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Dear Residents

As I write this we are nearing the end of the summer term. Your Autumn edition is being printed a little earlier this year to accommodate the August holidays. This means we are able to share a bit more of what is available to entertain the kids during the latter half of the summer holidays. This issue also contains news from all our local schools as well as the stories of two women inspired by others in need to run the Bristol half marathon in September, an update from the Help Toby Walk campaign and news of Footsteps 4 Abigail.

We are celebrating having now been "In the Community, For the Community" for 5 years! Over this time from humble beginnings we have grown significantly, starting by covering 3/4 of Bradley Stoke, quickly extending to the whole of Bradley Stoke and within 12 months (and after repeated requests from residents), your own 'Little Stoke Gifford Matters' was born as well! We feel very proud for having been able to help numerous groups come together and grow over this time, as well as putting like minded individuals in touch with one another and really helping to encourage community cohesion. The success of the magazines, which is entirely funded by the advertisers, has enabled us to give approximately £10,000 back into community groups, schools and projects so far.

A huge 'Thank You' therefore to you, our readers, for embracing the ethos of the magazines, supporting local traders and keeping it LOCAL! Please continue to support our advertisers and we will continue to do our best to provide you with a quality community magazine.

Jaci & Alison



01454 289880
jaci@mattersmagazines.co.uk
Matters Magazines, 130 Aztec West, Bristol BS32 4UB

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Friends of Jubilee Green - One Year On

"We've achieved a lot but still need more volunteers"

Chairperson of The Friends of Jubilee Green, Michelle Dent, is appealing to local people of all ages to come forward to join the voluntary group. Existing community groups within the area would also be very welcome to work alongside The Friends, for the benefit of the wider community.

FOJG volunteers organised a free Treasure Hunt in the park on Festival Friday for pre-schoolers, with older children given the chance to take part on Festival Saturday. Matters Magazines was pleased to sponsor these events, along with Tesco Express. One Mum said "I think it's wonderful that The Friends have provided this free hands-on activity. It makes a refreshing change; the children have enjoyed the activity and used their creativity while I've enjoyed sitting down in this tranquil space and simply watching my children exploring and having fun."



Pre-schoolers enjoying the Treasure Hunt

The Park celebrated its First Birthday on Saturday 24th July with fun activities to mark the special occasion and on **Sunday 8th August The Friends will be running one of their popular free 'Fun in the Sun' sessions from 1pm to 3pm.** Do go along and use the additional equipment available - there are lots of buckets and spades, skipping ropes, badminton and cricket sets and even a play parachute. There will also be organic food tasting and a competition. Why not take a picnic and make it a family afternoon out?

Despite the setback of vandalism after the last round of planting, the park is now looking its best ever. Readers are asked, if they do see any acts of vandalism or other worrying behaviour in the park, to call the police on 999 or 0845 4567000. Alternatively please inform the caretaker if there is one on duty or let the Friends of Jubilee Green know what you have seen.

Planting of the park was completed in the Spring, with an avenue of fruit trees leading to the 'Owl' bridge, including varieties of cooking and eating apples, pear and greengage (similar to plum). Well-stocked sensory beds boast lavender, weeping rosemary, a tangerine-smelling sage and giant cowslip, and a row of silver birch trees behind the staged seating will, in time, provide shade.

Bradley Stoke Town Council has received an environment grant to have a few benches made from locally sourced timber. Coinciding with the

Community Festival, a wood carver was based on the Jubilee Green carving the benches for just over a week. The Friends of Jubilee Green are delighted that BSTC has donated one of the benches to go by Davis pond, adjacent to the park. The bench is an inverted T shape, enabling residents to sit looking at the pond or at the park. It features etchings of flying geese on one side to commemorate Howard Davis, who farmed Little Stoke Farm and who

introduced Sir Peter Scott to Slimbridge. (Readers may recall our feature about the Davis family in a previous edition of Matters Magazines). The other side of the bench shows the life cycle of frogs in the pond. Following some sad vandalism to the bench, The Friends are delighted that Andy, the original carver, has offered to re-work the bench in his own time, free of charge in August.

Meanwhile The Friends have got through the first round of the grant application process for obtaining funding for the planned Youth Structure and 'Flying Carpet', and have been invited to make a full grant application. As all the projects involve large amounts of money (the youth structure and flying carpet is in excess of £40,000) the group is also applying for charity status.

Michelle said "What we've achieved over the last year is not bad for a group with only 9 members! Just think what we could achieve if we had more members and volunteers! All local people are welcome to be involved in any way they can. For more information please visit our website:

www.friendsofjubileegreen.org.uk or email us at enquire.friendsofjubileegree@hotmail.co.uk."



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Focus On:

Jack Lopresti MP for FABS

This month we were delighted to catch up with our new local MP Jack Lopresti who, after his recent success at the local elections, is the first candidate to take the new seat of Filton and Bradley Stoke.

Jack is no stranger to the area, having been born in Southmead Hospital and having remained living and working in Bristol all his life. He is married with three children and he and his wife Lucy and children Domenic, 17, Sophie, 15, and Michael, 13 all live in Filton..

How did it feel to have your name called with the most votes on the night? "It was, and remains, a tremendous honour. I am still extremely humbled that the people of Filton and Bradley Stoke have placed their faith and trust in me. The success wasn't only for me, but also for the number of dedicated and hard-working supporters that helped me throughout my candidacy. I fully appreciate and understand the great sense of responsibility that has been given to me by the local community, and I am determined to ensure that representing their interests is always my first priority."

What has this meant for you personally, and for your family? "My family have been so supportive over the last few years as I contested the seat, and again, our success is in no small part down to them. Even though I am now MP, the focus hasn't changed and I am determined to take an active part in the issues and concerns of our local communities, and my family's support is so important. I left my paid work to concentrate on the campaign some time ago, so it was an easy transition in practical terms from being the candidate to becoming Member of Parliament. But I am under no illusions that the hard work really begins here."

What made you want to become an MP? "I have always cared deeply and passionately about both our country and local communities. I really wanted to be able to champion the best local interests and causes where possible, which is why I originally decided to stand for Parliament.

This is an area that means so much to me. I have always lived and worked in the Bristol and South Gloucestershire area, and really believe that I have a complete understanding of the variety of local interests, causes and issues. Furthermore, I have also always been a keen advocate of promoting and aiding Social Mobility, and I felt that as an MP this is something that I could really help achieve. I have also always been a passionate supporter of our Armed Forces and I am determined to stand up on their behalf."

Why has this new seat for FABS been created? "In essence, it has been created because of the population growth seen in the area over recent years. Most constituencies represent roughly the same number of people, to ensure that their needs can be adequately

met. It was felt there was a need to create this new seat so there was fair representation for everyone."

Have you met David Cameron yet? What is he like? "I have met David Cameron many times over the last few years; he is very friendly and approachable. You can also see that he has a tough inner core and a real determination to get our country back on its feet."

What do you think of the coalition government and does it filter all the way down to local issues?

"I think if you ask anyone standing at the election they would say that their sole focus was on winning outright, but that wasn't to be. However, we have been able, through the coalition, to form a progressive Government in the national interest, which can deliver the stability we need to make some very tough and difficult decisions."

In what ways are you involved in the local community?

"I have always taken a really active role in the local community. I am a very active member of the Royal British Legion, Stoke Gifford Branch; I run to raise funds for local charities, including at last year's Bristol Half Marathon for the former Bradley Stoke Mayor Mark Forsyth's chosen charities. I also ran the Bradley Stoke 10K last week with the current Bradley Stoke Mayor, Ben Walker. I'm doing the Bristol Half Marathon this September for Cllr Janet Biggins the Chairman of South Glos Council's chosen charity this year. I am also a member of the South Glos disability action group. And I am a keen supporter of my daughter's football team, Stoke Lane football club!"

What are the top 3 issues that you are championing for us locally? "This is certainly not an exhaustive list, and in no particular order, but;

- Stopping over development.
- Fighting crime and anti social behaviour.
- Standing up for local jobs and businesses."

Have you come across Bradley Stoke Matters and Little Stoke Gifford Matters before? "Yes I have come across it before and I think it is an excellent magazine and I was delighted that you asked to interview me!"

How do people make contact with you?

"By calling my office on 0117 9736811, e mail me at jacklopresti@freeuk.com or via my website www.jacklopresti.com.

I also have regular surgeries which take place all over the constituency."



Jack and Mayor Ben Walker having just completed the Bradley Stoke Festival 10K

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A Warm Welcome Awaits at Puddleducks Toddler Group

Puddleducks is a friendly community toddler group that meets up on Monday mornings at the Brook Way Activity Centre during term time, from 10am - 11.30am. The cost is just £2 per family and the age range is from age 0-reception. Drink, fruit and biscuits are provided each week as well as tea and coffee for the adults.



There is a baby corner for the younger ones and lots of toys to keep all ages busy.

An activity is provided every week such as paint, chalk, biscuit decorating, drawing. Themed around special occasions when possible.



There is a good size garden at Brook Way, allowing outside play in the summer which the children always enjoy.

Puddleducks also aims to organise and pay for trips throughout the year within the local area such as soft play and parks.



Each week closes with 10 minutes of a variety of nursery rhymes and action songs.

There is currently no waiting list to join Puddleducks and they are looking forward to meeting and welcoming new families to the group from September. For more information call Rachel Wallis on 07817 003495.

Your Neighbourhood Beat Team

Sgt Clive Johnson



PC Mark Graham
M: 07919 628623



PCSO Claire Evans
M:07795 390259



PCSO Dean Sobey
M:07825 388924



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Simpsons fish & chips



Meet the Willow Brook Centre's Newest Tenants Jan and Brian Simpson of Simpsons fish & chips

The Simpson family are delighted to be opening their latest fish and chip shop right here in the Stokes. As we go to print, the sleek interior has just been finalised, and Simpsons is now open for business - not only for take-away but also for eating in.

Jan Simpson opened her first fish and chip shop back in 1976 and was later joined by husband Brian in 1982 after his service in the RAF. Over the last 34 years they have perfected their art in 11 different shops and believe that they have the best fish and chips around! Their daughter, Bonny, has been working in the family business since she was young and her husband, James, joined 6 years ago.

Jan told us "Each shop always has people we know and trust running them such as family members or close friends. By keeping the business like this we can guarantee care is taken over what we are doing. Cleanliness, great customer service and professionalism are very important to us; our ethos is that we do not serve fast food, we serve great food, fast!"

Brian and Jan Simpson will be running the Bradley Stoke shop themselves, with Wes as the main fryer. They aim to provide a friendly and reliable local chippy that guarantees great food every time you return. They are particularly excited to see their name alongside big high street names at the Willow Brook Centre.

All their cod and haddock is skinless and boneless. Simpsons also fry in pure groundnut oil which makes everything lighter and less greasy. Wherever possible they cook fish to order, to guarantee freshness - and while food is cooking they enjoy having a chat and getting to know their customers.

Batter is thin and crispy and cooked through. Their chips are cooked fresh often, and if they think they are past their best they get thrown away. Their most popular fish is cod. Jan explains "There are various myths about the sustainability of cod, but in actual fact, stocks where we buy ours have grown in recent years. This is very important to us. Our supplier, T Quality, demands that from 'Sea to Tea', fish should be traceable back to the catchment area, vessel and operator. So each box of fish we buy clearly shows the area that particular catch was from and the boat name, it even has a packer number inside so we can trace the person who packed it up for us! Our cod and haddock is mainly from around Iceland and the Barent sea. We are told the fish is frozen within 20 minutes of being caught, so when we get it, it's still wonderfully flaky. Our potatoes are bought from local British farmers, each shop has a different supplier so there are less food miles. We test all the types of potato the supplier has throughout the year and choose the one we think is best at the time."

We wish Simpsons all the best with their new shop, and look forward to sampling the fish and chips!

Opening hours are Monday to Saturday 11.45am to 9.30pm and Sundays 11.45am-6.30pm

Simpsons are happy to accept big orders for parties and special events. Simpsons are **NOW OPEN** at The Willow Brook Centre, Bradley Stoke, BS32 8BS, Tel. 01454 201 110.



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Jane Morgan is Stopping the Traffik

Jane Morgan is a local mum whose children go to St Chads Primary School. This summer she has been inspired to make the decision to do something she has never attempted before - the Bristol Half Marathon on 5 September.

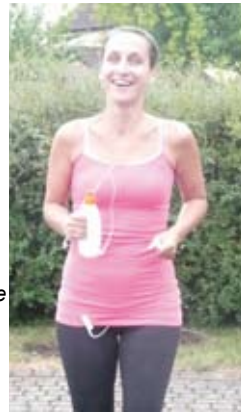
Jane has always had a real passion for people - women in particular - to be encouraged to believe in themselves and to be given the opportunity to reach their full potential. Jane continues "whilst I was at a conference earlier this year, my eyes were opened wide at the stories I was hearing about human trafficking, right here on our doorstep in this country, 200 years after the slave trade has been abolished! I simply could not believe it and felt really naive that I didn't know this was going on. One story particularly affected me - a young woman being tricked into travel and then locked in a room known as the 'breaking room' for two weeks, to be subjected to simply indescribable horrors to basically 'break' their spirit and their fight, until they accept their fate of servicing up to 40 men a day!".

This is the focus Jane needed to drive her to attempt a challenge she never thought she'd be able to do, having always struggled to run further than her own personal two mile 'barrier'. She is running to raise money and awareness of the A21 campaign which aims to "Abolish Injustice in the 21st Century", see their website www.thea21campaign.org. So often problems like human trafficking can seem so overwhelming that we feel almost paralysed to do anything, wondering what we can possibly do to make a difference. Jane says that she came to the realisation that if we each do our little part whatever that is (in her case it's to run this half marathon) then together we can make a big difference.

Please help Jane to make a difference. Pledge your sponsorship of Jane at www.sponsorformsonline.co.uk/janelmorgan.asp

Editor's Note: Having recently read 'Stop the Traffik' by Steve Chalke, I wholeheartedly understand how Jane feels. It is sickening. I wish I could run with you Jane, but will happily sponsor your tremendous effort. Go Girl!

"It was like a light being switched on inside me. Something just clicked and I thought 'I have to do something about this'."



"We are so blessed to have the lives that we have, even if life seems tough at times, but I believe that I have been blessed for a reason, and that is to be a blessing to someone else. I trust that my little will go a long way in restoring hope and a future to the lives of these young women."

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'No Cold Calling' Zones Launched

Cold callers are being frozen out in Yate thanks to a new initiative between South Gloucestershire Council Trading Standards and Avon and Somerset Police.

'No Cold Calling Zones' have been launched in parts of the town in a bid to help reduce doorstep crime. They have been set up by Trading Standards officers with support from police and local Neighbourhood Watch schemes.

Doorstep crime can range from rogue home improvement firms, to bogus officials and charities.

The first No Cold Calling Zones are being introduced in the Walton Heath and Ferndown areas in Yate.

No Cold Calling Zones are identified by street signs and stickers on the front doors of houses. Residents are provided with advice on how to say 'no' to unwanted callers and also encouraged to report callers who ignore the zones to trading standards or the police.

If an area is interested in a particular area becoming a No Cold Calling Zone, they are advised to contact the council's trading standards department.

The No Cold Calling Zones scheme does not prevent all callers. Utility services staff, registered charity collectors and canvassing politicians can still do so. As can traders involved in door to door selling if they have made a prior appointment.

For more information on the No Cold Calling Zones scheme, contact Charlotte Allard or Kevin Evans at South Gloucestershire Council's Trading Standards department on 01454 864419.

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Joel's World Challenge to India

We met a really inspirational young man at the Bradley Stoke Community Festival, and we thought we should share his story with you all. Over to you Joel...

"Hi, my name is Joel and I am a 16 year-old student from Bradley Stoke Community School. I don't normally listen very carefully to what's being said in assembly at school, but a couple of months ago something really stood out for me. Our teachers said the school was taking part in a World Challenge to India - for the very first time - and they were looking for students in year 10 and 11 to get involved. They showed a video of orphans in India and I thought it would be great to go to India and help them.

"There are 16 of us going, and it's scary because each one of us has to raise £3,000 for the 3-week trip. We will be sleeping in tents and helping a community project which will improve the facilities in a rural school or orphanage, probably in Kerala or Tamil Nadu. We will also earn 70 UCAS points.

"BSCS is holding weekly meetings after school, where the teachers encourage us with our ideas and help us however they can. The school has also offered free use of the building for any of our fundraising events.

"So far students have held a sponsored walk, an indian dinner night, and lots of us took part in bag packing. I raised around £250 from a concert which I held in October with family and friends. I was the compare and to be honest I was scared out of my skin having to stand up in front of so many people. Half way through I still felt the same but then I realised I wasn't doing a bad job and the music was really good so then it was OK. I've organised a quiz night and I am doing a sponsored 10k run on 30th July - if anyone could sponsor me please log onto www.joelworldchallenge.org.uk where you can donate by paypal. Thank you!

"My friend, Sam Beaumont, and I are planning a big event in November, 'The Battle of the Bands'. There will be an entry fee for bands and solo artistes, auditions, then the best acts will take part in a live performance at BSCS and the winners will get a prize which we hope will be around £200 *. If you are interested in finding out more or taking part please see my website or email me at

joelchallenge@btinternet.com.

"This Challenge is getting me out and doing things I've never done before. I don't normally feel very comfortable talking to strangers but after hours on my stall at Bradley Stoke Community Festival it got a lot easier! I think organising the stall also taught me things that you don't learn at school - and I would definitely do things differently (better!) next time. I raised £53 at the Festival; thanks to everyone who supported me!

"I feel nervous about the trip to India because it will be the longest I have been away from my parents, but at the same time I'm happy that my parents won't be there! I can't wait until August 2011 when I go. Sometimes I think what I've raised so far isn't much towards the £3,000 target, but then I have to remind myself that actually over £480 isn't bad so far for a 16 year old in a few months. If you can help me in any way please let me know."

*** Matters Magazines sponsored Joel's stall at the Festival and we have also agreed to donate the £200 prize money for Joel's main event, 'The Battle of the Bands'. This will enable all proceeds to go directly towards Joel's fundraising target.**

See www.bradleystokematters.co.uk for updates on Joel's progress.



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News from 1st Little Stoke Scout Group provided by David Hutton



It has been an exciting spring for the members of the 1st Little Stoke Scout Group. Following a recruitment campaign

at the end of March we were able to open a second Beaver Colony in May to enable us to take a few more children off the waiting list. The new Colony meets on a Tuesday evening before Scouts and is led by Coralie Thompson, supported by new Assistant Leaders, Samantha Ayshford, Louise Keogh, Lesley Machin and Neil Bath. The new Beavers and Leaders were enrolled into the Group on 8th June. We now have two colonies with a total of 30 children attending.

The "Three Score and Ten" Family Camp was held at Woodhouse Park in May and was attended by some 50 parents and children. The activities included archery, abseiling and a trip round the rather "wet" adventure course. Despite the driest 6 months since 1929, the rain poured down as we broke camp and it took over a week to get all the tents dry and packed away.

The Beavers from both Colonies attended the District Fun Day to Cattle Country in June and have been working for a variety of badges.

The Cubs have been working for the Information Technology badge and the Chef badge. In June they linked up with the Friends of 40 Acres and helped to clear the Himalayan Balsam from some of the waterways. This work was part of the requirements for the Conservation badge.

The Scouts have been taking to the air and the water with gliding and canoeing activities. They are now preparing for their summer camp to be held in South Staffordshire.

Using Skype technology, Cub Scout Leader Corné Human, arranged a "meet and greet" session in July with the 9th Benoni Bambanani Cubs from South Africa who were on their "winter" camp. Another session will be held for the Scouts link up with their counterparts.

As part of the Archaeology Day held in Little Stoke Park in July, the Group joined forces with the local Guide District and ran a "horse racing" stall and PR displays.

At the end of July, Christine Rosewell retired from the Leadership team of the Thursday Beaver Colony after more than 20 years service with the Scout Group. Christine opened our first Beaver Colony way back in 1987.

We still need more adults to help us run our Beaver Scout Colonies. As our numbers grow we will also need more help to allow us to open a second Cub Pack and a second Scout Troop so that we can offer quality Scouting to more local children. Could it be you? For more details or an informal no obligation chat, please contact our Group Scout Leader, Michael Edwards-Jones on 01454 618789, or email him at michael.edwards-jones@avonscouts.org.uk .

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Adult Education Classes Starting in September

This Autumn the Castle School in Thornbury will once again be offering a number of adult education classes on Tuesday and Thursday evenings. On Tuesday evenings it is hoped to include: soft furnishings; IT; mens' keep fit; Spanish (continuation); ceramics; yoga and English for Turkish speakers. Thursday evenings will focus on languages with Spanish beginners; holiday Greek and Manderin Chinese on offer.

An enrollment evening is planned for Tuesday 7th September 2010 from 7pm to 8.30pm at the Castle School Park Road site with most, but not all classes starting a fortnight later.

Enrollment forms should be available in August via The Castle School website www.thecastleschool.org.uk or from the school reception at Park Road. Further details are available via the Castle School on 01454 862100 or on 01454 414631.



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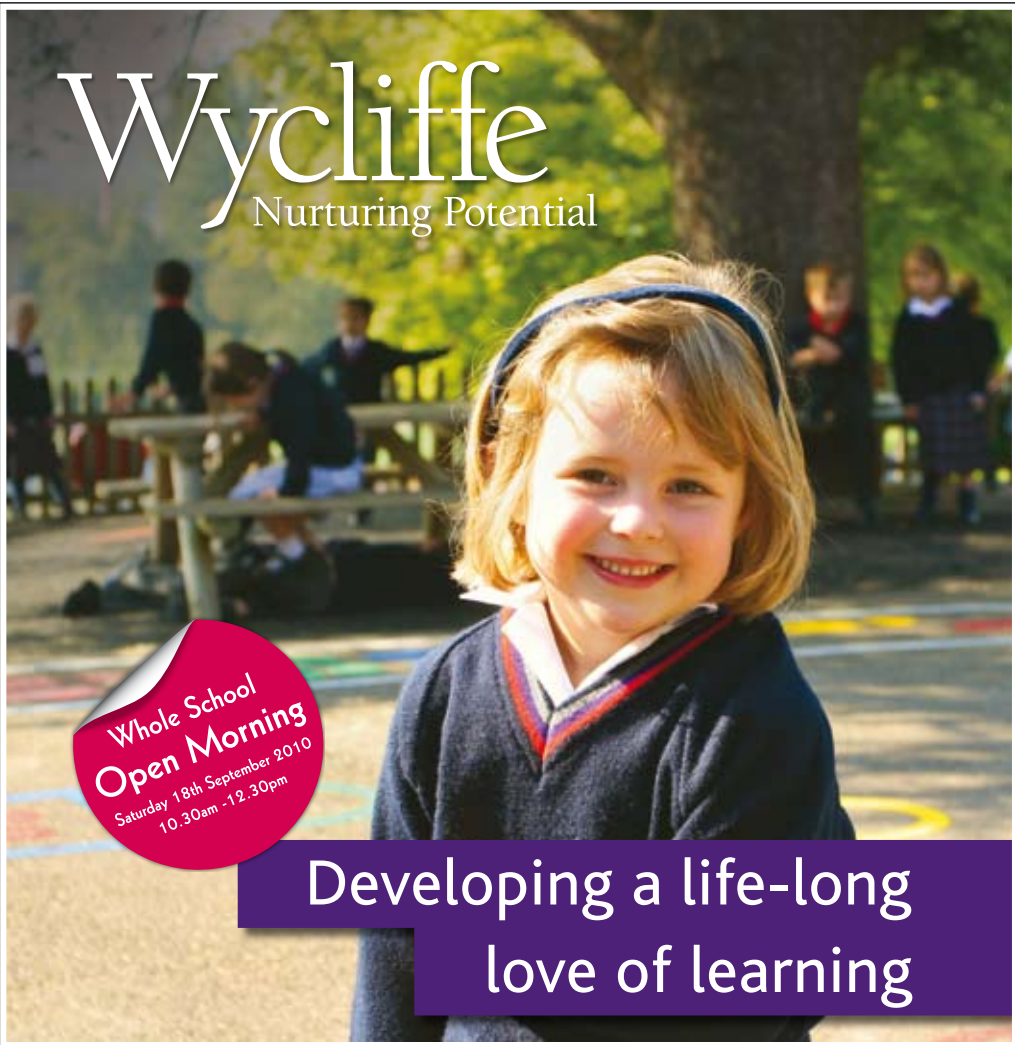
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'Young People Can Do Wonderful Things'

You may have seen the Dreamscheme Banner around locally. Earlier in the year Bradley Stoke Dreamschemers carried out a litter pick in Kemperley Way. The young people worked through the rain and cold and collected a mound of rubbish! During the Easter holidays there was a community litter pick and the planting of wild flowers and bulbs at Jubilee Green, in Partnership with the Friends of Jubilee Green. Most recently, the young people did a second litter pick at Jubilee Green. It was pouring down with rain (once again!) but they still collected a couple of bags of rubbish as well as a shopping trolley and a surf board from the pond!!! They had great fun and enjoyed their reward which was a trip to Patchway Fire Station where they did fire skill activities.

A big thank you to all the volunteers, Dreamschemers and Patchway Fire Station!

'Dreamscheme' Stoke Gifford summer programme is now released. If you are between the age of 8 & 16, live in and around Stoke Gifford Parish and are looking for something to do during the summer holidays, then look no further. 'Dreamscheme' is an opportunity to try some community volunteering, to earn points, which can be exchanged for rewards and the best thing is its all FREE and you don't have to go far to do it!

Southern Brooks Community Partnership is working with local agencies, to offer car washing, gardening, painting and litter picking, as community volunteering, in exchange for a trip to an adventure park skittles, pizzas, go karts, swimming and games. Interested?

Contact either:

dreamscheme@sbcommunitypartnership.org.uk or phone 01454 868572 for details.

Consent forms are available on www.sbcommunitypartnership.org.uk/dreamscheme.

This scheme is a successful summer programme run through Stoke Gifford Parish Council, supported by Merlin Housing, Little Stoke Youth Centre, St. Michaels Youth Centre, St. Michaels School, Little Stoke School and Filton High School, Avon and Somerset Police and works to enable youth volunteering.



The surprising thing about Colston's -



30 acres of grounds in Bristol

The thing that surprises first time visitors to Colston's on Open Mornings and other occasions is that the school has so much room to itself in Bristol.

"To have 30 acres gives every pupil space to grow," said Headmaster Peter Fraser. "The Merchant Venturers gained us this huge advantage in 1861 when they bought the Bishop's Palace and grounds at Stapleton and moved us out from a cramped site in the city centre.

"It's a quicker and easier journey for pupils on the north side of Bristol and south Gloucestershire, and they don't have to waste time during the day travelling to sports grounds miles away. All the facilities they need are on site."

Colston's is independent and co-educational with pupils aged from 3 to 18 years. Open Morning is always a great occasion when families can explore the buildings and those spacious grounds as well as watching a highly acclaimed pupil presentation.

Come along on Saturday October 2nd (10am-1pm). Further information from Denise Sollis on 0117 965 5207 or denisesollis@colstons.bristol.sch.uk www.colstons.bristol.sch.uk



Peter Fraser, Headmaster of Colston's School

Take the plunge with Puddle Ducks!

Puddle Ducks is a fun and friendly swimming programme offering unique baby swimming, toddler swimming and child swimming classes across the UK.

The thirty minute weekly sessions are packed full of fun with lots of songs, rhymes, splashing and kicking, as well as gentle submersions, for children from newborn up to five years of age. Parents join their young children in the pool until they are ready for "Dabblers", a class for children who are three years and above. Sarah, owner of Puddle Ducks, said:

"I am so proud of our "Dabblers". They started swimming with us as small babies and at only three years of age are swimming confidently on their own in the pool."

Puddle Ducks have exclusive hire of the Sheiling School's private pool in Thornbury for classes which run on Monday and Tuesday mornings, Friday afternoons and Saturdays.

Babies and children can join the small, structured swimming classes at any age from birth to five years.

Puddle Ducks are now taking bookings for the Autumn term. To find out more or to book a place call **0117 971 7165** or visit www.puddleducks.com.



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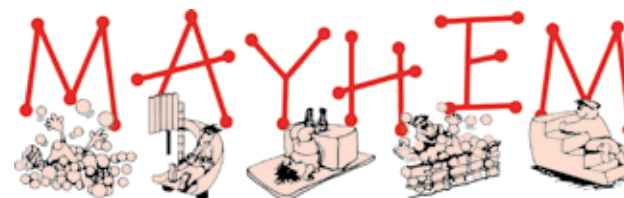
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'Winterguard' has arrived at Meadowbrook, Bradley Stoke

The 'South West Winterguard Academy' is a new, non profit making, local community youth group working in partnership with Meadowbrook Primary School to offer children and young adults the opportunity to take part in an instructed affordable activity called 'Colourguard'. This is a dance-based activity using flags and other equipment to perform routines to music, which will lead to being part of a successful team and taking

part in competitions. Their two classes include 'Cadets' who meet on Fridays at 3.30pm to 4.45pm for years 2-5 as an after school activity, and 'A Class' who meet on Thursdays at 7pm to 8.30pm for year 6 to young adult, leading to a high degree of proficiency. The instructors have vast experience in this activity and the basic moves are easy to pick up, with the children having lots of fun, along with the social aspects and making new friends! The picture illustrates the activity taken at the Bradley Stoke Festival.

To book your child's free taster session contact Ken on 0775 2472314, ken_burrows@hotmail.co.uk or look on their website at southwestwinterguardacademy.org.uk for further details.

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News from Little Stoke Primary School



What a busy year we have had again with lots going on! The summer term was particularly eventful with all sorts of music events, trips and camp to name just a few. There were class visits to Chepstow Castle, Weston Super Mare & Bristol Museum.

Music, dance and drama are some of our particular strengths and June saw rehearsals and the performances of our upper Key Stage 2 play, "Alice in Blunderland" written by Mr Trimble our Deputy Head. This annual event was very popular. The evening performance again attracted large numbers including ex pupils. The children did a superb job of entertaining everyone!

The school Choir also took part in the South Gloucestershire music festival at the Colston Hall and our Performing Arts Club provided the dance items for the concert. Rehearsals for over 400 children from all over South Glos. were held at the school. The children from Little Stoke were an absolute credit to the school throughout rehearsals and the performance. Well done!

In July Little Stoke Primary hosted the area Key Stage 1 Music festival. It was great to see so many children singing and enjoying themselves, ably led by Christine Wright from the Music Service. The school has recently attained the silver "Sing Up" award.



Later in the term a very enjoyable and exhausting 'long weekend' was spent by members of staff and Year 6, at the Acorn Adventure Camp near Llangorse Lake. Hill walking, canoeing, sailing, abseiling & climbing were among some of the activities undertaken. The weather was particularly good to us which helped to make this a really good camp.



The school grounds are looking splendid at the moment. We are really lucky to have such a range of areas. The large playing field gives space for all sorts of sports and games and the woodland area and outdoor classroom mean children can enjoy quieter activities outside as well. The vegetable gardens have done particularly well with all the sunshine and the hard work put in by pupils, staff, governors and parents. This has enabled us to achieve Silver Eco-School status and the Royal Horticultural Society Level 3 award in school gardening.



There are plans in September to take part in a study of the Little Stoke area. The children have already had their appetite whetted by a talk and film given by Martin Davis a local historian (*and author of the local book on Little Stoke per our last September issue of Matters*) and Paul, the South Gloucestershire Archaeologist. Many children have also attended the festival of Archaeology at Little Stoke Park. This looks set to be an exciting project!

We are incredibly lucky at Little Stoke to have such a dedicated and experienced team. The benefit of staff who know families well and have many years of good experience ensures that we maintain the good care and guidance of our children as identified by a recent Ofsted.

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Free Summer Holiday Play Scheme

The Four Towns Play Association run a free playscheme for children aged 5-11 for four weeks over the school summer holidays from 26th July - 20th August. Children can take part in arts and crafts, sports and team games. During the four week period visits are planned from Bristol Zoo, Story Soup, Library, Circus Skills, Police and Fire Service and many more!

Sessions run Monday to Friday, 10:30-12:30 and 1:30-3:30. There is no lunchtime cover so the children do have to be collected after the morning session and can be dropped back for the afternoon session if required. This year sessions will be held at the **Bradley Stoke Community School**, **Filton Leisure Centre** and the **Scout Hut, Winterbourne Down** for the full four week period..

There are also sessions at **Little Stoke Hall** (w/c 26 July and 2 August) and the **Poplar Rooms in Stoke Gifford** and **Patchway Community Centre** (w/c 9 & 16 August).

There is no need to book for the sessions in advance, but you do need to turn up with a completed registration form for each child participating in the scheme. These are available from the Southern Brooks website www.sbcommunitypartnership.org.uk For more information call Sue Smith on **0117 2303097**, or email her at suesmith@sbcommunitypartnership.org.uk



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Holy Family stars take centre stage

Year 6 at Holy Family School put on a fantastic performance of 'Joseph and his Amazing Technicolour Dreamcoat' in July. It is a tradition at Holy Family for the year 6's to put on an end of year musical and this year was no exception.

With only twelve year 6 leavers this year, the children had to work twice as hard – with most of the children taking on two or even three parts each!

Joni Elliot, aged 11, played the part of the brother Naphthali, as well as Potiphor, "it was lots of fun – I kept waiting till it was my turn to take the stage!"

The children wowed the audience with their dazzling costumes; fantastic singing; and superb acting. Courtney Roebuck (aged 10) who played Joseph, stated, "I loved every minute of the performance!"

Singing their hearts out, the children even caused a few members of the audience to shed a tear. Rishmal Birk, the year 6 teacher, was overwhelmed by the children's talent and hard work, "They have made me very proud – they performed like professionals!"

Photos from the top: 1. Cast performing 'Go Go Joseph'; 2. The brothers and Jacob (Ella Nash (10), Violet Gilheaney (11), John O Driscoll (11), Imogen Taylor(10), Danielle Cooper (11), Ellie Gregory (11), Bethany Crawford (10), Brodie Fielden Stewart (11), Joni Elliott (11), Lewis Treasure (11)); 3. Joseph played by Courtney Roebuck, aged 10 and 4. Narrator played by Gemma Cooper, aged 11



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The 'X' Factor in Stoke Lodge Primary School

As I write, the children at Stoke Lodge are participating in a talent contest. This is in addition to a family picnic, sponsored walk, two sports days, an area sports event, an art day and festival, a family games afternoon, participation in national sports week, intra-school football tournaments, participation in the annual Patchway Festival, hosting of students from Gauting, Germany, a production of Jack and the Beanstalk, a trip to the zoo, circus and Mayhem and much, much more! And all of this has been crammed into a busy but fun term six. This then got me thinking about what is the 'X' Factor in Stoke Lodge but there really is no single answer.

I am always amazed at the professionalism and enthusiasm of my staff in Stoke Lodge and the dedication they show in trying to make our school a great place to be and in which to learn. They are always seeking ways to improve and re-fresh our curriculum to be able to provide the very best that we can offer our children.

We are also very fortunate to have such a strong 'Friends of Stoke Lodge Primary' team who have, over the course of the year raised thousands of pounds for the school. Events such as discos, quizzes, Christmas fayre, raffles and even a fashion night with a cat-walk, (I gave that one a miss) have all provided opportunities for parents to support the school in a practical way. These events have helped make our next project, the installation of a purpose built, state of the art cookery suite for all of our children to use, possible. We are keen to not only teach children how to cook healthy food but also teach them how to cook a range of recipes and meals from other countries. It is anticipated that our new kitchen will be up and running by October 2010.

Then the children themselves continue to do well in and out of school. We were so pleased once again to win first place in the Area Sports Day put together and held at St Chad's as well as participating in the South West regional ICT conference, where some of the pupils interviewed delegates using 'Apple' technology including 'ipads'! (Unfortunately they had to leave just before the main speaker, Bob Geldof, arrived). Our Year two children (in Kenya and Tanzania classes) have been supporting the education of two children in Africa and have raised a considerable amount of money to help the subscription. Lots of cakes and dancing were involved.

I think that what strikes and impresses me most is how well all of the schools in the local area work well together in making the Stokes and Patchway a great place to learn and live. That together with the efforts of staff, parents and the children themselves is in fact the true 'X' factor. Thank you to all those who have supported our school over the past year and we look forward to bigger and better things in the next academic year.

Richard Clark, Headteacher
Stoke Lodge Primary School.



St Michael's Church Nursery - Ofsted Rated as "Good"



Happy children with happy staff makes an environment of fun, learning, exploration!

This summer, the children have spent loads of time in the outstanding play-garden and are enjoying seeing the "fruits of their labour" as the mini-allotments burst into life, with a range of fruits and vegetables.

We have a great team of Nursery Nurses who are passionate about delivering quality child care to all our children throughout the year. We are open Mondays to Fridays for children aged 0-5 and we have a few spaces available. The PreSchool and Nursery has been rated by Ofsted as "Good" and is conveniently located at the entrance to Bristol Parkway Station.

For further information or to arrange a parental visit, please call Mandy Love on 0117 923 6395 or e-mail: preschoolnursery@btconnect.com.

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Josie and Molly with a monster for the Patchway Festival called Bob



Chloe (and Diago the dragonfly)



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‘Lets hear it for the Parents!’

Well here we are again, thinking about new schools , new beginnings, new governments, new challenges... wow, everything is coming up new. Or is it? I'm sure we've not forgotten about old fashioned values, manners, helping one another, opening doors, carrying boxes, offering seats to the elderly on buses... the list is endless and I could go on, but with all that's new we need to remember some of the really important old stuff, because it's the glue that holds us all together.

I love to see our new reception children, in their new school uniforms, carrying their new bags, new sandwich boxes, wearing their new shoes (that probably don't need polishing anymore because of the new material that they have been made from) but I love just as much to see them holding their parents hands, looking left and right as they cross the road and enquiring about the world around them, asking questions about, why this and how that... Those traditional things that can and sometimes do get forgotten.

Right from the start its great to see those family connections, the interest in what the school is trying to do for the children, the partnerships that are forged with new families at the school gate, the questions parents ask the teachers about how they can help with their child's learning at home or would it be possible to come in to school and help with some reading or some gardening, or cooking.

One of my roles at school is to provide opportunities for children to feel loved, to feel valued and cherished, to feel wanted, understood, listened to. In fact it's probably my most important role.

Once the children walk through our doors I hope they feel a sense of all of the above as here at St Chad's we passionately believe that happy, secure, enthusiastic children learn much easier and more effectively and that is where you, the parents, play a vital role. Your values, your early input plays a key role in all we do at school. We can't thank you enough for instilling those 'old fashioned traditional values' of courtesy, politeness, sharing and generosity of spirit, helpfulness and supporting one another.

Here at school it's our job to deal with all the 'newness'. New government initiatives, new

funding cuts, new directives, new policies and new educational thinking. We get paid to solve, resolve and to deal with all the newness that gets thrown at us, but without your children coming into our schools with those 'old fashioned traditional values' we would have a much harder job!

"One of my roles at school is to provide opportunities for children to feel loved, to feel valued and cherished, to feel wanted, understood, listened to. In fact it's probably my most important role."

So a huge thank you from me to you all for maintaining and indeed, promoting and insisting on those values and for giving us such well loved and cared for children to educate and work with.

Sometimes parents get a bad press because they are always 'too busy' to spend time with their children! Not the case in my experience and especially in this area. Time is given to children, it's obvious the moment they walk through the door... and for that I'd like to say thank you.

Enjoy what's left of the holidays and I look forward to seeing you in and around Patchway, the Stokes and at St Chad's CE Primary School.

Tony Cooper, Headteacher.



St. Chad's Patchway C of E Primary School Open Days

Choosing a school for your child is a big decision. We would like to help you in making this choice by inviting you to one of our open days:



Tuesday, 7th September @ 1.30pm
Thursday, 9th September @ 1.30pm
Friday, 17th September @ 9.15am
Monday, 20th September @ 10.45

Come and see what we have to offer:



Visit our classrooms and experience for yourself the children's confidence, excellent behaviour and joy for learning.

See our well-resourced computer suite and library.

Speak to the staff and pupils about all the current and ongoing initiatives the school is involved with.

Take time to view the school grounds, conservation area and interactive pupil gardens.

Enjoy the children's artwork displayed in and around the school.



Looking back at a year in St Michael's



Music Making at St Michael's

involvement in Sing Up; a new school choir and school orchestra; 2 arts projects involving visiting artists; superb assemblies and performances during the year by all year groups... the list goes on and on! The year was rounded off by an excellent music summer show in July.

PTFA - Another great year, ending with a wonderful summer fair. The PTFA raised well over £10,000 over the year, which has supported art projects, new cameras; leotards and sports kit – and will pay for most of the courtyard scheme.

Community Links - We've have continued excellent support from AxA, through the reader scheme, the annual challenge and the sunflower competition; we have also started up fortnightly cake sales, which are a great way for parents to meet up regularly in school. In May we had a

Scarecrow Hunt around Stoke Gifford, where children and their parents had to find 40 scarecrows scattered around the area. Children have also been involved in numerous fundraising events, including Children in Need; a toy sale for the Haiti Earthquake Appeal; and individual class projects for charities chosen by the children themselves.

Bike It - Bike It has been a great success, raising the profile of cycling throughout the school. There have been numerous events during the year, including Bike It breakfasts; a display of stunt bike riding; Dr Bike sessions where bikes are mended for free; most children in Y5 and Y6 have also had level 2 cycle training (cycling proficiency as was!).



Bike It in Action!

There have been so many memorable events over the year, it's hard to know where to start! Here is a selection of memorable events from the past year.

Fairtrade Award - We are delighted to be the first school in South Gloucestershire to gain the Schools Fairtrade award. This award celebrates all the hard work of the school Fairtrade team – of children (mainly Y5 and Y6), parents and staff – in developing Fairtrade in the school over the past two years. This has included: weekly fair-trade sales of produce; fair-trade stalls at school events; curriculum work on Fairtrade; visiting speakers; increased use of Fairtrade products within the school.



Some of the Scarecrows!

Sport and Clubs - We have 35 lunchtime and after-school clubs offering a terrific range of additional opportunities for children throughout the school. In addition children from the school have taken part in numerous sporting events and competitions during the year, including football (league winners and cup finalists); netball; cricket (county finalists); gymnastics; girls' football (winners of Y5 S Glos tournament); Y1 and Y3/4 girls' football; swimming; girls' cricket. Quite a few of our girls took part in cheerleading and gymnastics competitions in clubs linked to the school, and did amazingly well.

Music and Arts - Alongside the usual enthusiasm for instrumental lessons we have enjoyed: Y4 drum project; Y2 singing festival; whole school



Fabulous New Dance Studio Added to Facilities For Hire At Bradley Stoke Community School

From the beginning of September this year, a brand new dance studio at Bradley Stoke Community School will be available for hire by the general public.

Measuring 15 metres by 8 metres, the studio has a sprung floor and one fully mirrored wall - making it ideal for all forms of dance. It also boasts an impressive climbing wall, pictured on the right.

The dance studio has already taken advance bookings from many local groups including ballroom dancing, salsa, street dance, martial arts and drama. There are still some spaces available on weekday evenings and at weekends (at just £20 per hour).

The dance studio is the latest addition to the school's range of first class facilities which are available for hire by the community and local businesses, either for regular or for one-off bookings. From meeting rooms and fully equipped training rooms, to conference and event spaces and a range of performing arts spaces, the school offers a central and modern venue.

High-quality sports facilities are also available to hire, including: floodlit astro turf; floodlit hard courts; a sports hall and grass pitches. Services are available all year round and the school is particularly keen to encourage local groups to make full use of the what the school has to offer.

For further information please contact Julia Anwar on 01454 868860, email julia.anwar@bradleystokecs.org.uk or visit www.bradleystokecs.org.uk.



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AGE Concern

* Subject to minimum 4 years No Claims Discount
 The Age Concern detailed above is a registered charity. The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people.

Helping to support this local publication



**New Building, New Name, New Uniform.....
 the start of a new era
 at Abbeywood Community School**

Abbeywood Community School opens its doors in September for more than 900 pupils and head teacher Ann Duff can't wait to welcome them through the doors. She said: "We are really excited about the new building. Abbeywood Community School has been designed with students for students and this reflects the value we place on their views and opinions. Their learning and educational experience is our core focus and we are certain that our new facilities and 'state of the art' equipment will make a significant difference and we are passionate about ensuring that all students achieve their full potential."

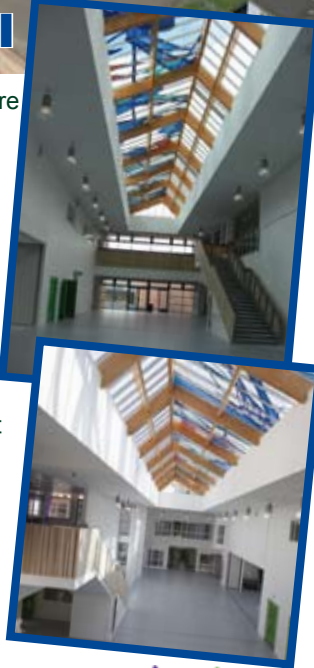
Several events are planned during October to allow an opportunity to come along to meet the staff and current students and to see what the school has to offer.

OPEN EVENING - 7 October

ENJOY A WARM WELCOME AT OUR OPEN EVENING ON THURSDAY
 7TH OCTOBER 6PM – 8PM
 HEADTEACHER TALKS AT 6PM, 7PM AND 8PM.

OPEN DAYS - 12 & 13 October

TOURS OF THE SCHOOL ON TUESDAY & WEDNESDAY AT 9.30AM & 1.30PM
 Please contact the school on 0117 307 5660 to book an appointment.



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Wedding Fayre -
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Is it Party Time?

Do you need a reasonably priced solution?

Have you seen the rooms we have available for party hire at the Bradley Stoke Jubilee Centre and the Baileys Court Activity Centre? Both Centres are the perfect party venue, with spacious areas that are ideal for accommodating entertainers, inside games or even a disco. The Multicourt at the Jubilee Centre allows for outdoor play – football, netball or tennis parties with tea served inside in the room of your choice. Bouncy Castles are able to be accommodated outside the buildings. We can even provide details of a local caterer for very reasonably priced children's party food.

BAILEYS COURT

THE APPLE ROOM - £28.78 for 2 hours up to 25 children

The Apple Room is a lovely L shaped room, with space for tables and chairs to be set up separately leaving the main area for games and entertainment.

THE CHERRY ROOM - £38.76 for 2 hours up to 25 children

The Cherry Room is a very bright room with an inclusive kitchen. It also has its own toilet, accessed from inside the room which has facilities for the disabled.

THE APPLE/CHERRY ROOM - £81.82 for 2 hours up to 70 children

Apple and Cherry can be opened up through the foyer to provide one large area for larger children's and family parties.

THE ORCHARD ROOM - £40.72 for 2 hours up to 70 children

This room is only available between October and March. Ideal for discos and family parties, it has recently undergone major refurbishment and redecoration and has a newly fitted kitchen.

JUBILEE CENTRE

OAK HALL

£40.52 for 2 hours – up to 70 children

A large, bright room with a semi sprung floor. Large patio doors lead out to a patio and the Jubilee Green. Ideal for disco and games/activities parties. Foyer, kitchen and food servery are available at a small extra cost.

CEDAR (ASH AND BEECH)

£21.92 for 2 hours – up to 12 children (ring for prices on Ash and Beech)

Cedar is suitable for small parties or craft work parties using tables to work on. Next door are two smaller rooms (Ash and Beech) that are suitable for food to be laid out in.

WOODLANDS SUITE

£38.96 for 2 hours – up to 25 children

Absolutely ideal for smaller children's parties, as it has dedicated junior toilets and a large kitchen. Doors open to a secure soft surface play area.

MULTICOURT

Price on application

Suitable for six or five a side football, netball or tennis parties or just hire for safe, secure outdoor play and general outdoor activity. Hire with any of the above for a fun party.



Have a look at the 360° virtual tour of both buildings and their rooms at www.bradleystoke.gov.uk ~ on the Activity Centres pages.

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For more information please ring 01454 864646
or email bookings@bradleystoke.gov.uk

prices correct as of October 2009 but may be revised at Council's discretion or if VAT increases.

THE CIRCUS COMES TO TOWN!

Bowsland Green PTA in Bradley Stoke are delighted to announce that Happy's Circus will be in town on Saturday 9th October. This professional circus boasts all human acts that include crazy clowns, magical illusions, daring aerialists and amazing speciality acts from around the world, including top British and international artists.



Lynne Miller, Chairperson of the PTA said "This is the first time Happy's Circus has performed in the Stokes, and the first time a local school has hosted such an event. Interest has been strong, with a third of the tickets sold already. So far tickets have only been available to the parents and carers of children attending the host school and some local partner schools. However from the 24th July tickets will be generally available to the wider community."

Tickets are £7 each or £25 for a family of four. Children aged 2 years and under are free if they do not require a seat. Ticket enquiries can be directed to Lynne Miller at bowslandgreenpta@aol.com; text enquiries can be sent to 0775 7419 3744. For more information about Happy's Circus please visit www.happyscircus.co.uk.

Headteacher, Clare Whitaker, said "We are really excited to be hosting the circus and tickets are bound to be popular, so I would urge people to book early to avoid disappointment."

Bowsland Green school is in Ellicks Close, Bradley Stoke. The gates to the playing field will open at 1.30pm and the show starts at 2pm. All profits will go to the school's PTA.

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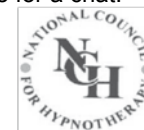
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Over the last issues of Matters magazine we have been highlighting the story of local 5 year old Toby Cox. Toby needed to raise a whopping £36,000 in order to have an operation in America that would eventually enable him to walk unaided, free of the spasticity he suffers due to his Cerebral Palsy.



Toby's story can be found at www.helptobywalk.co.uk, including a blog written by mum Donna highlighting the trials and tribulations of this fantastic journey, from fundraising through to post operation.

As I write this, Toby is on his way home to Bradley Stoke. The news is all good, with Dr Park stating that Toby should be walking independently within six months! Results are not immediate and in fact after the operation Toby is in a weaker state than beforehand, as he needs to learn how to use his 'new' body and work really hard to retrain and redevelop his muscles. He has been

receiving a lot of physio and rehabilitation in the States post-op and this will continue at home for many months to come.

Donna is determined to share her story in order to publicise this treatment that is available to children with Spastic Diplegia Cerebral Palsy. "The operation is amazing, and I cannot understand why the doctors' opinion generally in the UK is so negative. They only have to spend time watching and talking to parents whose child has had the operation to see the effects. When I return, this is something that I will try and get to the bottom of. So many children can benefit, and it beggars belief that we have had to fundraise, uproot our family and travel to the other side of the world for an operation that is amazing in its outcomes."

Rewarding Words:
"Everything is alot easier when you are not tight isn't it?"
Toby Cox, post-op!

"I will do all that I can to help any other family achieve what we are experiencing at the moment. For us, it is like our little boy has "been set free" and it is beautiful to watch!"

Donna Cox

We are now bringing you the story of a second local child who is looking to have this life changing operation so that she too can have the chance to walk. We have spoken to mum, Carrie Newton Smith, who is driving the "Footsteps 4 Abigail" campaign, see www.footsteps4abigail.com.

"Today we met the amazing Dr Park. He just breezed in, sat down and told everything as it is. For a chap who is one of the best neurosurgeons in the world, his manner, persona and ability to speak at a level that is easy for the masses out there to understand is amazing. Toby really liked him, and I mean really liked him, we had a photo taken, and this is what we will show him when he is old enough to understand that this man changed his life.

"Thank you so much to everyone who has helped us get here, I know I keep saying it, but without each and every one of you we would not be here, about to embark on this miraculous journey!"

Extract from Donna's blog on www.helptobywalk.co.uk.



Toby and the "amazing" Dr Park

Carrie tells us their story:

"My daughter Abigail, aged 8, was delivered by emergency caesarian section at 26 weeks gestation. She weighed just 1 lb 3 oz at birth. I couldn't hold her for 6 weeks and she remained in the Neo nate unit of Southmead Hospital for 6 months. At 18 months we were given the devastating news that she had Cerebral Palsy. She had chronic lung disease from being born so prematurely and she remained oxygen-dependent until she was 2 years old.



"Abigail is very conscious that she is unable to write with a pen and she wishes so much she could run and play tag and football with her friends or go for a bike ride. At four and a half years old she suffered a mental breakdown. Our happy, chatty little girl had disappeared and in her place we had a zombie. All she could tell me was that she was sad but she couldn't tell me why. For months she couldn't smile, eat or sleep. We

"Each year at the top of Abigail's birthday and Christmas lists is 'not to be disabled' "
Carrie Newton Smith

later learned this had happened because she had watched and witnessed her younger sister learn to walk. The one thing Abigail desperately wants to do!

"Abigail hates not being able to get out of bed, get off a seat, or get something she wants herself. Each year at the top of her birthday and Christmas list is 'not to be

disabled'. I can't offer her that but I can give her the chance of the next best thing! SDR surgery involves cutting the nerves that cause the spasticity in the muscles. Once these nerves are cut the spasticity is reduced and Abigail will need to work hard to build up the muscles again. After surgery and rehabilitation Dr Park predicts Abigail's sitting and standing postures will improve. Her walking will improve significantly. She will eventually be able to walk with crutches in all environments. She will have more energy and a greater endurance. The bit she gets really excited about is that he says she will be able to walk indoors by herself! "

As we did for Toby, Abigail's family desperately needs the support of our fantastic community to raise the £36,000 required for the operation and outpatient therapy in the USA. Matters is pleased to offer further support to Abigail with our donation of £250.00 and wish her lots of luck!!

If you can help www.footstep4abigail.com by supporting Abigail's fundraising events, sponsoring one of the 3 Bristol half-marathon runners (see next page for details of Laura's run), or donating anything however big or small you will be helping a little girl's dream come true.



"I have been a personal friend of the Cox family since Toby was a baby. When Toby's Mum first discovered the SDR surgery performed by Dr Park at the St Louis Children's Hospital Missouri, my first reaction was that it sounded too good to be true! If it was true, I couldn't understand why on earth we weren't doing it here. It is not communicated to us that there is a treatment available to help some children with Spastic Diplegia Cerebral Palsy as it is not available in the UK.

"As I came to terms that there may be help for Abigail, Donna was frantically researching all she could and, having made the decision to accept the offer by St Louis, began her fundraising campaign for Toby. We began requesting and gathering the medical information required to submit Abigail for consideration for the surgery. I had hoped to keep it quiet from Abigail as I didn't want her to have hope and then have that hope taken away if she wasn't regarded as a suitable candidate. Luckily she was reviewed quickly and I was delighted to tell her that she too will be helped by this wonderful surgeon. The day I told her she shrieked with delight, she was so happy!

"Abigail attends Bowsland Green Primary School in Bradley Stoke, along with her 5 year old sister, Talia. She is a very valued and included pupil within the school. Abigail uses a wheelchair, walking frame and practices her walking with pods/sticks. She is a very intelligent little girl with her head often buried in an Encyclopaedia, Factbook or the computer. She never ceases to amaze me with the degree of information that she is able to retain, along with her fabulous sense of humour.

"Abigail and her family are good friends of ours, and we are going to be actively helping to raise monies for them when we return. One of the things in the pipeline is Ian (Toby's dad) and Andy Thomas (Minister of Patchway Baptist Church) doing a sponsored cycle ride from London to Paris. We feel so strongly in giving back to the local community that has done so much to help us." **Donna Cox**

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Running for Abigail

Laura Woodward is mum to two boys Jake (6) and Theo (4) who attend Holy Trinity Primary School, where Toby Cox is about to move up into Year 1 from Reception (see previous page for an update on Toby's story). Laura has taken the huge step of entering the Bristol Half Marathon this September, running to raise funds for Abigail (see previous page).

Laura has never run such a distance before, having started running for fitness earlier this year and originally setting herself the target of the Bradley Stoke 10k, which she achieved in an amazing time of just under the hour. Having achieved this goal she was toying with the idea of the half marathon, but was really unsure whether or not she would be able to make the distance. Laura says "When Jaci (Matters editor) mentioned Abigail's story, it was the push I needed to decide to enter the half marathon. I always felt I wanted to do more to help Toby, and having followed his mum's blog during his trip to America, which quite often brought tears to my eyes, I really want to help give Abigail the same chance of this life-changing operation".



Laura running at the recent Bradley Stoke 10k, still managing a smile and wave for the camera!!

Laura has started running regularly with local group "Soul Sisters" and is aiming to try and keep running for the whole 13.1 miles. As a working single mum, trying to find the opportunity to train can be difficult at times, but family and friends are all helping to lend a hand and the boys are rightly proud of their mum's efforts and determination. **See right for how to support Laura in her fundraising campaign for Abigail.**

Good Luck Laura, We know you can do it and will be supporting you all the way!



"People who know me well, will know that running a half marathon will not come easy, I have been training hard but still have much to do..., I hope that you will all support me, or should I say support Abigail...I am running on behalf of a special eight year old girl Abigail, to raise money for an operation which will change her life forever. For further details and to sponsor me, please visit www.footsteps4abigail.com/bristolHM.html and sponsor 'Laura'"

Property Rights

Anne Thistlethwaite, Family Law Specialist with AMD Solicitors, considers the significance of a recent court decision for cohabiting partners.



Anne Thistlethwaite, Family Law Specialist

For cohabiting couples, who jointly own property, the recent case of Kernott and Jones is a cautionary tale. So said a Judge in deciding that Mr Kernott still owned 50% of the property, even though he had moved out 17 years previously, without making any further contributions to the property or the mortgage.

In 1985 Ms Jones and Mr Kernott bought a property in joint names for £30,000. Ms Jones paid the deposit of £6,000, and the balance was raised by a mortgage. They had two children together and separated in 1993. Mr Kernott left the property, leaving Ms Jones with sole responsibility for all the outgoing on the property, including the mortgage, maintenance and repairs and funding the upbringing of their children. It was agreed that at the time of the purchase, and when they separated, they had an equal share in the property. However, previous court judgments had decided that, because of Ms Jones' financial contributions after the separation, her interest in the property had shifted to 90% in her favour and 10% for Mr Kernott. He took the case to the Court of Appeal which decided that, whatever had happened after the separation, they still shared the property equally. The property now has a value of £245,000.

contributions were much greater than the other.

There is a strong case for the current law to be changed for cohabiting couples, but until that happens, and there is no likelihood of it being any time soon, anyone living together should seek legal advice on how to protect their interests.

Taking proper advice and acting on it can save a great deal of heartache and possible unfairness later on. A specialist solicitor can draw up binding agreements to set out a couple's financial responsibilities to each other and their shares in joint property.

Anne Thistlethwaite is an experienced Solicitor and member of AMD's Family Team. Anne can be contacted for advice on 0117 9621460 or by e-mail at annethistlethwaite@amdsolicitors.com

AMD Solicitors have offices at Henleaze, Clifton and Shirehampton and offer an initial free 30 minute appointment on all family issues

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Had the couple been married, the court would have had wider powers, in divorce proceedings, to divide the property interests to produce a fair outcome.

In contrast, for cohabiting couples, strict rules of ownership apply and if the property is held in joint names, it will be assumed that the property is owned jointly even if, as in this case, one party's

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If you're looking for special occasion make-up come and speak to Becky Walton. Becky has been very busy this summer with Weddings and proms and her work can be seen on www.limelightweddingangels.co.uk.

We welcome Jess to Bella Beauty. Jess is a fully qualified Beauty Therapist who specialises in Hollywood Lashes, Creative Acrylic Nails and Shellac Non chip Manicures.

We are still holding regular Reiki Clinics and Becca from Balance Healing is proud to announce her attainment of her Reiki Masters qualification! So if your feeling stressed, run down, tired or emotional or all of the previous!! please call to see how she can help you.



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BRADLEY STOKE FASHION MATTERS

Monthly fashion trends from Willow Brook's style advisor, Sheena Lloyd-Jones



HERE COMES THE SUN!

Phew what a scorcher! At long last we're enjoying a proper sunny summer and to celebrate, why not bring a ray of sunshine to your wardrobe with some sunshine coloured accessories when you go shopping at the Willow Brook Centre..

Yellow is bright and cheerful and no colour says sunshine better. Why not step out in some great yellow shoes!

Brantano has some great summer styles – we love the slightly retro Caravelle shoes which cost £35, and the classic, comfy pumps at £16.

The colour orange combines the happiness of yellow and the energy of red and is associated with joy, sunshine and the tropics.

The F&F cut out shoes from Tesco are fabulous! For only £18, step out in these stylish orange shoes and enjoy your summer even more.

Parking is completely free at the Willow Brook Centre that also has Tesco Extra, Specsavers, Pets at Home, Brantano, Carphone Warehouse, Shoe Zone and Timpson.



shorts, t-shirt and hat all from Peacocks

And you can take a break from shopping and enjoy something to eat or drink at Greggs, Subway, Costa and KFC (and watch this space for the new Simpsons Fish & Chip shop opening soon!)

The centre also has an estate agent, letting agent, a dentist, the Willow Book Chiropractic & Physiotherapy Clinic, a Ladbroke's bookmaker and Explore Learning centre for children,

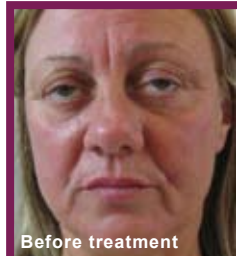
* all products are subject to availability



The F&F Clogs are £28 from Tesco and look great with jeans and floaty dresses.

Willow Brook Centre
Shop, Relax, Enjoy

www.willowbrookcentre.co.uk
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Terri, aged 49, from Cornwall

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Toad invites you to tea!

ACT (Arts and Community in Thornbury) is delighted to offer a warm welcome to anyone and everyone from 0 to 90, to join Mr Toad at Toad Hall (otherwise known as Thornbury United Reformed Church) on Sunday 12 September for a musical version of his adventures, plus a sumptuous afternoon tea, which Toad's helpers will serve in the secret garden, weather permitting!

This costumed and narrated musical treatment of The Wind In The Willows was written by John Rutter and will be sung by a mixed barbershop singing group called Razor Sharp, accompanied by Nigel Davies on the piano, with Barbie Davies as the Magistrate and a Field Mouse! This group was formed more than 25 years ago in response to a Church roof appeal and since then has raised many hundreds of pounds for worthy causes. The entertainment will be followed by a delicious picnic tea, with plenty of home made treats, served in hampers from 'Toad Hall'.

Tickets are £8.00 and £7.00 for FACTs (Friends of ACT) and are available from Thornbury Garden Centre in the High Street. This is sure to be a popular event and places are limited, so tootle along, like Toad, and join in the fun!

To learn more about ACT's exciting project to provide a theatre-based community complex, please go to www.ACTthornbury.org.uk and discover how to become a FACT!



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Three Brooks Nature Conservation Group

The Three Brooks Nature Conservation Group was formed by local residents, with the aim of conserving and enhancing the Three Brooks Local Nature Reserve for the benefit of both residents and wildlife. This friendly voluntary group meets on the first Saturday of every month to work on the reserve. If you would like to help to look after your local wild spaces, why not join us at one or all of the events below?

All workdays start at 10 am and finish at 4 pm, but you are welcome to leave earlier if needed. Wear old clothes and stout boots and bring a packed lunch. We provide all the equipment needed plus the essential tea, coffee and biscuits!

Over the summer we are also running a series of evening bat walks. You'll be provided with a "bat detector" and shown how to identify the various species of bat which live on the reserve. Wear warm clothes and stout boots and bring a torch.

Further information

If you are interested in joining us or would like to know more, then call John on 01454 863581 (daytime) or Hannah on 0797 1426266 (evening), or e-mail info@three-brooks.info for more details. Our website, www.three-brooks.info always has the latest information on workdays and other events.

Community events 2010

Friday 13th August – BAT WALK

Meet at the leisure centre at 8.15 pm.

Friday 27th August – BAT WALK

Meet at the leisure centre at 7.30 pm.

Friday 24th September – BAT WALK

Meet at the leisure centre at 6.30 pm.

Sunday 31st October – FUNGI FORAY

A walk through the woods with a professional mycologist to learn more about the bracts and toadstools that appear at this time of year. Meet outside the leisure centre at 10.30 am. Walk will finish by 1 pm.

These walks are all led by professional guides. This is made possible thanks to the generous funding received from Bradley Stoke Town Council.

Workdays

Saturday 7th August –

Haycut in the grassland next to Webb's Wood, to benefit the wildflowers.

Meet at the Three Brooks Lake at 10 am.

Saturday 4th September –

Digging irrigation channels in the marsh.

Meet at the reserve entrance off Brook Way (near the Braydon Avenue roundabout) at 10 am.

Saturday 2nd October –

Path clearing and maintenance.

Meet at the tool store (behind the leisure centre) at 10 am.

Saturday 6th November –

Tree thinning in plantations north of Savage's Wood.

Meet at the tool store (behind the leisure centre) at 10 am.



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Join our fun-filled, themed Tribute Nights. Something for everyone and each event includes a 3-course dinner and disco. We also offer excellent accommodation rates if you'd like to stay the night.



Friday
17th September
Gimme Abba

Back by popular demand!
A fabulous night of singing and dancing



Friday
22nd October
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For more information on any of these events please contact the Conference & Events Sales Office

Tel: 0117 910 4253 or email: Liz.davies@ihg.com

MOTOWN NIGHT

at Aztec Hotel & Spa

live music performed by
Notown Like Motown

Enjoy an evening of pure Motown gold on Friday 24th September 2010 - after a delicious 3 course dinner with half a bottle of wine per person and be entertained by live music from Notown Like Motown followed by nostalgic tunes from our resident DJ - plus, there's hot dogs at midnight!



Why not pre-order your drinks? Ask for our special deals

£35.00 per person including dinner

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(based on two sharing, subject to availability. £10.00 single supplement)

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10% of all the bar takings on our event evenings will be donated to our nominated charity Kidney Research UK

It's never too early to book...

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Aztec

a shire hotel & spa

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Blues Brothers Tribute Night - 26th November

Abba Tribute Night - 2nd December

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Telephone Julie Prince the Christmas Manager on 01454 201090 to make your booking or to find out more about our Christmas events.

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LANDLORDS

We could have a tenant waiting for your property.

With June almost over, we can safely say the rental market is buoyant and we are seeing more relocation clients coming back to the market looking for good quality properties, particularly family homes, than for the whole of last year.

Earlier in the year we saw a few 'reluctant' landlords selling their homes. Some were successful, but many, unable to get the right price (one leading estate agent told us that on average it is taking 28 viewings to sell a home) have come back to the rental market. We don't see this changing for the time being and with the slowdown in the new build market, existing homes will rent easily as long as they are in good decorative order and well maintained. If you have a home to rent, we'd like to hear from you....

We are Caroline Hannawin, Rachel Wells and Trevor Bamford and together we are Medics on the Move. We put all our efforts on to finding busy professionals (including medics) the best places to live, and in finding landlords reliable professional tenants.

Bradley Stoke, Little Stoke and Stoke Gifford are definitely great places to live and we always find demand for property is strong. We really need more quality properties to offer our professional clients and we act for a number of professional companies moving people in to and around Bristol.

So landlords, if you have an apartment or house to let, call us today, there is a very good chance we already have exactly the right tenant waiting for you.

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Community Noticeboard



'Doctor Who?' is the theme of this year's **Champions annual holiday club, 25th-27th August**, run by **Bradley Stoke Evangelical Church**, for children aged 5-11. Free, but places limited, so registration advisable. Visit www.bsec.org.uk/champions to find out more and to register.

FUN IN THE SUN
At Jubilee Green Park
Sunday 8th August 1pm-3pm
Why not bring a picnic and make it a family afternoon out?

EVENTS AT LOCAL LIBRARIES:

All the libraries are hosting special workshops over the summer holidays in conjunction with Space Hop (see p69). Dates are listed upon our What's On diary on www.bradleystokematters.co.uk, along with all the other dates we are aware of. Check it out and keep the kids (and yourselves!) entertained over the holidays!!

St Michaels Primary School, Stoke Gifford, is holding its annual **Christmas Bazaar** on **Saturday 27th Nov 1-4pm**. Lots for all the family - gifts & craft stalls, chocolate tombola, games, face painting, tattoos and, of course, our famous **cake stall!** All welcome. Adults 50p, children free.

Coniston Road Arts and Crafts, every Wednesday 7.30 to 9.30 at Coniston Road Community Centre, £10.00 a quarter, telephone Sue on 01173739637 or email shaskins@blueyonder.co.uk. All welcome!

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Southmead Hospital 0117 950 5050
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Childline 0800 11 11
N Bristol Advice Bureau 0117 9515751

for further information call Tim 07515 930363 or Dave 07968 852839

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Meet Other Dads
Saturday Papers
Dates: r
16 October
20 November
18 December
At Bradley Stoke Evangelical Church, Baileys Court Road

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| Powells of Olveston | Pass Time Driving Tuition |
| James Spencer Photography | Avon Cars |
| Mayhem Softplay Party | BS1 Intruder Alarms |
| Kumon | Unigas |
| Holiday Inn - Robbie Tribute | Charisma Blinds |

Willowbrook Townswomen's Guild - Forthcoming Events:
10 Aug - Talk: Buckingham Palace Tea Party
14 Aug - Visit to Abbey Gardens
14 Sept - Clothes swap party/Beetle Drive
12 Oct - Craft: Card Making night
For further details call Janine Smith on 01454 617645

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You can:
• come along to a meeting
• go on-line at: <http://groups.southglos.gov.uk>
• call your Safer Stronger Communities Officer on 01454 868760
Next Meeting:
Wednesday 25th August at 7pm
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Little Stoke Garden Society

The Little Stoke Garden Society held the 2nd Open Morning on Sunday 30th May. There was excellent attendance by members and non-members of the society who supported the events both by donating and purchasing plants and cakes. The weather was sunny and having built on the success of the previous year, feedback was that it was an excellent event. Additional photographs of the event can be viewed at www.littlestokegardensociety.co.uk.



The 36th Little Stoke Garden Society Show will be held on Saturday 4th September 2010. This is a closed show for members, but do join our society for £2.00, come along and enter or view the wide variety of entries. Further details of the show and membership can be found on our website.

Our season of winter talks start again in October, Monday evenings at 7:30 pm, at the Little Stoke Community Hall. New members are very welcome to come along, you can join on the evening.

- 11th October Mrs Bailey: Pruning and Compost Making
- 8 November Don Everitt: Low Maintenance Gardening + plants for sale
- 13 December Jim Billing: Plants for a Winter Garden
- 10 January 2011 Tim Foster: Introduction to Organic Growing
- 14 February 2011 Mr G Alway: Vegetables without Tears



The Garden Society will be holding a Bacon Butty Coffee morning on Sunday 3rd October, 10:00-12:00 come along and join us, sign up to be a member on the day.

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FOCUS ON BULBS

What is a bulb – a bulb is the name given to any plant that has a food storage organ that allows them to grow quickly once the right conditions occur. There are many different varieties:

A true bulb would be a daffodil; a crocus is a corm; a cyclamen is a tuber and a wood anemone is a rhizome. These different 'bulbs' have evolved for different reasons and all flower at different times of the year.

Bulbs are highly versatile plants and growers have evolved many different varieties and a multitude of colours. There is a type of bulb for any time of the year and a colour to match any part of the spectrum. The versatility of a bulb means that it can instantly transform a garden within a year or, if bought fully grown, like many garden centres supply, an instant patch of colour to fill a dull space.

The best time to buy bulbs is as soon as they appear in the garden centres; this is normally from late summer onwards. You can also buy from bulb catalogues and these are normally released twice a year – late summer for autumn flowering plants and late autumn for spring/summer flowering bulbs.

When choosing bulbs make sure they are plump and healthy. Small bulbs are unlikely to flower in the first year. They should be all one colour and free from stripes and blemishes, and if you gently squeeze it, it should be firm with no premature growth from the bottom. The outer skin should be intact and clean.

As a general rule of thumb most bulbs are planted to a depth of two to three times their own depth, however there are exceptions with tulips being planted at least 4 times their own depth. You will stand a better chance of your bulbs flowering if they are planted at the right depth where they will be unaffected by climate changes.

Once planted bulbs will provide years of colour requiring very little looking after. One golden rule - resist the temptation to cut down the foliage as soon as they have finished flowering, the green in the leaf will continue to feed the bulb for next year, and taking away its food source will reduce its flowering capacity for next year. This is also a good time to feed your bulb, a dilute liquid feed high in potash is ideal such as a proprietary tomato feed. Leaves

die down at varying rates so be patient. When you have finally removed the leaves and the bulb is resting, cover over the area and place a layer of mulch. Bulbs can stay in the ground for many years or they can be lifted if you have a seasonal border/ container. Dry bulbs are best stored in a cardboard box or paper bag. Make sure that each bulb is healthy and free from soil; you can clean these by hand or use an old paint brush. Trim the bulb of any old roots and when dry dust with a fungicide. Store in your chosen container but most of all remember to label them.

Spring bulbs: - narcissus; daffodils; tulips

Summer bulbs:- allium; lilyium;

Autumn bulbs:- amaryllis; dahlia

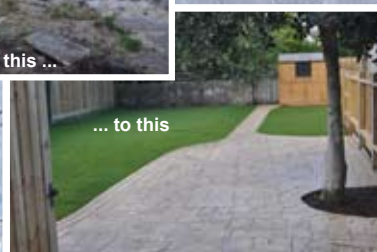
Winter bulbs:- cyclamen; hyacinths; narcissus

Whatever you are doing enjoy your garden and remember you contact me at aly@planutgardens.co.uk for advice and I will try to answer as many queries as possible.

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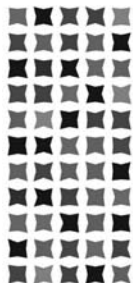
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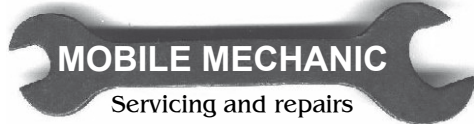
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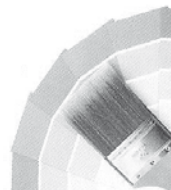
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COMMUNITY FAIR - OCTOBER, SBCP will be running its 2nd Community Fair on Saturday 2 October 2010 at the Willowbrook Centre, 11am-2pm. This is an opportunity for voluntary and community groups, large and small - and the many organisations that are involved in the community - to demonstrate the excellent contribution they make. Set up a display and promote your organisation! Network with other groups and organisations; meet Councillors and Council Officers; meet some of the local businesses who contribute to our community; find out more about Safer and Stronger Community Partnerships; find out what is happening in Severnvalley area. REGISTER YOUR INTEREST NOW! If you would like a stall or if you would just like to attend please contact Jackie Lewis on 01454 868570 or email jackielewis@sbcommunitypartnership.org.uk



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MDF THE BIPOLAR ORGANISATION Are you or a family member living with Bipolar? Would you like support? The north Bristol MDF self-help group meets on the third Monday of the month at the Old School Rooms, Stoke Gifford at 7pm. Refreshments. Everyone welcome. Tel 08456 340080.

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FRIENDS OF 40 ACRES - HIMALYAN BALSAM CLEARANCE Sunday 15th August 40-Acres will be having a Himalayan Balsam clearance starting at 10 o'clock from the allotment car park of Bush Avenue. Himalayan Balsam is a weed and if it is not cleared it will spread to other areas. Other groups have managed to get rid of it with help from volunteers. 40-Acres had beneficial help from the 1st Little Stoke cub pack who managed to remove eight black bags of the weed! A big thank you for their help.



AWARD WINNING MUSIC BUGS CLASSES will be launching at Holy Trinity Church, Bradley Stoke on 6 September. The classes, which last for 40 mins are suitable for children age 6 months to 4 years of age. They are full of fun and excitement as we sing, clap and play instruments to our favourite songs. Children (and adults) who attend our sessions also love the selection of props that we bring to each class. This can be anything from finger puppets, floaty scarves, bubbles, pom poms to our specially made hobby horses that Velcro around the childrens waists so no awkward sticks. FREE TRIAL CLASSES AVAILABLE.

AUGUST WALKS WITH THE SEVERNSIDE RAMBLERS August is a wonderful month for walking. Summer is full-blown, and our walks soon get away from the crowds. Your local Ramblers group has arranged a varied programme of walks from 4 miles around Dundry to 10 miles at Pen Y Fan. Do join us. Non-members are always welcome. We are a very friendly group. Evening walks and Friday ambles usually end with an optional pub or café stop. For more information about walks in August, log on to www.severnside-ramblers.org.uk, or pick up a programme at your local library. We meet at Aldi car park, Bradley Stoke, BS32 9DA and share lifts to the start of the walk.



TAKE A GIANT LEAP INTO LIBRARIES THIS SUMMER WITH SPACE HOP! The 12th annual reading challenge, Space Hop, takes place this summer in all local libraries. It started mid-July so hop along to any library to sign up to help the young crew of the Ex-Libris set up the first library on the moon. There are hazards to overcome on the way, stickers and mini prizes to collect. Read 6 books to complete the mission and get your medal. Further information will be on the Space Hop website www.spacehop.org.uk. You have until 18th September! to complete the challenge! Local libraries will be holding special free workshops to accompany this year's challenge. These will be listed on our What's On calendar at www.bradleystokematters.co.uk, so keep checking it out for news of these and other ways to keep the kids entertained over the holidays.



SOUTHERN BROOKS ARCHAEOLOGY is a new group who are interested in discovering their local history. They meet regularly and would be pleased to welcome new members. Southern Brooks Archaeology covers the area of Filton, Patchway, Little Stoke, Stoke Gifford and Bradley Stoke. Please contact them through their website: sbarch.org.uk or call on 01454-868530.

SHOPMOBILITY - WE CAN HELP YOU TO HELP YOURSELF Shopmobility (South Gloucestershire) is a non-profit making charity that enables anyone with limited mobility to access local shops and amenities by loaning the service of powered electric scooters or manual wheelchairs. The service is currently available at the Willow Brook Centre every Thursday between 11am and 4:00pm. Community Transport have indicated that they will provide transport if sufficient people express an interest. Hire of the Scooter/Wheelchair from Shopmobility is free if you have or can obtain a South Gloucestershire bus pass, otherwise £3.00 hire is payable. Longer- term hire can be arranged at small charge subject to availability. For more information on Shopmobility contact Sheridan Crew on: - 01454 868718 or Mobile 07999574474 or Email shopmobilitysouthglos@yahoo.com.

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