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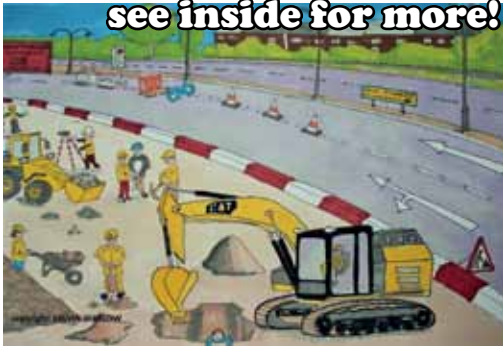
**January/February 2017**

# Bradley Stoke Matters

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*\*Terms & Conditions: This voucher entitles you to 5 x 1 day passes to be used in a 2 week period from date of activation. Available to first time visitors only. Visitors must be 18 years and over and must call in advance of the first visit 0117 970 1462 to arrange a time. This offer cannot be used in conjunction with any other offer. We reserve the right to cancel or vary this offer without prior notice. Subject to availability. For full terms ask in club.*



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*5 day trial to be used during January & February 2017, further terms apply see note above*

## Dear Residents....

A warm welcome to the January/February 2017 issue of Bradley Stoke Matters, we hope the new year ahead brings you much happiness.

If you're feeling blue that Christmas is over for another year, there is still plenty to look forward to within this month's pages. Panto season is in full flow and details of one local panto 'The Snow Queen' can be found on page 30. They'd love your support. If you are looking to get involved with your local community this year, you can make a positive difference by volunteering. There are many wonderful groups enjoying working together to achieve great things - see more inside!

As the temperature drops be sure to wrap up warm and look after yourselves - we have a couple of articles to help inside. If you are looking to lose weight and tone up in 2017 then we have advertisers within our pages all willing to help you achieve those New Year Resolutions!



This edition shares a sad farewell to Head Teacher Chris Dursley who has been at Wheatfield Primary since it was being built in 1998. We wish her a long and happy retirement. We also share the 5th anniversary celebrations at the Stokes Art Group - more on this on pages 6-7 where you can read more about 'Where We Live' (cover photo).

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! It's hard to believe that we are now in our 12th year of producing your community magazine. Please do continue to get in touch with us throughout 2017, we love to share your events and good news stories.

If you would like to appear in our next issue, our next deadline will be 10th February.

**Wishing you all a happy and healthy New Year!**

Jaci x



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## 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 pastis 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 plates 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 your drinks!



## Know Your Place touring Exhibition

*Have you ever wondered what makes a place the way it is now? Or wished you could travel back in time and discover how your area has changed over the years?*

**Know Your Place is a cutting-edge exhibition which is coming to Bradley Stoke Library from 5th January to 28th February 2017** as part of an ambitious tour to 12 venues across the West of England running from November 2016 to April 2017.

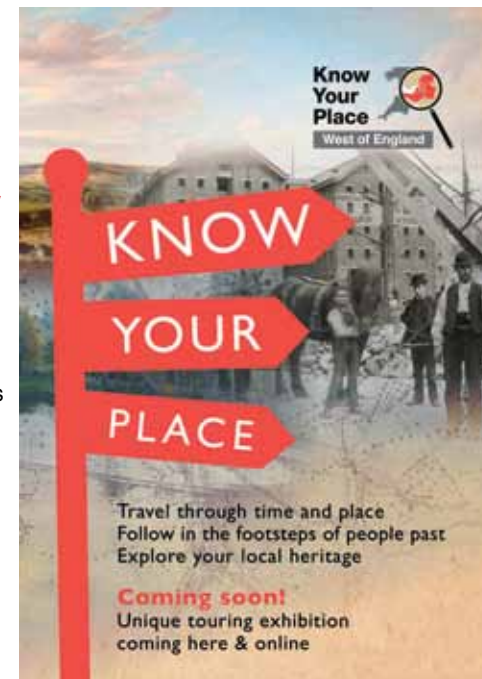
The exhibition will also be available online and can be viewed from any smartphone or connected device.

Featuring extraordinary images from archives, museums and heritage collections across the West of England, Know Your Place gives an unique insight into the history of the places where we live, work and visit every day.

This exhibition is part of Know Your Place – West of England, the digital mapping project to share your neighbourhood's heritage online through old maps, historic images and heritage data.

Find out more at: [www.kypwest.org.uk/exhibition](http://www.kypwest.org.uk/exhibition)

This exhibition is supported by the Heritage Lottery Fund.



## Introducing our new *Sunday Lunch Carvery*

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## "Where We Live" :

Bradley Stoke Matters was delighted to be invited to the 5th anniversary of the local Stokes Art Group at the end of November and to be given the honour of selecting favourites from the latest 'Where We Live' project.

The Stokes Arts Group (SAG) is close to our hearts having been initiated by local resident Susan Hartry with the help of articles in the Bradley Stoke & Little Stoke Gifford Matters. In Susan's words: *"The SAG was inspired by a group of Artists in Windermere who meet at their local community Marchesi Centre every Thursday morning. I really enjoyed painting with them, and the idea of an Art Group near my home-base Stoke Lodge soon became an obsession. Following a phone call to the Bradley Stoke Matters Editor Jaci Crocombe, an article was published in the next edition 'Calling All Artists' - and from that a small meeting was held in Bradley Stoke Library on 4th October 2011.*

*A follow up article in Matters brought forward more enquiries and a further Meeting was scheduled for Tuesday 29th November 2011, this time held at the proposed venue at CTKC. All attending were invited to bring along one or two artworks to display on the night which gave light relief and ice breaking conversations to the more formal business in hand. By the end of the evening the SAG was formed, with almost enough members to cater for both the morning and evening groups we still enjoy five years on!"*

The first project set for the group was entitled 'WHERE WE LIVE' — Bradley Stoke Matters was invited along to judge the submitted works at the first Whole Group Evening Event in April that year, the coveted first prize being .... an empty Jam Jar !! This evening and all the works were included in an article back in our June 2012 edition.

The SAG still runs two groups, held on Tuesday evenings and Thursday mornings at the Christ the King Church in Bradley Stoke. Over the five years it has held 366 studio sessions, involved 46 local artists, hosted 20 competitions where more than 600 different works of art have been submitted, and hosted 14 evening events!



**Where We Live: 5th Anniversary Project Winner:** Sue Kelly For 'Hatchet Road 2016'

**Runner Up:** John Hyland For 'Autumn Rain at the Willow Brook Centre, Bradley Stoke'

**3rd:** Pauline Duce For 'Progress? Bradley Stoke'

## Stokes Art Group Celebrates 5 Year Anniversary

As a nod to its beginnings, Susan decided to again theme this term's project 'Where We Live' and also for the first time open it up to non members of the group. It was interesting to note that the current roadworks and exasperation felt by residents was reflected in some of the artwork submitted. One under the title of 'Progress?' and one ('Bradley Broke' by Kevin Warlow, shown on front cover) which made reference to "Road Rage Roundabout" !

As always, it is extremely difficult to pick winners, but the three winning Member paintings are pictured to the left, with the winners themselves pictured below.



The winners of the 'Where We Live' Anniversary Project Open section (ie non members) were:

**Adult Open Winner:** David Betty for The Beaufort Arms, Stoke Gifford (photo below)



*"Hi Jaci, Thank you so much for coming to the SAG Anniversary Awards Evening – it was lovely to see you again. Your support has been fantastic over the past 5 years and is really appreciated in all respects." Susan Hartry, Founder of SAG*

**More Members Welcome!** SAG currently has some places available for 2017.

All abilities welcome. Groups take places on Tuesday evenings and Thursday mornings at Christ the King Church, Bradley Stoke. £2 per 3hr Art Session

**Website:** [stokesart0.wixsite.com](http://stokesart0.wixsite.com)

**Email:** [stokesart@fsmail.net](mailto:stokesart@fsmail.net)



**Junior Open Winner:** Sebastian Rezai for Parkway Station, Stoke Gifford (photo above)



**Jam Jar Prize 2016:** Winner selected by Bradley Stoke Matters from 7 Best of Category artworks (photo above) selected by a Panel of SAG Judges. Winner: Steve Hatherall for Darwins Arch; Runner Up: Sue Kelly for Lighting Up The Landscape; Placed 3rd: Sara Smith for Suppers Ready; Roger Smith for Umbrella Pines; Steve Hatherall for AJ; Jamie Lockett for Up The Local; Susan Hartry for The Wellington Clock Tower.

**5th Anniversary Project Winner of All Project Winners of the past 5yrs:** Susan Hartry for Gateway to Stoke Lodge. Which brings us full circle as this was the winner of the first 'Where We Live' project In April 2012!

**Copies of all the entries into the "Where We Live" Project can be found on the SAG website [stokesart0.wixsite.com](http://stokesart0.wixsite.com)**



## Start the New Year Pain Free

With Osteomyologist Dawn Clode Lic MET, Lic CR, FAO

Many of us live with pain of some sort – aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier, healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

From her Holistic Health Practice in Little Stoke, Dawn treats people of all ages, suffering with numerous different types of physical or emotional pain.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

For some people one session is enough to rectify their pain completely; for others a few sessions are required. Dawn told me, "The ideal is to balance the patient, get them moving in tune with themselves, and then see them every few months for a check up to ensure that you are on track!"

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491** or visit: [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk)



## Yarn-bombed Christmas Tree to Double as Blankets for Homeless

Knitters from a local church have not only created their own Christmas tree from yarn – but when the decorations come down they're recycling it into blankets for local homeless charities.

Over 800 woolly green squares have been knitted or crocheted and then stacked into a 6 foot tall Christmas tree by the St Michael's Yarn Bombers from Stoke Gifford. Whilst 1000s of real Christmas trees are recycled into compost – the knitted tree will be dismantled and sewn into at least 10 woolly blankets for two Bristol charities supporting homeless people.

The yarn bombing group has been delighting local people with surprise displays and decorations at community events in Stoke Gifford since early 2016. But when they launched the Christmas tree project they were joined by around 100 other knitters across Bristol and beyond. Church members, craft groups, family, friends and children produced squares. They were even sent three green squares from a knitter in Washington DC in the United States!

848 different green squares have been stacked into the woolly Christmas tree. 816 have been knitted or crocheted. 32 are made of felt and were decorated by children at the Messy Church which meets once a month at St Michael's, Stoke Gifford.

Kia Harris, one of the leaders of St Michael's Yarn Bombers, said,

*"At St Michael's we strive to be the heart of the community, by living to make a difference. Involving so many people is helping us to celebrate Christmas as a whole community, and very soon our work will be making a real difference to homeless people in Bristol as well."*



The group estimate they have enough knitted squares to make over 10 warm blankets which will be donated to Emmaus Bristol and the Julian Trust Night Shelter – charities which St Michael's Church has supported for many years.

The idea originally came from a craft group in East Anglia, but has exceeded all expectations as it caught the imagination of knitters across the local community and beyond. While the knitted tree is now finished, it's not too late for more squares to be added to the project. Contributions need to be 6 inches (15cm) square, made from any yarn, in any stitch. Donations can be dropped into the St Michael's Church Office on North Road, Stoke Gifford.

Further details can be found at the St Michael's Yarn Bombers (SMYB) Facebook page.



Members of the St Michael's Yarn Bombers (SMYB) shown left to right: Debbie Bambridge, Emily Preston, Kia Harris, Sara Clothier, Zoe Garde-Evans

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## Good Bye Miss Dursley!

Wheatfield Primary School said goodbye to their Head Teacher, Christine Dursley as the school broke up for Christmas.

Appointed as the first Head Teacher of Wheatfield Primary approaching 19 years ago, Chris initially prepared for the new school working from the base of Baileys Court Primary School whilst the new school building was being completed (see bottom photo of a site visit). Wheatfield Primary School opened its doors to the first cohort in September 1998. Prior to Wheatfield, Chris was Head Teacher at Elm Park for 8 years and a Deputy Head having taught in Avon schools before that.

With two Reception classes and just a handful of children from other year groups together in one class when it first opened, the school quickly grew to 5 classes before the end of that academic year, and eventually into the two-form school that we know today.

In her time as Head, it's estimated that Chris has had: 722 Staff Meetings, 95 Full Governing Body Meetings, 3750 School Dinners and 4 Ofsted inspections...(the school is ready for the 5th due to her hard work, energy and determination). Chris has travelled at least 101,517 miles between home and school, had 18 Christmas Dinners and, based on 3 a day, has had 11,115 cups of tea in school!



Photos: top Farewell party; looking at the memory book presented to Miss D; inset Miss D giving comforting hugs for a few tears; Miss D on site during building; Miss D as the Queen for the Jubilee celebrations in 2012; opposite Miss D with just a handful of the current children at her farewell assembly

**Most poignant though, is that 1,360 children have passed through the school under her Headship.**



Sue Davey, Chair of Governors, stated at the farewell party *"That's 1,360 children, just from Wheatfield, who are better for having had you in their lives. 1,360 children who you have known as individuals and who will have happy memories of Wheatfield and you, that will last a lifetime. 1,360 children who have been able to flourish and grow in a safe and fun-loving environment whilst achieving their very best. 1,360 children whose*

*data can never reflect the true richness of their experiences here. Two of those children were mine and I will be forever grateful that they had you and the unique 'Wheatfield Experience.'"*

As well as her duties of Head, Chris steered the local leadership Academy, recruiting a working party of like-minded leaders to set up the very first Head



Teachers Conference – still the highlight of the year for many South Glos heads.

It was clear from the 75 colleagues, other local Head Teachers, local authority personnel and both present and past staff who attended Miss Dursley's farewell party that they have all very much enjoyed working with her. Chris was "amazed and overwhelmed" by the number of people who attended her bash. She told them *"in the job of education we all work to make a difference for the children and it's been an absolute privilege to work with and alongside you all and to get to know you all as friends as well as colleagues"*.

Chris extends gratitude to the dedicated and talented team of staff and governors she's built around her, some of whom have left and returned with more experience years later, and asks that they *"continue to put the children first in everything they do"*. She states *"Each day the children have never failed to make me proud. They warm my heart and bring a spark to my face. The fun and enjoyment has meant the time has passed swiftly"*.

Lois Haydon, Acting Head, who has worked as Miss Dursley's deputy since 2004 told us *"Miss Dursley strived to build a school that was successful and had a great reputation in the local area, working tirelessly to ensure that all children are happy and achieve well. She will be greatly missed by parents, pupils and staff"*.

Sue Davey concluded *"Wheatfield will be a very different place without you, but due to the energy, commitment and determination given the school is in a very strong position from where it can travel into the future with confidence an assured success. For this we are very grateful"*.

Bradley Stoke Matters understands that Miss Dursley will find it very hard to bid farewell to a school and community which has been such a huge part of her life for so many years. We wish her a very healthy and happy retirement.



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## 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.**

## Did you know South Gloucestershire Council runs MOT tests at its purpose-built facility in Yate?

Local authority MOT testing facilities are recommended by financial experts including Martin Lewis, of MoneySavingExpert.com, because they do not offer repairs and are therefore truly independent.

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*"Can't fault it – 10 out of 10," said another.*

**Martin Lewis says:** *"The feedback we've received from council run MOT centres is fantastic, as people tend to find their vehicle passes with far less faults – though important safety problems are always highlighted."*

*"The fact councils don't offer repairs and therefore have no vested interest in erring on the side of fails has a lot to do with it."*

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## Monday - Bradley Stoke

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Tel Kelly: 07795 951137

## Tuesday - Henleaze

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Tel: Selina 07949 406079

## Tuesday - Bradley Stoke

Wheatfield Primary School,  
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Tel LJ: 07880 501200 (\*New Consultant\*)

## Tuesday - Winterbourne

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Tel Frankie: 07519 347243

## Wednesday - Thornbury

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Tel Alison: 07972 376055

## Wednesday - Little Stoke

Little Stoke Community Hall.  
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Tel Sharron: 07947 064711

## Thursday - Little Stoke

Little Stoke Community Hall,  
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Tel Sharron: 07947 064711

## Thursday - Patchway

Callicroft Primary School  
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Tel Janice: 07860 444647

## Friday - Bradley Stoke

Holy Trinity Church  
9.30am  
Tel Frankie: 07519 347243  
(\*New Group from 20th Jan 2017\*)

## Saturday - Bradley Stoke

Wheatfield Primary School.  
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Tel Dawn: 07905 852413

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***With over 47 years experience between them, your local Slimming World Consultants are encouraging those of you wanting to lose those unwanted pounds to join them and .... "Live Happy!"***

According to NHS Choices around seven million of us will make a New Year's resolution to improve our health after overindulging at Christmas, and losing weight is top of our list, above giving up smoking, getting fit and drinking less alcohol.

For decades Slimming World's Food Optimising programme has shown members that it's possible to lose weight without being on a restrictive and faddy diet and to satisfy their appetite with healthy foods without counting, weighing or measuring everything you eat. Instead, slimmers are encouraged to fill up on everyday foods – which Slimming World calls 'Free Foods' – like fruit and veg, pasta, rice, potatoes, lean meat and fish, which are filling yet naturally low in calories. No foods are banned and going hungry is definitely not on the menu.

Sharron, one of the local Slimmingworld Consultants, commented: *"Most people who embark on New Year diets start to struggle within days or weeks because they follow plans that are too restrictive and leave them feeling hungry or deprived. At Slimming World we've been helping people to lose weight for decades so we've learned a thing or two about supporting slimmers to achieve their dreams, including how important it is to their success to have a great first week weight loss as well as be able to enjoy normal, everyday food."*

*"By following our Extra Easy plan, members are guaranteed to power up their weight loss and see some great results on the scales. And I can promise that people who love food, will love the Slimming World approach!"*

*"We also know that getting support to overcome those tricky moments when you're trying to break old habits and stick to new ones is crucial. Many people start off with great intentions in the early weeks of January but quickly lose heart – and focus – without support to help them stay on track. Everyone will be sure of a warm welcome at any of our groups and each week members will pick up new recipes, ideas and get advice to help them make healthy changes and get into a new lifestyle groove."*

If you would like to find out more about Slimming World's Extra Easy plan with lots of recipes, tips and support to reach your weight-loss target this year, come along to one of the local friendly groups listed opposite.

*Pictured above Slimming World Consultants from the North Bristol team: Janice Young, Dawn Wright, Amy Baker, Kelly Watts, Sharron Fingerhut, Frankie Hunt & Amber Findlay.*



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## Why not get involved in your local Community Woodlands this year?



**Splatts Abbey Wood held a successful Community Day at the end of 2016, organised by the Forest of Avon Trust, and Wallscourt Farm Academy school in Cheswick Village.**

The Forest of Avon Trust organised woodland crafts. The community day was attended by teachers, including Susie Weaver the head teacher, Parents and Pupils of the School, and by David Bell and Fred Hillberg from the Splatts Abbey Wood Conservation Group.

workdays will be to put up the Bird Boxes made by UWE students.

Tom Haines student project leader with UWE GreenSpace told us, "It has been a pleasure for myself and 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 and lasting use."



### Join the team

The two woodlands would like to get further 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](mailto:simshillcw@gmail.com)**

**The Splatts group can be contacted via – [splattsabw@gmail.com](mailto:splattsabw@gmail.com)**

The Conservation Group has two Bradley Stoke Residents on its committee – Vice Chairman Fred Hillberg and Cllr Andy Ward, who sits on the committee as an individual and is also the Bradley Stoke Town representative on the committee.

David said, "It's great to see the woodland being used by the local community."

The Sims Hill Community Woodland, 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



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## Hello there!

I am a retired Senior Lecturer in Mathematics and Statistics from University, where I had been teaching for the past 21 years. Before that I had been teaching in industry for over 10 years.

I enjoy teaching to students of wide-ranging abilities and disciplines, and I'm especially passionate about helping students have a good understanding, confidence and fun with Maths and Stats, and therefore go on to achieve good results!

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If you need a one-to-one Maths and/or Stats tutor, please email me at: [fang.maths@gmail.com](mailto:fang.maths@gmail.com) or call **07809 373004**

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## Thunderbirds Are Go! Says Air Tattoo

PLANS to celebrate the 70th anniversary of the US Air Force at next summer's Royal International Air Tattoo were given a huge boost this week following the announcement that one of the world's most popular display teams will make a rare trip across the Atlantic to take part.

The Thunderbirds' performance at the Air Tattoo, which takes place on July 14-16, will be the team's only UK appearance next year and will be part of the airshow's official tribute to mark the US Air Force's 70th anniversary. As well as seeing a range of operational and historic US Air Force aircraft in the air and on the ground, Air Tattoo visitors will have the opportunity to learn about the key role the air arm plays in a range of international coalitions and partnerships.

Formed in 1953, the team is renowned as much for its choreographed pre-flight ground routine - performed with pinpoint accuracy - as it is for its stunning aerial displays.

Flying six F-16 Fighting Falcons, elite pilots from the US Air Force will perform a mix of formation flying and solo routines that highlight the maximum capabilities of the USAF's frontline, multi-role fighter jet. The team, which is based at Nellis Air Force Base in Nevada, has only appeared at the Air Tattoo once before - in 2007.

Air Tattoo Chief Executive Andy Armstrong said the announcement of the Thunderbirds' participation demonstrated the incredibly strong bond that exists with the US Air Force.

He said: "The history - and success - of the Air Tattoo is inextricably linked to the US Air Force, on whose base the event takes place each year. I am pleased that we'll have the opportunity next summer to mark their 70th anniversary."

**Special reduced-price Air Tattoo 'Super Earlybird' tickets are available until 31st January, priced from £29.**

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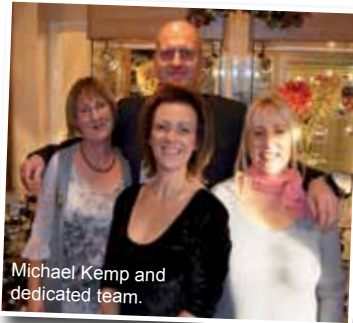


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## Spring Wedding Shows



This Spring, Wedding Show Organiser, WOW Weddings Shows West have organised some fabulous Wedding Shows for you to enjoy. All of their Shows are FREE but still manage to offer you the best entertainment, amazing suppliers and outstanding venues.

**Sunday 22nd January 2017** sees The North Bristol Wedding Show taking place at the newly named Doubletree by Hilton North Bristol, Bradley Stoke. The Hotel has been refurbished and upgraded, so we will be showing off the new Function Suite and Bedrooms on the day.

There will be many suppliers, including cakes, dresses, décor, photobooth, photography, transport, wedding rings, stationery and so much more.

So join us at this wonderful Wedding Show, enjoy your bubbly and canapes on arrival and meet the fabulous wedding suppliers and of course, view the new decor! Visit the Show's website for further information and also a chance to win a bridal hair accessory!

[www.TheNorthBristolWeddingShow.co.uk](http://www.TheNorthBristolWeddingShow.co.uk)

## Diary of Wedding Shows

WOW Wedding Shows West's other Shows include:

### January Shows:

Stonehouse Court Hotel (15th Jan),  
Doubletree by Hilton North Bristol (22nd Jan)  
Cheltenham Chase Hotel (29th Jan).

### February Shows:

Guildhall, Bath (12th Feb)  
Ashton Court Mansion (19th Feb)  
Cheltenham Racecourse (26th Feb)

For further information on all WOW Wedding Shows, please go to <http://www.wowweddingshowswest.co.uk>

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## CHIPPING SODBURY MUSIC SOCIETY

In 1947 the Downleaze Music Club was founded by a group of music enthusiasts to encourage the appreciation of music by means of illustrated talks, lectures and gramophone recitals. Over the following years the club developed and prospered so by the 1960s live concerts were introduced. Supported by local financial assistance and sponsorship, musicians of considerable talent and acclaim were engaged and the club gained a reputation for promoting music concerts of the highest quality and excellence.

In 1990 the Downleaze Music Club changed its name to Chipping Sodbury Music Society, attracting members and sponsorship from a much wider area. It also enhanced its reputation by promoting concerts given by artists of international renown and by engaging young talented musicians at the beginning of their careers.

In the 21st century the objective of the society is no different from that of those enthusiasts who met over sixty years ago "... to bring together lovers of good music and musicians in a friendly and convivial atmosphere..."

Chipping Sodbury Music Society presents seven concerts in Chipping Sodbury's Town Hall from October through to May and all concerts commence at 7:30 pm. Season membership is £70 and visitor tickets are £13 but there is always FREE admission for school-age children.

**The next concert takes place on Tuesday 14 February 2017 – 7.30pm – IVO VARBANOV and FIAMMETTA TARLI** – Pianist, Ivo Varbanov, is a leading figure of Bulgarian music and culture abroad. Career highlights include performances at the Wigmore Hall, Cadogan Hall and St. John's Smith Square in London, Carnegie Recital Hall in New York, and the Philharmonic Hall in St. Petersburg. He is partnered in duets by his wife Fiammetta Tarli.

[www.csmusicsociety.co.uk](http://www.csmusicsociety.co.uk) • [www.facebook.com/Chipping.Sodbury.Music.Society](https://www.facebook.com/Chipping.Sodbury.Music.Society)  
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## Winter Health Messages

Winter is a very busy time for the NHS. There is an increase in respiratory complaints and people suffering falls (with associated injuries), with elderly patients and those with underlying health conditions being most affected. In addition, winter vomiting bugs and coughs lead to more people seeking medical assistance. Please help us to provide your care by reading about two common minor illnesses that you can normally manage yourselves and where advice and medication is available from a pharmacy.

**Norovirus**, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water.

The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea. Good hand hygiene is important to stop the spread of the virus.

People are advised to wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating. Alcohol gels do not kill this virus.

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly. The advice from Public Health is that patients with these symptoms do not visit either A&E or GPs as this may spread the virus. Further information and advice is available from NHS 111, including an online symptom checker at [nhs.uk](http://nhs.uk)

**Coughs and Colds.** A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause nasal stuffiness, a runny nose, sneezing, a sore throat and a cough. Usually it's a self-limiting infection – this means it gets better by itself without the need for treatment from a GP.

**Treatment of a cold.** For most people, a cold will get better on its own within a week of the symptoms starting without any specific treatment. However, there are treatments that can help to ease your symptoms and make you feel more comfortable. These are available from your pharmacy, which means that you can treat yourself, rather than needing to see your GP. There is no cure for colds. Antibiotics, which treat infections caused by bacteria, don't work on cold viruses.

**Self-help.** There are a number of self-help measures that may help to ease the symptoms of a cold.

- Drinking plenty of fluids to prevent dehydration.
- Steam inhalations with menthol, salt water nasal sprays or drops may be helpful.
- Vapour rubs may help relieve symptoms for children.
- Hot drinks (particularly with lemon), hot soups and spicy foods can help to ease irritation and pain in your throat.
- Sucking sweets or lozenges which contain menthol or eucalyptus may soothe your throat.
- Gargling with salt water may help a sore throat.

You should try to make sure you rest and look after yourself if you have a cold, but it is not usually necessary to stay off work or school.

**All Staff at Stoke Gifford and Conygre Medical Centres wish you all a very happy and healthy New Year.**



## Christmas Fun at First Steps Toddlers

Bradley Stoke Matters was delighted to be invited along to the First Steps Toddler Group on Thursday 15th December for the Group's third Christmas Party of the week!

Everyone was in the festive spirit from making Christmas Crafts to singing Carols, not forgetting the all-important visit from Santa.

The home made cakes provided by Bradley Stoke Handyman Aaron were delicious. Aaron also sponsored the group's lovely decorations.

First Steps Toddler group has been running for four years, and is held at Christ the King Church. When Jess and Liz first started they had just 13 children. Now they are running three sessions a week, on Mondays, Tuesdays and Thursdays, with up to 180 children. However, for personal reasons, from February next year they will no longer be running the Thursday session.

Entry is £2.50 for 1 child and adult, 50p for additional child and £2 for additional adult. Entry includes snacks for the children and cake and a drink for the adults.

Jess and Liz are going to have a well earned rest now and the group will resume in the new year on 16th January.



Photos show: Stacey, Brad, Cassidy, Hallie and Bonnie meeting Father Christmas (we loved the family themed outfits!), Tommy with Father Christmas and George doing crafts

## Nursery Introduces Flexible Child Care to Support Working Parents

*A Bradley Stoke day nursery is introducing a flexible childcare scheme to make life easier for busy parents.*

Mama Bear's in Great Parks Road is offering the new service so families can choose sessions to fit their lifestyle. It is believed to be the only nursery in the area currently to offer the option.

Nursery manager Kat Payne, said: "In today's so-called 'gig economy' people's working hours can change week by week. Instead of parents having to stick to rigid sessions, they will be able to change their booking pattern to suit their work schedule. We believe it will be especially helpful for parents who work shifts or are freelance. There will be no minimum sessions per week so perfect for parents who only want to place their child in a nursery every now and again."

The nursery and pre-school, which is close to the Almondsbury Business Park, Aztec West and the M4/M5 junction, currently has free places available for three and four year olds.

Mama Bear's Day Nurseries provide care for children from three months to five years with 22 settings across Bristol, Somerset and Devon. A family-run business with its offices in Hanham, Bristol, the Day Nurseries are aimed at providing children with their first vital level of education to give them a head-start when they start at primary school.

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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.

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[www.mamabear.co.uk](http://www.mamabear.co.uk)

/nurseries/bristol/bradley-stoke---great-park-road



# 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 a religious calendar event in an end of term assembly etc. On top of this we have had so many special events in school I can't remember them all and I certainly couldn't list them all here if I tried, but have included the following in groups of the type of events they were:

- 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: journey 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 Night 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! We look forward to 2017!***



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## Ukele Lessons Begin at Wheatfield

Wheatfield Primary School were delighted to learn that Mrs Hickson was successful in her grant application from EMI Sound to purchase some Ukeles for Wheatfield school. This grant enabled the school to ensure that all children are able to learn a stringed musical instrument as part of their PPA program.

The Ukele lessons are being taught by Mrs Sue Davey, Chair of Governors, who is very experienced at teaching this instrument.

The advantage of the Ukele is that it is easier to learn than a guitar. The children can explore the different elements of music; improving their confidence by learning to read music, theory, harmony, melody, tone, and rhythm. The supportive lessons will also ensure their creativity with literacy by developing skills to arrange music and strum along to their writing. Children will also be inspired to sing and play at the same time with an excellent variety of music available from different cultures and countries. In the long term, children may wish to pursue music further, which would be fantastic.



## Samba Drumming Workshops a Big Hit at Bailey's Court Primary School

As part of the continuing 20th Birthday celebrations at Bailey's Court Primary School, Years 2-6 took part in some Samba Drumming workshops across 2 days.

With a focus on the 'Arts' this year, this was one of the chosen 'musical' events and it was a huge success. In the sessions the children had a chance to try out different drums and bells and even used their bodies as percussion instruments!

Allan Kerr, from Shumba Arts, led the sessions creating amazing call and response patterns, strong rhythms and tricky beat sequences. At the end of each day, all the children involved in the workshops had an informal 'performance' in the hall where they could show off their new skills.

The children thoroughly enjoyed the workshops and proved how much they had learnt in such a short time. The noise level in school may have gone up for the 2 days... but it was well worth it! Allan also led the weekly staff meeting so all the teachers got a chance to make some noise too!

The next 20th Birthday 'Arts' event will be welcoming a visiting artist into school in the new year, to work with some upper Key stage 2 children to create a mosaic for the front of the school - Bradley Stoke Matters looks forward to hearing more in the New Year!



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## Keep Cool with 'The Snow Queen' this February

The Thornbury Musical Theatre Group will be performing 'The Snow Queen' at the Armstrong Hall in Thornbury from Wednesday 15 to Saturday 18 February.

TMTG follows last year's Rose Bowl Award-winning pantomime, with this super-cool offering, written and directed by their own Lizzie Lindsell. Based on Hans Christian Anderson's fairy tale, 'The Snow Queen' is packed with all the traditional fun – audience participation, hilarious comedy, catchy music, drama, romance... and tap-dancing penguins!

Around February in the town of Björnburg, the Winter Fairy passes the Season Baton to the Sprite of the Spring. But this year Queen Bianca is determined to make sure it stays winter forever! With her snowflake subjects to obey her every command, will she succeed? Can young Kristin save her fiancé Henrik from the Queen's icy clutches? Will Dame Gerda ever manage to organise her granddaughter's wedding? So come in out of the cold for this frozen frolic; it'll be "ice" to see you!

Performances are 7.30 pm nightly and matinées at 2.30 pm on the Friday and Saturday. Tickets are bookable online at [www.tmtg.org.uk](http://www.tmtg.org.uk) with no booking fee. £12.50 Adults, Concessions £10.50/£11.50 and a family ticket for 4 costs £40. Group discounts of 10% for 10+ seats can be arranged via the Box Office or online. For enquiries call Angie at the Box Office on 07516 270140. Thanks goes to Lisa Costa Residential Sales and Lettings for their generous offer to run the Box Office at 53 High Street, from Saturday 7 January. The staff are big fans of TMTG and always delighted to meet audience members, but remember it's a very busy office so please be patient if they're not available the first time you call.

For more information about 'The Snow Queen' and the dramatic group generally, take a look at [www.tmtg.org.uk](http://www.tmtg.org.uk). You can also follow them on Facebook.



## 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.

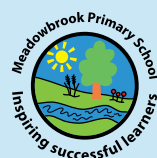
**If you are considering relocating, or your former partner is considering doing so, AMD Solicitors can assist you and advise on all the implications.**

Jo can be contacted on 0117 962 1205 or by email on [jomorris@amdsolicitors.com](mailto:jomorris@amdsolicitors.com).

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## Under-11s Team Up with Meningitis Charity

St Mary's Old Boys under-11s have teamed up with national charity Meningitis Now, based in Stroud in Gloucestershire, to help raise awareness of the deadly disease.

The team's new training T-shirts will carry the charity's logo and the legend 'Proudly Supporting Meningitis Now'. They've been sponsored by Stephen Gazard, Vice Chairman of the charity, whose son Callum plays for the under 11s.

In February 2010 meningitis and septicaemia left Callum's sister, Stephen's 14-month-old daughter Ella, in a coma and fighting for her life. Just hours earlier she had been running around at her toddler group. Fortunately, Ella made a good recovery from her traumatic ordeal and is now a bright and healthy child. But not every family is so fortunate.

Stephen, who is Managing Director, of the Sesame Bankhall Group, the UK's largest distributor of retail financial advice, said: *"I know at first hand the devastation this disease can cause. That's why I'm so keen to take action to raise awareness to help beat it. Meningitis can strike anybody at any time, but knowing the signs and symptoms and seeking immediate medical help if you suspect it are an important first step in protecting yourself and your loved ones."*

*"As a charity that receives no Government funding Meningitis Now relies entirely on the generosity, energy and initiative of its supporters to raise the vital funds it needs to carry out its*



*lifesaving and life-changing work. Anything you can do to support their efforts will make a real difference to those who are at risk from meningitis and those whose lives have already been changed forever because of it."*

Meningitis Now, in its 30th anniversary year this year, is working towards a future where no one in the UK loses their life to meningitis and everyone affected gets the support they need.

It does this by funding research into vaccines and prevention, raising awareness so people know what to look for and what action to take if they suspect meningitis and rebuilding futures by providing dedicated support to people living with the impact of the disease.

**For more information on meningitis and the work of Meningitis Now visit [www.meningitisnow.org](http://www.meningitisnow.org)**

## McDonald's Provides Boost to Local Grassroots Team

Local football team, Bradley Stoke Youth FC U6's have received a brand new free kit courtesy of local McDonald's franchisee Mike Guerin and the McDonald's FA Kit Scheme.

The McDonald's kit scheme, now in its third year, has provided over 175,000 kits to clubs across the UK with 70,000 new football kits being delivered this year. This year has seen a huge number of applications from clubs across England, Scotland, Wales and Northern Ireland who were eligible to order a brand new kit choosing from a number of styles and colours.

To mark the occasion, Bradley Stoke Youth FC held an event at their grounds, inviting local Mike Guerin to come along to celebrate the U6's receiving their new strip of kits for this year's season.

Local McDonald's franchisee, Mike Guerin who is a keen supporter of grassroots football said: *"Bradley Stoke Youth FC is a club that is close to my heart, and an excellent example of a grassroots club which has a real community spirit."*

*"I am thrilled to be able to supply the young players with a new kit to achieve great things in this season! The kit scheme is something that McDonald's is incredibly proud to be able to roll out to clubs all over the country. I would like to thank Bradley Stoke Youth FC for inviting me along to celebrate with them in receiving their new kit and wish them the best for this year's season."*

Martin Lee from Bradley Stoke Youth FC commented *"We're hugely grateful to McDonald's for donating a new kit for our U6's team. An average team strip costs around £500 per season, so this really is a huge saving for us and means we can spend the money on other areas of the club that need it."*



*"The kids absolutely love wearing their new strip. Having the kit has created fantastic unity and team spirit and has given the kids extra motivation to train and have a great season."*

McDonald's Director of Football, Sir Geoff Hurst, added: *"I have seen the benefits of the McDonald's Kit Scheme first hand and it is a great help to clubs across the UK such as Bradley Stoke Youth FC. We have been inundated with requests for kit and it's fantastic to see the players wearing a new strip as their friends and family cheer them on."*

*"Grassroots football clubs are so important to the local community and offers so many opportunities to youngsters throughout the UK. By giving away a free kit, McDonald's is opening vital funds for these teams to help raise their standards of football and build upon their successes."*

The McDonald's Accredited Club Kit Scheme is part of the company's ongoing 14-year Community Partnership with the four Home Nation Football Associations. The programme focuses on supporting accredited grassroots clubs to help raise the standards of grassroots football across the UK through better safety, better advice, better coaching for better coaches, better kit, better support and better recognition for volunteers.

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## Bradley Stoke Town Football Club

### Season Update by Club Chairman Ian Drew

Whilst our season is in full flow, it has been a mixed start for our four teams. Our First and Reserve teams stand well placed in 5th position in their respective divisions at the time of writing this. Both well placed for a promotion push!

We're hopeful that by the end of the season all of our teams have played a positive role in shaping the divisions for the 2017 / 2018 season.



1st Team

Our First Team (top photo) actually won the inaugural GFA Summer League competition a while back, so the first piece of silverware for this season has been gained, hope it continues.....

County Cup matches are always an interesting sideline. Our Reserves team is into the last eight of theirs, let's hope they make the final. We'll keep you posted!

Our Third (or A) Team presently lie 10th of 12 in their division, but things do not look that bad as in their 7 matches so far they have scored 17 goals with only 23 against, so good results are just around the corner.

Our ever faithful Veterans team are in the southern section of the Glos Veterans League, their season starts late, they have played four with 2 defeats & 2 draws, so room for improvement there. Watch this space, as the 'Vets' normally have a good run of form once they get going.

We had a lot of new players register with us at the start of the season as well as a good representation of established players, pre-season actually started in July. We welcome ALL



Reserves Team

those who have registered with us. We have over 80 registered players for this season so the future is promising for BSTFC.

Our Reserves and A Teams play home games at the Jubilee Centre on alternate Saturdays, so generally there is always a match on. Why not stop and stay a while? Local support would be very welcome.



A Team

Our First Team are playing their 'Home' games at the GFA Woodlands Park, just the other side of the interchange, with a 5.30pm kick off, so if you fancy a late evening out check out our website for home fixtures, they'll be glad to see you and admission is free !

We would like to thank our sponsors for their continued support, especially Bradley Stoke Matters, Bradley Stoke Town Council, Dunkleys, Marios Barber at Filton, Pentagon Play Outdoor School Equipment.

We Look Forward to Seeing You at either The Jubilee Centre or GFA!

Enjoy your sport whether it be taking part of watching and remember.....It's only a Game!!

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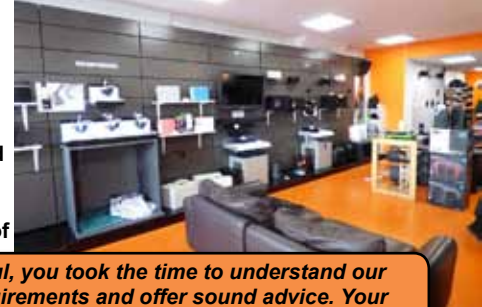
Situated at 31-33 Gloucester Road, in a contemporary and urban-style venue, Paul Roberts Hi-Fi is where Paul and Martin – with their 60 years of combined experience in audio equipment – welcome you in to share their wealth of knowledge and offer ongoing customer support.

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

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# Looking to the future in Winterbourne

**Jim Ellis, Branch Manager, Andrews 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](http://www.andrewsonline.co.uk)**

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**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](http://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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## Fran's Running for the RFU Injured Player's Foundation

It's just over a year ago since St Mary's Old Boys Captain Liam O'Keeffe sustained life changing injuries in a freak accident on the Club's main pitch in Trench Lane.

Liam had a lengthy stay at Southmead Hospital, followed by months in the Duke of Cornwall Spinal Treatment Centre at Salisbury for intensive physiotherapy. His most recent stay has been at Oaksey House in Tambourine, thanks to the support of the RFU Injured Players Foundation which works in cooperation with the Injured Jockeys Fund.

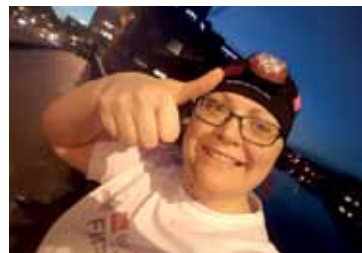
The 27-year-old electrician has received intensive physiotherapy and strength and conditioning treatment as well as having access to the specialist gym and equipment. Father, Alen recently commented *"Liam's showing remarkable improvement with the care and embedded knowledge from the Centre. It's been tough going and Liam's put in lots of hard work. It's great to have him back home again. He's socialising with his mates and visiting the local gym"*.

Another 6 weeks stay is planned for Oaksey House in the new year. Alen continued *"the RFU Injured Players Foundation do so much and fund injured players for various treatments and projects after catastrophic injuries or traumatic brain injury. Their work also includes injury prevention research, education and training to keep all players safe on the field. The more who can support the charity the better"*

On that note, one of St Mary's Old Boys Ladies has a place in the London Marathon and is running for the charity in light of Liam's accident and the support he's received.

Fran Golten said *"I've played rugby for years. Liam's accident made me realise that we all go into training or a game knowing there's a risk of a black eye, stamped foot or broken rib but not many think of the more serious risks. Seeing what Liam and his family have endured has inspired me to dig deep and give back to the sport which has given me so much. I run for my family, the club and my team but I also run in recognition and honour of Liam and the O'Keeffe family's continued strength and determination and hope that I can do the same when I attempt the London marathon"*

To support Fran, please go to: [www.justgiving.com/fundraising/Francesca-Golton](http://www.justgiving.com/fundraising/Francesca-Golton) or please contact her via Facebook @smobladies with any donations for upcoming raffles and events to kickstart her fundraising.



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## Swim 1,000,000 Metres for Kenrina: Challenge Completed!!

Back in our April/May edition this year we brought you the story of local resident Neil Roff who had challenged himself to this phenomenal undertaking to raise funds for St Peter's Hospice in memory of a dear friend Kenrina, who lost her life to Ovarian cancer in October 2015.

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

**If you divide 1,000,000 metres by 366 days it equates to 110 lengths of a 25 metre pool, PER DAY!** Neil started his challenge on 2 January 2016 (the pool was closed on the 1st!) and amazingly finished with nearly a month to spare, on Sunday 4th December. He swam over 39,000 lengths of the Bradley Stoke pool which is the equivalent of just over 30 times across the channel!

In all of his many past events Neil has never asked for a single penny in sponsorship. He is therefore hoping friends, family and the local community will dig deep and support him in this monster challenge for a very worthy local cause. <http://uk.virginmoneygiving.com/NeilRoff>



Photos show top Neil on the completion of his 1,000,000 metre swim challenge, with Kenrina's two daughters Megan and Jane. Inset: the very lovely Kenrina May Thomas





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**The Stoke Gifford Branch of the Royal British Legion, (RBL), is celebrating topping £50,000 for the 2015/16 Poppy Appeal, and is celebrating its volunteers and the many organisations, who have done so much to help the Poppy Appeal. This is a fantastic amount for a small branch.**

The 2016/17 Poppy Appeal started on the 1st October 2016, and had a very busy "Poppy Fortnight" from late October to Remembrance Sunday, 13th November. Counting is still underway for 2016/17 and the Branch is seeing incredible amounts being counted. The 2016/17 year carries on until 30th September 2017, and the branch will be fundraising throughout the year.

The Stoke Gifford Branch which covers Filton, Little Stoke, Stoke Gifford, Stoke Lodge, and Bradley Stoke has a Facebook Page so please follow, like and share it - <https://www.facebook.com/StokeGiffordRBL>

Branch spokesman David Bell said: - *"Our fantastic level of fundraising has only been possible because of the great generosity of the public; the many businesses and other organisations who allow us to collect; and our great Stoke Gifford Branch members and volunteers who play such a big part in the fundraising. And of course a big thank you to the local media who help us raise awareness of the Poppy Appeal and the welfare work of the Royal British Legion."*

The Branch will soon be holding its annual Thank You Dinner for its volunteers, and on the 1st December John Moloney Branch Chairman and Brian Hewitt MBE the Branch President, attended the Students' Union at UWE's RAG celebration afternoon to present certificates of appreciation to UWE student volunteers who volunteered for the RBL; to the UWE itself; to the Students Union at UWE; to UWE Volunteering; to the UWE Drama Club, and others at the UWE. Pictures from the event can be found on the Branch's Facebook Page.

Olivia Evans, VP Societies and Communication of the Students' Union at UWE commented



*"I'm so pleased that so many students get involved with Royal British Legion: Stoke Gifford Branch. The connection with the local branch ensures students have a great time volunteering and fundraising for the Poppy Appeal."*

The money raised for the Poppy Appeal goes to the RBL's Welfare Fund, which is used to give help and support to current and ex service personnel and their families.

If you or someone you know needs help from the Royal British Legion please contact the RBL national helpline - 0808 802 8080.

The RBL has opened a Pop In Centre in 60 Union Street, Bristol, where people can call in for advice and information on the charity's support and community services.

**If you are interested in joining the Branch or volunteering please contact John Moloney on 07802535591 or [ja\\_moloney@live.co.uk](mailto:ja_moloney@live.co.uk).**



**The Five Stokes fundraising group would like to thank the local residents who supported them in their fundraising.** The group, who recently 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 their collections, please contact Pippa Rolfe on 07855 564806 or email

[thefivestokesfundraisinggroup@gmail.com](mailto:thefivestokesfundraisinggroup@gmail.com)



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## Thornbury Sea Cadet Unit is looking for Adult Volunteers

Every week across the UK thousands of young people, aged between 10 and 18, get involved in Sea Cadet activities. To make this happen we need the help of volunteers. We have lots of roles to match your skills from instructional staff to unit management. Instructional opportunities range from sailing to marine engineering, navigation to catering, first aid to adventure training. Training for would-be cadet instructors is available so anyone interested should not be put off because they don't know anything/much about a particular subject. Unit Management opportunities include marketing and PR, asset management (buildings or boats or equipment), organizing events, recruitment (adult volunteers and cadets).

We meet every Monday and Thursday, 1845-2100.

Please get in touch on how to find out more:  
**[ChairmanThornburySeaCadets@gmail.com](mailto:ChairmanThornburySeaCadets@gmail.com)**

**07803 259511**



## 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 home-grown 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 quiz 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 had a fabulous Christmas fair on Friday 2nd December organised by the Friends of St Mary's. There was lots of fun and games getting us into the Christmas spirit. We also had a Santa's Grotto where Santa asked all his visitors what they wanted for Christmas and KS1 even had a special visit from him during the day.

KS1 thoroughly enjoyed their production of 'Strictly Nativity' which had a Strictly Come Dancing theme! The main parts were played by Year 2, the percussion was played by Year 1 and reception children took on some of the smaller roles.

KS2 performed a Carol concert with Year 5&6 leading and year 3&4 backing them up. Some year six pupils even performed singing solos!

## Barbering at its best!

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[www.wbsbarbers.co.uk](http://www.wbsbarbers.co.uk)



**FIND US ON FACEBOOK:**

**Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters**

## January 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 9th January 10:30 - 11:00  
 Monday 16th January 10:30 - 11:00  
 Monday 23rd January 10:30 - 11:00  
 Monday 30th January 10:30 - 11:00

### Storytime (Term time only)

Thursday 5th January 11:00 - 11:30  
 Thursday 12th January 11:00 - 11:30  
 Thursday 19th January 11:00 - 11:30  
 Thursday 26th January 11:00 - 11:30

### Chatterbooks

Saturday 14th January 14:30 - 15:30

### Biggerbooks

Saturday 28th January 14:30 - 15:30

### Know Your Place Project Display

Wednesday 4th January

## SportsPound

- Do you do less than 30 minutes exercise a week?
- Are you aged 14 – 100?
- Do you live in South Gloucestershire?



If you can answer yes to all of these questions then you are eligible to receive SportsPound vouchers that give you eight free sessions of fitness/exercise/sport.

### How it works

- complete a registration form and email it to [sportspound@southglos.gov.uk](mailto:sportspound@southglos.gov.uk) or visit your local library to complete a form
- receive your SportsPound voucher booklet
- check out sessions available in the Downloads section
- contact the session provider
- go along and exchange one voucher for one free session




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[www.poplarsfarmshop.co.uk](http://www.poplarsfarmshop.co.uk)

## 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 proximity 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
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- Unforgettable, exclusive experiences, available via Points at [HHonors.com/auctions](http://HHonors.com/auctions), such as access to private concerts or sought-after events.

**For more information, or to make a reservation, travellers may visit [www.doubletreebristolnorth.com](http://www.doubletreebristolnorth.com) or call 01454 201144.**





# Community Noticeboard

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

## Wine & Cheese Evening 20th January

Bradley Stoke Rotary Club are holding  
a Wine and Cheese evening at

All Saints Church Hall, Winterbourne  
Down £12 to include a delicious  
ploughman's supper.

Contact Karen Holley  
07540 458119 for tickets.

## NEW YEAR CONCERT

### Westerly Show Band

A local community wind band  
Featuring Soloist - Alexandra Denman  
Playing a variety of music with something for everyone



Saturday, 14<sup>th</sup> January 2017  
7.30 p.m.

Winterbourne Down Methodist Church

Entry: Adults £6.00  
Children (Under 16) £2.50

Tickets can be purchased from Carnival Committee members  
or telephone 01454 777820 for information

Refreshments in Church Hall

Please support your local Carnival

[www.wdcarnival.org](http://www.wdcarnival.org)  
[www.facebook.com/wdcarnival](https://www.facebook.com/wdcarnival)

## Winterbourne Medieval Barn



### 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](http://www.winterbournebarn.org.uk) and complete and return it as indicated. For enquiries, please tel. Robert on 0117 957 4921.

Winterbourne Medieval Barn, Church Lane,  
Winterbourne BS36 1SE  
[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

### Three Brooks Conservation Work Parties

7th/8th January 2017 Hedge-laying weekend -  
continuing the laying of the hedge along Bradley  
Stoke Way.

4th February 2017 Coppicing - in Webb's wood.

Meet at the tool store behind Bradley Stoke  
Leisure centre at 10am.

contact [chair@three-brooks.info](mailto:chair@three-brooks.info) for more  
information

### 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.

### Clevedon Lions Club Annual Charity Classic Car Event takes place on Sunday 24 April 2017

160 pre-1980 vehicles took part last  
year with Alex Lovell from Points West  
going to wave the cars away again this  
year from the start at Wyevale Cadbury  
Garden Centre, Congresbury.

Owners interested should email  
[clevedonlions@gmail.com](mailto:clevedonlions@gmail.com) for details  
& to register for an application form.  
Entry costs £12 - the proceeds going  
the Children Hospice and other charities  
supported by the Lions.

### Function Room Hire at North Bristol RFC

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Function rooms with bars (very reasonable bar prices),  
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and competitive hire charges. 2 minutes from Bradley Stoke!

Call Debbie on 01454 612740 or 07887 763147  
for details

### WELCOME TO THE 60s!



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  
Thornbury's Armstrong Hall.**

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](http://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

Affiliated to the Royal Horticultural Society,  
National Vegetable Society & the Gloucestershire  
Federation of Gardening Societies.

Our meetings & shows are held at the  
Downend Assembly Hall, Salisbury Road,  
Downend, Bristol BS16 5RA.

Our next meeting on 12th January at 7.30pm  
is a talk on **Unusual Plants of the World** by  
George Hargreaves

Non-members are always welcome  
(Entry £2.00)

Please see [www.downendhortsoc.co.uk](http://www.downendhortsoc.co.uk) for  
details or telephone Hilary Walton on 0117  
9792832 or Roger Davis on 0117 9571763

email: [jaci@mattersmagazines.co.uk](mailto:jaci@mattersmagazines.co.uk) to list your event for FREE

Check out [www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk) for MORE community events!



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

### BABY AND TODDLER GROUPS

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

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

**First Steps Toddler Group** - Mondays and Tuesdays 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: tonyedmonds108@yahoo.com

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

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

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

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

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

**Women's Institute (WI)** - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact Bev - 01454 625855.

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

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

### SPORTS CLUBS

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

**Black and Blues Netball** - Non-League Social Netball Wednesdays 7.30-9pm BSCS, <http://www.theblackandblues.co.uk/> or find us on Facebook 'Black & Blues Netball'.

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

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

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

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

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

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

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

**Bradley Stoke Youth FC (BSYFC)** – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site [www.bsyfc.co.uk](http://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](http://www.smobrugby.com), 01454 250489 email: clubhouse@smobrugby.co.uk

**Bristol Extreme Allstar Cheerleaders** - Wednesdays 7-9pm Little Stoke Primary School, [bristolextreme@gmail.com](mailto:bristolextreme@gmail.com)

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrfc/](http://www.pitchero.com/clubs/northbristoljuniorsrfc/).

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

**Severnside Ramblers** - [www.severnside-ramblers.org.uk](http://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.solesistersrsc.co.uk](http://www.solesistersrsc.co.uk)

**Stokes Cycling Club** - Cycling club in and around Bradley Stoke area as well as long distance rides, for adults and families - [www.stokescyclingclub.org.uk](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

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

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

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

**Stoke Lane Athletic Football Club** – FA Charter Standard Community Club, u6 to u16 ; U18 Colts and two senior men's teams; FA accredited coaches; contact via [www.stokelane.co.uk](http://www.stokelane.co.uk) or email Club Sect 'steve' [pspayne@blueyonder.co.uk](mailto: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](http://www.tkdbristol.com)

### CHURCH CONTACTS AND COFFEE MORNINGS

**Bradley Stoke Evangelical Church** Baileys Court Road 0117 9314716 [www.bscc.org.uk](http://www.bscc.org.uk)

**Bridge Community Church** Bradley Stoke Community School 0117 2303330. Community Coffee Morning Brook Way Activity Centre Thursdays 10-12 [www.bridgecommunitychurch.org](http://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](http://www.ctkchurch.org.uk)

**Edge Church International**. 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. [www.edgechurch.co.uk](http://www.edgechurch.co.uk)

**Holy Family Catholic Church** Southsea Road, Patchway 0117 9081247 [www.holyfamilyrcchurchpatchway.co.uk](http://www.holyfamilyrcchurchpatchway.co.uk)

**Holy Trinity Church** Broadcroft, Bradley Stoke 01454 620975 [www.htcbradleystoke.co.uk](http://www.htcbradleystoke.co.uk)

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

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

**Trinity Network** -[www.trinitynetwork.org](http://www.trinitynetwork.org) Amberley Road Baptist Church, Patchway, 01454 610808 Stoke Gifford Baptist Church 1, Rock Lane, 01454 610808

### PRIMARY SCHOOLS

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

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

**Bowlsland Green Primary School**, Head Teacher: Faye Kitchen, Ellicks Close BStoke, 01454 866766, [bowlslandgreen.org.uk](http://bowlslandgreen.org.uk)

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

**Holy Trinity Primary School**, Headteacher: Jane Johns, Broad Croft BStoke, 01454 866735, [holytrinity-pri-s.gloucs.sch.uk](mailto:holytrinity-pri-s.gloucs.sch.uk)

**Little Stoke Primary School**, Headteacher: Scott Howes, Little Stoke, 01454 866522, <http://www.littlestokeys.co.uk>

**Meadowbrook Primary School**, Headteacher: Jon Barr, Three Brooks Lane BStoke BS32 8TA, 01454 868630, [meadowbrookprimary.co.uk](http://meadowbrookprimary.co.uk)

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

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

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

**St Michael's Primary School**, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. [www.stmichaelssg.co.uk](http://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](http://abbeywoodschool.com)

**Bradley Stoke Community School**, Exec Head: Mr Dave Baker, Assoc Head: Steve Muir Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, [bradleystokeys.org.uk](http://bradleystokeys.org.uk)

**Patchway Community College**, Headteacher: Mr Roger Gilbert, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, [patchwaycc.com](http://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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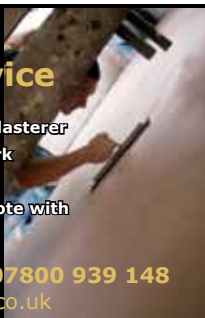
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## Firefighters urge families to #PressToTest their smoke alarm

Avon Fire & Rescue Service (AF&RS), is urging families to join an online campaign encouraging people to test their smoke alarm.

Smoke alarms provide vital early

warning of a fire but research shows that only 28% of all households which own one test it on a regular basis.

AF&RS is asking families to show their support for the #PressToTest campaign by posting images online of themselves checking their detectors. Families who post an image will have one of four chances to win a visit to a fire station.

AF&RS is supporting a national campaign, following 229 fire-related deaths in the home last year. The Fire Kills campaign hopes that by encouraging everyone to test their smoke alarms more deaths could be prevented.

Group Manager for Risk Reduction at AF&RS, Matt Peskett, said: "You're at least seven times more likely to die in a fire if you don't have any working smoke alarms. However, only 28% of the people who own an alarm say they take the time to test it at least monthly."

"We would like everyone to take just a few minutes to test their alarms. As well as keeping yourself safe, families who engage in the online campaign will also have the chance to win a visit to a working fire station as a thank you for supporting our campaign."

"I'd encourage everyone to make sure they test their smoke alarms today and get into the habit of testing them each month as they can save you and your family's life. In the event of a fire, working smoke alarms will give you the valuable time to get out, stay out and call 999."

**To help keep you and your loved ones safe, follow these simple steps:**

- **Test your smoke alarms now or when you get home**
- **Make sure you fit smoke alarms on every level of your home and test them monthly, even if they're wired into the mains.**
- **Whatever happens, never remove the batteries in your smoke alarms unless you are replacing them. Some require new batteries every year.**
- **Plan and practise an escape route and make sure that everyone in your home knows it.**
- **In the event of a fire, get out, stay out and call 999.**
- **Test the smoke alarms of those who are unable to test their own**

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## INDEX OF LOCAL ADVERTISERS

### Accountancy/Book-keeping

LAC Accounting 41

### Antenatal Group/Services -

New Life Classes 18

### Architectural Services -

Alexandra Cork Home Designs 56

### Audio/Sound Equipment

Paul Roberts Hi-Fi 35

### Bathrooms

All Works Bathrooms Installations 57

Inspired Bathroom Design 56

Butcher - Richards Butchers 5

### Builders / Building

Ashford Building Contractors 60

BluePrint Construction 59

Cox Builders 56

Fascia Lift 54

Prestige Property Developments 61

RJM Design & Build 51

Vizard and Son 55

### Cakes -

Medway Designs 41

### Car Maintenance / Sales

Autumnbrooke Garage 50

Brookfield Garage 63

BS Auto Maintenance 19

S Glos Council MOTs 13

### Care / Elderly

Age UK 61

Bristol Care Homes 16

### Carpentry

Clive Bradford 59

J G Carpentry 56

### Carpets & Upholstery Cleaning

Bonne Fresh Clean Ltd 50

### Central Heating

All Works Plumbing & Heating 57

Baines Heating 59

Gregor Heating 1

Richard Taylor 55

### Child Care/ Preschools

Ambourne House Day Nursery 28

Mama Bears 25

### Children's Activities

Swimming Lessons @ Filton 39

### Cleaning & Domestic Services

Clover Ovensclean 55

OvenClean 57

Oven Wizards 60

### Community Noticeboard 46-47

### Community Groups & Clubs 48-49

### Computers

Wicked Imp 38

### Electrician

Aquasafe 50

Bradley Stoke Electrical 60

CMG Electrical 57

Dave Betts Electrical Services 51

Gary Smart Electrical 59

### Estate Agent / Homes-

Andrews 1,36

Ocean 3,22

### Events -

### Garden Design/Landscaping/

### Maintenance

Almondsbury Landscaping 52

Alpine Landscapes 53

JDS Garden Services 53

### Hair & Beauty

Bradley Stoke Aesthetics 37

WBS Barbers 43

### Handyman / Home Services

Alan's Handyman Services 56

### Health, Diet & Fitness

Active Bradley Stoke Leisure Centre 11

Cambridge Diet - Fil 12

Slimmingworld 14-15

Spirit Health Club 2

### House / Home

Bedlam Beds 57

Brunel Doors 50

Paul Roberts Hi-Fi 35

Thornbury Stairlifts 56

### Hotels/Restaurants/Pubs/Bars/Cafes

DoubleTree Hilton Bristol North 4,45

Holiday Inn Filton 2

The Hollow Tree 32

The Smokehouse Saloon 13

Jewellers - Kemps 20

### Locksmith

Dale Clements Locksmiths 52

Lock Stuck & Barrells 60

### Medical / Therapist

Bradley Stoke Physio 16

Dawn Clode, Osteomyologist 8

Smart Hypnotherapy 35

Stoke Gifford Medical Surgery 23

### Music/Music Lessons -

Opticians 9

Harbord Opticians 35

Specsavers 64

### Organic -

Richards Butchers of Frampton 5

Poplars Farm Shop 44

### Painter & Decorator

Decor8 57

GJS Painting & Decorating 55

Keith Usher Painter & Decorator 56

Inside & Out 58

South Gloss Decorating 54

### Pets/Pet Care

Bubbles Dog Wash 29

Companions Haven (Pet Cemetery) 8

PCFF Dog Walking & Pet Care 8

### Plasterer

CPH Plastering 53

Jon Drake 54

### Plumber

All Works Plumbing & Heating 57

Home Care Plumbing & Heating 54

K J Barton Plumbing & Heating 60

Low Cost Plumbing 59

R H Plumbing 52

### Property Maintenance -

Brunel Doors 50

Prestige Property Developments 61

### Repairs

A+ Appliance Repairs 53

D-CR Domestic Appliance Repairs 59

### Roofing -

Ridge Roofing 50

Rooftech 53

### Rooms/Facilities for Hire

Abbeywood Community School 24

Bradley Stoke Community School 28

North Bristol RFC 47

### Schools/Schooling

Abbeywood Community School 24

Bailey's Court Primary 29

Bradley Stoke Comm School 28

Meadowbrook Primary 30

St Chad's Primary School 26-27

St Mary's RC Primary 42-43

Wheatfield Primary 10-11,28

### Security -

All Angles CCTV 53

Technisys 57

### Sewing / Alterations -

Medway Designs 41

### Shopping -

Richards Butchers of Frampton 5

Poplars Farm Shop 44

### Solicitors -

AMD Solicitors 31

### Taxi's/Transport

ACE Taxis 38

Avanti Cars29

### Tiling -

Paul Bartley Ceramic Tiling 55

### Training/Tuition

Maths / Statistics Tutoring 18

Reiki Training 37

Swimming Lessons @ Filton 39

### Tree Surgeon

Collins Trees Services 51

### TV & Aerials

A1 Aerials 60

Aerial Man - Dan Grace 59

M D Aerials 50

### Weddings

Wow Wedding Show 21

### Wills -

Windows -

1st Aztec Windows 51

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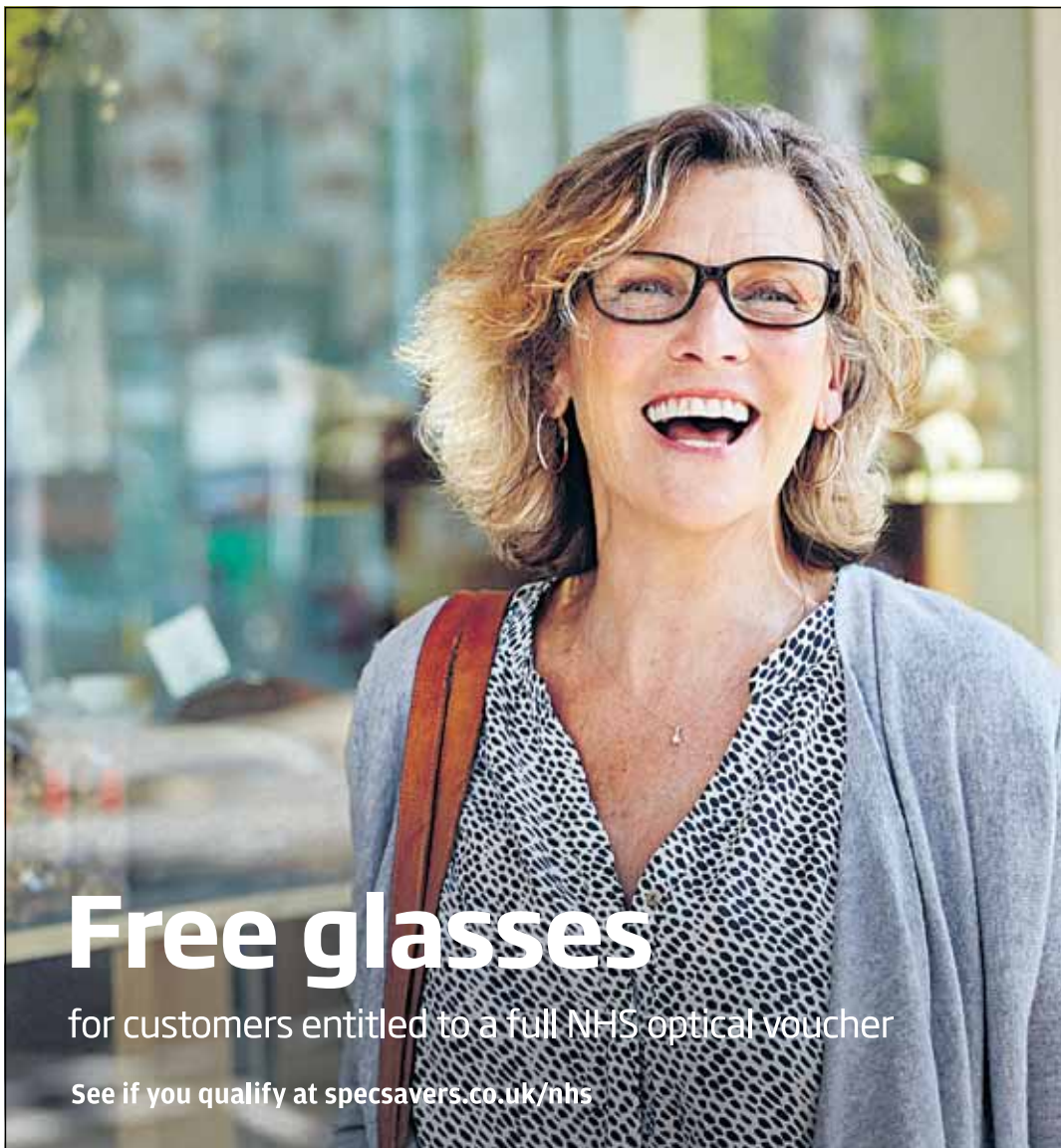
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