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December 2016

Community Little Stoke Gifford Matters

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Dear Residents....

I've been a bit housebound preparing this edition as I managed to sustain a fracture at the end of October, a sign that age might be catching up with me as I do not bounce so well these days it seems!

However, I am starting to feel really festive after compiling this edition of Little Stoke Gifford Matters for you. We have details inside of lots of activities and events taking place across the Stokes and beyond in the lead up to Christmas, including as many of the local church services and activities as we could get hold of for you. Hopefully we shall see lots of you out and about at these! We will also list everything on the What's On section of our community website www.bradleystokematters.co.uk, along with any additional events that are brought to our attention.

As the temperatures drop be sure to wrap up warm and look after yourselves - we have a couple of articles to help inside, one from the Stoke Gifford Medical Centre who still have an upcoming date for flu jabs, and also on the national campaign to Stay Well this Winter.

We have several advertisers offering reader discounts in this edition, including Bradley Stoke Aesthetics, WBS barbers, Double Tree Hilton, Smokehouse, New Life Classes, Dawn Close Osteomyologist, Plucky People, Alpine Landscape see all the individual adverts for more information.

A Big Thank You to everyone who has supported us once again over the last 12 months - we simply couldn't do it without you! If you would like to appear in our next issue, do get in touch - our next deadline will be 9th December for our January/February edition.

Wishing you all a joyous Christmas and a happy and healthy New Year ...



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

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





Bradley Stoke Lions seen in Japan

In the autumn President Robin and Lion Ailsa visited St Werburghs City Farm to celebrate the official opening of their new Connection Centre.

The farm has been open for years delivering outdoor learning of animals and plants to school children, youngsters and adults with learning difficulties. The new facilities include 3 classrooms, a training kitchen, a covered outdoor teaching space and 3 new toilets, all of which will greatly improve the already marvellous job they do in bringing a taste of the country into the city. A plaque on their wall includes the Lions as one of their sponsors.

A visit to Japan recently was made even more special when Robin and Ailsa met up with the Kyoto Shujaku Lions.

Club Banners were exchanged and although the Japanese Lions spoke little English and we spoke even less Japanese, they welcomed us enthusiastically and sincerely. Photos were taken, hands were shaken and another link in the International chain was forged.



On arriving at Takayama, a lovely city in the Japanese Alps, we met the President of the hotel we were staying in, who turned out to be the President of the Tourist Association and also a Lion! He presented Robin with a badge and Robin gave him a club banner. Sometimes it's good to know that we are not just one little club struggling to do our bit, but a part of a huge organisation with little clubs like ours all over the world doing the same things we do, trying to help our communities as well as giving support to disaster areas such as the recent devastation from the hurricane in Haiti.

Remember, if you are interested in finding out more about the Lions, contact President Robin on 07712 046644.

Scrumptious Sunday Lunch Perfect for the Season

Bradley Stoke & Little Stoke Gifford Matters was delighted to be invited along to sample the new Sunday Lunch Carvery now available at The Brunel's Hat within Double Tree by Hilton, Bristol North.

With a warm friendly welcome we were shown to a large table for four allowing comfort whilst we ate. A drinks order was taken at our table for us to enjoy the surroundings before making our way to the Buffet Carvery. A choice of colourful , fresh anti pasti or soup of the day with warm crusty roll was offered for starters. Three meats (all carved fresh) were on offer for mains as well as a vegetarian or fish dish - all served with a plethora of seasonal vegetables to choose from and accompaniments - the yorkshire puddings and mini sausages proved to be very popular by all!

The most difficult decision of the afternoon was over dessert and which, from the tempting display, to choose. Each course was very tasty leaving only empty pates to be cleared. Drinks were offered in between courses making for a stress free dining experience.

Waiting staff within the restaurant, as well as the Chefs, were all extremely attentive and above all very personable - nothing was too much trouble. At a reasonable price of just £8 for one course the good value and high standard Sunday Lunch Carvery is served in a great setting.

Well worth a visit and with the voucher below you can even get a discount off vour drinks!





RICHARDS BUTCHERS OF FRAMPTON

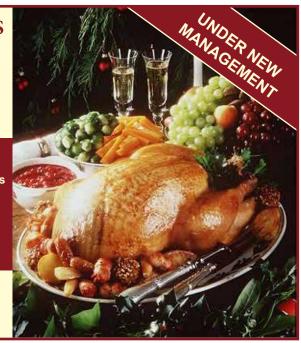
For great Christmas Value!

- Woolley Park (Bath) free range turkeys, geese and ducks
- Copas organic and free range turkeys
- Home produced boneless turkey crowns stuffed to order
 - Gift vouchers Set boxes
- Wild Boar and Salt Marsh beef
 Bird in a Bird

147 Church Road, BS36 2JX

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framptonbutchers@outlook.com







The Five Stokes fundraising group would like to thank the local residents who supported them in their fundraising. The group, who have just celebrated their 2nd year anniversary, have to date raised the fabulous amount of £16.387 for Marie Curie.

If anyone would like to find out more about the group or get involved with any of our collections. Please contact Pippa Rolfe on 07855 564806 or email us at

thefivestokesfundraisinggroup@gmail.com



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Looking to the future in Winterbourne

Earlier this year we announced our purchase of the long-established Mackendrick Norcott in Winterbourne. But this wasn't simply another acquisition – indeed, for us they never are. Instead we had identified an opportunity for growth through a well-regarded business and existing team which shared the values that we also value here at Andrews.

Established in 1977, Mackendrick Norcott had built an excellent reputation in the local area. This was important to us, and as we now look to the future we're committed to dovetailing our own values and vision with those of the existing team - one which the local community has clearly embraced.

For those of you not already familiar with Andrews, let me provide you with a quick overview. We were established 70 years ago by Cecil Jackson Cole who was pivotal in the establishment of Oxfam and other well-known charities. He was a firm believer that business should be run in such way as to benefit the wider society and that remains at the heart of how we still operate today. Owned by three charitable trusts, each year we present them with significant dividend payment that is made possible by the hard work and dedication of the entire Andrews' team.

We're also really active in the communities where we work so expect to see the local team here doing something fun and charitable before too long. Indeed, given its our 70th anniversary we're currently all focused on our P70 campaign which aims to purchase homes for young people leaving the care system.

Aside from our unique ownership model and deep commitment to our social responsibilities. we like to think that we do things differently to the rest of the industry in other ways too. Indeed, we're particularly looking forward to getting to know the local community better so that we can demonstrate this.

A colleague of mine recently wrote that external factors such as economic decline; our departure from the European Union; or even a shock result in the US election, shouldn't be cause for major



Andrews Winterbourne team:

Back Row, Left to Right: Becky Weaver, Sarah Wheeler, Sheryl Corrish, Faye Vennall, Charlotte Sowden, Jim Ellis. Front Row, Left to Right: Fransisca Van Der Park, Kate Chapman.

concern IF the way in which we manage our business and our relationships with those we serve is based on solid values.

The quality of our service, we believe, stands us in good stead to weather the ups and downs that the property market throws in our direction. In a world where life is increasingly managed online, we acknowledge that there are still many customers who value a face to face relationship - that's why we're continuing to invest so heavily in our branch network: not least of all, here in Winterbourne.

For those, however, who have braced the digital world, we offer an award-winning website and brand new mobile app - a simple acknowledgement that we need to work with all our customers in the ways which suit them best.

So, whether you pop in to the branch or visit us online, we're looking forward to carrying on the work that the Mackendrick Norcott team built and strengthened over almost 40 years, and relish the opportunities of the coming 40 years.

Visit us on the High Street in Winterbourne or by logging on to: www.andrewsonline.co.uk



Our Local Osteomyologist Dawn Clode Lic MET, Lic CR, MAO

A very good friend first introduced me to Dawn Clode and convinced me I should pay her a visit. As a long time chronic back sufferer who has experienced all kinds of treatment over the years, I must admit to being somewhat sceptical when Dawn claimed she would relieve my pain.

After my third visit I was convinced as I walked my dog around Little Stoke Park later that day I suddenly realised I had no pain - a first for me in the previous 18 months! Dawn is a warm, lovely person whose occupation as a healer, both of body and mind is one that she was born to do. However, I do have to mention that the treatments can be intense, in fact Dawn manages to find pain where I didn't realise I had any! It is but a moment though and the relief afterwards much longer lasting. Luckily for us her holistic health practice, launched in 2009, is now based in Little Stoke, where she also lives.

So what exactly is Osteomyology? If we start by breaking the word down, Osteo means bone, myo means muscle, ology is a suffix meaning 'the study and treatment of'. The Association of Osteomyology's website states, "... Osteomyology puts aside the usual tunnel vision of rigidly trained philosophies and allows the practitioner to switch seamlessly from one bodywork protocol to another, even combining some methods together, this way the practitioner is never defeated as his/her armoury is limitless".

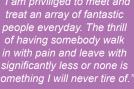
Treatments available: A selection of the treatments she is qualified to practice include: Acupuncture. Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Joint manipulation (HVT), Life Coaching, Massage, Muscle Energy Technique (MET), Neuro Linguistic Programming (NLP), Reflexology and Reiki (Dawn is a Reiki Master).



Contact Hilary BA Hons. CT ABRSM. DBS Certified

0117 979 2832 based in Bradley Stoke

I am priviliged to meet and treat an array of fantastic people everyday. The thrill of having somebody walk in with pain and leave with significantly less or none is something I will never tire of.



Common pain relieved or cured

Conditions that Dawn frequently, successfully treats include; Frozen shoulder, RSI, back, neck and joint pain, depression, stress and low self esteem. Having suffered severe back pain for over 20 years herself before discovering Osteomology, Dawn has a strong sense of empathy with her patients. Using her tool kit of holistic therapies to help people have less physical or emotional pain makes Dawn's job a joy, "Witnessing my patient's relief of pain is like winning the lottery!".

If you are living with pain or know somebody that is, NOW is the time to get it sorted out.

Reader Offer: £10 off your first appointment! Visit www.life-and-soul-empowerment.co.uk for full details or call Dawn on 0795 1099 491.

Clinical Hypnotherapist Catherine Smart DHP MNCH CHBP

Hypnotherapy can help you:



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Based in Winterbourne

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

Call me on: **07964 991689** E Catherine@hypnotherapistbristol.com www.hypnotherapistbristol.com

Stay Well This Winter

A national campaign to help people prepare for winter weather has been launched across the country by NHS England and Public Health England. The message is to Stay Well This Winter and to encourage people most at risk from cold weather, including those with long-term health conditions and the over 65s, to prepare for the lower temperatures.

More people die over the course of each winter compared to other times of the year and there are a range of conditions worsened by the cold weather - 80 per cent of these deaths are accounted for by people with circulatory diseases (such as heart disease, lung illnesses and stroke), dementia and respiratory diseases (such as asthma).

Exposure to cold indoor or outdoor temperatures increases blood pressure, thereby increasing the risk of heart failure. kidney disease, stroke or dementia. Cold temperatures can also make blood more likely to clot, which can lead to heart attacks and stroke. In addition, cold can also affect the respiratory system, which reduces the lung's ability to fight off infection explaining why lower temperatures are linked with bronchitis and pneumonia.

Colder weather is not only associated with an increase in deaths but also has a significant impact on the number of people becoming ill, increasing the winter pressures felt by the health care services. Research shows that for every one degree centigrade drop below five degrees in outdoor average temperatures, there is more than a 10 per cent increase in older people consulting their GP for breathing problems, a 0.8 per cent increase in emergency hospital admissions and a 3.4 per increase in deaths.

The campaign messages, which includes TV, radio and social media, urge people to be ready for the colder season and to seek immediate advice and help from a pharmacist as soon as they feel unwell, before their condition gets more serious.

Professor Keith Willett, Medical Director for Acute Care at NHS England said: "The NHS is here to help but there are important things we can all do to take care of ourselves during the winter months. It is vital that the most vulnerable people take preventative steps to keep healthy and stay well. We have a high number of A&E attendances over this time that are due to issues which could have been avoided had people asked for medical advice at the first sign of illness.



Professor Paul Cosford, Director for Health Protection and Medical Director at Public Health England said:

"Throughout the cold weather, looking out for yourself and others is essential to keeping healthy. With winter on the way, now is a good time to make sure you, and those you know who may be particularly at risk from the cold, are as prepared as possible. If you qualify for the free flu jab, get it now. Also remember that eating a healthy, balanced diet and that staying physically active can keep you healthy.

"There are a variety of ways you can apply for help to keep your house warm, such as Winter Fuel Payments, Warm Home Discounts and Cold Weather Payments. If you meet the criteria, register for priority service with your energy and water suppliers.

"Try to maintain indoor temperatures to at least 18°C (65°F), particularly if you find it hard to get around, have a long-term illness or are 65 or over. You may prefer your living room to be slightly warmer. Make sure your gas, solid fuel and oil burning appliances are serviced by a registered engineer so that they are working effectively and safely before the winter sets in. If we all look out for each other this winter we can really make a difference."

Meteorologist and weather presenter Lucy Verasamy is also supporting the campaign. Lucy said:

"Cold weather narrows the blood vessels. This is why we see an increase in things like heart attacks over winter months. There are also other practical dangers when the weather gets cold such as icy pavements, which lead to an increase in slips and falls, particularly amongst the elderly. I'm supporting the Stay Well This Winter campaign because I really believe in raising awareness of the small steps we can take to look after ourselves and others when the mercury drops."



Bristol Care Homes

providing a unique care service



We provide excellence in all aspects of care for all our residents, offering the best in nursing care for the elderly and residential care for people with a diagnosis of dementia.

For more information or to arrange a visit, please contact any of our homes below or visit www.bristolcarehomes.co.uk





Glebe House

ALMONDSBURY 01454 616116



THORNBURY 01454 412266



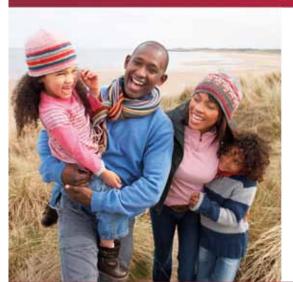
Field House

HORFIELD 0117 969 0990



Quarry House

FISHPONDS 0117 965 4466





Are you struggling with pain or reduced movement?

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

> We can relieve your pain and optimise your fitness.

Get in touch today Tel: 01454 618 525

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





Stoke Gifford &
Conygre Road
Medical Centre

0117 97 99 430



Advice for the winter from Dr James Bragg:

As you know, during the winter there is a big increase in coughs and colds and therefore an increase in people contacting the Health Centre. Why don't you have a look at some of the NHS minor illness advice http://www.nhs.uk/livewell/coldsandflu so that you know when you need to worry and when you don't? This should help us provide a prompt and more effective service throughout the winter. A lot of minor illnesses get better just as fast on their own and if you can avoid contacting us for those it will help us help you when an appointment is really important.

We have run 6 'Flu clinics so far this autumn and have vaccinated almost 3 thousand patients!

We have one final 'mop up' clinic on Thursday 15th December at Stoke Gifford Medical Centre from 1.30pm. This is not a walk-in session so all 2, 3 & 4 years olds, those over 65 and anyone with a chronic disease, who has yet to receive their free vaccination, please contact the surgery to book your appointment.

The seasonal flu vaccine is available free of charge for those categorized as being at greatest risk of developing more serious complications as a result of flu (e.g. bronchitis and pneumonia). These patients include: over 65s; all pregnant women (at any stage of pregnancy); under 65s with a chronic illness (e.g. diabetes, heart disease or any other long term condition); residential / nursing home residents, and those who are in receipt of a carer's allowance or are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

The viruses that cause flu change every year, so people in at risk groups should get vaccinated annually. There is no live virus in the vaccine so it cannot give you the flu. Please don't underestimate seasonal flu. Be prepared and get your flu jab before there is a flu outbreak.

Staying Green! We want to minimise our carbon footprint and have recently installed solar panels at Stoke Gifford Medical Centre. They have generated over 4000kWh of electricity since installation in August and are producing an average of about 95kWh per day. This is over 80% of the surgery's typical daily energy consumption - we are looking for ways to close this gap further.

Flower Gardens have recently been created in the two courtyards at Stoke Gifford. These have been designed to help bring a more relaxing and fragrant ambience to the waiting room. Plants have been chosen to add colour and scent while attracting pollinating insects. We look forward to seeing them mature and bloom.

Do you have any other ideas for how we can improve your experience at the surgery? Please contact me at Debbie.Grant@gp-L81118.nhs.uk.

To support the wider NHS we are involved in training Doctors, Nurses, HCAs and Admin Staff and are currently training: a year 4 GP trainee, a qualified doctor in training to become a GP; a student nurse and 2 apprentices (one working with the nursing team as a Health Care Assistant and one working in the prescribing team).

We are incredibly proud of two of our younger staff members who are heading off to university. Matt Barrett has been working as a phlebotomist while studying at UWE and is now embarking on a degree in Medicine. Floe Hillson has been working on her Health Care Assistant Apprenticeship and leaves shortly to commence a Nursing degree. We see training and developing such staff as making a vital contribution to our patients in the short term and the wider NHS in the future and wish them both the best of luck.

We would welcome your feedback on what you would like to see included in future editions of this newsletter. Please contact Debbie.grant@gp-L81118.nhs.uk with your comments and ideas.



A Wonderful Christmastime with Stokes Singers

Locally based choir, Stokes Singers, can't guarantee a 'White Christmas' but like Santa's elves, we are working hard to create some seasonal magic!

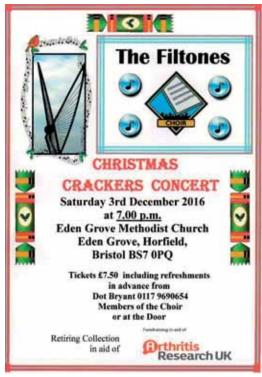
Come and join us for our Christmas concert 'A Wonderful Christmastime' at 7.30pm on Saturday 17 December at St Chad's Church, Patchway.

Musical Directors Philip Lawrence and Sian Walters are creating a mix of traditional and modern carols and songs from the choir and their guests. If you like to sing too there will be opportunities to join in or maybe you prefer to just sit back and relax as you forget your 'To Do' list for a while.

During the interval, mince pies and drinks will be served and donations from the refreshments and programme sales will go to support the Great Western Air Ambulance charity.

Tickets (£5 adult, £2 children) are available on the night or from Liz on 01454 614 148.

We look forward to seeing you soon.





Light Helps!

We live in a 'light infested' generation. Studies suggest that 60% of us spend more than 6 hours a day in front of a digital device emitting blue light!



It wasn't always like that!

Remember the days of "power cuts"? I remember the sudden darkness of our small house and I remember the light flooding in from the array of candles speedily lit. Light helps.

A ceremony in Jesus' day involved lighting four great candelabra at the Jewish temple in Jerusalem. It was done in memory of God's presence.

As the candelabra were lifted high above the city Jesus said loudly, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life" (John 8:12).

The message was clear. If you are hungry for God's presence. Jesus can help.

Light is beautiful and mysterious—like God.

Light helps us see things. Light guides us as we travel. Light promotes growth and life. Light warms and comforts. Light prevents crime. Light dispels darkness. All the darkness in the world cannot put out one candle flame. Light is beautiful and mysterious—like God. It is 'one' but can be separated into many colours.

A famous poem by Cardinal John Henry Newman begins, "Lead, kindly Light, amid the encircling gloom, Lead thou me on."

This Christmas may you experience "the true light, which enlightens everyone, who came into the world" (John 1:9).

I'm sure all the Churches across this community would love to welcome you to Christmas services this year as they celebrate "Jesus-Light of the world."

Have a "light-filled" Christmas and a restful new year,

God bless.

Revd Simon Jones (Vicar St Michael's Stoke Gifford)





Christmas Across

The Stokes



Amberley Road Baptist Church

Sunday 11 December

11am 'Whoops a Daisy Angel' Kid's and Youth Christmas Service

Sunday 18 December

7pm Carol Service with candles, mulled wine and a few suprises!

Sunday 25 December

10.30am Celebration Service - 'Yeah Lord we greet Thee'

Children's Films Monday 19th December 10am - Arthur Christmas

Wednesday 21st December

2pm - Nativity

Friday 23rd December

10am - Elf

There is free admission to the above films.

Unlimited refreshments £2.00

(whilst stock lasts).

Please contact 01452 626929 or visit our website www.amberleyroad.org for more details.

Bridge Community Church

at Bradley Stoke Community School

Sunday 11th December

10am Christmas - the True Story A morning of songs, stories and carols celebrating the true meaning of Christmas Starts at 10am for coffee and mince pies

Sunday 18th December

10.30am Shine Like Stars A fun Christmas service for all ages with songs, games and lots of prizes

More info at www.bridgechurchbristol.org/ christmas



Christ the King, Maltravers Close, Bradley Stoke

Saturday 10th December

10am-12pm Christmas Fayre

Saturday 17th December

4.00pm Christingle

Sunday 18th December

6.30pm Carols and Candles cafe style

Christmas Eve

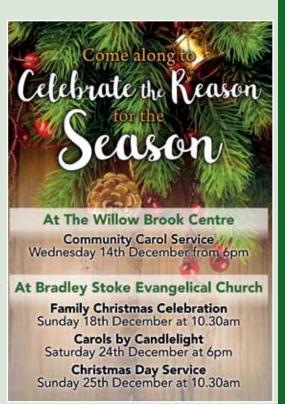
4pm Crib Service

(children please come in Nativity costumes) 11.15pm Midnight Communion Service at Holy Trinity

Christmas Day

10am Family Christmas Celebration with Holy Communion

www.ctkchurch.org.uk



Holy Family Catholic Church

Christmas Eve

6.00pm Christmas Family Mass 11.15pm Hymns and Readings to welcome Christmas

Christmas Day

12.00am Christmas Mass at Midnight 9.30am Christmas Mass 11.00am Christmas Mass

www.holyfamilyrcchurchpatchway.co.uk

Holy Trinity Church, Bradley Stoke

Saturday 26th November

11am-2pm Christmas Fayre
Saturday 11th December

10am Nativity

Sunday 18th December

6.30pm Carols by Candlelight

Christmas Eve

5.00pm Christingle Service 11.15pm Midnight Communion Service

Christmas Day

10am All Age Christmas Celebration

www.htcbradleystoke.co.uk

Edge Church

Saturday 17th December

6pm Carol Concert followed by food and family fun everyone welcome

Sunday 18th December

6pm Carol Concert followed by food and family fun everyone welcome

Christmas Day

10am Family Christmas Day Service

Little Stoke Baptist Church

Sunday 18th December

6pm Carols by candlelight preceded by a tea at 5pm

Christmas Dav

10.30am Christmas service

St. Michael's Church, The Green, Stoke Gifford

Thursday 8th December

6pm Carols at Cheswick Wallscourt Farm Academy, Cheswick

Sunday 11th December

10.30 am Children's Christmas Presentation

St Michael's Centre Auditorium

Sunday 18th December

4pm and 6.30pm Carol Service

St Michael's Church

Christmas Eve

3pm Crib Service in St Michael's Centre - Fun celebration for young children and their families.

Christmas Eve

11.15pm Midnight Communion in St Michael's Church

Christmas Day

10am Family Communion in St Michael's Centre Auditorium



Village Green, Stoke Gifford Saturday 10th Dec at 6.15pm

Join us in some
Festive Cheer!
Refreshments, a brass band and all the
favourite carols

A collection will be taken for local charities

Bring a Torch!

CHRISTMAS PARTY SEEKERS



PARTY NIGHTS



TRIBUTE NIGHTS

CHRISTMAS DAY

Christmas Lunch

Candy Land Party Nights

Adult: £42.95 per person

Dalow 25th and 26th Newmber 2nd, 3rd, 9th, 18th, 4th and

Mid-Week Party Nights

Adult: £29:95 per serve

Dates: 1st. 4th-8th. 11th-15th and 18th-22nd Documbe Distance and Little

Christmas Day

Tribute Nights

Adult: £42.95 per person

Dutes: Thursday Lat December (Ultimate Roybelds) Thursday 8th December (Hichael Build)

Adult: £59.95 per person | Child: £34.95 under 12

Dates: 25th December String Steel At Style and Little

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

W: hibristolfiltonhotel.co.uk | ♥ HIBristolFilton | ■ HolidayInnBristolFilton



Winter Events at Winterbourne Medieval Barn

Carols in the Barn - Saturday 10 December and Sunday 11 December, 3:30pm

Winterbourne Medieval Barn makes a perfect setting for a traditional Christmas celebration. Carols in the Barn will take place on two consecutive afternoons, with gates opening at 3.30pm for visitors to enjoy mulled wine, fruit juice and mince pies, before the carols begin at 4pm. The wonderful medieval barn provides an atmospheric setting for everyone to sing their favourite carols, which will be interwoven with a dramatised version of the Christmas story put on by members of neighbouring St Michael's Church.

Tickets are £2 for adults, £1 for children, which includes mulled wine/juice and mince pies. They will be available from 7th November from Daisv's Coffee Shop, Flaxpits Lane, Winterbourne, or ring Gill on 01454 774479. There may be some tickets on the gate, but numbers are strictly limited so availability on the day cannot be guaranteed.

Only limited parking will be available on site, so where possible please walk to the Barn. If using a car, please approach from Beacon Lane only. (ie. one-way system exiting onto Winterbourne High St).

Carols in the Barn

Saturday 10th December Sunday 11th December



Winterbourne Medieval Barn

Church Lane, Winterbourne, B\$36 1SE

To ensure your place

Tickets £2 (£1 for children) to include mulled wine, fruit juice & mince pies

Daisy Coffee Shop, Flaxpits Lane, Winterbourne or phone 01454 774479 or see www.WinterbourneBarn.org.uk

LIMITED PARKING, PLEASE WALK IF YOU CAN APPROACH BY CAR FROM BEACON LANE ONLY

Wrap up warm!

Bring a torch **Uneven floors**





Apple Grafting Workshop, Saturday 25 February 2017, 10am - 4pm

The workshop, run by Ben Raskin of the Soil Association, will explain why grafting is used and share some of the techniques used. It will involve individual hands-on work in learning to cut the wood, prepare it for grafting, and then make your own graft from start to finish, ending up with a new apple tree. There will be the opportunity to make at least three grafts, and there may be additional root stocks on which to make further grafts at a small cost. Some common varieties will be provided for grafting, but if you have a favourite that you wish to propagate then take your own wood to graft. If you know of a particular variety that you wish to propagate, but do not have wood, please let the organisers know well in advance and they will attempt to procure wood (£1 extra on the day). The only equipment you will need is a very sharp knife, eg. Stanley Knife.

Cost is £35 in advance, plus £7.50 on the day for materials. This workshop is limited to 8 people, but if demand is sufficient, it may be repeated the following weekend. To book, please download the booking form from the Barn website www. winterbournebarn.org.uk and complete and return it as indicated. For enquiries, please tel. Robert on 0117 957 4921.

This workshop could make an interesting and unusual Christmas present!

Winterbourne Medieval Barn, Church Lane, Winterbourne BS36 1SE

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Triple European Champions 2016!

Wow! What a wonderful weekend 21 members of Creation Twirlers Baton Twirling team had recently when they performed as part of the England Majorette team in the European Majorette championships.

This talented group of young people, with an average age of 13, were selected at the National Finals in July to represent England.

In October they competed against 9 other European countries in team events and a number of solo and duo events. They wowed the judges and their fellow competitors by pulling off outstanding performances securing 2 team Golds in both Juvenile and Junior Accessory Corps and 1 duet Gold, as well as a 3rd and 4th place in the team events and one 5th and one 6th place in the individual categories.

The members' passion, determination and talent made bring home Gold to Bristol an extra special achievement. The National Anthem rang out across the arena and many a tear was shed! We are so proud of every member!

Sheiling School Offers Christmas Market With A Difference

Saturday 3rd December sees the return of Sheiling School's annual Christmas Market in Thornbury. This environmentally-friendly ecoschool, which provides holistic education to its pupils, has built a reputation over the last 10 years for atmospheric Christmas markets with home-made, naturally-themed goods.

Free entry includes a range of stalls, pottery, weaving, silk marbling, live music, wood-fired pizza, a winter café, childrens' crafts and a nature trail. Set indoors and outdoors within the beautiful grounds of Thornbury Park Estate, adjacent to Thornbury Castle, the event takes place from 12 to 4pm. Everyone is welcome!









Pupils at Little Stoke Primary have a full itinerary of Christmas celebrations and activities planned for this month!

Christmas celebrations begin with two performances of the Key Stage one musical Nativity Play. This year the children will be performing Countdown to Christmas!

Our fantastic Red Tie Choir, which is now nearly 70 strong, is rehearsing for the very popular Carols by Candlelight event which this year is taking place on 14th & 15th December from 6.30 – 8.00pm. This is always a magical evening of song, dance and celebration of the Christmas season and is hugely popular, supported by family and friends of the school. We look forward to welcoming a full house back again this Christmas.

In addition, this year the choir will be performing in the local community at the Willow Brook Centre on Monday 12th December from 1.00pm – 2.30pm. Please come along and support the singers and enjoy the carol singing. We hope to see you there!

Friends of Little Stoke Primary School

The Friends of Little Stoke continue to provide a great support to the school. This year they are arranging the ever popular Christmas Disco which of course would not be complete without a surprise visit from Santa. There will be a Raffle with generous prizes kindly donated from friends of the school and local businesses. Thank you to the Friends and to the local community for their ongoing support for the school.

Christmas Puddings at Bridge Community Church

We provide instructions and everything you need to make your own homemade Christmas Pudding, ready to cook. All you need is a mixing bowl.



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Bristol charity launches Christmas Appeal

Southmead Hospital Charity today launched this year's Christmas Appeal to raise money to buy presents for every patient and every baby who is in one of North Bristol NHS Trust's hospitals over the festive period.

"For most of us. Christmas is a fun time to spend at home with family. But some people will be spending Christmas away from their loved ones, in hospital. With our Christmas Appeal we want to make that time a little bit better for them." Explains the Charity's Community Appeals Manager, Adrian Brown.

"With everyone's help we can give our patients who are here over Christmas something to unwrap on Christmas Day. We also want to thank our staff who will be hard at work here."

There are lots of ways people can support the Charity's Christmas Appeal and help spread some sparkle at Southmead:

The Great Brunel Buskathon Christmas **Special** Pop in to Southmead Hospital's Brunel building for live music on most days throughout December and make a donation to the Christmas Appeal. Our performers will also be in Broadmead on Friday 2nd December, and John Lewis on Saturday 10th and Sunday 11th December.



- Knit a wonky-eyed teddy Knit a wonky-eyed teddy to give as a woolly gift to a baby who is in hospital. Follow the simple pattern, choose a special name for your teddy, and send it in.
- Dedicate a decoration For £5 dedicate a decoration to someone you love, or miss, or just want to thank to decorate our special tree at the hospital.
- The Festive Sock Drop Simply buy a pair of festive socks and drop them off at the Charity they'll be given as part of the Christmas presents for patients.
- John Lewis Christmas Display Visit the cosy Christmas room set which will be on display in the Brunel building from 1 December, thanks to the generosity of John Lewis Cribbs Causeway. Take a selfie in the armchair, post it online using #SHCXmas, and make a donation!
- Charity Christmas Float Keep an eye out for the Southmead Hospital Charity Christmas Float which will be on tour around North Bristol, raising money for our Emergency Department.
- Festive Bake Well cake sales Pop in to the Brunel building for a festive treat on Mondays and Wednesdays, or host your own festive Bake Well sale at your school, work or club.

Full details of all of the Appeal's activities including the full list of Buskathon peformances, teddy pattern and Float timetable are on our website:

www.southmeadhospitalcharity/christmas



Abbeywood Community School opens its doors to local primary children

The Olympus Academy Trust has launched a primary sports championships programme for 2016/17 that will offer local primary-age children the chance enjoy the facilities at Abbeywood Community School. There is a timetable of events running right across the school year, held between 1:30-3:00pm on various school days. Planned events include Boccia, Curling, Football, Multi-Skills and a range of Athletics.

There are also a range of afternoon sessions on offer for primary-age children to experience the classroom learning environment at the school, with similar 1:30-3:00pm sessions across the year focused on Languages, Geography, History, and Literacy and Numeracy.

Olympus schools are being offered priority booking for the events and remaining places will be offered to other local primary schools so that as many children as possible can benefit from the experience. Every participating child will be given a specially designed certificate to take home.

"We know that the transition to secondary school can be daunting for children and it's important that we offer as many opportunities as possible to extend their learning whilst getting them used to the secondary school environment as a friendly and welcoming one. Our facilities are for the whole community to enjoy and we can't wait to meet more of our local children from Reception to Year 6." David Howe, Headteacher, Abbeywood Community School



Stoke Lodge Primary School News



It is astonishing to think that we are fast approaching another Christmas and already the children at Stoke Lodge Primary School are beginning to rehearse songs and performances to be able to share with their parents and the wider community in just a couple of weeks. As a large School, with over 530 pupils, we will be arranging a total of eight performances with nearly one thousand parents, grandparents and friends in attendance!

However, whilst we don't usually like to start this season too early there has been one Christmas activity that we had to start in October, our 'Operation Christmas Child Shoebox Gift Appeal'.

This year we asked children and their parents to pack shoeboxes full of gifts suitable for a boy or a girl. The suggested list included cuddly toys, toiletries, pens, pencils, games, colouring books, hats, gloves and many other small items that, for many children, make a huge difference at this time of year.

The response we had from our pupils, parents and staff was absolutely fantastic with nearly 100 boxes packed and wrapped and sent off to the collection point.

One of our teachers, Miss Saunders, took on the responsibility for this project this year and inspired the children and families to put together these boxes for the Samaritans Purse's 'Operation Christmas Child'. The boxes have now been collected and will be making their way to children across the globe including Swaziland, Romania and Trinidad to name but a few places.

We really appreciate the generosity of those that donated and are looking forward to hearing some of the stories.

To find out more you can go to the following website: https://www.samaritans-purse.org.uk





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www.newlifeclasses.com



What a year at St Chad's Primary School!

Report by Head Teacher Darren Brown

Rather than summarise the events of a single term, I thought I would do something different and talk a bit about this term and a bit about this entire year at St Chad's Primary School.

All of the staff at St Chad's believe strongly that a child at primary school should be that - a child. We knew this year was going to bring about an increased expectation in academic outcomes in English and Maths for all pupils from the DfE and we agree that every child deserves the very best education.

Due to the huge change, it has been tempting to slim the curriculum and slim the experiences children have, to give a higher focus on English and Maths and very little else. We have done the opposite this year and have aimed to increase significantly the exciting activities on offer in and out of the classroom, and it has been lovely to hear via parents and even more via pupils about how much the pupils have enjoyed all that they have done this year.

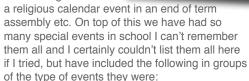
So this year we have done the following (and more!):

We have implemented a new way of teaching maths which is having profound effects on the pupils' engagement and self-belief (as well as skills). We have implemented a new way of teaching spelling with similar effect as described in maths. It's not all just been about English and Maths; we have developed new topics, resourced them, researched, planned and run new trips.

We've had the highest level of sport inter and intra possibly that St Chad's has ever had. We have



run more 'special days' than ever before - Science day, World Book day, Languages day, RE week where this year we explored how different faiths express faith through art, each class researching and sharing about



- Charity we have help a number of charity events for NSPCC. Childline. The Community of the Sisters of the Church, Sports Relief, Caring at Christmas, Foodbank, Eleanor Children's Charitable Trust. Bristol Methodist Church, Lifeskills centre and many more. We have raised well over £3,000 for those charities and donated food and clothes:
- Our appearance in the Festival of Youth Dance as well as at local fairs, Patchway Festival, Carol Service held in Clifton Cathedral, singing festival, our own productions, each class at some point throughout the year (including our very youngest 4 and 5 year olds) have performed to audiences including their families and the school, and more;
- Sports events, we have held countless inter school and intra school competitions, with every class and every ability getting involved and we are becoming increasingly successful. so much so that we have just been awarded Sainsbury's Silver Sports Award showing the high level sport going on at our school:
- Our visits to places such as: Lifeskills. Cheddar Caves, Bristol Zoo, Stonehenge and many more:
- · We have put on special events such as: Fine Motor Skills workshop, Lego Maths workshop for pupils and parents, how your child writes classes:



- Special visitors to teach items such as: iourney planning, 'Safer, fitter, Greener', bikeability, pedestrian training, scooter training, Science assembly, Dog Awareness Team, Street Dance troupe, Jamaican Culture and food workshop, NSPCC, the Police, MAD science, mountain bike team etc:
- Special lunches in celebration of Chinese New Year, St George's day, Bastille Day, Bonfire Niaht etc:
- More clubs than we have ever had before. which in itself is a huge credit to the staff, and considerably more than many other schools provide:
- Fun things such as Book at Bedtime, Movie night, Rugby World Cup Launch day, author E. R. Reilly assembly, 'Bling your ride', visited by a fire engine, maths problem solving morning which we aligned with national Money Week, Young Apprentice project, Moroccan food creating and tasting, Great Fire of London workshop and more;
- Our pupils have had so many productions to watch such as The Hunchback of Notre Dame, C Beebies Rhyme Rocket, the production 'Our House' by pupils at Patchway Community College and the Bournemouth Symphony Orchestra performance to name some.
- We were even on Sleeps 'til Santa on Heart FM this time last year and the staff created and performed a pantomime to the pupils!

This has been one of the most successful and fun packed years that St Chad's has ever had, thank you to everyone for making it happen, and well done pupils for getting stuck in!

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News from Holy Family by Caroline Carter

Parent Power at Holy Family

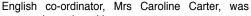
Parental involvement has always been a priority at Holy Family Primary School. We pride ourselves on our community links and the fact that we have a high number of highly supportive parental volunteers and supporters. However, we are constantly looking for opportunities to involve parents in their children's learning. This term has been no exception with a number of new initiatives being offered to our families.

In September, Mr Gary Risdale, Year Two teacher, invited parents to join their children in class to support them with their times tables. Times tables knowledge is essential as children move through the school and Holy Family teachers were keen to maximise the learning potential for all of our children. Year Two parents have enjoyed a number of mathematical challenges and games during the workshops. It's all about having fun while learning at the same time. It's been so successful that all other year groups have now implemented the same programme, so parents get to stay and play across the school!

We have also offered support in other curriculum areas and this October the focus was in raising awareness of expectations in grammar. The new curriculum contains some quite tricky grammar knowledge, so staff at Holy Family held a dropin parent information evening to help parents to support their children. A number of workshops were on offer from understanding different word classes to writing in the active and passive voice. The event was very well attended and every participant received a free mini-dictionary to further help them with home learning.

very pleased with the attendance at "It's so evening. good to see so many parents wanting to get involved. There is a lot of specialist knowledge involved on grammar teaching these days and we are always keen to help

wherever we can."





Sing It Loud, Sing It Proud!

The beginning of the school day has been revolutionised at Holv Family Primary School this term and it's all thanks to the innovative new idea devised by Headteacher, Mrs Dawn Breeze, which was



quickly implemented by music co-ordinator, Mr Mark Handley. Mrs Breeze wanted the day to start on a positive note and with the entire school community joining in an activity together. With this thought in mind, Mr Handley set about teaching the children the brand new Holy Family School song.

Singing has been a major focus at the school for many years and we were very proud to be presented our Sing Up Gold Award. The introduction of the school song was the obvious next step, building upon the work of our well-versed Playground Singing Buddies. Once the children were familiar with the tune and lyrics, it was time to perform to the parents. From day one, parents responded



Admission: Adults 50p

with great positivity and the children can be seen beaming with pride as the school day begins.

Staff, parents and children now gather together on the playground before the morning bell rings. The children line up in their classes and the Year Five Singing Buddies lead everyone in a joyful rendition of, "This is our school." The song echoes out and children perform enthusiastically with accompanying actions and as the term has progressed, teachers have spotted more and more parents participating

"I love it," declared Year Six student, Phoebie Minchin. "Everyone starts the day together and it's great to see the adults joining in too." Parents have also commented on this new development. "We really enjoy seeing the children so happy in the mornings and it's a lovely song," responded Year Four parent, Mrs Dougall.

Mr Handley is now hoping to extend the singing repertoire across the school day. "Ideally I would like to learn a range of songs for break and lunchtime too. We want to keep up this enthusiasm and keep some variety in the songs for the children." Surely with this ongoing project a Platinum Sing Up Award can't be far away!



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REIKI I, II & MASTER COURSES



Local Osteomyologist, Dawn Clode is busy preparing to share her knowledge and skills with a series of one day Reiki courses.

Little Stoke Gifford Matters was interested to learn these courses are not just for practitioners.

Dawn told me, "I think we are all

healers, and attuning your hands and knowing how to use the universal energy helps you and those around you; so its great for mums to soothe their kids and great for those lovely empathetic people who all their friends turn to for a kind ear and a shoulder to cry on. Definitely a brilliant extra tool for any practitioner, from a Counsellor to an Osteopath."

Which course is for you?

Reiki I is suitable to anyone who has an interest in Reiki or alternative health in general and wants to attune their hands so that they can help others, no prequalification requirements. This level would prepare you to treat yourself and family or friends.

Reiki II is for those that have completed Reiki I and practiced some self healing and/or healing on friends and family. If you would like to progress from the basics of Reiki I and necessary if you would like to use the treatment in your practice. (If you have done some online Reiki courses and wish to progress you may be able to do Reiki I and II combined, please contact Dawn).

Reiki Master is for those who have qualified in Reiki I and II and have done a considerable amount of healing. Discuss your experience with Dawn.

For more detailed explanation on all of these course please visit the website below.

Visit www.life-and-soul-empowerment.co.uk/ reiki-training.htm for full details,

or call Dawn on 0795 1099 491 for details of future training opportunities.

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Can I Relocate with My Children?

Jo Morris, a family law specialist at AMD Solicitors, considers a case study

Emma and Mike have one son together, Milo, who is eight years old. Emma and Mike got divorced two years ago and now Milo lives with Emma, spending every other weekend with Mike.

Emma is very lonely living in Bristol. Her family and many of her friends live in Manchester where she grew up. She wants to move back to Manchester and has found a house to rent near her parents, where the local school has a place available for Milo. Emma is a teacher and has spoken to a recruitment agency who have assured her that there is plenty of supply teaching available whilst she gets settled and looks for a permanent contract.

Can Emma move away?

Emma is Milo's main carer and is able to move to a different part of England and Wales with him, if she wishes, but would be advised to take every step that she can to continue to promote his relationship with his father and to ensure that he can still spend time with him.

What if Mike objects?

If Mike wants to prevent Emma from moving away he would need to make an application to the Court for a Prohibited Steps Order under the Children Act 1989. When considering the application, Milo's welfare would always be the most important consideration. The Court would analyse the competing proposals of the parents to decide if relocation was in Milo's best interests. The sort of factors which the Court would consider are whether Emma's desire to move was genuine and not simply to harm Mike's relationship with Milo, whether it was realistic, what the impact of a refusal to allow the move would be on Emma, whether Mike's opposition was genuine and the extent of the detriment which would be caused to Mike and Milo's relationship if the move was allowed to take place. These factors would be weighed up when considering which decision would best promote Milo's welfare.



The approach taken by the Court used to be that relocation within the UK would only be prevented if the case was exceptional, however the recent case of Re C (Internal Relocation) [2015] EWCA 1305 confirms that this is no longer the case and that the decision will ultimately rest on the welfare of the child concerned.

What if Emma and Mike share care of Milo?

Where Milo effectively lives with both of his parents, spending a substantial amount of time with each of them, if Mike objects to Emma moving with him to Manchester Emma would be advised to apply to the Court for a Specific Issue Order permitting her to move. The Court would look at the same factors set out above, and again Milo's welfare would always be paramount.

If you are considering relocating, or your former partner is considering doing so, AMD Solicitors can assist you and advise on all the implications.

Jo can be contacted on 0117 962 1205 or by email on jomorris@amdsolicitors.com.



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





STOKE GIFFORD

PARISH COUNCIL



Little Stoke Community Hall Enhancements

South Gloucestershire Council has now granted planning consent for building enhancements to the Little Stoke Community Hall, and it is anticipated that works will be carried out during 2017.

The Parish Council has been successful in receiving both Section 106 and South Gloucestershire Council New Homes Bonus funding, and an application has now been submitted for a Public Works Loan to be considered in order to complete the overall proposed works. Section 106 funding has also contributed locally towards new sports machinery, sports pitch enhancements, new tennis courts surfacing and new cricket netting across the Parish.

Parish Council Secures External Funding for the Stoke Gifford Cenotaph

The Parish Council have been successful with securing £4110 of external funding from the War Memorial's Trust and St Michael's Church towards the essential repair works to the Stoke Gifford Cenotaph. Works will be carried out by Humphries and Jones Conversation Specialists around May 2017.



Probation Service to Support Parish Council

The Probation Service Community Payback volunteers will be assisting the Parish Council over the coming months with projects to include path edge works in the parks and open spaces, internal and exterior painting of buildings and play equipment, planting, shrubbery cutting and the varnishing of park benches. The Probation Service has supported other Parish and Town Councils across South Gloucestershire with a variety of successful projects. The works will be undertaken on a weekly basis and will be supervised by the Probation Service.

Parish Council Against MetroBus Extension for Hatchet Road

Following the decision of the South Gloucestershire Council ECS Committee, the Parish Council have discussed the MetroBus Extension on a number of occasions and feel that alternative options should be explored. The preferred option is do nothing to Hatchet Road until the Stoke Gifford Bypass is completed. Other suggestions have included the MetroBus Extension being rerouted down the Winterbourne Bypass, Lay Bys introduced onto Hatchet along with the removal of a few of the existing bus stops.

There are 2 separate leases held by the Parish Council, one for Meade Park and another for 40 Acres & Royal Park. Although the lease terms are similar, the lease start dates, and therefore the 5 yearly break clauses are on different cycles. The next possible 'break' date for Meade Park is 30th January 2021 and the next possible 'break' date for 40 Acres & Royal Park is 9th June 2019. The Hedgerows Regulations Act 1997 focussing on the protection of hedges is also being explored by the Parish Council as it is proposed to remove the hedgerow on one side of the road.

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

It is understood that additional funding is now required to complete the general Metrobus project despite the recommendation to spend approximately £2 million pounds on a short stretch of bus lane on Hatchet Road going South bound only.

The Parish Council are consulting with the local community and acting in the best interests of the area to protect the wonderful parks and open spaces maintained within the Parish, and subsequently do not support the removal of the affected hedges.

Issues Associated with Parkway Station

Stoke Gifford Councillors are fighting for solutions to some of the problems that have arisen around Parkway Station. Firstly, is the problem of commuters parking in the village all day whilst they take the train to work. The parking restrictions in the centre have only pushed the commuter parking further out. To fix this local Councillors along with South Gloucestershire Officers will be discussing the possibility of village-wide parking restrictions, which stop commuters littering the village with cars, but don't cause hassle of local residents. Secondly, is the safety of pedestrians and cyclists using the Parkway Bridge. Pressure from our Stoke Gifford Ward Members has resulted in this issue being a priority issue for South Gloucestershire Council to fund, but finding such a large amount of funding has not proved an easy task. A pedestrian tunnel is needed and the the Parish and Ward Councillors will continue to fight for this new tunnel.

Stokes Youth and Community Centre

The number of young people attending The Stokes has increased significantly over recent months and new groups have continued to arrive at the club.

CREATIVE YOUTH NETWORK.

Attendances have been into the seventies on some occasions.

The centre has benefited from a Student Social Worker and a Youth Work Placement Student who has specialized in music working alongside the team. Young people have developed music skills and recorded a few tracks in the studio. Some partnership work has been established with Off The Record, a mental health youth charity. A pilot project basing skilled mental health workers in the youth club will be run to see what difference can be

made. This work will be evaluated and presented early in the New Year.

Young people from the Stokes have engaged in a number of community events over the last few months. At the Stoke Gifford Fete young people ran an Olympic themed snail racing stall and the coconut shy. Both stalls did really well and it was great to have young people raising funds for their youth club. They were featured in the previous "Little Stoke Gifford Matters" and photos were shown on the BBC Bristol Facebook page. In July donations were collected at the local Car Boot sale, and to boost income young people had bake some fairy cakes to sell. Young people from The Stokes also ran a stall at the Bristol Balloon Fiesta with a theme of recycling.

Tesco Bags of Help Initiative

The Parish Council was pleased to have two projects shortlisted recently in the above initiative which sees grants raised from the 5p bag levy being awarded to environmental and greenspace projects. Public votes were cast from 31st October until 13th November and as we went to print on this edition the results were eagerly awaited!

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 10th January 2017
Tuesday 14th February 2017

FINANCE & GENERAL PURPOSE (2nd Tues of Month) Tuesday 13th December 2016 Tuesday 14th March 2017

RECREATION & LEISURE (3rd Tues of Month) Tuesday 20th December 2016 Tuesday 28th March 2017

PLANNING AND TRANSPORTATION COMMITTEE (4th Tues of Month)

Tuesday 20th December 2016
Tuesday 24th January 2017
Tuesday 28th February 2017

More Volunteers Needed at Local Community Woodlands

The Sims Hill Community Woodland and the Splatts Abbey Wood woodland and the UWE GreenSpace team have restarted their workdays for the new academic year. The Splatts Abbey Woodland is near the MoD and Cheswick Village. Sims Hill is round the edge of the Bristol Business near the UWE. The UWE Student volunteers are keen, enthusiastic, and hard working and are making such a great difference to the woodlands.

One of the tasks that will be done by volunteers at workdays will be to put up the Bird Boxes made by UWE students. Tom Haines student project leader with UWE GreenSpace said: "It has been a pleasure for myself & students from UWE to participate in the creation of these bird-boxes, further establishing the close ties which the students and university have with both woodland sites. We look forward to this relationship continuing and the resumption of our workdays - in which we hope to see the bird-boxes put to good & lasting use."



The two woodlands are holding workdays and would like to get more community involvement in their group, including recruiting more volunteers. So if you are interested in finding out about your local woodlands and getting involved in conservation activities please get in touch. Both woodlands run work days which include activities such as cutting back brambles, clearing pathways in the woodland and coppicing trees. No experience needed as they will train you on the day and it's a great way to learn a new skills, get some fresh air, meet new people and get a bit of exercise!

Get in touch to give it a try and see if you like it.

The Sims Hill Woodland Committee can be contacted at: - simshillcw@gmail.com The Splatts group can be contacted via: - splattsabw@gmail.com



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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 is an architectural design firm specialising in design and planning consultancy for all stages of property development, from house extensions to complete new builds.

0117 2446 384

info@homeplanningsw.co.uk Unit 11 Apex Court, Woodlands, Bradley Stoke, Bristol, BS32 4JT



Little Stoke Toddler Group Fridays 10am-12noon

Little Stoke Toddler Group runs from 10am-12noon on Friday mornings at Little Stoke Community Hall for ages 0-5s. This not-forprofit group 'run for mums by mums' offers a space where young children can come and play, make friends and have fun with their carer's supervision.

Entry is £3 per adult with up to two children (addtional children are £1). This includes free tea. coffee, squash and snack bowl for the children. Additional snacks like homemade cake, bacon sandwiches and toast are available to purchase at a small extra cost.

The group offers free play but at 11am there is story time and the session is finished with group action songs and rhymes. There are several sections

offered - role play, social play, a sectioned off baby corner and a sensory corner which features an autism and special needs sensory pod-

Local businesses and franchises are also regularly invited in to run a stall during the session, so there is something for the adults to look at too!







Mama Bear's Flexi-Care

Mama Bear's Day Nursery and Pre-School

Great Park Road, Bradley Stoke BS32 4RU 01454 617 111 gpmanager@mamabear.co.uk



From January 2017 our nursery will be offering flexible care. Instead of having to stick to rigid sessions you will be able to change your booking pattern every week. There will be no minimum sessions per week. This will be especially helpful for parents who work shifts or are freelance. We are the only nursery in the area currently to offer this option. Get in touch now to find out more!

Mudulmamabeancourk

Paul Roberts Hi-Fi

Sound advice & delivery on everything Audio

Situated at 31-33 Gloucester Road, in a contemporary and urban-style venue. Paul Roberts Hi-Fi is where Paul and Martin - with their 60 years of combined experience in audio equipment - welcome you in to share their wealth of

knowledge and offer ongoing customer support.

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If like me, you love the idea of having some quality sounds at the wave of a hand or switch...but alas. your technical abilities stretch to charging a phone and using a remote control; look no further -Paul Roberts Hi-Fi are not only the purveyors of audio equipment and your home entertainment requirements, they offer a total in-house installation service. No service is too little, from hiding those unsightly trip hazard leads and wires, to fitting a full audio experience in your garden or re-installations when moving home and 'invisible' multi-room at affordable prices. The service is there for everyone who needs help to put in their systems.

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What online shopping can't offer is the face to face interactive service experience. Paul and Martin will help you choose the right audio equipment whether it's for your lounge, entire home or even garden – at

"Paul, you took the time to understand our requirements and offer sound advice. Your installed system is providing the whole family with hours of pleasure. Thank you very much."

Local happy customer.

competitive prices too. They made adjustments to their business which enabled them to pass on the savings to their customers.

They are happy to visit your home or business to discuss the best way to set up your new sound system and offer a free, fixed price quote. Whether you opt for installation support or not, you get an end-to-end service package, with the same people there with you throughout. These are people with a genuine passion in audio, who know what they are talking about and who are friendly and extremely helpful.

To discuss any audio equipment or ask for help with installation - call Paul on 07710 435254 or 0117 329 2460. www.paulrobertshi-fi.co.uk



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6th January 2017

from 9:00am till 10:00am

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News from St Michael's Primary School (Stoke Gifford)

by Head Teacher, Mark Freeman

It's been a busy start to the school year, even more so than usual. In the second week of term we were inspected by Ofsted, and we were very pleased to have our 'good' rating confirmed in a one-day inspection. We were particularly pleased with their comments about our curriculum. which was described as 'a strength of the school...the school atmosphere is vibrant and dynamic. Pupils are happy and enjoy their learning. It is important to you that pupils have a well-rounded education that gives (pupils) a good grounding in the arts. humanities and sciences as well as literacy and numeracy.' The full report can be found on our website (www.stmichaelssa. co.uk) or go to the Ofsted website.

Creative theme weeks

More recently the school has enjoyed a hum of creativity, with our recent theme week having as its focus: maths and art. Children throughout the school have been studying artists who have been inspired by maths, including Klee, Kandinsky, Matisse and Picasso. They have produced lots of amazing work, which will shortly be exhibited throughout the school – a few examples are shown here.

Enjoying the outdoors: School Camps

Year 5 and Year 6 have both recently been on school camp. These are for children one of the highlights of the year. Year 6 spent a week in at a PGL centre near Swindon, having a whole range of outdoor activities, ranging from abseiling and archery to shelter building and zip wires. As well as being great fun, children learn a lot about themselves, often discovering hidden reserves of courage when most needed!

This is what Daniel said about it:

"Our trip to Liddington was OUT OF THIS WORLD! The activities were awesome, especially the Giant Swing; it was so high! Our group leaders were fantastic, they were really fun. They had so many crazy songs and games up their sleeves. It was such a great place to be, and we even got cooked breakfast EVERY morning. The food was delicious and we all loved it. So many of us overcame our fears and tried something new. With the support of our



friends, classmates and teachers behind us we felt we could do anything. I know that, if given the chance, we would do it all again."

Year 5 spend 2 ½ days in the Forest of Dean. Their trip is more linked to the curriculum, where they do lots of activities to do with water and the environment. This includes a stream study, a river walk (involving getting very wet and very muddy!), and various problem solving activities – as well as having fun climbing, canoeing and going on a zipwire.

Using our school grounds

email sales@mattersmagazines.co.uk or call 01454 300900 to advertise your business with us

We are also very fortunate to have lovely school grounds, and children have plenty of opportunity to make good use of them. We have some shallow woods around the edge of the school for children to explore and utilise for nature study and artwork; a school pond; numerous areas for growing fruit and vegetables. In Year 3 children have a 'Stone Age Day' where they carry out various activities including lighting fires with flints, cooking fish, building shelters and making cave paintings. We also have our own pond, as well as lots of outdoor apparatus.

If you would like to find out more about the school, please visit our website (address above) or phone the school to arrange a visit. There are a few more tours planned for parents with children due to start school next September. We look forward to seeing you.



2017 Your Best Year Yet

As you are reading this article, you might be wondering how it can be we're talking about 2017. Or you might be thinking how next year could be your best. And it's a good thing to wonder; because if you're wondering then that means that you're motivated (if a little surprised at another year over).

As you read I'll bet you'll learn something new, something that perhaps only now has occurred to you about your own life. And everything, every single thing that you can learn, will provide you with new insights and with new understanding about what it is you are looking for in 2017.

You can learn new things about yourself at any time. You can learn in a million different ways. For example, you can learn to make one small change daily, that through 2017 would add up to a massive change when you look back this time next year. Sometimes it's better to do that, because making little adjustments can make an enormous difference and you might want to change something quickly, or slowly, or even right now!

John Seymour trained me in personal coaching and is known world-wide for his expertise in NLP, which is the 'art and science of excellence, derived from studying how top people in different fields obtain their outstanding results'. He would say "the secret is to find the smallest thing that would make the biggest difference". Leverage if you like. He says that people often overestimate what they can do in a day and underestimate what they can do in their whole lives.

And so the question I'd like to leave you with is:

What one small thing could you change that would make the biggest difference to 2017?

Written by our local Personal Coach:
Aimée Knott BSc (Hons) DipM AMAC

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Update from St Mary's Catholic Primary School, Bradley Stoke

The year 6 team of journalists Nathan, Eva, Mathilde, Emily and Finn are back! We hope to tell you about the latest activities that will happen and have happened at St Mary's!

Poetry Week

In 'Poetry Week' we looked at different poems, understanding the meanings of them. We are performing one of the poems we have learnt, to the school. Year 6 are learning 'In Flanders Field' and are voting for two performers to recite the 'Kitten and the Falling Leaves'. Miss Horsley, the Year 6 teacher, set up a poetry trail after school, for anyone to complete. The finished quiz sheets are entered into a draw and prizes will be given to lucky winners. Mrs Webster, the Year 4 teacher, placed large sheets of papers with sentence for the start of a poem for the children of St Marys to complete the poem.

Year 6 Camp

On Friday the 7th of October, we went on a school trip. Not any school trip, but a long one, 3 days and 2 nights long in Mill on the Brue, Somerset.

We all arrived at school with our suitcases and bags, ready to set off on our journey to the place we were going to spend our weekend, MoB! At 10am, we set off on our 1 ½ hour coach trip.

Once we arrived, we unpacked in our dormitories (Honeysuckle, Cherry, Beech, Plum and Apple). As soon as we unpacked, we learnt the rules and were put into groups. These 3 groups were Owls, Squirrels and Badgers! Within minutes, we started our first activities in our groups. Although all of our activities were in different orders, the first activity for everyone was Ice-breakers.

Our activities over the weekend included:

- Crate Stack
- Cooking in a clay oven
- High all aboard
- Canoeing (Where 4 people capsized!)
- Great Egg Race
- Blind Fury
- Challenge Track 1,2, and 3
- Assault Course (And the Great Wall!)
- Colony Game (Where we are in tribes and have to trade for items to survive)

And MANY more!

Some favourites were the 'Zuper Zip Wire', 'The Colony Game', 'High All Aboard' and the Disco.

Every evening (Friday and Saturday) there was a tuck shop where we could buy souvenirs and sweets and cocoa at 8:30pm! On Saturday night, we had a disco with the instructors for an hour that everyone loved! On Sunday, we did the Zip wire, where everyone had a go enjoying the view. We also had homemade food that included homegrown food, which was VERY yummy!

On late Sunday afternoon, we had to say our good-byes, took our final photos and set off on our journey back to school! At 7pm, we all became super excited to see our parents again and show off what we did! We had SO much fun at camp and would love to go again!

Owls:



Badgers:



Buddy Trip

In Y6 we are given buddies (a reception child) to look after and help get used to our school. Since we first met them in June they have changed as little people; their confidence, personality and creativity has grown.

So in October we went on a trip with our buddies to Prinknash to let their colours shine. The trip was absolutely amazing and since we did so many things I have decided to only list the highlights. After we got onto the huge double decker bus. We were partnered up with our buddies and began the trip. Once we got there we were separated into two groups, one group went outside for the first half of the morning whilst the other group did art we then switched activities at lunch time. The outside activities were really exciting and fun, we did things such as feeding the wide variety of birds that Prinknash has, such as turkeys chickens and even peacocks! We also had a look at some of the other wild life that the park offered such as deer and goats. For the other half of the day we coloured in pictures of peacocks and one helper even got to use professional colouring pencils! After doing the colouring we then had a chance to draw our own peacock feathers with any design! There were lots of very good drawings and colouring. Finally, we took a guiz on peacock facts in which we discovered various new exciting facts such as: a peacock sheds its feathers and also has eyes on its feathers (not real ones though, only patterns). Once we finished this we had a little bit of a walk around the path but unfortunately it was time to go. We walked out to the bus and began the journey back to school. We really enjoyed the trip and look forward to our next adventure!

Ten-Ten theatre

On 2nd of November Ten-Ten theatre came to perform at our school. Reception, Y1 and Y2 watched 'Up in the Clouds' Y3 and Y4 watched 'Gifts' and Y5 and Y6 watched 'A Healthy Heart'. It was amazing to see how just two people can perform a full play! Each play was followed by a short workshop where we discussed our ideas about the play. Our play (A Healthy Heart) was about 11-year-old girl name Monika who found everything boring and then her grandad moved in after having a heart attack which made her really annoyed as she had to give up her bedroom and share with her brother. At school, Monika bullied a girl called Patricia Marston for no reason. Monika then learns how to have a healthy heart from her grandad. We loved having Ten-Ten Theatre at our school.

Christmas

We are already looking forward to Christmas and all the activities Christmas brings.

We can look forward to the Christmas fair set up by the Friends of St Mary's on Friday 2nd December 4 – 6pm. There will be Santa's Grotto where Santa will ask what the children what they want for Christmas and KS1 might find themselves getting a visit from him during the day. At the Christmas Fair there will be lots of games to get us into the Christmas spirit!

KS1 can look forward to performing the Christmas play which apparently has the theme of Strictly Come Dancing. The title of the play is going to be called 'Strictly Nativity'! The main parts are going to be played by Year 2, the percussion is played by Year 1 and reception will take any small, remaining parts.

KS2 will be performing a Carol concert with Year 5&6 leading and year 3&4 will be in the background. Some year six pupils might be singing solos!



South Glos Libraries Consultation - Your Input Needed

Following the successful consultation process in the Spring, the council has adopted a new preferred position with the aim to future-proof South Gloucestershire's libraries for the long term and ensure that no library buildings should need to close. A new three month consultation is now running until 2nd January 2017 to hear what the public has to say about the new proposals and information is available online at www.southglos.gov.uk/librarychanges and in your local library and council offices.

The new preferred option is to reduce the library service savings target from £650,000 to £500,000. This would mean a smaller reduction in staff hours required to meet that target. The council will consult with library users and non-users alike on how best to deploy staff among local libraries. It is proposed that the mobile library service be replaced with community centre based libraries across South Gloucestershire and run by volunteer groups. The Council would also fund the building costs of

Chipping Sodbury Library with the service being delivered by volunteers. These plans would mean that no library building would have to close as a result of the savings.

The council has also agreed to continue to develop plans to use technology that would allow registered members to use library facilities for 11 hours a-day, seven days a-week, between 8.30am and 7.30pm. This technological approach to delivering library services would build on existing self-service kiosks by providing access to library buildings for registered users out of staff hours, it would be a new approach for South Gloucestershire. The council wants to hear from existing library users as well as those who perhaps cannot currently use these facilities during current opening hours, about how they feel about this option.

After the new consultation process, a final decision on how to proceed will be made in the New Year. Changes in public-facing library services would not take place until October 2017.

December at Winterbourne Library

Rhymetime:

Rhymes and songs for parents and babies/ toddlers to enjoy together every Tuesday morning 9.30- 10.00am

Pre School Storytime (Term Time only): Wednesdays 9.30 – 10.00am for stories and crafts

Stories Round the Christmas Tree:

seasonal stories, songs and a craft activity on Wednesday 21st December 10.00 – 11.00am Suitable for young children and their families

The Book Group for Parents will be meeting on Friday 9th December 2.00 – 3.00pm

New members are very welcome – please speak to a member of staff or contact the group's facilitator Liz on 07825510079

The Craft Group is meeting on Saturday 3rd and 17th December 10.00am – 12.00noon. New members are always very welcome

Christmas Singalong

Friday 16th December 2.00-3.00pm

Join library staff and friends to sing a selection of well-known carols and Christmas songs.

December at Bradley Stoke Library

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

Rhyme Time (Term time only) Monday 5th December 10:30 - 11:00

Monday 12th December 10:30 - 11:00

Storytime (Term time only)

Thursday 1st December 11:00 - 11:30 Thursday 8th December 11:00 - 11:30 Thursday 15th December 11:00 - 11:30

Volunteer Drop in Session

Thursday 1st December 14:00 - 16:00

Chatterbooks

Saturday 3rd December 14:30 - 15:30

Craft Group

Saturday 10th December 10.30 - 12.00

Biggerbooks

Saturday 17th December 14:30 - 15:30

"Jingle All The Way" - Christmas Craft
Thursday December 22nd 10:30 - 12:00

DoubleTree by Hilton Bristol North

Fully-renovated hotel offers stylish bedrooms, contemporary and modern meeting space as well as Brunel's Hat Restaurant that specialises in local cuisine

DoubleTree by Hilton, UK's fastest growing upscale brand, and a part of the Hilton's portfolio, has announced the opening of DoubleTree by Hilton Bristol North.

The hotel, previously part of the Hilton Hotels & Resorts portfolio, converted to a DoubleTree by Hilton as part of a renovation programme overseen by Hilton Worldwide and Westmont Hospitality.

Ideally located just off junction 16 of the M5 and within close proximately of the M4/M5 interchange, DoubleTree by Hilton Bristol North offers the ideal location for meetings, special events and weddings. Business travelers will also appreciate the hotel's close proximity to the North Bristol business parks.

The stylish 161 guest rooms have all been recently refurbished and are all now fully air conditioned featuring modern and unique amenities.

The LivingWell Health Club features a 24-hour fitness room, swimming pool, whirlpool, sauna and steam room.

Following the £2.5million investment, the hotel boasts eight fully air-conditioned meeting and banquet rooms which have all been totally refurbished offering flexible space for events with up to 170 guests. The hotel's beautiful outdoor courtyard offers the perfect setting for photographs as well as summer events.

General Manager, Nadine Rees said, "We look forward to welcoming our guests to our newly renovated hotel which is now part of the DoubleTree by Hilton portfolio. I am certain that the hotel's range of facilities will cater to the needs of business and leisure travellers alike and will provide a new, fresh level of hospitality to this vibrant and diverse city."

DoubleTree by Hilton's kind and welcoming service is felt immediately with a warm Chocolate Chip Cookie presented to guests upon arrival. The hotel provides guests with a full complement

of services and DoubleTree by Hilton brand amenities,



including the Wake Up DoubleTree Breakfast, an assortment of gourmet in-room tea and coffee offerings by The Coffee Bean & Tea Leaf®, and a refreshing array of the Aroma Actives Essentials natural skin and body care line.

As part of the Hilton portfolio of brands, guests of DoubleTree by Hilton Bristol North are also encouraged to participate in Hilton HHonors, Hilton's free-to-join loyalty program.

Hilton HHonors members who book directly with Hilton save time and money and gain instant access to the benefits they care about most, including:

- An exclusive member rate at more than 4,800 hotels worldwide
- Instant benefits, such as free Wi-Fi, the ability to earn and redeem Points for free nights as well as access to digital check-in with room selection and Digital Key
- Unforgettable, exclusive experiences, available via Points at HHonors.com/auctions, such as access to private concerts or soughtafter events.

For more information, or to make a reservation, travellers may visit www. doubletreebristolnorth.com or call 01454 201144.





Community Noticeboard

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

Gifted Drama Group's Christmas Show

Snow White and the Seven Dwarfs

on Saturday 10th December 10.30am
Holy Trinity Church

Free entry, tea and cake on sale to benefit church pastoral fund.

Come and see what the group of 8-12 year olds have been working on!

Almondbury Primary School Christmas Fayre



6-8pm Friday 2nd December 2016 In The Main Hall

All the usual stalls including chocolate tombola, the ever popular "Gift Room", children's crafts, nearly new toys and books, raffle etc.

Hot refreshments, delicious cakes and hot festive snacks

You can purchase your Christmas tree* AND FATHER CHRISTMAS will be making a special appearance

For more information call 01454 612517 or email almondsburyschoolpa@gmail.com
*(for collection on evening of the Fayre only)

ALMONDSBURY SCHOOL - SUNDAYS HILL LOWER ALMONDSBURY - BS32 4DS



The annual Santas on the Run 2k fun run is back in Bristol on Sunday 11 December 2016.

Grab your family, friends and colleagues (and dog!) and take part

in this extraordinary dash across the city dressed as Santa and raise vital funds for local charity, Children's Hospice South West (CHSW).

Last year over 2,000 people descended upon Bristol's Harbourside dressed in their complimentary Santa suits to dance/walk/jog/skip their way round the city. The event was a huge success and raised over £53,000 in sponsorship for CHSW's Charlton Farm hospice, which supports approximately 200 families who have children with life-limiting or life-threatening conditions as well as over 55 bereaved families. Registration for Santas on the Run is £15.00 per adult, £7.50 per child or £37.50 for a family ticket and £135 for a team of 10 adults. Entry includes your Santa suit, medal and festive treats!

Sign up at www.chsw.org.uk/santasbristol

Community Carol Service

at the Willow Brook Centre

Wednesday 14th December from 6pm

(organised by local Churches)

Come and Celebrate Christmas

Wrap up warm and enjoy local school choirs, a festive brass band, traditional readings and carols, refreshments and plenty of Christmas

Spirit All For FDI



Grand Jigsaw Exhibition 15th February 2017 Holy Trinity Church Bradley Stoke



Jigsaw enthusiasts of all ages are invited to bring along a Jigsaw, or several, preferably assembled, to show off and admire.

There will be several classes: for Babies. Children and Adults.

Some fun games and refreshments.

Donations towards the youth working party going to Uganda in July. This early notice is so that you can save those Christmas Jigsaws for the date.

If you do not have a jigsaw mat, one can be improvised from a row of toilet rolls!

Doors open at 10.00am till 12.00 noon.

BIG BAND

at Chipping Sodbury Town Hall, BS37 6AD on Tuesday 6 December 2016 at 7:30 pm



Mince Pies and Mulled Wine on sale from:



Tickets available on the door Adults £13.00, School-age children FREE

or from http://www.ticketsource.co.uk/csmusicsociety



For further information: phone: 01454 315741

http://csmusicsociety.co.uk



WELCOME TO THE 60s

Thornbury's Armstrong Hall.

Welcome To The 60s! is not only one of its popular songs.

but also the message that the Students of the Northavon School of Drama want to send out, as it has been announced that under their performance banner of the Northavon Youth Theatre Company, they will stage the 1960s musical extravaganza:

HAIRSPRAY next Easter from 12 to 15 April, at

There was great excitement among cast and crew when they learnt that the group had secured the rights to perform this iconic show and auditions were hotly contested, but there are lots of parts and numerous opportunities for every youngster in the group to be involved in dancing and singing such hits as I Can Hear The Bells, Good Morning Baltimore, the title number: Hairspray and the unforgettable You Can't Stop The Beat!

Rehearsals are continuing every Saturday morning, with cast members also taking part in various fundraising events, as the show is likely to cost more than this year's 40th Anniversary production of Thoroughly Modern Millie, which came to over £17,000! NYTC is still negotiating a new 'home' for its Box Office, but the telephone number remains the same: 07980 543691 and you can keep up with us on our Facebook page or check out our website: www.nytc.org.uk and don't miss this exciting opportunity to wallow in the nostalgia of 'beehives' and Brylcreme or discover what fun it was for the first time!

DOWNEND HORTICULTURAL SOCIETY.

Our next meeting on December 8th at 7.30pm is Christmas Social and Quiz at Assemley hall, Sailbury Rd, Downend, non members welcome. Roger Davis 0117 9571703 or Hilary Walton 0117 9792832

Boxing Day Mummers Play

on 26th Dec. The Christmas Boys & Winterbourne Down Border Morris will be performing at the usual spots:

10.30 Junction Stone Lane / The Dingle
11.00 All Saints Church Hall
11.45 Colston Close
12.15 Cross Hands Down Rd.



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 CGdsll@aol.com

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

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

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

Pre-School Rhyme time and Story time Bradley Stoke Library Mondays 10.30-11am and Thursdays 11-11.30am 01454 868006 bradleystoke.library@southglos.gov.uk

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

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

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

LOCAL CLUBS AND ORGANISATIONS

Afternoon Social Club 55+, every Wednesday from 2pm – 3.30pm at the Baileys Court Activity Centre.

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@btopenworld.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: tonvedmonds108@vahoo.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 7.30.pm 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 bsfc.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@btopenworld.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/northbristoliuniorsrfc/ .

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.

Severnside Ramblers - www.severnside-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.solesistersrc.

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 07816

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.bsec.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 Mautravers 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. https://doi.org/10.1007/html/10.

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

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

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

PRIMARY SCHOOLS

Baileys Court Primary School, Head Teacher: Andrew Lynham,

Bradley Stoke Community School Primary Phase, Head Teacher
Sharon Clarke, Fiddlers Wood Lane BStoke BS32 9BS 01454 8688

Bowsland Green Primary School, Head Teacher: Faye Kitchen,

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

BStoke, 01454 866735, holytrinity-pri.s-gloucs.sch.uk

Little Stoke Primary School, Headteacher: Scott Howes, Little

Holy Trinity Primary School, Headteacher: Jane Johns, Broad Croft

Stoke, 01454 866522, http://www.littlestokeps.co.uk

Meadowbrook Primary School, Headteacher: Jon Barr,

hree Brooks Lane BStoke BS32 8TA, 01454 868630, neadowbrookprimary.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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Why do new fuse boxes have to be made of metal?

Now is a good time to upgrade your fuse box in accordance with amendment 3 of the 17th edition of the wiring regulations. Amendment 3 came into effect on 1st January 2016 and was introduced as a result of London Fire Brigade reporting that a rising number of domestic house fires were being caused as the result of consumer units catching fire. The Amendment requires all new consumer units to be of metal, fire-retardant construction.

Modern Consumer Units provide the best protection against the dangers of both electric shock and overload (when cables carry too much electricity and overheat). They have residual current devices (RCDs) which protect against electric shock and miniature circuit breakers (MCBs) which protect against overload. There are also devices known as RCBOs which combine the functions of an RCD and a miniature circuit breaker in a single unit.

If your fuse box does not have an RCD, it is not affording you the necessary protection against electric shock. If this is the case, you should consider upgrading your fuse box to a new, metal consumer unit which complies with amendment 3.

When a new consumer unit is installed, all sub circuits must be thoroughly tested and a Domestic

Installation Certificate issued. The certificate adds value to your property and should be kept in a safe place.

If you are concerned about the safety of your fuse box or would like further information please contact Dave Betts Electrical Services.





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INDEX OF LOCAL ADVERTISERS

Accountancy/Book-keeping		Gary Smart Electrical	55	Plumber	
LAC Accounting	18	Estate Agent / Homes-	55	All Works Plumbing & Heating	53
Antenatal Group/Services -	10	Andrews	1	Home Care Plumbing & Heating	50
New Life Classes	23	Events -	'	K J Barton Plumbing & Heating	56
	23		16	Low Cost Plumbing & Heating	55
Architectural Services -	FO	Christmas Parties	16	· ·	55 48
Alexandra Cork Home Designs	52	Tribute Nights	10	R H Plumbing	40
Home Planning SW	33	Garden Design/Landscaping/		Property Maintenance -	46
Audio/Sound Equipment Paul Roberts Hi-Fi	35	Maintenance	48	Brunel Doors	57
	33	Almondsbury Landscaping	40 49	Prestige Property Developments	57
Bathrooms All Works Bathrooms Installations	s 53	Alpine Landscapes	51	Repairs	49
	s 53 52	Ellinghurst Fencing & Gardening	49	A+ Applicance Repairs	
Inspired Bathroom Design	52 4	JDS Garden Services	49	D-CR Domestic Appliance Repairs Roofing -	55
Butcher - Richards Butchers	4	Hair & Beauty	25		46
Builders / Building	EG	Bradley Stoke Aesthetics WBS Barbers	39	Ridge Roofing Rooftech	49
Ashford Building Contractors BluePrint Construction	56 55		39	Rooms/Facilities for Hire	49
Cox Builders	52	Handyman / Home Services	52		21
Fascia Lift	52 50	Alan's Handyman Services	52	Abbeywood Community School	
	57	Health, Diet & Fitness	6	Bradley Stoke Community School North Bristol RFC	27
Prestige Property Developments	47	Cambridge Diet - Fil	O		21
RJM Design & Build Vizard and Son	47 51	House / Home	54	Schools/Schooling	21
	51	Bedlam Beds	46	Abbeywood Community School	35
Cakes -	28	Brunel Doors	35	Bradley Stoke Comm School	35 6-27
Medway Designs	20	Paul Roberts Hi-Fi			
Car Maintenance / Sales	46	Thornbury Stairlifts	54		4-25 8-39
Autumnbrooke Garage	59	Hotels/Restaurants/Pubs/Bars/C			o-39 36
Brookfield Garage	53		5,41 16	St Michael's Primary	22
BS Auto Maintenance	55	Holiday Inn Filton The Hollow Tree	3	Stoke Lodge Primary	22
Care / Elderly				Security -	40
Age UK	57	The Smokehouse Saloon	12 20	All Angles CCTV	49
Bristol Care Homes	10 54	Jewellers - Kemps	20 37	Technisys	53
Helping Hands	54	Life Coach - Plucky People	37	Sewing / Alterations -	28
Carpentry	EE	Locksmith	40	Medway Designs	28
Clive Bradford	55 52	Dale Clements Locksmiths	48	Shopping -	4
J G Carpentry		Lock Stuck & Barrells	56	Richards Butchers of Frampton	4 37
Carpets & Upholstery Cleaning Bonne Fresh Clean Ltd	46	Medical / Therapist	10	Poplars Farm Shop Solicitors -	31
	40	Bradley Stoke Physio			20
Central Heating	53	Dawn Clode, Osteomyologist	8 8	AMD Solicitors	29
All Works Plumbing & Heating	55	Smart Hypnotherapy	0 11	Taxi's/Transport	18
Baines Heating	1	Stoke Gifford Surgery Music/Music Lessons -	8	ACE Taxis Avanti Cars	6
Gregor Heating Richard Taylor	51	Opticians	0	Tiling -	0
Child Care/ Preschools	31	Harbord Opticians	28	Paul Bartley Ceramic Tiling	51
Ambourne House Day Nursery	32	Specsavers	60	Training/Tuition	51
Mama Bears	34	Organic -	00	Plucky People	37
Children's Activities	34	Richards Butchers of Frampton	4	Reiki Training	28
Cleaning & Domestic Services		Poplars Farm Shop	37	Tree Surgeon	20
Clover Ovenclean	51	Painter & Decorator	31	Collins Trees Services	47
OvenClean	53	Decor8	53	TV & Aerials	47
Oven Wizards	56	GJS Painting & Decorating	51	A1 Aerials	56
		Keith Usher Painter & Decorator	52	Aerial Man - Dan Grace	55
	42-43	Inside & Out	54	M D Aerials	46
Community Groups & Clubs	44-45	South Gloss Decorating	54 50	Weddings	+0
Computers			30 30-31	Wills -	
Wicked Imp	17	Pets/Pet Care	0-01	Windows -	
Days Out / Activities		Bubbles Dog Wash	27	1st Aztec Windows	47
Electrician		Companions Haven (Pet Cemetry		13t / LtGC WIIIUOW3	71
Aquasafe	46	PCFF Dog Walking & Pet Care	27		
Bradley Stoke Electrical	56	Plasterer	<u>~ 1</u>		
CMG Electrical	53	CPH Plastering	49		
Dave Betts Electrical Services	47	Jon Drake	50		

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Always offering more at BROOKFIELD







Always keen to respond to customer needs and offer their clients more, Brookfield Garage is pleased to announce two new strands to its trusted car business - Safety & Security and **Brookfield Mobility Solutions.**

Vehicle Safety & Security

As well as offering Car Sales and Repairs, Brookfield is now able to assist with the Safety and Security of your vehicles. Your local garage is pleased to supply and fit a number of excellent products, that will assist in keeping your car safe, such as - Car camera systems, Vehicle GPS trackers and High Security van locks. Manager, Fred, explained that these type of products used to be extremely expensive but now they are much more affordable.

In Car Cameras are proving to be popular with insurance companies as there can be no doubt who is at fault if accidents are recorded on film; in many cases premiums will come down if they are notified your vehicle is fitted with a camera device.

GPS Tracking systems are also a fantastic aid; when fitted, you can simply text your car to see where it is and it will respond with a google map. As well as giving you peace of mind, these systems are also something insurance companies are keen to see installed.

Parking Aids - Brookfield can fit a selection of Parking Sensory kits, which will assist with your parking. These products range from audio notifications to cameras – one camera appears within a section of the rear view mirror. All clever stuff and extremely helpful with day-to-day driving, especially when parking in our tight, busy streets!

Brookfield can both supply and fit all of these items: please just ask in garage for more information.

Brookfield Mobility Solutions

Brookfield now offers vehicle adaptations: they can fit hand controls, steering balls, hoists, etc.

For further information and to discuss your needs, please get in touch with Brookfield's in-house specialist on 0117 951 2285.

SALES: 32 Filton Rd, Horfield, BS7 0PA Tel: 0117 239 5018





SERVICES: 140 Ashley Down Rd, BS7 9JS Tel: 0117 951 2285



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