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**March 2017**

Community

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Amanda, collector

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every  
**Daffodil**  
counts



## Dear Residents....

A warm welcome to the March issue of your community magazine. The days are getting longer, the weather milder and the first Spring bulbs are bursting into bloom, we hope you enjoy this special time of year.

As always our publication is jam packed with community news, activities and events. Don't forget that we also put news and events up on our community website [www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk) and also on our facebook page - so give us a facebook like and make sure you follow us so you don't miss out.

Concorde moved to its new home recently and we bring you photos of it in-situ in the new Aerospace Museum (see overleaf). A defibrillator has been purchased thanks to fundraising by the local Scout group and is situated at the Old School Rooms, you can read more on this on page 11 where it also gives

details of an upcoming training session for the community. There is news from the local community woodlands, who are looking for more locals to get involved, and also a free interactive family event concerning trees in the Three Brooks Nature Reserve - more on these on pages 12 and 13. We also bring you news of the fabulous annual music festival taking place inside Chepstow Castle over 10 nights this August - see pages 22-23.

We have news from the local schools, including one slightly out of area in Patchway as we went to visit the school on the official opening of their new playground bus see page 14.

Thank you to all our advertisers and contributors for your continued support - we couldn't do it without you! If you would like to appear in our next issue, the deadline will be 10th March for our April edition. Look after your Mother's this month and... Enjoy the read!



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## Concorde Completes Final Journey To New £19M Home

*The last Concorde ever to fly has safely completed her journey to Aerospace Bristol, a new £19m museum taking off in Filton, to the north of Bristol, this summer.*

The complex move was conducted with the greatest care by engineers from British Airways and Airbus, who managed every facet of Concorde's final journey. The iconic aircraft was towed across Filton runway and up a ramp into the new purpose-built hangar at Aerospace Bristol. The hangar, constructed by Kier, had a wall removed to allow the aircraft to enter the building and, with less than a metre between each wing tip and the building, Concorde was slowly and carefully winched into her exhibition position.

British Airways' Concorde Alpha Foxtrot – also known as 216 - was the last Concorde to be built and the last to fly. She made her maiden flight on 20 April 1979 and touched down on her last flight to Filton on 26 November 2003. Since that landing, Alpha Foxtrot has stood alongside the Filton runway, cared for continuously by Airbus UK and remaining in remarkable condition. Now inside, she starts a new chapter as the centrepiece of the new Aerospace Bristol museum.

Iain Gray, Chairman of Aerospace Bristol, said: "We couldn't be more delighted to welcome Concorde 216 into her new purpose-built home at Aerospace Bristol. With such enthusiasm



Photo shows: Alan Parker, Airbus; Cpt Les Brodie, British Airways Concorde Captain; Lloyd Burnell Aerospace Bristol



*for Concorde in this country, and particularly in Bristol where she was designed, built and landed for the final time, it is only fitting that this magnificent aircraft should have a permanent home at Filton. I would like to thank all of our donors for helping to make Aerospace Bristol a reality and look forward to welcoming our first visitors on board this summer."*

Mark Stewart, General Manager and HR Director, Airbus said; "Airbus has been the proud custodian for Alpha Foxtrot since 2003 and has been keen that we could find a permanent location for such a fantastic historical exhibit of Filton engineering skills. After 13 years of caring for the aircraft we are pleased to deliver her to Aerospace Bristol so that people can visit and admire her for years to come."

David Hart, British Airways' Head of Fleet Planning said: "It is with great pride that we have helped to deliver our iconic Alpha Foxtrot to her new home. This move will allow thousands more people to be inspired by her sleek, innovative design and supersonic statistics."

### Function Room Hire at North Bristol RFC

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Starting in the earliest days of flight, when Bristol Boxkite biplanes flew over Brunel's Clifton Suspension Bridge, **Aerospace Bristol** will transport visitors through more than one hundred years of fascinating aviation history.

Visitors will travel through two world wars, exploring the vital role of aircraft in these conflicts, through the drama and technological advances of the space race and on to the modern day, where they will discover the latest technologies of today's aerospace industry. As a first-class museum with learning at its heart, **Aerospace Bristol** aims to inspire the next generation of engineers with remarkable stories of ingenious design and engineering innovation.

Fundraising for the new museum is not yet complete – with a further £2m required to finalise the project. The development of **Aerospace Bristol** to date, and the construction of the new Concorde hangar, has been made possible by the support of Founding Partners BAE Systems, Airbus, Rolls-Royce, South Gloucestershire Council and the Heritage Lottery Fund. In addition, the project has attracted support from Bristol City Council, West of England LEP, the Libor Fines Fund as well as GKN, Renishaw and the John James Foundation.

Bristol Aero Collection Trust, Building 15F, Northway, Filton, Bristol, BS34 7QH.  
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## 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.

South Gloucestershire Council's MOT station, at Broad Lane in Yate, does not offer deals but the pass rate is high because the authority's team of highly experienced mechanics will never fail your car for 'faults' which aren't really there.

There is a waiting area with free WiFi and a café on site and staff are on hand to go the extra mile to help.

Motorists who have been using the facility for years come back time and again because they know they are guaranteed an objective test.

*"The present facilities are a credit to the council. The staff have always, and continue to be, first class," said one customer. "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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Great Western  
Air Ambulance Charity

Andy Bell, a local running athlete, tells us why he supports the Great Western Air Ambulance; he is the only person running for this charity at the 2017 Virgin London Marathon. Here he tells us his story and why this charity deserves your support.

*"My reasons for running the Virgin London Marathon in 2017 are twofold. Firstly it's my ultimate dream to cross the finish line of this landmark marathon, but equally important to me is the charity I'm proud to be supporting. –*

*"I am the sole charity runner for Great Western Air Ambulance at London 2017; raising the profile, awareness as well as much needed funds for this Charity is extremely close to my heart.*

*"As an Emergency Care Assistant with the South Western Ambulance Service, I see first hand what a truly incredible resource we have in the Air Ambulance. I've been touched so many times, when working alongside the amazing team of Critical Care Paramedics and Doctors.*

*"The Air Ambulance is totally funded and supported through public donations to keep it flying. Over the coming months and leading up to 23rd April 2017, I am doing various things to raise, and hopefully exceed my target of £2,500 to help support this charity."*

**To support Andy Bell run the London Marathon on behalf of the Great Western Air Ambulance: please visit: <https://www.justgiving.com/fundraising/Andy-Bell8>**



## Great Western Air Ambulance

About the charity

<http://www.greatwesternairambulance.com>

Great Western Air Ambulance provide an air ambulance service to 2.1 million people of Bristol and local counties. On average they attend 4 incidents every day. They receive no day-to-day Government or lottery funding and require £2m each year to keep flying.

Please help Andy, help us help you?

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## Spring into Spring 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)

*"As someone with a chronic back problem over many years, I wasn't sure how much Dawn would be able to help me.*

*I'm so glad I paid her that first visit; she has seemingly worked miracles and I have felt great relief from my aches and pains.*

*I would have no hesitation in recommending her to others"*  
Mrs C, patient from the Stokes.



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## Local retailer recognised as a great place to work

Specsavers in The Willow Brook Centre is celebrating after being awarded Platinum Employer status.

The Bradley Stoke opticians has won the accolade in recognition of the directors' dedication to their team's wellbeing and career development. The store was externally assessed against five benchmarks in different areas of the employee experience, including talent management, recruitment and induction, and performance management and reward.

Store director Ed Stanleigh told us "We are absolutely delighted to be awarded with the Platinum Employer accreditation – and to be the first in the region! As an employer, it's really important to not only get the basics right – such as communication, resources and pay – but also to focus on helping our team to learn and develop while offering a varied and enriching career.

"This is a huge accolade for the entire team and says a lot about the sort of culture and staff environment we foster. We've got 21 employees and the majority of those are from the local area. We're constantly looking at ways to innovate as an employer and to give back to the Bradley Stoke community through employment opportunities. We've also recently introduced two apprentices to the team and are looking forward to watching them grow in their roles."

Specsavers director of HR, Mark Moorton, says: "The Platinum Employer scheme is an exciting new addition to our extensive portfolio of training and development programmes, helping our staff to benefit from the opportunity of a full-career journey from entry-level to store owner."

For more information, please visit Specsavers at The Willow Brook Centre, Bradley Stoke, BS32 8EF, call **01454 275020** or visit [www.specsavers.co.uk/stores/bradleystoke](http://www.specsavers.co.uk/stores/bradleystoke)



Katie Perry, Julie Rafferty, Kat Kostadinova, Chioma Chigbo and Kate Ola at the Bradley Stoke store

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## Defibrillator arrives in Stoke Gifford

In Stoke Gifford the scouts from the Old School Rooms have finally completed their fundraising project to provide the community of Stoke Gifford with a 24 hour defibrillator. The idea came after a first aid session back in June 2016 where the scouts learnt how to use a fully automatic defibrillator unit.

They haven't made this happen all by themselves although there has been a lot of money collected in various forms. We do need to thank The Big Lottery, Merlin Homes, St. Michaels CE VC School PTFA, The Leslie Sell Charity Trust and Aviva for all helping to make this happen ahead of projection. Also a big thank you to Simon, Ian and the trustees of OSR for allowing the box to be placed on their building and paying for the electricity to keep the unit heated.

The defibrillator has been provided by The Community Heartbeat Trust Charity who will provide maintenance for the unit, batteries and replacement pads as and when necessary.

This bright yellow circular box has been fixed to the wall of the Old School Rooms next to the original entrance on North Road by John and Matt from M.G. Electric Solutions. The code to the locked box is available from South West Ambulance Service by ringing 999 or 112 when a resident is suffering from a suspected cardiac arrest. This life saving piece of medical equipment will be an asset to Stoke Gifford and the scout troop are proud to have helped to make this happen.

**There will be a session at the OSR for members of the community to be shown how to use the defib on Thursday 20th April 2017 at 1pm, there is room for 50 people bookable at the OSR office please use [welcome@stmichaelsbristol.org](mailto:welcome@stmichaelsbristol.org) or [admin@stmichaelsbristol.org](mailto:admin@stmichaelsbristol.org)**

The unit is the top of the range and not only does it talk the user through the process but it also has a display screen to assist in the event of an emergency.

**Thank you to the community of Stoke Gifford for your generosity.**



## Calling All Bowlers Old and New



### THE BRADLEY STOKE BOWLS CLUB SPRING MEETING

will be held on

**Thursday 16th March 2017 6pm**  
**At Baileys Court Activity Centre**  
(visit [bsb.webbs.com](http://bsb.webbs.com))

At this meeting fixture lists are issued and new bowlers welcomed.

This years Captains Charity is the Jessie May Trust, whose activities will be explained at the meeting by a representative of the Trust.

Jessie May is a Children's Hospice at Home service caring for local terminally ill children. Jessie May Nurses provide vital respite care, emotional support, end of life care, and bereavement support alongside family events that help create treasured memories. Jessie May Nurses work throughout Bristol, South Gloucestershire, North Somerset, Wiltshire, Bath & North East Somerset.

(For more information visit [info@jessiemay.org.uk](mailto:info@jessiemay.org.uk))

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# Tree Measuring Day

Join us for a free interactive family event at Three Brooks Nature Reserve as part of British Science Week 2017!

- learn how to identify and measure trees
- find out about the environmental benefits they provide
- find out what happens to trees when water is in short supply

**Thursday 16<sup>th</sup> March 2017**  
**10.30 am - 1pm**  
**Three Brooks Nature Reserve**  
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[www.dryproject.co.uk](http://www.dryproject.co.uk)



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



**The Splatts Abbey Wood Conservation group is keen to recruit new volunteers, in particular to serve on its committee.**

Splatts Abbey Wood held a 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.

David, Chairman of the Splatts Abbey Wood Conservation Group, said: - "It's great to see the woodland being used and enjoyed by the local community." The Splatts Abbey Wood Group is looking forward to working with the Forest of Avon Trust on other projects.

The Sims Hill Community Woodland and the Splatts Abbey Wood and the UWE GreenSpace team are continuing 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 Park near the UWE.

The UWE Student volunteers are keen, enthusiastic, and hard working and are making such a great difference to the woodlands.



### 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)**







## Final Stop: Coniston Primary School!

**Bradley Stoke & Little Stoke Gifford Matters was delighted to be invited along to Coniston Primary School for the official opening of their latest innovative playground development - a reading bus!**

This brilliant idea originated from the children at Coniston Primary asking for a space where they could sit and read, in the playground, at lunchtime. After some research, Head Teacher Nigel Isaac came up with the idea of a converted bus!!

Having made contact with the local bus companies, First Bus were fantastic in coming to the School's aid: not only did they provide an old disused bus drained of oil and made immobile, but Engineering Director Rich Northey, along with his team of engineers, then spent time working with the school to find out what was needed and offering their help. The team refurbished the bus to the school's specification, including removal of some seats to make room for tables and storage. They re-upholstered the seats and painted the bus in school colours before delivering it to the school playground – and all in 4 months!!

Managing Director of First Bus, James Freeman, told Bradley Stoke & Little Stoke Gifford Matters *"Most of our old buses just go to the scrap man and it's been rather nice to do this project. Our team really rose to the challenge of making the bus suitable for its new life and we've really enjoyed today seeing how much the children love the bus"*. Rich Northey added *"We've found a good way of re-utilising the old bus, we've enjoyed being part of the project and to be invited here to see the kids busy playing in it is just fantastic."*

The school also approached Almondsbury Charities and Friends of Coniston PTA who kindly donated money to help resource the bus. The bus now offers the children somewhere to seat and read, play games, do puzzles and arts and crafts. It is also used for intervention groups and story times plus St Chads Preschool who are based on the school grounds are also planning story sessions on the bus.

Chair of Governors for Coniston Primary, Mike Lloyd, thought the bus was *"Absolutely fantastic"* and expressed his grateful thanks to the First Bus team, and also to the PTA and Almondsbury Charities, for making the project come to life.

A shining example of a community working together!



Top right shows the First Bus Engineering Team responsible for revamping the bus - Lee Thomas, David Knapp, Lawrence Fielding, James Freeman (Managing Director), Keith Ward).



### SHOW HER YOU CARE...

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To find out more, contact our dedicated Events Team:  
Call **01454 893438** or email [meetings@hiltonbristol.com](mailto:meetings@hiltonbristol.com)





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The service hires out battery powered scooters and also wheelchairs, to help people who have limited mobility to retain their independence and to use the facilities of the centre. You can also hire scooters and wheelchairs for longer term if required.

If you have a South Glos Council Diamond card then you can use this on the service.

It has proved immensely popular and successful as it has enrolled many active users, who benefit greatly from its service.

The Shopmobility office is open Tuesday and Friday 9.30am-4pm, and Thurs and Sat 9.30am-2pm

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## Duties of a Personal Representative of an Estate

When you lose someone close to you, you may be surprised by the volume of paperwork that needs to be completed to deal with that person's estate. The person responsible for dealing with the estate is the next of kin under the intestacy rules or an executor under the terms of a Will. Increasingly more people are appointing family members rather than legal professionals to administer their estates and this can be quite daunting for the family member left to deal with everything.

### Personal representative duties

If you find yourself having to administer an estate, you will need to consider your personal representative duties which are set out in statute.

Among them are dealing with the estate assets efficiently and keeping a detailed account of the assets and liabilities of the estate to show how the estate funds are being dealt with.

Most estates in England and Wales require a Grant of Representation which is the general term given to the court order providing the authority for the personal representative to deal with the person's assets.

### How to apply for a Grant of Representation

You can apply for the Grant personally or you can instruct a solicitor to act on your behalf. Before deciding whether or not to act you should consider:

- **The amount of time you have available per week.** Most estates take between 6-9 months to administer and that includes writing letters and making phone calls on a regular basis to obtain information.
- **How comfortable you feel with completing forms and understanding the process.** You will need to declare all the assets and liabilities of the estate to HM Revenue and Customs on the relevant tax form, self-assessments may be required to finalise the deceased's income tax and claim forms will need to be completed to close down all of the bank accounts.

- **The level of accountability you feel comfortable with.** If the estate is relatively straight-forward you may feel happy signing all the paperwork required to obtain the Grant and later on making sure that the estate is distributed correctly in accordance with either the Will or intestacy rules. Some people prefer to instruct legal professionals on their behalf because it gives them peace of mind that things are being done properly and the responsibility of administering the estate shifts to the legal advisor.

The Probate Team at AMD Solicitors has extensive experience of all aspects of probate and intestacy whilst providing a personal and supportive service to all those involved.

For advice on administration of estates and all other private client issues please contact Sarah Burgess or another member of our probate team on 0117 962 1205, email [probate@amdsolicitors.com](mailto:probate@amdsolicitors.com) or call into one of our four Bristol offices.

- 100 Henleaze Road, Henleaze BS9 4JZ
- 15 The Mall, Clifton BS8 4DS
- 139 Whiteladies Road, Clifton BS8 2PL
- 2 Station Road, Shirehampton BS11 9TT

**AMD Solicitors are please to announce that our ever popular seminars will return in late spring 2017 watch this space for more information and how to book.**

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# hairspray

THE BROADWAY MUSICAL

Do you remember those heady days of short skirts, black eyeliner, natty suits, brylcreemed hair, backcombing and an all pervading aroma of hairspray, plus the arrival of pop shows on TV? Or would you like to know more?

Well, the Students of the Northavon School of Drama, performing as the Northavon Youth Theatre Company, invite you to join them on a nostalgic trip back to the 1960s with their stunning production of the iconic musical: HAIRSPRAY!

Thornbury's Armstrong Hall is the place to be & dates are 12 to 15 April, 2017, at 7.30 pm on Wednesday, Thursday, Friday & Saturday evenings, with a 2.30 pm Easter Saturday Matinée.

It's 1962 and the local TV station has launched a popular dance show, but to one young lady: Tracy Turnblad, daughter of a joke shop owner and stay at home agoraphobic Mum & laundress, it appears they are definitely biased against those of a different colour and size! Tracy believes in equality in all areas, but is desperate to dance on the Corny Collins Show, so, along with her zany friend Penny, she embarks on a crusade to overcome these prejudices and bring about integration and better understanding. Along the way she meets some good friends while constantly being thwarted by the Producer of the show: Velma Von Tussle and her acid-tongued daughter Amber, who happens to be the girlfriend of heartthrob Link Larkin ~ also the object of Tracy's affections!

See how everything develops to the accompaniment of numbers that'll have you dancing in the aisles.

Join this award winning group with numerous theatrical trophies, plus almost 50 superb youth productions to their credit, for a brilliant Easter entertainment with stunning effects, magical sets & hundreds of colourful costumes ~ a visual feast!

Just ring Box Office No: 07980 543 691, send a postal booking with SAE to BONDS of Thornbury, 14 The Plain, Thornbury, BS35 2BD, email to: [bookings@nytc.org.uk](mailto:bookings@nytc.org.uk), or call into Wildings, in Thornbury High Street from 28 March on Tues, Thurs, Fri & Saturday.

10+ gets you 10% discount, with Family Tickets available for Sat Matinée!



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Music by  
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Lyrics by  
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People want to be helpful ... it makes us feel good. So it shouldn't come as too much of a surprise that 20 million people in the UK (more than 1 in 2 adults) say they would like to spend more time volunteering.

Yet as life goes on, despite our best intentions, other commitments get in the way, because quite frankly, we never know where to start. So what if there was a website that could tell you who needed what, where – and put you in touch with them - directly?

**Helpfulpeeps.com**, a bristol based website has been doing just that. Founded by Simon Hills and Saf Nazeer, Helpfulpeeps is a new social networking site born from a collective belief that life is better when we help each other. All help on the site is given free of charge - no transaction or exchange; just good old-fashioned community help.

Since launching a pilot in Bristol last year, the online community has grown to over 10,000 registered members. So whether it involves help with cat sitting or learning a new language, moving a sofa or lending a hand at a charity event, Helpfulpeeps has seen the need requested – and fulfilled by a kind stranger.

So far the website has led to a restoration of faith in humanity for many, lifelong friendships for some and even a Guinness world record being broken for charity!

Helpfulpeeps is now in the process of launching officially neighbourhood by neighbourhood across Bristol. You can join in at **www.helpfulpeeps.com** (it's free and always will be).

# Bradley Stoke

ocean

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## Frequent Headaches? Physio could be the answer

**Louise Dodds, a physiotherapist at Bradley Stoke Physio & Health, explains**

### **What causes headaches?**

There are lots of types, but the most common are tension type headaches. These can be stress or anxiety related, but often no one knows what causes them. The first course of action for most people is analgesic medication such as paracetamol. Occasional headaches can be managed in this way but if the pain becomes more persistent then further treatment may be appropriate. Indeed it has been shown that frequent use of analgesics and anti-inflammatories can cause...headaches!

Headaches can sometimes come about as a secondary problem from tight muscles and tendons around the neck. These are secondary headaches and are called cervicogenic headaches.

Both types of headaches can be helped by physiotherapy techniques - indeed the NICE (National Institute for Health and care Excellence) guidelines recommend these as treatments.

### **When to seek your doctor's advice**

If your headache comes on quickly and is accompanied by a fever, nausea or vomiting, or if you become confused, have slurred speech, or weakness or numbness then seek medical advice as soon as possible.

### **Tips for staying headache free**

To find out what causes your headaches, a good place to start is to write a pain diary. This can help you pinpoint the cause of the symptoms and help you start to manage them.

Of common tension type headaches, we know the causes can be stress, squinting, poor posture, tiredness, dehydration and irregular meals. In this case, there are a few key things you can already do to help you prevent and manage them:

- Get an eye test
- Remember your posture – sit up
- Sleep well
- Stay hydrated
- Eat Regularly

### **When a physiotherapist can help**

Physiotherapists can reduce the severity and the frequency of headaches.

"Physiotherapy and acupuncture have helped me manage my headaches and, whilst I still get them, they are less severe and less frequent." – Tony L, Bradley Stoke Physio & Health patient

Come and see Ali, Kath or Louise, our trained headache physiotherapists here at Bradley Stoke Physio & Health.

They can use massage, acupuncture, joint mobilisations and even mindfulness exercises such as Pilates and Yoga to treat your headaches. You can also benefit from exercise treatment plans and advice on self-managing your pain.

**To book your physio treatment call us on 01454 618 525.**



*Making you feel better*

**Bradley Stoke Physio & Health - find us in Bradley Stoke Leisure Centre, BS32 9BS**  
☎ 01454 618 525 ✉ [info@bradleystokephysio.co.uk](mailto:info@bradleystokephysio.co.uk) 🌐 [www.bradleystokephysio.co.uk](http://www.bradleystokephysio.co.uk)



**FIND US ON FACEBOOK:**

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



## Chepstow's Castell Roc 2017

From the minute that visitors approach the imposing entrance to the wonderful venue that is Chepstow Castle you know you're in for something special!

Chepstow's family-friendly, open-air festival returns for its 5th year in 2017 with another exciting line up...

*"After a dazzling array of star studded shows in 2016, Chepstow's Castell Roc Festival has been inundated with requests to play at the acclaimed Festival." Organiser Carol Mutlow told us. "We had an amazing 2016, with superb acts including The Proclaimers, The Shires and not forgetting Jools Holland OBE. Visitors came from all over the country to see household names in such ambient surroundings. It was lovely to hear people saying things like "I've lost count of how many times I've seen Jools Holland, but this was the best and by far". As a non-profit making organisation it is very humbling and makes all the hard work worthwhile for the team behind the Festival....."*

### Thursday 17th August: Monsters of Rock.

Three of the very best rock tributes on the bill: Hells Bells are probably the best known AC/DC tribute in the UK; followed by The Bon Jovi Experience, the only tribute to have played with JBJ himself and in his own words 'the best tribute I've ever seen!'; third up is the UK Guns N Roses, the most established GNR cover band having toured around the world.



### Friday 18th August: Craig Charles

The legendary actor, host and broadcaster Craig Charles brings his Funk & Soul Club magic to Chepstow Castle. The Maestro of funk has captivated crowds throughout the UK playing at numerous festivals.

### Saturday 19th August:

#### The Magic of Motown

Performing the music of the Temptations, Diana Ross and The Supremes, Four Tops, Stevie Wonder, Jackson 5, Marvin Gaye, Lionel Ritchie and more - Reviving the wondrous, classic Motown hits with all the dazzling dance moves, glittering costume changes and superb musicianship of the original artistes. This show is simply astounding! Chepstow will certainly be "dancing in the streets" and if your feet hurt afterwards you can always "blame it on the boogie"!



### Sunday 20th August: Collabro

The world's most successful musical theatre group, Collabro met in 2014 above a pub in London for their first rehearsal and only a month later went on to rouse the whole of the Hammersmith Apollo into a standing ovation during their first ever public performance of Stars in their first audition for Britain's Got Talent. They went on to win the overall competition with one of the biggest majorities ever and have since toured worldwide.

### Wednesday 23rd August:

#### Islands in the Stream

Celebrating the queen and king of country, the music of Kenny Rogers and Dolly Parton is brought to Chepstow Castle. Stacked with country music's greatest hits you will be able to enjoy a superb score, supreme musicianship and the awesome vocals and gentle humour of Dolly and Kenny's legendary live shows.

### Thursday 24th August:

will soon be announced!! Keep an eye on the website [www.castellroc.co.uk](http://www.castellroc.co.uk) for the next announcement!

### Friday 25th August - BFG: Antarctic

#### Monkeys / The Killerz / The Oasis Experience.

Formed in March 2006 and firmly established on the tribute scene, the Antarctic Monkeys have the power, passion and creative edge to whip audiences into a frenzy, delivering the powerful tunes of the Arctic Monkeys just as they should be. "The Killerz" are the world's leading tribute to The Killers. The music, the look and the energy the band creates makes you feel like you are watching the real thing. In their own words, the Oasis Experience 'actually sound like the real thing!'

### Saturday 26th August:

#### The Quireboys / FM / Gun

Three of the UK's most loved rock bands in a triple headlining show. With over 30 years of pure rock'n'roll and a sound that harks back to the 70s, the rocktastic Quireboys have always remained true to their roots. The Quireboys know how to keep the party going with no plans of stopping it anytime soon !!!! Another band



## Castell Roc 2017 17th-28th August

celebrating 30 years is the mighty FM, with their absolutely iconic debut album "Indiscreet" just passing the 30 years mark and commemorated with an excellent new re-recording. The third band celebrating 30 years started in Glasgow and hit the rock scene running with their monster debut album "Taking On the World". Gun are probably best remembered for their cover of Cameo's "Word Up" but their latest album "Frantic" is a real belter.

### Sunday 27th August:

#### A Chance to Hail 'The King' at the Castle, with Ben Portsmouth

who in 2012 won the Elvis Presley Enterprises 'Ultimate Elvis Tribute Artist Contest' which took place in Memphis, crowning Ben as The Worldwide Ultimate Elvis Tribute Artist, the closest you will ever see to the real thing.. A real treat.

### Monday 28th August:

#### New Model Army.

Respected world-wide and massively influential in 'post-punk', 'folk-rock', political-rock', 'goth', 'metal' and all kinds of musical sub-cultures, NMA have steadfastly refused to belong to any club that would have them as members.



For more information check out the Festival website [www.castellroc.co.uk](http://www.castellroc.co.uk).

Strictly limited tickets are already on sale for all of the above shows via the above website or by calling the Festival Box Office on 01291 627122 .



## 1st Stoke Gifford Scouts OSR Report provided by Andrew Phelps

1st Stoke Gifford scouts OSR troop have been busy since their last report for the Little Stoke Gifford Matters community magazine.

One of the fathers of two scouts that had passed through the troop wanted to give back for all the experiences his children had been part of. Jeremy being a Geologist asked if he could run a session for the troop but, on investigation there is no geology activity badge in UK scouting, so, not to be put off, they found one elsewhere!

Thought to be the first scouts outside of USA to complete a Scouts of America Merit badge, they tackled the Geology badge with several theory sessions and visits to the Oxford University Museum of Natural History and the Cattybrook quarry and brickworks in Almondsbury. They had completed all the requirements but the system of badge work is different in America and so the troop needed to find an assessor that was willing to test their knowledge and present the awards. Eventually they found a university lecturer called Rose Marie Lewis from Wisconsin that was happy to conduct a Skype session on a troop night (Rose Marie was in her lunch break!).

She was so impressed with what they had learnt that she even convinced the town council to pay for the badges and the postage. According to their records this is the first time not only have non scouts of America gained the badge but that Skype was used to assess!



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615352





## Musical Diversity at Little Stoke Primary School

*At Little Stoke we literally are exploring the world through music!*

This year all our classes are experiencing a range of musical styles from different countries. The wide range of programmes enable the children to not only learn important musical skills about pitch, rhythm and dynamics but also reinforce one of our core school philosophies which celebrate diversity and promote inclusion.

The comments our children make speak for themselves about the level of engagement and enjoyment:

### YEAR 6 – Djembe Drumming (West Africa)

*"It's been interesting to learn about the instrument and the people who play it."*

*"Drumming is such fun! It is a really great social activity with learning all mixed in. It feels like we are one big band playing together"*

*"Silas is a great drumming teacher. He makes it interesting and fun. The lesson is always fast paced."*



### YEAR 5 – Ukulele (originally was introduced to Hawaii from Portugal)

*"The ukulele I unique and makes its own special sound."*

*"I feel like I am learning skills that will make e a rock star when I'm older!"*

*"It's amazing how many different sounds you can get from the ukulele just by adjusting your fingers up and down the strings."*

### YEAR 4 – Fife (across Europe)

*"You can learn great tunes and makes songs but it is challenging too because you have to move your fingers quickly."*



*"Sometimes there are challenges for us to overcome but having lessons every week means we are soon playing music like professionals."*

*"It has been great to try something completely new. I really enjoy the improvisation. It is very creative."*

### YEAR 3 – Samba (South America)

*"I love the big surdo drums. The sound they make is amazing."*

*"Learning about rhythm and how tunes are made has been really interesting."*

*"We used surdo drums, go-go bells and whistles. We were like a music band all of our own."*

### YEAR 2 – STOMP! (worldwide)

*"We use drums and junk to make music."*

*"I like it when I conduct the class. I didn't know I could do that before. I particularly like making them go really loud!"*

*"I like how we can make lots of different sounds however, and wherever we want."*

In addition to the above, our band of trombonists continue to grow and sound increasingly skilful as time goes by. Our successful choir enjoyed their first 'gig' at the Willow Brook Centre at Christmas and entertained the public. They will start rehearsing for their first summer concert in the Spring.

**If you ever visit Little Stoke Primary, the sound of music will never be far away. Our children are learning that music is an important part of their lives and can be created in so many different ways. Music brings people together and affects the way we think and learn and, of course, it's great fun!**



Are you aged 12½-18?  
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**We look forward to hearing from you soon!**

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



## News from St Michael's Stoke Gifford

by Head Teacher Mark Freeman

The term started with an icy blast, as you can see from the picture. Much to the children's disappointment there was no great snowfall, and it all very quickly disappeared. However, despite being a cold and wet term, we have had plenty of exciting opportunities in school to enjoy and celebrate.

Some of our learning highlights last term:

### Virtual Reality comes to St Michael's

This term we organised a 'virtual reality' day at the school, where all KS2 children were able to try out a virtual reality headset and experience a range of amazing environments. Children were able to go underwater; go into space; visit the Great Wall of China – and lots more. Here's what one of our pupils said about it: *"This was an amazing experience. It felt like you were really under the water with all those creatures. I really hope we can use this more in the future."*

### Cooking and Healthy Food

We employ two teaching assistants to teach the children how to cook: they take groups throughout the week to our children's kitchen (recently refitted), and take them through a whole programme of food preparation and cooking. Recipes include: green stir fry; cinnamon swirls; exotic fruit smoothies; chicken and mango salad; spinach and ricotta cannelloni; courgette pancakes with feta and pepper filling. Yum Yum!

### Getting Fitter

We are having a big push on fitness this year. We are supported one day per week by a coaches from Bristol Rugby, who organise lessons for all children combining fitness with rugby skills. As a result we have fitter children and an excellent tag rugby team!



Most of our children take part in sporting clubs, and they all have a sport passport which helps them set targets for improvement. We participate in a whole range of tournaments and competitions, with next term focusing on football, netball and tag rugby. Recent successes including winning our local swimming gala, and progressing to the semi-finals of the South Glos Schools' Football Cup.

### Visits and visitors

We believe that our curriculum should be enjoyable and inspiring: a key element in this is a regular amount of visits and visitors. Our Reception classes have been learning about 'People who help us', and they have had visits from a nurse, a police car (very exciting!), and a firefighter. In Year 5 the children experienced the 'explorer dome': a large inflatable dome which children crawl into to see the night sky. Year 4 are due to visit Harry Potter World shortly, whilst Year 2 enjoyed a fantastic 'China Day': playing music, dressing up, and doing a dragon dance (see picture).

### Robotics

Finally, Year 6 spent last term learning all about robotics. This included comparing different types of robot toys, and building and

programming their own robots. Star of the show was the four-feet-high robot that walks, talks and even dances!

**And that's just some of what happens in one term! To find out more about the school, please visit our website: [www.stmichaelsg.co.uk](http://www.stmichaelsg.co.uk).**





## Silver Sporting Success:

### St Chad's placed in the top 20 South Glos Schools for Sport!

We are proud to say that we are recent winners of the Silver Sainsbury's School Games Mark, putting us in the top 20 schools for sport provision (both Primary and Secondary) in South Gloucestershire!

At St Chad's, we believe that all children should have the opportunity to access high quality P.E. and Sport so that they can develop key skills in a broad range of physical activities and lead healthy, active lives. Every child takes part in a minimum of 2 hours physical education each week (plus additional active club provision), where we aim to inspire every child to enjoy physical activity.

Our sporting provision at St Chad's has led us to work towards the Sainsbury's School Games Mark. We are currently holders of the Silver School Games Mark, having achieved all of the Silver criteria plus many of the Gold criteria too, which is a huge accolade and not easy to achieve. We are delighted to have recently been informed that we are one of 27 schools in South Gloucestershire who have received a sporting award as part of the Sainsbury's School Games Mark and as a result of receiving our Silver mark, it places us within the top 20 schools in South Gloucestershire (both Primary and Secondary) for sport! A big well done to the St Chad's community for all of their dedication to sport and the future of our young people!

In order to achieve the Silver Mark, we have raised the profile of sport across the school and within the community. 100% of our children participate in intra-school competitions at least six times a year, enabling children to compete against other children within the school and in addition to this, the numbers of children competing against other schools within the area has increased significantly over the last two years. The children of St Chad's have represented the school in Cross Country, Archery, Football, Rugby, Rounders, Multi-Skills, Athletics and Dance. Our continued focus on sport has raised outcomes for children resulting in some great sporting successes, where we were crowned champions in rugby at Patchway Community College (PCC) Tag Rugby tournament, multi-skills (also at PCC), archery hosted by Gordano Archers in a local competition and archery (again) at the Festival of Youth Sport.

Having won at the South Gloucestershire Festival of Youth Sport, our archery team was selected to

represent South Gloucestershire County against North Somerset. The result was very close and ended up with North Somerset coming away champions; St Chad's missed out by only needing 5 more arrows in the gold ring. This was our first ever live arrows competition, where St Chad's demonstrated a very high level of skill, fantastic sportsmanship and were wonderful role models for the school.



In order to encourage more children to become active, we have continued to develop strong links with the community by hosting a fun-packed Rugby World Cup Day with North Bristol Rugby Club, holding a Dance Dazzle Day, organising an Archery Day with Gordano Archers, inviting community coaches from Future Stars to host intra-school football competitions, holding a sponsored community fun run and delivering dance workshops for Year 2 based on street dance from around the world, which they performed to the local community (provided by Amy Boucher from ConfiDance).

At St Chad's, we have set ourselves the challenging target of achieving Gold Mark this year. In addition to maintaining the Silver Mark criteria, we will be required to raise the number of children participating



Live Arrows Archery



Year 1 and Year 4 Sports Leadership

in competitions and clubs, develop leadership skills for children and build a sports working party.

Like every term, term 3 has proven to be another busy sporting term. On our journey to Gold, we have entered four inter-school futsal teams into a tournament at Patchway Community School (PCC). Two year 4 teams (both boys and girls) represented the school on Thursday 26th January and two year 5 teams (both boys and girls) competed on Thursday 2nd February. We are incredibly proud of the teamwork skills and sporting behaviour that was demonstrated by all of the children, who attended the events. Overall, our team representing class 5L came back champions and one of the year 4 teams (with representatives from both year 4 classes) came 2nd overall.

Congratulations to the children from our Dance club, who performed in the Festival of Youth Dance at Abbeywood Community School on Thursday 9th February. They performed dances they have been learning in Dance club after school. The theme for the festival was 'Dance around the UK'. One of their dances was inspired by the 'Pirates of the Caribbean', making a link to Bristol's ancient harbour and pirates like 'Blackbeard'. The other dance was called 'At St Chad's, we believe to achieve', linking to the St Chad's community. Both dances were freestyle. The children will perform to the school in our I Can Achieve (ICA) assembly, which we are looking forward to very much. A big well done to St Chad's Dance club! We are very proud of what you have achieved. Thank you to Miss Davies for all of her hard work and enthusiasm in coaching the children to performance standard.

Mr Hayward (the Chairman of Aretian's Rugby Club), along with Mrs Hayward and Miss Stevens (representatives from Aretian's RFC) have continued to volunteer their time to help coach rugby as an additional P.E. session and have

worked with year 3 children this term. The children have thoroughly enjoyed the sessions and learnt a great deal from the coaching. A big thank you to all coaches for continuing to provide such a fantastic opportunity. Aretian's RFC are always keen to recruit new players. If your child is interested in joining, please go to their website for more details [www.aretiansrfc.co.uk](http://www.aretiansrfc.co.uk).

As leadership is part of the success criteria for Gold Mark and also as part of the ethos of St Chad's school, all key stage two children will be working on leadership opportunities in class during P.E. and Games lessons. Year 4 children designed and lead a fabulous sports session for reception and year 1 children in mid-February, which included warm ups, skills development and an element of competition. It was great to see so many smiling faces from all children involved. Year 6 children continue to work with Jamie and Dave (sports coaches from Future Stars) to increase structured physical activity provision at lunchtime. They have been learning new leadership skills and developing games to play with children of all ages during the lunch hour.

In order to achieve Gold Mark, we need to continue to raise the numbers of children participating in extra-curricular clubs. We have a whole range of sports clubs running during lunchtime and after school at St Chad's, which will continue next term. Our sports clubs look at developing a range of skills, including sporting skills learnt in PE/Games lessons, competitive skills, teamwork skills, perseverance and many of our school values.

We look forward to continuing to build on sporting opportunities at St Chad's. Stay active everyone!



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# STOKE GIFFORD

PARISH COUNCIL

## Parish Council Receive Support from Probation Service

The Probation Service Community Payback volunteers have been assisting the Parish Council on a weekly basis over recent months with edging works to the pathway in Meade Park (photo right). These enhanced works now provide a clean and tidy setting with a much improved wider access for all users of the facility, and is all down to excellent teamwork. This has been well received by both Parish Councillors and members of the public. It is anticipated that the Probation Service will continue to provide support over the coming months, and assist with local projects to include the painting of play equipment and the varnishing of park benches.



## Updates on the Cribbs Patchway MetroBus Extension (CPME) Along Hatchet Road

Following a public meeting organised by the Parish Council on Tuesday, 22nd November 2016, South Gloucestershire Council have confirmed they will be continuing with a previously approved plan to introduce a South Bound Bus Lane on Hatchet Road in Stoke Gifford.

The recent public meeting that was attended by nearly 200 residents strongly objected to proposals to introduce the bus lane in one direction through the

heart of the Village. These objections and concerns have been rejected by South Gloucestershire Council following numerous attempts by Stoke Gifford Councillors to defer the decision on economical grounds. The works will continue to proceed as agreed at the ECS Committee in July 2016, and it is understood that the CPME scheme will commence during 2018 and be completed early in 2021. South Gloucestershire Council have also confirmed that they are currently in the process of firming up the overall CPME programme, which has lengthened from the original publicised timescales.

The Parish Council urge South Gloucestershire Council to reconsider their decision to introduce a bus lane in one direction along part of Hatchet Road, which includes the removal of mature trees and hedgerows at a cost of £2.2 million pounds to save an estimated 29 seconds, especially as the overall MetroBus Scheme is already overspent.

A revised detailed design phase is yet to be viewed regarding the implementation of the new South Bound Bus Lane, which may vary from the original specification. At the same time, it is understood that surveys are being conducted along the wider route regarding feasibility. However, the new bus Lane will potentially impact on one or two parks under the current management of the Parish Council that are currently leased from South Gloucestershire Council; namely Meade Park and Forty Acres which incorporates Royal Park and are located on either side of Hatchet Road, Stoke Gifford.

### Parish Council Office Public Access Times

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

MONDAY : 9am – 12 noon & 2pm – 4pm

TUESDAY – FRIDAY : 9am – 12 noon

Telephone: 01454 865202, or Email: [clerk@stokegifford.org.uk](mailto:clerk@stokegifford.org.uk)

Website: [www.stokegifford.org.uk](http://www.stokegifford.org.uk)

In order to provide updates to local residents, the Parish Council is now planning to hold a further public meeting at 7pm on Tuesday, 7th March 2017, to be held at the Old School Rooms, St Michael's Church, Stoke Gifford.

The meeting will provide an opportunity to discuss any options moving forward, and to consider establishing a Residents Local Action Group to tackle this issue.

## Updates on the Tesco Bags of Help Initiative

The Parish Council were delighted to receive the following news on the local projects highlighted in the recent Tesco Bags of Help initiatives:

**Project title: New Playground Equipment.** The funding of new playground equipment for the Trust Ground came second, and has been chosen by Tesco Customers to receive a grant award of £10,000! The Parish Council can now begin the process of purchasing dynamic new moving equipment to replace the old and outdated items. The new equipment will be modern and up-to-date and will fit into the existing footprint, to afford excellent play value and look good too!

**Project title: New Park Fitness Equipment.** The request for funding for new fitness equipment for Little Stoke Park came third in the voting and has been granted an award of £8,000! The Parish Council can also begin the process of purchasing items of new fitness equipment, providing a new and exciting scheme for use by all visitors to Little Stoke Park.

**Project name: Bench/Bins and Floral Display Units.** As we go to print on this edition voting was still taking place in local stores, and it is hoped that this project will also win some funding from the Bags of Help initiative.

## Local Youth Club at 'The Stokes', Little Stoke Lane, BS34 6HY

Looking for a local place to hang out with your friends, discover new passions and get some advice? At The Stokes, the youth centre in Little Stoke, you can meet new people, listen to music, play sports, cook food and have fun.

Opening times:

**Monday:** Junior night 5.30-7.30pm; 11 year olds - Year 9

**Thursday:** Senior night 7-9pm; Year 9 – 18 year olds

**Friday:** All welcome 5.30-7.30pm; 11–18 year olds

If you want to have a chat before coming over, give the Lead Youth Worker a call or drop him a line:

**Dylan Barker, Lead Positive Activities Worker**

07747 271919

[stokesyouthcentre@creativeyouthnetwork.org.uk](mailto:stokesyouthcentre@creativeyouthnetwork.org.uk)

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## STOKE GIFFORD PARISH COUNCIL MEETING DATES 2017

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

### FULL COUNCIL (2nd Tues of Month)

Tuesday 11th April

Tuesday 9th May

(Annual Parish Meeting 7pm-8pm and

Annual Public Meeting 8pm-9pm)

### FINANCE & GENERAL PURPOSE

(2nd Tues of Month)

Tuesday 14th March

Tuesday 13th June

### RECREATION & LEISURE

(3rd Tues of Month)

Tuesday 28th March

Tuesday 27th June

### PLANNING AND TRANSPORTATION COMMITTEE (4th Tues of Month)

Tuesday 28th March

Tuesday 25th April

Tuesday 23rd May



## CHILDREN'S FOOTBALL PARTY

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## Monday - Southmead

Southmead Community Centre  
9.30am & 11.30am  
Tel Amy: 07786 652013

## Monday - Bradley Stoke

Christ the King Church.  
3.30, 5.30 & 7.30pm  
Tel Kelly: 07795 951137

## Tuesday - Henleaze

Henleaze Utd Reformed Church.  
9.30, 11.30, 3.30, 5.30 & 7.30pm  
Tel: Selina 07949 406079

## Tuesday - Bradley Stoke

Wheatfield Primary School,  
7.30pm  
Tel LJ: 07880 501200 (\*New Consultant\*)

## Tuesday - Winterbourne

The Greenfield Centre  
9.30, 11.30am, 5.30 & 7.30pm.  
Tel Frankie: 07519 347243

## Wednesday - Thornbury

Turnberries Community Centre,  
9.30am  
Tel Alison: 07972 376055

## Wednesday - Little Stoke

Little Stoke Community Hall.  
9.30am, 5pm & 7pm  
Tel Sharron: 07947 064711

## Thursday - Little Stoke

Little Stoke Community Hall,  
9.30 & 11.30am  
Tel Sharron: 07947 064711

## Thursday - Patchway

Callicroft Primary School  
5.30 & 7.30pm  
Tel Janice: 07860 444647

## Friday - Bradley Stoke

Holy Trinity Church  
9.30am & 11.30am  
Tel Frankie: 07519 347243

## Saturday - Bradley Stoke

Wheatfield Primary School.  
9am & 11am  
Tel Dawn: 07905 852413

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## Love Life - Live Happy in 2017

***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.

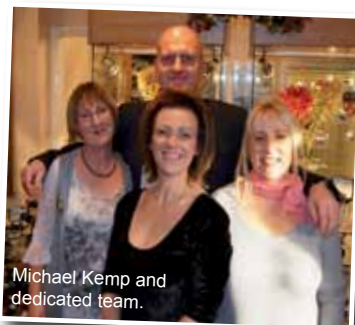
*Pictured above Slimming World Consultants from the North Bristol team: Janice Young, Dawn Wright, Amy Baker, Kelly Watts, Sharron Fingerhut, Frankie Hunt & Amber Findlay.*

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## What can Hypnotherapy do for you?

by Catherine Smart, Clinical Hypnotherapist



I have been working as a Clinical Hypnotherapist for 11 years and have helped people to make positive changes in their lives. I work with many issues such as managing stress and anxiety, fears, phobias, stopping smoking, Irritable Bowel Syndrome and many more.

For those who are struggling to lose weight I am now offering a virtual gastric band hypnosis course which offers all the benefits of a gastric band but without the risk of a surgical invasive procedure. The course is over 4 or 5 sessions, complete with a 'virtual gastric band surgery hypnosis', helping to change lifelong poor eating habits along with accompanying audio recordings.

I also am a qualified Easibirthing practitioner for Fertility and Childbirth, which uses hypnosis to help women to learn how to prepare for a positive childbirth experience resulting in a safe, comfortable and easier birth. Hypnosis for Childbirth uses self-hypnosis, relaxation, visualisation and breathing methods to prepare the mind and body for birth. I help expectant mothers to reach a state of deep relaxation, maintaining control over the process of labour and develop a positive attitude, enabling mothers to go into labour feeling calm and confident.

Using hypnosis for fertility issues can help couples manage the pressure of undergoing IVF and the emotional toll of fertility treatments, reducing stress levels, helping to transform negative thought patterns and teaching self hypnosis and relaxation techniques. If you are about to start an assisted fertility cycle, hypnotherapy can help you to feel mentally, emotionally and physically prepared and is a very powerful way to overcome any fears or phobias you may have which may be impacting on your treatment, such as fear of injections, fear of childbirth etc. Relaxation techniques and visualisation for IVF helps to increase the effectiveness of the treatment, increasing the chance of a successful outcome.

Give me a call on **07964 991689** and I will be pleased to discuss any of the above with you.

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

Call me on: **07964 991689**

**E Catherine@hypnotherapistbristol.com**

**www.hypnotherapistbristol.com**



## News from the local Lions Club

from Ailsa Young, Immediate Past President (IPP)



Bradley Stoke Lions recently presented a cheque for £300 to the Bristol Interstitial Lung Support Group as promised. In our October article we mentioned a visit to our club from Heather Lamb who, with her colleagues from Southmead Hospital hold a support group meeting every three months in a church hall in Southmead. This support group is run on a voluntary basis as no funding is available from the NHS, so our cheque will help to fund the cost of hiring the hall for the next year.

Caring at Christmas, the organisation set up over the Christmas period in the Julian Trusts premises in Little Bishop Street, St Pauls, also benefited from a cheque for £200 from BS Lions. This organisation provided 60 beds each night from Christmas Eve until New Years Day for the Homeless of Bristol (and beyond). Breakfast, lunch and dinner were available each day as well as a never ending supply of sandwiches, cakes, crisps, fruit and sweets and hot and cold beverages of every description, for anyone who cared to drop in who needed company or just a meal. A hairdresser, masseuse, chiropodist and arts and crafts specialists were also on hand with occasional live music, TV and various games available to keep the guests amused and occupied during their stay. Some of our Lions also gave of their time to work a few shifts at the shelter and found it a rewarding experience, well worth doing.

Noah, a young boy who was born with a bleed on the brain and consequently suffers from Cerebral Palsy and severe visual impairment

amongst other problems, needs a machine called an Innovative Walker to help him walk and strengthen his muscles. His family have been raising the £11,000 required for this walker for some time now and Bradley Stoke Lions have just gifted the last £300 to complete the purchase.

**We have one of our social nights coming up on 8th March when we are combining a short meeting with a Pancake Night.**

If you would like to know more about the Lions and what they do, perhaps you would like to come along to our social night, meet the members, learn a little more about us and enjoy some pancakes as well, please contact the President Robin Young on 07712 046644.

Alternatively, we meet at the Doubletree by Hilton Hotel every second Wednesday of each month at 19.30 hours. Anyone is welcome to come along to meet us with no commitment other than to see what we do.



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# O<sub>2</sub> TOUCH

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or call 07768 808547



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## Winter/Early Spring Health Messages

This continues to be 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, 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 '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 2017.**





## An Inspector Calls

The Ofsted inspectors visited the school on 29th November to carry out the first 'short' inspection since Holy Family was judged to be 'good' in 2012, and concluded that the school continues to be good. It recognised that the leadership team is providing, *"a strong drive for Holy Family Catholic Primary School to continue to improve."*

Over the course of the inspection the views of all stakeholders were sought, through face to face meetings, questionnaires and responses on the school Parent View site. As expected, there was a great focus on safeguarding of pupils and learning outcomes for the children. The inspectors carried out a range of activities, including observing pupils in class, listening to children read and meeting with the School Council. Happily, as anticipated, the report concluded, *'Leaders have developed a well-balanced and broad curriculum. Pupils enjoy learning about topics in depth.'*

Reporting on how well the school had progressed with the minor areas to improve identified in the previous report, the inspector commented that these had been, *"tackled well"* and that it was clear that pupils approached problem solving, *"enthusiastically."*

The inspectors recognised that, *"Staff and pupils take a great pride in being part of the lively learning community you have built, based on values that prepare pupils well for the next steps in their education. Parents say how welcoming the school feels."*

Headteacher Mrs Summers-Breeze was very pleased to have this affirmation. The proud headteacher commented, *"I think the key to Holy*

*Family's success is that every adult works hard for the benefit of every child. All the staff put in over and above what is expected of them. They see themselves as role models for the children, showing them the way to*



*behave and treat everyone with respect. They always do their best every day for every child and I am honoured and privileged to be working with such an outstanding team."*

## Mystery and Suspense

Pupils have undergone detective training for Book Week this year, as they have studied *The Mysteries of Harris Burdick* by Chris Van Allsburg. English co-ordinator Mrs Carter explained, *"The book is a collection of images by the mysterious author and illustrator, Harris Burdick, who, as legend has it, disappeared before his stories were ever told."* This thrilling week began with the children developing theories to account for Mr Burdick's vanishing act. *"I believe he stole the ideas from another writer and had to run away,"* suggested Harry from Year 5.



During Tuesday, the children enjoyed the opportunity of a visit from Sue Perks of Belly-Buster Storytelling, who dazzled the whole school with a range of suspenseful stories and workshops which were both thrilling and peculiar. *"The story teller was really funny,"* declared Ben, from Year 5, *"It was so interesting hear someone tell whole stories without relying on a book. She told traditional stories but made it really entertaining."*

Book Week is always an exciting time at Holy Family. Work progressed as every class, from Reception to Year 6, selected a different Harris Burdick illustration and created a mystifying tale to accompany it. The pupils also produced imaginative stories about Mrs Summers-Breeze, the Headteacher, in a narrative of their own to

match another enigmatic picture in the style of the original book.

Throughout the week, the Travelling Book Fair was open for purchases and every day featured a different event. Parents were invited in to join their children at the annual Book Cafe. This event is always hugely popular; as families settle down together with a good book and a cup of tea and a biscuit. However, two activities remain the most popular! Pupils love returning to school for a Bedtime Story. Pupils and staff share a candlelit book, in their pyjamas whilst sipping hot chocolate.



More entertaining still is the eagerly anticipated grand finale of Book Week: the Holy Family staff performance. Pupils were in awe of this year's mystery and suspense play and staff enjoyed the opportunity to tread the boards again.

Mrs Summers-Breeze, reflected, *"As always, it has been a fabulous week. We are so pleased by the high level of parental support for all the activities. The children have gained such a lot from these rich experiences."*

## Can't Stop the Holy Family Feeling

Pupils have put on their dancing shoes once again. This year children from Key Stage Two have reaped the benefits of months of vigorous rehearsals, in preparation for the South Gloucestershire Dance Festival, held at Abbeywood Community School. The festival involves pupils across the primary and secondary sectors but the Holy Family team mesmerised the audience as they boogied into the limelight.



Each school was challenged with the preparation of two dances: one piece of the school's choice; the other based upon the festival theme – Dance Around the United Kingdom. The music selected by the Holy Family teachers was clearly chosen to inspire both the performers and the audience. Any notions of nerves quickly disappeared once the beat began and feet were soon tapping, as the dance troop hopped onto the stage to the school's interpretation of an Irish reel. The spectators were swaying in their seats as the children went on to perform their lively interpretation of *'Can't Stop The Feeling'* by Justin Timberlake for their free choice number.

The audience was full of the regular Holy Family supporters, as parents turned out to cheer on their children. All were amazed by the accuracy and enthusiasm of the stunning routines. Teacher and P.E Co-ordinator, Miss Lloyd, was responsible for the organisation and training of the team. She was truly delighted with the final performance.

Miss Lloyd commented, *"They have all achieved so much and their energy has added real vitality to this presentation. I am incredibly proud of the way the teammates have supported each other, from Year 4 right the way to Year 6. It is so good to see the values of Holy Family School on display."*

The success of the Holy Family dance company has wowed the school, meaning that younger pupils are desperate to participate in the future. *"It was so good,"* gasped sisters Phoebe and Isabel, of Year 2 and 3, *"I am definitely joining Dance Club as soon as I am old enough."*



## Calling all runners! Run a marathon in March to raise money for Southmead Hospital

Do you enjoy running but would rather go at your own pace? Do you fancy setting yourself a challenge this spring, but don't know what to do?

How about running a Marathon in March to raise money for Southmead Hospital Charity? You have the whole of the month of March to complete all 26.2 miles, and can choose where, when and how you do it. It's entirely up to you.

*"You don't have to be an experienced runner or super fit to take part."* Explains Southmead Hospital Charity's Community Appeals Manager, Adrian Brown. *"You have 31 days to complete all 26.2 miles of the marathon, and so you can do it in bite sized chunks throughout the month. You can run on a treadmill or outside, and you might want to run every day, or just on weekends – you decide. The beauty of the event is that you can go at your own pace."*

*"Marathon in March is Southmead Hospital Charity's first ever virtual running event and it would be great for lots of people to sign up."* Adds Adrian.

Marathon in March is raising money for Southmead Hospital Charity's Prostate Cancer Care Appeal, or runners can choose to support any of the Charity's other causes which are close to their hearts.

So, dust off those running shoes and register online today at: [www.southmeadhospitalcharity.org.uk/marathoninmarch](http://www.southmeadhospitalcharity.org.uk/marathoninmarch)



## Woodcraft Folk: Celebrating 8 years

8 years ago a small group of families came together and set up Bradley Stoke Woodcraft, over that time we've been on 10 camps, 11 fun days and held over 300 weekly meetings.

Our very first members have all now outgrown the local group, but many of them are still involved in Woodcraft, travelling to meet up with other teens from across Bristol and continuing to organise their own activities, with some now returning as young leaders to run sessions with us.

Our group nights have changed little with the popular format of games, crafts and outdoor activities. The highlights of 2016 were our Spring camp caving in the Mendips, and the autumn night in the woods where we built shelters and cooked chocolate orange cake over the camp fire.

Over the summer our Wednesday sessions made the most of the warm evenings, heading outside for lots of games and some of the activities which would be a bit messy for indoors, the tie dye and splatter paintings were particularly popular, as was our evening of circus skills. As the evenings draw in we've headed inside. Our younger group the Elbins (6-9) made some beautiful autumn trees while the older group, our Pioneers (10-12) used their Minecraft knowledge to help them put together their own survival kits.

We haven't stayed indoors though, with an end of year night walk and hot chocolate in the woods to round off the year.

**We currently have spaces for children aged 6-12, contact us on 0117 9093969. or info@southwestwoodcraft.org.uk to book your child's place and get your first five sessions for just £5.**

<http://bradleystokewoodcraft.blogspot.co.uk/>



## Children & Youth Groups at Christ the King

### Sunday Club -

Sunday mornings 10.00-11.30 a.m.  
Contact – Katie Mitchell via the Church Office (0117 931 2304)

### Trailblazers (Ages 5-11)

Wednesday evenings in term time.  
The group is lively and fun packed with a snack shack each week. It runs from 6pm-7:15pm.

Contact – Jess Stone via the Church Office (Tel: 0117 9312304)

### 4Mation (Ages 11-18)

Friday evenings 7.00 p.m. – 8.30 p.m.  
What happens at 4mation is up to the people who attend, this could be YOU! Not every evening is spent at CtK; we go out and about be it to Ice Skating, Bowling or treasure hunts ending up with fast food.

Contact – Andy North via the Church office (0117 931 2304)

## Products and services designed for the over 50s

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**FIND US ON FACEBOOK:**

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



# Community Noticeboard

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

## FAMILY FUN DAY, CRAFT & TABLE TOP SALE



THE MINERS CLUB, BADMINTON RD,  
COALPIT HEATH BS36 2QB

**SATURDAY 11TH MARCH**  
12.45 PM TO 3.30 PM

DOGGIE STALLS KIDS GAMES  
REFRESHMENTS CRAFTS  
**FOOD** TABLE TOP SALE  
SOMETHING FOR ALL THE FAMILY



Organised by Team Sky  
Contact Julia Deane [fossdogshow@hotmail.co.uk](mailto:fossdogshow@hotmail.co.uk) 07768 285009  
ALL monies go to DDA Watch to save Sky the dog  
[www.ddawatch.co.uk](http://www.ddawatch.co.uk) and on facebook  
F: Save Sky from Bsl #saveskyfrombsl

## Are YOU interested in playing in a wind band?

Winterbourne Winds are a mixed ability band that started up in September 2014 with beginners and returners.  
A variety of instruments are available on loan for free. All ability levels are welcome, although some musical knowledge is beneficial.  
We are a friendly group all ages playing a variety of music including pop, musicals and classical, with the chance to play at local concerts.  
We meet on Thursday evenings, 7.30-9.30 pm at the Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ  
For further information contact Dan Fedigan at [Fedmeister@outlook.com](mailto:Fedmeister@outlook.com) / 01172 395210  
or go to our website: [www.avonwindbandassociation.com](http://www.avonwindbandassociation.com)  
Winterbourne Winds is one of four bands in the Avon Wind Band Association - a fully registered charity



## Gain skills and qualifications at Southern Brooks Community Partnerships

With food prices rising you can now learn to grow your own food step-by-step. You'll have fun being outdoors, meeting new people and swapping recipes. A great solution for the waistline and wallet as the summer approaches.

**The Grow your own Food course starts on Friday 17 March from 10am to 12noon at Blakeney Road Community Allotment, BS34 5LZ.**

For more information about this course and other community courses at Southern Brooks Community Partnerships call:

**01454 868 570**

email: [training@southernbrooks.org.uk](mailto:training@southernbrooks.org.uk)

or you can book online at: <https://southernbrooks.org.uk/grow-food-course/>

## Severn Vale Flower Club "White Knights"

This is the title of a floral demonstration to be given by Katherine Kear at our Open Meeting to be held on Monday 24th April. Katherine is a well-known National Demonstrator as well as a speaker and teacher for N.A.F.A.S. She was also an RHS 2016 Gold Medallist at Chelsea.

There will be Refreshments, Raffle, Plant & Sales Table. Doors open at 6.30pm for 7.30pm.

Our chosen charity for 2017 is "M.S. South West Therapy Centre".

For more information and tickets the numbers to ring are 01454 885213 or 01453 811089. Alternatively come along and pay at the door.

## Table Top Sale

St Peter's Church, Church Road,  
Frampton Cotterell, BS36 2AB  
**4th March, 2pm-4pm**

Tables £5 -  
contact Sarah on 07811 916 628 or  
[sarahlparker80@hotmail.com](mailto:sarahlparker80@hotmail.com)  
50p entry

Homemade cakes, tea and coffee for sale

## Mum2Mum Market Nearly New Sale

**Saturday 4th March 2:30-4:30pm**

Christ the King Church, Mautravers Close, Bradley Stoke BS32 4AE

Mum2Mum Market nearly new sales for maternity, baby and kids items

**Community Engagement Forum meetings in 2017 for the Bradley Stoke, Stoke Lodge, The Common (east of A38) group**

**Thursday 9th March 2017, 7.00pm - 9.00pm**  
Baileys Court Activity Centre, The Pavilion, Baileys Court Road, BS32 8BH

**Wednesday 5th July 2017, 7.00pm - 9.00pm**  
The Pavillion, The Avenue, Patchway BS34 6BD

## 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.

## Bradley Stoke Library March 2017



### Rhymetime (Term time only)

Monday 6th March 10:30 - 11:00  
Monday 13th March 10:30 - 11:00  
Monday 20th March 10:30 - 11:00  
Monday 27th March 10:30 - 11:00

### Storytime (Term time only)

Thursday 9th March 11:00 - 11:30  
Thursday 16th March 11:00 - 11:30  
Thursday 23rd March 11:00 - 11:30  
Thursday 30th March 11:00 - 11:30

### Chatterbooks

Saturday 11th March 14:30 - 15:30

### Biggerbooks

Friday 24th March 16:30 - 17:30

### Volunteer Drop in Session

Thursday 16th March 12:00 - 14:00

### Spanish Rhymetime (Term time only)

Every Thursday at 16:15 - 16:45



Our IT volunteer is here every Tuesday and Friday morning to help with all IT enquiries including getting online, setting up an email account, basic computing skills, Universal Jobmatch, as well as help to download free Ebooks and e-audio books from the LibrariesWest website. Just speak to a member of staff who will be happy to book you a free one hour session.

Other facilities at Bradley Stoke library include daily papers, laminating and fax services (charges apply), free internet access and free WiFi.

Did you know that you can reserve and renew books online?

You can also download e-books, e-audiobooks and e-magazines. Find out all that's on offer at [www.librarieswest.org.uk](http://www.librarieswest.org.uk)

For more information:

Tel: **01454 868006**

email: [bradleystoke.library@southglos.gov.uk](mailto:bradleystoke.library@southglos.gov.uk)  
website: [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries)  
twitter: [www.twitter.com/southgloslibs](https://twitter.com/southgloslibs)

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 CGdssl@aol.com

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

**First Steps Toddler Group** - Mondays and 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 Phoenix Club** - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane.

**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

**Winterbourne Wind Band**- Thursdays 7.30-9.30pm at Greenfield Centre, Park Avenue, Winterbourne BS36 1NJ. Brass, woodwind, percussion, bass players wanted. Loan Instruments available. Contact Dan 01172 395210.

**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 the 7.30.pm at Trust Hall, North Road, Stoke Gifford, Bristol BS34 8PF contact Sue Grimsted 01454 613016.

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

### SPORTS CLUBS

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

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

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

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

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

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

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

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

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

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

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

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

**Severnside Ramblers** - www.severnside-ramblers.org.uk All walks meet at Aldi car park, Bradley Stoke

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

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

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

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

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

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

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

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

### CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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

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

### PRIMARY SCHOOLS

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

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

**Bowsland Green Primary School**, Head Teacher: Faye Kitchen, Ellicks Close BStoke, 01454 866766, bowslandgreen.org.uk

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

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

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

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

**Stoke Lodge Primary School**, Headteacher: Sharon Bishop, School Close Bourton Avenue, stoke Lodge, 01454 866772

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

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

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

**Wheatfield Primary School**, Acting Head: Lois Haydon, Wheatfield Drive BStoke, 01454 868610

### SECONDARY SCHOOLS

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

**Bradley Stoke Community School**, Head Teacher: Steve Moir Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, bradleystokecs.org.uk

**Patchway Community College**, Head Teacher: Karen Cornick, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com



**The Stoke Gifford Branch of the Royal British Legion, (RBL), has raised over £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.**

The Branch has received a certificate from Sue Potepa Community Fundraiser for Bristol and Districts detailing the grand total of £50,640.16 for the 2015/16 Appeal.

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. The Branch total for 2016/17 is already £48,515 with the Appeal year carrying on until 30th September, 2017. This total is ahead of last year at this stage of the Appeal.

The Stoke Gifford Branch which covers Little Stoke, Stoke Gifford, Stoke Lodge, Bradley Stoke and Filton has a Facebook Page. The Branch regularly posts news and stories of interest on the Facebook page, and also details of other fundraising efforts. So please follow, like and share it - <https://www.facebook.com/StokeGiffordRBL>

Branch spokesman David Bell said: - *"Our great fundraising achievement 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 held its annual Thank You Dinner for its volunteers in January 2017.

In December 2016, John Moloney, Stoke Gifford Branch Chairman, and Brian Hewitt MBE, the Branch President, attended the SU at UWE's RAG celebration afternoon to present certificates of appreciation to UWE student volunteers who volunteered for the RBL; to the UWE itself; the SU at UWE; UWE Volunteering; the UWE Drama Club and others at the UWE.

Olivia Evans – VP Societies and Communication of the SU at UWE said: *'It's great 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.'* - Olivia Evans – VP Societies and Communication.

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).**



## Gregor Heating Hit £10,000 in a "Grand Appeal"

**Amazing result from local company Gregor Heating whose 120 staff have gone all out to hit their £10,000 fundraising target to support their charity of the year.**

As part of the celebration of 30 years in business, Gregor Heating, Electrical and Renewable Energy, set themselves this ambitious target for their nominated charity of 2016, Wallace and Gromit's Grand Appeal, the Bristol Children's Hospital Charity.

From small events in the office every last Friday of the month, to a huge Family Fun Day at the Bath Racecourse, the Gregor Heating team took part in a variety of fundraising activities. They also committed to donate £5 for every private boiler installation and £1 for every private boiler service completed in 2016, to help achieve the target.

Steve Gregor, Managing Director of Gregor Heating told us, *"As a company, we have always looked for ways to give back to the local community that has supported us over the years and for our 30th birthday we really wanted to do something special. The stories of the families supported by Wallace and Gromit's Grand Appeal really touched the hearts of the team and we were determined to aid that support. It has been great this year to see everyone in our team working together to achieve our target. Thank you to everyone, especially our loyal customers, for all your support. We are delighted to have helped such a worthwhile cause."*

Helen Haskell, Corporate Partnerships Manager at The Grand Appeal commented, *"We have really enjoyed working with Gregor Heating in 2016. Everyone has really thrown themselves into the fundraising and shown complete commitment to the cause. Everyone at Gregor Heating should be thrilled with their amazing achievement in their 30th anniversary year!"*

To see live updates from all the fundraising activities Gregor Heating carried out throughout the year, just search #GregorGiving on social media or search for their Twitter or Facebook page @GregorHeating.

If you have a question for the team you can contact them directly by calling 0117 935 2400.



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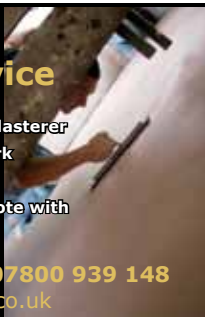
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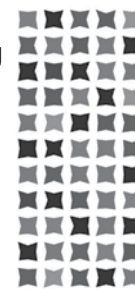
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## FUN SEEKERS

# Welcome



### Tribute Nights

George Michael Tribute Night  
Friday 31st March 2017

Robbie Williams Tribute Night  
Friday 24th November 2017

- 3 Course meal
- 1/2 Bottle of wine per person
- Tribute act
- DJ and disco.

This all inclusive package can be booked for just £38.00 per person.

To reserve your place call our events coordinator **0117 910 4252**



### Mothers Day Lunch Mums dine free\*

Sunday 26th March 2017

We could never hope to repay our mums for everything they have done, we can try. Treat your mum to a 3 course carvery lunch  
Price £19.95 per person.

To book contact us online or call **0117 910 4252**

\* terms and conditions apply

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# 2 for 1 from £69

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



Cannot be used with other offers. Second pair from £69-£169 ranges, to the same price range or below and to the same prescription. **£69-£149 ranges:** 1.5 single vision lenses included in both pairs. For 1.5 varifocal or bifocal lenses, you pay for the lenses in your first pair. **£169 Fineform and Rimless ranges:** 1.6 lenses included in both pairs. Single vision: included in both pairs. Varifocal/bifocal: you pay for the lenses in your first pair only. All lenses are scratch-resistant. Extra Options available at an additional charge on both pairs. Excludes safety eyewear. SKU 25672008. ©2016 Specsavers. All rights reserved.