary School, BS7 8HP.

**The Ardagh Christmas Market & Grotto, Saturday**

**13 December, 10am–3pm.** The Ardagh, Off Kellaway Avenue, Horfield Common, BS6 7YL.

**Carol Singing Evening, Sunday 14 December,**

as twilight falls, at The Ardagh, Off Kellaway Avenue, Horfield Common, BS6 7YL.

**Fairfield High School Winter Gala,**

**Wednesday 17 December, 5.30pm.**

Performances, market stalls, multicultural food stalls, festive activities. **Stalls available** – if you would like to run a stall, please email [admin@fairfield.excalibur.org.uk](mailto:admin@fairfield.excalibur.org.uk)



**BRISTOL  
waste**

**When's your bin day over  
Christmas and New Year?**

Collections pause on Christmas Day, Boxing Day and New Year's Day, so your waste and recycling will change for a few weeks.

Normal bin day	Festive bin day
Thur 25 Dec	Mon 29 Dec
Fri 26 Dec	Tue 30 Dec
Mon 29 Dec	Wed 31 Dec
Tue 30 Dec	Fri 2 Jan
Wed 31 Dec	Sat 3 Jan
Thur 1 Jan	Mon 5 Jan
Fri 2 Jan	Tue 6 Jan
Mon 5 Jan	Wed 7 Jan
Tues 6 Jan	Thur 8 Jan
Wed 7 Jan	Fri 9 Jan
Thur 8 Jan	Sat 10 Jan
Fri 9 Jan	Mon 12 Jan
Mon 12 Jan	Tue 13 Jan
Tue 13 Jan	Wed 14 Jan
Wed 14 Jan	Thur 15 Jan
Thur 15 Jan	Fri 16 Jan
Fri 16 Jan	Sat 17 Jan

**Back to normal from Mon 19 Jan**

### 🌲 Christmas trees

Put your tree out with your first wheelie bin collection from Tuesday 13 January.

You can also take trees to your nearest Household Reuse and Recycling Centre or search online for local charities offering collections in your area!

### 📅 Collection dates

Download your 2026 collection calendar from [bristolwastecompany.co.uk/festive](http://bristolwastecompany.co.uk/festive)

### 🔔 Don't forget...

Garden waste collections and paid bulky waste services pause from Monday 22 December to Monday 26 January 2026.

For more info and festive tips, visit [bristolwastecompany.co.uk/festive](http://bristolwastecompany.co.uk/festive)

An epic tale of vengeance and intrigue,  
magic and monsters, love and hope.

WILLIAM SHAKESPEARE'S

# THE TEMPEST

2-13 DECEMBER 2025

DIRECTED BY KATIE KNEEN & TIM WHITTEN

£15.00 full price / £12.00 concessions

[KELVINPLAYERS.CO.UK/TICKETS](http://KELVINPLAYERS.CO.UK/TICKETS)

**KELVIN  
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Kelvin Players  
253b Gloucester Road  
Bishopston, Bristol BS7 8NY

 [www.kelvinplayers.co.uk](http://www.kelvinplayers.co.uk)  
 @KelvinPlayers

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

[WWW.KELVINPLAYERS.CO.UK/TICKETS](http://WWW.KELVINPLAYERS.CO.UK/TICKETS)

# THE LONG ROAD

BY SHELAGH STEPHENSON

17-21 FEBRUARY 2026

This amateur production of "The Long Road" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd. [www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)

**KELVIN  
PLAYERS** | EST. 1929

253b Gloucester Road  
Bristol, BS7 8NY  
 [www.kelvinplayers.co.uk](http://www.kelvinplayers.co.uk)  
 @kelvinplayers

**17 - 21 February 2026**  
19:30 curtain  
14:30 Saturday matinee

[kelvinplayers.co.uk/tickets](http://kelvinplayers.co.uk/tickets)

## Ardagh Community Sauna: December News

Our community wellness retreat is now open 7 days a week – 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 showers,

plunge pools, changing facilities, and a calm relaxation area with a non-alcoholic bar.

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?

**New Opening times** from Monday 24 November

Monday to Thursday, 15:00 – 21:15

Friday to Sunday, 10:00 – 21:15

**Sauna Sessions & Live Music**

**Paper Dragon (DJ Set) Friday 12 December | 19:00 – 22:00**

Join us for an intimate evening with **Bristol's own Paper Dragon**, performing a rare **ambient + downbeat** set crafted to accompany your sauna experience.

Renowned for their distinctive sonic fingerprint, Paper Dragon are among the most forward-thinking voices in Bristol's vibrant bass music scene. Fearlessly original, they blend jungle roots with contemporary breaks, all underpinned by pristine production. For this unique event, Paper Dragon will perform an **intimate ambient and downbeat** set crafted to accompany your sauna experience.

**Sauna + Music £20 | Music Only £15**

(Limited to 42 Sauna Tickets + 10 Music-Only Tickets)

**Steve Davis (Ambient DJ Set) – Saturday 31 January 2026 | 19:00 – 22:00**

Step into the warmth of the sauna and let sound and steam transport you into another world. Join us for an unforgettable evening with the legendary **Steve Davis** – the world-famous snooker champion turned acclaimed DJ and musical tastemaker.



Since swapping the green baize for the decks, Steve has carved a new path in the world of experimental and electronic music. As part of **The Utopia Strong** alongside Kavus Torabi (Gong) and Michael York (Coil), he's been celebrated for his adventurous sets that blend ambient, krautrock, and leftfield electronica. His passion for sonic discovery has taken him from the snooker hall to the biggest festival stages – and now, to the warmth and intimacy of **The Ardagh Community Sauna**.

For this exclusive event, Steve Davis will perform an **intimate ambient and downbeat set** designed to accompany your sauna journey. Time will dissolve as you surrender to layers of rich, resonant soundscapes – frequencies tuned to harmonise body, breath and mind.



Expect a deeply immersive evening combining **hot and cold therapy with sonic healing**.

Steve's performance begins at 19:00.

**Sauna + Music Ticket (£22.50)**

Includes full access from 19:00 – 22:00 and one of two sauna sittings:

- Session 1: 19:00 – 20:00
- Session 2: 20:00 – 21:00

**Music-Only Tickets to be released soon**

Think cozy, candlelit ambience, atmospheric soundscapes that stir the heart, the comforting crackle of wood, and the gentle rhythm of rising steam – an evening designed to nourish mind, body and soul. **This is an outdoor event**, so please bring warm clothes, blankets, and chairs.

Spaces are limited for these intimate nights of music and heat – **book early to avoid missing out!**

**Tickets available at [headfirstbristol.co.uk](http://headfirstbristol.co.uk)**

**Private Bookings & Celebrations**

Planning a special occasion? Our sauna is available for private hire – starting at £100 per hour and suitable 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](mailto:info@ardaghcommunitysauna.org)**

**Book online: [www.ardaghcommunitysauna.org](http://www.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 [www.theardagh.com](http://www.theardagh.com)**

## Ardagh Community Trust News

**A Heartfelt Thank You from The Ardagh Community Trust**

As the year draws to a close, we want to extend our deepest thanks for your incredible support – whether you've sipped coffee at the Café on the Common, picked up plants from our community nursery, browsed the monthly market, volunteered your time or simply enjoyed the beauty of our gardens. Every visit, purchase and helping hand has helped nurture this cherished green space.

Our Crowdfunder remains open as we work to rejuvenate the green in time for next summer's vibrant calendar of events. Your continued generosity ensures this community haven thrives for everyone to enjoy. [www.crowdfunder.co.uk/p/qr/jyVRJ5Jy?utm\\_campaign=sharemodal&utm\\_medium=referral&utm\\_source=shortlink](http://www.crowdfunder.co.uk/p/qr/jyVRJ5Jy?utm_campaign=sharemodal&utm_medium=referral&utm_source=shortlink)

We can't wait to welcome you back in 2025!

As December rolls in and it's beginning to look a lot like Christmas (!) we have two lively events that will get you in the festive spirit.

**Christmas Market & Grotto – Saturday 13 December, 10am–3pm**

The Ardagh's Christmas Market will be full of the sights, sounds and scents of the season. Browse stalls brimming with locally produced food and handcrafted gifts – perfect for finding that special something while supporting Bristol's talented makers.

Children can dive into the magic of the season with festive craft activities and a visit to the Christmas Grotto, where Father Christmas himself will be waiting to hear their wishes.

Whether you're shopping, crafting or simply soaking up the atmosphere, this market is a celebration of community spirit and holiday cheer.

**Carol Singing Evening — Sunday 14 December**

As twilight falls, gather with neighbours and friends for an evening of carol singing under the stars. A local choir will lead the melodies, filling the air with familiar tunes that bring people together.

Warm up with delicious food, mulled wine and mulled cider – all served with a generous helping of festive goodwill. It's the perfect way to end the day and embrace the season with song, laughter, and connection. Look out for further details on posters and in our social media posts.

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

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# Every Child NEEDS CHRISTMAS!

Gloucester Road's **Totally Toys** is happy to once again be a **collection point** for the **Every Child Needs Christmas** campaign. It's so easy to get involved and makes a massive difference to lots of underprivileged children in the BS post-coded areas. To join in, all you need to do is **donate a new gift/s** (not wrapped or edible) around the value of £7 to £10 for a 0-16 year old.

The **cut-off date for donations in store is 6 December 2025**. You can either pick up items from Totally Toys or bring your own in to donate.

**Totally Toys, 109 Gloucester Road, BS7 8AT**



This year you can also click on this QR code and order a gift to be sent directly to the campaign.



Wonderful festive pics thanks to Ashley Down 4B class





### Giving thanks and wishing good health and fortune to all

The harvest is in. A handful of D'Arcy Spice and Tydeman's Late Orange are hanging on the trees. Golden leaves blow away, revealing fruits that illuminate those moments when the rain pauses and the sun shines. Heady aromas of apples and quince infuse the storage shed. My hands and fingers are scented by fruit being sorted and stored, or washed and cut for juicing and preserving. There is much to be thankful for!

The Apple Tree Lady and the team of volunteers at Horfield Organic Community Orchard (HOCO) thank all the visitors who came to October's drizzly Apple Day. Hundreds turned up to celebrate and support the orchard, and our ambition to turn Bristol into an orchard city. Pigsty Morris danced the showers away. Dozens of HOCO-grafted trees were purchased and taken away to their new homes. It's not too late to order an apple tree from us for Christmas. See our website for more information.

Join us for **Wassail on Saturday 17 January**. It's Old Twelfth Night, when communities in orchard growing areas gathered together to give thanks for the apple harvest, and to raise the spirits for a fruitful new year. In old English, 'wes hal' means 'be in good health' or 'be fortunate'. Our friends, Pigsty Morris, are bringing their good vibrations. Can you bring your energy and powerful voices to help wake up the trees?

For info: [community-orchard.org.uk](http://community-orchard.org.uk) | 0117 373 1587

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



Tel: 0117 239 9683

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### News from the Friends of Horfield Common

#### Looking ahead on the Common

As we head towards a new year, the Friends of Horfield Common are planning further work to increase biodiversity across the Common, with a new focus on the area towards the Horfield Leisure Centre. At the Ardagh end, there's been a slight delay with the digging of the Quab pond, but we're hopeful that this project will move forward soon, along with a clearout of the existing pond.

Our website has recently been updated, with new 'What's on' and 'Blog' sections where you can keep up to date with everything we're doing. There is also a new Resources page that includes running and walking maps for the Common.

If you'd like to get involved with monthly litter picks or other activities, share your ideas or find out more about our upcoming projects, do visit our website. Or come and say hello at the monthly markets at The Ardagh – we'd love to hear from you. Further details can be found at [www.friendsofhorfieldcommon.co.uk/whats-on](http://www.friendsofhorfieldcommon.co.uk/whats-on); Facebook: [friendsofhorfieldcommon](https://www.facebook.com/friendsofhorfieldcommon)

#### 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: [scottyardtois@hotmail.com](mailto:scottyardtois@hotmail.com)

# Supporting independence in later life

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





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## 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](http://www.windowwanderland.com) or email us at [comms@windowwanderland.com](mailto:comms@windowwanderland.com).

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



## 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.

**Tailored Support:** Each session is adapted to your stage of pregnancy, helping you feel more in control and less overwhelmed.

**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.

**Community Connection:** Meet other mums-to-be in a calm, welcoming space designed just for you.

Spaces are limited—sign up today and feel the difference! Click on the QR code below.

07769 723 528

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

Insta: [pilatesactivebristol](https://www.instagram.com/pilatesactivebristol)



PILATES ACTIVE

## 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 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](https://www.instagram.com/cleoextended), email me at: [cleoextended@gmail.com](mailto:cleoextended@gmail.com) or call: **07717 824555**.

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Saturday 10.30am - 11.30am  
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Sundays 10.30am - 11.30am  
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## Black History Month at Cotham

At Cotham, we celebrate Black History Month every year – not because it's something we have to do, but because it's something we believe in. We believe that the achievements, creativity and contributions of Black and Brown people should never be overlooked or confined to one month. Over the past few years, we've worked hard to ensure that diversity isn't just celebrated in October, but woven throughout our curriculum all year round.

We kicked off the month with daily inspirational, short, pre-recorded motivational messages shared over the speaker by students and staff alike. Each message set a powerful tone for the day, reminding us of the strength found in unity and the importance of every voice in our community. This powerful message was reinforced in the launch of our 'Seat of Resistance', a project driven by students to promote unity, diversity and a long-lasting legacy.

One of the highlights of the month was the Dugsi Dayz workshop with Sabrina Ali, a talented British-Somali writer and actor from southwest London. Students found her workshop both eye-opening and engaging. In addition, our Post-16 students were treated to an inspiring workshop with the incredible I AM 13e, Bristol's own hip hop and spoken word artist.

We also had the privilege of welcoming back the incredible Malcolm X Elders from the St Paul's community for afternoon tea. This cherished tradition brings generations together to share stories, wisdom and warmth. The conversations were heartfelt, the connections genuine, and the feedback from both students and elders deeply moving.

To round off the celebrations, we hosted our African, Caribbean and Dual Heritage Celebration – now in its third year! The event was bursting with energy: a live DJ, delicious Caribbean food, vibrant student presentations and keynote speaker, Sibusiso Tshabalala. It was a joyful moment for our whole school community – a celebration not only of culture, but of togetherness, pride and shared history.

At Cotham, Black History Month is more than a series of events — it's a reflection of who we are: a community that values inclusion, honours heritage and celebrates every voice.



# Cotham School

Achievement - Diversity - Respect

We warmly invite parents and carers of Year 5 children to visit our open mornings.

Whilst Cotham School does have an designated area of priority for school admissions, in September 2025 the furthest place offered was actually 4.47 miles (direct line distance) from the school.



Scan to book

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"My experience with Bristol Tutors has been fantastic. From my initial enquiry they were communicative, professional, and helpful. Since having the lessons, my child has improved significantly in her grades and her confidence. I would recommend Bristol Tutors to anyone!"

## Celebrating a fantastic year in martial arts!

Firstly, let's get it out of the way, we at Red Dragons Martial Arts would like to wish everyone a fantastic Christmas and an incredible New Year.

I'm not sure how this has happened so quickly but we are now at the tail end of another year. I hope it has been a fantastic year for you all. 2025 has been an incredible year for Red Dragons Martial Arts. We have

continued to grow and I honestly have so many wonderful and inspiring stories from this year, just so many highlights. We have a load of new black belts – simply incredible! These are the ones that didn't quit and did whatever it took to achieve.

We have had so many members grading this year and I know I'm biased but I'm convinced that they get better with every grading. Our sparring masterclass has been so much fun (my idea of fun though, which means lots of tough training and this may be why I'm not invited to parties anymore!).

I have an idea of what to expect from 2026. I know it's going to be filled with challenges and lots and lots of opportunities. If you want to be a part of the Red Dragons family then book a free trial today and we look forward to welcoming you in 2026.

**Sensei Lloyd**



## St Bonaventure's Pre-school is now accepting applications for September 2026

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2026. Well-established in the local community, the sought-after pre-school provides high-quality care and education for 3 and 4-year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

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

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

High staff to children ratios means that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

The pre-school was awarded an 'Outstanding' achievement from Ofsted when they were inspected in July 2024, with Ofsted commenting on how the "children arrive at this exceptional pre-school smiling, motivated and happy...delighted to see staff and eager to walk in".

St Bonaventure's Pre-school is open Monday – Friday, 8.00am – 5.30pm during term time. The setting offers parents the opportunity to use any free early education entitlement up to 30 hours.

**Do get in touch.**

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



Facebook: [Red Dragons Martial Arts](https://www.facebook.com/RedDragonsMartialArts) | Visit: [www.reddragonsmartialarts.com](http://www.reddragonsmartialarts.com)  
Email: [info@reddragonsmartialarts.com](mailto:info@reddragonsmartialarts.com) or Call: 07779 740 432, to book your free trial

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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](mailto:admissions.stbonaventures@bristol-schools.uk)  
Web: [st-bonaventures.bristol.sch.uk](http://st-bonaventures.bristol.sch.uk)  
Phone: 0117 353 2830

## News from St Bonaventure's



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 prizes 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 soon, 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.

### New! Stan Drews Folk Nights



**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 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!

Email: [StanDrewsFolkClub@outlook.com](mailto:StanDrewsFolkClub@outlook.com)

## Counselling for Adults and Young People in North Bristol



Sometimes, life can feel difficult or maybe even overwhelming and speaking to somebody from outside of your family and friends can give you a different perspective, an opportunity to view things differently and perhaps to speak more openly.

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](http://www.helenpapworthcounselling.co.uk) or email: [helenpapworthcounselling@gmail.com](mailto:helenpapworthcounselling@gmail.com).**

### Local & online tutor for children aged 6–11

Experienced tutor Liz Romero



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

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**BARCAN+KIRBY APPOINTS PARTNER AND LEGAL DIRECTOR TO COURT OF PROTECTION TEAM**

Barcan+Kirby continues to strengthen its Court of Protection team with the appointment of new partner, Caroline Featherby, and legal director, Leigh McDonough, who both join the team from Enable Law.

Caroline started her legal career in 2007 and qualified as a Solicitor in 2014. She specialises in acting as a Court of Protection Deputy for property and finances. Caroline acts as a financial Deputy and Trustee for a number of clients with acquired brain injuries and supports the management of the Court of Protection team. Caroline will be taking over acting as Deputy for all existing deputyships and building relationships with the team's existing network as well as expanding with contacts she already has in the industry.

Caroline said: "I am really looking forward to building on an already very successful and strong foundation and work towards further growth and expanding the Court of Protection offering at Barcan+Kirby. We have a great team, and I am really excited to be a part of it."

Leigh qualified as a solicitor in September 2017 and specialises in the management of the property and financial affairs of people who are not capable of doing so themselves due to a brain injury.

As well as the day-to-day management of an individual's property and financial affairs (in both Deputyship and Trust matters), Leigh's role also includes preparing applications to the Court of Protection for the appointment of a Property and Financial Affairs Deputy (both lay and professional) and Statutory Wills. Leigh will work closely with the firm's Personal Injury and Medical Negligence teams, providing litigation support from a Court of Protection perspective.

Both Caroline and Leigh will work from the firm's Gloucester Road office.

Anna Wilson, Managing Partner commented, "We are thrilled to welcome Caroline and Leigh to the Court of Protection team and look forward to the continued success and growth of the team."

[barcankirby.co.uk](http://barcankirby.co.uk)



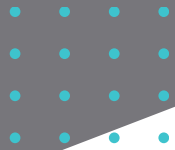
Caroline & Leigh outside B+K's Gloucester Road office



# smile.

[smaɪl] noun

a curve that sets everything straight



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## 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.

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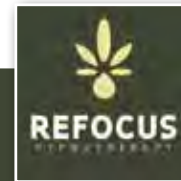
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## News from Bristol Civil Service Sports Club

In September 2025 we celebrated our 100th birthday and we would like to thank those who came along to celebrate it with us. Local singer, Lucy Winter, provided the entertainment for the night and we were pleased to be joined by local politicians and representatives of the other Civil Service Clubs in the UK.

On 1 November we held our annual **Halloween Spooktacular** including our fireworks display. Adults and children adorned in fancy dress came along for the Neon Disco hosted by DJ Kool Kidz and the Display by Firemagic. A great and, most importantly, a safe evening was had by all.

**If you are not a member, why don't you come along and see what we have to offer?** With **Sky and TNT sports live, pool, snooker, skittles, table tennis** to name a selection of activities on offer, we should have something for everyone and, with a pint for members starting at just £3.75 – surely you can't go wrong. If you enjoy a **traditional quiz night** with pen and paper – come and join us – we like it the old-fashioned way!! And no, you don't have to be a civil servant to become a member.

**If you're looking for a venue for a party,** a celebration of life, a work event – conference or funday, come and talk to us. We have plenty of facilities and at a price you'll find hard to beat. We also have a stand-alone pavilion building that can be hired for other events. If you've left it a bit late organising your work or social group **Christmas party** – give us a call and let's see if we can help you.

May we take this opportunity to wish you all a very merry Christmas and a happy New Year.

**If you would like to find out more** do pop in and say hello, from 7pm weekdays and 11am at weekends; **email: office@bristolcssc.co.uk** or call: **0117 951 4259**.



## 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.**

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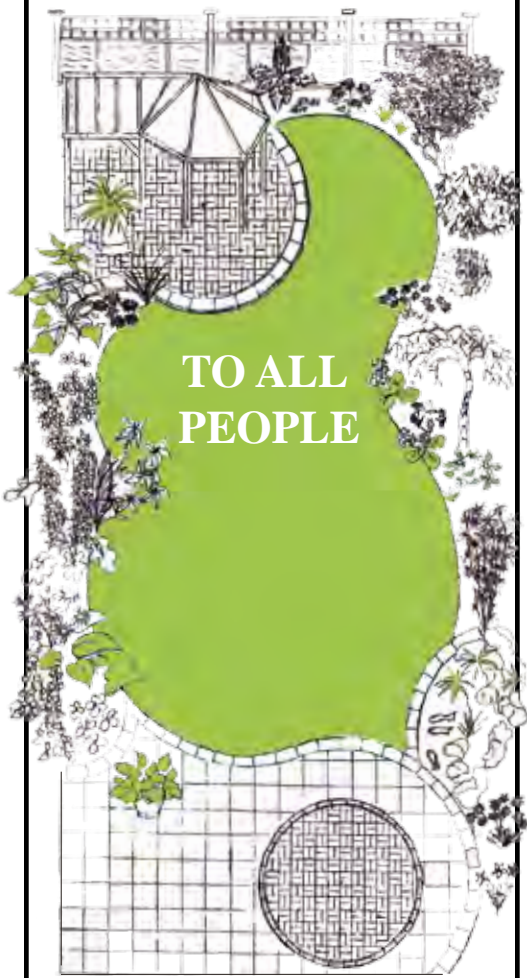
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## Come Dine With Me – in Bishopston!

A Bishopston household featured on TV in November, when Married at First Site (MAFS) UK brides and grooms took on a special week of Come Dine With Me (CDWM), filmed in homes across Bristol.

The week of CDWM specials saw former contestants of MAFS UK swap to a different kind of dinner party as they competed against each other to win a £1,000 prize for charity. The brides and grooms that said 'I do' to the kitchen contest were Emma Barnes (Series 9), Kieran Chapman (Series 9), Kristina Goodsell (Series 9), Paul Liba (Series 8) and Ella Morgan (Series 8).

The Cricklade Road home owner, Sarah shared, "Having our home used as a location for a televised dinner party (which we weren't invited to!) was surreal! I sat in on the filming of Paul cooking and really had to sit on my hands to not offer help... things didn't really go to plan, which made for even better TV! I've always loved the programme, so it was fascinating seeing how it all works behind the scenes – for example, no one in the crew is ever allowed to discuss scoring; there's a daytime and a nighttime crew; and the producer prepares a list of puns and soundbites in advance based on what they're doing, so that the contestants can repeat them back. When I walked back into the house after the shoot, the house was filled with three very strong odours: perfume, booze... and garlic (spoiler alert!)."

MAFS UK Does Come Dine With Me is now available to stream on Channel 4. The featured local episode aired on 6 November 2025. You may spot some other Gloucester Road locations and characters in this special week filmed across Bristol too!



Paul Liba preparing his dishes



Young Hugo & Rosie in the director's seat!

"Paul and the crew were really friendly and we got to see ourselves on camera! It was fun because got to sleepover at our Auntie's house because they were filming at our house all day and night!" Rosie (8)

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## News from the Friends of Bishopston Library

With Christmas approaching we are delighted to be able to welcome back **Wurly Folk to Bishopston Library on Saturday 20 December.**

They will be playing a winter set of music including carols from Europe and the UK plus other merry tunes between 1.30pm and 2.15pm. Come along and enjoy some music, mulled wine and mince pies as you pick up your Christmas reading!

**We would love to see a few more members** in the Friends group. If you'd like to get involved planning and running events, you will get a warm welcome.

Next year we are hoping to host a **Window Wanderland workshop** so please let us know if you'd like to get involved. The Window Wanderland event will take place over the weekend of 27 February to 1 March 2026.

**Get in touch at: friends@bishopstonlibrary.org.uk**

**Library open hours:** Mon 1-7pm; Weds, Thurs, Fri, Sat 11am - 5pm; Tuesday & Sunday - closed.

**Bishopston Library, Gloucester Road, BS7 8BN**

We hope to see you or hear from you soon.



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## A Garden for Living, Growing and Wildlife



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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# News from Bishopston & Ashley Down & Redland Councillors

## Bishopston & Ashley Down ward

**Residents Parking Zones Update** – The recent Transport and Connectivity Committee meeting brought further discussions on Residents Parking Zones (RPZs) for Bishopston and Ashley Down, with money now allocated for extending these zones. It has been proposed to implement RPZs in two phases, with Bishopston being in the second phase, estimated to be implemented in 2026/27. We know that people have been asking for an RPZ for a while now, and we get a huge number of requests for them. By doing it in phases we should ensure that areas are not overly affected by overspill from other areas. We have emphasised that there needs to be a commitment to balancing the needs of residents, local businesses and visitors. More information on upcoming consultations and any agreed changes will be shared as soon as it becomes available.

**New Road Safety Reporting Tool for Residents** – We have long been aware of many issues with speeding, rat running, traffic and dangerous driving in various streets in the ward, with many requests for road changes and traffic calming measures. We have been working with officers to find a way to identify the worst areas so that they can be considered for transport projects in the future.

Subsequently, officers have created a new tool. It is similar to Fix my Street but allows you to put in areas of improvement you would like to see. The tool will be live for gathering information until 30 November 2025. You can find the tool via the council website and by searching for 'Tell us about a road safety concern or street improvement'. This is an exciting moment of progress as we now have a direct way that residents can share their ideas about improvements in their street. While this won't necessarily guarantee immediate changes it will allow officers to know where to prioritise when funding becomes available. Please share this tool with your neighbours, any street WhatsApp or residents' groups you are part of.

**CIL Funds Approved for Bat Boxes on Horfield Common** – We're delighted to announce that the Area 2 committee has approved £1,000 of Community Infrastructure Levy (CIL) funding for the installation of new bat boxes on Horfield Common. This initiative aims to support local bat populations, enhance biodiversity and offer residents the chance to spot these fascinating nocturnal creatures. The bat boxes will be installed in consultation with local wildlife groups to ensure they meet best practice standards. Keep an eye out for upcoming community events where you can learn more about our local bats and ways to get involved in caring for Bishopston's green spaces.



**Update on 248 Gloucester Road** – There's been significant interest in the future of 248 Gloucester Road. Emma and James have contacted officers at the council, to check the site for safety and assess its condition. While they have deemed the site as safe, they are keen to speak to the owners to find out future plans. While no formal planning applications have been submitted yet, any proposals will be subject to public consultation. We'll continue to keep you posted as new information emerges, ensuring you have the chance to share your views on the next steps for this important location. The officers will continue to monitor the site for its safety.

**Wildlife Champions for Ashley Down** – Emma and James recently met with residents living between Ashley Down Road and Muller Road, who are looking to set up a Wildlife Group in order to create wildlife spaces for hedgehogs and other wildlife. While the future goal is to secure funding for improving the green space at the bottom of Springfield Avenue, the aim of the group will also be to create wildlife spaces in the alleyways behind the houses of Ralph Road and other suitable spots. If you live in the area and care about wildlife and would be interested in volunteering. Please get in touch with us and we can put you in touch with the organisers.

**Get Involved** – Bishopston thrives when residents get involved. Whether you're submitting feedback on local projects, attending committee meetings or joining community events, your voice matters. If you have questions or want to share your thoughts, feel free to contact Emma and James via email. We look forward to hearing from you and working together to make our neighbourhood even better!

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

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

## Redland ward

**bristolonthemove.com** – This new website is a one-stop-shop to find out more about our three main transport corridor projects funded by government. We know the construction work can affect journeys and is inconvenient while improvements are put in place. Essential transport infrastructure needs a lot of investment and modernisation and the grants are helping with that. But the site also shows how you can access incentives like free bus vouchers and bike loans that are available across the city.

**Bristol schools outperform the national average for the first time** – Bristol's secondary schools have achieved promising results in this year's Key Stage 4 (KS4) GCSE results, according to provisional data released in October by the Department for Education. Bristol's score has risen from 45.2 to 46.3, meaning the city has moved above the national average for the first time.

**Safety in Parks** – In November the city council unanimously passed a motion to support better facilities or safety features to support women and girls using parks and green spaces. We know resources for managing parks have been cut in recent years but the motion makes sure the managing committee will prioritise this into their work programme.

**Parking news** – A report was passed in November approving a new series of parking management schemes (permit parking and pay and display spaces, also called RPS) in response to long requested action to deal with unmanaged streets and rogue parking. The areas of Redland ward 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 consideration of future schemes in our ward that would be consulted on includes parts of Bishopston south of the prison and streets in Westbury Park. This process is not immediate and there will be time to make your views known when anything concrete emerges over the next couple of years. We know there can be strong views either way and we shall of course be making sure any details are looked at very carefully and residents and businesses get their say if this goes forward in future.

**Supporting climate and nature action** – Two related pieces of work are underway. A new draft of the council's Climate Emergency action plan is being updated with many practical proposals. At the same time, action to protect nature is being collated into the council's refreshed Ecological Emergency action plan. These documents continue the ambition



to tackle our impacts as a council and to support a switch to clean energy and nature recovery. Going forward there will also be more attention to dealing with changing climate like rising flood and heat risks and making services and facilities resilient.

We're delighted that local savers and others have been keen to have a stake in the council's practical climate action. The Bristol Climate Action Investment Fund was seeking a further £500,000 to reach a total of £2 million raised for projects this year and it hit its target early again. It will be used to save energy in local facilities and services like respite care homes, heating, clean power projects and lighting and provide a return with interest to savers.

**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. 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.

**Postal vote changes** – New rules from the Elections Act 2022 mean that if electors applied for a postal vote on or before 30 January 2024, they need to re-apply by 31 January 2026. Otherwise, their postal vote will expire. This is because the law now requires voters to prove their identity when applying for a postal vote. Most new applicants are using the government's online portal, which checks their national insurance number, date of birth and signature. Paper applications are still allowed but take much longer to process. In Bristol, around 28,000 postal voters need to re-apply.

**Fi Hance, Green Party**  
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**Martin Fodor, Green Party**  
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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



## 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.

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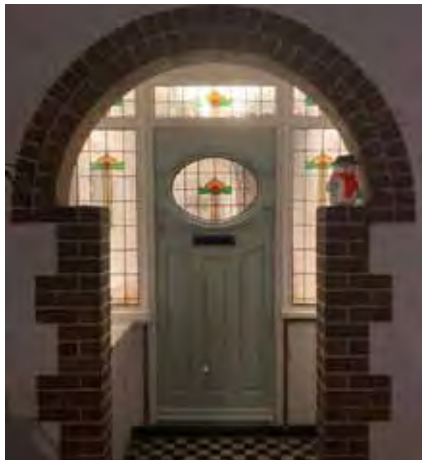
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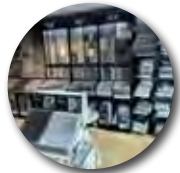
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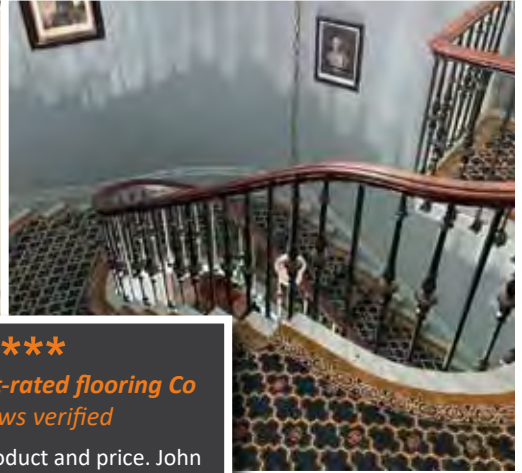


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