Bishopston Matters

Tel: 07881 924059 issue 203, Dec 2026





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Dear Readers...

See Reader Offers on page 60

Welcome to the December issue of your community magazine. Tis the season to be jolly and this magazine is here to get you into the festive spirit with all the wonderful seasonal events that are taking place in our community – from school Christmas fairs to wreath making, night markets to tree sales, parties to carol services, inclusive silent discos to a Santa's grotto for dogs! I have put together listings of seasonal local church services and events.

A Christmas tradition I always try to uphold is festive artwork from Ashley Down Primary School and this year pupils have created a delightful snow scene for us all to enjoy. Thank you Year 2s.

We of course bring you gift inspiration galore with our local businesses having everything you need to get Christmas all wrapped up! Please do support our lovely independent shops and ensure they all have a happy new year!

I am also pleased to share lots of easy ways we can share the love to communities in need. Whether that be buying an extra Christmas pudding for Family Food Action, donating a toy to Every Child Needs Christmas, supporting charities who can double their donations 1 to 8 December such as Brace and Baby Bank Network or buying your Christmas tree from Refutrees, a local Scouting group or school.

We hear from many local groups who reflect on the progress they have made over the year and they invite more volunteers to join in the fun in 2027!

I would like to wish all you lovely readers a happy Christmas. I know this can be a difficult time for some and I send you my love. I will be remembering my dear mum who sadly passed away this summer. I will think of her in her paper crown raising a glass of sherry with a sparkle in her eye. Much love to you all,

Kerry x

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News from Ashley Down Primary School



Playground project – Ashley Down Primary School is continuing its fundraising campaign to improve and enhance the school's playground for all our pupils. Phase 1 was a huge success, with the generous support of our local community helping us to install a fantastic new MUGA (multi-use games area) over the summer.

We are now launching Phase 2, which will focus on raising funds for exciting new play installations in the infant area of the playground, creating an engaging and inspiring space for our youngest children. We would love to hear from local businesses who may be interested in getting involved by sponsoring the project and supporting our school community. **If your business would like to find out more**, please contact the Ashley Down Primary School Association at **ashleydownpsa@gmail.com**. A huge thank you goes to Kasa Chiropractic (kasachiro.com). Charlie Herbert and his team have raised a fantastic £1108.98. We are hugely grateful for their support.

Winter Fair – The local community are invited to attend Ashley Down's Winter Fair on **Saturday 28 November**. There will be festive fayre, Santa's grotto, Christmas trees, raffle, games and performances.

Christmas artwork – Year 2 pupils worked together to produce the joint collage below (and on the front cover) illustrating an enchanting festive scene. It is a happy Christmas tradition to supply seasonal artwork for the December *Bishopston Matters*.





RECYCLE MORE FOR BRISTOL

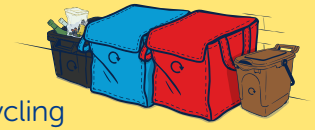
Normal bin day	Festive bin day
Fri 25 Dec	Tue 29 Dec
Mon 28 Dec	Wed 30 Dec
Tue 29 Dec	Thur 31 Dec
Wed 30 Dec	Mon 4 Jan
Thur 31 Dec	Tue 5 Jan
Fri 1 Jan	Wed 6 Jan
Mon 4 Jan	Thur 7 Jan
Tue 5 Jan	Fri 8 Jan
Wed 6 Jan	Sat 9 Jan
Thur 7 Jan	Mon 11 Jan
Fri 8 Jan	Tue 12 Jan
Mon 11 Jan	Wed 13 Jan
Tue 12 Jan	Thur 14 Jan
Wed 13 Jan	Fri 15 Jan
Thur 14 Jan	Sat 16 Jan
Fri 15 Jan	Mon 18 Jan
Mon 18 Jan	Tue 19 Jan
Tue 19 Jan	Wed 20 Jan
Wed 20 Jan	Thur 21 Jan
Thur 21 Jan	Fri 22 Jan
Fri 22 Jan	Sat 23 Jan

Back to normal from Mon 25 Jan

Book your Christmas tree collection now!

You need to let us know if you have a Christmas tree that needs collecting. Book your Christmas tree collection at **bristol.gov.uk/treecollection** by **6 January** to make sure we take it away.*

Festive bin days



Waste and recycling collections pause on Christmas Day, Boxing Day bank holiday (28 December and New Year's Day, so your bin day will change for a few weeks. Garden waste collections pause from 21 December and restart 25 January 2027.

Check online to:

- Book your **free** Christmas tree collection
- Download your 2027 calendar
- See other ways to recycle your Christmas tree, including local charities
- Find out more info and festive tips at: **bristolwastecompany.co.uk/festive**

***No internet?** Call Waste Services during office hours 0117 922 2100

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BRISTOL waste

When your child is struggling, you don't have to work it out alone

For over 40 years, The Bridge Foundation, a Bristol charity, has offered in-depth therapy to children, young people and families. Here's what that support looks like, and how to take the first step.

Every parent worries about their child from time to time. Usually it passes. But sometimes it doesn't. Your child has become withdrawn or anxious. Your teenager seems angry most of the time. Family life starts to feel like a daily battle, and nothing you try seems to help. Often it's hard to put your finger on what's wrong.

Looking beneath the surface

When feelings are too big for a child to think about, they often come out as behaviour instead. Our child and adolescent psychodynamic psychotherapists help children make sense of what's going on underneath, whether it's a difficult experience, an ordinary developmental challenge, navigating neurodivergence, or something nobody can quite name.

Being understood, week after week, helps a child gradually become more able to think about their feelings rather than act on them. That frees them to get on with friendships, family life and learning.

What happens in therapy

While adults and teenagers might choose to sit and talk, children often communicate through play or other creative means. Each child has their own box of art materials and toys, and through play, art and music they can explore feelings that are hard to put into words.

Sessions take place weekly, on the same day, at the same time, with the same therapist, in the same room. That consistency helps children feel safe enough to open up.

Support for you, too

We are an organisation that specialises in working with children, young people and families and one that has the capacity to work with different members of a child's network while holding the child at the centre of our thinking. That might mean regular sessions with your child's therapist, dedicated parent sessions or our low-cost therapy group for parents. If there's a short wait before your child starts, we can offer parent consultations in the meantime, to provide some immediate support for you and your child.



Joe's story

(Names and details have been changed to protect confidentiality).

Joe had a lot of loss in his early years: serious illness, the death of his grandfather, and his best friend moving abroad. After starting secondary school he became anxious and isolated. In weekly therapy, Joe began to link how he felt with what had happened to him, and to talk about his fear that the people he loved would leave. Gradually he made friends and talked more openly with his parents. After a year, Joe felt ready to stop.

A charity, not-for-profit

The Bridge is a registered charity. Everything we earn is reinvested in making high-quality therapy available to as many people as possible, including children in some of Bristol's most disadvantaged communities through our Bridge in Schools programme and our low-cost parent groups.

Taking the first step

We know that reaching out takes courage. You don't need a referral from your GP or school. Complete the short form on our website and we'll be in touch within five working days to arrange an initial conversation, where we'll decide together whether our approach is right for your family. We can usually offer support within a few weeks.

We are based in Cotham. We also offer individual therapy for adults.

Email: bridgefoundation.org.uk

Tel: 0117 942 4510

Visit: bridgefoundation.org.uk/get-started-with-therapy

The Bridge Foundation, 13 Sydenham Road, Cotham, Bristol BS6 5SH.

Registered charity number 1178918.

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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 Friday 4 December 2026.

You can either pick up items from Totally Toys or bring your own in to donate.

Totally Toys, 109 Gloucester Road, BS7 8AT



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*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95.
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Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.

News from the Friends of Horfield Common

A busy year on Horfield Common!





Muddy wellies, bat boxes, wildlife discoveries and plenty of enthusiastic volunteers... It's certainly been a busy year for Friends of Horfield Common (FoHC)! We got off to a fantastic start in January when we won a Horfield and Lockleaze Community Recognition Award, shortly followed by our very first Wassail at the Community Orchard in conjunction with the Ardagh Community Trust. Another early highlight was the installation of 15 bat boxes around the Common, the culmination of months of fundraising, careful planning and hard work. We hope they will provide valuable new homes for our local bats. Now we just have to wait and see who moves in!

We have been involved in developing new mowing regimes and rewilding areas to encourage more wildflowers and biodiversity, and our wildlife projects have certainly kept volunteers busy. We continued digging out Quab Pond, allowing this new habitat to develop naturally, while a week of muddy sessions transformed the Lower Common Wildlife Pond, clearing debris and exposing the natural clay to help retain water. No rest though... We then moved to clearing ditches to improve water flow and support wildlife.

We have also been out and about with our FoHC stall at local events, enjoying the chance to meet residents, share what we do and hear their ideas about what they would like to see on the Common. Our monthly litter picks have attracted more volunteers every month, and the new après-pick social has been a lovely addition. Our series of nature and history walks went well, exploring bats, wildflower folklore, the Twelve Trees Trail and the history of Horfield Common. We were also delighted to work with Bristol's Festival of Nature for the first time and hope to do more walks next year. Thanks to our wonderful expert guides and to everyone who came along!



Our biggest thank you has to go to all our volunteers, old and new, who have given their time and enthusiasm to everything from muddy conservation work to organising events and helping behind the scenes. We definitely couldn't do it without you.

There is plenty more to come in 2027! Fancy getting involved? Whether you enjoy practical conservation, litter picking or helping behind the scenes, we would love to welcome you. No experience or regular commitment needed. Visit our website to find out what is coming up, join our mailing list or get in touch.

www.friendsofhorfieldcommon.co.uk

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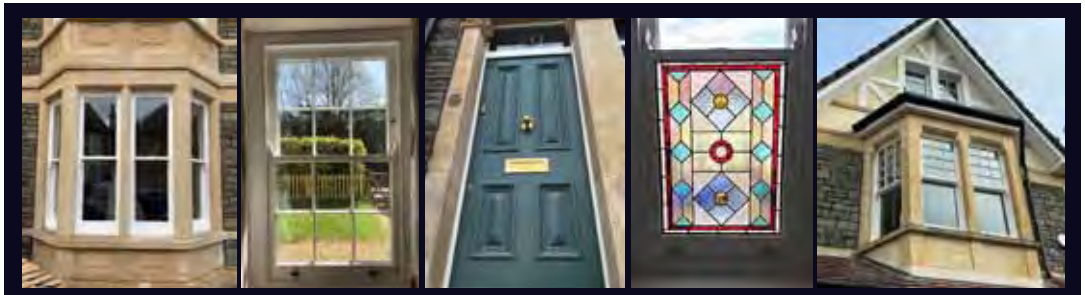

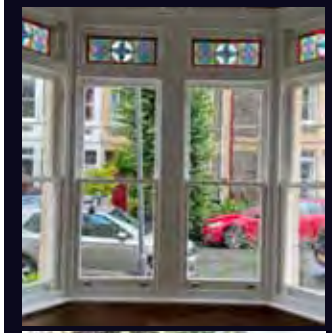







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St Bonaventure's Pre-school

is now accepting applications for September 2027









St Bonaventure's Pre-school is now accepting applications from parents seeking pre-school places for their children starting in September 2027.

Well established within the local community, our highly regarded pre-school provides high-quality care and education for children aged 3 and 4 years, offering the perfect stepping stone before they begin school. Although the pre-school is non-denominational, it is located on the site of St Bonaventure's Primary School and benefits from an excellent purpose-built setting. Children enjoy a bright, spacious and well-equipped environment, alongside extensive outdoor areas where they can explore, learn and thrive.

In addition to following the Early Years Foundation Stage Framework and Birth to Five Matters guidance, and maintaining high standards through the Bristol Standard, we offer a wide range of enrichment opportunities. Children benefit from tennis sessions, visits to the community gardens, drama workshops, art and dance activities, and Forest School experiences.

Cooking is a regular part of our curriculum, and children have opportunities to grow plants and vegetables within our outdoor learning spaces. Practitioners also use Makaton throughout the year to promote inclusive communication. In addition, our team includes fluent Chinese and Italian speakers who share their languages and cultures with the children through engaging activities and experiences.

Marie Taylor, Manager of St Bonaventure's Pre-school, says:
"*As an early-years setting, we continuously strive to develop and improve our practice in order to provide the highest quality care and education for children and families within our community. We are passionate about giving every child the best possible start in life within a fun, nurturing and relaxed environment.*"

Our high staff-to-child ratios ensure that every child feels happy, secure and valued while developing their confidence, imagination, perseverance and sense of achievement, alongside a growing understanding of the world around them.

The pre-school was awarded an 'Outstanding' rating by Ofsted following its inspection in July 2024. Inspectors noted that "children arrive at this exceptional pre-school smiling, motivated and happy… delighted to see staff and eager to walk in."

Opening hours

St Bonaventure's Pre-school is open Monday to Friday, 8.00am to 5.30pm, during term time. We offer families the opportunity to utilise their funded early education entitlement of up to 30 hours per week.

For further information or to arrange a visit, please contact the pre-school team.
Email: admin.stbonaventures.ey@bristol-schools.uk | telephone: 0117 353 2887
visit: www.stbonaventuresearlyyears.co.uk | Instagram: @stbonspreschool

local this Christmas

In need of some gift inspiration? Good news, our fantasic Gloucester Road traders have everything you need for a wonderful Christmas.

Gift shopping doesn't have to be taxing when you visit our local high street. Gloucester Road traders are passionate about what they do and will share their enthusiasm with you. Ask Grape and Grind what is the perfect wine for someone who likes dry whites? Finola at Nola will recommend an excellent eco but gorgeous gift. Reason Interiors has original, beautiful gifts for all budgets along with some traditional advent calendars. Room 212 and Fig host stunning original artwork and prints from Bristol creatives and you can pick some fabulous interior items from Stylemongers of Bristol.

Icon and Jo Jo Beauty vouchers will be gleefully received and your loved one can select their own beauty treat. Pick up handmade with love, skincare products from Osna Therapy. I Love My PC has some great stocking fillers to impress gamers in your family. And how about some theatre tickets to one of the Kelvin Players local productions? Grab last-minute Sellotape, baking trays and gravy jugs from Pearce's Hardware that can always be relied upon.



Take some time with family, friends or work colleagues to make a bespoke fabulous Christmas wreath with experts from the Flower Shop.

Christmas is the perfect time to indulge in sweet baked traditions and Hobbs House Bakery and Joe's Bakery will be laden with goodies to enjoy at home and to gift to those you love.

Glos Road Central will be hosting their Christmas evening on Thursday 3 December, 5–8pm. Traders will be showcasing their gorgeous products, along with special offers, crafting, face painting, samples of treatments and food, carol singing and festive food and drink a plenty!

We are spoilt for choice when it comes to taking a break from the shopping and recharging our batteries in local cafés, restaurants and bars; why not make Christmas shopping a day out with friends?

As well as our wonderful high street there are school Christmas fairs to attend; Bishop Road's much-loved Christmas Market takes place on the evening of 26 November at the school and their Christmas Cracker on Saturday 5 December. Ashley Down's Winter Fair and St Bonaventure's Christmas Fair take place on Saturday 28 November and Brunel Field's Craft Fair & Pre-loved Market is on the evening of Wednesday 26 November. The Old Library has their lovely Christmas party on Saturday 19 December with stories from Santa.

You can support local groups by buying your Christmas tree from Refutrees with all profits going to Aid Box. Some local schools and Scout groups are also selling trees to raise funds. If you can, please do gift some food goodies or giftable toiletries to Family Food Action who support families in food poverty in neighbouring areas. Totally Toys is once again a collection point for the Every Child Deserves Christmas campaign and Baby Bank Network welcome donations of toiletries to drop-off points on- Gloucester Road.

I will be enjoying the merriment of as many local events as possible – it is, after all, the season to be jolly!

THE FLOWER SHOP
BRISTOL

Christmas Wreath Workshops

Join us on the following dates to make a beautiful, bespoke wreath –

Thursday 27 November
Tuesday 1 December
Saturday 5 December
Tuesday 8 December



Made with fresh seasonal foliage and decorated with wintery cones, festive fruits, berries, dried elements and ribbons. £65 per person including mince pies and mulled wine too! Book online or by phone.

Now open Sundays 11am to 4pm
www.theflowershopbristol.com
Tel 0117 942 0050
145 Gloucester Road, BS7 8BA

News from Joe's Bakery

Panettone perfection! Joe's owners, Wayne and Jenny, were invited to Verona Italy this autumn for a Panettone Masterclass! The trip, organised by Brook Food, Polin & Tiri, saw them fly out to Italy for four days and receive a masterclass with Vincenzo Tiri (the don of Panettone!). You can pick up one of Joe's special panettone, from both shops this December.

Christmas classics – As well as their stunning panettone classico, Joe's will be baking all of your festive favourites – Christmas bread, authentic German stollen, spelt and curd stollen, mince pies (in many yummy forms), cinnamon stars, pudding truffles, yule logs and traditional Christmas cake.



New festive favourites! Chocolate orange brownie is back, along with white chocolate and ginger tiffin. New delectable Christmas bakes include pistachio and dark choc shortbread and cranberry and orange Welsh cakes.

Glos Rd Central Christmas evening
If you like the sound of the delicious festive treats above, do get yourself along to **Glos Rd Central's late-night shopping on Thursday 3 December**, where you will be able to sample these scrumptious bakes and pick up some beautifully tasting and packaged gifts.


Vincenzo Tiri with Wayne



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** Joesbakery_glosrd

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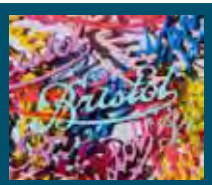



Hobbs House Bakery
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YOUR CHRISTMAS TREATS ARE WAITING



Visit us at 177 Gloucester Road
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Christmas at Hobbs House Bakery



Here at Hobbs House Bakery, we've been busy baking all your favourite Christmas treats to ensure this festive season is one to remember. All these delectable bakes are available now.

All Butter Mince Pies – You can't have Christmas without a mince pie… or two! Our award-winning All Butter Mince Pies are made with a beautifully buttery pastry, and a rich zesty mincemeat filling, making them an irresistible treat for all ages. We want to make sure that no one misses out this Christmas, bringing back our Gluten Free Mince Pies for another year.

Luxury Mince Pies – It's time to level up your mince pie experience with our Luxury Mince Pies. Our classic all-butter shortcrust pastry filled with spiced cranberries and mincemeat, topped with a delicious crunchy oat crumble. Whether as a gift or a centrepiece for your holiday dessert spread, these mince pies are sure to impress.

Sticky Ginger Cake – New for this year, our Sticky Ginger Cake is made with warming spices and generously topped with crystallised ginger.

Organic Harissa Sourdough – Another new addition in our Christmas range, a rustic organic sourdough infused with warming harissa spices and nigella seeds for a gentle heat and depth of flavour. Our Harissa Sourdough is made with flour grown less than 10 miles from our bakery.

The Sherston Loaf – We believe that this slowly risen loaf makes the best toast in the world. Its namesake comes from the Cotswold village of Sherston, home of the original recipe.

Visit us at 177 Gloucester Road, BS7 8BE

BRACE Dementia Research
Registered charity: 297955
Christmas Challenge
BigGive

Christmas donations doubled for one week only for Bristol dementia research*

1st - 8th December 2026

www.alzheimers-brace.org/big-give

BRACE Dementia Research is based at Southmead Hospital

*up to £10,000 of donations



FUNDRAISING REGULATOR

Glos Rd Central Christmas Party!

Thursday 3 December, 5pm to 8pm

Do join local traders on Glos Rd Central for their annual night, street party where businesses stay open late have different offers and activities taking place.

Enjoy prosecco and mince pies at **Nola Interiors** and make sure you get a selfie next door at **JoJo Beauty** who will also be offering reiki and head massages. **Joe's Bakery** will have gorgeous Christmas baked gifts along with some scrummy tasters!

You can get creative making decorative paper snowflakes at **Paper Plane**, enjoy Christmas biscuit decorating at **Boujon Bakery**, Christmas jumper tatreez colouring at **Stylemongers**, along with festive face painting and a choir **at Room 212**.

Oddsox will be running a promotion on slippers and socks and **Billie Jean** is back with her popular **Cashmere stall**. You can get a festive-themed pet portrait with **Catch the Moment** and **Clearance Corner** will have hibiscus winter warmers and spiced biscuits.

Visitors will be spoilt for choice with refreshments: **Dave Giles** butchers is putting on a BBQ, enjoy luxury hot chocolate at **The Chocolate Shop**, mulled cider and mulled non-alcoholic drinks at **Sidney & Eden** and of course Bridget's legendry mulled wine will be available at **Osna**, where you can also enjoy a taster of sound healing and other therapies. It's great to have **Nevil Rd Community Club** taking part with carols and mulled wine around the fire pit. Sounds like a great evening to get into the festive spirit and support our fabulous local traders.





Christmas news from Icon Beauty

Celebrating 17 years on Gloucester Road!



Senior therapist Taylor

Since 2009, Icon Beauty has been the place to switch off, relax and be properly looked after. This year we turned 17, and our senior therapist Taylor celebrated a wonderful 10 years with us. Gloucester Road has always been our home, and we're proud to be part of a community full of character and independent businesses, never more so than when it's bustling with Christmas shoppers! Thank you to every client, neighbour and friend who has supported us along the way.



Icon owner Lucy



Our Christmas favourites

Lash lifts and brow lamination mean you'll look beautiful from Saturday night out to Christmas morning, with no effort at all. For a little me time in all the festive fun, nothing beats a facial or massage. We also do lovely manicures, pedicures and waxing, so you can feel fabulous and sparkly from top to toe this season.

The perfect gift

Whether you're ticking off your Christmas list or leaving it to the last minute, here's one present you can rely on. From relaxing facials to stunning nails and lashes, an Icon gift voucher is a present that always fits. Vouchers can be used on any treatment, for any amount, and are valid for 12 months. Buy online with a personalised message to send by email, or pick one up in the salon, ready to go under the tree.

Wishing you a very happy Christmas!



ICON BEAUTY

iconbeauty.co.uk | 0117 924 5566

269 Gloucester Road, BS6 8NY

Lucy and the Icon Team x

PREMIUM KIDS SPA PAMPER PARTIES



Little Angels

07828174776

@jojosbeauty_

Jojo's Beauty & Holistic Therapies,
166 Gloucester Road, BS7 8NT





WHAT TO EXPECT ON YOUR SPECIAL DAY!

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- SELFIE STATION

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£30 PER CHILD

* MINIMUM GROUP OF 6 PER PARTY





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GRAPEANDGRIND.CO.UK

101 Gloucester Road
BS7 8AT

Nola has Christmas all wrapped up!

Nola Interiors is feeling super festive with gorgeous Christmas gift ideas and seasonal adornments.

We have a wide range of decorations including paper mache and glass baubles, felt penguins, cute robins as well as folk birds and paper snowflakes.

Locally made Wild Ethos candles and diffusers are a beautiful range which include Bergamot & Nettle, Rosemary & Bayleaf, Lemongrass & Ginger as well as Orange & Cinnamon which smell delicious and festive.

A pretty soap is always a welcome gift – our Cotswolds hand made collection includes Rose & Geranium, Lavender, Honey & Oat and Peppermint.

For a bit of cosy luxury, our gorgeous lambswool scarves and Irish wool herringbone throws are perfect for that special present.

We also have a great selection of Weaver Green eco-friendly blankets, table napkins and aprons for a thoughtful eco-conscious gift.

All this along with a colourful selection of mugs and plant pots, photo frames, vases, candle holders, dinner candles and so much more – please pop in for some seasonal inspiration and joy!






Pop in for a glass of Prosecco on 3 Dec, 5.30–8pm and browse gorgeous Christmas gifts and decorations



Nola Interiors Celebrating 9 years











Environmentally friendly paint • Tiles • Wallpaper • Soft furnishings • Homeware • Colour consultancy

Nola Interiors, 168 Gloucester Road, BS7 8NT • Tel: 07909 308 668 Nola Interiors 168nolainteriors





Two Top 40 local Chippies!

WE ARE IN THE TOP 40 FISH & CHIP TAKEAWAY OF THE YEAR
THE OFFICIAL NATIONAL FISH & CHIP AWARDS 2027

Double Fish and Chip shop owner, Nick Lomvardos, is over the moon to share the news that both his local chippies are in the Top 40 Fish & Chip Takeaway of the year list, according to the official National Fish & Chip awards 2027!

The Jolly Fryer on Filton Avenue has been in Nick's family since 1986 and the Bishopston Fish Bar on Gloucester Road since 2010. Nick has consistently received awards over the decades he has been serving up fresh fish and chips and this 2027 award is testament to the excellent standards he and his team consistently adhere to. Never was there a truer slogan – Cooked with Passion, Served with Pride!

This is a double celebration, as Nick has been delighted to secure a fifteen-year lease with the new owner of the Bishopston Fish Shop building, after the venue was threatened with closure when the property went up for sale. You can rest assured your fish and chips will be made with the same love and care for years to come and this won't be the last award the family chippies receive.

As always, Nick extends his heartfelt thanks and gratitude to his loyal customers and staff, for which he says he is nothing without.

Do treat yourself to a chippy tea soon at, the Bishopston Fish Bar, 264 Gloucester Rd, BS7 8PB or the Jolly Fryer, 557A Filton Ave, BS7 0QH.

Facebook: Bishopston Fish Bar

SADOWSKI HAIR SALON



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crafting your CURLS the SADOWSKI way

Merry Christmas! Vouchers make a lovely gift!



Sadowski Hair Salon, 9 Muller Road, Horfield, BS7 0AB | 07916 847624
Facebook: Sadowski Hair Art | Instagram: sadowski_hair_salon

SKIN & BEAUTY BOX

20% Bonus Voucher Offer

MAKE YOUR MONEY GO FURTHER

When you purchase one of our vouchers, we'll add an **extra 20% in bonus value.**

£50 becomes £60
£100 becomes £120
£150 becomes £180

Perfect if you already have a facial booked, or you've been meaning to book your waxing and just haven't quite got round to it yet.

This could be your nudge. ♥



APPLICABLE ON VOUCHERS PURCHASED:
1st December – 15th December 2026
ONLINE OR OVER THE PHONE.

YOUR BONUS VOUCHER TO BE USED BETWEEN:
1st January – 28th February 2027
MINIMUM VOUCHER VALUE £30.

SKINANDBEAUTYBOXBRISTOL.CO.UK

CLIFTON SALON
Unit 1, Clifton Down Shopping Centre
135 Whiteladies Road
Bristol BS8 2NP
0117 329 7005

WESTBURY ON TRYM SALON
16 High Street
Bristol BS9 3DU
0117 950 7080

COLDHARBOUR ROAD SALON
121 Coldharbour Road
Bristol BS6 7SN
0117 329 1750



This year, Baby Bank Network Bristol (founded in Bishopston) is looking for your help to fill Santa's Sack with toiletries for babies and their mums who are experiencing poverty or crisis. One in four families with young children (and most of the families we support) can't always afford basic toiletries. This has a massive effect on their physical and mental wellbeing, and can have long-lasting effects.

This winter, there are two ways you can help families in our community.

1. Support our Big Give Christmas Challenge! Once again, we're lucky to be taking part in the fantastic Big Give Christmas Challenge, meaning **every pound you donate to Baby Bank via our Big Give page between 1 and 8 December will be doubled.** So, if you've raised any money at a school fair, Christmas concert or other fundraising event and would like to support an amazing local charity – we'd love you to think of Baby Bank! Donate any funds you raise via our Big Give page during that week, and your donations will be doubled – find the link on our website: **babybanknetwork.com/christmas.**

2. Help us fill Santa's Sack with toiletries for mums and babies who don't have access to the essentials. We're looking for nappies, soap, shampoo, wipes, toothpaste and a range of other basics (full lists below). Maybe you could arrange a festive toiletries drive at your school, playgroup, workplace or community group, or simply donate as an individual – we're very grateful for all your donations. Please see list of local drop-off points below or to find out more/arrange collection please **email: fundraising@babybanknetwork.com.**


The Baby Bank team is eagerly awaiting your toiletries!

Toiletry list for babies:

- Nappies packaged or loose (We are currently full for size 3 nappies. No pull-ups please)
- Wet wipes
- Cotton wool
- Baby shampoo
- Baby bath/soap/wash
- Baby lotion/Baby oil
- Baby hairbrushes/combs
- Baby nail scissors/clippers
- Baby toothbrush/toothpaste
- New sponges/flannels

Toiletry list for mums:

- Breast pads
- Toothbrush/toothpaste
- Shampoo/conditioner
- Shower gel/soap
- Bubble bath
- Sanitary towels/maternity pads
- Lotion/moisturiser

Local drop off locations for donations

- Co-Op, 327 Gloucester Road, Bristol, BS7 8PE
- Co-Op, 117-121 Gloucester Rd, Bristol, BS7 8AT
- Play Patch Lockleaze (formerly Boing!) Soft Play Family Centre, The Hub, Gainsborough Square, Lockleaze, BS7 9FB
- Co-Op, 71 Henleaze Road, Bristol, BS9 4JT

Gifts galore at REASON INTERIORS

As always, Reason is packed full with stunning gifts to inspire you for the festive season. There is a wonderful selection of items that will keep your loved ones cosy this winter. From sumptuous (you have to feel them) Malagoon blankets, made out of 100% recycled polyester, to gorgeous Jess & Lou, knitted hot water bottles and gloves, designed in Swindon. Walton & C0's, 100% cotton gingham cushions are proving popular, and nothing is more comforting than a mug of indulgent Harth hot chocolate. These little parcels of joy originate from Somerset and smell dreamy!

I loved the earring collection from Être, super-stylish, light weight to wear, made from recycled metals and at a great value price.

The Christmas range of St Eval candles with their selection of seasonal scents always make lovely gifts. The Christmas collection of candles from Plum & Ashby also boast delightful scents. Their 'Wave of Light' candle is a chance to join with bereaved parents, families and friends to light a candle in commemoration of all babies who have sadly died. 100% of the profit from the sale of this candle is donated to Tommy's charity.

Decorative boxes of matches from Archivist make great stocking fillers as do 100% beeswax mini candles (£3).

If you looking for luxury crackers there is a great selection, including ones incorporating an elf game and balloon modelling. The saucer crackers are a cute addition to any table display and plastic free!

Vintage items are added to the shop each week and there is a delightful abundance of fabulous Christmas decorations, wraps, cards and calendars.

A great **Reason** to visit **97 Gloucester Road, BS7 8AT.**

























KELVIN PLAYERS EST. 1929

253b Gloucester Road
Bristol, BS7 8NY

www.kelvinplayers.co.uk
@kelvinplayers

1-5 December 2026
19:30 curtain each evening
14:00 matinee on 5 December

kelvinplayers.co.uk/tickets

This amateur production of "Welcome to Thebes" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd.



Bristol Playgoers Club: Play-reading performances. Curtain up 7.30pm.

Tickets £6 cash/card on the door.

Tue 1 December: ***Gaslight*** **by Patrick Hamilton.**

Tue 15 December: ***Touch and Go*** **by Derek Benfield.** Mulled wine and mince pies will be served after this reading.

Tue 19 January: ***Art*** **by Yasmina Reza.**

Tue 2 February: ***September Tide*** **by Daphne du Maurier.**

Tue 16 February: ***The Constituent*** **by Joe Penhall.**

bristolplaygoersclub.co.uk | 07504 254499

Newman Hall, Grange Court Road
Westbury-on-Trym, Bristol, BS9 4DR



Do want to be in the Bartholomites 2027 panto? *Oh yes you do!*

The Bartholomites will be commencing rehearsals for their annual pantomime on Sundays at Horfield Methodist church. It's not too late to join as part of the ensemble or to help backstage.

We are a friendly inclusive Pantomime group that has been running for over 50 years. Rehearsals are on Sundays with the pantomime being performed in February half term.

If you have any questions please email:
thebartholomites@gmail.com

osna
THERAPY CENTRE





Christmas gifts – Osna owner, Bridget, will be showcasing her beautiful, handmade **aromatherapy candles** that will be on **special offer** for Christmas shopping! She also has gorgeous crystals, luxury soaps, lip balms, scrubs, face creams, body oils, souffles, aromatherapy wax melts, hand and foot creams. All 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.

Christmas events – Do visit Osna during **Glos Rd Central's Evening Christmas Street Party, on Thursday 3 December, 5–8pm.** As well as Christmas gifts and mulled wine, Bridget will be offering sound healing on the night along with other therapies.

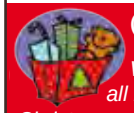
Osna, 222 Gloucester Road, BS7 8NZ
info@osnatherapy.com | www.osnatherapy.com
Instagram: osnatherapycentre | 07527 585984

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

New Pet Healthcare Plan launches as vets urge owners to stay alert to Christmas hazards

Animal Health Centre's new **Healthy Pet Club Advanced** (HPCA) provides unlimited consultations with veterinary surgeons and nurses, alongside routine preventative healthcare including vaccinations, parasite protection and annual health checks. The plan has been introduced at a time when many families are feeling financial pressure, helping pet owners access professional advice whenever they need it.

Recent research found that almost one in four pet owners have delayed booking a veterinary appointment due to household budget concerns. Veterinary professionals warn that postponing treatment can allow minor health issues to develop into more serious conditions.

Sam Michael, head nurse at Animal Health centre, said: "We know that for many owners there's often a moment of hesitation before booking a consultation. That's completely understandable, but it can sometimes mean pets are seen later than we would recommend. We are making the cost of consultations, vaccinations and preventative healthcare predictable while empowering owners to seek advice, whether it's a minor concern or something more serious."



The launch comes as vets remind owners that Christmas presents seasonal hazards for pets.

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!

Visit **www.cvsvets.com/healthy-pet-club** or call **0117 924 7832** for more information. Animal Health Centre, 358 Gloucester Road, BS7 8TP.

@ANIMALHEALTHVETERINARY

CVS Vets Animal Health Centre

"A passion for pet care"

- The AHC team have been providing expert, friendly and dedicated care since 2002
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"Absolutely amazed by the service Wonderful, knowledgeable people"

RCVS Accredited Practice
358 Gloucester Rd
Horfield
Bristol BS7 8TP

0117 924 7832
www.animalhealthcentre.org

Your local, friendly veterinary practice

Christmas ready at Roxfords Pet Shop

Open 7 days a week • Free local delivery



As always at this time of year, Roxfords is jam-packed with Christmas goodies!

There are plush, dog toys in every festive shape and size – Nicholas Nutcracker, Georgia Gingerbread, Tina Turkey, Dex the Dino Christmas Pud and my favourite, Wolfgang German Shepherd, to name but a few! There are durable, Christmas shape chew and tug of war toys too.

Keep your pooch toasty in a cute, snazzy Christmas jumper or lovely new winter coat perhaps.

Kong has their own range of seasonal gifts for both cats and dogs. This trusted brand has Christmas creature cozie, shakers, wubba, knots and snuzzle toys to delight your pets.

Of course, for cats there is the addition of catnip delights and festive wands – what feline can resist a sparkly string or festive feather dangled in front of them?

As well as toys there is a magnificent range of edible treats to delight every size pet, from the soft and furries to a St Bernard!



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



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The repair was very efficient and my laptop is in far better condition now. Thank you so much!

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News from the Goldenhill Community Garden



The festive season is upon us! And we're back **Saturday 28 and Sunday 29 November** with our friendly and informal **wreath making sessions**. Each wreath costs £30 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. It takes about an hour though you can spend longer in it if you like. Children are welcome and booking is essential; the details are on our website or click on the QR code right. Our site is wheelchair accessible including the loo.



This month days get dark, the temperature may plummet and the winds may blow but we don't close in winter and the **Wednesday volunteers and our children's groups are in the garden year-round.** Our new kitchen makes winter so much easier and with all of us in there and the kettle it even gets quite cosy! Our Wednesday volunteers take the edge off the colder months by cooking up a delicious soup with our veg from the plot every week. We come together every Wednesday for chopping and chatting and then slurping down hot soup. Growing veg this year was a struggle but we've got some leek and parsnips and loads of pumpkins, squash and greens ready for the pot and, even if our grumpy celeriacs are pretty teeny, they'll go in as well.

We're also going to be busy this winter giving our strawbale building lots of love and attention, getting in the pond to clear the reeds, fixing the leak in our little pond as well as fixing, sorting, clearing, organising, propagating plants and catching up with all the jobs we don't have time for in the growing season. It's good to have a reason to be outdoors this time of year and I always feel like every bit of fresh air makes the short days more bearable. So, if you'd like to come and get involved please feel very welcome! **We're here every Wednesday from 10am to 4pm** (apart from 30 December and we close at 3pm in December and January) and new folks can come along for a tour and a chat at 12 or 2.30pm or pop in when you can. We've got jobs to suit all energy levels so you don't need to be fit or strong. No need to come every week or stay all day or let me know if you're coming, just come along and you'll be given a warm welcome, even on the coldest days



And finally – **I'm super happy to report we reached our crowdfunder target!** Thank you to anyone who chipped in and we are feeling very happy and grateful to be in such a fab and supportive community! We'll be clearing the space for our new shelter and kitchen before the end of the month and hopefully have it all built in spring 2027. It's very exciting after talking about it for about 7 years!

I hope you have a great Christmas (whatever that might look like) and see you in the garden!

Lucy

thegoldenhillcommunitygarden.com
Instagram: @ghcommunitygarden.
Facebook: TheGoldenHillCommunityGarden





Seasonal services



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

13 December, 10.30am, Family Carol service.
13 December, 6.30pm, Evening Carol service.
Christmas Eve, 3pm, Fancy dress nativity.
Christmas Eve, 11.15pm, Midnight Communion.
Christmas Day, 10.30am, Christmas day service.
www.babristol.org

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

5 December, 4.30pm, Twilight Carols. Contemporary carols as the sun goes down: craft-beer for grown-ups, craft-craft for kids, firepits and marshmallows.
11 December, 1–2.30pm, Coffee Pot Christmas Cafe. 'The Greatest Story Ever Sung?' A short talk and musical demonstration on Handel's Messiah at our drop-in cafe.
11 December, 6.30pm, The Great Gingerbread Build-along! A fun-filled family bake-along, featuring a short talk on the meaning of Christmas.
13 December, 4.30pm, Carols by Candle light. Traditional carols accompanied by a string quintet.
20 December, 10.45am, Carols for all, drama, laughs and the message of Christmas – for kids and their grown-ups.
Christmas Day, 10am, a short Christmas Day service for the entire family.
www.emmanuelbristol.org.uk

Bishopston Methodist Church, 245 Gloucester Road, BS7 8NY

Christmas eve, 11.30pm, Midnight Communion.

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

16 December, 5.30pm, Carols in the Courtyard, followed by light refreshments.
20 December, 5–7pm, annual Carol service followed by mince pies.
Christmas Day, 10am, Come and Celebrate with us the birth of Jesus (for about 45 minutes).

Horfield Methodist Church Churchways Avenue, BS7 8SN



20 December, 4pm, Carol service. Come and sing some of your favourite carols.
Christmas Eve, 4pm, Christingle, An informal service for all ages.
Christmas Day, 10am, Celebrating the birth of Jesus.
www.horfieldmethodist.org.uk

Holy Trinity Church Horfield, BS7 8ST

29 November, 6pm, Music & Hymns for Advent.
Sunday, 13 December, 4pm, Quiet Christmas.
Sunday 20 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

5 December, 3pm, Children's Advent Service.
2 December, 7.30pm, Christmas Folk Concert.
19 December, 3pm, Nativity Service & Party.
Christmas Day, 12am, Midnight mass.
Christmas Day, 11am, Christmas Day mass.
email: bristol.stbonaventure@cliftondiocese.com

Local Christmas events

Brunel Field Christmas Craft Fair & Pre-loved Market, Wednesday 25 November, 7–9pm. Handmade local crafts and pre-loved toys. Free entry. Gloucestershire County Cricket Club, Nevil Rd, BS7 9EJ.

Bishop Road Christmas Market, Thursday 26 November, 7–9pm. Evening of shopping, a glass mulled wine and mince pie. £2 (over 12s only) Bishop Road Primary School, BS7 8LS.

Ashley Down Winter Fair, Saturday 28 November, 12–3pm. Christmas tree sale, raffle, games, performances, Santa's grotto. Ashley Down Primary School, Downend Rd, BS7 9PE.

St Bon's Christmas Fair, Saturday 28 November, 3–6pm. 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.

Wreath Making with Goldenhill Community Garden, Saturday 28 and Sunday 29 November. Friendly, informal wreath making sessions. Cost is £30 or if you're under 16 or lower waged you can pay just £15 or just choose a free space when you book if money is a barrier. Booking essential at: thegoldenhillcommunitygarden.com. The Golden Hill Community Garden, BS7 8NE.

Avon Winterland, Sunday 29 November, 10am–4pm. Indoor pony rides, Santa's grotto, Shetland pony sessions, meet and greet the horses, Christmas market. Avon Riding Centre For The Disabled, 545 Long Cross, BS10 7QT.





Inclusive Christmas Silent Disco, Wednesday 2 December, 7–9pm. No booking needed. There will be cakes and Christmas activities, including Gingerbread decorating. Suggested donation £5. With Sendawelcome. The Somerville Club, 23 Somerville Rd, BS7 9AA.

Glos Road Central Christmas Street Party, Thursday 3 December, 5–8pm. Shops and businesses at the top of Pigsty Hill on Gloucester Road will be staying open late with festive offers, music and refreshments.

Bishop Road Christmas Cracker! Saturday 5 December, 1–4pm. Christmas tree sale and festive fun, all welcome. Bishop Road Primary School, BS7 8LS.

Santa Paws Grotto, Saturday 5 December, 11am–2pm. Fun animal and pet themed mini market. The Ardagh, Off Kellaway Ave, Horfield Common, BS6 7YL.

Fairfield High School Winter Gala, Thursday 10 December, 5–7pm. Tickets £2. Enjoy a spectacular evening of performances, market stalls, multicultural food stalls, festive activities and raffle. Fairfield High School, Allfoxton Road, BS7 9NL.

Christmas Star Concert, Thursday 10 December, 7.30pm. Performances from local choirs and musical groups, all in support of patients, families and staff across Bristol NHS Foundation Trust. St Mary Redcliffe Church, BS1 6RA.

Celebration of Christmas, Saturday 12 December, 3.30pm. Candlelit celebration of Christmas in the mediaeval church of St Stephen's. Carols, readings and seasonal refreshments. Tickets, at friendsofbmga.org.uk/events. St Stephen's Church, BS1 1EQ.

The Ardagh Christmas Market & Grotto, Saturday 12 December, 10am–3pm. Local craft and food stalls. Santa's Grotto! The Ardagh, Off Kellaway Ave, Horfield Common, BS6 7YL.

Bristol Bach Choir Spirit of Christmas, Saturday 12 December, 7.30pm. Bristol Bach Choir is joined by Bristol Ensemble String quartet for their annual concert. Tickets: £25, £18, £12, Students & under 18s (suitable for over 7s) £5. Box Office: 0117 214 0721 or bristolbach.org.uk. St George's, Great George St, BS1 5RR.

The Old Library Christmas Party! Saturday 19 December, 2–5pm. Stories with Santa, festive food, games, facepaint, and more! Quiet time 2–3pm, DJ Jazzy Jim, 3pm, Jelly Roll Band, 4pm. The Old Library, Muller Road, BS5 6XP.

Community Carol Singing, Monday 21 December, 6–7.30pm. Informal singalong with the café serving mulled wine & cider, boozy hot chocolates and festive food. The Ardagh, Off Kellaway Ave, Horfield Common, BS6 7YL.







Horfield dentalcare

smile.

[smaɪl] noun

a curve that sets everything straight

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Contact us horfielddentalcare.co.uk 0117 9513026 info@horfielddentalcare.co.uk

Horfield dentalcare

Horfield dentist ranked in Europe's top 1% for Invisalign

Dr Deirbhle Deehan of Horfield Dental Care has received an Invisalign Apex award for the fourth year in a row.

Gloucester Road cosmetic dentist Dr Deirbhle Deehan, known to her patients as Dr Dee, has again been named one of the top 1% of Invisalign® providers across Europe, the Middle East and Africa.

The Apex award marks four years in a row at the top level, reflecting the many patients she has guided to straighter smiles.

"Every one of those smiles belongs to someone who was nervous at their first appointment," says Dr Dee. "Watching them grow in confidence is the best part of my job."

Dr Dee also offers facial aesthetics at Horfield Dental Care, 525 Gloucester Road, BS7 8UG. New patients are welcome, with finance options available.

Book Your Consultation at www.horfielddentalcare.co.uk or call 0117 9513026.



Dr Deirbhle Deehan (centre) receives her award at the Invisalign Apex ceremony.

Invisalign® clear aligners

- Discreet, removable aligners
- 3D preview of your new smile
- Finance options available

Facial aesthetics

- Anti-wrinkle treatments
- Lip and dermal fillers
- Skin microneedling

Sefton Park

Sefton Park School

Tours for Reception September 2027

Wednesday 11th November, 10–11am

Thursday 26th November, 2–3pm

Friday 4th December, 10–11am

Thursday 7th January, 10–11am

Drop-off (Mon–Fri): 8:45–8:55am

Pick-up (Mon–Thu): 3:30pm, Pick-up (Fri): 3:00pm

Sefton Park Nursery

Tours for September 2027 applications:

Friday 20th November, 9.15–9.45am

Friday 11th December, 9.15–9.45am

Friday 22nd January, 9.15–9.45am

For 3–4 year olds | 15 & 30 hours funded places

Open 8:45am–3:00pm (Mon–Fri)

Additional hours of wraparound available

For more information call the school office on **0117 377 3290**

or email **seftonpark@bristol-schools.uk**

www.seftonparkschools.co.uk



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Most Pilates today asks you to push harder and leave exhausted. Soul is different. Our method is rooted in classical Pilates and shaped by a modern understanding of the body and nervous system.

If you're prone to chronic pain, injury or burnout, this is the method for you.

SOUL PILATES

Gloucester Road, BS7 8BN
soulpilates.co.uk/welcome-offers

Give your body a head start this winter



By the time this lands on your doormat, your diary will be filling with work dos and family gatherings. And that familiar thought will be creeping in: "I'll sort myself out in January".

But December has a way of catching up with us. Colder mornings keep us indoors, long days at a desk roll into longer evenings on the sofa, and the stress of the season settles in the body: a tight neck, stiff hips, a lower back that complains on the walk to the shops.

Then January arrives and we try to undo it all at once, piling into high-intensity workouts on a body that's been running on mince pies and late nights. Doing too much at the start of the new year often leads to strains and injuries that put a stop to a new routine before it's had a chance to stick.

There's a kinder, smarter option: start now. Reformer Pilates keeps your body moving well through the busiest month of the year. Rather than pushing harder, it builds strength from the inside out, through the deep core and postural muscles, while easing the stiffness the colder months bring.

Soul Pilates, founded by long-time BS7 resident, Nic Lenny, has been part of the Bristol community for 11 years with 3 studios across the city. Her studio on Gloucester Road (inside the gorgeous North Baths building) welcomes small-group and private Reformer sessions that are tailored to how your body is moving that day, whether you're brand new to Pilates or easing back in.

If you're ready to commit to feeling stronger in 2027, this Black Friday is the moment as Soul Pilates will be running a once-a-year offer on class packs and memberships, ideal for building a routine that carries you into the new year. Sign up to their newsletter at www.soulpilates.co.uk to be first to know when it goes live or call their team on 0117 214 1655 to find out more.



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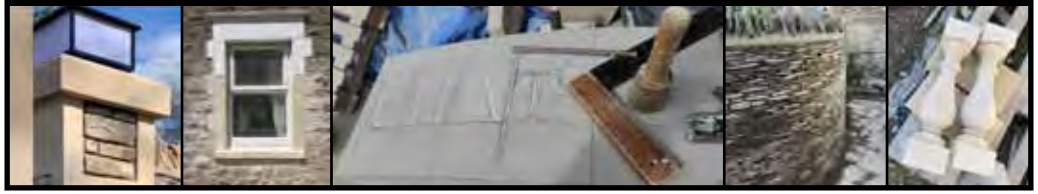

News from the Friends of Bishopston Library

The Friends of Bishopston Library have organised a year of varied events, appealing to a wide range of people.

At the start of the year, the focus was on health-related matters. It was great to welcome back local **GP Sam Morgan**, whose popular talks on Non-Hormonal Support for Perimenopause, and Understanding HRT, were packed full of information and sound advice.

Debs Penrice offered ideas on Overcoming Sleep Issues to Tackle Stress & Anxiety. Again, this was a talk full of tips and ideas – hopefully those who came along are sleeping better now!

Another theme that emerged was family history in its widest sense. **Alison Boulton** explored the numerous resources that can help you enrich your family history findings. At a later event, she told the story of one of her own ancestors, a woman who ran a music hall troupe, and shared the research inspired by that story about other women who trod the boards.

Alison Baxter, another family historian, told us about her novel, *A Fatal Choice*, a fictionalised version of her own ancestors in Bristol and Portishead. It's always fascinating to hear about people who lived in places you know well.

We also offered some other events alongside evening talks. Back in February we hosted a **Window Wanderland Workshop**, encouraging people to come up with creative ideas for their window displays. This is a wonderful local custom, so if you want it to continue, please do get involved in 2027. They always welcome volunteers to help co-ordinate the event.

On one of the hottest days of the very hot summer, we had an 'open house' for **National Writing Day**. This was for anyone, from aspiring to published authors, to come along and talk about writing. **Lucienne Boyce** ran a workshop on researching and writing historical fiction, and **Debs Penrice** and **Tim Martin** discussed planning, writing, editing,



The Wurlies appearing at the library in early 2027



National Writing Day workshops

proofreading and publishing your book. Alongside them, local authors offered advice on poetry, history and crime writing. There was lots of chat, sharing and, inevitably, storytelling. Hopefully it inspired a few people to put pen to paper!

In September we showed **The People's Emergency Briefing** film, in which experts describe the climate crisis under nine main headings. The evening was very well attended, and the screening was followed by some interesting discussions. It was good to be part of this national movement to raise awareness of climate challenges.

At the time of writing, we are looking forward to a kimono dressing presentation by **Yumiko Jones**, founder of the Bristol Japanese Cultural Society; it promises to be a colourful addition to this year's events. And our fingers are crossed for a musical Saturday sometime in December, courtesy of the Out of **Nowhere Music Workshop**.

Of course, we also ran a café to celebrate the library's 9th birthday back in May, which means that next year we'll be saying **happy 10th birthday!** Look out for news about this and other events next year – which we plan to get off to a musical start with an appearance from **The Wurlies** (currently appearing on the SS Great Britain) one Saturday in January.

Join us! All of this only happens because of the hard work of a small team of volunteers. If you would like to get involved, either on a regular or occasional basis, please e**mail: friends.of.bishopston.library@gmail.com.**

Wishing you all an enjoyable festive season, and plenty of time to read!

Visit: bishopstonlibrary.org.uk

Library open hours: Monday: 1–7pm; Wednesday, Thursday, Friday, Saturday: 11am – 5pm; Tuesday & Sunday: closed.

Bishopston Library, Gloucester Road, Bristol, BS7 8BN.

The pros and cons of gifting now or later



Deciding whether to give money to loved ones during your lifetime or leave it to them in your Will is an important consideration for many families.

Gifting can provide valuable financial support when it is needed most, whether helping children onto the property ladder or supporting grandchildren. It also allows you to see the difference your generosity makes.

However, giving money away requires careful thought. Alongside potential inheritance tax (IHT) benefits, you need to consider your own financial security and future needs, including the possibility of requiring care.

What are the rules for making gifts?

Everyone has an annual gifting exemption of £3,000 per tax year, which can be given to one person or divided between several. Any unused allowance can be carried forward for one tax year.

You can also make gifts of up to £250 to as many people as you wish, provided they have not received another gift from you using a different exemption. Other exemptions apply to certain wedding gifts and regular gifts made from surplus income, subject to conditions.

Larger gifts are generally treated as potentially exempt transfers (PETs). If you survive seven years after making a gift, it will normally fall outside your estate for IHT purposes.

If you die within seven years, the gift may be included when calculating IHT. Taper relief can reduce the tax due on gifts made between three and seven years before death, where applicable, but does not reduce the gift's value.

The drawbacks of gifting

Once you make an outright gift, the money or asset generally belongs to the recipient. You cannot simply reclaim it if your circumstances change.

For example, you might give money to family to reduce a future IHT bill, only to discover later that you need those funds to support your retirement or pay for care. The gift may no longer be available to you.

How could changing tax rules affect your plans?

IHT rules continue to evolve, making regular reviews of your estate planning vital.

From 6 April 2027, many unused pension funds and pension death benefits will fall within the scope of IHT. This may affect people who have previously expected to pass on pension wealth outside their estate.

For those with unused 'tax free cash' or potentially looking to gift from their pensions out of 'excess income', this potentially presents another lifetime gifting opportunity.

For some families, this change could prompt a review of their savings, investments and gifting plans.

Finding the right approach

There is no single approach to estate planning that suits everyone. Gifting may help support loved ones and reduce a future IHT liability, while retaining access to your wealth may be more important if retirement or care costs are uncertain.

Reviewing your Will, pensions, investments and gifting intentions together can help you understand your options and make informed decisions.

At Harold Stephens, we help people consider their financial arrangements in the context of later life, including funding future care while making provision for loved ones.

We take time to get to know you, your plans and goals – face to face in our homely office in Westbury on Trym. **If you would like to organise a complimentary initial chat** about your circumstances, please get in touch by **emailing office@haroldstephens.co.uk** or **calling 0117 3636 212**.

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

News from SENDaWelcome

Triathlon fundraising success!

In October, SENDaWelcome's Community Action Group came together and completed THREE triathlons in 1 weekend.

- Swimming: Over 180 lengths
- Cycling: Over 120km
- Walking: 30km along Gloucester Road

We are so proud of everyone who took part. It took determination, teamwork and lots of hard work, and we absolutely smashed it!

Together, we raised an amazing £8,906! The money will support us to improve inclusion for everyone!

You can still donate to our crowdfunder by scanning this QR code.

Inclusive Christmas Silent Disco

Everyone is welcome at our inclusive Christmas Silent Disco on **Wednesday 2 December, 7–9pm**, at Somerville Club. No booking needed – just come along! There will be cakes and Christmas activities, including gingerbread decorating. Suggested donation £5 on the door. For questions, email laura@sendawelcome.co.uk.



Ardagh Sensory Garden

We had a wonderful October half-term at The Ardagh Sensory Garden. Thank you to everyone who came along and helped make it so special! Our last Saturday session this year will be on **12 December**, when *Better Communication Together* will join us for a free Christmas-themed Makaton session. At The Ardagh (Kellaway Ave, BS6 7YL), 10am to 3pm.

Co-op Local Community Fund

We're delighted to have been selected as a Co-op Local Community Fund cause! If you're a Co-op member, please choose SENDaWelcome as your local cause this Christmas and help us make Bristol a more welcoming and inclusive place for everyone.

Future news and events

Looking ahead, we'll also be running accessible workshops with the police next year.

Sign up to our newsletter at **www.sendawelcome.co.uk** to keep updated.

Scan the QR code to see our events and find out more!

Facebook: @BristolSENDaWelcome | **Instagram:** sendawelcome







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THURSDAY
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THE METHODIST CHURCH
Westbury-on-Trym (Portland Lounge), 46 Westbury Hill, BS9 3AA

MONDAY
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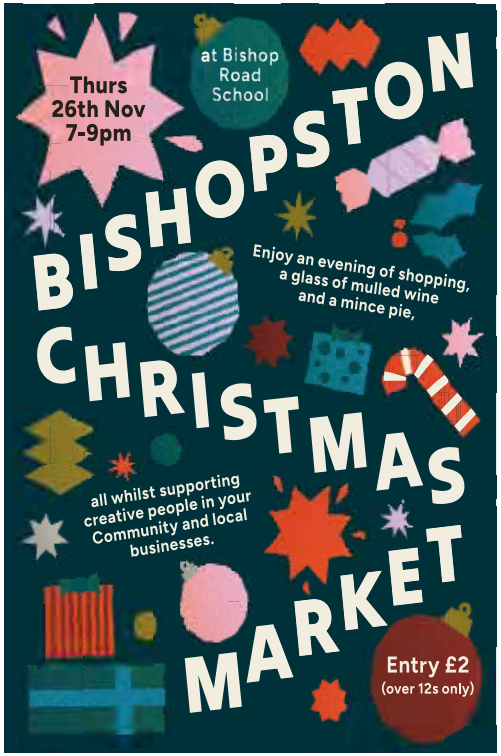
At **Horfield Methodist Church**, BS7 8SN, **Tuesday mornings**, from **10.15–11.15 am** (registration from 10am), & **St Peter's Church**, Filton, BS34 7BQ, **Tuesday afternoons**, **2–3 pm.** (Christmas break; 22 Dec – restart 12 Jan 2027)

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

For further information contact Eileen Scott on, **07969 929733** or **scottyartois@hotmail.com**



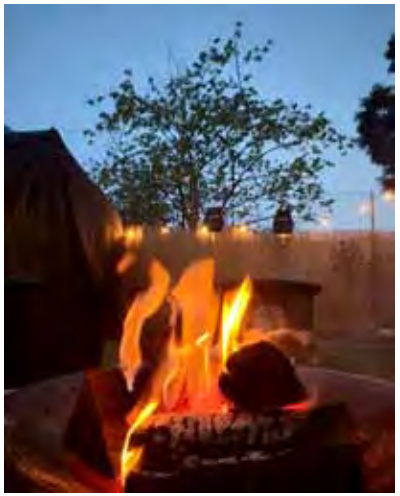


Ardagh Community Sauna News

The Ardagh Community Sauna was created with our local community at its centre. It is affordable, welcoming and open to everyone, whether you are a seasoned sauna goer or simply curious to try something new.

We hold social sessions, quieter sessions, women's sessions, Sound Baths, Vasta sessions, private bookings and special events combining sauna with music, sound, movement and wellbeing.

We like to think that what makes the space special is not just the sauna itself, but the atmosphere around it. With our neighbourhood at its heart, it is a space where strangers become familiar faces, where people come to recover after exercise, reset after work, celebrate with friends or simply take an hour for themselves.



A little Christmas treat from Ardagh Community Sauna!

Christmas is a wonderful time of year, but we all know it can be a bit tough on the wallet! So, we're spreading a little festive cheer and making it even easier to enjoy some well-earned sauna time this December.

Our regular sessions are £12, but in December if you join our membership you'll pay £40 for the first month – that's five lovely, toasty sauna sessions for only £8 each!

And we haven't forgotten our wonderful six-month members! As a little Christmas thank you for your continued support, we're treating you to two free sauna sessions in December, to use at your leisure. They'll be added to your account during the first week of the month. A little extra warmth, a little less spending and more time to unwind. Merry Christmas from all of us at Ardagh Community Sauna!

Opening hours

Monday – Thursday: 3–9pm
Friday – Sunday: 10am – 9pm

Closed – Christmas Eve, Day, Boxing Day & New Years Day. New Years Eve closing at 3pm

At the heart of the retreat sits a beautiful 16-person wood-fired sauna, surrounded by cold showers, plunge pools, changing facilities, a calm relaxation area and a non-alcoholic bar.

Quiet sauna sessions

December 2026 – Sun 6, 10am; Tues 8, 6pm; Sunday 13, 10am; Weds 16, 6pm; Saturday 19, 10am; Tues 22, 6pm.

January 2027 – Sat 2, 10am; Thurs 7, 6pm; Sun 10, 10am; Mon 11, 6pm; Sat 16, 10am; Tues 19, 6pm; Sun 24, 10am; Weds 27, 6pm; Sat 30, 10am.

Sophie's Sound Garden | Mixed session 60 minutes (£20)

Thursday 17 December, 8pm
Thursday 28 January, 8pm

Join Sophie for a deeply relaxing and rejuvenating Sound Bath experience at Ardagh Community Sauna.

What is a sauna sound bath? Carefully layered soundscapes flow through the warmth of the sauna and the cool of the plunge pools, creating a space to release stress, reconnect with yourself, and share calm moments with others.

Sauna Medicine 60 minutes (£20)

Friday 18 December, 8pm
Saturday 30 January, 10am

Enjoy a deeply relaxing, hour-long guided sauna experience led by yoga teachers, Lindsey and Rachel.

The blend of heat, tactile sensation and contemplative practice is designed to relax, restore and rejuvenate from the inside out.

Private bookings & celebrations

Planning a special occasion? Our sauna is available for private hire from £160 per hour, accommodating up to 16 people. Celebrate birthdays, gatherings or small group events surrounded by nature on Horfield Common. We can help tailor your event with food, drinks, entertainment and more – just share your ideas and we'll help make them happen.

Email: info@ardaghcommunitysauna.org

Book online: ardaghcommunitysauna.org

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

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

Ardagh Community Trust News



Thank you! We'd like to say a heartfelt thank you for being part of our community this year. Whether you've had lunch with friends at the café, supported us through volunteering, enjoyed a fabulous Foodie Friday or picked up your garden supplies from our plant nursery, every visit, every purchase and every helping hand has played a part in keeping this much-loved green space thriving. Together, we're continuing to build a welcoming place where people, nature and community flourish.

Garden nursery – Over winter, while the main gardens are dozing, you'll see quite a bit of activity in the garden nursery courts. Our nursery has grown and developed this year under the expert guidance of Sol and Jess with lots of support from volunteers and customers and we want to make it more visible and accessible for everyone in 2027. So, keep an eye on the transformation as raised beds are emptied and moved, nursery tables repositioned, and plants are settled into their new home in the top court to the right of the café. It won't affect our veg beds and food growing as these are moving down to the lower court in the big winter swap! Watch this space! While the nursery is closed during the winter, you can still buy your herbs, flowers and shrubs from the stand outside the café, available daily.



Santa Paws – Every dog has its day! And at The Ardagh, it's on **Saturday 5 December!** Come along to our fun animal and pet themed mini market and Santa Paws grotto between 11am and 2pm. Enjoy our craft fair offering locally made gifts themed around your favourite four-legged friends. We are also offering the chance to spend a few minutes with Santa to get that special festive photo. Why not enter our best Christmas costume competition with your dog? Café specials will keep you fuelled while you browse and ensure your pet gets some well-deserved festive attention.



Christmas Market – The following **Saturday, 12 December**, 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. We'll have seasonal plants and Christmas wreaths made by our volunteer elves and local musicians will add to the festive cheer (as will the mulled wine!). Children can enjoy the magic of the season with a visit to our Christmas Grotto, where Santa 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. From 10am to 3pm.

Community Carol Singing, Monday 21 December, 6–7.30pm. Informal singalong with the café serving mulled wine and cider, boozy hot chocolates and festive food.

Our café opening hours during the holiday season are as follows: Christmas Eve open 10am – 1pm, Christmas Day, Boxing Day & New Year's Day closed.

More details for all activities at The Ardagh can be found on our events page: www.theardagh.com/events and on posters around the site.

TheArdagh theardagh

Divine Ceremony
The celebration of a lifetime

Direct cremation, with local care


The Sanctuary

Direct cremation has become an increasingly familiar funeral choice. Put simply, it is a cremation without mourners present and without a funeral service beforehand. For some families, it offers a simpler approach, perhaps followed by a memorial or celebration of life at a later date.

Thanks to national advertising, direct cremation is often associated with large online providers. However, you can also choose a direct cremation through a local funeral director – offering all the simplicity of an unattended cremation, but with the reassurance of knowing exactly who is caring for the person who has died.

At Divine Ceremony, we believe choosing a simpler funeral shouldn't mean compromising on care.

Everyone in our care stays with us at The Sanctuary on Gloucester Road, in our onsite mortuary. They are cared for by our team with the same dignity, kindness and individual attention we give to every person who comes through our doors.

We can meet with you in person or by phone to make the arrangements. We will tell you which crematorium your person will be taken to and the date and time of their cremation. One of our team will accompany them on the day and say words of committal and farewell. Families can choose a piece of music to be played as we enter the chapel. Although nobody is attending, these small details can still carry meaning.

For many people, direct cremation is simply about choosing less: less formality and the freedom to remember someone in another way, at another time.

Choosing less doesn't have to mean receiving less care. Arranging a direct cremation locally offers simplicity alongside something equally important: personal care, transparency and the reassurance that the person you love is being looked after close to home.

Divine Ceremony at The Sanctuary, 2 Zetland Road, BS6 7AE | 0117 9049786 | divineceremony.co.uk

Refutrees – Bristol's Favourite Charity Christmas Tree Sale



It's that time of year again! Get ready to buy your Christmas tree and help support refugees in Bristol.

Refutrees, Aid Box Community's annual Christmas tree fundraiser, is back for another festive season. Each year, around 1,500 locally grown Nordmann Fir trees are sold across Bristol, raising more than £30,000 to support refugees and people seeking asylum in the city.

The trees, from 3ft to 10ft, are grown locally in Frenchay and are available through **online ordering for home delivery only** and the seasonal Refutrees Christmas tree shop. Delivery is £10, with all profits helping fund Aid Box Community's work, including emergency support, essential items and community activities.

Refutrees is powered by a fantastic team of volunteers and has become a much-loved Bristol Christmas tradition, bringing together volunteers, supporters and thousands of households.

Online ordering is open now, with deliveries starting Friday 27 November. The Christmas tree shop opens Thursday 26 November until we are out of stock. Visit the shop at, **Refutrees, St Bart's Church, St Andrews Park, Maurice Rd, St Andrew's, BS6 5BZ.** **www.aidboxcommunity.co.uk/refutrees**

Feel stronger this winter with Pilates Active

December can be a busy month, with festive preparations, family commitments and plenty of reasons to put ourselves last. But making a little time for movement can help you feel stronger, more confident and ready to enjoy the season.

At Pilates Active, we believe exercise should be welcoming, enjoyable and focused on helping you move well in everyday life. This winter, we're excited to introduce our new **Strength classes** and welcome you to our **Thursday morning 60+ classes**.

Build strength for everyday life

Our new Strength classes focus on building strength that matters beyond the class itself. Whether you want to feel more capable carrying shopping, enjoy your favourite activities or complement your Pilates practice, strength training can be a valuable part of your routine.

You don't need to feel fit before you begin. The first step is simply making time for yourself and discovering what you can do.

Stay active, confident and connected at 60+

Our Thursday morning 60+ classes offer an opportunity to prioritise your strength, balance and mobility in a friendly setting. Staying active as we get older isn't about keeping up with anyone else;



it's about supporting the things we enjoy and feeling confident in our own bodies.

Classes are also a lovely way to add structure to your week, meet local people and enjoy some time dedicated to your wellbeing.

Make time for you

Whether you're looking for a new challenge or a welcoming place to get moving, we'd love to hear from you. You don't have to wait until January to take a positive step towards feeling stronger. We are now offering your first 3 classes for £25. **Visit pilatesactive.com to find out more about the classes on offer.**

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Solution Focused Hypnotherapy combines talking therapy with relaxation and hypnosis to help you focus on the positives, build on your strengths and develop practical ways to move forward. It can support both adults and children with anxiety, stress, confidence, sleep and managing life's challenges.

I offer friendly, supportive 1:1 sessions as well as group relaxation sessions, providing an opportunity to pause, recharge and invest in your wellbeing.

Online relaxation – 45 minutes just for you. Join me online on **13 December at 7.45pm** for a combination of gentle breathwork and hypnosis relaxation. A chance to step away from the busyness, quieten your mind and give yourself some much-needed headspace, all from the comfort of your own home.

Hypnobirthing courses – I also offer Hypnobirthing courses, helping expectant parents feel more relaxed, confident and positive about their birth experience, with both 1:1 and group options available.

As the year draws to a close, why not make a little time for yourself? You don't have to wait until January to make your wellbeing a priority.

Get in touch to find out more about sessions, courses and upcoming relaxation groups.

REFOCUS

To book or discuss further, please visit my website: **www.refocushypno.co.uk**, give me a call on **07912 181128,** email **emily@refocushypno.co.uk** or follow me on **Instagram: @refocushypno**

Another incredible year at Red Dragons





As 2026 draws to a close it's only natural to look back at the year and think about what we have done: 2026 was an incredible year for Red Dragons Martial Arts. We have more members than ever. We have pushed ourselves in our classes. Our grading events got bigger and better. We have had more successful graders than ever. We have more black belts. Honestly, I cannot be prouder. So right now I just want to say to all of our Red Dragons family. Well done. You honestly have been incredible and I am so grateful to be able to teach you martial arts. I can't wait for 2027. I'm positive that it will be a fantastic year.

Have a wonderful Christmas and a Happy New Year.

If you would like to be part of a fantastic activity which promotes so many positive characteristics, like leadership, self-confidence, self-discipline and resilience in 2027, get in touch for a free trial with Red Dragons.

Sensei Lloyd

Facebook: *Red Dragons Martial Arts* | Visit: www.reddragonsmartialarts.com
Email: info@reddragonsmartialarts.com or Call: 07779 740 432, to book your free trial

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You know you should be lifting weights… but where do you start? *by Polly Turnill Fitness*



Polly Turnill

"I'm not really sure what I'm doing."
"I'm worried about injuring myself."
"I don't have the motivation on my own"

Sound familiar? You're not alone.

For many people, starting strength training can feel daunting. Small-group training can provide the guidance, encouragement and confidence to make it work for you.

Gill, 65, joined us last year. As a busy grandmother of three young grandchildren, she wants to stay strong and active for as long as possible. She was already exercising, but a shoulder injury was making it difficult to know how to train safely.

"It was just what I needed! The size of the group means that each person receives individual attention. I feel more confident to push a little further each week."

Gill has now built her strength, remained injury-free and recently lifted the heaviest weight she's ever managed overhead. Most importantly, she's gained confidence.

"I leave every session feeling more mobile and energised, with a spring in my step!"

If you know you should be lifting weights but aren't sure where to begin, **get in touch to book your FREE trial** at **Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR**.

WhatsApp: 07954381845 | Visit: www.pollyturnillfitness.com

Reco Spinal Centre

Reco Testimonial

Small changes, big progress

by Richard Hicks ★★★★★



"I went to Reco Spinal Centre purely by chance after finding out they do x-rays. My back had been troubling me for a number of years; even with a new hip it wasn't right.

Mandeep explained everything that she found wrong with my back/pelvis very clearly. The treatment I have had over the last 5–6 weeks has been amazing and I feel the benefits already. I feel more comfortable lying on my back, which I couldn't before, and standing is so much easier. So, I wish to thank Mandeep and all the staff at Reco Spinal Centre for all their help and kindness in assisting with my recovery."

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News from St Bon's Primary School



The Christmas season at St Bonaventure's is always full of joy. As we are head through the Holy season of Advent we are busy preparing our hearts and our school to welcome Jesus at Christmas.

Walking around the school, the excitement in the atmosphere is truly evident. The Christmas tree has been decorated and is standing in the hall, and the school crib is set up at the entrance – currently empty, as we await the arrival of Jesus.

And you cannot walk through the corridors without hearing the sound of children singing! Music fills every corner of the school as Key Stage 1 polish their Nativity performances, Key Stage 2 rehearse their carols, and the whole school prepares for our end-of-term Mass.



Festive performance – This year the drama club are putting on a performance of *A Christmas Carol*, they have been very busy rehearsing and we cannot wait to see their show. It will be extra special as they will be doing the performance in the Church; with two performances on the night, we are always so proud of all the hard work that both the pupils and the staff put in.

Love thy neighbour – Our school theme this term is Love thy neighbour and we have been demonstrating acts of kindness including making up Boxes of Hope that are collected by the local charity Aid Box Community who support refugees living in Bristol.

Our Christmas Fair will take place on Saturday 28 November, 3–6pm. All are welcome so please come along as it's a great way to get into the festive spirit. There will be a huge variety of stalls selling food, drinks and gifts, a Santa's grotto and a bouncy castle. All money raised goes to the PTFA to fund lots of improvements in the school.

School tours – With the excitement of Christmas please do not forget that if your child is due to start reception in September 2027 you need to apply for a place by 15 January; we have a few tour dates left in January so if you still have not made your decision do come along for a visit, we would love to meet you.





Primary tutor for children aged 6–11



Qualified teacher Liz Romero

Until December 2025, I was a primary school teacher for over 15 years, working in many Bristol schools including St Bonaventure's, Westbury Park Primary School, St Mary's in Bradley Stoke and most recently, Our Lady of the Rosary. I have been tutoring since 2020.

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

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

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









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 2026 the furthest place offered was actually 3.85 miles (direct line distance) from the school.

Scan to book

f@cothams 𝕏@cothamschool @cothamschool 0117 919 8000 info@cotham.bristol.sch.uk

www.cotham.bristol.sch.uk

Spotlight on Performing Arts at Cotham School





At Cotham School, Performing Arts plays an important role in school life, providing students with opportunities to explore their creativity, develop new skills and share their talents with a wide range of audiences.

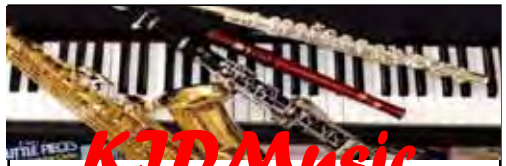
From Year 7, students experience a varied curriculum across Dance, Drama and Music. Through practical lessons, they develop their confidence, creativity and ability to work collaboratively. Whether exploring different musical genres, learning to communicate stories through movement, or bringing characters and theatrical ideas to life, students are encouraged to experiment, take creative risks and discover their own strengths.

As students progress through the school, there are opportunities to specialise and develop their interests further. At GCSE, we offer Drama and Music, alongside BTEC Technical Award Dance. At post-16, students can pursue our Level 3 BTEC in Performing Arts (Acting) or our Level 3 Sound Engineering and Music Technology course, providing pathways into further study and careers across the creative industries.

Beyond the classroom, there is a thriving programme of extracurricular activities, including drama and dance clubs, choirs, bands and instrumental opportunities. Our regular Performing Arts Sharing Evenings and music concerts give students the chance to showcase their work, celebrate their progress and perform to family and friends.

A particular highlight of the school calendar is our annual large-scale Summer Performance. Recent productions have included *The Dead Dog in a Suitcase*, *Little Shop of Horrors* and *Guys and Dolls*. These ambitious productions bring together students from across the school, offering opportunities both on stage and behind the scenes, while developing teamwork, commitment and a shared sense of achievement.

At Cotham, we believe the Performing Arts should be for everyone. Our aim is to give every student the opportunity to find their voice, express themselves and experience the excitement of creating something together.



KJDMusic

Instrumental / lessons / flute / saxophone / clarinet piano / theory / GCSE / A Level

Instrumental lessons in Bishopston and Horfield from a qualified teacher / performer with enhanced DBS clearance. Spaces available for Flute, Saxophone, Clarinet, Recorder, Piano, and Theory (GCSE/A Level) on all weekdays from 4pm.

All styles and levels catered for from beginners through to advanced learners.



"Music has the power to inspire, teach and transform lives and I strongly believe that every person of every age should have access to music education and a platform to express their musicality".

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

Lessons can be for fun or focused on passing graded exams. Lessons typically last half an hour and cost £25.

E-mail: katherine@kjdmusic.co.uk

www.kjdmusic.co.uk **kjdmusiclessons**

NEWS FROM FFA FAMILY FOOD ACTION

'Be Ready'

You might have noticed the sudden depletion of tinned and store cupboard items in our supermarkets, which is somewhat reminiscent of 2020 – the year FFA was founded. It is no doubt due to the 'Be Ready' campaign encouraging everyone to stockpile food in the event of supply chain interruptions caused by the extreme weather our planet has been experiencing. The recent cyber attacks on European supermarkets have further highlighted the sorts of events threatening our access to food and have probably incentivised some to take action where government advice has not.

It is chastening to realise that for the families that FFA supports food insecurity is a daily problem and they depend on the foodstuffs the rest of us are being advised to put to one side, just in case. Their challenges are made even more difficult by also being in fuel poverty, meaning that their cooking options are limited further. FFA was founded during the pandemic in 2020 to try to address the massive food inequality in our area of Bristol, and this is a stark reminder that not only has the problem not got any better, it could get a good deal worse.

If you are shopping for a few extra items to safeguard your family, please spare a thought (and a donation) for those for whom setting food aside really isn't an option. A list of the items that our families always need can be found on our website under 'How you can help; What to donate'.

Festivities!

It is not all doom and gloom: our collection of seasonal goodies (our Wish List is above) is well underway to help our Partners celebrate the festive season with their families. The level of generosity that our supporters show every year is almost overwhelming and is so appreciated by our Partners. Several of them will be hosting parties, and all of them will be putting together extra bags of festive food and gifts for their families to enjoy over the holiday period.



Christmas Wish List

- Boxes of chocolates/sweets
- Savoury biscuits, crisps, snacks
- Stuffing mix & bread sauce mix
- Cranberry sauce & gravy
- Small Christmas cakes
- Jelly & custard
- Selection boxes
- Chocolate coins
- Boxes of biscuits
- 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.

Throughout the year, FFA has been able to contribute towards various other festivals and events marked by the families we support including Easter, Eid and Diwali. There was even a Halloween connection (sort of): a team of FFA gleaners was invited to Farrington Farm where they collected masses of beautiful squashes which, having escaped their fate of being carved into lanterns, will now be cooked into delicious meals – rightly so!

For all of us, food is such an important and valued element of any celebration – particularly when it draws communities together – and it is wonderful to know that all FFA's supporters have played a part in that.

Reminder

We are holding a stall at The Ardagh Food and Craft Market on 12 December 2026, where we will be selling some beautiful glassware donated by local artist, Louise Block, and some very special ceramic pieces by the late Nicola Mortimer, which were kindly donated by her family. Please do come along to have a browse for Christmas gifts, find out more about FFA and help us raise much-needed funds.

Last collection of the Year/First of 2027

Our last Tuesday collection is on 15 December, so there is still time to contribute if you are able. Our first collection of 2027 will be on Tuesday 5 January.

Wishing you and yours a very happy festive season, however you choose to celebrate!

If you would like to help by donating food, money or time, please check our website for details. Click on the QR code or visit **familyfoodaction.org.uk.**



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WALKERS & TALKERS

This fantastic local group meets weekly for some exercise, socialising, free hot drink and to learn something new from their guest speaker. Everyone is welcome to this friendly group.

All meetings are on Wednesdays, 10am – 12pm.

25 November, Q & A with James Graham-Brown
Former English professional cricketer and school teacher.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

02 December, Q & A with David Garmston
English journalist and news presenter on BBC Points West and Sunday Politics West.
Lockleaze Sports Centre, Bonnington Walk, Lockleaze, BS7 9XF

09 December, Q & A with Steve Scott
British journalist and presenter, ITN sports editor and newscaster for ITV news.
At Lockleaze Sports Centre, Bonnington Walk, Lockleaze, BS7 9XF

16 December, Q & A with Bristol Male Choir
Visitors will be treated to some rousing songs from Bristol Male Voice Choir, followed by a talk with choir members.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

23 December, break for Christmas

06 January, speaker TBC
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

10–11am: Walk & Talk around the grounds with fellow members

11am – 12pm: Q&A with Guest Speaker

No booking required – just join us!

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

www.walkersandtalkers.org/bristol

Horfield Strollers

You are welcome to join this weekly walking group for a leisurely 2 to 3 mile walk in Bristol or nearby on

Tuesdays at 10.00am.

Details of the next walk can be obtained by ringing the walk leader,

Julienne, on 07999 865393.

Tea, Coffee, Craft & Chat



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

A chance to chat, join in with our church sewing group or just bring your own projects... Or, just come along and have a tea or coffee with us.



Next meetings – **Saturday 12 December, 9 January and 13 February, 10.30am to 12pm** (then every second Saturday of month).

STAN DREWS FOLK NIGHTS



Our magical folk nights will delight and put a smile on your face

"the best folk club I've been to"

An amazing array of performers attend our fab evenings of song and friendship in our intimate club venue. All welcome, old and new faces, beginners or experienced! Don't be shy – come and take the plunge.

Folk, blues, jazz – traditional & contemporary.

Curated session: floor slots for new and established performers. All welcome.

Email: StanDrewsFolkClub@outlook.com

FREE entry – BAR – not free!

Wednesdays 9 December 2026, 13 January & 10 February 2027

7.15pm doors open for a 7.30pm start.

at **St Andrews Bowls Club, Derby Rd, BS7 9AQ**

Please note: venue is upstairs. Stair lift available: please let us know if you'd like to use it.

The healing effects of MBST no matter the age, from athlete to older. Sports injury to arthritis

MBST is a non-invasive treatment that uses magnetic fields to stimulate the body's natural cell repair and regeneration. There are no drugs, no surgery and no downtime, just science-backed support for athletes, active individuals and anyone living with chronic joint pain or injury. Healthcare professionals around the world are now looking to MBST to offer their patients a new approach to recovery, one that is grounded in evidence and real-life results.





Abby Erceg's journey is nothing short of inspiring. As New Zealand's most capped female footballer, she has led the Football Ferns through four Olympic Games and achieved over one hundred international appearances, an extraordinary feat in women's sport. But years of competing at the highest level took their toll. Persistent knee pain from cartilage wear began to threaten not just Abby's everyday life but also her ability to keep playing the sport she loves.

Determined to find a solution beyond conventional treatments, Abby travelled from Mexico to join the Return to Play Study at Cura Clinical. She was searching for something that could truly make a difference, and she found it. After her third session of MBST therapy, Abby noticed a real change. She experienced a breakthrough in her range of movement and a reduction in pain. For the first time in months, she could lie down and fully straighten her knees. The impact was immediate and gave her hope for a longer, healthier career on the pitch.



Jenny is living her best life, pain free after having treatment for her moderate hip arthritis. If we catch things at the right time, the regenerative effects of MBST really can have remarkable impacts on patients' conditions.

Jeremy (87) came to me with stage 3/4 knee arthritis and was struggling with stairs in particular as well as night pain. He's a very experienced chorister and needs to be able to stand for long periods whilst performing. Scans showed his patello-femoral joint had almost full thickness cartilage loss, as well as degeneration in the tibiofemoral compartment. At 87 years old he's a remarkable healer and has been pain free and fit for stairs since the end of his treatment course.



Age isn't a factor with MBST. Vitality, however, does play a part. A lot of my older patients are still living life to the full, getting the most they can from it, yet certain parts of their bodies wear down and become a challenge. This is where MBST can be life changing, adding energy of stimulation healing and regeneration.

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- Tree pruning





A pop-up community café with a difference!

Once a month, Emmanuel Bishopston hosts The Coffee Pot, a community café for people who are free on a Friday lunchtime.

Since it began in January 2025, The Coffee Pot has welcomed an array of guest speakers. It kicked off with Kate Evans, a local declutterer who shared many hilarious and heart-breaking anecdotes, followed by Tabs Moynagh, a sleep consultant. More recently, there was a flower-arranging demonstration by Roz Evitt of Wild Zinnia and talks by a volunteer at the Bristol North West Food Bank and a director from Refugee Welcome Homes.

Team leader, Claire Walford, explains: "The Coffee Pot is designed to be a community café for people of any age and stage. We have had a real range of visitors – from people in their 20s on a day off from work to 80-year-olds.

"Each month, there has been a lovely buzz in the hall as people have enjoyed tea and home-made cake and the space to chat, make friends and hear an interview from a member of the church. We would love anyone who is free to consider coming along!"

Forthcoming meetings

11 December – Why is Handel's Messiah so wonderful? A talk and musical demonstration from Richard Powell.

8 January – Life on the farm, an interview with Jon and Grace about establishing their new farm!

12 February – speaker TBC

The Coffee Pot takes place at Church of the Good Shepherd Hall, Bishop Road, BS7 8NA, 1–2.30pm.

It aims to meet on the last Friday of each month but some months, this date is moved because of school holidays. There is a voluntary contribution of £2 to go towards the cost of the refreshments. For more information, **email: bishopston@emmanuelbristol.org.uk.**

Britain's Installation Company of the Year is on your doorstep – and in the running to keep the title

Last year The Window Hub was named Installation Company of the Year at the G-Awards, the fenestration industry's biggest night. It was one of three national awards the Bristol, Exeter and Cardiff firm took home in 2025.



This year the judges have called them back. The Window Hub has been shortlisted to defend **Installation Company of the Year at the G26 Awards**, and is also a finalist for the **Business Excellence Award** on the same night. Before that, at the National Fenestration Awards at the end of October, the company is up for **Customer Care Company of the Year** and its Managing Director, Daniel Robb, is a finalist for **Managing Director of the Year**.

Four national finals in one year is rare for any installer. For a local, independent company, it's almost unheard of.

Daniel, who has worked in the industry for over 30 years, says the credit belongs to the whole team. "Being asked to defend the title is a huge compliment, but the judges are really just confirming what our customers already tell us. Every installer, surveyor and office colleague we have is measured on one thing: would that homeowner recommend us to a neighbour? That's the award that matters."

Most of The Window Hub's work is replacing tired windows and doors in homes people already love, so the team is used to working carefully around family life and leaving every room clean and tidy. Installations are FENSA registered, and every job comes with an insurance-backed guarantee from InstallSure, included in the price rather than sold as an extra. Quotes are clear, fixed and free, with no pressure and no gimmicks.

If your home is due an upgrade before winter, why not choose the company the industry itself rates as the best installer in Britain?

Call The Window Hub free on 08000 219319, or visit your nearest showroom in Bristol for a free, no obligation quote. thewindowhub.co.uk




Mushroom growing


Dry Hedging

Resilience in action at Apple Day and winter hedging sessions

Apple Day was launched by Common Ground in 1990 to celebrate the rich variety of apples – then in danger of disappearing due to the decline of traditional orchards. This countrywide event cherishes diversity of landscapes and rejoices the thousands of years of cultural traditions inspired by orchards and their fruit. One way, or another, the Apple Tree Lady has celebrated Apple Day every year since 1990.

This year's Apple Day at Horfield Organic Community Orchard was the first for more than 20 years without apples. Our apple pounding barrel was silent, and our juice press was dry. The much-loved Apple Day Tasting Table was empty. Thirty-six years on from the first Apple Day, it is weather extremes caused by the climate emergency that threaten our fruit trees – our food and nature ecologies.

We were delighted by the strong support for October's Climate Emergency Apple Day at Horfield Organic Community Orchard. Everyone – visitors and volunteers – enjoyed the activities and chats, the cakes and the quince cordials. The afternoon was buzzing with creativity, learning and fun.


Street Goat

As the year ends, we invite readers to take two simple actions for a resilient food future, which also directly support the orchard. **HOCO-grafted fruit trees are now for sale**, and ready to plant this winter. Planting new fruit trees now is an act of hope for the future. **We welcome volunteers** to sign up for our **dry hedging winter action sessions**. Hedges are brilliant for nature, soil and recycling carbon. Help restore wildlife habitat along the whole of the orchard boundary with tree prunings and biodegradable 'waste' material. See the website for more information.

Horfield Organic Community Orchard Wassail 2027 is Saturday 16 January, 2 to 4pm

Information and advance booking: community-orchard.org.uk

Words by Shannon Smith, aka The Apple Tree Lady
Photographs by Jamie Carstairs

Events at Horfield Baptist Church*

160A Gloucester Road, BS7 8NT

Coffee & Craft

10.30am to 12.15pm on the following dates.

4 & 11 December &
8 and 29 January

Bring your craft and enjoy good conversation, tea, coffee and biscuit or two!

Carols in the Courtyard

Wednesday 16 December, 5 to 6pm

Please dress for weather and a torch maybe helpful. Light refreshments will be served afterwards.

**meetings may be cancelled due to building work so please check with the office.*

Tel: 0117 924 3608

Email: office@horfieldbaptist.net

Getting the Basics Right: Designing a Garden That Works



A successful garden design brings together hard landscaping, structural elements and planting to create a space that looks beautiful but is also practical and enjoyable to use.

Hard landscaping is often a good place to start. Choosing the right paving can make a huge difference to the overall look and feel of a garden. In this project, we've used a beautiful Egyptian Limestone, which brings a lovely warmth and natural character to the space. Natural stone is a timeless choice, creating a wonderful foundation for the rest of the garden design.

It's also important to think about how to make the most of every available inch, particularly in smaller urban gardens. Simple, cost-effective features can make a big difference. Wooden trellis, for example, is a relatively inexpensive way to divide an area or screen something less attractive. Here, we've used it to create a discreet, hidden storage area for bins and recycling boxes, keeping them out of sight without losing valuable garden space.

One thing we always encourage people to consider is including a focal tree. Just because a garden is small doesn't mean you should rule out having one. There are plenty of trees suitable for urban gardens, from smaller ornamental Acers and multi-stem Birch to Crab apples and Amelanchier. A carefully positioned tree adds height, colour and interest through the seasons, as well as bringing nature into the garden.

Structural elements are equally important. Timber screens, raised beds and pergolas can all help to give a garden definition and create interesting spaces. Once these foundations are in place, planting can soften the harder edges, introduce colour and texture, provide food and habitats for wildlife, and bring everything together.

Finally, don't forget what you already have. If you're having your garden redesigned, it's always worth looking at the existing plants before digging everything up. Many established shrubs and perennials can be carefully lifted and replanted elsewhere in the new design. Reusing plants is not only kinder to the environment but can also save money. It's the perfect time to think about how you want your garden to look for next summer.

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Bishopston Matters Reader offers

Page 8, Alpine Landscaping
25% off services

Page 21, Skin & Beauty Box
20% Bonus voucher offer on vouchers purchased between 1 – 15 December 2026

Page 34,35, Soul Pilates
10% off any intro pack with code BISHOPSTON

Page 39, SB Counselling
Free 30-minute consultation

Page 40, ACT Community Sauna
Membership in December £40

Page 43, Pilates Active
New clients, 3 classes for £20

Page 45, Red Dragons Martial Arts
FREE Trial

Page 46, Polly Turnhill Personal Trainer
Free trial session

Page 47, Reco Spinal Centre
50% discount on initial consultation

See individual adverts for full offer details.
Pleasemention *Bishopston Matters* when booking – thank you!



Know where your local defibrillators are located – it could save somebody's life

Immediate CPR and quick access to an automated external defibrillator (AED) increase the chance of survival threefold – from 1 in 10, to 3 in 10.

Defibrillators installed, and in use, in the local area:

- Apple Green Service Station, Gloucester Rd, BS7 8NL (at the bottom of Berkeley Rd)
- Beehive pub, Wellington Hill West, BS9 4QY
- Bristol Chiropractic, 2 Kellaway Ave, BS6 7XR
- Bristol Property, 14 Chandos Rd, BS6 6PE
- Cat & Wheel, 207 Cheltenham Rd, BS6 5QX
- Corner of Wellington Hill West & Harbury Rd, BS9
- Haig Harrison, Cotham Hill, BS6 6JZ
- Manor Farm Boy's Club, at the juction with Kellaway Ave, BS7 8ST
- Max Minerva's bookshop, North View, Westbury Park, BS6 7PY
- St Matthew's Church, Cotham, BS6 5TB
- The Cambridge Arms, Coldhabour Rd, Redland, BS6 7JS
- The Crafty Cow, 635 Gloucester Rd, BS7 0BJ
- The Gloucester Old Spot, Kellaway Ave, BS6 7YQ
- The Key Café, Gloucester Rd, BS7 8NZ
- The Kingsdown Vaults, BS6 5UE
- The Lazy Dog, 112 Ashley Down Rd, BS7 9JR
- The Shakespeare Pub, Lower Redland Rd, Redland, BS6 6SS
- The Sportsman, Nevil Rd, BS7 9EQ
- Waitrose, Gloucester Rd, BS7 8AA (next to the Prince of Wales pub)

Let's create a bathroom you'll love

Planning a new bathroom but not sure where to start? You might have a rough plan, a few saved pictures or simply a feeling that your space could work better. Wherever you're starting from, Little Bathroom & Boiler Company is here to help you take it one step at a time.

You can pop into our showroom on Gloucester Road North, take a look at our ever-changing displays and talk through your ideas. Our team doesn't work on commission, so there's no pressure to decide anything before you're ready.

How does it all work?

Come in and get inspired
Visit us at our local showroom and take your time exploring our displays and browsing through our brochures and samples. If you have photos, plans or ideas you like, bring them along. We have access to excellent products you will not find at superstores.

Tell us about your space
At a design appointment, we'll talk about how you use your bathroom and what you'd like to change. Photos and measurements are helpful if you have them. Our 3D design software can bring your design to life and show you what's possible in your space.

See the plan come together
We'll explore layouts, products and finishes that fit your space and budget, then prepare an initial quote. We can create a 2D plan and, where useful, 3D images to help you picture the room.

Work through the details
If the room needs a closer look, we can arrange a home visit. Jamie, the business owner and a plumber with over 30 years' experience, can help with practical questions about pipework, drainage and more challenging layouts.

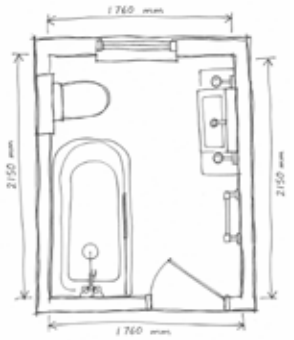
Take the time to choose
We'll go through the design with you and make any changes you'd like. Once you're happy with the layout and products, we'll prepare a quotation based on your final choices.

Leave the order with us
We'll provide technical information and any guidance that your installer needs, then check, label and store your products when they arrive. You or your fitter can collect them, or we can arrange delivery.

We're here to help
If you or your installer have questions before, during or after installation, we're only a phone call or email away.

Whether you're planning a family bathroom, shower room, en suite, cloakroom or making adjustments for mobility, we'll help you find a design that feels comfortable, practical and yours.

Visit our showroom at: 32 Gloucester Road North, BS7 0SJ
Call us on: 01179 792 860 or book an appointment online at:
www.littlebbc.co.uk | Instagram: little_bathroom











Find Your People in 2027: Join Gloucester Road WI!

Have you ever thought about giving the WI a try and wondered if it's for you? Forget what you think you know – we're less jam and Jerusalem, and more well-being, women's issues, workshops and reasonably frequent wit. You seriously don't need to have ever baked a cake or crafted a thing in your life to walk through our doors.

Whether you're looking to pick up a new interest, hoping to make a new friend or two, or just wanting a night out away from home or work, your local WI branch is a great space to connect, learn and unwind in 2027.

At Gloucester Road WI, we are a friendly and supportive bunch who meet to:

- Hear from enthusiastic and occasionally wonderfully quirky guest speakers
- Try new skills, crafts and social activities
- Enjoy a good chat and a laugh with women from all walks of life, ages (18 years+) and backgrounds. Sitting quietly is equally fine though!
- Get together at other times for various sub-groups (book club, dinner club, pub quizzes and more)
- Get involved in national campaigns and community projects on issues that matter
- Access educational talks, self-development opportunities and online training resources.

Curious, but not ready to commit? The good news is that you can attend up to three of our monthly meetings as a visitor to see if we're a good fit for you (£7.50 cash or card).

When: Third Tuesday of the month at 8pm (doors open 7.45pm)

Where: St. Bonaventure's Parish Hall, Friary Road, BS7 8AF. Free parking available on site.

Contact: Email: **info@gloucesterroadwi.org** or visit: **www.gloucesterroadwi.org**







Join the Matters Mag team


Editors Kerry & Jaci

Looking for a career change in 2027?

Needing to work part-time flexible hours (8–16 per week) to fit perfectly around family life?

Self-motivated with the skill set to liaise with local businesses and generate sales?

Come and work with the editors of Matters Magazines.

Jaci founded Matters magazines over twenty one years ago when she had young children and didn't wish to return to her corporate career. She saw the potential of a community magazine to link readers with the community groups around them and connect them to local shops and traders. *Bradley Stoke Matters* (BS32) was launched first, closely followed by *Little Stoke Gifford Matters* (BS32/34). Both publications have been in print ever since.

Jaci inspired her good friend Kerry, with a design background, who was looking to return from working in the West Midlands, to becoming her own boss and creating a local magazine in her community. Nineteen years ago the first issue of *Bishopston Matters* hit the doormats of homes in BS6 and BS7.

The editors also work together to produce *Winterbourne & Frampton Cotterell Matters* (BS36/16)

They have worked with a range of talented women over the years when producing the magazines and due to a brilliant sales executive recently having to step back due to ill health, they are now looking for a new person to join their team.

The candidate will need to have good sales experience, excellent communication skills, commitment and determination, great organisational skills and a personality that shines bright!

Matters Magazines builds long-lasting, committed relationships with their clients. Some businesses have been with the publications since the start. **If this sounds like a position you would be interested in please submit your CV, salary expectations and covering letter to: sales@mattersmagazines.co.uk.**

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Five reasons to visit the North Bristol Arts Trail, 28–29 November 2026

The North Bristol Arts Trail celebrates its **25th anniversary** bringing an extraordinary 110 artists and makers to 56 venues across our neighbourhood. Artist studios, homes and exhibition spaces across North Bristol will open their doors from 10am to 5pm for a free weekend of creativity and discovery.

Here are five reasons to make the trail part of your weekend.

1. Discover local creative talent – From painting and printmaking to ceramics, textiles, photography, sculpture and jewellery, the trail is a chance to discover an inspiring variety of work the algorithm won't show you, all made by local artists and makers.

2. Explore your own neighbourhood – and somewhere new – With venues across Bishopston, Redland, Henleaze, St Andrew's, Ashley and Horfield, you can plan your own route or simply follow your curiosity. The trail offers a different way to experience familiar streets and discover creative spaces you might otherwise never see.

3. Meet the makers – This isn't just an exhibition. Artists and makers are there to talk about their work, share their processes and tell the stories behind their creations. It's a great opportunity to meet the people who make North Bristol's creative community so distinctive.

4. Find something special for Christmas – Looking for a present that's personal and genuinely unique? With original artwork and handmade pieces available across a wide range of styles and budgets, the trail is a brilliant place to start your Christmas shopping, while supporting independent creatives directly.

5. Celebrate 25 years of community creativity
The anniversary is a milestone for this much-loved, volunteer-led event, which has grown through the enthusiasm of Bristol's creative community. This year's trail will also support Prodigal Arts, helping ex-offenders use positive creative expression to reduce re-offending.

North Bristol Arts Trail 25th Anniversary

Saturday 28 & Sunday 29 November 2026, 10am–5pm. Entry is free.

northbristolartists.org.uk

Window Wanderland 2027

Save the date in your diary!

For the 12th year in a row, the light festival that started in Bishopston and spread around the world is coming back to brighten our streets. If you want to be part of the Wanderland weekend, just sign up on the website and add your window to the festival map. You've got plenty of time to work out your ideas and designs.

Stick the **6–7 March 2027** in your diaries and keep an eye on our social media pages for updates and ideas.

And if you want to be a part of the organising team, please get in touch.

website: windowwanderland.com

or **email: wwbishopston@gmail.com.**





JOIN FAIRFIELD FOR ITS WINTER GALA

Fairfield High School is delighted to invite families, friends and wider community to its Winter Gala on Thursday 10 December, 5–7pm.

As always, this event promises to be a spectacular evening of festive fun, live performances and the welcoming community spirit that makes Team Fairfield so special.

There will be something for everyone to enjoy, including fantastic performances from its talented students, a variety of market stalls offering handmade crafts, gifts and seasonal treats, delicious multicultural food and a raffle.

Stallholders wanted!

There are still a limited number of stalls available and welcomes local businesses, independent traders and talented crafters to be part of this event.

Please email Enquiries@Fairfield.excalibur.org.uk for further information and to reserve spaces.





Santa on a Bike

If you haven't witnessed the impressive, cheerful sight of 1,000 motorbikes with riders all dressed as Santa, parading down Gloucester Road then get Saturday 5 December in your diary!

'Santa on a Bike' has become a wonderful Christmas tradition that raises money for the Children's Hospice South West (CHSW).

CHSW not only provide incredible care for terminally ill children, but also provide amazing support for the parents and siblings. This year the event has the added bonus of, Alex Lovell! Our local ITV West Country News TV Presenter is not only supporting the ride – but is also leading it!

The bikes start meeting from 10.30am (get there early and you'll be first in the queue for a complimentary hot drink and mince pie!) at Winterbourne Academy (BS36 1JL) and will be setting off between 12.15–12.30pm. All bikes, trikes, quads and scooters are welcome to join – there is no charge to attend but all donations to Children's Hospice South West are appreciated.

The route will be from the Winterbourne Academy through Bradley Stoke, on to the Aztec Roundabout and along Gloucester Road into Bristol, with the ride ending at the Long Ashton Park and Ride. The route will be fully marshalled.

The ride takes place entirely on open public roads so all bikes should be road legal and all normal road rules apply!

Every penny raised is donated to the Bristol Children's Hospice South West. A limited number of bikes attend the Hospice so it is not too overwhelming for the residents.

Please do look out for the Santas on their Bikes as they pass through on 5 December and support their fundraising efforts for this worthwhile charity if you can.

To donate £5, text 'Santabike' to 70460.

Merry Christmas to you all!



The Reindeer Run is back following a successful first year

Bristol children are being asked to dash, dance, prance or walk as part of the St Peter's Hospice Reindeer Run! The fun festive fundraiser launched for the first time in 2025 and raised over £5,800 for Bristol's much-loved Hospice.

Schools, children's community groups, Scouting groups and after-school clubs will take control of their fundraising and design their own antlers before taking part in a run, jog or walk with their friends in November or December.

Meg Austin, Community Fundraising Officer at St Peter's Hospice, said: "We're delighted that the Reindeer Run was such a success last year and we can bring it back again this Christmas! I think the reason it was so popular with schools and groups is that it was created with flexibility in mind. Classes can pick the date they want to complete their challenge, raise as much as they can and choose the distance they cover."

The sponsored Reindeer Run will raise money to help support adults with life-limiting illnesses in Bristol, South Gloucestershire and North Somerset, who are cared for by the Hospice. Children will be encouraged to collect small donations from family and friends, just £1 or £2 each, or whatever they can manage.

Meg continued: "This is a really easy and fun fundraiser to get involved with. We provide all the resources organisers need, meaning there's no stress and more time to don those antlers and enjoy the festive activity."

The free downloadable fundraising pack includes guidance for teachers, printable antler templates, a fundraising tracker for the children and festive resources to bring the event to life. Children who take part in Reindeer Run are also invited to design their own reindeer with a chance of their drawing being featured in next year's postcards and designs.

Anyone interested in taking part in the Reindeer Run can visit **stpetershospice.org/ReindeerRun** for more information and to register.

Farms around Horfield Common

Local history research by Andy Buchan ©

Horfield was a rural parish in which the predominant activity was farming until the latter part of the 19th century. Most farms had livestock, although there was some arable. Indeed, some farms were working farms until WWII. Sheep and cattle were still being grazed on the Common at the end of the 19th century, and sheep into the early 20th century.

With two exceptions most of the buildings around the Common that are shown on the 1841 map were still present 60 years later, but by the end of WWII, most of the remainder had gone, as farmland became housing. See the map for the locations of the buildings mentioned below.

Horfield Court Farm (1), stood at the top of Muller Road, and had gone by c1905; this would have been the most important building in the parish, barring the church. It would have been a grand building; but sadly, no good photographs exist, but there are records from earlier times including a description from the late 19th century of the inside. This refers to rooms panelled with oak, ceilings with extensive plasterwork and a large "ancient" open fireplace. On the first floor in one room was a large ornate plasterwork, referred to as "The Trial of Abraham's Faith." This is likely to have dated from the late 16th to early 17th century when the house was 're-modelled' to the latest style in the 16th century. This sadly broke up when an attempt was made to remove it, prior to the demolition of the house.

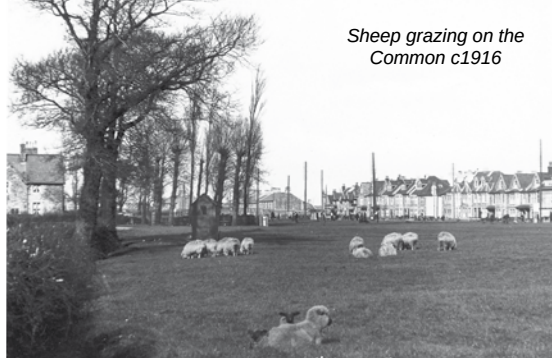
On the opposite side of the Common stood Manor Farm (2), which many people may remember, but the building they will remember, was built in c1887, and replaced an earlier smaller farm building.

St Anne's Cottage (3) stood at the top of Abbots Way – it is not known why the house had this name, but it was demolished by 1946. This cottage stood on a large plot; there was a well in the garden.

On Abbots Way there is a break in the row of houses, this is because there was a small terrace of four c19th century cottages (4), demolished before WWII. In one of those cottages lived a woman, Rachel Jones, and when she died in 1869, she was 105 years old.

Just after the bottom of Abbotts Way stood Duckett Farm (5) and on the opposite side of 'Wellington Hill West' was Broadway Farm (6). Broadway Farm occupied the site that is today the 'garage.' Duckett Farm had been demolished by 1946 – it is not known when Broadway Farm was demolished, but it was probably in the 1950s.

Hughes, later Rose Cottage, now called 1 Wellington Hill (7), is the second oldest secular building in Horfield. It underwent extensive re-building in the mid-20th century, but the core of the building is probably very late 17th or early 18th century in date.



Sheep grazing on the Common c1916

Lamberts, later Horfield Castle (8), stood almost opposite Tesco at Golden Hill. The name Horfield Castle was given to the property in c1851 and was a nod to the castellations on the wall and the turrets around the gate; some of these features may still be seen today. When it was sold in 1935, it was envisaged that the house would be kept, and up to six villas might be built in the southern part of the grounds. It was also demolished.

Quab(s) Farm (9) was another of the old farms; photographs of it early in the last century show it looking derelict, it had been demolished and replaced by 1946. It stood where the garages west of the Ardagh stand.

Poplar Cottage (10) was a farm renamed Ardagh in 1896. Ardagh is a Gaelic name and may be translated as High Place/High Field. This was purchased by the city council in 1921 and part of its home field, which is marked by the arch of trees, was added to the Common.

Home Farm (11), stood at the junction of Hughenden Road with Rozel Road; this would have originally fronted onto the road up into Horfield from Gloucester Road before Gloucester Road was built in the late 18th century.



News from Bishopston & Ashley Down & Redland Councillors


Emma & James

Bishopston & Ashley Down

As we head towards the end of the year, we'd like to start by wishing everyone across Bishopston and Ashley Down a very happy and peaceful festive season. We hope you have the chance to spend some time with family, friends and neighbours, and perhaps enjoy some of the wonderful local businesses and community spaces we have on our doorstep.

It's been another busy month for us as your local councillors, with progress on some long-running local issues as well as several opportunities for residents to have their say.

Concorde Way lighting – Thank you again to everyone who supported our petition calling for better lighting along Concorde Way. We have now received a detailed response from Councillor Ed Plowden, Chair of the Transport and Connectivity Committee, who agrees that the path is poorly lit and that this creates both personal and road-safety concerns.

There unfortunately isn't an immediate pot of money available for new lighting, with existing transport funding having to prioritise safety-critical infrastructure and statutory maintenance. However, the response does give us some useful routes to pursue. The council is trialling a lower-cost solar-powered lighting solution, and Ed has asked officers to consider how schemes could be prioritised if funding becomes available. Importantly for us, Concorde Way, particularly around the railway tunnel, has been identified as potentially making a strong case, given its importance as a route to school, a popular cycle route and a connection to Ashley Down station.

We are also exploring possible funding routes involving the West of England Combined Authority, Network Rail and GWR. We know there is no quick fix here, but the need for improved lighting has been recognised and we will keep pushing to turn that recognition into action.

Wildlife boost at Ashley Down

We are delighted to announce that the habitat improvements required as part of the station's planning permission have now all been installed.

These include a hedgehog house, two bee towers, six bird boxes and four bat boxes, located around the public realm and nearby allotments. Finding appropriate locations took longer than expected because further ecological assessments were needed, but the work is now complete.

It's a relatively small part of the overall station project, but an important reminder that new transport infrastructure can and should make space for nature too.

We have however, had feedback about train cancellations and delays along this new line, and so we will be directly raising these concerns with GWR, and will update residents once we have heard from them.

Have your say: council budget and adult social care – Currently there are some important council consultations taking place and we would strongly encourage residents to have their say.

Bristol is facing significant financial pressures. The budget consultation sets out a forecast £26 million gap for 2027/28, rising to £67.5 million across the council's five-year financial planning period. It asks for residents' views on a proposed 3% increase in core Council Tax and a 2% Adult Social Care Precept, alongside five savings proposals.

There are also proposals affecting Adult Social Care services, including community support to help people remain independent and a new accommodation and support pathway for people with mental-health needs. Separate consultations have also been running on Community Meals, Redfield Lodge, Shared Lives and Bristol Community Links.

These decisions affect both the services people rely on and how the council spends residents' money, so please do take the opportunity to make your views known. The main Budget Consultation runs until 25 November. Both consultations can be accessed through the council website.

Update on the schools' cyber incident – We know that reports about the cyber-attack affecting Bristol's schools' network will understandably have caused concern for some parents, carers and school staff.

We want to reassure them that this is being actively investigated by specialist cyber-security advisers and law-enforcement partners, with the council working closely with schools. The council is carefully reviewing material that was taken and subsequently published online to establish which schools and individuals may be affected.

Schools have been given guidance to share with families, and there are some straightforward precautions we can all take: be cautious about unexpected emails, texts and calls; don't open suspicious links or attachments; use strong, unique passwords and two-factor authentication where possible; and keep an eye on accounts for anything unusual.

The investigation is continuing methodically, and schools, parents and carers will receive further information as the picture becomes clearer.

Thank you – From both of us, thank you to everyone who has contacted us, signed petitions, completed consultations or got involved in our community over the past year. We wish you all a happy festive season and a peaceful New Year.

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

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

Redland ward

Bristol allotments Consultation Survey – Earlier this year, hundreds of people from Bristol's allotment community shared their views through workshops, focus groups and surveys. The feedback has been used to develop a new set of proposals for Bristol's allotment service.

Now this is ready it's time to have your say again.

The consultation asks:

- which improvements matter most to you
- what you think about the proposed tenancy agreement and allotment rules
- where you think future investment and resources should be focused.

You can take part if: you have an allotment; are on the waiting list; or care about Bristol's allotments. You can choose to complete the whole survey or just the parts that matter to you.

The consultation is on the ask Bristol website and closes on 29 December 2026.

Meanwhile Council allotment rents have been raised by 3.1% (the inflation rate) for new tenants and for existing tenants after a year's notice in September 2027. Work is currently underway with allotment representatives to look at long-term solutions to fix allotment funding which is still in dire straits, partly


Martin & Fi

due to the council's financial situation and partly because rents remained stagnant for ten years under the previous administration.

Autumn leaves – As the weather changes in autumn, it can take a while to mobilise across the city as leaves fall so we can all play a part to keep our community tidy and our pavements safe and clean. Bristol Waste street cleaning crews have a massive task all over the city and really appreciate residents clearing leaves from your local pavements!

If you need bags to collect the leaves in your street the Bristol Waste community engagement team is happy to provide you with a supply to make the job easier: https://bristolwastecompany.co.uk/extra-bags/. One they're full the clear plastic bags filled with autumn leaves can be left out on the road for collection.

Active Sports – Bristol City Council is developing a new sports strategy (covering Built Sport & Active Recreation Facilities) in the city. This will assess whether the facilities we have in the city are meeting the needs of our communities and what improvements might be needed to reduce barriers to access and improve experiences. It also provides the evidence base required to inform planning and future investment. It covers a wide range of facilities such as swimming pools, sports halls, community spaces, skateparks, gyms and bowls greens etc – regardless of ownership and management.

Most information is being gathered from facility operators and sports clubs, but there's a search for informal community provision too, especially to know what's working and not working from an inequalities perspective.

The consultation took place in November but if your club or facility missed this, please let us know. We want to hear from you if you run physical activity sessions for the local community like informal sport, seated exercise classes, community dance – anything that is movement related.

Continued on next page ►

Continued from page 69 ►

Government cuts our say over planning applications

The changes to the 'national scheme of delegation' of planning functions were announced by the Government earlier this year and came into effect from 31 October. A paper to the Bristol Full Council meeting on 10 November was required to amend the council's constitution to reflect the changes necessary to comply with this new national policy.

Most notably, the changes take away the power for councillors to call-in applications on behalf of their residents. The council must also notify the housing minister before refusing any scheme of 150 homes or more, giving the minister the opportunity to decide whether to take it over.

Until now, we've been able to respond to major concerns of residents about high-impact developments, make sure everyone can have their say at committee, hear the committee members debate and decide whether to approve an application. Now these actions will have to be sent to a 'gateway test' led by an officer and it's likely most requests will no longer be allowed in most circumstances.

New library strategy

Following a recent engagement programme and feedback from across the city a new draft Libraries strategy came to the council in October, with a view to a final strategy being agreed in committee in January.

The draft proposals propose ways to make libraries more accessible and easier to use; working more with volunteers and local groups to support the trained professional staff; expanding what's offered with digital services; and installing facilities for extended opening hours. There are no plans to close any libraries or reduce the library budget.

New E-scooter and bike parking

Since 2020 WECA, the regional authority, have managed a government trial for e-scooters and e-bikes. They are also providing the funding for more new parking bays to keep them stored off pavements and onto road space which the council is currently consulting on. This has always been an aim of the trial that we've pursued as councillors.

The key goal is to move as much of the parking as possible onto the road to keep pavements clearer, and increase capacity and coverage of the parking network. The council has worked closely with Dott to work out priority areas and site the bays away from the front doors and windows of houses; wherever possible converting double yellow lines or redundant Car Club bays to minimise parking loss.

Residents were asked to share their views on the proposals by emailing citywide.initiatives@bristol.gov.uk before the end of October. An online map showing the parking bay locations is also available for those wanting a more detailed view of the proposed sites. Let us know if you wish to share your views.

Cut back hedges

It's the time of year when hedges, trees and shrubs are most likely to be overhanging pavements. If your boundary plants are over the pavement please do cut them back to avoid obstruction.

Fi Hance, Green Party

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

Martin Fodor, Green Party

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Why microinverters were the right choice for this shaded Bristol solar installation



This Bristol solar PV installation presented two challenges: limited roof space and shading from chimneys and parapet walls. With a central inverter, one shaded panel could reduce the output of the entire array. We therefore chose Enphase IQ8HC microinverters, allowing each panel to operate independently at its best available output. Panel-level monitoring also makes performance across the array easy to compare.

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We assess each property individually rather than specifying one brand for every project. Customers should research manufacturers carefully, because company administration can leave warranties void and investments unsupported. Although no choice is risk-free, an established global manufacturer such as Enphase can provide greater reassurance.

Our aim is to select the most effective, efficient products for every installation. Microinverters suited this property because of its shading constraints; on an unshaded roof, a central inverter may be more appropriate. Each recommendation reflects the property, system design and client's priorities.

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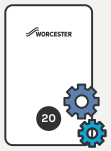

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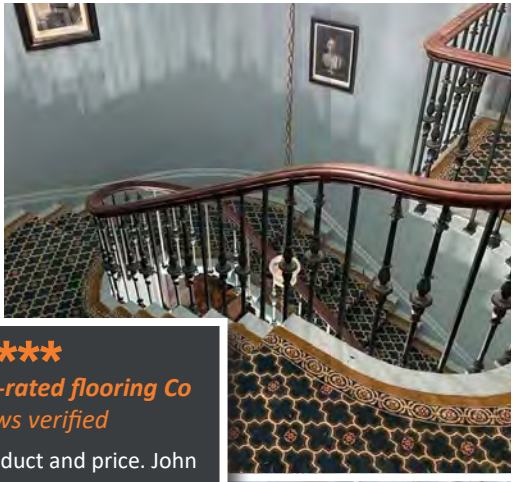
Conran Carpets





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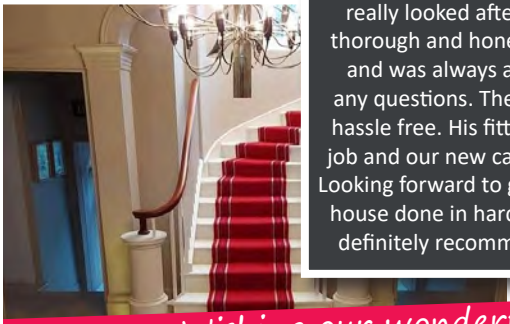

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