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August/Sept 2016

Community Little Stoke Gifford Matters

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Dear Residents....

Well as I write this, summer has definitely arrived - just in time for the kids to break up from school! I for one hope this glorious weather lasts .. at least long enough for me to see some of it!

It's been really lovely to hear from so many people since our last edition. Thank you to local resident Wendy Barke who sent in our cover photo this month of the swans and cygnets on the nature reserve - taken from horseback!

There is plenty going on locally to entertain the family, with a fun day at Aretians later this month and also the Holiday Inn is hosting a charity fete in September that everyone is encouraged to go along and enjoy - more on both of these inside. We have the listings of the free summer play schemes available across the area until 19th August - if you are struggling to keep the kids entertained and want a break for a couple of hours these are perfect - and free! The Old Down Estate is offering a 2 for 1 deal on entry to the park Monday to Friday through the holidays, do make sure you take advantage of this - it's a lovely place to visit with the kids.

We also bring you news of a different type of eating house - The Smokehouse Saloon at the Swan in Winterbourne is offering hootin' tootin' delights and is well worth a visit - read more inside and take this magazine with you for a 10% discount off your food bill! Brunel's Hat at the Hilton is giving a fabulous reader offer this month - see their ad and voucher inside for a massive 25% discount!

August marks another anniversary and it is now 11 years since our very first edition ... I don't know where the time has gone! Have a lovely summer, I hope you can take some time out to relax and enjoy it - you can start by sitting down for a good read of your favourite community mag!

JaCi x

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Aretians membership doubles in size!

Aretians Rugby Club is a family orientated club based in Little Stoke. The Club now boasts 3 senior men's teams with the first and second teams being well placed to push for promotion this coming season, being led by a new RFU Level 3 coach. There have been several new players joining in recent months, including many of the U17s team who are now transitioning into senior rugby. New players receive free annual membership and discounted gym membership to one of the Club's sponsors Riverside Leisure. Preseason training is currently taking place every Tuesday 7-9pm.

Aretians Ladies have gone from strength to strength with over 30 players now on board. They welcome new players to join this very social group, from absolute beginners to high level. This will be the ladies 1st season in the league, and some of the girls after recently completing the pretty muddy (photo right), are now straight into preseason training which is every Monday and Wednesday 7-8.30.

The junior section of Aretians Rfc is taking a well earned rest over the summer and will start training again on the 1st Sunday of September at 10.30am.

This coming season they will have training for all ages of children from 2 years old to 12 years old.

The Club is looking for more children for their brand new under 13 boys team and under 13 girls team. These are the oldest age groups and are the flag bearers of the junior section. Aretians can guarantee top quality coaching from their RFU qualified coaches and importantly lots of game time. The focus is to have fun in the junior section and all children receive equal game time.

Finally our Aretians rugby Cubs will also restart in September this is for boys and girls aged 2-5. It concentrates on the first steps into sport and is huge fun.

All new members to any group get their 1st whole season free!!! Just rock up, have fun, and become part of the south west of England's fastest growing, family friendly rugby club. For more information call Chairman Steve Hayward 07967 023043 or search Aretians on Facebook or Twitter.



Aretians RFC Charity FAMILY FUN DAY

**27th August 2016 from 12pm
at Little Stoke Playing Fields**

Charity Auction
Inflatables
Fairground Rides
Photo Booth
Snow Cones
Slushy Cider
Cake Pop Stand
BBQ
Beer Tent
and Much More..

**Aretians RFC Vs
RAFTG5 Invitational XV
KO 3pm**

**Evening entertainment
is £10 a ticket:
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100th Anniversary of the Battle of the Somme, 1st July 2016

The Stoke Gifford Branch of the Royal British Legion, which covers Little Stoke, Stoke Gifford, Bradley Stoke, and Filton, held a service at the Stoke Gifford War Memorial at 7.28 am on the morning of the 1st July 2016, to mark the hundredth Anniversary of the start of the Battle of the Somme in 1916.

At 07.28 RBL members and members of the public observed the national two minutes silence, and at 07.30 whistles were blown to mark the Anniversary.

Stoke Gifford Branch member Lee Bushby laid a wreath on behalf of the Stoke Gifford Branch at the Thiepval Memorial for the hundredth anniversary of the Somme.

RBL and UWE

The local Royal British Legion are celebrating a partnership with The Students' Union at UWE. This is building on years of collaboration with The Student's Union at UWE, and the University itself.

Recently a couple of UWE students volunteered at the Stoke Gifford Branch's stall at the South Gloucestershire Armed forces Day held in Kingswood.

The UWE Drama Club have also raised £97.36 for the RBL Poppy Appeal.

In recognition of these efforts the Stoke Gifford Branch President Brian Hewitt MBE presented Certificates of Appreciation at the Community Hub at UWE. Brian said:

"The Stoke Gifford Branch of the Legion tries very hard to have a good spread of ages and we appreciate working with Student Volunteers; hopefully our Certificates are a help with your CVs. Please remember you do not have to be Ex-Military to work with the Royal British Legion."

Sam Ansdell from The SU at UWE, accepting the Certificate on behalf of the UWE Drama Club, said:

'It's great to work with the local branch of the Royal British Legion not only to fundraise for the Poppy Appeal but also provide local volunteering opportunities for students. The Students' Union at UWE is working closely with our Societies and Sports teams to encourage them to fundraise so it is fantastic that the Drama Society has raised nearly £100 this year for the Poppy Appeal'



Bowls Club Charity Day

To celebrate the Queens 90th birthday, the Bradley Stoke Bowls Club held their customary Captains' Charity day on Sunday 12th June.

After a wet start, the weather put on a friendly sunny face to the delight of all, including the Bradley Stoke Mayor, Cllr Elaine Harwick, who added her pleasant personality to the gathering.

Fun apart, the club members were most keen to support the Bradley Stoke MS Therapy Centre, whose marvellous work was explained at a meeting earlier in the year, which was attended by local resident Ruth Smale, a long-time MS sufferer, well known for her work with children at Holy Trinity Church, supported by her husband Roger.

The dress code for the day was predictably, Red, White and Blue. As usual the members exhibited no little ingenuity in devising some unusual attire! To date a sum of £668 has been raised. We hope this sum will probably increase before the end of the season.

Many club members worked very hard to ensure that all sporting, gastronomic and social activities ran smoothly. For more information see the MS Centre Website (mstherapybristol.org.uk)



Above: Elaine Harwick starting the fun

Inset: The lovely Ruth Smale and her husband Roger, with Robert Bertram and Janet Wilkins



Celebrating Age Festival

Celebration Day Changed to Sunday 18th September

In a city as busy as Bristol it's not surprising that two events collide - the surprise is that it hasn't happened before. The Celebrating Age Committee was stunned to learn that their launch day of September 25th in M Shed, planned for a year, conflicted with Bristol's Half Marathon!

With all the roads closed, the only way for people to get to M Shed was to come by water, or run in the Marathon, so wisely the committee has decided to change the date to the week before, Sunday 18th September.

"Bristol's older people are pretty game and usually up for anything, but I thought asking them to swim to M Shed was a bit much!" laughed Judith Brown, Deputy Chair of the Committee. *"We plan the event from year to year, and all our little cards publicising the event have gone out around the city, but the brochure due out soon will have the right Celebration Day date of Sunday September 18th. The two week Festival of city-wide events will still begin on September 26th."*

The Celebrating Age Festival will officially

open on Sunday 18th September, 10am at M Shed with the Opening address from the Lord Mayor, The Older Achiever Awards Ceremony, The winners of the Art & Craft Competition and a wide range of activities from print making to yoga, information and advice stands, health checks and musical entertainment

The Festival is aimed at engaging older people in a wide range of activities taking place across the City. It runs from Sunday 18th September, until Sunday 9th October. The whole event offers something for everyone and is a fantastic opportunity to try your hand at a new craft, make new friends and share experiences. The numbers of people attending has grown each year from approx 600 people in 2008 to over 4,000 people in 2014. The full range of activities will be published in the official festival programme available at the end of August.

For further information see the website <http://www.celebratingagefestival.co.uk>



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Local Resident Making Moves to raise money for a Stoke Gifford Defibrillator

Many local people across the Stokes will recognise Andrew Phelps (Phelpsie), who is raising funds to provide a defibrillator in Stoke Gifford.

Phelpsie tells us "The other day the local Scout troop was doing first aid and, having spent several weeks trying to think of how I could help the community of Stoke Gifford, I hatched the plan to raise the money for a defibrillator boxed on the wall of the Old School Rooms. I've spoken with Simon Jones, who told me that this is something the committee were thinking of working towards and he has agreed to it being housed at the OSR and connected to the electricity supply. So, now I'm trying to fundraise for the defibrillator. I have opened a justgiving page and am looking for local support!"

Previously working for the police, Phelpsie had to retire from service in 1998 due to injuries sustained in the riots at Knowle West. In October 2014 he underwent spinal surgery to replace and fuse his lumbar spine. As part of his recovery and to encourage regular activity, Phelpsie has been prescribed an exercise regime resulting in him joining the Bradley Stoke Leisure Centre. He tells us: "It is a challenge for me going to the gym regularly but once there I always try my best and can complete about 1,000 Moves (don't ask me what a Move is but it's tough and takes me 66 minutes on 6 different pieces of equipment!). For this challenge I am asking people to sponsor me to help me achieve 100,000 moves, which should take me about 34 weeks."

If you are able to sponsor Phelpsie and help reach his goal to be able to provide the community with a local defibrillator, he would be delighted to hear from you! You can donate from as little as £2 on his justgiving page:

https://crowdfunding.justgiving.com/StokeGifforddefibrillator?utm_id=2&utm_term=nVnkPnKxX



Advice for the summer from Dr James Bragg: Dehydration is one of the most common reasons for people seeking GP help in the summer. In warm weather you lose a lot of water by sweating. This puts you at risk of urine infections, fainting, headaches and other unpleasant symptoms if you are not drinking enough. For some people, such as the elderly and very young, dehydration can be serious. Remember at this time of year, it is important to drink a lot more! Try and stick to water rather than alcohol, fizzy drinks or drinks containing caffeine.



New Minor Injury Service: Since April this year, we have been offering a new Minor Injury Service to our registered patients. The purpose of this is to provide a local and responsive service for minor injuries that replaces the need to attend A&E. Minor ailments, such as: suspected fractures; cuts and lacerations; minor burns; animal/bug bites; slips; trips and falls; sunburn, and minor head injuries can all now be treated at the surgery. You do not need to make an appointment – one of our nurses will assess you as quickly as possible and you will be seen in one of our treatment rooms.

Community based social prescribing: We are also about to start work with Curo and Age Concern that are aimed at improving community based social prescribing. We hope these initiatives will really help our local community and we look forward to starting to work with them.

Development and Refurbishment: A successful bid to the Primary Care Infrastructure Fund allowed us to develop Conygre Road Surgery by refurbishing all the clinical rooms, creating a new room and adding a lift. Work was concluded in April and we now have 6 clinical rooms that will allow us to increase the range of services offered in our Filton Branch.



Teamwork: We are very proud of our evolving clinical team which sees the 6 Partners (Dr Bragg; Dr Aitken; Dr Warnock; Dr Young; Dr Wood and Dr Bodey) supported by 3 Associate GPs (Dr Haque; Dr Herring and Dr Blenkarn (currently on maternity leave)); Our Nurse Practitioner (Annie McGuinness) and Nurse Prescriber (Indira Timothy), and a great nursing team consisting of Treatment Room nurses, Chronic Disease Nurses, a Sexual Health Specialist Nurse, Health Care Assistants and Phlebotomists along with excellent back up and front line support from our Management, Reception, Admin, Secretarial & IT staff.

Training: To support the wider NHS we are also involved in training Doctors, Nurses, HCAs and Admin Staff. We are keen to develop our patient care and will shortly be supporting medical research.

Patient Education: We also want to help YOU to better manage your health and are running a range of patient education sessions. Please visit www.stokegiffordmedical.co.uk for more details.

We are delighted to have been invited to write for this publication and would love your feedback on what you would like to see included in future editions.

Please contact Debbie.grant@gp-L81118.nhs.uk with your comments and ideas.

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12 noon – Fete Opens

1pm – Punch and Judy Show

1.30pm – Rugby demo by Bradley Stoke Youth Rugby at St Mary's Old Boys RFC

3pm – GKR Karate demo

3.30pm – Punch and Judy

4.00pm – Tug of War and Egg Throwing Game

4.30pm – Raffle

There will also be all the usual stalls, tombola, coconut shy, bouncy castle and beat the goalie!

Please Like & share our event on Facebook  Facebook Holiday Inn Bristol Filton

Free Summer Play Scheme!



The annual FREE summer play scheme for children aged 5 to 11 is again available this summer. Running for the next four weeks from Monday 25th July until Friday 19th August (excluding weekends), the play scheme is run by the Four Towns Play Association

The aim of the play scheme is to ensure children have fun over the school summer holiday and also to provide a break for parents. It is designed to support children across the local areas to play and learn, in the presence of others, in a safe and child-friendly environment.

Children attending the sessions take part in arts and crafts, sport and team games.

Sessions run from 10.30am to 12.30pm, closing for lunch and are back in operation from 1.30pm to 3.30pm. It is essential children are collected during the lunch period as the play scheme is not covered by insurance during that period.

There is no need to book, just turn up and complete a registration form. The scheme runs on a first come first served basis, so please arrive promptly to avoid disappointment.

Morning Session: 10:30am – 12:30pm

CHILDREN MUST BE COLLECTED FOR THE LUNCH PERIOD 12.30-1.30

Afternoon Session: 1:30pm – 3:30pm

NO NEED TO BOOK - Just complete a registration form on arrival

Stoke Gifford:

25th-29th July @ St Michaels School, Ratcliffe Drive

1st-5th August @ Poplar Rooms, Stoke Gifford Trust Ground, North Road

Little Stoke:

8th-12th August @ Little Stoke Community Hall, Little Stoke Lane.

14th-19th August @ Little Stoke Community Hall, Little Stoke Lane.

Bradley Stoke:

25th July-19th August 2016 @ Bradley Stoke Community School

Patchway:

25th-29th @ Patchway Youth Centre, Coniston Rd

1st-5th August @ Coniston Community Centre, Coniston Rd

8th-12th August @ Coniston Community Centre, Coniston Rd

15th-19th August @ St Chads Church, Rodway Rd

Filton:

25th July-19th August 2016 in Filton Leisure centre, Elm Park

For more info email: ternayacummings@southernbrooks.org.uk
 or call 0789 1494551

Four Towns

 Play Association

FUN SEEKERS Welcome



Wedding Fayre

Sunday 18th September 2016

This is a wonderful opportunity to meet local suppliers and view the facilities our hotel has to offer.

FREE ENTRY



MacMillan Autumn Fete and Craft Fayre

Sunday 25th September 12noon-4.30pm

Bring along the family to this free event and support MacMillan Cancer Support. Enjoy community displays, commentary and fun & games by Bradley Stoke Radio including: tombola, raffle, coconut shy and ample craft stalls.



Murder Mystery Dinner

Saturday 26th November

Step in to a world of intrigue and mystery and join us to solve the murder! We have designed a full evening package with you in mind, including: 3 course meal, half bottle of wine per person, murder mystery act and DJ & disco.

£42.95 per person



Christmas Tribute Nights Ultimate Boybands

Thursday 1st December

Our popular tribute nights are always a sell-out. Join us this year for our Ultimate Boybands act including hits from Take That, Backstreet Boys, Five, Westlife and Blue plus many more. Enjoy 3 course meal, half bottle of wine, tribute act and disco.

£42.95 per person



Christmas Tribute Nights Michael Bublé

Thursday 8th December

He may not have met you yet but enjoy being serenaded by the one and only Michael Bublé tribute. We have designed a full evening package with your enjoyment in mind: 3 course meal, half bottle of wine per person, tribute act and DJ & disco.

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WHERE WE LIVE ...

ALL LOCAL ARTISTS INVITED!

In the autumn of 2011 the very first Art Competition staged by Susan Hartry, Founder of the South Gloucestershire Stokes Art Group, was to sketch or paint a scene from our local area.

Bradley Stoke & Little Stoke Gifford Matters was pleased to be invited to select a Winner and a small token prize was awarded. To mark the Group's 5th Anniversary, the subject for this year's Autumn Project will carry exactly the same Brief, with the difference that this time the Project is ...

OPEN TO ALL LOCAL ARTISTS TO TAKE PART !!

During the five years the SAG has been painting together, members will have enjoyed Studio Sessions, chatted at Evening Events, taken part in Project Competitions, and won Awards from a staggering array of Artworks ... your artwork could be showcased with them !!

To enter the SAG 'Where We Live' Art Competition, all you have to do is draw or paint a local scene, shop, pub, landmark, building or landscape within or near the six South Gloucestershire Stokes – even your own house. Any medium can be used as long as it is a 2D artwork (excluding photographs), overall paper size no larger than standard A3, and should not be mounted or framed; a maximum of 2 artworks can be entered per person.

Entries should be initially submitted as clear digital images emailed to Susan, who will add a random selection to the SAG 'Where We Live' online Gallery. Depending on numbers, a Display of the Originals will be on show at the Stokes Art Group Awards Evening Event on Tuesday 22 November at Christ The King Church in Bradley Stoke.

A Winning Entry will be chosen and a small prize awarded both from the Members' Entries, and from the Public Entries, as well as Certificates to Entries Placed 2nd and 3rd. As we are a self-funding Art Group, relying solely upon members'



subscriptions, our Prizes are small but well received on the basis that - it is not the winning that matters, it is the taking part that counts!!

It's all a bit of fun really!!

How to Enter:

- Register your entry to the SAG 'Where We Live' Art Project Competition, by sending a short paragraph about your Art, by email to Susan as soon as possible (see below).
- Please include your name, age if under 18yrs, the area where you live, & a contact number so that we can get in touch if we need to.
- Clear digital .jpg images of your entries should be emailed by 30th September 2016.
- Title your .jpg files as per the location of your Entry eg. Aztec Duck Pond, RAC Tower, Stoke Lane, Patchway Station, The Three Brooks Pub, Parkway Station, My House in Elm Close, St Michael's Church Stoke Gifford, etc.

Notes:

- Copyright of all artworks should rightfully belong to, and is the sole responsibility of, the Artist.
- Open to all Artists resident of the six Stokes and surrounding areas, all ages, and all abilities.
- Open to non-members of the Stokes Art Group
- A small levy of £2 per Entry is applied to non-Members.
- Please SAVE THE DATE: by Invitation, you and your original Artworks should be available for display at the SAG Awards Evening Event on 22 November. You will be notified by the end of October if your Entry has been selected for the display.
- Email address – stokesart@fsmail.net
- SAG Website – <http://stokesart0.wix.com/stokes-art-group>

It's hard to believe that it is 5 years since, with the help of the Bradley Stoke & Little Stoke Gifford Matters, Susan gathered a small group of local Artists who were keen on the idea of an Art Group in the area, a place to meet and paint alongside like-minded people away from the distractions of home.

It is brilliant to see the Group now an established part of the Community. Membership is ever changing, and although the Thursday morning group is currently full with a Waiting List, there are Places available on Tuesday evenings, and from just £2 per Studio Session it is definitely affordable art. To find out more please visit their website at stokesart0.wix.com/stokes-art-group.



Tell people you saw them in Bradley Stoke & Little Stoke Gifford Matters



Set within the Hilton Bristol hotel, Brunel's Hat Restaurant is a sumptuous dining room, where London Olympic flame replica 'petal' lamp shades hang from the central ceiling.

BRUNEL'S HAT
25% discount

The Restaurant was designed to pay homage to Britain's most famous engineer, Isambard Kingdom Brunel. Relax in plush green velvet booths and choose locally sourced classics from a contemporary British a la carte menu.

Little Stoke Gifford Matters readers can claim 25% discount from their bill with the advert below until 31st December, although Christmas and speciality menus are excluded.

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Are YOU Willing to Help?

Blood donations are vital for helping save and improve lives. Each donation can help up to three people. Craig Shellard (right), from Little Stoke, knows just what an amazing gift blood donation is.

The 35-year-old received numerous transfusions of blood and platelets after being diagnosed with a type of blood cancer called Follicular Lymphoma. "I took it relatively well, the most difficult part was telling family and friends," said Craig. "At the time it was considered non-curable."

After the cancer was diagnosed in 2008, Craig began a treatment journey that took many years. Both cancer and chemotherapy damage the body's bone marrow, which is where blood and platelets are produced. Blood transfusions are a vital part of treatment for many cancer patients. Unfortunately Craig's cancer returned after treatment and he also needed a stem cell transplant - receiving both his own stem cells and stem cells from his brother in 2013. When Craig then developed Graft Versus Host Disease - his immune system started attacking his own body - he was given only a 10 per cent chance of survival.

Craig had specialist treatment at NHS Blood and Transplant's Therapeutic Apheresis unit in Bristol, and a further blood transfusion. He recovered gradually and was able to return to work as a business analyst earlier this year. Craig said: "I have needed many blood products over the years and I am indebted to donors for the help I received."

Blood is always needed and hospitals in England rely on around 6,000 units a day to treat patients. But blood stocks can come under pressure over the summer as people get distracted by holidays, sporting events, and the warmer weather. NHS Blood and Transplant particularly needs people with blood groups O negative, B negative, AB negative and A negative to come forward, and people from Black and South Asian communities.

Bristol's blood donor centre is on the grounds of Southmead Hospital and it is open every week day and every other Sunday with free parking and wifi.

Please make and keep your appointment to donate this summer by calling 0300 123 23 23 or visit www.blood.co.uk



Craig Shellard at the official opening of Bristol TAS and inset below

"I have needed many blood products over the years and I am indebted to donors for the help I received."

Little Stoke resident Craig Shellard



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On Sunday 11th September, Holly Hedge Animal Sanctuary will be holding their annual Fun Day and Dog Show – their main event of the year which

attracts around 5,000 people. The event is once again to be held at Ashton Court from 11am – 4pm, the event has lots of fabulous activities planned to entertain the whole family – both two legged and four!

Holly Hedge Animal Sanctuary is a local independent charity that rescues and rehomes unwanted, abandoned and often mistreated cats and dogs. They receive no funding from the government or National Lottery and rely on the generosity and goodwill of our supporters to keep the kennel and cattery doors open. It costs approximately £475,000 every year to run – that's over £1,330 each and every single day. The sanctuary hopes that the Fun Day will help them raise vital funds as well as helping them to find loving new owners for the cats and dogs in their care.

Attendees will have the opportunity to meet some of Holly Hedge's Canine residents, browse the local trader's Stalls, take part in the Dog Show, enter the Furry Foto Competition, watch professional Agility Demonstrations and take part in the Doggie Sprint! They can also enter the Fun Day Grand Raffle Draw and be in with the chance of winning £500 along with other great prizes! There will also be a Bouncy Castle, Kids Games and Face-Painting as well as Refreshments so there really will be something for all to enjoy..

If you would like to contact Holly Hedge with any questions or would like further details about this exciting event, please contact the sanctuary by phoning **01275 474 719** or emailing **info@hollyhedge.org.uk**



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In conjunction with Little Stoke Gifford Matters, The Smokehouse Saloon is offering a 10% discount on your food bill during August 2016 with this advert!

SMOKEHOUSE SALOON

Little Stoke Gifford Matters was delighted to be invited along to visit the new and very exciting Smokehouse Saloon at the Swan in Winterbourne.

The venue has undergone a complete transformation since local resident Robyn Maggs and his partner Sandra took over the lease two years ago. As a long time local living right on the pub's doorstep, Robyn was determined not to see the place closed for good, or taken over by a chain offering the same as so many others across the area.

Robyn and Sandra's goal was to maintain the feel of a local pub, as well as offering a brand new themed restaurant with food to match, offering something completely different that would appeal to a wide audience.

With the support of the brewery and extensive self help, the restaurant has been completely refurbished using re-cycled timber wherever possible. The 'rickety' tables and the new bar are made from old scaffold planks while the picture frames and window pelmets are from pallet timber. A range of children's games and play items are available in the 'reservation' area to entertain the 'young guns'.

Growing up enthralled with tales of cowboys and indians, and after much research across both the UK and the US, Robyn and Sandra have chosen a 'Wild West' theme for the restaurant.

Inspired by Cowboys gathered around the chuck wagon, open fires out on the range and the smokey ranch houses at night, The Smokehouse Saloon will be serving good quality meats smoked low 'n' slow in their own smoker and served in a fun atmosphere in the brand new themed restaurant. Made popular through TV programmes like 'Man v Food' and 'Drive Ins/Diners and Dives', the ethos is very simple; produce good helpings of good quality food in a fun atmosphere and people will visit time after time.

Being the only wild west themed saloon east of the Pecos! (definitely the only one in the county!) The Smokehouse Saloon brings something very different to the local area. Menu options include "Saloon Chowders", Rootin' Tootin' Cuts (also Cattleman's Cuts and Homestead Cuts), Pancho's Nachos, Bill's Buffalo Wings, Ribs, Surf & Turf and Build Your Own Meat Plate, Trail Blazing Burgers and Vegetarian options for non-meat-loving diners. Sides include Sweet potato fries (my favourite!) and Blazin saddle beans! You can also order off the menu for takeaway. **There is a 'Young Guns' menu too priced at just £4.95 or one child can eat free with two adult main meals. The Smokehouse Saloon is offering a 10% discount off of your food bill with this August edition of Little Stoke Gifford Matters - be sure to make the most of it and pay a visit!**

Not wanting to lose what is already popular at The Swan, it will still be offering its more traditional lunch menu through the week, and a traditional Carvery on Sunday. There are also plans for live music nights on the last Saturday of the month, and occasional mid-month Country nights too - so watch out for details of these in future issues of your favourite community mag!

NEXT EVENT is Monday 29th August, when there will be a BBQ on the decking from 2pm-9pm and live music from covers band The Renegades. Come along and join in the fun!



PILGRIMS' PROGRESS AT HOLY FAMILY

Last time we reported on the Retreat to Downside Abbey, where our Year Four class were able to pass through a Holy Door. In December of last year the Pope opened the Holy Door of St Peter's Basilica in Rome to launch the Catholic Church's "Year of Mercy". The Pope has said that by making a pilgrimage to a Holy Door and passing through it, Catholics should take on the role of the Good Samaritan. The children have learned that in passing through the Holy Door they are opening their hearts to God and striving for holiness.

This initial visit inspired Headteacher, Mrs Dawn Breeze. She recognised the importance of the experience offered to Year Four, as the chance to visit a Holy Door is something that is a rare opportunity. Mrs Breeze felt quite passionately that this chance should be on offer, not just for a few pupils, but the entire school. With this desire in mind, she began a huge logistical operation and arranged for every child at Holy Family to make a pilgrimage, to visit one of the Holy Doors, within the local area.

Reception and Year One made brief pilgrimage to the Holy Door at Clifton Cathedral. Having thoughtfully stepped across the threshold, they held a brief service, including some special prayers to mark the occasion.

Year Two and Three made the slightly longer trip to Prinknash Abbey in Gloucestershire. The beautiful surroundings inspired the children to appreciate the awe and wonder of the moment. There followed a

service allowing time for contemplation and prayer.

The Year Five and Six pilgrims set out early to reach The Church of Our Lady St Mary in Glastonbury. After a quiet reflection they stepped solemnly through the Holy Door before leading a service of thanks, with



the sun gleaming through the beautiful stained-glass windows.

These visits have been incredibly special for all our children at Holy Family Primary School. They have participated together in a unique Holy experience and we hope that the memory of this special time, along with their classmates will remain with them always.

SOGGY SPORTS WEEK FUN!

The end of June saw Holy Family pupils dashing into school with great enthusiasm, ready for the annual Sports' Week. Pupils arrived in school bright and early, already dressed in their PE kits, raring for action. This week always offers new



and exciting opportunities and this year was no exception.

An invigorating opening ceremony was held for the whole school before the week commenced with a series of Tae Kwon Do workshops. Children from Reception to Year Six were trained by members of the Stoke Gifford Tae Kwon Do club to carry out a range of different moves. They were tested on how quick their reactions were and taught how to perform some defensive moves and dodges. Amazingly the children were entranced, as a younger member of the club demonstrated how to break a piece of wood, with his bare hands and feet. Year Five students were impressed. Ella Smallcombe was stunned, "It was surprising how they did it so quickly," and



Roxanna Guest declared, "I want to join the club myself now!"

The week continued in fabulous form with our traditional sports day. In addition to some pretty speedy sprints, each class took part in a themed race, including egg and spoon, sack race, three-legged race and the human obstacle race. Finally, there was a chance for the spectators to show their stuff, with the mums', dads', toddlers' and even the teachers' race. Everyone participated and good fun was had by all.

For Wednesday, Year Six pupils had planned another special day. They were to lead the two key stages in a round robin of sporting activities. Sadly, the day saw heavy rain but events did go ahead – just a day later than originally planned. It was great to see our eldest pupils working alongside their younger colleagues, the caring ethos of our school was clearly evident for all to see.

However, many pupils believe that the highlight of the whole week was the Teachers 'v' Pupils netball match, in which the school netball team tested their skills against the staff. The children lined the court in anticipation, the shouts of encouragement echoed all around the area. The result this year was quite a surprise, as the teachers actually won. However, the team promise to reverse the result next year! P.E. Co-ordinator, Sian Lloyd summed up everyone's feelings, "I was really proud of all our achievements. It's been a great week"

MOVING ON UP

Once more we are saying goodbye to another spectacular class of Year Six pupils. We are incredibly proud of the hard work they have put into this final year at Holy Family School. The children have shown great resilience in preparing for their end of key stage SAT tests and produced results which reflect that endeavour.

As the exams were over, the fun of the summer term in Year Six began. The children became business entrepreneurs as they organised an afternoon tea room for their parents and other members of the school community. Mathematical skills were put to the test as pupils sourced their ingredients, making sure at all times that

they were making a profit for the Year Six class funds. The tea room was a great success, with customers enjoying scones and cream, alongside delicious home-made cakes and sandwiches.

Many parents commented on how well the children had done to organise the event and what polite customer service they received.

However, the innovative skills did not end there. Without a moment to rest, Year Six began preparing for the nerve-racking 'Apprentice Project'. The children worked in groups to create their own stall for the Holy Family Primary School summer fair. Money-spinning ideas included 'Ping Pong Pringle Pot Prizes' and 'Hunt the Golden Egg.' Their ideas were judged by a panel of experts and, finally, the team with the greatest profit was declared the winner – The Chocolate Hero Challenge. It was another successful event, with all monies raised adding to the Year Six trip fund.

As if this wasn't enough to tire out the team, they have also been rehearsing during every free minute for their spectacular performance of Matilda: The Musical. The roof has been raised at Holy Family to the sound of the children blasting out songs such as When I Grow Up and Revolting Children. Everyone agreed it was the best Year Six finale ever. The remainder of their final term was spent enjoying a number of educational visits, including a pilgrimage to Glastonbury, a long-haul road trip to Cadbury World and a reflective Retreat to look back on their journey through the past seven years at Holy Family Primary School.

Year Six teacher, Mrs Carter said, "All in all they have been a class we will never forget. We wish you luck in the future Year Six."

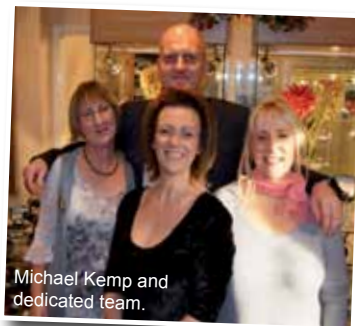


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TJ's Netball Club End of Season

report by Karen Biddel

The end of season presentation event at Little Stoke Social Club marked the official end to the season for the juniors of TJ's Netball Club.

After a game of rounders which ended when one of the dads hit the ball out of the grounds, the coaches looked back over the season. Head coach Charlotte Jones felt it had been a great season with lots of positive progress to build on. The U16 team finished fourth in Division 2 and played well throughout the season. She was particularly impressed at how the small squad often put netball above other activities so that the team would not be short of players.

The U14 team had also steadily improved as the season had gone on and was boosted by the arrival of several young players who could have played in the age group below, but who played up in the U14 squad and made a significant contribution to the strength of the team. These included Millie Bombroff, Isabel Clothier and Skyy.

Looking back at the U12 team, Charlotte went on to say that in August last year it wasn't looking like there were going to be enough players to make a team, but with the arrival of Jolie Phelps, Izzy Lloyd and Ruby Walton, who then brought their friends, numbers soon quadrupled! The U12 team did exceptionally well during the season winning the first round robin group of matches and being placed in Division 1. At the end of the season they finished fourth in that division which was the club's best position for many years.

The evening went on to present individual players with awards and special mention should be given to Lucy Taylor-Hunt, Roweda Azad and Izzy Lloyd who all won awards from the Avon Netball League for winning the most nominations by opposing teams and had been recognised as the division's best players. This is the first time TJ's had won three awards, one in each age group! The players were presented with their awards at the recent Avon League Presentation Evening held in May at Abbeywood School.

There were other positive aspects to the season too. With so many new players keen to join, the club has had to start a waiting list for Junior Players. Several players in all three age groups

also attended recent trials for the Avon County Team and Development squad.

All three coaches recognised the commitment of parents who brought their girls to training and games at a host of venues and at differing days and times. They were thanked by the coaches and the players.



U16s



U14s

The season starts again in September with the club starting back to Junior Training on Tuesday, 16th August.

TJ's Netball Club continues to run senior teams in the Avon League and would welcome new senior players. Please contact Charlotte Jones if you are interested in playing League Netball.

If you are looking for something more light hearted, the club are starting a Back to Netball section of the club. If you have not played netball since school or perhaps have never played but fancy giving it a go with people from the local area, why not come along? You can just turn up and play with training and coaching from qualified coaches led by Charlotte Jones and Sue Miles. Sessions will be run every Tuesday at the Jubilee Centre from 7.30 pm to 8.30 pm starting on Tuesday, 21st July.

Please contact Karen Biddel on 07890056287 if you want more details or just turn up on the night. We are playing just for fun and it's a great way to meet local people who enjoy playing too!



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Severn Counties at the Bath & West Show by Alan Goldsmith

Local cage bird society Severn Counties Foreign & British Bird Society had a busy two days at the Royal Bath & West Show this year. Arriving to set up on the Thursday evening, the Friday and Saturday were spent talking to the public, answering questions about the birds shown and bird keeping in general, as well as catching up with old friends visiting the show. The club has been a regular exhibitor in the small animal section for many years, and has exhibited members' birds to the public, answering questions and providing advice to novice and experienced bird keepers,

As well as the Bath & West, the club has a stand at many other shows, including Portishead and Hawkesbury Upton. Members also give talks to schools and show birds at school fetes, which always draws much interest. Club meetings usually feature a talk or slide show, on everything from trips to the Arctic to racing pigeons, and the club has a lively social event calendar and also raises funds for various charities. In addition, there are two shows open to the public each year – the next will be on 15th October 2016.

The club is for keepers in all types of birds, and meets on the 3rd Thursday of the month at 8pm at Winterbourne Methodist Church Hall, Down Rd, Winterbourne. We are always looking to make new friends, so anyone who would like to join us at a meeting to see what we are about will be sure of a warm welcome.

For more on the club our website and contacts can be found at <http://www.foreign-britishbirds.info/index.html>



BTEA Students are Fast Learners at Bloodhound Project

Pupils at Bristol Technology and Engineering Academy in Stoke Gifford spent an afternoon with the British team which is attempting to break the world land speed record.

The Bloodhound Super-Sonic Car aims to raise the current mark of 763mph (1,228km/h) to over 800mph in the South African desert.

At 13m in length and weighing more than 7 tonnes, Bloodhound features a rocket system which will fire in tandem with a Eurofighter jet engine to push the vehicle through the sound barrier. The ultimate goal is to go above 1,000mph (1,610km/h). The science behind Bloodhound is now being used in STEM activities in schools, and Year 10 pupils at BTE Academy paid a recent visit to the car's home in Avonmouth.

The programme has installed a BBC Micro:Bit codable computer, which enables students to investigate the behaviour of mini rocket cars. Working with a group of British Army engineering instructors, the group used the technology to test the concept that acceleration is the rate of change in velocity over a period of time.

Jon Furber, the member of staff supporting the students, said: *"The Bloodhound Project is a global engineering adventure, using a 1,000mph world land speed record attempt to inspire the next generation to enjoy, explore and get involved in science, technology, engineering and mathematics."*



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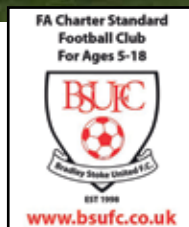
Bradley Stoke United Football Club is a FA Charter Standard Club established in 1998. Last season saw around 150 local children from 5 to 18 years old represent Bradley Stoke United FC on a weekly basis having fun and playing a sport they love.

The 2015/16 season was good for all the teams, but particularly for the U14's who were Plate Winners, beating Dearswood Abbotonians Blues 2-1 in the final (picture top) and the U16's being Div 4 Champions this year, topping the table 9 points clear.

The Club's annual football tournament held at Bradley Stoke Community School in early June attracted around 100 teams from around South Glos, Bristol and even South Wales.

This coming season, Bradley Stoke United FC has a new chairman, Jon Jones (pictured right) who was unanimously appointed as Bradley Stoke United Football Club chairman at the Club's AGM on 21st June 2016. Jon has been associated with BSUFC for over 3 years, he became a U8's coach in 2014/15 and soon took on the coaching of other age groups to get them up and running. He became vice chairman in June 2015.

Jon outlined his vision for the club to have well over 200 kids playing football week in, week out with smiles on their faces. He said *"We are really looking forward to this coming season, we have teams in every age group from Under 6's to under 18's with weekly training and lots of games to play, so if you want to play football regularly, be part of a friendly club that is committed to the tradition of football for all and making it fun, then get in contact with us via our new website www.bsufc.co.uk"*



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Huge Success for Olympus Academy Trust Students (OAT) at Turin International Acrobatic Gymnastics Cup

The five OAT students that travelled to Turin in July overcame extreme heat and humid conditions to produce amazingly high quality and stunning routines. The standard of the competition was extremely high and contained about 250 gymnasts from over ten countries across the world.

All the gymnasts from OAT very successfully completed their first routines, beating very tough competitors and scoring highly in both artistic and technical scores flying through to the final which was a massive achievement in itself!

In the finals, Abby Callanan (Charborough Road) and her partner managed to hold their nerve and perform extremely well to win a joint gold medal from a very large 'Beginners Pairs' category.

Ellie Field (Abbeywood) did a near perfect impressive routine with her young top, and beat fierce opposition to finish a very commendable 6th in the 'Youth Pairs' category.

Jasmine Mansyah (Bradley Stoke) and Chloe Cook (Charborough Road) along with another Harriers' gymnast, competed as a trio - also in the 'Youth' category. They performed outstandingly with amazing confidence and a near flawless routine to win the silver medal, narrowly missing out on gold by just 0.1 of a mark!

Lauren Baker (Abbeywood) competed in the 'Junior Pairs' section in a very advanced group and managed to nail her moves, winning herself a superb bronze medal.

The hard work and dedication over the months has paid off with everyone being really proud of, and impressed by, the gymnasts' massive achievements at International level.

WOW Congratulations to all those that competed in this competition; we are looking forward to seeing what the future holds for you all!!



Let's Celebrate at St Michael's!

by Head Teacher Mark Freeman

What an exciting and enjoyable time we all had at St Michael's in July!

During the year we hold regular theme weeks, where we work collaboratively throughout the school. In July our focus was on **'Celebrating Diversity in Modern Britain'**.

We began the week by each year group working on a collaborative art project. The focus was on celebrating our school community and promoting the importance of respecting and embracing diversity. The children produced some amazing artwork: see pictures for a few of these. All 7 pieces are in the process of being framed and will be displayed around our school.

In previous Arts Weeks we have used the Arts, both visual and performing, to explore global biodiversity and celebrate different cultures. Throughout our theme week, each year group focused on a particular aspect of British music. We immersed ourselves in a whole range of music from classical to pop. Children responded to their music through composing, dance & art.

Reception composed their own 'cat' compositions in response to Andrew Lloyd Webber's musical; Year 1 composed their own sea music inspired by their visit to Weston Super Mare and Fantasia of British Songs arranged by Henry Wood; Year 2 composed firework music inspired by Handel's Royal Firework music; Year 3 composed accompaniments



to current pop songs and composed their own pop party music using Launchpad on the ipads; Year 4 composed their own African inspired theme to open a production of the Lion King; Year 5 composed percussion accompaniments to music from the great pop legends like 'Queen' and their own pop music using the ipads. Finally, Year 6 composed sophisticated 12 bar blues pieces of music using 'Garageband'. In addition, all children responded to their musical inspiration through dance and art. We are pleased with the quality of the work and are looking forward to seeing it showcased around school.

Later in the week, we enjoyed a Monarchy Day, where each year group found out about a different Queen of England or Britain and presented their findings in different ways.

Our fun-filled week ended with 'Fantastic Friday'. We began the day by spending time in our buddy classes either playing traditional games or doing craft activities. The children always enjoy these sessions when they can spend time with friends from other year groups. Then, the whole school met on the playground to perform our own version of Connect-it by Anna Meredith. Anna is a Scottish composer who creates music that uses clapping, stamping, shouting and beatboxing instead of instruments. Each class have been practising the Connect-it piece in their own classrooms since half term.

As you can imagine we were all very excited to perform it as a school on the playground and were very pleased with how it all came together. It really demonstrated how powerful music is and how it can connect and unite us.

In the afternoon, Reception took part in Evelyn Glennie and Rhythm Workshops with Mrs Murray and we were fortunate to have Kate from the O'Mally School of Dance to lead Irish dance workshops for year 1.

Finally, to mark the 400 year anniversary of Shakespeare's death, we were privileged to have students from the Bristol Old Vic Theatre School come in to perform their 'Rough Guide to Shakespeare'. What a treat to end our fantastic week.

More information about St Michael's School, and all of the events and activities that take place here, can be found on our website: www.stmichaelscg.co.uk

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1st Little Stoke Scout Group – Offering Scouting in the “Stokes” since 1952 Report by David Hutton

Despite a range of weather conditions from July weather at the beginning of May and then some “cool” and wet weather at the end of June, our young people have taken part in some great activities this year

The Beavers started an ambitious gardening/ re-cycling project by painting old car tyres and making them into beautiful colourful flower containers which look fantastic in the scout HQ garden. We will never forget the Beavers' happy but muddy faces when they visited Woodhouse Park to try their Adventure Course. They all challenged themselves to complete all sections of the course in the rain. They all made use of the facilities and after a good shower went home exhausted and dressed in their pyjamas ready for bed.

Seven Beavers attended the Avon County Scout Jamboree in May and had a fantastic day. The Leaders were particularly pleased when Chief Scout Bear Grylls made a surprise flying visit.

The Cubs visited the Natural History museum in London, travelling by train. Whilst there the cubs visited the education centre where they could touch and investigate many specimens from the natural world. One of the cubs even modelled a set of antlers. They visited other galleries in the museum including the earth gallery, dinosaurs and finally the blue whale. By the end of the day a group of very tired cubs made the trip back to Bristol.

The Cubs have also worked for the new Photography Badge and had great fun finding out about cameras, how they work and how to use them. The pack then spent an evening learning about stop motion animation before making their own animation using Lego and other toys.

As part of the Centenary of Cubs this summer the adults set the cubs a challenge. Can they complete 100 challenges in one night? It turns out they can! In a busy night they completed 100 challenges including: Making a tower out of cups, buttering bread, making paper aeroplanes, and blowing raspberry's, balancing on one leg amongst other challenges. At the end of the night they were awarded the 100 years Cub Scout badge to wear on their uniforms.



They also attended the Brunel District 100 years of Cubs camp. During the weekend they took part in many activities as they travelled round the sub camps. Some of our cubs even completed the adventure course getting very wet and muddy in the process, rather like the Beavers!

The Scouts have had a lot of activities away from the Headquarters. They had a fantastic visit to see and hear about the bee hives at Little Stoke Social Club. Unfortunately the evening at Aston Airfield with the Gliders had to be cancelled due to the poor weather conditions. In readiness for summer camp on the Gower they have erected and sorted the patrol tents along with the smaller hike tents. The term ended with a session at Wotton Swimming Pool and a walk along the Frome valley culminating in a bag of chips in Winterbourne

For more information about the Group 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

Rugby v Netball!

Three teams from St Mary's Old Boys RFC entered the recent TJ's Netball Club mixed fun tournament held at the local Jubilee Centre netball courts.

Captain of the SMOB ladies team, Kirsty Fido, rallied some of her own players, senior club players, boyfriends, partners and Dads to make up teams "Impavidus" and "Half Pints". The third team consisted of an existing TJ's Netball Club player and her Uncle alongside parents and siblings from her brother's age group at the local rugby club.

With some superb ball skills, great team ethics and lots of laughter all three teams had great fun with some players learning the rules of the game as they went along and others relieving netball memories from school 35 years ago!

Mum of children in both clubs said "it's great to see two community clubs coming together through sport for fun. We didn't win, although Harrison Clutterbuck, one of our senior players for the club, was awarded "player of the tournament" with the most nominations. Everyone really enjoyed the experience and most importantly we all had fun. We're now looking forward to a re match on the rugby pitch!"



News from 1st Stoke Gifford OSR Scouts

Report provided by Andrew Phelps

Since the last issue of Little Stoke Gifford Matters 1st Stoke Gifford has had several new scouts join the troop and has also attended the Apple store for an ICT session using some coding software and learning about iphone and ipad functions etc.

We started our cyclist activity badge with South Gloucestershire Council's Dr Bike doing a maintenance session and Highway Code/ rules of the road session, and did the 40km ride around Little Stoke Park completing 23 laps and taking about 3 hours.

There is no Geology activity badge in UK scouts and a father of one of the scouts really wanted to help so, with permission from HQ, we decided to start the Scouts of America geology Merit badge and found Rose-Marie, an American assessor, willing to Skype with us to test the scout's knowledge. The scouts had 3 sessions of Geology, examined the German fossilized stone on the food court floor in The Mall and visited Cattybrook Quarry and Brickworks.

We've had a night with the Royal British Legion where we learnt about WW2 and have researched the 5 servicemen remembered on the cenotaph in Stoke Gifford. As in previous years we are hoping to help launch the Poppy appeal after the summer and fundraise by bag packing in Sainsbury's. This will earn the scouts the Gloucestershire Scouts' Poppy badge.

I'd like to thank Steve Fowkes from The Forestry Commission for spending 5 sessions with the scouts over a period of 15 months to get most of the troop through the Foresters Activity Badge this term and Thornbury Sailing club for all the taster sessions getting the scouts through the nautical skills and sailing badges.

We completed a session on first aid and on map reading prior to our 2 day 22 mile expedition weekend and we completed 3 sessions trying to get through the angler activity badge one in the old school rooms, one sea fishing from Portishead and one trout fishing over near Lydney.

The scouts have attended a joint camp at Cranham with the cubs and school scout troop, a



Strategy camp near Cirencester and are getting ready for our joint 25th Anniversary camp in Youlbury, Oxfordshire.

To end the term off we are going low impact paint balling which the Scout Association have made available to scouts but not until we challenge the school scout troop and Wednesday night guide unit to the assault course out at Woodhouse Park Activity Centre!

Also on that evening we presented Cody Bowyer, Dan Baker and Olly Gibbs with their Gold Chief Scouts awards and Esme Gibbs with her Chief Scouts Commendation for Meritorious Conduct Medal. These were presented by Stu Ballard Avon Scouts deputy County Commissioner (photo above)

Three of our assistant scout leaders Alison Emsley, Larah Korrison and Harry Galgut have completed their training this term and received their Wood Badges, our two young leaders Holly Windows and George Phelps have completed their Platinum Chief Scouts awards and William Dron was presented with the Chief Scouts Personal award with a personal letter from Bear!

Congratulations to all involved!

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Sole Sisters running group gathered to present a cheque to Sara Messenger representing the Bradley Stoke Green Gym. The Green Gym saved the day by draining and repairing the lake paths in time for the 10k run in June.

In 2015 Green Gym completed over 1,800 hours volunteering which is valued at over £26,000 and has on average 12 volunteers each week. The Green Gym receives no grants so it is expected that the donation will be used to provide essential tools and refreshments!

Green Gym meets every Thursday 10am – 1pm behind the leisure centre. All volunteers are welcome.

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We also have occasional social events for all our volunteers. We're looking for men and women to get involved, and age is no barrier – as long as you're over 18.

The Carers' Support Centre exists to provide support, information and advice to carers of any age living in the Bristol and South Gloucestershire areas.

For more information about this role, please contact Marilyn Crump, Sitting Service Coordinator for an informal chat.

We really look forward to hearing from you – thank you.

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Rehearsals are in full swing for the Thornbury Musical Theatre Group's next blockbuster show, the colourful fantasy musical 'The Wizard of Oz'. This will take place at the Armstrong Hall in Thornbury from Wednesday 26 to Saturday 29 October at 7.30 pm, including matinées on the Friday and Saturday at 2.30 pm. This popular show will be loved by children and adults alike, a perfect outing for the half term. Look out for more details in the October edition and join Dorothy, Toto, Scarecrow, Tin Man and Lion on their journey to the Emerald City.

Adult tickets £12.50, concessions £10.50, and a family ticket for 4 is £38. On Opening Night all tickets will be on a 3 for 2 basis. Group discounts of 10% can also be arranged via our Box Office for 10+ seats. For ticket enquiries, please call Angie at the Box Office on 07516 270140. Tickets are bookable online at www.tmtg.org.uk and will also be available at Lisa Costa Residential Sales and Lettings at 53 High Street, Thornbury from 26 September.

For more information about 'The Wizard of Oz' go to our website www.tmtg.org.uk or follow us on Facebook.

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STOKE GIFFORD

PARISH COUNCIL

Public Exhibition – Proposed Enhancement of Little Stoke Community Hall, Little Stoke Park

A Public Exhibition will be held on Tuesday 2nd August 2016 between 4pm and 7pm at the Little Stoke Community Hall, Little Stoke Lane, Little Stoke.

Local residents will be given the opportunity to hear more about the proposed plans to enhance the existing community building, to include new sports changing rooms, an open social space with kitchen and drinks preparation area, and improved meeting facilities.



Local Parish Councillors and the Parish Clerk will be in attendance during the exhibition. It is anticipated that a formal planning application will be submitted to South Gloucestershire Council later in August.

Stoke Gifford Cenotaph Proposed Restoration Works

The cenotaph was erected on the green at Stoke Gifford around 90 years ago but in the last three years the base of the monument has begun to subside. The local stone pillar, set on a square plinth, was erected in 1927 to commemorate the 18 “men who fell” in World War One and World War Two.

The Parish Council have ring-fenced £2,000 towards the project but further funding is still required towards the essential repair works.



Built largely from public funds, the monument is now the responsibility of Stoke Gifford Parish Council and it is hoped that some funding will be secured from the War Memorials Trust towards restoration work. Support has also been welcomed by the Parish Council from within the community, and local artist Steve Brimble has offered watercolour sketches and soft pastel paintings for sale with the proceeds going towards the required works.

Watercolour (sketch) painting of the Village Green, Stoke Gifford.



Parish Council Office Public Access Times

Please contact the office if you wish to arrange an appointment outside of the public access times.

MONDAY : 9am – 12 noon & 2pm - 4pm

TUESDAY - FRIDAY : 9am – 12 noon

Telephone: 01454 865202, or Email: clerk@stokegifford.org.uk

Website: www.stokegifford.org.uk

Metrobus Extension in Stoke Gifford

At the last full Council meeting held on 12th July 2016, it was reported on the outcome of the South Gloucestershire Environment & Community Services Committee meeting where the route of the Metrobus extension through Stoke Gifford was voted on. The Committee voted 7 to 6 in favour of adding a bus lane along Hatchet Road which runs the length of Meade Park, incurring a spend of £2m to save an estimated 30 seconds off the journey time.

The residents and Councillors who were in the public gallery were very disappointed at the decision.

As previously reported the Parish and District Cllrs made strong representations during the consultation process and are investigating to see if there is any further action that can be taken.

Four Towns Play Association Free Summer Play Scheme for Children 5-11 years



The Parish Council have again provided local grant funding towards the Summer Play Scheme which will be operating throughout Stoke Gifford between the Monday 25th July and Friday 19th August 2016.

Venues include St Michael's School, the Stoke Gifford Trust Ground and the Little Stoke Community Hall, see page ?? for more details,

There is no requirement to book and a registration form is completed on arrival at any of the sessions. For further information please email ternayacummings@southernbrooks.org.uk or telephone 07891 494551.



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STOKE GIFFORD PARISH COUNCIL MEETING DATES 2016

(All meetings to take place at the Little Stoke Community Hall at 7pm unless stated but may be subject to change so please refer to noticeboards and Parish Council Website)

FULL COUNCIL (2nd Tues of Month)
Tuesday 11th October 2016 (Little Stoke Social Club)

Tuesday 8th November 2016

FINANCE & GENERAL PURPOSE
(2nd Tues of Month)

Tuesday 13th September 2016

Tuesday 13th December 2016

RECREATION & LEISURE
(3rd Tues of Month)

Tuesday 20th September 2016

Tuesday 20th December 2016

PLANNING AND TRANSPORTATION
COMMITTEE (4th Tues of Month)

Tuesday 27th September 2016

Tuesday 25th October 2016

Tuesday 22nd November 2016

Tuesday 20th December 2016

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Bradley Stoke Lions Handover by Ex-President Ailsa Young



On 13 July, I handed over the Presidency of Bradley Stoke Lions back to Robin. During my year, the Lions made donations to a number of causes within the area and performed a large number of service activities to help those who needed assistance.

We also enjoyed a number of social occasions including a black tie ball, boules match, a pudding night, various meals out and even a croquet competition. You may have heard Robin and I speaking about the Lions on BS Radio on Saturday 9 July.

I would like to thank the members of Bradley Stoke Lions for their friendship, support and the work they have done to help others. I know Lion President Robin will continue the good work.



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COLLABORATION ON DIVORCE- A different way forward

Alison Dukes, Specialist Family Solicitor with AMD Solicitors and a trained Collaborative Lawyer explains how the Collaborative approach to relationship breakdown may be right for you.



In my practice I find that most new clients have heard of mediation as a form of dispute resolution but very few clients have heard of the collaborative approach.

Collaborative Law is a way of resolving disputes on divorce or relationship breakdown that does not involve going to court. It involves former partners sitting down together and, with the help of their solicitors, working out for example how to share financial assets or responsibilities for any children, as they each go their separate ways.

At the start of the collaborative process each party and their adviser (a trained Collaborative Lawyer) signs a formal agreement confirming that they will reach a solution without going to court. The lawyers involved in the collaborative process are not allowed to represent their clients in any subsequent court proceedings, so that it is in everyone's interests for a solution to be found by agreement.

The process requires a genuine desire on both sides to make it work and a willingness to disclose fully and honestly information about all assets. Negotiations take place at meetings at which each client is present together with their lawyer and it is the clients who set the agenda and the pace of the process. They share their hopes and expectations for the future as they work with their solicitors to try to find a solution which each will find acceptable. Where appropriate, the assistance of other specialists such as accountants and counsellors can be called upon to help resolve outstanding issues or to assist in finding solutions in a particular area of dispute.

Where an agreement can be reached through collaboration there may be significant benefits to the family as a whole. The costs and stress of court proceedings will have been avoided and the assets available to be divided will not have been pointlessly reduced by each side funding heavy litigation costs.

Perhaps most importantly, the relationship between the couple may not have deteriorated to the extent that is sadly common amongst those

who have faced a court battle. This is of course vital where there are children involved, so that the parents will need to communicate and cooperate for many years to come.

Agreements reached during the collaborative process can be recorded in a Deed of Separation or, if there are divorce proceedings, in an order that the court makes "by consent" which means that the couple will not have to attend court in person.

Collaborative practice will not be appropriate for every couple experiencing family breakdown. Couples who are "warring" are unlikely to choose to adopt a collaborative approach, nor is it appropriate if one party has already decided the specifics of the outcome they are looking for. There will be cases where the more traditional and adversarial route of determining the division of family assets will be inevitable, although many of those cases will be still capable of resolution without the need for any court hearing. However, for those who know they want a negotiated jointly "owned" settlement which minimises the emotional cost of divorce or family breakdown, collaborative law will be an attractive and constructive approach.

Alison can be contacted on 0117 9621460 or by e-mail alisondukes@amdsolicitors.com. AMD have offices at Clifton, Henleaze and Shirehampton

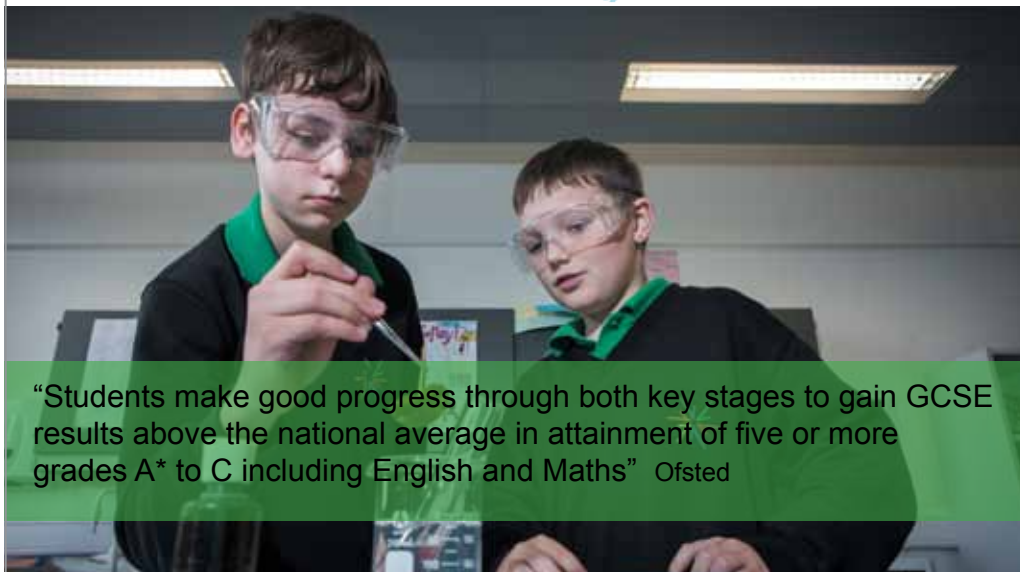
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South Gloucestershire
BS34 8SF

info@abbeywoodschool.com

www.abbeywoodschool.com

Tel: 0117 307 5660



Enrichment Week at Abbeywood Community School!

Students at Abbeywood took learning out of the classroom between 11-15 July, enjoying a huge range of trips and activities during Enrichment Week to supplement their studies during the year.

Focussed on inspiring the interests and abilities of all students there was the opportunity to take part in a range of engaging and enriching activities, including visits to Madame Tussaud's in London, Thorpe Park, Jungle Rumble, Longleat, Harry Potter, Laser Tag, Go Karting, Cinema and Bowling trips, Lion King Theatre Trip, Mendip Ski Centre, and also take part in Paintballing, Zombie Apocalypse, Surfing, Mojo Active, Kayaking, Cycle from Bristol to Bath, Sporting activities, Sports gaming, Film days, Abbeywood News Desk, Drama activities, Arts and Crafts, Photography walks, Prop making workshops, Box making, Glee day, Robot workshop, Board and Console games, Orienteering at Blaise Castle, Wildlife documentary, Picnic in the park, Great British Bake off, Spanish and Indian cooking, Motor Vehicle workshop, Clay workshop and many more!

The week was enjoyed by everyone, both staff and students, and gave everyone the opportunity to make new friends, try new things and be part of the wonderful Abbeywood Community in new ways.

David Howe, Associate Headteacher commented: "Curriculum Enrichment week is an important and rewarding week during the school year as it is a chance for students to combine their academic knowledge with practical experiences, to challenge themselves outside of the classroom environment and to work alongside their peers in different year groups. Students have undoubtedly enhanced their learning whilst developing crucial life skills, and had a great deal of fun along the way".

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Local resident takes over at Ovensclean

Our favourite local oven cleaner has decided to sell his business after a fruitful and happy 5 years as part of the Ovensclean franchise. But not to worry - local resident Myles Cutler will be taking over from Nigel Welch to keep your ovens sparkling!

Little Stoke Gifford Matters was pleased to catch up with both Nigel and Myles, who is due to take over the Ovensclean franchise for North Bristol towards the end of June.

Nigel has been an Ovensclean franchisee since 2011 and has become very established in the North Bristol area, acquiring a large customer base through an excellent service. However, he has now decided to pursue his dreams of travelling by going on a 2-year trip around Southern Europe! When we met, Nigel was in the process of handing over his business to Myles, who is very excited to start his journey and looking forward to getting out and meeting Nigel's existing customers.

Before joining the Ovensclean franchise, Myles spent 20 years in the IT industry but, as the years went on, he began to crave more control and flexibility in his life.

Realising that the possibility of redundancy was on the horizon gave Myles the push he needed to look for a job in another industry. Noticing Nigel's advert in the local magazine for an Ovensclean franchise therefore appeared to be an ideal opportunity, coming along at just the right time.

Myles claims that joining Ovensclean was an easy decision, and after attending an open day at the Head Office he was sold on joining the Franchise. He has spent lots of time with Nigel over the last few weeks, learning the ropes of the business and receiving bespoke support and training.

Your local Ovensclean specialist can restore a range of appliances and delivers a first class service and high quality cleaning. The smartly uniformed technicians are courteous, knowledgeable and carry out professional oven cleans. Knowing they have received comprehensive training provides you with confidence in the Ovensclean service across a range of kitchen appliances, including: Oven



Cleaning, Hob Cleaning, Extractor Hood Cleaning, Grill Cleaning, Microwave Cleaning, Aga cooker Cleaning, Range & Stove Cleaning and Barbeque Cleaning.

Myles is looking forward to having a career that he can feel passionate about and is determined to build upon the success already achieved by Nigel. He told us *"I am excited to finally be running my own business and to have the opportunity of continuing such a great service across the local area. I very much look forward to meeting all our Ovensclean clients - both old and new"*.

Little Stoke Gifford Matters would like to welcome Myles and also say goodbye to Nigel Welch who has been an advertiser with us for the last five years. We hope that you have a fabulous trip around Southern Europe!

If you would like more information on oven cleaning in the North Bristol area, please contact Myles for more information on 07557 110932 or visit the Ovensclean website www.ovenclean.com.

OVENCLEAN®
The original oven cleaning specialists

**Ovensclean will transform your oven
and put the sparkle back into your kitchen!**
*Local, friendly, professional, reliable
Eco-friendly cleaning, no fumes, no mess*

Call Myles on
07557 110932 or 0117 969 5228
www.ovenclean.com

BIG Award at Stoke Lodge Primary

by Claire Bruford, Anti-Bullying Co-Ordinator

At Stoke Lodge Primary School we work very hard to ensure that all children feel safe, happy and are included. At the beginning of the year we became members of the Bullying Intervention Group and as part of that, worked towards the BIG Award, which is an award for excellence in bullying intervention.

This award is recognised nationally by Childline, Anti Bullying Alliance, Anti Bullying Words, CEOP and Each Education. To achieve this award we had to meet externally agreed criteria and be able to demonstrate that we work to agreed standards and ensure that every child is enabled to fulfil their true educational potential, or enjoy their community activities, without fear of being bullied.

In KS2 we have Playtime Buddies at lunchtimes whose role it is to look after our 'buddy bench' and any children that use it. The purpose of a buddy bench is so that children can always find someone to play with. At the end of each term we have peer and teacher nominations for both KS1 and KS2 children that have displayed positive and friendly behaviour. We have a dedicated area in our main corridor for Anti Bullying where children can find books and advice if they need help and a display board that is changed termly. We also have a dedicated Cyber Bullying display in our KS2 hall which has lots of information about how to stay safe on line and the steps to take if children are experiencing Cyber Bullying. At the end of each term we have an Anti-Bullying newsletter that is sent home and uploaded to our dedicated Anti-Bullying page on the school website.

Towards the end of last term we received confirmation that we had been successful in all criteria and were awarded the BIG award. We are one of the first Primary Schools in the South West of the country to obtain this which is a massive achievement. Our certificate is displayed proudly in the main reception area as well as the anti-bullying corner of the main school corridor.

Val McFarlane, Director, Bullying Intervention Group stated *'Stoke Lodge Primary School take bullying very seriously. Although they do not have a problem with bullying, they ensure that they have excellent systems in place to ensure the safety and wellbeing of all of their pupils. They involve the children and their parents/carers in all aspects of their anti-bullying work, and also have an up to date, effective anti-bullying policy. I am delighted that they have now achieved the BIG Award for excellence in challenging bullying.'*

If you would like to know more about this reward, please go to - www.bullyinginterventiongroup.co.uk.





Christmas at Holiday Inn Bristol City Centre

Packages from £14.95 pp

Contact our Academy Team to book your Party
0117 9245000 or email academy@hibristolcity.co.uk





FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

COMPANIONS HAVEN

PET CREMATORIUM



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

Companions Haven is a family run pet crematorium specialising in individual cremation. Our premises are adjacent to our family home in beautiful grounds. We are in the village of Pucklechurch between Bristol and Bath. We have been taking care of pets and their pet owners at this most difficult of times for almost 25 years. As an APPCC member, compliant with the required code of practice, you can expect your pet to be handled with care and dignity. We are here to support you through the process in every way. We will also help you to decide on what you would like to do with your pet's ashes. Whether that be scattering, burial, or something for the home, we can provide the right solution for you and your pet. We can always offer you an appointment the same day and you are welcome to choose whether you bring your pet to us personally or we collect him or her from the vet or your home.

There is no charge for local collection.

It is important to give yourself time to grieve. Take time to talk to your friends and family, you should never feel self conscious about your grief. Many people experience feelings of guilt "Did I do the right thing, what could I have done to prevent it?" This is normal and will subside with time. Remember the word euthanasia comes from the Greek for 'a gentle death'. It is a great gift to be able to prevent unnecessary pain and suffering.



www.companionshaven.co.uk
info@companionshaven.co.uk

200 Westerleigh Road Pucklechurch Bristol BS16 9PY
Tel: 0117 937 4554

Family Fun Day and Dog show on Sunday 21st August 2016

At Avon Riding Centre, Kings Weston Rd.
Henbury BS10 7QT (under cover) opposite
Blaise Castle Car Park.

Come along to our 5th Fun day and Dog show in aid of South Glos stray dogs. It's a great day out for ALL the family, with or without a dog. More to do and have a go, more craft and gift stalls, doggie themed stalls, lots of kids games and stalls to keep them amused, a kids pet drawing competition judged by a local artist and face painting! Lots of cake, food, refreshments, inc vegan and gluten free. BIG BBQ is back out the front.

Car parking is on site. Quiet walks through the woods at the side. Have a go Agility and Rally-O, Fastest recall, Doggie games to try, on the spot photography. Pedigree and Novelty classes £1/ class max £5. Prizes and rosettes to 5th place. Open 9.45am. Pedigree classes start 10.30. Novelty classes start 1pm - 4pm. Meet the Dog rescues, Dog Q&A talks. Entrance 50p adults inc prog. Children FREE.

PEDIGREE CLASSES - Judging starts 10.30

1. AV Puppy (6-12months) sponsored by the Dogmad Kembrey family Stanshaws Service Station Independent family run business
2. AV Junior (12-18 months) sponsored by Jan Williams and her dog Bella
3. AV Sporting (Gundog, Hound & Terrier) sponsored by Emma Jones in memory of her dad Terry Jones
4. AV Non sporting (Toy, Utility, Pastoral & Working) sponsored by Clair Hickson, Talk-to-the-Paw Dog Training Bristol
5. AV Veteran (dog/bitch) 7 years and over sponsored by Selina, Catherine & Christina Cox in memory of dear Pippin

Best in Show - Cup sponsored by Viking Vets

Reserve Best in Show - Cup sponsored by Viking Vets

NOVELTY CLASSES Open to ALL pedigree & non pedigree - apart from class 6 & 7.
Judging from 1pm- 4pm

6. Cutest puppy 6-12 mths (non ped only) sponsored by Bristol Canine Hydrotherapy Centre, Hanham www.bristolchc.co.uk



7. Best Veteran (7 yrs & over) (non ped only) sponsored by The Dog Field, Pilning www.caninerelate-bristol.co.uk

8. Best child handler 5-11yrs sponsored by Jackie Sayer in memory of dear mum, Barbara Youell
9. Best child handler 12-16yrs sponsored by Dee, Mitz and Scrumpy the dog
10. The most Wonderful Ears! Sponsored by Penny Warren of Bristol K9 Dog massage, in memory of dear Bob
11. 'Who's the Daddy? or Mummy!' Mixed breed or unknown sponsored by Viki Steele and family
12. Best rescue/ex stray sponsored by Canine Relate Dog Training www.caninerelate-bristol.co.uk 01454 631258
13. The Prettiest Bitch sponsored by DogField Uk Pet Service, Bristol www.dogfielduk.com 07979 213054
14. The Handsomest Dog sponsored by the Singer family in memory of dear Storme
15. Best family of dogs (2 or more) sponsored by Penny Warren Bristol K9 Dog massage <http://www.bristol-dog-massage.co.uk>
16. The Happiest Dog © sponsored by Kerry Milton in memory of Flip and Dobey
17. *FREE CLASS* for all dogs who haven't won a rosette 'The one that got away' sponsored by Viking Vets

Show organiser; Julia Deane 53 Charles Close
Thornbury BS35 1LW Tel: 07768 285009 (eve)

For more information email Julia at
fossdogshow@hotmail.co.uk,

Check out the website www.southglosstrays.org
or Facebook <https://www.facebook.com/groups/friendsofsouthglosstrays/>



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

A great day out for the whole family!

BANK HOLIDAY FAMILY FUN RACEDAY MONDAY 29 AUGUST

EARLY BIRD
FAMILY TICKET
£25

Free admission
& entertainment for children

FACE PAINTERS | AQUA ZORBING | CHILDREN'S ENTERTAINERS
CIRCUS WORKSHOPS | BRISTOL CITY FOOTBALL ZONE
LITTLE MIX TRIBUTE ACT 'MINI MIX' AND MUCH MORE...



CHEPSTOW
RACING & EVENTS

chepstow-racecourse.co.uk | 01291 622260



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Terms & conditions apply. For full terms and conditions please visit our website. Chepstow Racecourse promotes responsible gambling. www.gamblershelp.co.uk



For the brave and the hardy out there, Chepstow Racecourse has launched the third running of the Chepstow Stampede for Saturday 22nd October. Competitors will scale steep banks, conquer leg-burning hills and wade through waist deep water as well as running through the picturesque surroundings of Chepstow Racecourse and Piercefield Park, while taking in beautiful sections of the Wye Valley Walk. The off road adventure race offers 5k and 10k courses and new obstacles this year.

CHEPSTOW STAMPEDE

OBSTACLE MUD RACE

SATURDAY 22 OCTOBER

By popular demand there is also the option of children taking part in the Mini-Stampede. This is run over 1.6k for 5 to 9 year olds and 10 to 13 year olds. There will also be a new category for the 5k race for 14 – 15 year olds. Book your place now via www.chepstowstampede.co.uk.

Before then there is lots going on at Chepstow throughout the summer holidays! The course stages its final **Family Fun Day of the season on Bank Holiday Monday 29th August**. It'll be a great way to end the summer holidays with a big day out with entertainment for all the family. The star attraction will be Mini Mix, the Little Mix tribute band which were such a hit last year. The children's entertainment also includes Aqua Zorb, where children can enjoy water and land zorbing, plus bouncy castles, face painting, entertainers and more.

For the adults there will be seven horse races, plus bars and food available. Being a family day the alternative is to bring a picnic (no alcohol please). A family ticket, admitting two adults and any accompanying children, is just £25 in advance. If it's a special occasion you can also book one of the fabulous trackside viewing hospitality boxes for family use. For more details please see the racecourse website www.chepstow-racecourse.co.uk.

Also during the summer holidays there are race meetings on **Tuesday 9th, Wednesday 17th and Thursday 18th August**. The racecourse will play host to the **Chepstow Show on Saturday 13th August**. The agricultural show will include livestock competitions and demonstrations, equestrian events and mounted games, family entertainment and lots to eat and drink – www.chepstowshow.co.uk.

CHEPSTOW RACING & EVENTS FORTHCOMING FIXTURES

AUGUST

Tues 9th - 90th Birthday Race Day
Weds 17th - Afternoon Racing
Thurs 18th - Afternoon Racing
Mon 29th - Bank Holiday Family Race Day

SEPTEMBER

Thurs 8th - Afternoon Racing
Tues 13th - Afternoon Racing

OCTOBER

Sat 8th - Jumps Festival
Sun 9th - Jumps Festival
Tues 25th - Velindre Charity Race Day

NOVEMBER

Weds 2nd - Afternoon Jump Racing
Weds 16th - Afternoon Jump Racing

To Book Tickets contact :
www.chepstow-racecourse.co.uk



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Community Noticeboard

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

BRADLEYSTOKE'S GOTMUSIC

27th August, The Willowbrook Centre
Are you a local talented singer or musician?
Or in a local band and struggling to get noticed?

We're looking for performers to take part in our competition - where you'll get the chance to perform in front of our shoppers and a panel of judges to win a live performance on the BSR FM103.4 Friday Drive Time Show plus two additional live performances! You must live in postcodes BS32, BS33 or BS34 and be over the age of 14 to enter.

Email enter@bradleystokesgotmusic.co.uk if you'd like to take part.

DISCOVER FESTIVAL 2016

Sept-Oct 2016

Join in the Discover Festival - your chance to discover and enjoy something new throughout September and October in South Gloucestershire.

Discover presents a showcase of local groups, events and places, many of which you can enjoy all year round. So whether you want to learn something new, find a hobby, meet new friends, get out and about in nature, catch a performance or explore one of our historic buildings, there's something for you.

You can just turn up to some events and some require booking. Most are free but there is a small charge for some. For festival highlights, pick up a brochure in your local library. To find out more or to book, go to www.southglos.gov.uk/discover. For the latest updates follow us on Facebook at www.facebook.com/discoversouthglos

Go on! Discover South Gloucestershire this autumn.

Summer Reading Challenge 2016

Come and join The Big Friendly Read this summer - it wouldn't be the same without you!



The Big Friendly Read, Summer Reading Challenge 2016 begins in all South Gloucestershire Libraries on 16 July and runs until 10 September. It's fun, it's friendly and best of all, it's totally FREE.

All children have to do is read six library books over the summer, collecting special Big Friendly Read collector cards from some of Roald Dahl's best-loved stories along the way, to get their medal and certificate.

Libraries are also holding free activities throughout the holiday to help children complete the challenge. Visit your local library or log on to www.southglos.gov.uk/libraries to find out more.

The Chepstow Show Saturday 13th August Chepstow Racecourse

Gates open at 8am.
Public admission from 9am
Main Ring programme commences at 10am.

Attractions for this year include The Lamb National, sheep dog demonstrations and displays by Black Mountain Falconry as well as musical entertainment, showing classes, children's races, vintage display and much more!

Show Day Admission prices

(discounts available if bought in advance on line):
Adults £10, Seniors £8, Children 5-16 £4,
Under 5's are Free.
Family tickets (2+3) £25.

For further information please contact the General Show Secretary via email:

chepstowshow@hotmail.co.uk
www.chepstowshow.co.uk

DAWGUST FUN QUIZ NIGHT



For further info
please call Gerry
on 0117 969 5332

SPECIAL FUNDRAISING EVENT
PLEASE TRY AND SUPPORT THIS QUIZ AND HELP
EILA TO SAVE MORE GREYHOUNDS MONEY RAISED
WILL HELP RESCUE MORE DOGS

Saturday 6 August 2016
7pm for 7.30pm prompt start!

Little Stoke Social Club, Braydon Avenue,
Little Stoke, Bristol BS34 6DN
£5 per person to include a buffet
Teams of 6 - 8 people (Maximum)



Got questions about life?



Building on the successful community coffee mornings run at Christ the King, the Alpha Course is coming to The Parish of Bradley Stoke this September. Alpha is a series of sessions exploring the basics of the Christian faith in a relaxed, no-pressure environment.

Launch event:

Invitation Supper - Friday 9th Sept, 7.30pm
@ Church of Christ the King, Mautravers
Close, Bradley Stoke, BS32
8ED - complimentary meal provided.

Course:

Every **Tuesday starting 20th Sept, 7.30-9.30pm @ Holy Trinity Church**, Broad Croft, Bradley Stoke, BS32 0BD
- Beverages and desserts served.

AT THE LIBRARIES August 2016

Fizz Pop Science

will be delivering 1hr of fun science.
From foaming potions to hydrogen balloon explosions, this event will be scientifically fantastic! Suitable for 5 - 12 year olds, spaces are limited so booking is essential.
Winterbourne: Tues 2nd August 2-3pm

Explore Learning Big Friendly Giant workshop

BStoke: Monday 1st August 4pm - 5pm
(spaces are limited, so please book with the library)

Crocodile and Other Friendly Animals

Create your own snapgoggling creatures from Roald Dahl's stories! Free drop in event for children aged 4-11
BStoke: Thursday 4th August 10:30am - 12pm
Filton: Monday 8 August 10-11.30am

Fun and Craft Group

Craft Club Join us for a morning of crafts. Suitable for adults (14+), please sign up at reception
BStoke: Saturday 13th August 10am - 12pm
Filton: Saturday 13 August 10-11.30am

Dahl's Delicious Delights

Charlie and the Chocolate Factory inspired free drop in event for children aged 4-11
BStoke: Thursday 18th August 10:30am - 12pm
Filton: 15 August 10-11.30am

Memory Café

Worried about your memory? Living with dementia? Come to the Alzheimer's Society friendly social - everyone welcome
Filton: Friday 19 August 10am-12pm

Lego Club

Theme-based creative building fun for primary school aged children and their parents
Filton: Saturday 3 September 2.30-3.30pm

Bookworms

Filton: Monday 5 September 5.45-6.45pm
Welcoming adult reading group

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

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



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 CGdsl@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 10-11.30am 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: tonyedmonds108@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 Bev - 01454 625855.

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, Rachel Pheasant 07837 968060 rachelpheasant@live.co.uk

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.bradleysstokebc.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

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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

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Owners Pete and Steve told me it is important for the business to always be moving forward, whilst still holding onto their core values. They are also pleased to employ a large team, giving jobs to hard-working individuals and opportunities to young people is a big part of what they enjoy about running their own business.

In 2014, in response to so many customers asking them to recommend or look over potential cars for them to buy, Brookfield launched their car show room at 32 Filton Road. Pete told me it was a natural progression for the business, they apply their same excellent customer service and honest advice to car sales. I was pleased to use Brookfield Sales when purchasing our last car, we handed over a list of requirements with our budget and

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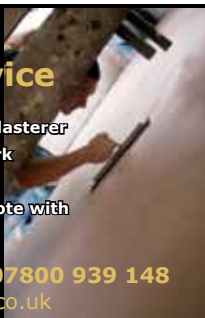
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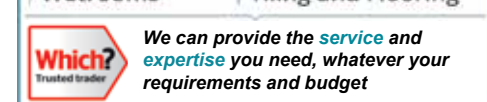


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Alexandra Cork Home Designs	62	Christmas Parties	3,14,45,68	Companions Haven (Pet Cemetery)	46
Home Planning SW	70	Tribute Nights	2,14	PCFF Dog Walking & Pet Care	24
Bathrooms		Garden Design/Landscaping/		Trekking Tails	34
All Works Bathrooms Installations	63	Maintenance		Plasterer	
D R Bond	62	Almondsbury Landscaping	58	CPH Plastering	59
Inspired Bathroom Design	62	Alpine Landscapes	59	Jon Drake	60
Builders / Building		Ellinghurst Fencing & Gardening	61	Plumber	
Ashford Building Contractors	54	JDS Garden Services	59	All Works Plumbing & Heating	63
BluePrint Construction	64	Hair & Beauty		D R Bond	62
Cox Builders	63	Bespoke Hairdressing	16	Home Care Plumbing & Heating	60
Fascia Lift	60	Mobile Hair Stylist	6	K J Barton Plumbing & Heating	54
Prestige Property Developments	66	Perfected Hair & Beauty Salon	32	Low Cost Plumbing	61
RJM Design & Build	57	WBS Barbers	24	R H Plumbing	58
Vizard and Son	61	Handyman / Home Services		Property Maintenance -	
Cakes - Medway Designs	29	Alan's Handyman Services	63	Brunel Doors	56
Car Maintenance / Sales		Health, Diet & Fitness		Prestige Property Developments	66
Autumnbrooke Garage	56	Aztec Hotel & Spa	2	Repairs	
Brookfield Garage	55	Cambridge Diet - Fil	6	A+ Appliance Repairs	59
BS Auto Maintenance	6	House / Home		D-CR Domestic Appliance Repairs	65
Renault	38-39	Bedlam Beds	64	Roofing -	
Care / Elderly		Brunel Doors	56	Ridge Roofing	56
Age UK	9	Downend Blinds	65	Rooftech	59
Bristol Care Homes	8	Frome Valley Kitchens	66	Rooms/Facilities for Hire	
Helping Hands	64	Never Mow Lawn - Artificial Grass	62	Abbeywood Community School	42
Carpentry		Thornbury Stairlifts	57	Bradley Stoke Community School	
Clive Bradford	65	Hotels/Restaurants/Pubs/Bars/Cafes		North Bristol RFC	35
J G Carpentry	63	Aztec Hotel	2	Schools/schooling	
Carpets & Upholstery Cleaning		Brunel's Hat At Hilton	16	Abbeywood Community School	42,43
Bonne Fresh Clean Ltd	56	Hilton Bristol	3,16	Bradley Stoke Community School	
Central Heating		Holiday Inn Filton	14	SGS College	71
All Works Plumbing & Heating	63	Holiday Inn Bristol City Centre	45	Security - Technisys	57
Baines Heating	65	Mercure	68	Sewing / Alterations -	
Gregor Heating	1	The Hollow Tree	43	Medway Designs	29
Richard Taylor	61	Jewellers - Kemps	22	Shopping -	
Child Care/ Preschools		Kitchens - Frome Valley Kitchens	66	Poplars Farm Shop	35
Ambourne House Day Nursery	30	Locksmith		Solicitors -	
Bright Sparks Nursery/Preschool	25	Dale Clements Locksmiths	58	AMD Solicitors	41
Children's Activities		Lock Stuck & Barrells	54	Taxi's/Transport	
Baby Ballet	30	Medical / Therapist		ACE Taxis	30
Cleaning & Domestic Services		Bradley Stoke Physio	10	Avanti Cars	62
OvenClean	44	Smart Hypnotherapy	40	Tiling -	
Oven Wizards	54	Stoke Gifford Surgery	11	Paul Bartley Ceramic Tiling	61
Community Noticeboard	50-51	Music/Music Lessons -	16	Training/Tuition	
Community Groups & Clubs	52-53	Opticians		SGS College	71
Computers		Harbord Opticians	40	Tree Surgeon	
Wicked Imp	34	Specsavers	72	Collins Trees Services	57
Days Out		Organic -		TV & Aerials	
Chepstow Racecourse	48-49	Masons Fruit & Veg	17	A1 Aerials	54
Old Down	29	Poplars Farm Shop	35	Aerial Man - Dan Grace	65
Electrician		Painter & Decorator		M D Aerials	56
Aquasafe	56	GJS Painting & Decorating	61	Weddings	2,14
Bradley Stoke Electrical	54	Keith Usher Painter & Decorator	62	Wills -	
Core Electrics	65	Inside & Out	64	Windows -	
Dave Betts Electrical Services	57	South Gloss Decorating	60	1st Aztec Windows	57
Gary Smart Electrical	64	Parish Council	36-37	Associated Windows	67



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Move Home or Remodel?

Steven Moyse from Bradley Stoke based Home Planning SW Ltd considers the expense of moving house, versus the cost of remodelling your existing home ...

If you are feeling dissatisfied with your current home, you might be considering moving house or perhaps wondering how you might be able to improve upon the one you already own. The choices involved are both financial and emotional - it can be a hard decision to make and one that could potentially be worth thousands of pounds to you and your family.

There are other things to take into consideration too - if you love the area you live in, your neighbours, your outdoor space, your commute or the location of your children's school, then taking a fresh look at your current home and the untapped potential it offers might be a better option. Why go through the pain and expense of moving home (one of the most stressful life experiences, according to a recent survey) when you might be able to realise the same benefits from remodelling your present living space? Not only is the result more space that works better for your needs, but the value it adds to your property is an investment for when the time does come to sell.

Before starting out on your remodelling project - whether this be an extension, a loft/garage conversion or the putting up/taking down of internal walls, a suggestion of things to consider might be (a) how much money you have to invest, (b) how much the work is likely to cost, and (c) the final value that could be added to the property. Unless you really don't mind whether or not you make any profit from your remodelled home, then you also need to think about the maximum value of any house in your area and whether your investment will be realised when you finally come to sell up.

It is also important to consider which elements and features would add the most value to your property. The best way to do this is to ensure that your new plans overcome a negative aspect of the original house, for example a small kitchen or ground floor bathroom. Adding a double storey extension could give you a much needed



extra bedroom, a larger bathroom or perhaps an en suite - all of which would potentially add value to the property.

Other considerations would be to respect the key relationships between different spaces, such as the kitchen and dining area and make sure all of the principal rooms can be accessed directly from a centrally located hallway and landing, allowing you to freely move around your home with ease.

If you need help with any of the above, Steve and his team would be delighted to hear from you and to help you transform your ideas into your dream home.



Home Planning SW
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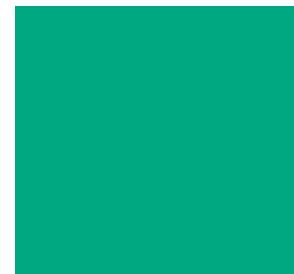
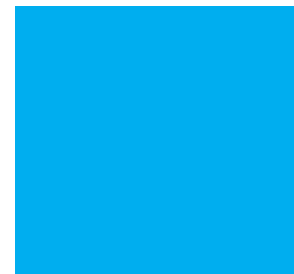
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(18 weeks for 3 hours a week) at the following venues:

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Wednesday - **Bradley Stoke Library**

If you are interested or have any questions please speak to a librarian in your preferred venue.

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