



Your genuinely LOCAL
Community Magazine,
delivered FREE to
every home

Telephone **01454 300 900**

April/May 2016

Community

Bradley Stoke Matters

Bradley Stoke & Little Stoke Gifford Community Matters is delivered to 15,000 DIFFERENT Homes across the whole Five Stokes Area



The new Bradley Stoke Skate Park is now open. On Saturday 23rd April there will be an official opening with pro-rider demos.

Sunday 5th June will be the first major competition at the new park!

Get practising

KEEP YOUR
FAMILY WARM
AND COSY
WITH GREGOR



Book a Boiler Installation or Service
and help your local children's charity

In 2016 Gregor will donate £1 for every domestic Boiler Service and £5 for every domestic Boiler Installation to The Grand Appeal.

**Call us today on 0117 935 2400
to book your free boiler survey.
www.gregorheating.co.uk**



Wallace & Gromit's Grand Appeal. Charity no.1043603.
© &™ Wallace & Gromit's Children's Foundation/
Aardman/W&G Ltd 2015. All rights reserved.



MacKendrick Norcott

It's all about the service

SALES 01454 772468

LETTINGS 01454 851111

www.mackendrick-norcott.co.uk

In the Community for the Community since 2005



fencing to be proud of...

- Guaranteed for 25 years*
- Low maintenance
- Professionally installed

* Please ask for details

The last fence you'll ever buy

Has your fence seen better days after our recent weather? Then use this opportunity to have a Colourfence fence installed. Our fences are guaranteed to withstand winds of up to 130mph, so you'll never find yourself in this position again.

For a free no obligation quote call free on **0117 4229 468**

"An excellent solution to rotting wooden fences and having to repaint them every few years. Great customer service before and after installation".

Steve Brown

Visit www.colourfence.co.uk to check out our full range of products.



Contact Us :

01454 300 900

sales@mattersmagazines.co.uk
community@mattersmagazines.co.uk

www.bradleystokematters.co.uk

Matters Magazines Ltd,
130 Aztec West, Almondsbury BS32 4UB
Co Regn No: 8490434



Follow us on Twitter
[@BS_Matters](https://twitter.com/BS_Matters)



Find us on:
facebook [/BSMatters](https://www.facebook.com/BSMatters)

The Bradley Stoke, Little Stoke and Stoke Gifford community matters magazines are independently published and delivered FREE to every home (c 16,000 copies) in Bradley Stoke, Little Stoke, Stoke Gifford, Stoke Lodge and the edges of Patchway (to the A38 border) and Harry Stoke. The views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in August of 2005 we have used many of the services ourselves). Any feedback or experience is welcomed.

We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included.

All artwork created by us must not be published in any other media without our permission.
© Matters Magazines Ltd 2016

Dear Residents....

Spring is most certainly upon us, as I go to print in mid-March we have had some beautiful sunshine. I hope you are enjoying the Easter break.

We'd like to thank those in the local community who helped support the SLS campaign to collect Easter Eggs for donating to the homeless on the street. We were happy to get involved in this and you can read more about the fabulous response on pages 8-9.

Good luck to those running the London Marathon later this month and to anyone else undertaking amazing challenges for charity. We bring you news of two such local residents in this edition - Neil Roff is swimming 1 Million Metres for St Peter's Hospice and Sharon Hicks is running the London Marathon for MS-UK. Personally I'm signed up for the 5k colour obstacle run at Bath Racecourse this month - a minor challenge compared to Neil and Sharon, but a struggle for me nonetheless!

There is much to look forward to and this issue is packed full of forthcoming events for you. The Fake Festival is coming again to Little Stoke in May, this year bringing tributes of Queen, Coldplay and Blondie as well as showcasing local bands, see page 13. The Castle Roc festival held at Chepstow Castle in August is well worth a look - you can read more about all the bands on offer each night on page 23. I can recommend the venue and have my tickets for the Bohemians already booked. We also include news of this year's Bradley Stoke Community Festival - make sure the date is in your diary 3-5 June.

Thank you to everyone who has been in touch for this issue, we love hearing from you. Deadline for the next issue is 10th May. Enjoy the read!

Jaci x

THE HOLLOW TREE

BROOK WAY, BRISTOL BS32 9BA

Come and check out our great 'Two for One' menu. We're 'Two for One' on all main dishes and specials!

**BECAUSE WE'RE
TWO FOR ONE, OUR PIZZAS
ARE TWO FOR ONE TOO!**



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

LET *Aztec Hotel & Spa* ENTERTAIN YOU

MAMMA MIA FRIDAY 20TH MAY
DIRTY DANCING FRIDAY 15TH JULY
DOUBLE SOUL FRIDAY 23RD SEPTEMBER
 INCLUDE 3 COURSE DINNER WITH COFFEE, ½ BOTTLE OF WINE
 PER PERSON, DISCO AND ENTERTAINMENT - PLUS - HOT DOGS
 AT MIDNIGHT - £38.50 PER PERSON

SAVE THE DATE...
MURDER MYSTERY DINNER FRIDAY 28TH OCTOBER

TO FIND OUT MORE CALL **PAUL COUSINS**,
 EVENT COORDINATOR ON **01454 201090**

Aztec West, Almondsbury, Bristol, BS32 4TS
aztechootelbristol.com



A marriage made in Heaven...

Wedding and Events Showcases

Sunday 8th May • Sunday 3rd July • Sunday 13th November
 from 11am - 2pm. Free admission.

Come along and view our suites set for your special day and the chance to discuss your big day with our events team. We've invited some of our favourite suppliers along, so there'll be lots of ideas for your perfect day.

Aztec West, Almondsbury, Bristol, BS32 4TS
 T: 01454 201090 aztec.events@ashorehotels.com aztechootelbristol.com

Aztec
 a shore hotel & spa



Ask about our Club and Premium Membership rates

- 13 metre deck level swimming pool with poolside whirlpool
- Air-conditioned gym and inclusive lifestyle consultation
- Up to 30 classes per week
- Sauna, steam room and monsoon shower

Aztec Hotel & Spa,
 Aztec West, Almondsbury,
 Bristol BS32 4TS
spa-and-fitness.co.uk

Call us to arrange a personal tour of the Spa on 01454 201019

“Building Community in Bradley Stoke & Little Stoke”

Bradley Stoke Matters was delighted to be invited along to the launch celebration of the new Parish of Bradley Stoke, held at Bradley Stoke Community School at the end of February. It was lovely to see so many familiar faces across the Church families of Holy Trinity and Christ the King, as well as St Michael's Stoke Gifford and St Chad's in Patchway.

Bradley Stoke Matters has written several articles over the years regarding the new Parish of Bradley Stoke, which finally came into being in October 2015 after some years of anticipation and many months of consultation, prayer and planning.

John Ford from Christ the King was part of the original congregation when it was 'planted' from St Michael's 27 years ago as the new church for Bradley Stoke and Little Stoke. It first met at the Little Stoke Community Centre and had many “lovely people who supported each other”; Steve Smith and his wife Liz were the cement that started to build Christ the King before the physical building was built.

David Head from Holy Trinity Church recalled how the church first started in the vicar's house when it was planted by St Chad's in Patchway some 25 years ago. It quickly grew too big and moved to the 'blue hut', a portacabin, which was its temporary home for four years before the current school and building were completed.

The churches of Christ the King and Holy Trinity now make up the Parish of Bradley Stoke (previously they were in separate parishes of Stoke Gifford and Patchway), with Paul Hinckley as the vicar in charge of the Parish. Paul spoke of the good news of the new partnership between the two local churches and emphasised how this coming together evolved from a position of strength and should not be perceived as both churches failing in anyway - to the contrary both are very busy and the buildings are in frequent use by the community throughout the week! Both churches are currently working together in 2017 on a combined visit to Uganda.

Paul commented “*This partnership is Good News and can only help in the building of community in Bradley Stoke & Little Stoke. Whilst the two churches will maintain their own identities, the partnership will enable us to share resources as*

we share common objectives in the neighbourhood we live in and the community we serve”.

Bishop Mike Hill gave an inspirational address and said that the new partnership was “*an opportunity for both church families to make a difference*”.

Music groups for both churches combined to accompany the worship songs whilst prayers for a healthy partnership and community life concluded the celebration, whereby we retired to the foyer for refreshments and an amazing array of cakes!

Thank you to Chris Dobson from the Diocese of Bristol for sharing his photos with me, enabling me to enjoy the service.



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Mason's Fruit and Veg is a small family run business owned by Chris Mason and his partner Beckie Saunders.

Chris has been in the trade since he left school, working in a variety of places around the South West in both shops and stalls until he was given the opportunity to start his own business. This started with a shop in Devizes, Wiltshire but after 2 years of travelling Chris made the decision to move the business closer to home. He opened a shop in Thornbury, while still keeping a stall in Devizes for three days a week to serve the loyal customer base he had built up there.

Since then Mason's have opened 2 more stalls, one in Trowbridge, Wiltshire and also the one we now see locally in the Willowbrook Centre. Chris tells us that his main focus is to provide the freshest produce at a reasonable price.

Mason's are in the Willowbrook centre every Monday and Wednesday from 8am-4pm and are also looking to trade there on Saturdays too this summer.



Restore -

Serving our community for 10 years

Wow another personal reminder of how long I have been editing your local community magazine! I can remember covering the opening of Restore and now it is celebrating its 10th anniversary!

Restore opened its doors and arms to the public on 29th April 2006 as part of The Key to Life church's vision "to reach its community by being in the community". During its first two years, under the management of Julie McManus, the shop soon established itself as permanent feature on the row of shops by Flingers on the Gloucester Road. It's high quality but very affordable goods proved to be a big hit with its ever growing clientele.

In 2008 The Key to Life church became part of a new church in North Bristol called Edge church. At this point Restore also came under the leadership of Edge church and embraced its vision to serve the community with a message of hope, truth and love. Over the last 10 years there have been many ways in which Restore has been able to realise this vision from resourcing Patchway High School's breakfast club to renovating the gardens at The Psychiatric unit at Southmead Hospital.

One of the ongoing initiatives that Restore supports is called Street Life, where every week over 100 homeless guests in Bristol City centre are given hot food and clothes. In addition to these partnerships Restore is also a drop-off site for The Samaritan's Purse Christmas shoe box appeal, it provides work experience to high school pupils and it also offers occasional placements for young people on community service.

Julie and Glyn, the managers at Restore would say that their philosophy is simple. They want to care for and serve the people in their community. As a result, they have worked hard over the years to build a culture, where Restore is able to provide a fantastic place for people to come and relax, have a cup of tea/coffee, unload burdens, pray and generally do life together. This is all fueled and aided by a very loyal and caring staff who hold fast to the values and culture of the shop too.

If you've never been into Restore then why not take the opportunity this week - the shop is open 9am-4pm Monday to Thursday and 10am-3pm on a Friday. If you're having a spring clean at home and would like to see some of your "older or unwanted" items put towards a great cause it's worth noting that Restore accepts good quality donations of clothes, bags, shoes, books, dvd's, houseware good but unfortunately it's unable to receive anything electrical. On a side note, if you are planning to drop off a donation, please could you only do this when the shop is open. **Restore Address: 81 Gloucester Road, Patchway**



 **Need Piano, Keyboard or Classical Guitar Lessons?** 
(Children and Adults)

Contact Hilary
BA Hons, CT ABRSM, DBS Certified
0117 979 2832
based in Bradley Stoke

Hugh Vickers, D.O.
REGISTERED OSTEOPATH

at Bradley Stoke Physio
Bradley Stoke Leisure Centre
Tel: (01454) 618525

I FIX COMPUTERS
AJS.Computer.Solutions

Alex Shallcross
Years of experience in fixing, upgrading, preparing & re-building P.C.s.
Business and personal computers welcome.
Areas covered include:
North Bristol, Portishead, Thornbury, Yate, Bradley Stoke.
Phone : 07742 596334
Email : ajs.computer.solutions@gmail.com

ACE TAXIS
covering the whole Five Stokes area

SHORT & LONG JOURNEYS
O.A.P. TOKENS ACCEPTED
STATION & AIRPORT BOOKINGS
ALL MAJOR DEBIT & CREDIT CARDS ACCEPTED

TEL: 01454 626837 / 07971 775 615

Masons Fruit & Veg

Now at the Willowbrook Centre every Monday & Wednesday

Big bargain bowls for only £1
The easy way to get your 5-a-day!




Bradley Stoke Matters gives a boost to Easter Eggs for the homeless campaign

A few weeks ago Bradley Stoke Matters posted a flyer on social media asking for Easter Egg donations to "make Easter sweet on the streets". The appeal was from the facebook group SLS (Street Life Sarnies) who work tirelessly behind the scenes generating donations for the homeless and those with mental health issues who live in hostel accommodations.

As well as personal donations, Bradley Stoke Matters was delighted that after speaking with Georgina Clutter, CS Manager of Tesco Extra Bradley Stoke, we ensured the safe delivery of £80 worth of donated eggs (during their buy two get two free offer!) to the Next Link refuge. The Tesco store based within the Willow Brook Centre also held a trolley collection in their foyer to encourage customers to contribute too.

Also at our instigation, Youth rugby players in Bradley Stoke collected 53 eggs at St Mary's Old Boys RFC and the Ladies & Girls teams collected another 32. Richard Townsend of Street Life collected these from the club and, on explaining the work in a little more detail, Kirsty Fido (Captain) and her team agreed to join the Edge Assist Street Life team over the Easter period to help give out the eggs on the street.



Our good links with Bradley Stoke Community School and the Olympus Trust gave another opportunity, with 30 eggs each being donated from BSCS Primary Phase and Charborough Road. Richard, who visited the schools along with Bradley Stoke Matters to receive the eggs from the reception children, thanked them all and explained that Street Life was actually initiated by a girl not much older than themselves! These eggs have gone to Wick House - an accommodation and support work for the homeless and those dependant on alcohol. We're sure this is now a link that will build as the school grows.

We were also pleased to hear from Bradley Stoke Town Football Club Chairman Ian Drew who had seen the campaign on our Facebook pages and had rallied support from the Bradley Stoke Youth U9s & U12s as well as the Town football teams and his own donations! In total another 48 eggs were rallied and Richard Townsend was also pleased to pop down and collect these directly from Ian.

Every Saturday evening there are wonderful volunteers, co-ordinated through Edge Assist Street Life, who go out to feed and clothe the homeless in central Bristol, lately seeing around 140 homeless and vulnerable people coming for food, which is double the numbers of last year. Most of the team helping on the street live locally across the Stokes and Patchway. More help is welcome as the need on the streets grows, you don't have to be a part of any of the churches to



be involved and there are many different ways in which you could help.



If you'd like to join the team call The Edge Church on 01454 837990 or email info@edgechurch.co.uk mentioning Street Life.

Richard also collected 140 Easter eggs from Sainsbury's East Filton (Abbey Wood). The Sainsbury's staff have been faithful supporters of Edge Assist Street Life for about a year, even joining the team on the street serving food and clothing to the homeless.

Bradley Stoke Matters is pleased to support this campaign and has given support to the Street Life project, since Richard first told us about it when he was part of our regular delivery team across the Stokes. This inspirational man told me at the time how he donated his delivery earnings towards purchasing necessary items for the people on the street that he helped through the Street Life project and how it was especially needed in the winter months. Bradley Stoke Matters was pleased to donate £100 to buy hats and gloves that winter and has been pleased to help where we can since.

Thank you to all those across the Stokes who have supported this latest Easter Egg campaign. In total the SLS group gathered 900+ boxed eggs and another 1000+ creme eggs, delivered to more than 20 homeless projects/centres. The food and the clothing collections are ongoing on a daily basis, but it's the little extras that also lets those in less fortunate circumstances than ourselves know they are worthwhile and cared about.

HARBORD

O P T I C I A N S

Welcome to Mike Harbord Opticians - a family practice in Winterbourne Village.

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

A wide range of spectacles from NHS to handmade and bespoke frames.

Call today for an appointment

01454 775530

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX

Clinical Hypnotherapist

Catherine Smart DHP MNCH(Lic)

Hypnotherapy can help you:



- Stop smoking
- Stop panic attacks
- Lose weight
- Improve your self-esteem
- Combat a fear of flying
- Easi birthing
- Hypnosis for fertility



Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts and actions you'd like to banish or acquire, or emotional suffering that is too overwhelming or has gone on too long.

Call me on: **07964 991689**

E: Catherine@SmarHypnotherapy.co.uk

Based in Winterbourne



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

For a beautiful lady ...

Last October, after a 10 month illness, Kenrina May Thomas lost her battle against the cancer that was only diagnosed at the start of 2015. This lovely lady was well known and loved in the local community, having made many fantastic friends since making Bradley Stoke her home on arriving from South Africa with her husband David in 1989. Having a strong Christian faith since childhood, Kenrina very quickly became part of the family at Holy Trinity Church where she also did a lot of voluntary work for the pastoral fund. Kenrina and David soon became a family giving birth to daughters Megan in 1992 and Jane in 1996.

Kenrina gave her heart to everything and it was through the church that I met Kenrina. She was always so warm and welcoming and was part of our alpha group and later cell group that moved to meet at our house on a weekly basis after I had my first child. She was always thinking of others and I remember Kenrina telling me she had added my daughter's name to the Rainbows waiting list at just 4 weeks of age! Kenrina was a regular assistant leader at Bradley Stoke Rainbows for many years and also went on to help set up the Bradley Stoke Wise Owls group too. Kenrina also helped out for many years as a regular member of our delivery team for Bradley Stoke Matters, along with her beloved westie Jock; she even filled in as a 'roving reporter' for me on more than one occasion!

Kenrina also worked at the local Kids Klub and latterly at the Bradley Stoke Community School. She made friends wherever she went, always seeing the best in everyone and always going out of her way to help everyone, friends or strangers. She had a knack of making everyone feel valued and a good friend and loved introducing people and hosting events, always making sure everyone was very well fed and watered.

Kenrina was diagnosed with ovarian cancer in January 2015. She went through 3 rounds of chemotherapy and then surgery, having her ovaries and tumours removed. She was determined to fight the cancer until the end, but sadly passed away in St Peter's Hospice in October 2015 having spent the last weeks in company of her closest friends and family. She was only 55. Her daughters Megan and Jane have since set up an Ovarian Cancer Awareness facebook page that they would encourage everyone to look at to share awareness of the symptoms of this silent killer. *"Our mum was dismissed by 3 different doctors, until the 4th doctor sent her to hospital, not because he knew or thought she had symptoms of ovarian cancer... It was due to a fluid on the lungs caused by the spreading of the cancer, (not that he knew that either). FACT - It takes an average of 6 months for a women to be diagnosed with Ovarian Cancer... Imagine what diagnosis 6 months earlier could do!"*



Photos: top Fish Hoek Beach; insets of Kenrina; above Kenrina, Jane, Megan, David; right Jane and Megan and friends shown with Kenrina last summer at the Race for Life where they raised over £1500 for St Peter's Hospice.



Kenrina could often be found in the local Costa or the coffee shop at John Lewis catching up with her many friends. She had a great sense of humour and loved a bit of dressing up and fun. For her 50th party she held a 'movie theme' fancy dress party which was a great evening. This gave Megan and Jane the theme for a **Charity fund-raising night** in Kenrina's memory to take place on Kenrina's birthday on 14th May. There will be live music, great raffle prizes and an auction and everyone is encouraged to come as their favourite character



Bucket List: left - Kenrina shown on the beach at St Ives with good friends Susie Dingle and Joanne Lawson. Above left on the beach with her father as a child and right on her wedding day.

"She was an encouraging mother, always pushing us to our limits making us go as far as we can in life to succeed. She loved us unconditionally and taught us everything we know, she had a great sense of humour. We just loved her so much and really still don't know what we're going to do without her. She was our rock but I know she wouldn't want us to dwell, she would want us to move forwards and "Carpe di em" which is what she used to say to us! It means sieze the day." daughter, Jane.

from the movies! All monies raised will be split between the two charities: Target Ovarian Cancer and St Peter's Hospice.

Jane and Megan have secured some fabulous prizes for this event. If you would like come along on 14th May and support their fundraising efforts for these worthwhile charities, tickets are £20 and more information is available from janelaciebarker12@gmail.com or Susan Greener at Holy Trinity Church.

A regular supporter of various charities all her life, donating on a monthly basis, Kenrina specified no flowers at her funeral but requested that any donations be split between the charities she supported. Kenrina absolutely loved the beach and the ocean; she said that it was in her soul. After the funeral her family took her back to South Africa, where she is now resting in the ocean on Fish Hoek Beach, Cape Town, where she grew up as a child living on the beach.

Thank you to Jane for supplying the information and photos for this article.

Swimming a Million Metres for St Peter's Hospice in memory of Kenrina



Bradley Stoke Matters was pleased to catch up with local resident Neil Roff for this issue. Neil is a familiar figure often seen pounding the streets of Bradley Stoke or volunteering at Parkrun. No stranger to challenges, Neil ran his 100th marathon last summer (he now has 109 under his belt), the latest being an 'ultra marathon' - 28.5 miles - Rok the Stones on 30th January this year, and has also participated in 5 Iron Man events.

Last year he made the decision to commit to a different challenge in 2016. Given the idea by the columnist Martin Brunt, Neil discussed it with dear friend Kenrina before she died and promised he would do it for her this year raising funds for the charity of her choosing. Kenrina chose to thank St Peter's Hospice who looked after her care in her final weeks.

Thus on 2nd January 2016 (the pool was closed on New Year's Day) Neil started his challenge. As I go to print on this edition in mid-March, Neil has so far swam 70 days in a row, accumulating 230,000 metres. If you divide 1,000,000 metres by 366 days it equates to 110 lengths of a 25 metre pool, per day. To give himself some flexibility in case of unforeseen events, Neil is swimming a minimum of 120 lengths (3km) per day (with the exception of the day after the ultra marathon when he only swam 60 lengths!) So far all of his lengths have been swam in the Bradley Stoke Leisure Centre,

In all of his many past events Neil tells me he has never asked for a single penny in sponsorship. He is therefore hoping friends, family and the local community will dig deep and support him in this monster challenge for a very worthy cause.

Please show your support for Neil if you see him at the pool! Any and all donations would be very much welcomed via his fundraising page:

<http://uk.virginmoneygiving.com/NeilRoff>

FUN SEEKERS Welcome



Tribute Night

Join us for a Robbie Williams tribute night including a 3 course meal, a half bottle of wine, tribute act and disco.
Friday 22nd April 2016, 7.30pm
£32.00 per person



Love Birds Welcome

Free mini-moon when you book your wedding at Holiday Inn Bristol-Filton.
Unforgettable day at an unforgettable price.



Charity Events

When you book your charity event at Holiday Inn Bristol-Filton we will donate 10% of the revenue to your chosen charity.
We will also provide a raffle prize.



Picture your perfect prom

Plan your ideal prom, leavers ball or graduation ceremony at Holiday Inn Bristol-Filton.
Expect to be impressed from start to finish.



Spirit Club

Get fit for Summer with Spirit Health Club Bristol, why not join one of our boot camps?

Little Stoke Fake Festival joins in 10th anniversary celebrations

The UK's only touring tribute festival is back and is celebrating its 10th anniversary this summer. All the fun takes place in Little Stoke at Little Stoke Park on Saturday, 14th May, with three major tribute acts and five local support bands, who will be turning up the heat this summer.

Little Stoke Fake Festival makes a welcome return on the 10th anniversary UK tour, and licensee, Pete Marsh, is delighted to be part of the celebrations.

"Last year was yet another success for Fake Festivals in Little Stoke, and everyone had a fabulous time. This year we are back even stronger with another fabulous line-up with something for everyone," Pete told us. "Now people know what to expect from a fake festival, we hope to have a full house, and tickets are already selling fast."

2016 will see world-class tributes to Queen, Coldplay and Blondie hit the stage at Little Stoke Park inside the famous Fake Festivals marquee, along with five lucky local support bands.

"I love being a licensee, and the whole experience of promoting the festival and the days building up the event helping turn a beautiful green area into a festival site,"



Pete added "It's great fun working on the day meeting friends existing and new, meeting the bands whose professionalism makes the festival a hit, serving the public with refreshments, and generally having a good time. Then on the Sunday we work hard to put the site back to how we took hold of it some 48 hours before."

The 10th anniversary celebrations will be going on all day and evening and, there will be the main bar inside the marquee, and a variety of food and entertainment stalls in the outside arena.

Discounted early bird tickets are already on sale until 14th April from the Fake Festivals website, www.fakefestivals.co.uk, and are priced as follows:

Adult £16.50
Young Person (10-17 years) £9.00
Family (2 Adults, 2 Young Persons) £41.00
Under 10's are FREE

Make sure you don't miss out on the celebrations, and grab your tickets now to what will be a fantastic day of live music and entertainment for all ages.

For more information and ticket sales, please visit www.fakefestivals.co.uk

LITTLE STOKE FAKE FESTIVAL™

SAT 14 MAY 2016
12.30-11.00PM
LITTLE STOKE PARK, BRISTOL

www.fakefestivals.co.uk

3 TOP UK TRIBUTE BANDS
+ 5 LOCAL SUPPORT BANDS



To book call us now on 0117 910 4253
or email meetings-bristol@hibristolilton.co.uk

W: hibristoliltonhotel.co.uk HIBristolFilton | f HolidayInnBristolFilton

Terms and conditions apply.



Holiday Inn
Bristol – Filton



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Bradley Stoke Community Festival 3rd-5th June 2015



Arts & Craft stalls • Children's Games & Activities
Climbing Wall & Bungee Trampoline • Displays and demonstrations
Celebrity XI v BSCC Cricket Match • Dog Agility Display
Football Tournament • King Ramps Skate Pipe Demonstration
Local Bands & Dance Groups • Rides & Inflatables • 10k Race
Skate Park competition

Friday 3rd June

The Picnic in the Park starts at 10.30 a.m. until 14.00 at the Jubilee Centre. Professor Panic presents his range of circus skills, juggling and entertainment in the Big Top, alongside local craft and community stalls and a bouncy castle. Refreshments will be served by the local WI during the morning with Face Painting also available

Saturday 4th June 11.30-18.00

The demonstration area in Jubilee Green features the King Ramps Skate Pipe and displays will be given by the pro's throughout the Festival with a street art demo and "have a go" sessions. This year's main demonstration is dog agility displays by Canine Relate of South Glos. Music is provided by local bands; Telson, Elevation, Seduction, Limited Edition, Tundra and Skeeter alongside local dance groups including; Yasmins, Baby Ballet, Street Envy and the Chinese Dance Group along with other local clubs and associations. Fun rides for the children include trampolines, giant slides, football games, giant inflatables, a Helter Skelter and the Vertical Xtreme Climbing Wall alongside the local Scouts providing longbow archery and other activities. Sideshows, arts & crafts and community stalls will offer a wide range of local products and novelties. The Bradley Stoke Youth Football Club Tournament for Year 1 Boys and Girls, with 14 schools and 140 children taking part, starts at 10.30 a.m. on the top field soccer pitches.

Sunday 5th June

A 10K multi terrain race organised by the Sole Sisters starts at 09.30 a.m. and finishes at the Jubilee Centre. 500+ Competitors are expected. At Baileys Court Activity Centre there will be a joint "Church in the Park" outdoor service from the Bradley Stoke Churches starting at 10.30 followed at 12.00 noon by 25th anniversary celebrations by the Bradley Stoke Cricket Club. Ex Glos and England cricketer, Jack Russell will be attending along with a display of his paintings and a cricket match featuring a celebrity XI v BSCC XI starting at 2.p.m. finishing with a cricket tea and evening entertainment in the clubhouse. The BS Bowls club will provide roll up demonstrations throughout the afternoon. A Skate Board competition along with King Ramps will also be taking place at the New Bradley Stoke Skate Park with circus skills and other entertainments from 10.30 through to 16.00 and everyone is welcome to enter.

Taking part

If you would like to enter a team in the Sole Sister's 10k Run, the Football Tournament, the Skate Board competition or book a stall, please go to the web site www.bradleystoke.gov.uk or contact BSTC on 01454 205020.

Information correct at time of printing, but could be subject to change



BRADLEY STOKES FESTIVAL 10K

Sunday 5th June 2016 - 9:30am

A 10k run, approx. 6 miles, course along tracks and footpaths through Bradley Stoke's Conservation Area. The course will start and finish at the Jubilee Centre, Savages Wood Road, Bradley Stoke BS32 8HL.
Run open to men and women over 16 years.

Parking, refreshments, showers and toilets available – technical T shirts and medal for finishers.
We will endeavour to ensure that receive your desired T shirt size but cannot guarantee to meet every athlete's requests.

Entry fees: Affiliated clubs £13.00 Unaffiliated £15.00
Entries on the day £15 (availability permitting) or can be obtained at the festival on Saturday 4th June however the race sold out very early last year!

By post to the address below or online applications through <https://race-nation.com/bradley-stoke-10k-2016>
Entry limited to 650 runners.

Please note there is a time limit of 90 minutes and marshals will vacate their stations after this time.



BRADLEY STOKES 10K RUN ENTRY FORM – NUMBERS AND CHIPS COLLECTED ON THE DAY

Surname: _____ Forename: _____

Address: _____

Postcode: _____

D.O.B: _____ Gender M/F

Mobile Number (in case of last minute changes) _____

Emergency Contact Name: _____ Emergency Contact No: _____

Do you have any medical conditions that may affect your participation in this event? If so please list them. Note that this information is treated in the strictest confidence.

Email address: _____

UK Athletics affiliated club: _____ Est. finish time: _____

Where did you hear about us? _____

DECLARATION I the undersigned, declare that I am medically fit to run and understand that the race organisers, sponsors or anyone assisting shall not be held responsible for any injury or loss caused by my participation or for any damage caused by me to other person's property. I agree to abide by UK Athletics rules & regulations and confirm I am over 16 years old.

Athlete signature: _____ Date: _____

Send completed entry form and payment to Bradley Stoke 10k Run, c/o 98 Cooks Close, Bradley Stoke, Bristol BS32 0BB. Cheques payable to Sole Sisters Running Club.

Details of our race sponsors and any other related information can be found on our website www.solesistersrc.com





Little Stoke Beavers go global and beyond!

The Beavers at 1st Little Stoke have been working for the International Activity badge. For this they have made their own passports to record their travels around the world in the activities they have taken part in at the Headquarters. When they travelled to Italy they made margarita and ham and cheese pizzas. In China they played a tricky game with chopsticks and marbles and then in Egypt they had a go at building pyramids, only on a small scale! They have more countries to visit and learn about.

The Beavers have also achieved the Space Activity badge and followed with great interest the mission to the International Space Station by Tim Peake. They identified and painted all the planets in the solar system, studied the stars and made their own star constellations.

In May they will be attending the Avon Scout Jamboree for a day and will be able to part in lots of exciting activities.

Can you help?

We are always looking for additional Leaders and Helpers to support our Group. There is no minimum amount of time required to commit and we can always work around work and other commitments.

Volunteer today and join our friendly enthusiastic team. For more information or to book a place please contact Tony Edmonds, Group Scout Leader, on 01454 772005 or email him at tonyedmonds108@yahoo.com

You can also follow us on twitter @1stlittlestoke or at www.1stlittlestokescouts.org.uk

Stoke Gifford Branch Wins Again!

At the recent Royal British Legion Gloucestershire County Conference the Stoke Gifford Branch of the RBL, which covers Bradley Stoke, won the Marling Cup for the most efficient small Branch, for the third time in recent years. Branch President Brian Hewitt said: - *"This is great news and a tribute to the great work carried out by branch members and volunteers throughout the year."*

The Branch is also delighted to announce that its branch Chairman, and Poppy Appeal organiser, John Moloney has been awarded the South Gloucestershire Council Chair's Award 2016 for his volunteering with the RBL. John (photo right) has raised over £46,000 so far during the current 2015 - 2016 Poppy Appeal which runs until 30/9/16.



photo courtesy of Tom Sparey

Branch Spokesman David Bell said - *"John thoroughly deserves this award. He has been volunteering for the RBL for many years and does so many roles in the RBL"*

MEDWAY DESIGNS for Cakes & Sewing

Wedding Cakes	Bridal Wear
Anniversaries	Alterations
Birthdays	Evening Wear
Christmas Cakes	Day Wear
Special Occasions	Soft Furnishings & re-upholstery

Delivery & Collection Service Available

Lois Coulson
0117 969 1798

lois.coulson@medway-designs.com

14 Watch Elm Close
Bradley Stoke

Call now for a friendly personal service

Bradley Stoke Cricket Club Celebrates its 25th Anniversary

BSCC is looking forward to the new season in 2016, with the first game being held on Saturday 16th April when they will have an inter club friendly to help blow the winter cobwebs away!

The Club is very focused on its special day in June in celebration of its 25th Anniversary in 2016, and would love to see as many of the local community as possible. It's part of the community festival weekend.

Come and meet former England and Gloucester Wicketkeeper Jack Russell MBE

Sunday 5th June 12 noon to 4pm

Jack is a very accomplished artist and on display will be some of his paintings, sketches and books.

On the day there will be a prize draw with a chance to win six fabulous prizes. These include three of Jack's paintings (prints), a full size cricket bat signed by the 2015 Australian test squad, a full size cricket bat retailing at £250 and a family ticket to a T20 cricket match involving Gloucestershire CCC.

Entry is by programme only and includes an entry form into the prize draw. Each programme admits one child under 18 free when accompanied by an adult.

Other events on the day include a charity auction of sporting memorabilia in aid of Kicking out the Kids and (weather permitting), a T20 youth match and after the prize draw at 3.30pm an adult T20 match involving some local celebrities - names to be confirmed - watch this space!

The club bar will be open and catering will be on site along with Bradley Stoke Radio.

To buy your programme please send a stamped self addressed envelope (a5) and a cheque or p/o for £3 to: Bradley Stoke Cricket Club, Baileys Court Activity Centre, Baileys Court Road, Bradley Stoke BS32 8BH.

Please note that to win a prize it is not compulsory to be present on the day, just send in your completed entry form to reach us by 3rd June 2016.

25th ANNIVERSARY PROGRAMME BRADLEY STOKE CRICKET CLUB

FEATURING JACK RUSSELL MBE
COME & MEET THE FORMER ENGLAND AND GLOUCESTERSHIRE
WICKETKEEPER AND HAVE THE CHANCE TO WIN ONE OF THREE
LIMITED EDITION JACK RUSSELL PRINTS

SUNDAY 5th JUNE 2016 – NOON TO 4PM



Jack will be exhibiting some of his paintings, sketches & books which will be available to purchase. He will also be available for book signings and autographs.

Prize draw including three Jack Russell limited edition prints will be made at 3.30pm.

Admission is free for one child under 16 with one adult.

£3



No 000

Baileys Court Activity Centre, Baileys Court Road,
Bradley Stoke, Bristol, BS32 8BH



**We need marshals for the
Bradley Stoke 10k Run,
Sunday 5th June 16.**



**If you are able to help or would like more
information please email
info@solesistersrc.co.uk
Thank you!**

BRADLEY STOKE TOWN FC - Season Update

by Club Chairman Ian Drew

So far this season it has been quite frustrating due to the very wet weather over the winter. Very few games were played between November and the end of January. Luckily things are beginning to dry up, re arranged fixture dates have been set, some are midweek so do check out our website for fixture dates. Sometimes it can be a nice evening at the Jubilee Centre in spring.

All three teams are going well in their respective divisions and at the time of writing Firsts were in 5th place, Reserves in 7th & A Team in 8th, so all are well placed to commence a promotion push. Especially the A Team who are in their highest League position for some years which is credit to them as generally the average age of the team is about 21, quite young compared to other teams in the Bristol & District League.

So good luck to all the Teams & Players!



The Reserve Team (above, sponsored by Bradley Stoke Matters) continues to produce some good results, including a 7 – 1 away win at DRG Frenchay & a 9 – 0 home win played on a very heavy pitch at the Jubilee Centre.

Check out our website at www.pitchero.com/clubs/bradleystoketownfc for updates and news.



The Youth section continues to grow, with our very young age groups full to overflowing, sometimes we need extra help with Coaching. So if you fancy Coaching in a fun environment check our website at www.bsyfc.co.uk, there are separate pages for each age groups & squad.

The Ladies team, which is affiliated to the Youth section, continue to play well & get some good results.

Congratulations to our Under 14 Girls for reaching the County Cup Final (for the second time) held at GFA Headquarters Almondsbury versus AEK BOCO. More on this opposite.



BSYFC 1st Team currently sit in 5th position in the Bristol & District Senior Division. After a strong start to the campaign an indifferent October and November saw them slip off the pace. The cancellation of many games due to waterlogged pitches has disrupted the progress of the side.

Since before Christmas the 1st Team have only played once at the Jubilee which is frustrating for both players and supporters. The result of these cancellations will see evening games appearing at the Jubilee shortly.

The team during February have been back on form with three wins out of three. If they can continue with this momentum then they will be in with a shout for a second promotion.

Fixtures are on the clubs website, please come along and support on Saturdays and the evening games. Let's keep our fingers crossed and hope the weather improves!

**Jon Welsh, Manager,
Bradley Stoke 1st Team**



Bradley Stoke Youth U14 Girls GFA County Cup Finalists 2016

When BSYFC U14 Girls entered the early rounds of the GFA County Cup way back in Oct 2015 no-one expected that they would be announcing they would be playing in the Final on March 13th 2016.

In the early rounds the team managed to avoid any pitfalls and qualified without too much trouble for the quarter final stages in November, where they were unfortunate to get drawn against the unbeaten Cheltenham Spa Blues team who were sitting top of the Gloucester County U14 League with a proud record of played 12, won 11 and drawn 1 for the season. At least BSYFC did have home advantage for the match!

The early signs were not good as the Cheltenham Spa team were 3-0 up after just 20 minutes. But football is a funny game and you just never know what may happen - and so the comeback began with BSYFC getting a goal back through Libby Hunt, then another with an own goal and then just before half time the equalising goal was scored by Libby Hunt again to make the match all square at 3-3. The second half started just like the first half had finished with BSYFC on top and pressing for more goals. BSYFC got their reward and they scored another 3 goals in the second half through Amber Lewis, Emily Holbrook and Cassie Whittle to win through to the semi-finals with an unbelievable fight back to win 6-3.

The semi-final match was played against Bishops Cleeve Colts on Feb 7th and was supposed to be another home match for BSYFC.

The weather was so bad during November, December, January that when BSYFC arrived at for the match in February the team had last played back in early December. Worse still BSYFC could not play at home as the pitch was still too wet. The match was

played in terrible conditions with a high wind blowing end to end down the pitch and the rain coming down at certain stages of the match. However BSYFC fought hard, holding on to the win with the final score 3-2 and a place in the Cup Final secured.

FINAL DAY: 13th March v AEK Boco

It was a very tight match where both teams had chances to score. AEK Boco took the lead in the first half when they broke through and shot. Abbie Pickett the GK saved the shot but it rebounded and hit the striker and the ball ended up in the net. Just before half time Emily Holbrook shot but the defender just got her foot to it and deflected the ball wide of the goal.

Very late on in the 2nd half when BSYFC were pressing to try and score, AEK Boco had a break away and crossed the ball and their player cut inside to shoot into the net. The final score was 2-0 to AEK Boco.

The match was end to end and played at a high pace on a sunny day. Both teams must be praised for the high quality of football on display in the final. BSYFC girls gave everything and managers Martin Lee and Ross Lee are very proud of their achievements.

The Managers having got to 2 cup finals in 2 years with the team are hoping their jobs will be safe for next season!

The BSYFC U14 Girls squad is as follows:

Emily Holbrook(capt), Faye Wyatt, Morgan Spill, Libby Hunt, Erin Hodson, Charlotte Mason, Aimee Hancock, Molly Bose, Katie Jones, Cassie Whittle, Amber Lewis, Emily Razey, Amber Barley, Abbie Pickett, Amelia Roff, Sarah Challis, Rebecca Humphrey, Sophie Robertson, Danielle Devonshire.

NO JOINING FEE*

So much more than a gym +
So many more reasons to join

Join online at
livingwell.com

Join the club that cares

- Free car park
- Swimming pool,
- Steam room,
- Sauna and Jacuzzi
- Free personal Plan

Don't miss out – find out more today!

Book your 50% guest pass !

Call us on 01454893420 or visit us:
LivingWell Health Club,
Hilton Bristol,
Woodlands Lane,
BS32 4JF
Spring clean your Fitness regime!



FANTASTIC
MEMBER
BENEFITS

*Terms and conditions apply. One month's notice required, part of a rolling contract. Offer expires 31.05.2016

Triathlete Champion at Launch of Triathlon in aid of MS Therapy Centre

The West of England MS Therapy Centre held its launch party at the Players Club, Chipping Sodbury, on Thursday 10th March, for their first annual Players Spirit Triathlon.

Bradley Stoke Matters was delighted to be invited along to the launch to learn more about the event that will take place on Sunday 2nd October 2016.

The triathlon will include a 750 metre swim, a 20 kilometre bike ride and a 5 kilometre run in what will be the charity's biggest ever event, raising funds for the services provided at the local Centre for people living with Multiple Sclerosis and other neurological conditions.

Jane Leslie, mother of MP Charlotte Leslie and British Champion Triathlete, opened the event registration stating "for those of us lucky enough to have health and opportunity we must try to give something back. I really hope we will be very well supported in this."

"If you are thinking about setting yourself a physical challenge this year, this event is perfect; to get fit and at the same time support people in our community, it is a win, win situation all round!"

Jane Leslie, British Champion Triathlete

Speaking of the importance of exercise for everyone at the launch Jane said "If you are thinking about setting yourself a physical challenge this year, this event is perfect; to get fit and at the same time support people in our community, it is a win, win situation all round!"

It was a pleasure to chat with Jane, who only started running herself in her fifties and in 2014 became Gold medallist in Edmonton! She told us "it's about your ability, how hard you train and how good your diet is. It's not about age". She went on to say "I got hooked; it's a lot of hard work and 7 hours at a time on a bike can be gruelling but the rewards outweigh the pain". Jane encourages anyone who's not tried before to give it a go, with the advice of finding a good training partner (she has John, pictured with her above) as well as the right equipment and a coach. She is a testament that you don't have to be in your twenties to compete in a triathlon and, with her biggest following being young women, Jane hopes that she can be an inspiration to all and proof that anyone can achieve anything they want to if they set their mind to it.

The launch party was attended by some of South Glos' finest dignitaries to promote and assist The West of England MS Therapy Centre's good work. Councillor Erica Williams, Chairman of South Gloucestershire Council, commented: "It is lovely to have this event in South Gloucestershire. MS is not as widely supported as a lot of national charities but I think this will certainly raise the profile and it certainly deserves the support."

Terri McDonald Head of Fundraising for the MS Centre said "The Triathlon will be held at The Players Club, one of the region's most prestigious golf courses and the first of its kind to be held at the championship golf club.

"The course will see participants swim 750m in an open-water lake, cycle 20km through village lanes and finish with a 5km run along the scenic greens of the course itself. We will be working alongside Triathlon England, governing body for the UK's Triathlon, with their wealth of experience from health and safety regulations, accreditation and having a Triathlon England race official at the event will put our Players Spirit Triathlon on the map in the West Country".

Competitors can now register online at www.mstherapybristol.org.uk/triathlon.

Opportunities for event sponsorships are also available with packages starting at £500; please email terri.mcdonald@mstherapybristol.org.uk or emma.sansom@mstherapybristol.org.uk or call 01454 628725 for more information.



Jon Greenwood, GB Triathlete and Jane Leslie, British Champion Triathlete

Little Stoke Boxer in First Title Fight

Kane Stewart from Little Stoke is a professional boxer whose first title fight is coming up next month.

Kane started boxing at just 7 years old for the Broadplain ABC. He later moved to Paddy John's Gym where he has had a very successful amateur career, winning 41 fights out of 65 and boxing for England in 2013.

In 2015 Kane won the Senior Elite Western Counties Title for a history-making third year in a row!

Kane signed his professional contract in June 2015 and had his professional debut in September 2015. He now has three professional fights under his belt and has won all three.

His next fight is his first title fight, for the British Challenge Belt. The fight tops the bill on Weston pier on 14th May.

Standard tickets cost £35, or VIP tickets £75 to include a 3 course meal and ringside seat. If you would like to give local support to Kane, you can contact him for tickets via facebook - Kane Stewart - or call his mobile: 07530 062 512.



From the minute that visitors approach the imposing entrance of the wonderful venue that is Chepstow Castle you know you're in for something special! Chepstow's Castell Roc Festival 2016 has something for everyone. Comedy, Country, Pop, Rock, Blues right through to a rather intriguing Orchestra. Kicking off in style with an old school knees up...

18th sees "The Sausage & Cider Festival" featuring the West Country's finest export 'The Wurzels'. Taking the very best local food, adding the very best local cider and the very best entertainment promises to be one heck of a summers evening. A choice of 10 different locally sourced sausages are on offer as well as the largest cider collection ever to come to Chepstow, plus all the laughs and sing along's that you can handle.

19th sees a more relaxed affair as the World's finest Fleetwood Mac Tribute arrives in Town. Endorsed by Mick Fleetwood himself and replicating the classic 'Rumours' line-up (which is still the 5th biggest selling album of all time), Fleetwood Mac have received massive praise everywhere and perform all the big hits with stunning accuracy.

20th welcomes record breaking Country act 'The Shires', who have quickly become a UK Country institution. Their debut album 'Brave' went gold in 2015, making them one of only 4 uk debut acts to break gold that year. The first ever UK act to play the legendary Grand Ole Opry in Nashville.

21st prepare to 'Walk 500 miles' with the one and only 'Proclaimers'. Twin brothers Craig & Charlie Reid have over the years enjoyed huge success across the Globe, enjoying gold and platinum singles with songs that are etched in people's memory..



24th has a truly wondrous evening in store with 'The Simon & Garfunkel Story', using projection photos, original film footage and a live band this is an enchanting and emotional evening with all the hits including Mrs Robinson, Cecilia, Bridge Of Troubled Water, Homeward Bound and many more.

25th is another chance to cast yourself back to heady days of Stadium Rock. A band no stranger to Castell Roc - 'The Bohemians'. The world's biggest and best tribute to the late great Freddie Mercury. It will be their 3rd time at Castell Roc to sold out performances each year.

26th sees a real giant of the Blues Scene. Fronted by Paul Jones (singer/actor/BBC radio personality/TV presenter), 'The Blues Band' are held in admiration by generations of rhythm and blues fans. With almost two and a half decades together and over 16 albums it's not unheard of to see three generations from the same family at a concert. Support includes Aynsley Lister recently voted 'best UK guitarist'.

27th sees a gentleman who needs no introduction, 'Mr Jools Holland with his rhythm & blues orchestra', featuring 'Gilson Lavis', and special guest 'Marc Almond' and guest vocalists 'Ruby Turner', 'Louise Marshall' and 'Beth Rowley'.

28th sees what has become a National Institution hit the Town. "The Ukulele Orchestra of Great Britain" brings a hilarious, virtuosic, twanging, awesome, foot-stomping evening all played on the 'baby guitar'. A musical trip from Tchaikovsky to Nirvana via Otis Reading and Spaghetti Western soundtracks showcases just what can be done with a 'Uke'. Wonderfully entertaining, fun, innocence and daftness all wrapped up in Castle?

29th celebrates two highly talented, yet different legends of the music scene who were recently sadly lost to cancer. 'A Tribute 2' hosts two highly talented shows, with a chance to applaud, revel & commemorate both Lemmy & David Bowie. Both ground breaking and enduring artists that broke musical barriers. Performed by Motorheadache & The Bowie Experience, the ticket price includes a donation to Cancer Research.

Grab your tickets while you can! A fabulous bar and hot food is available at all shows (no food/drink can be brought in to the venue), all shows are standing only (foldable chairs can be brought to all shows, used in designated area only). Loads of information on the Festival including all shows is at www.castellroc.co.uk





Are you struggling with pain or reduced movement?

Here at Bradley Stoke Physio our team specialise in a range of techniques that can help you return to an active lifestyle.

We can relieve your pain and optimise your fitness.

Get in touch today
Tel: 01454 618 525

Bradley Stoke Physio - Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, BS32 9BS
Tel: 01454 618 525 Email: info@bradleystokephysio.co.uk



For more information and how to buy tickets check out: www.castellroc.co.uk or call the box office at Hannah's Music: **01291 627122**

Famous Organist to Play at Inaugural Concert

Roy Edwardes

The organ in Pilning church has been there for at least a century; it needed an overhaul and Jonathan Edwardes (my son) began to research its history 5 years ago. He discovered, with experts from the organ building world, that it had been built by William Allen of Soho around 1794.

During its life several of its original stops were removed due to changes in fashion and ease of tuning and a pedal board was added. Evidence within the case showed the locations of a 'shifting movement, a hautboy swell, a mixture stop and a bassoon stop.

All this has now been corrected by Messrs Goetze and Gwynn Ltd of Worksop and the case has been repaired and the front pipes re-gilded. The organ is now 'as built' and a rare classic of its kind. The work was achieved by grants from the Heritage Lottery Fund, the Leche Trust, Gloucestershire Historic Churches Trust and the ON organ fund, together with over £4000 raised by villagers in Pilning and Severn Beach.

Jennifer Bate became involved when Jonathan spotted an organ similar to this one at Kenwood House in London whilst watching an episode of 'The Apprentice'. He discovered a recording by Jennifer at that organ and wrote to her; she visited Pilning and supported our lottery bid. She offered to give the inaugural concert and we still cannot believe that an artist of global fame will come to our village church to perform works of the Georgian period. You may find out more about her on <http://www.classical-artists.com/jbate/>

Inaugural Organ Concert

at St Peter's Church, Cross Hands Rd, Pilning
On the restored 1794
William Allen Chamber Organ
by

Jennifer Bate

"...virtuosic, colourful and utterly engaging ... Bate is a marvellous, bold artist, and the instrument soared."
(Paul Driver, Sunday Times 5 Oct 2014 - review of Royal Festival Hall recital 29 Sep 2014)

7.30pm Saturday 30th April 2016

TICKETS £20 from 01454 632670



Put the spring back in your step!

Top tips to make the most of the season

With the arrival of spring, the longer days signal an end to winter hibernation and bring the promise of a more active life. However, for those who suffer with joint and muscle pain, time can feel like it's passing them by.

This spring could be different. The experts at ActiPatch®, the makers of drug-free pain relief products, have put together a guide to enjoying the best of the season; it's time to discard the winter coat and ensure pain doesn't hold you back.

Head to the garden. Springtime is one of the busiest times of the year and your garden will need lots of attention. As the spring-flowering bulbs appear it is important to keep on top of the weeds. Gardening is an excellent way to enjoy the warmer temperatures and embrace a more energetic life. Start by pruning the roses and planting new shrubs and perennials.

Try a natural solution to pain. Rather than reaching for over the counter pain relief, a natural drug-free solution could hold the key to a brighter season. Whilst pills may help in the short-term many have problematic side-effects with long-term use. ActiPatch® pain relief devices use electromagnetic pulse therapy and are clinically proven to be very effective in the long-term ensuring those with arthritis, fibromyalgia, and anyone with muscle or joint soreness can face a more positive future.

Enjoy a walk in the sunshine. What better way to spend the day than going for a long country walk to enjoy spring in all its glory. Now is the time to spot snowdrops, daffodils and the stunning bluebell displays which blanket our woodlands. Whilst you enjoy these sights you're also helping to lower cholesterol and reduce the risk of a stroke. Thirty minutes of brisk walking a day can reduce the risk by up to 27% and can burn 75 calories!

Spend active time with the children and grandchildren. Without pain, the opportunities to enjoy 'busy' times with the children and grandchildren are endless; from nature trails in the woods to farm park visits to see the new baby animals. Simple pleasures like feeding the ducks mean so much to children.



Become a 'twitcher'. If you're an avid bird-watching enthusiast or a complete novice, spring is the perfect time to observe our feathered friends during their prime breeding season. Armed with only a pair of binoculars and wellies there is much to see in our gardens and parks; look out for seasonal migrating birds like chiffchaffs.

Ben Fichter, Marketing Manager of the BioElectronics Corporation, commented: "Being active and looking after your body are important ways to maintain good health and now is the perfect time to gain inspiration from the changes we see outdoors. Our ActiPatch® pain relief products will help long-term with any pains and strains without the need for taking pills and can also help heal the problem area over time, unlike other pain relief products."

Matters Magazines has TWO Muscle & Joint samples to GIVE AWAY. To be in with a chance of winning, please visit our Facebook Page: /BSMatters (Bradley Stoke & Little Stoke Gifford Matters), give us a like and comment under our Competition post. First two drawn at random on 30th April will be sent a sample.

ActiPatch works using electromagnetic pulse therapy to ease pain in the muscles and joints. The clinically proven technology helps those suffering with strains, sprained muscles, arthritis, fibromyalgia and sore backs, offering drug-free pain relief with no side effects. ActiPatch isn't suitable for pregnant women.

For more information about ActiPatch, please visit www.tryactipatch.co.uk. ActiPatch is available at Boots, Superdrug and Lloyds Pharmacy.





Old Down Estate

Rediscover Family Time

Visit The Country Park at Old Down Estate with 66 acres of breathtaking countryside walks, wild flower meadows with panoramic views across the River Severn. With a huge adventure playground including zip wire and giant jumping pillow and plenty of farm yard animals for children to interact with. The Barn Cafe serves freshly prepared food made with locally sourced ingredients, some from our very own gardens whilst The Farm Shop supplies local produce, our very own free-range eggs, deli-style snacks and special gifts. Don't forget to say 'hi' to Fred the Parrot and Kevin the Peacock!

Just 5 minutes from Aztec West: Foxholes Lane, Tockington, Bristol BS32 4PG

t: 01454 414081 (office)
e: info@olddownestate.co.uk w: www.olddownestate.co.uk

Terms and Conditions apply:
20% discount applies to park entry only. One per household only. No cash alternative.




Why do they do that Heal Prick Test on Babies?

Raising Funds and Awareness of MCADD

Bradley Stoke Matters is pleased to share this story from one local family looking to raise awareness and funds for this little known condition. Eloise and Nigel Cromer moved to the area 10 years ago and both work locally. Eloise is a fitness instructor at Active Leisure Centres and husband Nigel is the Area Manager for the Co-Operative Stores. Here is their story in mum Eloise's own words ...

On 22nd November 2012 our beautiful daughter Isabella Scarlett was born. She arrived on her exact due date and weighed a healthy 7lb 14oz. I'd never been so happy! We were allowed home 3 days later and the few days that followed were a whirlwind of excitement and lots of visitors.

When Isabella was 5 days old the midwife came to weigh her and do her heel prick test. She took a spot of blood and put it on a card. I asked what it was she was testing for and she shrugged off my question by saying not to worry all the conditions were treatable. 2 days later I noticed I had missed 4 calls from an unknown number within the space of 10 minutes, before I had chance to see if they had left a message it was it ringing again. We had visitors at the time but I thought it must be important so I ran upstairs to answer. It was a consultant from Bristol children's hospital (Dr Pierre – Metabolic Consultant). She told me that our perfect daughter had tested positive for a rare metabolic disease called MCADD (medium-chain acyl coenzyme A dehydrogenase deficiency) of course I had no idea what that was. Dr Pierre said that she wanted to see us that afternoon, and she had made us an appointment at the Children's Hospital for 2 hours later. She then asked if Isabella was feeding well or showing any signs of illness. She said that she must not fast for longer than 3 hours and I was to take her straight to A&E if she showed any sign of illness before our appointment. I was terrified. Despite being advised against it, I searched the disease online and made myself feel 100 times worse. Coma, seizures and death were the 3 words that sprung out at me over and over again.

MCADD - is a rare genetic condition where a person has problems breaking down fat to use as an energy source. This means that someone with MCADD can become very ill if their body's

energy demands exceed their energy intake, such as during infections or vomiting illnesses when they're unable to eat. Problems occur because fat is only partially broken down, which leads to a lack of energy and a build-up of harmful substances in the body. MCADD is a lifelong condition that's present from birth. It's estimated to affect up to 1 in every 8,000 babies born in the UK and is usually picked up using the new born blood spot test.

After our appointment we were sent away with information about an "emergency regimen" that we must follow if Isabella became unwell or wouldn't feed. The months that followed were very hard. I doubted myself constantly and worried that I would do the wrong thing or miss signs that she was unwell, and remember being



Bella shown with Miss Claire from babyballet

paranoid about how I would be able to tell when we needed to give her the emergency regimen. The first few times Isabella was unwell, she refused to drink her high energy drinks and as a result was admitted to hospital on countless occasions during her first 2 years. Her first admission was at 8 weeks old and then once, sometimes twice, a month up until 2.5 years. Each admission came with a 4 or 5 day stay in hospital for both Isabella and myself, and involved either a nasogastric tube or cannula being inserted to ensure she gets the required amount of glucose. Fortunately we seem to have turned a corner over the last 6 months and life is easier now she is 3 years old. She doesn't get admitted as often and we can manage the illness more easily at home. We have to follow strict guidelines on fasting even when she is well and as a result we still have a daily battle ensuring that she has eaten enough and doesn't fast for too long. When she is unwell her fasting time is reduced down to 2 hours day and night.

Since Isabella's diagnosis we have had support from a charity called CLIMB (Children Living With Inherited Metabolic Diseases) CLIMB is a registered charity in England and supports 1000s of patients with over 700 inherited diseases. It's great for advice and support in all areas of living with MCADD, it has helped to put us in touch with other families living with the same diagnosis and also provides information for when children start school and nursery. CLIMB also keep us up to date with new research into all metabolic diseases. We and other families like ours are indebted to CLIMB as they were instrumental in getting MCADD added to the new born screening programme in 2008. Before then many children remained undiagnosed until they became very seriously ill with sometimes fatal consequences. As difficult as it was for us to receive the call from Dr Pierre that day, I will be forever grateful that Isabella's condition was diagnosed at such an early stage of her life.

Thanks to Eloise for sharing her story. We would like to wish her well in the birth of her second child due in a couple of months. Because MCADD is hereditary (it needs a gene from both parents) there is a one in 4 chance that this baby will have the same condition but, as Eloise commented "at least we are prepared for it this time!"



babyballet 'Starmakers' take to the Stage

87 budding ballerinas aged 3 to 5 from across the Bradley Stoke area are taking to the stage to showcase their first fantastic babyballet show, 'Twinkle & Teddy's Big Day Out!'

babyballet Bradley Stoke are proud to be supporting CLIMB, a charity that has provided invaluable support to babyballet star Isabella Comer and all proceeds from the sale of programmes on the day will be donated to the charity.

The 'Starmakers' show is an enchanting and magical tale full of excitement and mystery. Twinkle & Teddy the babyballet bears take us on an amazing journey through various adventures. From experiencing the fun of the zoo, to jumping waves at the beach.

This amazing show gives children the opportunity to bring the fun and enjoyment they experience during class straight to the stage, where they can take pleasure in performing for their friends and family.

babyballet teacher Miss Claire says, "We're so excited about our forthcoming show; the children have been working so hard throughout the term and are looking forward to having the opportunity to show their friends and family just how talented they are." She adds, "We're delighted to have this chance for parents to see their little stars on stage so they can be as proud of them as we at babyballet are."

babyballet's show "Twinkle & Teddy's Day Out" will take place at the Olympus Theatre, Wise Campus, Bristol on Sunday 10th April at 4pm.

For tickets or more information contact Claire Wingate on 07764 819318, or email bradleystoke@babyballet.co.uk

BS AUTO-MAINTENANCE of Bradley Stoke

FAST FRIENDLY AND KNOWLEDGEABLE
WITH OVER 25 YEARS EXPERIENCE

Servicing • Air Conditioning • Cambelts
• MOTs • Repairs • Diagnostics



FREE COLLECTION / DELIVERY SERVICE*
*subject to prior booking

ALL MAJOR CREDIT CARDS ACCEPTED

CALL 01454 884 486

M: 0777 0941 198 E: john.nickells@tesco.net



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters



Ambourne House Day Nursery & Pre-School, Est. 1991



Take a look at our website
www.ahdn.co.uk

- Small family run Nursery & Pre-School that provides outstanding childcare for Children aged 3 months to 5 years.

- Highly qualified and established staff.

- Homely and stimulating environment.

- Two large outdoor play areas.

- **FREE** grant places for all 3 & 4 year olds.

- **FREE** grant places for 2 year olds. (subject to criteria)

WE ARE OPEN

Mon to Fri: 8am - 5.45pm

A variety of sessions are available, although we aim to be as flexible as possible to suit the needs of all working parents.



233 Gloucester Road, Patchway, South Glos
BS34 6ND

Email: ambournehouse@ic24.net

Tel: 01454 615352



NURSERY, PRESCHOOL AND WRAP AROUND CARE at Little Stoke, Stoke Lodge and Stanbridge Primary Schools

- **NURTURING** Care
- **HIGH QUALITY** Education
- **STIMULATING** Environment Inside and Out
- **EXPERIENCED**, Qualified and Caring Staff
for Children aged 6 weeks to 11 years old
subject to setting

Free grant places for 2, 3 and 4 year olds

Call 01454 615 577

www: brightsparkspreschool.me.uk or
email: brightsparks1234@hotmail.co.uk



News from St Mary's Primary by Year 6 Journalist team

World book day!

On Thursday the 3rd of March at St Mary's Catholic Primary school most of the children dressed up as their favourite book character. There was a competition between the whole school to decide who had the best costume, one winner was from KS 1; the other from KS 2. The winners were Elena from Reception and Luke from Year 6. In each of the classes there were fun age related quizzes about books, authors and book characters. The classes were split into groups of 3-5 children; they competed against every other group in the class it was a brilliant day for everyone!

St Mary's Choir Performance

On the 10th of March the St Mary's choir performed at St Bede's under the guidance of David Ogden. St Mary's were not the only school attending the evening performance; all the other Catholic Primary schools in St Bede's community were included, with approximately two hundred pupils on the day. We were really excited to be doing a solo performance of 'You've got a Friend in Me' and also performed a brilliant dance routine to go with it!

St. Mary's Cafod fundraising

For our annual CAFOD fundraising scheme, St. Mary's Catholic Primary school classes are all doing their bit by planning fun and inventive ways to raise money for CAFOD.

Y6 (St. Francis class) have thought of an extremely engaging way to raise money and it will surely entertain the parents in a hilarious way! They've planned an Iron Man Run, where they'll be running five laps of the field conquering this mind-blowing challenge with extra courses to add to the entertainment side of things!

The other classes have come up with some other creative ideas to raise money for CAFOD:

Reception has decided to have a toy sale selling old but still great fun to play with toys to the rest of the school.

Year 1 and year 2 are planning to do a spectacular performance of poems, songs and dances to entertain their parents and anyone else who would like to come. Year 3 are doing a sponsored water carry around the school field to feel how hard and exhausting it is for poor children in developing countries to collect water every day.



Year 4 are making tie die handkerchiefs to sell to their parents and the rest of the school.

Year 5 are doing a sponsored 'Sponge my teacher!' where they'll presumably be sponging their teacher!

We are sure that all these ideas will be a bucket-load of enjoyment and raise lots of money for this worthwhile cause!

Ten-Ten theatre production

In January Ten-Ten Theatre came into our school and performed three different productions, each spectacular in their own way. Ten-Ten stands for John chapter 10:10 in the Bible which says 'Live life to the full'. The three plays were for years 5-6, years 3-4 and key stage one.

St Mary's Netball Matches

So far this year the St. Mary's netball team have had countless victories, winning every single netball match we've played! We've so far played against the following schools:

Wheatfield Primary School

Meadowbrook Primary School

Holy Family Catholic Primary School

St. Paul's Catholic Primary School

Christ The King Primary School

There still will be more matches to come!



New Principal at Stoke Gifford School of Dance

Little Stoke Gifford Matters was delighted to hear from Eve Brewer, Principal at the Stoke Gifford School of Dance, which has been offering dance classes in Stoke Gifford since 1989. Eve herself has taught at the school for more than 10 years and is now very excited to have taken over ownership from the previous Principal at the start of the year.

The Stoke Gifford School of Dance offers classes in Ballet, Modern and Tap to dancers of all ages and abilities, from 3 years to advanced. Classes take place at the Trust Hall and Poplar Rooms in Stoke Gifford on a Monday, Tuesday and Wednesday afternoon from 4pm and also on Saturday mornings.

Every other year they put on a Christmas Show which incorporates all age groups and abilities and is always a lot of hard work, but great fun! Photos are from this year's show "Winter Wonderland".

If you are interested in finding out more, feel free to look at their new website

www.stokegifforddance.co.uk.

If you wish to contact Eve directly, please email her on stokegiffordschoolofdance@yahoo.co.uk.



Junior Pupils make a splash!

Clifton High School Junior pupils made an impact this Spring with their performance of the Craig Hawes musical 'Splash!'

A comic retelling of the story of Noah's Ark, the play was superbly performed by Year 4 pupils. They delighted the audience with their joyful singing, riveting storytelling and hilarious jokes. The pupils performed confidently and clearly, enjoyed every minute of their time in the limelight, and parents, grandparents, siblings and friends had a thoroughly enjoyable evening.

Pupils in the Junior School are encouraged to take part in the many music and drama activities. Musicals are performed twice yearly by Year 4 and Year 6 pupils respectively. Pupils across the Junior School take part in the Christmas play, with Year 5 pupils taking a lead. Junior pupils are also encouraged to take part in the School's annual production which has included popular plays and musicals such as 'Comedy of Errors', 'Annie' and 'The Sound of Music'. Performing at these events is one of the many ways in which pupils at Clifton High School are encouraged to feel part of the school community; it gives them a real sense of achievement and helps develop self-confidence.

Pupils receive weekly music lessons from the Junior School's specialist music teacher and are offered a range of one-to-one instrumental lessons from visiting music teachers, covering a wide range of instruments from drums to cello, and from violin to p.Bone. Music is integral to the life of the School, and pupils relish the opportunity to perform, whether it be singing or on a musical instrument, at the annual musical soir  e, our end of term concert, and at our end-of-year Rose Day celebrations and Christmas Carol Service at Bristol's two prominent cathedrals.



Computer Problems?
On-site or remote home and small business computer assistance

The Wicked Imp Company Ltd

Troubleshooting PC's, laptops and tablets including upgrades and repairs, virus/malware removal, wireless networking and internet security, data recovery and back-up, web design and hosting.

No call out fee plus free local collection and delivery service

07855 523014

brendon.wilson@wicked-imp.com www.wicked-imp.com

Function Room Hire
at North Bristol RFC

Christenings Birthdays Parties
Weddings Engagements
Family Parties Corporate Events

Function rooms with bars (very reasonable bar prices), 12 acres of grounds, ample parking, optional catering and competitive hire charges. 2 minutes from Bradley Stoke!

Call Debbie on 01454 612740 or 07887 763147 for details

LAC ACCOUNTING
CHARTERED MANAGEMENT ACCOUNTANTS

- Bookkeeping
- Accounting
- Payroll
- Fixed Rates
- First Meeting Free

Louise Coleman - 07977 599 670
louise@lacaccounting.co.uk www.lacaccounting.co.uk
Evening or weekend appointments also available

Bike Fix Bradley Stoke
Mobile bicycle repairs and servicing

**Affordable
Reliable
Convenient**

T: 01454 616212
M: 07963 933 317
E: bikefixbradleystoke@gmail.com


Clifton High School
co-educational nursery school to sixth form

Nursery School to Junior School Open Morning: Thursday 21st April 2016



realising individual brilliance

0117 933 9087 | www.cliftonhigh.bristol.sch.uk

PCF & F laws leathers **ins Dog walking and pet care**



Established in 2004
A Professional Dog Walking & Pet Sitting Business Offering Personal Care For Your Pets' Needs.

- Dog walking & visits • Pet sitting • In home boarding • Cat visits • Small animal, reptiles, fish & bird visits • Vet visits • Puppy socialising visits

Fully insured & council registered
Well established with excellent feedback & vet recommended.

email Michele@pcff.co.uk
0845 610 6411 / 0773 439 4181
www.pcff.co.uk also on Facebook

COMPANIONS HAVEN
— PET CREMATORIUM —



For when the time comes to say goodbye....

Companions Haven is a family run pet crematorium, specialising in individual cremation for over 20 years. Set in beautiful grounds between Bristol and Bath in the village of Pucklechurch.

200 Westerleigh Road
Pucklechurch Bristol BS16 9PY
Tel: 0117 937 4554
www.companionshaven.co.uk
info@companionshaven.co.uk

BUBBLES DOG WASH
Dog and Cat grooming spa.



- No Cages • Nail Clipping • Ear Cleaning
- Scissoring & Clipping • Hydro-Bath

Professional Affordable Luxury for your pet

Call 01454 856159
E: info@bubblesdogwash.com
www.bubblesdogwash.com
unit 2a, Mays Hill Industrial Estate, Frampton Cotterell.



Susan's Pet Care

www.susanspetcare.net
M: 07706036738
susan.slades@btinternet.com

Insured & Checked



Trained & Experienced Dog Walker
Pet Sitting in your own home inc. dogs, cats and small animals.
Pop-in visits
Dog and Cat grooming inc. clipping, hand stripping, wash and blow dry, ear cleaning, nail clipping and nail clipping by a trained groomer either in your own home or at grooming parlour.
Trained in Small animal and Dog First Aid

TREKKING TAILS dog walks



WE OFFER CAT VISITS



07917 731829
walkies@trekkingtails.co.uk
www.trekkingtails.co.uk



Bradley Stoke Matters was pleased to catch up with Claire White from Winterbourne Rabbits (and Guinea Pigs!) for this issue. We learned that rabbits are the UK's 3rd most popular pet and there are more than 60 breeds to choose from (who knew that!)

Claire and her team know all about rabbits, having over 30 years experience in caring for and working with rabbits and guinea pigs. She offers a 5* holiday boarding service for your pet bunny or guinea, which offers large, clean, airy and spacious facilities, giving you peace of mind to enjoy your time away.

Winterbourne Rabbits operates a non-profit rescue centre for re-homing rabbits and guinea pigs, working very closely with the local vets in connection with re-homing and health checks of the rescued pets. The centre is vet approved and holds a full South Gloucestershire County Council Rescue Licence which allows them to provide a re-homing facility for pets that can no longer be cared for by their owner (for a variety of reasons). Winterbourne Rabbits will not judge anyone who brings in a rabbit or a guinea pig for rehoming - being only concerned about your pets welfare. They will provide a happy caring home for your pet until a suitable loving new home can be found.

However, re-homing is an expensive process, including not just food and board but also vaccinations, neuturing (where necessary) and vets' bills. The rescue centre is operated on a very small budget, relying on donations to help contribute towards the expense.

There are plenty of rescues looking for loving homes, so if you are seeking a new pet rabbit or guinea pig, why not contact Claire - she may well have the perfect pet for you?

Winterbourne Rabbits will be at the Royal Bath & West Show on 3rd/4th June this year raising awareness of the Rabbit Rescue, along with some rabbits and guinea pigs looking for new loving homes!

Winterbourne Rabbits are dedicated to the welfare of rabbits and guinea pigs and are happy to provide advice and guidance where needed - there is a wealth of information under 'caring for your pet' on their website www.winterbournerrabbits.co.uk that you are welcome to browse and Claire would be pleased to hear from you if you require further information. Telephone 01454 774 965 or 0771 373 2210, you can also find them on facebook 'Winterbourne-Rabbits' and follow them on twitter /WbourneRabbits.

★★★★★ 5* Holiday Boarding

Winterbourne Rabbits
& Rabbit Rescue ☺





- Spacious in door hutches/outdoor runs
- All food/vegetables/hay/bedding included
- Grooming/nail clipping service available

01454 774 965 / 0771 373 2210
www.winterbournerrabbits.co.uk

Kemps Jewellers still going strong!

It was great to catch up with Michael Kemp in his family jewellers in neighbouring Westbury-on-Trym. Kemps has been trading for an amazing 134 years!

It is always lovely to visit an independent business that is thriving; a string of customers came into Kemps whilst I chatted with Michael – a couple looking for an anniversary present, a young bride to be, confirming the words to be engraved on her wedding rings and somebody collecting their repaired jewellery.

I asked Michael why he thought this family business continued to be so popular? He told me he felt their diversity of product was a big attraction. They chose not to stock brands but instead source their jewellery from a wide variety of suppliers to include small independents, as well as buying second-hand jewellery from the public. This enables their customers access to unique items that you would not find in the chain stores or online.

I viewed some beautiful period pieces including an Edwardian brooch with vibrant diamonds, with a total of 1.00cts, a 15ct bracelet set with Amethyst and green Garnet and classic Onyx black brooch set with diamonds.

As well as these traditional second-hand pieces, they have a wealth of classic modern items, something to suit all ages and tastes. He went on to say that their items are extremely competitively priced. There is something for every budget, from silver earrings at £10 to £15 to diamond jewellery of several thousand pounds. Michael told me if people have inherited collections of jewellery that are not necessarily to their personal taste, the jewellers will often take the items in exchange for another special item in their store.

It is clear the knowledgeable team of staff enjoy their work and are passionate about the jewellery and watches within the store. They are extremely approachable, on hand to assist customers with their every need.

Kemps, 9 Carlton Way, Westbury-on-Trym, Bristol, BS9 3DF. Tel: 0117 950 5090.
www.kempsjewellers.com



Kemps Jewellers

Est 1881

For A Professional, Quality and Friendly Service

- A large range of new and second hand diamond jewellery
- Gifts for all occasions
- Repairs & Bespoke jewellery service
- Competitively priced



Michael Kemp and dedicated team.



Celebrate Christmas

with an early bird discount at the
Holiday Inn Bristol City Centre

**Book by 31st July 2016 and receive a
10% discount off your party package**

To make a booking or to find out more information
please contact our events team on
0117 924 5000 or academy@hibristolcity.co.uk



Terms and conditions apply. Discount only applicable on party package. Drinks package not included in discount

Kemps Jewellers established 1881

Not your normal sleepy village jeweller ...

*Professional friendly advice • Beautiful gift ideas
Jewellery & Watch Repairs*

9 Carlton Court, Westbury-on-Trym

Tel 0117 950 5090

WWW.KEMPSJEWELLERS.COM



Local Salon Gains its Stars

Bradley Stoke Matters was pleased to hear from local salon Perfected which has recently received the prestigious 5* acclamation for both hair and beauty from the Good Salon Guide – despite only being open for seven months.

The salon, situated on the Gloucester Road North in Filton, underwent an intense three-hour assessment where it was judged on its facilities, products, staff qualifications, and its general look.

Owner of Perfected Angela Bagley, who has had many years experience working in the industry, said: *"Whenever I used to look for salons for hair cuts or beauty treatments, it would have to be five stars. It's such a prestigious thing to receive. A lot of hard work has been put in and we're very proud considering that we're only seven months old."*

Angela says that since opening the salon – alongside her daughters Emily Webster, an NVQ3 qualified beauty therapist, and Harriet Webster qualified make up artist – she has been heartened by the support she has received. *"It's been so lovely and satisfying answering the phone, and hearing that people have been recommended Perfected. We've also been approached by high end brands to stock their products, which has been a real privilege. It's good for the area to have a high end salon, that provides affordable luxury, as there's not been anything like this in the locality."*

The salon offers a range of hair and beauty services for both men and women, including cuts, colour, and styles for special occasions. Beauty therapies include massages, facials, face mapping, spray tans, waxing, shellac nails, manicures, pedicures and micro dermabrasion. Perfected have recently launched its latest facial brand Elemis – a British spa and skincare brand for men and women. Coming soon - Prom and Bridal packages and Children's Pamper Parties!

For more information about Perfected, visit: perfectedhairandbeauty.com or like them on facebook for the latest offers and updates (Perfected hair and beauty).



Local Resident Offers Counselling Help

Bradley Stoke Matters was pleased to chat this month with local resident Christine Brown who is now offering her services as a Counselling Therapist. Christine has a Degree in Social Psychology (B.A. Hons.) and a distinction in a further Degree in Counselling.

She has lived in Bradley Stoke for the last 10 years, before which she lived in London and Brighton as well as the Bahamas, Dubai and Australia. Originally with a career in Facilities Management, she has since attended courses in NLP (NeuroLinguistic Programming) and Reiki. With a strong interest in mental health issues, Christine has volunteered in a variety of charity work.

Christine now offers her counselling services at the Enso Healing Rooms on the Cheltenham Road. If you feel you need clarity in your thinking, strength to adjust to new situations or help with specific problems which have become unmanageable, then Christine may be able to help you. Being given time to be listened to, in a safe, non-judgemental, compassionate and confidential environment can enable key issues to be focused on and explored.

During times of stress or emotional upheaval it is easy for a person's confidence and self-determination to become blocked. Counselling may help release this and offers empowerment back to you.

Christine works in sessions of 50 minutes, (generally 6, sometimes more). If you feel you are ready to be heard and be listened to, please take the first step and call or email her for further information.



Enso Healing Rooms, 190 Cheltenham Road, Bristol BS6 5RB

• 07856 260267 • cb23.counselling@gmail.com

Perfected Hair & Beauty

"A perfect service at an affordable price"

At Perfected, we pride ourselves on offering our clients the best of what the industry has to offer at an affordable price.



**Now offering
Elemis skincare
and beauty products**

Find the latest offers and updates on
• Facebook - Perfected hair and beauty
• Twitter - Perfecteduk • Instagram - [perfectedhairandbeauty](https://www.instagram.com/perfectedhairandbeauty)

With ample parking available, Perfected is also easily accessible via the Wessex (3A, 3B, 3X) and First Buses (18/75/78/79/X7) bus routes.

Over 60s club:
Special offers for the Over 60s -
contact the salon for up to date details!



0117 969 4857
30 Gloucester Road North, Filton BS7 0SJ
www.perfectedhairandbeauty.com

Live life in
**FULL
BLOOM**♥

Be striking! My Cambridge Consultant helped me cultivate the figure that I wanted.

Your Cambridge Consultant will help you blossom, working with you to choose a weight loss plan that's just for you and supporting you all the way.



State of the art facilities for hire in the Bradley Stoke area Available for hire all year round



- Conference facilities and classrooms
- Specialist ICT and catering facilities

- Floodlit astro turf
- Floodlit hard courts

- Sports hall
- Dance and drama studios

For further information please contact the lettings team on 01454 868 840
or email lettings@bradleystokecs.org.uk



01454 868 840

www.bradleystokecs.org.uk

Fiddlers, Wood Lane, Bradley Stoke, South Gloucestershire, BS32 9BS

State of the art facilities for hire in the Stoke Gifford area



- Conference facilities and specialist classrooms
- Floodlit all weather pitch for hockey and football

- Floodlit multi use games area for netball, tennis and basketball
- Sports Hall

- Sprung floor dance studio
- Drama Studio

Please call 0117 307 5663 or email lettings@abbeywoodschool.com



0117 307 5660

www.abbeywoodschool.com

New Road, Stoke Gifford, South Gloucestershire, BS34 8SF

Inheritance and the Changing Family

Shelley Faulkner of AMD Solicitors considers the impact of the changing family on succession planning

While many of the families who seek our advice on planning for inheritance remain a traditional structure, there are increasing numbers of more complicated families. There are often challenging issues to resolve when advising on succession planning for modern-day families.

Second Families

As the number of second and third marriages increase, the concern for many who have children from a first marriage, will be how to meet the needs of their current spouse, while ensuring that their children are not denied their inheritance. One option is to create a Will under which the surviving spouse is given a life interest in the estate, on the basis that the assets will eventually pass on to the children of the first marriage, on that spouse's death. An alternative is to trust the surviving spouse to do the 'right thing', which might perhaps be to leave their estate divided between the children of each side of the family.

What happens if the surviving spouse sets up a new Will leaving their estate entirely to their own children, leaving out the children of their former spouse? These children may be effectively disinherited, since some will be unable to make a claim against the estate.

The Inheritance (Provision for Family and Dependents) Act 1975 sets out the categories of those who are permitted to make a claim against an estate, where they feel that the Will has not made reasonable provision for them. One category is children of the deceased, and another is those who have been 'treated as' a child of the marriage. Whether an adult child can make a claim for a share of their step-parent's estate will depend upon their age at the time of the second marriage. If the relationship began after that child had left home, it will not be possible for a claim to be made. The child is therefore effectively denied their inheritance.

It is key that the possibility of such an eventuality is considered, and that the terms of the Will are drafted to prevent this outcome.

Unmarried Families

The Intestacy Rules (which determine how an estate passes where no Will is left) have not kept pace with the changing structure of society. The Intestacy Rules do not provide for any automatic inheritance by unmarried partners, however long the couple have lived together. A claim against the estate can be made by the surviving partner, but only if they have been living with the deceased throughout the two years to the date of death, or were receiving financial support from them. It is clearly vital that unmarried partners have created a valid Will providing for the surviving partner, and that the terms of the Will are kept up to date in light of any change in circumstances.

For advice on Wills, Trusts, Lasting Powers of Attorney and the administration of deceased estates contact Shelley Faulkner, and the other members of the private client team at AMD Solicitors, on info@amdsolicitors.com or call 0117 962 1205.

For advice on claims under the Inheritance Act contact Alison Dukes on alisondukes@amdsolicitors.com or call 0117 962 1205.

You can also call into one of our four Bristol offices:

100 Henleaze Road, Henleaze BS9 4JZ

15 The Mall, Clifton BS8 4DS

139A Whiteladies Road, Clifton BS8 2PL

2 Station Road, Shirehampton BS11 9TT



Advice Making a Difference



Telephone us on (0117) 962 1205 or visit our website www.amdsolicitors.com



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

It was a shame the sun didn't put in an appearance but it was lovely to pop into some of the local schools on Friday 18th March to see what the children were doing to celebrate Sports Relief.

We were invited to Baileys Court Primary School where pupils were inspired to partake in a sponsored school marathon following a special assembly about how Sharon Hicks (photo inset), who works at the school, will be running the London Marathon this April.

Sharon told us "I'm 46 and mum to two children and have been a Lunchtime Supervisor at Baileys Court for over 6 years. I took up running again three years ago after a long break following a house move, new job and children. I was unsuccessful in my initial application to run the London Marathon, but I was contacted by MS-UK who asked if I would run for them. As my husband's brother has MS I have seen the effect this disease has on a person and I was aware of the services that MS-UK offer and the difference that they make to both sufferers and their families. I will be delighted to run 26.2 miles for them in just a few weeks' time!

The children and Sharon will be running laps around the school and the playing field in an attempt to cumulatively run a marathon distance (or more!) Sharon has pledged to raise £2000 for her chosen charity MS-UK and the children have risen to the challenge by raising an astounding £5000+ in sponsorship which will be split between MS-UK and Sport Relief. Throughout the day each year group will take in turns to run their laps!

Good luck to you Sharon in London!



Wheatfield Primary School invited us to their school assembly to hear about this year's Sport Relief and to witness their whole school Wake & Shake in the playground.

We also popped back later for the cake sale - (after all it's for a great cause!)

We were pleased to bump into Bradley Bull (right), our sponsored mascot for the Bradley Stoke Youth Rugby at St Mary's Old Boys RFC, who was also out and about celebrating Sport Relief!



Ofsted at Holy Trinity Primary School

by Head Teacher Jane Johns

We were pleased to have an Ofsted inspection recently. I say pleased because we have been working very hard and it's great to have the validation of all of the efforts of every single staff member, Governors, pupils and parents recognised.

The inspection schedule and framework changed in September 2015 and so we were subject to a short inspection to check that the school is still judged to be 'GOOD'. The inspection was carried out by an HMI and despite a duration of a day it was a very rigorous process. Given that schools only get one day's notice of an inspection there is little that can be done in 24 hours to enhance the position of the school, so it is felt that this provides a much better and fairer picture of the school. The views of all stakeholders were sought, either by face to face meetings or through questionnaires and responses on the school Parent View site. Naturally there was a great focus on the children – either through talking to them, reading with them and viewing them in lessons. The standards of teaching and learning are at the heart of the process and took up the most amount of time. Pleasingly the inspector commented **"Leaders have developed a curriculum that excites, inspires and challenges pupils. As a consequence, pupils enjoy their learning and achieve well."**

It was very encouraging to have a recognition in the report of the impact that staff have on the pupils:

"You have a strong and committed teaching team which is ably assisted by highly motivated and skilled support staff. All staff share a determination to ensure that pupils do as well as they can, irrespective of their backgrounds or disabilities. Pupils explained how they appreciate the care, guidance and support provided by staff who are determined to provide them with the skills they need for their future as learners."

Our last inspection in 2011 highlighted some areas to improve on and the inspector is required to report on how well the school has tackled



these areas. Fortunately the work of the school to improve on problem solving in maths and in the quality of children's writing has resulted in great improvements in both areas.

It was very pleasing to read the comments that pupils had shared with the inspector regarding how they feel at school, and we're especially proud that high standards have not been compromised and can sit hand in hand with the excellent quality of care for the pupils that we feel marks our school out as a special place to learn.

"Pupils explain that their school is a very happy place to be where they feel safe and secure. They describe the strong relationships they have with adults and know that they can ask any adult for help. They are eager learners who listen attentively and contribute confidently in lessons. They are not fearful of 'having a go' or making mistakes. Pupils work hard, take pride in their work and enjoy the challenges set by their teachers."

At the end of a very long day a panel of senior staff, Governors and a representative from the Diocese of Bristol received the feedback that the school was still 'GOOD'. The report letter is shorter than previous inspection reports but we are proud of the glowing terms which are used to describe the school and have confidence that the school continues to grow and thrive in our community.



Community Noticeboard

to promote your event for
FREE contact
Jaci@mattersmagazines.co.uk

April Events at Bradley Stoke Library

Chatterbooks: A group for young people in Years 5 and 6 meeting on Saturday 23rd April at 14:30pm – 15:30pm. Please speak to a member of staff if you would like to join!

BIGGERbooks: A group for young people in school years 7 and 8 on meeting on Friday 22nd April at 6:00pm – 7:00pm. Please speak to a member of staff if you would like to join!

Creepy Crawlies Crafts Monday 4th April 10:30am-12pm for children aged 4-10 years, an adult will need to remain with the children to supervise them.

Volunteer drop in session Thursday 7th April 2:30pm-4:30pm for any enquiries about volunteering.

PUBLIC CONSULTATION

Wednesday 13th April 2016

St Michael's Church
The Old School Rooms
Stoke Gifford

2-8 pm 'drop in' event

We welcome you to come and view
proposals for a new residential
development situated off Old Gloucester
Road, Bristol

The scheme forms a small part of the East
of Harry Stoke New Neighbourhood

We look forward to seeing you

Email: info@corylus-ltd.co.uk
01285 721072

Events at the St Michael's Church & Community Centre, Stoke Gifford:

Friday 22nd April 7.30pm

Up and coming local folk band "Road Not Taken" are holding the launch event for their debut EP "Back into Storyland" at St Michael's!


Tickets are £8 in advance or £10 on the door, with concessions priced at £6 in advance and £7 on the door.

Available from www.fancourtmusic.co.uk/
roadnottaken or from the Church office

Tuesday 24th May 7pm

We welcome back the fabulous Watoto Children's Choir with their latest production "Oh, What Love".

This is a not-to-be missed opportunity, to see and hear this amazing choir, so put the date in your diary now. Tickets will be available via the Church Office www.stmichaelsbristol.org



South West Winterguard Academy presents

South Gloucestershire Community Showcase

Saturday 9th April 2016

Thornbury Leisure Centre BS35 3JB
Doors open to the public at 1pm

A display of local community dance, sports and arts groups of all ages and abilities

Admission £3 Adults, £1.50 under 16's/OAP's and under 3's Free

For further details contact Ken Burrows on 0775 2472314 or visit South West Winterguard Academy Facebook Page for a free child's entry. Terms and conditions apply

facebook

BRISTOL TOWN COUNCIL

South Gloucestershire Council

BSR FM103.4

BOOKING OFFICE: (01454) 633786 / 632813
villageplayerspinning@gmail.com

The Village Players
present

AGATHA CRUSTY AND THE VILLAGE HALL MURDERS

a murderous comedy by Derek Webb

Pilning Village Hall (BS35 4JB)

7:30 p.m. £6.00 / £4.00

Wednesday 11th to Saturday 14th May 2016

1 seat in 10 free TICKETS ALSO AVAILABLE AT THE DOOR

an amateur production in association with New Theatre Publications

Agatha Crusty (pronounced Croosty) is a crime novelist. She's also pretty adept at solving crimes. And when her sister-in-law, Alice, invites her to spend a few days with her in the village of Chortelby, it's not long before she gets caught up in a series of murders which seem directed at members of the All Saints Village Hall committee.

From Toby, the Vicar, and Eleanor, Chair of the committee, to Harry Knott, the caretaker, and identical twins Olivia and Oliver Truscott-Pratt, there are plenty of suspects. And, with an investigating officer as incompetent as D.I. Twigg, there are plenty of laughs as the murders begin to pile up.

But, while packed full of wit and very funny scenes, this is also a genuine murder mystery with an ingenious plot which will tax the little grey cells of the audience at the same time!

TAEKWONDO

@ BRADLEY STOKE LEISURE CENTRE

Self Defence, Fitness & FUN!

Classes for Adults
& Children aged 6+

Come & join the BIGGEST
TaeKwon-Do Association in the UK!
The TaeKwon-Do Association of Great Britain

**FREE MONTH TRYOUT
NO CONTRACT**



WWW.TKDBRISTOL.COM
0117 339 0069

Bristol North & South TaeKwon-Do Est. 1989



SPRING FUN DAY

FREE

THURSDAY 7 APRIL
11am to 3pm

Comedy walkabouts from Greenfinger Folk
Make & take craft workshop

Slit walking butterfly & catcher

WillowBrookCentre
The Shopping and Town Centre of Bradley Stoke

willowbrookcentre.co.uk

Almondsbury Charity (REG CHARITY No 202263)

The Annual Meeting of Almondsbury Charity will be held on **Wednesday April 27th at 7.30 p.m. at Holy Trinity Church, Broad Croft, Bradley Stoke BS32 0BD**

Following the Chairman's report and review of the last year there will be the opportunity for questions. The meeting will complete with a demonstration by Creation Twirlers following which light refreshments will be served. All members of the public are invited to attend. Full details of the Charity can be found on the website: www.almondsburycharity.org.uk

Opening Times at Bradley Stoke Library

Monday: 10:30am – 18:00pm
Tuesday: 10:30am – 20:00pm
Wednesday: closed
Thursday: 10:30am – 18:00pm
Friday: 10:30am – 20:00pm
Saturday: 09:30am – 17:00pm
Sunday: 11:00am – 15:00pm

email: jaci@mattersmagazines.co.uk to list your event for FREE

Check out www.bradleystokematters.co.uk for MORE community events!

ASSOCIATED WINDOWS

STREETS AHEAD OF THE REST

Which?
Trusted trader



For more information on any of the above products or to request a brochure call us on:
01179 311 777 or email: sales@associatedwindows.co.uk

Local heating firm celebrates 30 years by pledging support to The Grand Appeal

Gregor Heating has been installing boilers for local homeowners since 1986 and is now one of the largest independent heating and plumbing firms with a BS postcode, employing over 100 people with a £10 million turnover.

To celebrate the significant milestone in their business journey, they have selected The Grand Appeal, the Bristol Children's Hospital Charity, as its charity of the year for 2016 and has set a target of raising £10,000 over the next 12 months. The Grand Appeal supports sick children and babies at Bristol Children's Hospital and the Special Care Baby Unit at St Michael's Hospital by providing life-saving medical equipment, patient activities, arts, music and play therapy, and family accommodation.

In addition to hosting a number of fundraising activities throughout the year, Gregor Heating has also pledged to donate £1 for every domestic boiler service and £5 for every domestic boiler installation they complete throughout 2016.

Founder and managing director, Steve Gregor (photo), said;

"It's been an incredible 30 years and we felt that giving something back to the community was an excellent way to show our gratitude to everyone who's helped us along the way. We are really proud of our track record, with staff retention rate at 90% and three of the original members of the team still working at Gregor, our friendly, quality service is what stands the business in good stead today. We have always been supportive of the local community but this year wanted to do something a bit more special for a well-known charity that has supported people that we know."

Helen Haskell, corporate partnerships manager at The Grand Appeal, said, *"It's fantastic to have the support of such a well-established Bristol-based business for 2016. This year we are focusing on raising funds to help increase the family accommodation that The Grand Appeal provides, which is a lifeline for the families of seriously ill children and babies undergoing treatment at Bristol Children's Hospital and St Michael's Hospital. Every penny that Gregor Heating raises throughout the year will go towards helping even more families to stay together during what is often a very difficult time."*

As part of the celebrations, Wallace and Gromit themselves will be appearing at the Gregor Heating Big Bank Holiday Family Fun Day at Bath Racecourse on the first May Bank Holiday. Race goers will also be able to take part in a Gromit Model-Making Workshop. The family fun day is open to all and tickets can be bought online from the Bath Racecourse website.



For choice, control and total peace of mind, speak to your local expert about safeguarding your possessions and all the valuable things that you spend your life working hard for.

Appointments at a time and place to suit you, with

Jane Holzgrawe

01454 775 067

info@janeholzgrawewills.co.uk www.janeholzgrawewills.co.uk

JANE HOLZGRAWE
WILLS





Local Clubs and Groups in and around Bradley Stoke, Little Stoke and Stoke Gifford

BABY AND TODDLER GROUPS

Bouncing Babies - Tuesdays 1-3pm at Jubilee Centre for babies under 1. Cheryl Godsell 01454 868570 CGdssl@aol.com

Trinity Tots - Monday's 9:30 - 11:30 during term time. Contact Holy Trinity Church Office on 01454 620975

First Steps Toddler Group - Mondays and Thursdays 10-11.30am term time Christ the King Church, Bradley Stoke tel : 07590 369 935

Little Hedgehogs (0-5's) - Friday mornings 10am-12noon, Edge Church International 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990.

Pre-School Rhyme time and Story time Bradley Stoke Library Mondays 10:30-11am and Thursdays 11-11.30am 01454 868006 bradleystoke.library@southglos.gov.uk

Puddle Ducks - Mondays 10am to 12 noon during term time Brook Way Activity Centre. puddleduckstoddlers@hotmail.co.uk

North Bristol Twins Group - Fridays 10-12am Evangelical Church in Bradley Stoke, northbristoltwinsgroup@googlemail.com

Tuesday Tots 10-1130am with safe outdoor play area at Little Stoke Baptist Church. All welcome. Contact Barbi Britton 0117 9695249

LOCAL CLUBS AND ORGANISATIONS

Afternoon Social Club 55+, every Wednesday from 2pm – 3pm at the Jubilee Centre, Bradley Stoke.

Bradley Stoke Book Club 'Bookaholics' meet at Starbucks, Aztec West on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 geoffrey.stobbart@bopenworld.com

Bradley Stoke Community Singers - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all info@bscsingers.co.uk or call 07743 333837 / 07599 252176

Bradley Stoke Lions meet at the Hilton Hotel on 2nd Wed of each month at 7.30pm. Ailsa Young, 07737 106836 ambyoung29@yahoo.com

Bradley Stoke Radio - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 bradleystokeradio.org.uk

Bradley Stoke Sew and So's - Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, Bradleystokesewandsos.weebly.com

Bradley Stoke Small Business Forum - meets 2nd Monday of the **Gifted drama group** Saturday 10-11.30am. Term time at Holy Trinity church. Ages 8-12 years. Contact Hayley Thomas via church office 01454 620975

Girl Guides, Brownies & Rainbows - admingirlguidingbsg.org.uk, girlguidingbsg.org.uk

Goldies - a light hearted weekly fun sing along session for those who enjoy the songs from the 50s, 60s and 70s. We're not a choir but a group of local people who enjoy getting together and having fun. We meet every Tuesday 2-3pm The Old School Rooms, Stoke Gifford. £2 per session. All welcome.

Little Stoke Ladies Club - meets the 1st & 3rd Tuesdays 7.30pm at the Community Hall, Little Stoke Lane. Julie 0117 931 5007

Plug In - weekly 7.30-9.30 at Coniston Community Centre, Coniston Road, Patchway. Free, live music entertainment where people can relax, chill out, drink coffee, listen to music, chat and meet other folk their own age. Building Community for 18-30's.

1st Bradley Stoke Scouts - Beavers, Cubs, Scouts & Explorers meet at Brook Way Activity Centre. If interested please have a look at our website which has details of days and times and contact Clive Mason, Group Scout Leader. gsl@bradley-stoke-scouts.org.uk. www.bradley-stoke-scouts.org.uk

1st Little Stoke Scouts - contact tony Edmonds, Group Scout Leader 01454 772005 email: tonedmonds108@yahoo.com

Stokes Art Group - Tuesday evening and Thursday morning at Christ the King. Everyone welcome. www.stokesartists.co.uk

Stokes Crafters - every Thursday evening between 8pm to 10pm at the Poplar Rooms, North Road, Stoke Gifford BS34 8PE with a small charge of just £3.00

Stokes Singers - Thursdays in term time at Coniston Community Centre, Coniston Road, Patchway 7.30-9.30pm. We are a mixed choir and do not hold auditions. Contact Liz Gazzard on 01454 614148 for further details.

Thursday Ladies Group meets 3rd Thursday of month at 2pm. Community Hall, Little Stoke Lane contact Julie 0117 931 5007

Willowbrook Townswomen's Guild - Jubilee Centre – 7:30 – 9:30 the 2nd Tuesday of every month. Janine Smith 01454-617645

Women's Institute (WI) - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact Barbara - 0117 9470340.

Women's Institute (WI) - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30pm at Trust Hall, North Road, Stoke Gifford, Bristol BS34 8PF contact Sue Grimsted 01454 613016.

Woodcraft Folk - children's 6+ activity group Wednesdays 6-7pm Jenny on 0117 9093969

SPORTS CLUBS

Aretians Rugby Club for Cubs, Juniors and Seniors Station Road, Little Stoke www.pitchero.com/clubs/aretiansrfc

Black and Blues Netball - Non-League Social Netball Wednesdays 7.30-9pm BSCS, Laura Blumire – 01454 851075

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.bradleystokebc.com. Val Nicholls 0117 9311203

Bradley Stoke Cricket Club - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at http://bradleystokecc.co.uk

Bradley Stoke Jiu Jitsu Club - Chris Harris, maru.jiujitsu@gmail.com We train at Bradley Stoke Leisure Centre Tues & Fri evenings, classes for children and adults

Bradley Stoke Junior Netball Club - The Jubilee Centre Every Wednesday 5.30-7.00pm. Siân Briddon on 07920 745965 (after 6pm) or email bsncjuniors@yahoo.co.uk

Bradley Stoke Judo - Various days and times, Bradley Stoke Leisure Centre, www.bradleystokejudoclub.com

Bradley Stoke Town Football Club - Adult training Tuesdays at Bradley Stoke Community School, For more info see website at bstfc.co.uk

Bradley Stoke United Football Club - Football from U7's to U16's Various contacts, dependent on age, see website bsufc.co.uk

Bradley Stoke Youth FC (BSYFC) – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site www.bsyfc.co.uk or contact mlee1@bopenworld.com

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet across the Five Stokes area, along with Church and School information. If we have got your details wrong, or missed out your club completely, please let us know **community@mattersmagazines.co.uk** and we will do my best to put it right for you!

Bradley Stoke Youth Rugby at St Marys Old Boys Rugby Club for Minis, Juniors and Seniors - Trench Lane, Almondsbury website: www.smobrugby.com, 01454 250489 email: clubhouse@smobrugby.co.uk

Bristol Extreme Allstar Cheerleaders - Wednesdays 7-9pm Little Stoke Primary School, bristolextreme@gmail.com

Little Stoke Park Run - Every Saturday at 9am, a 5k run in the park, littlestokehelpers@parkrun.com

North Bristol Rugby Club, Rugby teams from 4+ www.pitchero.com/clubs/northbristoljuniorsrfc/ .

North Bristol Running Group friendly group of recreational runners, 3 evenings per week, Tuesday, Wednesday and Thursday, in the Bradley Stoke area. Tuesday evening is aimed at Beginners whilst all levels are welcome on any of the evenings. For further information please see our Face Book page or text Alan Wilcox on 0789 0182387.

Sevenside Ramblers - www.sevenside-ramblers.org.uk All walks meet at Aldi car park, Bradley Stoke

Sole Sisters - ladies only running group, meets Monday evenings in various locations Bradley Stoke & North Bristol, www.solesistersrfc.co.uk

Stokes Cycling Club - Cycling club in and around Bradley Stoke area as well as long distance rides, for adults and families - www.stokescyclingclub.org.uk stokescyclingclub@googlemail.com

Stoke Gifford Cricket Club – We 2 Saturday league teams, occasional Sunday friendlies and club days. All ages and abilities welcome at a real community club. Winter nets start spring 2016. Contact Mark Stephens on 07816962503.

Stoke Gifford Short Mat Bowls Club -Tuesday mornings and Friday afternoons. For more information please contact George Lord on 0117 3523 or email beryl.smith@talktalk.net

Stoke Gifford Tennis Club - Tennis for Adults, Teenagers and Juniors all year round! Club night is on Monday's from 19:30. For further information about membership and coaching visit our website http://www.stokegiffordtennisclub.co.uk

Stoke Lane Athletic Football Club -- FA Charter Standard Community Club, u6 to u16 ; U18 Colts and two senior men's teams; FA accredited coaches; contact via www.stokelane.co.uk or email Club Sect 'steve' pspayne@blueyonder.co.uk or Club Mobile 07972 039413

Stoke Striders Running Club - A free recreational running group, Mondays 6-7pm Little Stoke Park, https://www.facebook.com/stokesstriders

TAGB Tae Kwon Do - Thursdays and Sundays Bradley Stoke Leisure Centre, Russ Martin Russ@Tkdbristol.com 07778 421875 www.tkdbristol.com

CHURCH CONTACTS AND COFFEE MORNINGS

Bradley Stoke Evangelical Church Baileys Court Road 0117 9314716 www.bscc.org.uk

Bridge Community Church Bradley Stoke Community School 0117 2303330. Community Coffee Morning Brook Way Activity Centre Thursdays 10-12 www.bridgecommunitychurch.org

Christ the King Church Mautravores Close, Bradley Stoke 0117 931 2304. Coffee mornings with bacon butties Fridays at 9-11am. www.ctkchurch.org.uk

Edge Church International. 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. www.edgechurch.co.uk

Holy Family Catholic Church Southsea Road, Patchway 0117 9081247 www.holyfamilyrcchurchpatchway.co.uk

Holy Trinity Church Broadcroft, Bradley Stoke 01454 620975 www.htcbradleystoke.co.uk

Little Stoke Baptist Church, Kingsway, 0117 969 6060. Coffee & Cakes Thursday mornings 10-12pm All Welcome.

St.Michaels Church, The Green, Stoke Gifford 0117 9692486 welcome@stmichaelsbristol.org. Coffee shop open Mon to Fri 9.30 until 4pm, and Saturdays 10-12.

Trinity Network -www.trinitynetwork.org
Amberley Road Baptist Church, Patchway, 01454 610808
Stoke Gifford Baptist Church 1, Rock Lane, 01454 610808

PRIMARY SCHOOLS

Baileys Court Primary School, Head Teacher: Andrew Lynham, Breaches Gate BStoke, 01454 866666

Bradley Stoke Community School Primary Phase, Head Teacher Sharon Clarke Fiddlers Wood Lane BStoke BS32 9BS 01454 868840

Bowlsland Green Primary School, Head Teacher: Faye Kitchen, Ellicks Close BStoke, 01454 866766, bowlslandgreen.org.uk

Holy Family R.C. Primary School, Head Teacher: Dawn Breeze, Amberley Road Patchway, 01454 866786

Holy Trinity Primary School, Headteacher: Jane Johns, Broad Croft BStoke, 01454 866735, holytrinity-pri-s.gloucs.sch.uk

Little Stoke Primary School, Headteacher: Scott Howes, Little Stoke, 01454 866522, http://www.littlestokeps.co.uk

Meadowbrook Primary School, Headteacher: Jon Barr, Three Brooks Lane BStoke BS32 8TA, 01454 868630, meadowbrookprimary.co.uk

Stoke Lodge Primary School, Headteacher: Richard Clark, School Close Bourton Avenue, stoke lodge, 01454 866772

St Chad's Patchway C of E Primary School, Head Teacher Darren Brown, Cranham Drive, Stoke Lodge, 01454 866523

St. Marys R.C. Primary School, Head Teacher: Paula Marsh, Webbs Wood Lane BStoke, 01454 866390,

St Michael's Primary School, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. www.stmichaelssg.co.uk

Wheatfield Primary School, Headteacher: Christine Dursley, Wheatfield Drive BStoke, 01454 868610

SECONDARY SCHOOLS

Abbeywood Community School, Exec Head: Dave Baker, Assoc Head: Dave Howe, New Road Stoke Gifford BS34 8QT, 0117 307 5660, abbeywoodschool.com

Bradley Stoke Community School, Exec Head: Mr Dave Baker, Assoc Head: Steve Muir Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, bradleystokecs.org.uk

Patchway Community College, Headteacher: Mr Roger Gilbert, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com

Useful Trades and Services for the Home

amb
Property services

Andy Bartlett

- Interior & exterior decorating
- Wall & floor tiling
- Plastering
- Kitchen installation

Tel: 07779 321228
ambservices@hotmail.co.uk

Oven Wizards
We clean your oven... so you don't have to!

Call today to have your oven, hob, extractor or Aga professionally cleaned

Clive Perrett
01179 612 453 / 07800 529450
www.ovenwizards.com

K.J. BARTON
PLUMBING & HEATING SERVICES

24 HR EMERGENCY SERVICE

MOBILE 07831 471000
01454 616972

• BATHROOMS • KITCHENS
• HEATING • DRAINS
• BURSTS

NO VAT

**FREE ESTIMATES
GUARANTEED WORK
BASED IN BRADLEY STOKE**

Emergency number: 07798 905 337
Keep it in your mobile

Lock Stuck and Barrels
The complete door and window service

**Locked out?
Need to replace or
change your locks?**

- Swift LOW cost emergency service to all home/commercial lock outs.
- Non destructive methods gaining entry quickly and efficiently from the initial call.
- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.

ALSO: LOW cost Repair / replacement of UPVC / ALUMINIUM WINDOW and DOOR: LOCKS, HINGES, HANDLES AND MISTED UP / BROKEN DOWN DOUBLE GLAZED UNITS.

Full explanation and costs given before any works carried out. All work fully guaranteed. No call out fee

Call Dave on 07798 905 337

www.thebristollocksmith.co.uk
Based in Frampton Cotterell

J G Carpentry
Property Maintenance & General Building

- Extensions
- Staircases
- Flooring
- Skirting Boards
- Internal/External Doors
- Kitchens
- Bathrooms
- Paving
- Decking/Fencing
- Fascias/Guttering

For a free no obligation quote contact Jim on:
01454 851032 or 07738934875
www.jgcarpentry.com

BS
Bradley Stoke Electrical LTD

- Fuseboards
- Mains powered smoke alarms
- Re-wires
- Extra sockets/lights
- PAT Testing
- Extensions & alterations
- Fault finding/repairs
- Appliances
- Loft conversions
- External installations
- New build/off plan
- and much more!

FREE QUOTE
07443 476 097
bradleystokeelectrical@gmail.com
bradleystokeelectrical.co.uk

Useful Trades and Services for the Home

B^{D.R.} BOND
Plumbing & Heating

Bathroom Specialists
From fixing taps & Showers to Full Bathroom Installations
New Central Heating Systems
Boiler Replacements
Plumbing Maintenance

Special Offer: Complete bathroom suite supplied & fitted + up to 9m of free tiling for £1099 + vat. T's & C's apply

Tel: 01454 852 189 or 07528 105 781

ALEXANDRA CORK
HOME DESIGNS
Architectural plans drawn for your home

QUICK ACCURATE - AFFORDABLE SERVICE
FREE CONSULTATION DESIGN & ADVICE
SURVEYS AND PLANS DRAWN
PLANNING PERMISSION SOUGHT

07867 592195 • info@alexandracork.co.uk
www.alexandracork.co.uk

DOT-COM
BUILDING & MAINTENANCE LTD

All types of building work undertaken

- Extensions • Landscaping • Plumbing & Heating • Loft Conversions • UPVC Windows • Electrical Work • New Build • Demolition • Carpentry
- Conservatories • Tiling • Painting & Decorating • Groundworks • Kitchens • Plastering

ALL THE TRADES UNDER ONE ROOF

Derek Prince
07976 725424 / 0117 940 9027
dotcombuiders@MSN.com

BRISTOL SUNROOMS
Design & Build

Is your conservatory too cold in winter and too hot in summer?
Have you thought about turning it into a sunroom and creating a space you can use all year round?

From this ...

... to this!

Need extra living space?
Have you thought about converting your garage to create a study / playroom / family room?

10% OFF your BRISTOL SUNROOMS
OFFER ENDS MAY 2016

Please contact **01454 851510 / 07951 786548** to discuss how Bristol Sunrooms can help!
www.bristolsunrooms.com

Useful Trades and Services for the Home

AutumnBrooke Garage Ltd

01454 777 510

for MOTs, Servicing & Repairs



Now open Saturdays
9am to 1pm for MOTs



MD Aerials

Call Michael Dagger



Freeview – Freesat – Sky – DAB Aerials

Wall mounting LCD or Plasma
televisions – setting up & tuning



mike@mdaerials.co.uk
www.mdaerials.co.uk

T: 01454 418 341 - M: 07817 304 236

BonneFreshClean
Carpet & Upholstery Cleaning Specialists



Professional carpet, upholstery
and leather cleaning carried out
with care by an all-female team

For a free no obligation quotation call Karen on
01454 436001 or 07774 908410

www.bonnefreshclean.co.uk

44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ

Garage Doors

Installation | Maintenance | Repairs

Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors



VARIETY OF STYLES
TO SUIT YOUR REQUIREMENTS

Call Brunel doors
for your free no
obligation quotation

BRUNEL DOORS

01454 882212

Visit our website: www.bruneldoors.co.uk

Electrical Showers and Mixer Showers

- Aquasafe can repair or replace any make of shower
- All things electrical from re-wiring to extra sockets
- No job too small, call

0117 956 6694 ask for Sophie
07889 407888

Out of office hours ask for Neil



Useful Trades and Services for the Home

db Electrical
Services

Need an electrician? Any size electrical job
from extra sockets to complete rewires.

25 years experience • Fully qualified and insured
• Quality, safe service at affordable prices

Call us now for a free quote:
01454 615009 / 07718 395320
www.davebettselectrical.co.uk



TECHNISYS 0117 9075709
Security Ltd 07938 861504
info@technisys.co.uk

www.technisys.co.uk

Alarm Systems
CCTV
Access Control
Intercoms



DOMESTIC & COMMERCIAL
SECURITY SYSTEMS
WIRED & WIRELESS
SYSTEMS
INSTALLATION & SERVICING
UPGRADES & REPAIRS
MONITORING
FREE QUOTATIONS
BASED IN STOKE GIFFORD

Thornbury
Stairlifts
SALES SERVICING & REPAIRS



- New & Re-conditioned Stairlifts & Warranty
 - Removals & Relocations
 - Free Surveys & Quotes – No Obligation
 - Rentals for Straight Stairs
- Independent, Professional & Friendly Advice
Over 24 years practical experience



Independent Stairlift Specialist

01454 413 748 • 07833 318 722

www.thornburystairlifts.co.uk

1st AZTEC Ltd

UPVC WINDOWS, DOORS &
CONSERVATORIES

We supply and fit UPVC Sash Windows
that can give the appearance of traditional
wooden frames, in a range of colours.
UPVC Sash Windows require no maintenance
and ensure your period property is
draft proof, cutting your heating bills.



Contact us for further information

Tel: 0117 939 0841

E-mail: info@1staztec.com

Website: www.1staztec.com

RJM Design and Build
Carpentry Ltd

- Extensions • Conversions • Kitchens
- Refurbishments • New Builds
- Plans to Completion

Contact Rich Manning

0796 629 5055

www.rjmdesignandbuild.co.uk



Ashford
BUILDING CONTRACTORS

Design & Build - Extensions
Renovations - Kitchens
Plastering - Roofing

Call for a free no obligation quote

01454 610256 / 07974 199 680

AshfordBuilding@aol.com

www.AshfordBuilding.com



24 HOUR LOCKSMITHS & DOUBLE GLAZING REPAIRS

Dale Clements

24hour Locksmith Service (all types of doors)

Locks, Handles and Hinges Repaired

Misted and Broken Glass Replaced

Realign Dropped Doors and Windows

01454 740446

Mobile: 07970 019830



www.daleclements.co.uk

R H PLUMBING & HEATING HEATING & BATHROOM SPECIALIST

• Central Heating

• Gas Work

• Complete Bathroom Refurbishments



Reg No 213960

RICK HARDING

PHONE: 01454 618009

MOBILE: 07711 225095

E-MAIL: alric.harding@hotmail.co.uk

www.rhplumbingandheating.co.uk



Established Family Firm with 25 years experience

❖ Senior Citizens Special Rates

❖ Garden Clearance - Regular or One Off

❖ Patios ❖ Fencing ❖ Tree Work ❖ Turfing

❖ Hedgecutting Planting (Shrubs etc)

❖ Organic Manure Delivered - Also applied

❖ Professional and Guaranteed Work

❖ Brick & Blocklaying

Call Joe for a Free Quote

0117 959 2143

07891 253 122

25% Off
with this advert!

www.alpine-landscaping.co.uk

79 Falcondale Road, Westbury-on-Trym

JDS GARDEN SERVICES

'FOR ALL YOUR GARDEN NEEDS'

We are a local business that offers a fast, reliable and quality service for all your garden requirements. Our services include:

- Lawn Cutting / Weeding
- Hedge Trimming / Pruning
- General Garden Maintenance
- Turfing / Seeding
- Ponds & Water Features
- Shed Bases / Erection
- Fencing / Trellis
- Decking
- Paving / Paths & Patios
- Raised Beds
- Complete Design & Build Service

Call John on: **01454 528105** or **07846 430212**

Fully insured / Free Written Quotes / All Work Covered by our 'Workmanship Warranty'



Free quotes Fully insured

Pruning Hedge Trimming

Felling Stump Grinding Planting

All work considered All waste recycled
Friendly and professional service

0752 591 6882 0117 965 8399

info@collinstreeservices.co.uk

Almondsbury Landscaping

Creative Professional Service

Patios • Paths • Block Paving Driveways • Tarmac Driveways
Ponds & Water Features • Fencing • Turfing • Decking • Pergolas • Planting
Brick and Stone Walls • Shed Bases • Complete Design & Build Service

Call Nick for a free quote

01454 625704

07545 867348

8 Batt Close, Almondsbury, Bristol, BS32 4FX e: almondsburylandscaping@hotmail.co.uk



Landscaping since 1995

From a single tile to a whole roof, all build and roof works undertaken, pitched and flat.

ROOF-TECH
Bristol

We have over 20 years experience are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey, just give us a call.

Office: **01454 615354** Mobiles: Ben Peters:

07724 681620 or Steve Coles: **07724 639830**

E-mail: roof-tech@hotmail.com

A+ Appliance Repairs

Free Call Out Today!

Cookers • Washing Machines • Dishwashers
Fridges • Freezers • Tumble Dryers • OAP Discount

01179 059 319

01454 660 064

8am-8pm 7 Days a week

Based in Bradley Stoke



CPH PLASTERING

Local - Competitive - Reliable
Fully insured

Internal plastering and painting work undertaken

Call Chris on:

07557 118462 / 0117 9564371

City & Guilds
Qualified

Useful Trades and Services for the Home



// PVCu Fascia Boards
 // GUTTERING
 // SOFFITS
 // CLADDING

FASCIA lift

01454 269011
07813 006950
 matt@fasciabristol.co.uk
 www.fasciabristol.co.uk



D.R. VIZARD and SON
Tel. 01454 416948
Registered with Age UK

ROOFING SERVICES

- UPVC Soffit
- Re-Roofing
- Roofing Repairs
- Fascia & Guttering
- Chimney Repairs
- House Maintenance
- Stonework
- Porches
- Flat Roofer

RELIABLE LOCAL BUILDERS

Paul Bartley
Ceramic Wall & Floor Tiling

Over 30 Years Experience
Based in Bradley Stoke
Free Quotations

Tel: 01179 799 882
 Mob: 07971 923 834
 E: paul.bartley@blueyonder.co.uk




HOME CARE
Plumbing & Heating Ltd Est. 2002

We are a small, family owned and run firm covering all aspects of domestic plumbing and heating services

- As Featured on DIY SOS -

Worcester Bosch and Vaillant accredited, Competitive Rates
OFTEC and GAS SAFE Registered
All general plumbing and heating work undertaken

01454 414438
01275 861010 / 0117 3035179
 www.homecare-plumbing.co.uk
 email: elizabeth.arndell987@btinternet.com




Useful Trades and Services for the Home

Jon Drake
Plastering Service

A quality and reliable local plasterer
for internal and external work

Please ring Jon for a free quote with
no obligation

Tel **0117 979 0575** or **07800 939 148**
 www.jondrakeplastering.co.uk



South Gloss Decorating
Painters & Decorators

Interior and Exterior
Affordable, Reliable, Professional

Dave Beauchamp
 0117 956 9932
 07739 382 524
 davebeauchamp@msn.com
 www.facebook.com/southgloss



ellinghurst
LANDSCAPES • FENCING • GARDENING
01454 838251

Professional Landscaping Services

Fencing | Decking | Patios | Turfing
 Garden Maintenance & Clearance
 Complete Design & Build Service
 Commercial Grounds Maintenance
 Custom Timber Works
 Free Quotations & Advice

info@ellinghurstworks.co.uk • www.ellinghurstworks.co.uk

GJS

Painting, Decorating,
Property Maintenance
& Refurbishment

- Full Interior & Exterior Decorating Service
- Refurbishments and Alterations
- Domestic and Commercial
- Fully Insured
- City & Guilds Qualified
- Over 25 years experience

For a free estimate please call Gary on

01454 615 379
07785 917 090
 email: gjspaintinganddecorating@googlemail.com



RICHARD TAYLOR
GAS SERVICE ENGINEER
Gas Central Heating Repairs & Maintenance

Power Flushing
 Comprehensive Stock of Spares
 24hr Breakdown Service (when possible)
 40 Years Experience

ACS Qualified • City & Guilds • British Gas Trained
 Speak Directly to the Engineer on
0117 907 7058 or 07973 863603
 7 Smithcourt Drive, Little Stoke



A1 AERIALS

- Registered Digital Installer
- Digital TV Aerials
- Sky Digital / Freesat
- Repairs • Extra TV Points
- Phone now for Free Quotation

07956 491495 / 01454 318873
 www.A1aerialsbristol.co.uk



Useful Trades and Services for the Home

Specialists for the over 50s



Insurance one-stop shop

Age UK South Gloucestershire offers a range of tailor-made products and services including home, car and travel insurance designed with the over 50s in mind.

For a face-to-face no-obligation quote, visit:

Age UK South Gloucestershire
67 High Street
Thornbury
BS35 2AW
Monday to Friday 9.00am to 13.00pm
Or call: 01454 411707

AGE
Concern



Home, car and travel insurance are provided by Ageas Insurance Limited.

Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK is a registered trademark of Age UK. The use of the name and logo 'Age UK' is done so under licence agreement between Age UK and Age UK Enterprises Limited. Promoter: Age UK Enterprises Limited, Tavistock House, 1-6 Tavistock Square, London WC1H 9NA. MP2828/28NOV12_SL117634_14

THE AERIAL MAN (DAN GRACE) Local engineer



- Digital Aerials • Fully Guaranteed • Repairs
- Sky Work • Free Quotes • OAP Discounts
- Poor Reception Problems • Additional TV Points

01454 660 046 07818 413 451

www.dangraceaerials.co.uk

P. R. COX & SONS GENERAL BUILDERS

Brick Laying • Extensions • Conservatories • Patios etc

Free Quotations

Tel: 01454 201208

Mob: 07778 852875

The Common East, Bradley Stoke

Alan's Handyman Services



Professional Handyman Services for the Bristol Area

Have you got...

- a to-do list that keeps growing?
- something that's broken or bodged that you're just living with rather than getting it fixed?
- jobs around the house or garden that you can't do?
- too many tasks to do before or following a move?

If any of these are true, let me do those jobs for you, leaving you FREE to do the things you want!

For a professional job at a reasonable price please contact me on:

0775 262 9188 | 0117 979 8385

www.alanthehandyman.co.uk

Ratcliffe Drive, Stoke Gifford

Alan's Handyman Services: Celebrating 10 Years in 2016!

Bradley Stoke Matters was pleased to catch up with Alan Smith this month, who told us he will be celebrating the tenth anniversary of his business **Alan's Handyman Services** later in 2016.

Alan has been advertising his business with us since the very start and we are pleased to hear that he has been kept very busy over the years, with plenty of business coming his way from across the Stokes.

"My advertising with Bradley Stoke Matters was one of my first expenses when I set up my business and it has certainly helped it grow. I love my job and the people I work for. I strive to offer excellent quality, friendly, service at a reasonable price and, fortunately, my customers seem to like what I do for them as my work is 5 star rated on Which? Local, and highly recommended on Mumsnet. A lot of my work today is for my valued regular customers plus word-of-mouth referrals, however, I still get a steady stream of business from my advertising with Bradley Stoke Matters too!"

If your to-do list keeps getting longer, why not give Alan a call to see how he could help you:

0775 262 9188 / 0117 979 8385

Keith Usher

Painting, Decorating & Property Maintenance
Established 1991

Interior / Exterior / Insurance Work
Free Quotations / Advice
with no obligation



Tel: 0117 979 0536

Mob: 07778 536 780

235 New Road, Stoke Gifford, Bristol, BS34 8TQ

Avanti Cars



- 4 & 6 seater vehicles
- Evenings out
- Local & long distance
- Lady driver available
- Airport & seaport transfers
- Friendly reliable service
- Weddings/special occasions
- Credit & Debit Cards

Tel: 0117 931 1473 Mobile: 07973 705522

www.avanticars.org.uk Bakers Ground, Stoke Gifford

Inspired Bathrooms

Design & Installation

- Bathrooms
- Wetrooms
- Tiling
- General Plumbing
- Workmanship guaranteed
- Portfolio and references available on request

Call us on

01173 307 537 or 07853 069 280

www.inspiredbathrooms.net

inspiredbathrooms@hotmail.co.uk

Inspired by you, designed & installed by us

www.allworksplumbingandheating.co.uk



ALL general plumbing work undertaken



**ALL WORKS
BRISTOL LTD
PLUMBING
& HEATING**

Enquiries
**01454
279 162**

For all your Plumbing & Heating needs call your local, friendly professionals

Accredited installers for
Worcester Bosch and Vaillant

No callout charge

Boiler Servicing/Repair and Full Installation



All major credit & debit cards accepted



www.allworksbristoltd.co.uk



Over 15 years experience



**ALL WORKS
BRISTOL LTD
BATHROOM
INSTALLATIONS**

Enquiries
**01454
279 162**

Professional, fully qualified and with many years experience we can provide you the **Complete Bathroom Installation**

We aim to exceed our customers expectations, offering a complete installation package

- > Bathrooms
- > Wetrooms
- > All plumbing works
- > Tiling and Flooring



We can provide the **service** and **expertise** you need, whatever your requirements and budget

Useful Trades and Services for the Home

GARY SMART ELECTRICAL

Domestic, Commercial and Industrial Installations

All electrical work undertaken....

Rewiring • lighting • bathroom showers • kitchens garden and garages etc.

Safety inspections, Periodic Testing, Fault finding and Repairs.

Fully qualified City & Guilds
Electrician 17th Edition Part P Registered



Mobile 07805 070 947 Home: 0117 987 1437

All backed with a 6 year Niceic insurance policy



For all your General Building, Property Maintenance and Landscaping requirements

www.blueprintbristol.co.uk
email: blueprintbristol@hotmail.co.uk

Neal: 07733 326 437 Office: 01454 612220

CORE ELECTRICS

DOMESTIC AND COMMERCIAL

All aspects of electrical work undertaken
Installations - Maintenance - Repair
Inspection & Testing - PAT Testing
Fully Insured - Reliable service guaranteed

Email: coreelectricsltd@yahoo.co.uk
Web: coreelectricsltd.co.uk

Call Jon on:
Mobile: 07749 855472
Tel: 01454 854673



D-CR DOMESTIC APPLIANCES

Proud member of:
WTA
Whitegoods Trade Association

DOMESTIC APPLIANCE SALES AND REPAIRS

- WASHING MACHINE
- TUMBLE DRYER
- DISHWASHER
- FRIDGE FREEZER
- COOKER
- HOB OR HOOD

Tel 01454 850522 or 07917441539

EMAIL: d-cr@live.co.uk

www.d-crdomesticappliances.co.uk

Inside and Out Painting & Decorating Family Business

All work undertaken
No job too small



Interior and Exterior work
Floor and Wall Tiling
Wood and Laminate Flooring
Kitchen and Bathroom Refurbishment

All work Guaranteed • Call for a free quotation

No VAT chargeable

Rick Murphy

The price we say is the price you pay

No hidden extras

Supporting - Save the Children

Tel: 01454 615 027 Mob: 07816 854978

insideoutbristol@hotmail.com

BEDLAM

www.bedlambeds.com

- Free local delivery
- Free assembly
- Free disposal of your old bed

**Mobile Viewing Service
for the Elderly and Housebound**

Divans / Mattresses / Bunk Beds / Wall Beds / Pine
Beds / Ottoman beds / Beds Made to Measure /
Memory Shaping & Latex Mattresses

Open Mon-Fri 9am-5pm & Sat 10am-3pm

Visit our showroom:

The Old Post Office, 26a Gloucester Road,
Rudgeway, Bristol, BS35 3RY

01454 617277 / 07887 853479

enquiries@bedlambeds.com

CLIVE BRADFORD Carpentry & Joinery



- Specialist in kitchen & worktop fitting
- General domestic carpentry
- Solid oak flooring

Tel: 0117 979 2760

Mobile: 07788 453378

10 Stean Bridge Rd, Bradley Stoke, Bristol

DOWNEND BLINDS (BRISTOL) LTD.

Family Run Company Serving Your Local Community

**VERTICAL • VENETIAN • ROLLER • ROMAN
WOOD • PLEATED • PERFECT FIT
CONSERVATORY BLINDS • CURTAINS • POLES**

FREE FITTING AND MEASURING

NO OBLIGATION QUOTES

FREE DESIGN SERVICE

CALL DAVID OR JAYNE:

TEL: 0117 949 5374 OR 01454 856 606

20 Lulworth Crescent, Downend, Bristol, BS16 6SB



549988

C R BAINES HEATING LTD

- Boiler Breakdown & Servicing
- Landlord Safety Checks
- Worcester Approved Installer
- Extended Warranty Available

Call 07825 999510

01454 279732



Do you need a Helping Hand?

If you are looking for an **alternative to residential care** or extra support for those everyday tasks that are becoming difficult for you or a loved one – then we're here to help - **from 30 minutes per week to Live-in Care.**

Our **Chipping Sodbury care team** has been providing award winning quality home care since 1989 and can help with: personal care, housekeeping, help getting around or even to provide a break to an existing family member or care-giver.

To find out how we can help you, call: **01454 643 752** or visit: www.helpinghands.co.uk



Let people know you saw them in Bradley Stoke & Little Stoke Gifford Matters!

BROOKFIELD CAR SALES & GARAGE

Independent Ford Specialist but any make or model are welcome for our expert car servicing and repairs.

Our car mechanics provide a range of services, including: Car service & repair

- MOT testing • Brakes checked & replaced • Clutch repair • Exhausts
- Tyres checked & fitted • Engine management repair

Quality used cars can be purchased from our showroom on Filton Road.

You will receive the same friendly, knowledgeable service across both sites.



SALES:

**32 Filton Road
Horfield, Bristol BS7 0PA**

Tel: 0117 239 5018

www.brookfield-garages.co.uk

"We recently used Brookfield Sales to source a car appropriate for our family needs. It was great to be able to discuss our specifications and trust Brookfield to research the car history and find the best possible vehicle for us. With a warranty and tax included, we were delighted with the service we received."
Kerry & James, Ashley Down residents.



SERVICES:

**140 Ashley Down Road
Horfield, Bristol BS7 9JS**

Tel: 0117 951 2285



INDEX OF LOCAL ADVERTISERS

Accountancy/Book-keeping		Christmas Parties	34	Pets/Pet Care	32-33
LAC Accounting	30	Fake Festival	13	Bubbles Dog Wash	32
Architectural Services -		Tribute Nights	4,13	Companions Haven (Pet Cemetery)	32
Alexandra Cork Home Designs	49	Estate Agent / Homes-		PCFF Dog Walking & Pet Care	32
Bathrooms		Churchill Retirement Homes	62	Susan's Pet Care	32
All Works Bathrooms Installations	57	MacKendrick Norcott	1	Trekking Tails	32
D R Bond	49	Financial Planning -		Winterbourne Rabbits	33
Inspired Bathroom Design	56	Fencing - Colour Fence	2	Plasterer	
Bicycles - Bike Fix	30	Garden Design/Landscaping/		CPH Plastering	53
Builders / Building		Maintenance		Jon Drake	55
Ashford Building Contractors	51	Almondsbury Landscaping	52	Plumber	
BluePrint Construction	58	Alpine Landscapes	53	All Works Plumbing & Heating	57
Bristol Sunrooms	49	Ellinghurst Fencing & Gardening	55	D R Bond	49
Cox Builders	56	JDS Garden Services	53	Home Care Plumbing & Heating	54
Dot-Com Building & Maintenance	49	Hair & Beauty		K J Barton Plumbing & Heating	48
Fascia Lift	54	Perfect Hair & Beauty	36	R H Plumbing	52
RJM Design & Build	51	Handyman / Home Services		Property Maintenance -	
Vizard and Son	54	Alan's Handyman Services	57	AMB Property Maintenance	48
Cakes - Medway Designs	16	Health, Diet & Fitness		Bristol Sunrooms	49
Car Maintenance / Sales		Aztec Hotel Spa	4	Brunel Doors	50
Autumnbrooke Garage	50	Cambridge Diet - Fil	37	Colour Fence	2
Brookfield Garage	60	Livingwell	20	Dot-Com Building & Maintenance	49
BS Auto Maintenance	26	Spirit Club Holiday Inn Filton	12	Repairs	
Care / Elderly		Taekwondo	42	A+ Appliance Repairs	53
Age UK	56	House / Home		D-CR Domestic Appliance Repairs	59
Churchill Retirement Homes	62	Bedlam Beds	58	Bike Fix	30
Helping Hands	58	Bristol Sunrooms	49	Roofing -	
Carpentry		Brunel Doors	50	Ridge Roofing	50
Clive Bradford	59	Colour Fence	2	Rooftech	53
J G Carpentry	48	Downend Blinds	59	Rooms/Facilities for Hire	
Carpets & Upholstery Cleaning		Frome Valley Kitchens	62	Abbeywood Community School	38
Bonne Fresh Clean Ltd	50	Thornbury Stairlifts	51	Bradley Stoke Community School	38
Central Heating		Hotels/Restaurants/Pubs/Bars/Cafes		North Bristol RFC	30
All Works Plumbing & Heating	57	Aztec Hotel	4	Schools/schooling	
Baines Heating	59	Hilton	20	Abbeywood Community School	38
Gregor Heating	1,45	Holiday Inn Filton	12	Bradley Stoke Community School	38
Richard Taylor	55	Holiday Inn City Central	34	Clifton High School	31
Child Care/ Preschools		The Hollow Tree	3	Security - Technisys	51
Ambourne House Day Nursery	28	Jewellers - Kemps	34,35	Sewing / Alterations -	
Bright Sparks Nursery/Preschool	28	Kitchens - Frome Valley Kitchens	62	Medway Designs	16
Children's Activities		Locksmith		Shopping -	
Stoke Gifford School of Dance	30	Dale Clements Locksmiths	52	Solicitors - AMD Solicitors	39
Taekwondo	42	Lock Stuck & Barrel	48	Taxi's/Transport	
Cleaning & Domestic Services		Medical / Therapist		ACE Taxis	6
OvenClean	59	Bradley Stoke Physio	22	Avanti Cars	56
Oven Wizards	48	Counselling Therapist	37	Tiling -	
Community Noticeboard	42-43	Hugh Vickers Osteopath	6	Paul Bartley Ceramic Tiling	54
Community Groups & Clubs	46-47	Smart Hypnotherapy	9	Training/Tuition	
Computers		Music/Music Lessons -	6	Tree Surgeon	
AJS Computer Solutions	6	Music Events -		Collins Trees Services	53
Wicked Imp	30	Castell Roc	23	TV & Aerials	
Days Out - Old Down	24	Fake Festival	14	A1 Aerials	55
Electrician		Opticians		Aerial Man - Dan Grace	56
Aquasafe	50	Harbord Opticians	9	M D Aerials	50
Bradley Stoke Electrical	48	Specsavers	64	Weddings	4,12
Core Electrics	59	Organic - Masons Fruit & Veg	6,7	Wills -	
Dave Betts Electrical Services	51	Painter & Decorator		Jane Holzgrawe Wills	45
Gary Smart Electrical	58	GJS Painting & Decorating	55	Windows -	
Events -		Keith Usher Painter & Decorator	56	1st Aztec Windows	51
Castell Roc	23	Inside & Out	58	Associated Windows	44
Community Festival	14-16	South Gloss Decorating	55	Next Generation	63



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Frome Valley Kitchens & Interiors



Visit our
Brand New Showroom
225 Badminton Road, Coalpit Heath, Bristol BS36 2QQ

CONCORDE LODGE Southmead Road, Filton

FOLLOW US  

Retirement apartments, last one remaining!

We have only one apartment left at Concorde Lodge. Miss it and you'll miss out on stylish, safe, secure and enjoyable retirement living in a convenient location.

Make the first move towards Churchill Retirement Living today – you'll be surprised how easy it can be.

Call us to see how we can help you move –
OPEN BY APPOINTMENT ONLY.

0800 458 1849

Visit churchillretirement.co.uk



ADDED PEACE OF MIND AT CONCORDE LODGE

- Lodge Manager
- Owners' Lounge
- Guest Suite for friends and family
- Landscaped gardens
- 24-hour support
- CCTV security entrance system
- Parking
- Lift to all floors

Churchill
Retirement Living 

Home is at the heart of your retirement

NEXT GENERATION PROPERTY SOLUTIONS Ltd

'REALISING YOUR HOME'S POTENTIAL'

NEW SHOWSITE AT IRON ACTON GARDEN CENTRE

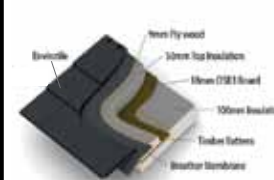
Next Generation believe in only using the highest quality products at the best price possible, we only fit high security Swish windows, doors and conservatories complemented with Ultraframe roofing systems. With a no pressure sales approach and honest advice we firmly believe we can offer you the best available products and a first class service.

All our work comes with a 10 year GGF Insurance Backed Guarantee.



3x3 Edwardian conservatory complete with Ultraframe blue active glass roof all ground works and building work, 'A' rated frames and glass, 2 x double sockets with part "P" certificate, all walls plastered and internal cills completely fitted no hidden extras and inc VAT.

Only £9,995.00



Are you fed up with a room that is too hot in the summer and too cold in the winter? Let Next Generation transform your existing conservatory into a fully usable space which you can now use all year round. Plastered finish inside with tiltable LED lights. Be the envy of your neighbours.

- Thermal insulation U-value 0.17
- Structural integrity panels-fixed joint technology
- Pre-formed insulated panels
- No battens
- 50mm continuous external thermal barrier and 100mm internal insulation
- Dry fit slate effect tiles system as standard with 50 year life expectancy

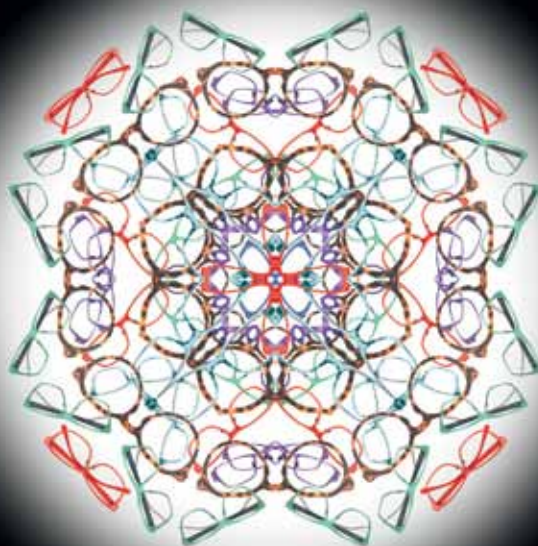


Thanks for looking and remember we will beat any like for like quote by at least 5%, we are a totally non pressure sales company offering free and honest advice complete with free written quotation service, join the long list of Next Generations' satisfied customers and bring your home into the NEXT GENERATION.

Please feel free to visit our website www.nextgenerationpropertyolutions.co.uk to view local and recent installations in the area, all work on our website is our own and not just copied and pasted to our site.

Visit our show site at: Iron Acton Garden Centre, Wotton Road, Iron Acton, BS37 9XA
or call into our Showroom: 28 Station Road, Yate, Bristol, BS37 4PW

or Call 01454 321 806



For spectacular choice
Bring in your prescription today

Bradley Stoke The Willow Brook Centre. Tel: 01454 275 020



Prescription must be presented at time of purchase. ©2015 Specsavers. All rights reserved.