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April/May 2017

Community Bradley Stoke Matters

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The Easter Bunny is on its way!

In Your Community Matters this month:

- Easter Message & Easter Fun
- News on Bradley Stoke Festival
- News of Bradley Stoke Carnival
- Sports News from local Bowls, Cricket & Town Football Clubs
- School News and so much more!



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Dear Residents....

As I write this the sun is shining, Spring flowers are in full bloom, the clocks are about to Spring forward and the Easter bunny is surely on his way!

We have another jam packed edition for you this April and bring you news of lots of family fun to be had this summer: Bradley Stoke Festival is coming up the second weekend in June and August sees the return of the Bradley Stoke Carnival - more on these on pages 12 and 21. We also bring you the programme for the Castell Roc Music Festival which takes place just over the bridge inside the gorgeous Chepstow Castle - these are family friendly music nights. Last year I took my kids to see the Bohemians who are a Queen tribute band - a great way to introduce your family to see a live band without the huge price tag!

The South Glos Community Awards took place on 22nd March and we bring you news of this and

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some of the winners on pages 8-9.

Two local runners are taking part in two huge challenges, one for the local Air Ambulance and the other for Dorothy House - read more about them on pages 14 and 42 - they would love your support in their endeavours.

We have news from the schools and local sports clubs, details of various events both local and further afield and lots of local businesses and advertisers who would love to hear from you and help you where they can - don't forget to mention Bradley Stoke Matters!

Keep an eye on our website and facebook page for more community news, activities and events - make sure you follow us so you don't miss out!

Have a great Easter weekend and **Jaci** x

Don't forget you can keep up with each edition of Bradley Stoke & Little Stoke Gifford Matters via www.bradleystokematters.co.uk

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Easter Eggs for the Homeless

St Mary's Old Boys RFC have come up trumps again for the SLS Easter campaign by collecting over 100 Easter eggs. Youth players got involved, along with SMOB Ladies and Hornets Ladies who played each other recently, to help support the 160 homeless expected to turn up on Easter Saturday for a meal and clothing. Street Life have relationships with the Crisis Centre and Julian Trust so additional chocolate eggs will also be shared with them as well as going to hostels housing vulnerable women and their children.



Richard Townsend visited the players and was delighted with the collection presented by a few of the under 10s. On leaving the clubhouse with 5 bags full he said "**The response from St Mary's was amazing; you should be rightly proud of such a kind hearted, supportive and generous community that is your club**".

Street Life set up in a car park each Saturday night with a team of volunteers to serve hot food, sandwiches and drinks before their walkabout - where food donations and sleeping bags, toiletries and blankets are handed out to those sleeping on the streets. Lots of individuals have become homeless through job losses, bereavements, marriage break ups or moving away from abusive relationships. Currently M&S are supplying excess food and staff are assisting with the serving of food in April. Sainsbury have also helped out as have Southern Brook Community Partnership.

For more information on how you can donate, support or get involved with Street Life, contact Richard Townsend on 01454 837990 or email info@edgechurch.co.uk



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"I had a fantastic experience during my PGCE at UWE Bristol. I feel it equipped me immensely well throughout the year; there were a number of sessions that I truly enjoyed and I found incredibly rich and fulfilling."

Trainee Teacher, PGCE Secondary Mathematics, 2014-15



Greetings of Easter Hope and Joy - from the Bradley Stoke churches.

It is no accident that we celebrate Easter in the springtime. Look at the things that seemed dead, dull and dismal – see how they have come to new life. The Easter message is a promise of better things to come. What better time to hear this than when we see it in the life that we see around us.

Plants that looked like they have had their day spring into vibrant colour and life. Roadsides made dull and bleak by wintertime slush are delighting us with bright, beautiful life. From fighting our way through the endless mess of roadworks, we are now see the dawning of a hope that the mess will one day come to an end! Signs of hope that brings new joy.

Even the version of Easter that cuts out the Christian origins of the festival cannot avoid using images of new birth, bright colours, signs of hope and joy. Easter eggs, especially when filled with surprises and treats, bring the joy of finding the promise of new birth that was once hidden inside. The Easter bunny is always painted as “full of the joy of spring” [Think: have you ever seen a grumpy Easter bunny?]. Hope is springing up. Joy is all around us - if we choose to look and see.

This joy and hope is the heart of the Christian foundations of Easter. Christians believe that the person at the centre of the faith of the church – Jesus of Nazareth – was once dead but is now alive. Life without Jesus looked like despair but then became full of joy. So, at Easter, Christians in Bradley Stoke – and all around the world – rejoice in the promise, hope and joy of our faith: Jesus is alive and gives hope to the world. This Easter hope shapes the whole of our faith and our life.

The Bible gives an account of Jesus’ life, death and new life paving the way for the promise for us: in a world where death is the end, the new life of Jesus is good news for all who choose to receive his good news. His gift to us is that there is life after death, joy and hope beyond sadness and despair.

I still remember the impact this had on me as a child when this message of hope first dawned on me. From being full of anxiety, timidity, uncertainty and some measure of fear for how my life would pan out, the message of Jesus’ new life after death gave me a new spring in my step.

The more I learn of the lives of the people in our town, the more I become convinced that this message is not just a niche choice for a particular kind of person, but that each and every person needs and longs for this kind of good news, that we can all know and experience.

Our churches always offer a warm welcome to all who join with us. Our message to our readers this Easter is simply this: – At this springtime of new starts and new life, you are all very warmly invited to join us this Easter to receive for yourself the new life that we believe Jesus offers to all who join his people in the joy and hope of our faith. Happy Easter from all in our churches.

Paul Hinckley, Vicar of Bradley Stoke.

Easter Day services for Bradley Stoke churches

- Holy Trinity [Broad Croft] 10am
- Christ the King [Mautravers Close] 10am
- Bridge Community Church [BSCS] 10am
- Bradley Stoke Evangelical Church [Baileys Court Road] 10.30am



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Introducing Jacob Wain: New Youth Minister for Bradley Stoke Parish

Bradley Stoke & Little Stoke Gifford Matters was pleased to catch up with the newly appointed Youth Minister for the Parish of Bradley Stoke, Jacob Wain, who joins us after time spent in Hong Kong. Jacob told us ...

"I'm really excited to be the new Youth Minister for the churches of Bradley Stoke Parish, working for Christ the King and Holy Trinity Churches. I come to Bradley Stoke from working as a youth worker in Hong Kong - so from one adventure in a big city to my new adventure here!"

"I had some amazing experiences in Hong Kong, including taking part in a mission trip to the Philippines and training in Malaysia. I love travel and new experiences so made the most of my time there by visiting the Great Wall of China or riding Elephants through the jungle in Thailand. So, the past few years have been a real adventure. An adventure which has now led me to Bradley Stoke! So I'm settling in and getting to grips with our wonderful youth and children's groups, all of which are open to all. If you have any children or young adults then please do bring them along, to meet us and enjoy being part of our awesome groups!"

Paul Hinckley, Vicar of Bradley Stoke Parish: "It's great to have Jacob on the team to serve our churches and town. When we launched our parish partnership last year we did so on the basis of seeking the prosperity of our town - being good news to the people and communities of Bradley Stoke and Little Stoke. We see appointing Jacob to this new role of Youth Minister as a key part of living out this commitment. We are thrilled by Jacob's first month with us and all the promise his appointment brings. Our thanks to all who have made his role in Bradley Stoke possible."

Details of the youth groups are below and if you would like more information Jacob can be contacted on jacob@bradleystokeparish.org.uk or telephone 01454 880065

For ages 5-11: Trailblazers! Wednesday nights 6:00-7:15pm

Christ the King church, Mautravers Close, Bradley Stoke, BS32 8EE

Fun, laughter, puppets, video clips and amazing games.

For ages 11-16: 4Mation Friday nights 7:00-8:15pm

Christ the King church, Mautravers Close, Bradley Stoke, BS32 8EE

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For ages 13-18: HTC youth group Sunday nights 7:00-8:15pm

Holy Trinity, Broad Croft, Bradley Stoke, BS32 0BD

An awesome night with messy games, free dinner, cool videos and encouraging talks.





South Gloucestershire Council Chair's Community Awards 2017

Nearly thirty unsung heroes and their families attended the Chair's Community Awards at South Gloucestershire and Stroud College's WISE Campus on Thursday 16 March.

The annual awards recognise and celebrate the valuable contribution local unpaid volunteers make to life in South Gloucestershire. These people give up their time freely to help others and bring our communities together, and were rewarded for their efforts at the special ceremony.

Chair of South Gloucestershire Council, Cllr Erica Williams attended along with the Lord Lieutenant of Gloucestershire Dame Janet Trotter and Vice Lord Lieutenant Robert Bernays, Group Chief Executive & Executive Principal of South Gloucestershire & Stroud College Kevin Hamblin and Principal and Deputy Chief Sara-Jane Watkins.

Throughout the evening award winners from across South Gloucestershire and from a wide variety of backgrounds were presented with their certificates by Cllr Erica Williams and Sara-Jane Watkins. The final round was the Lord Lieutenant's Special Award, which saw Dame Janet Trotter and Robert Bernays present £100 to Diya Barot and George Beaven for their valued services as mentors and anti-hate crime ambassadors in South Gloucestershire.

Diya Barot and George Beaven became anti-hate crime ambassadors two years ago when Southern Brooks piloted a project at Abbeywood Community School. Since then, they have used their training to mentor victims and perpetrators of hate incidents. Diya and George also volunteer at a local primary school after school club.

Chair of South Gloucestershire Council Cllr Erica Williams said: "I have been consistently amazed and inspired by the number of people from across our area who dedicate so much of their precious time in a voluntary capacity. These awards are a small way of recognising the effort and tireless service which volunteers provide for their local communities, and to say thank you to just some of them for continuing to make South Gloucestershire a great place to live and work."

"Choosing from the nominations for this event has been a heart-warming and yet difficult task. All the nominees were clearly highly respected and admired for their commitment and hard work. It has been humbling to read all of the citations and I consider it to be one of the highlights of my role to be able to honour our award winners."

Bradley Stoke's own Andy Ward was one recipient of a Community Ward for his many volunteering roles but in particular with the Splatts Abbey Wood and the Bradley Stoke Radio. Splatts Abbey Wood chairman David Bell told us "Andy is the Woodlands Secretary, and is a valuable and hardworking volunteer vital to its ongoing success. His contribution to his community is immense and he deserves the recognition he has received."

Andy told us: "A massive thank you to all those who nominated me. I am privileged and honoured to volunteer as part of several lovely teams and community groups and would like to think this award reflects upon all those people it has been my pleasure to work with on a voluntary basis. However, can I just say I am more than a little bit chuffed to receive this award!"

Another well-deserved winner on the night was Brian Hewitt MBE from Stoke Gifford for his Royal British Legion service: sixty five years as a legion member, and thirty years working with the Stoke Gifford RBL.



Brian is a past Branch Chairman and the current Branch President, and RBL Gloucestershire County Chairman. Stoke Gifford RBL Branch Vice Chairman Terry Webber said - "I've known Brian for more than 20 years and in all that time he has always been in a position to help the community - as a Councillor or as a member of the Royal British Legion. He has been in the top position at RBL County level and at Branch level, where he now holds the office of President and I cannot think of anyone who deserves the position more"

Brian told Bradley Stoke Matters: "I like helping people and I am grateful to the Legion for enabling me to put a smile back onto hundreds of faces through my Welfare work over the last 30 years since moving to Stoke Gifford, into our tenth and last home in a marriage of 56 years.

"My wife Julie often complained about "your Legion", as she called it. I do miss her 'nagging', but she was always behind me, fully supportive and ready to sort out a medical problem in the Team and woe-be-tide anyone who made a mistake counting her hated 5p.coins!! I've only been a Member for 65 years, yet I still feel about 56!"

Abbeywood school students, Diya Barot and George Beaven, won a South Gloucestershire Chair's Award for youth volunteering, as well as the Lieutenants Award at a special ceremony. Diya and George became anti-hate crime ambassadors two years ago when Community Development charity, Southern Brooks Community Partnerships, tested a project at Abbeywood Community School. Since then, Diya and George used their training to mentor the victims and perpetrators of hate crime. They also volunteer at a local primary school after-school club.

Southern Brooks was thrilled Diya and George achieved their awards from the many nominations. The award recognised the positive change they made at Abbeywood School after successfully completing their anti-hate crime ambassadors training.

Julie Close, Director at Southern Brooks, says "Our hate crime ambassadors programme teaches young people to recognise and respond appropriately to a hate crime incident. It gives them the skills they need for life, which they can share with their peers, family, friends and future work colleagues."

David Bell joined Southern Brooks as a Trustee in 2008, and is now their Vice Chairman. David achieved the individual award for volunteering. He says "It's very humbling to achieve a South Gloucestershire Council Chair's Award 2017, especially when I heard about the marvellous work that the other winners have done to achieve their awards. The award is a tribute to great work done in the community by Southern Brooks Community Partnerships, by its staff and volunteers."

Principal and Deputy Chief, Sara-Jane Watkins said: "SGS College is delighted to support the Chair's Community Awards. It is important to acknowledge the people of South Gloucestershire that selflessly enrich our community."

The evening also saw students from the Level 3 Musical Theatre Year 2 group, based at WISE campus of South Gloucestershire and Stroud College, perform some of their latest productions.





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You take your car in for its MOT, but have you thought about an MOT for your Running Body? That's just what local Bradley Stoke runner Paul Godwin did and since then his running has gone from strength to strength.

Paul took up running in January 2016 to improve his health and wellbeing. Previously, Paul had been a keen footballer but had let his fitness slide. Joining the North Bristol Running Group was pivotal - after doing the "couch to 5k", he just kept going. Paul's fitness improved and at the same time he noticed the boost to his mental wellbeing from the social side of running with a group.

Last October, Paul saw the offer of a 'Running MOT' with Susie Baker at Bradley Stoke Physio & Health. He thought it would be a good idea to get his running checked out and see if he could run further and faster. His personal bests (PB) were 5k: 27 minutes and 10k: 58 minutes, and he had just signed up for the Bath Half Marathon. Suffering from a few niggles, Paul was also keen to find out how to keep injury at bay.

Using slow-motion video analysis Susie showed Paul how his running could be improved. Susie discovered that Paul's desk job was taking its toll: the 'before' photo shows how his shoulders are hunched. Susie also identified that Paul's running style was more like a fast walk, which can lead to knee injury and leg pain.

Paul felt he was a bit of a plodder even though he did like a sprint finish, and agreed the goal was to become more athletic in his running and not run out of puff. He signed up for three sessions focusing on the fundamentals of good posture, balance and coordination for running.

Susie showed Paul some simple exercises and skills that improved his movement as well, giving him an easier and more enjoyable way to run that's also better for his joints. Since then Paul has set PB's of 24:11 (5k), 50:11 (10k), and completed the Bath Half Marathon in a very respectable 2:13:57. Paul said, 'Without Susie's input I don't think I would have got these results'.

Call 01454 618 525 to book your 30-minute Running MOT with Susie Baker, Alexander Technique Practitioner, at Bradley Stoke Physio & Health. Quote 'RunBSM' and pay just £10 (that's £5 off the usual cost of £15).



*Before Susie's Running MOT:
shoulders hunched, leading leg straight (knee locked)*



*After Susie's help: shoulders relaxed,
leading leg flexed (knee bent)*



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Bradley Stoke Community Festival 9th-11th June 2017



Arts & Craft stalls • Bazaar Marquee • Children's Games & Activities
Climbing Wall • Community zone with Inflatables • Displays and demonstrations • BSCC Quick Cricket Tournament • Football Tournament
• King Ramps Skate Pipe • Local Bands & Dance Groups • Nuttness tribute band • Rides & Inflatables • School Sports Day Competition • 10k Race • Skate Park competition

Friday 9th June

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



Saturday 10th June 11.30-18.00

The demonstration area in Jubilee Green features the King Ramps Skate Pipe and displays will be given by the pro's throughout the Festival with a street art demo and "have a go" sessions. This year's main event is a School's Sports competition for local children and adults, along with mini rugby from Bradley Stoke Rugby Club and displays from Karate and Judo clubs. Music is provided by local bands; Gecko Blasters, Uncle Buck, Dockside, Atlantic, S Glos Jazz band and the Madness Tribute Band, Nuttness alongside local dance groups including; BS Gym Club, SGAP, Stoke Gifford Dance, Kirsty Husher Dance along with other local clubs and associations.



Fun rides for the children include trampolines, giant slides, football games, giant inflatables, Wipe Out, Bungee Run and Surf simulator, a Helter Skelter and the Vertical Xtreme Climbing Wall alongside the local BS Scouts providing longbow archery and other activities. A new Bazaar marquee will house a range of different arts and crafts and gift ideas alongside sideshows and community stalls offering a wide range of local products and novelties. The BS Youth Football Club Tournament for Year 1 Boys and Girls, with 14 schools and 140 children taking part, starts at 12.00 a.m. on the top field soccer pitches.



Sunday 11th June

A 10K multi terrain race organised by the Sole Sisters starts at 09.30 a.m. and finishes at the Jubilee Centre. 500+ Competitors are expected (Race is already sold out!). At Baileys Court Activity Centre there will be a joint "Church in the Park" outdoor service from the Bradley Stoke Churches starting at 10.30 followed at 13.00 by a Quick Cricket tournament featuring under 11 players from 4 local clubs, plus a BBQ, stalls and evening entertainment in the clubhouse. The BS Bowls club will provide roll up demonstrations throughout the afternoon. A Skate Board competition along with King Ramps will also be taking place at the New Bradley Stoke Skate Park with circus skills and other entertainments from 10.30 through to 16.00 and everyone is welcome to enter.

Taking part

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

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



Any One for Cricket?



The glimpses of the sun seen recently can only mean one thing - Cricket season (and summer) is on its way! At Bradley Stoke Cricket Club the first set of friendly matches start mid April and the league begins on the 6th May and runs through to the first week in September.

The Club will have four adult teams playing on Saturdays and two on a Sunday. There will also be youth teams playing league and friendlies with the ages ranging from 9-17. Training for the senior players is on Thursday evenings from 6pm and for the youth section on Sunday mornings from 10.30am, both at Baileys Court. Why not join in?

Contact details for prospective new players are as follows:

Adults – Simon Page 07947 808304

Youth players – John Rivers 07522 230268 or rivers.johnf@hotmail.co.uk.

More information about the Club, including its history and future event diary can be found at bradleystokecc.play-cricket.com.



We need marshals for the Bradley Stoke 10k Run, Sunday 11th June 17.



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Local Mum Inspired to Run 52 Half Marathons in 52 Weeks!

Ali Vaz (pictured right) has set herself the amazing challenge to run 52 half marathons in 52 weeks! Raising funds for local charity St Peter's Hospice and Berkshire charity, Sport in Mind.

Ali told us, "I was watching Sport Relief highlights in the gym around Christmas time and they were talking about the variety of challenges people had undertaken and I began thinking about what I could do."

Ali, who has enjoyed running for the last 15 years, went on to say, "Watching Ben Smith complete 401 marathons in 401 days was so inspiring and I really wanted to challenge myself to do something similar for some charities close to my heart (albeit on a much smaller scale)!"

We think 52 half marathons during 2017 is extremely impressive, especially as the mum of two will be fitting in runs between looking after the kids and working.

Already having raised £2,000, Ali hopes to reach an even higher total with help from friends and colleagues. "I chose St Peter's Hospice as the mother of a colleague was cared for by the charity and the whole family received such wonderful care and support. It's Bristol's only adult hospice and I wanted to support a local cause which I believe does incredible work for the community. I also chose Sport in Mind which is a Berkshire charity operating close to where I grew up. It's a cause I feel strongly about as they use sport to help people with mental health issues. I have personally found sport and running so useful when I have been struggling, even just a simple walk can do wonders for wellbeing."

Ali completed her first marathon last October, which was a huge achievement. She plans to keep chipping time off of her half marathon times and is now looking forward to doing a combination of organised events in Bristol, Birmingham and Berkshire, as well as some solo runs and runs with friends.

Please support Ali by donating to her cause at: www.justgiving.com/companyteams/Alivaz



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Mrs C, a patient from the Stokes and a keen horse rider told us,

"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 and have enjoyed getting back to the hobby I love. I would have no hesitation in recommending her to others."

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

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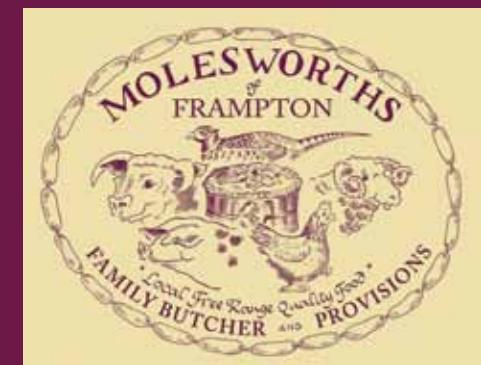
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An advertisement for Cambridge Weight Plan. It features two women: one in a teal dress and one in a black and white patterned dress. A digital scale between them shows the text 'I'm Lyn Or, I was a size 28 and now I'm a size 12. Now is your time to flourish!'. Below the scale is a pink card with the text 'Cambridge Weight Plan', 'Contact your local Cambridge Consultant today', 'Fil Guerins', 'Contact me for more information M: 07900 448961 E: filguerins215@msn.com', 'Seeds of Change', and 'Proud members: an endless supply of seeds packed for 3014'.



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Aerospace Bristol welcomes historic Bristol Car home to Filton

On 22nd March Aerospace Bristol welcomed a 1953 Bristol 403 saloon car home to Filton - the place where the historic Bristol Car was designed, tested and manufactured by the Bristol Aeroplane Company over 60 years ago.

The Bristol Aeroplane Company diversified into car design and manufacture at the end of the Second World War and their automobile division went on to become Bristol Cars. Thanks to the knowledge and expertise of aviation engineers, and the manufacturing techniques of the aviation industry, Bristol Cars were able to achieve higher levels of performance and the company became world famous for quality and luxury.

Linda Coode, Collections Manager at Aerospace Bristol, said: "The Bristol 403 was actually tested in The Bristol Aeroplane Company's wind tunnel and this aviation heritage can be clearly seen in the aerodynamic body design. The bonnet, doors, fuel filler cap and boot all open from the inside, to remove the wind resistance that would be caused by external handles. It's a fine example of high performance engineering to come out of Filton and we're thrilled to feature it in the Aerospace Bristol exhibition."

The Bristol 403 that will be displayed in the museum was discovered in a barn in South West England, where it had been stored for over 30 years and had fallen into disrepair. The classic car was rescued by the Bristol Owners Heritage Trust and carefully restored to its former glory by volunteer apprentices from restoration experts Spencer Lane Jones. Now restored and ready for public display, the luxury vehicle has been delivered to Hangar 16S: the grade II listed WWI hangar that will house the Aerospace Bristol exhibition when the £19m industrial heritage museum opens this summer.

Stefan Cembrowicz, Chair of the Bristol Owners Heritage Trust, said: "I would like to thank all of the dedicated volunteers who prepared the Bristol 403 to such a high standard. Hundreds of hours of work and an incredible level of care and attention have gone into restoring this beautiful car, with over 30 hours spent on preparation of the bonnet panel alone. I am truly delighted to see her arrive safely at Aerospace Bristol and



very much look forward to seeing this wonderful vehicle on public display alongside other remarkable examples of Bristol engineering."

The Bristol 403 was known as a "fighter pilots delight" due to its aviation heritage, a "businessman's express" due to its combination of speed and luxury, and a "hushabout rushabout" due to its combination of speed and quiet running. Fitted with a 100bhp, 2 litre, 6 cylinder engine, developed from the pre-war BMW 328 Sports/racing engine, it could reach a top speed of 104mph in standard trim. A total of 287 were built, each costing just under £3,000 (the equivalent of around £61,000 today),

Taking off this summer, Aerospace Bristol will bring together a varied collection of nationally-significant exhibits and hidden archive records to tell over one hundred years of aviation history for the very first time. The museum's iconic centrepiece will be Concorde 216; designed, tested and built in Bristol, she was the last Concorde to be built and the last to fly.

Do you remember those heady days of short skirts, black eyeliner, natty suits, brylcreamed 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, 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!



Northavon Youth Theatre Company Presents



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Mark O'Donnell
Thomas Meehan

Music by
Marc Shaiman

Lyrics by
Scott Wittman
Marc Shaiman

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Armstrong Hall, Thornbury

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



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

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

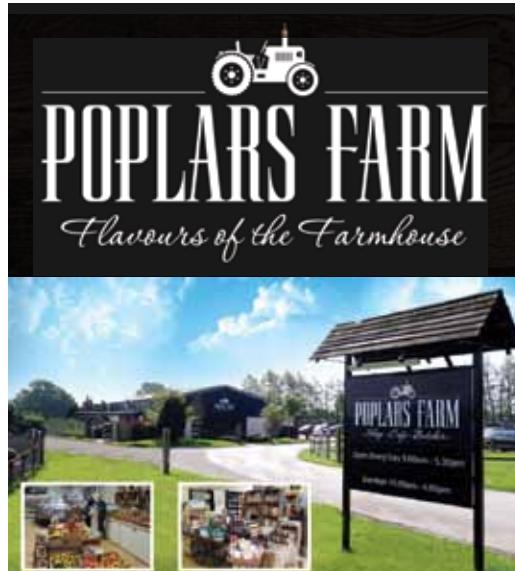
Which course is for you?

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

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

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

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



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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
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Bradley Stoke Carnival

by Andy Ward

After a year's absence, Bradley Stoke's community-run Carnival is back for 2017!

The Carnival will take place on Saturday 26th August and, as the event takes place in the same year as Bradley Stoke Town Council's 25th Anniversary and the 30th anniversary of the first turf being cut marking the start of the contraction of our town back in 1987, it has been decided to have a silver theme to celebrate these milestones. The event will take place on the Jubilee Field on Savages Wood Road and will play host to a live music stage, family friendly entertainment and as ever much more.

We received a lot of lovely positive feedback last time out and so we are trying to incorporate some of the favourite elements again this year.

The Carnival Committee is pleased to confirm that we have been able to secure the City of Bristol Pipes and Drums to once again lead the parade, although this time the entire full band will be marching and performing in the parade as well as in front of the stage on arrival at the Carnival Field. Also returning by popular demand are the Stilt Walkers and the Fire Breathers, the latter once again performing an exciting show in the stage demo area.

Punch and Judy will be performing again this year as it was so popular with our younger audiences (as well as the adults!).



Live music will be a feature of the Carnival on the Bradley Stoke Radio stage with their volunteers providing the Stage itself as well as the sound equipment. We hope to build on the musical variety of the last Carnival and so far have secured a Neil Diamond Tribute act as well as an amazing local band Angel Heart covering amongst others some classic Blondie numbers.

Bookings have been coming in for stalls both commercial and community based as well as parade entries. Should you wish to be part of the event then please visit the Carnival FaceBook page for the link to download the registration forms. You can also contact the Carnival organisers via the following email address, bradleystokecarnival@gmail.com.

Please do get in touch if you would like to be part of the 2017 Carnival, its an event put on by the community for the community and the more that get involved the better, we had a wide range of commercial and community stalls last time as well as some varied food offerings and it would be great to build on this once again.

As the event evolves over the next few months we will keep you updated via the [Carnival Facebook Page, Bradley Stoke Carnival](#) so please do pop by and visit for regular updates.

Hope to see you there!





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: The Counterfeit Stones. Celebrating over a quarter of a century of master forgery, the Counterfeit Stones bring big hits, retro fashion, vintage guitars and a huge dollop of Spinal Tap humour: Satisfaction guaranteed!

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. Another band



Photo courtesy of Paul Johnson at www.pixelintime.co.uk

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.

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 .

COMING IN THE EASTER HOLIDAYS



Mon 10th - Sun 23rd April

Join us during the Easter holidays for some fun on the Zigga Zagga! You'll need to be nimble and quick to win against your opponent on this dual lane Aquarun, you just need to keep your balance!

Children under the age of 8 must be accompanied by an adult.

Spaces are limited so ensure you arrive early!

Users must be able to swim 25m to use the Inflatable.

2.00pm - 4.00pm

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Opening of New Play Area at Bailey's Court Primary School



The sun was shining on the children, families and teachers of Baileys Court Primary School and Bradley Stoke Matters as Head Teacher, Andrew Lynham and Chair of the 'Friends', Hannah Jack, opened the School's fantastic brand new outdoor play area on 9th March.

Despite being unsuccessful in gaining funding from the Aviva Community Fund, the 'Friends' have worked tirelessly over the past 18 months to fundraise for the new equipment and safety surfacing. They were also supported by a generous donation of £5,150 from Play Pitch Pre-School which closed in 2015, and a top-up from the Governors of the school making the project achievable.

This amazing new play area was designed and installed for Bailey's Court Primary by local company Pentagon Play based at the Hollwood Estate near Cribbs Causeway.

The benefits of outdoor play to primary school children are well known, including improved vision, reduction in ADHD symptoms, reducing stress in children as well as contributing to a healthy and happy learning environment. This is why Bailey's Court Primary School desperately needed funding to help regenerate much of its outdoor play area, which was severely limited due to safety concerns.

The Friends would especially like to thank the families who support fundraising events, giving the school the extra resources to make school life so much more fun for the children.

The next event is the Easter Egg Hunt in the grounds on Sunday 9th April, accompanied by bacon and egg butties and drinks for watching parents! Check out our community pages for more information.

News Round Up from St Mary's Catholic Primary School,

We are back! We hope to update you on what has been going on recently at St Mary's. It has been an exciting couple of terms with quite a few focus weeks so we hope you enjoy reading our news!

Children Mental Health Week

Children's Mental Health Week took place from the 6th to the 12th of February. On the 6th, we started the morning with an assembly which was about well-being and kindness. In the assembly, we talked about everyone carrying an invisible bucket. Every day your bucket has to be filled for you to be happy. To fill someone's bucket, you can compliment them, help them to do something or even just smile at them! But you can also bucket dip when you are mean to somebody and this makes them feel sad as well as making you feel sad.

Colouring clubs were arranged, one for KS1 led by Mrs Creese, and also a colouring club for KS2 led by two girls in year 6, Charlotte and Shawna. Everyone loved colouring as it calmed their minds and allowed them to relax.

During the week, Mrs Creese came into each class and ran a session to calm the student's minds. This was called 'Mindfulness'. The room was made silent and we had to focus on our senses. Years 2 and 3 had already been doing the classes daily.

We had a kindness box (kindness was the theme for the week) so if someone did something kind for you, you could write it down on a piece of card and place it in the box. It could even be a teacher! We have carried on using the box through this term.

Maths week

On January 9th-13th we had a focus week all about Maths. There was lots of extra maths work going on in all classes. There were also 2 competitions as well as some maths problems all around the playground.

The first competition was a Maths Trail inside the school which was open to all, one for KS1



and one for lower KS2 and where the teachers from each class chose someone to represent the class. From Reception: Orlando. From Y1: Nathan. From Y2: Joshua. From Y3: Greta. From Y4: Esha. From Y5: Zoe, and finally, from Y6: Sam. Mathstermind is the same as Mastermind (You know the TV programme, right?) but with questions about Maths instead. Everyone had some really tough questions, but in the end there was only one winner: Zoe from Y5, who got a Geomag kit.



For the Maths trail, the lucky winners were: from KS1 Elena, who got a 'Zoob Construction Kit'. From lower KS2, Oscar, who got an Avengers game. From upper KS2 Shawna, who got a 'Maths Magic set'.

Many thanks to Miss Molloy, who organised this amazing week, we really enjoyed it!

Dance Club

Dance Club performed at the Festival of Youth Dance at Abbeywood Community School in February. We performed two dances – a themed dance (The theme was British), and a freestyle dance. Our themed dance was to 'The Greatest' By Sia. We were put into groups and learnt different types of dancing. We think that Britain is made up of many different cultures, so the types of dancing we did were Irish, Morris, Spanish, Ballet and Street. Our freestyle dance was to 'Work this Body' by Walk the Moon. The whole dance was like a party, so we were all having fun during the dance!

brought to you by the Year 6 Team of Journalists



On the day of the performance, we went to the school to rehearse. It was really cool to see all of the other schools dances, as on the night we wouldn't be able to see them. All of the schools interpreted the theme differently so we were really impressed at the concepts of their dances. Some schools did their whole dance as Irish dancing, and others a mix.

At 6:15pm, we all arrived at the venue, bursting to perform our dances! As soon as we arrived we changed into our first outfit, which was for the 'Work This Body' dance. We were so excited but were also VERY nervous! The festival started at 7pm, and we were 4th to perform! Our time to dance came, and although we were stressing out, we couldn't wait to be on stage! The dance ran smoothly although we had one less dancer than we had planned. Once the dance had finished, we were ecstatic and wanted to do it again! Then, we changed into our second outfit for our themed dance. Again, the dance was fun and we enjoyed it a lot. For many of us, as some of us are in Year 6, it was our last time we would get to dance on the stage, but we were happy we ended it on a high!

Dance Club was amazing and the performance was even better, and although we are sad it is over, we are still excited to perform it to the school soon (by the time you are reading this, we will have performed it already!).

Digital Leaders

Last term, 6 children applied to become a Digital Leader. A Digital Leader must teach other children about e-safety and computing tools.

The Digital Leaders will lead assemblies about e-safety and lead a club to learn Scratch. Scratch

Club involves children following instructions and programming them into Scratch to do multiple things. They will learn to use other tools such as Kodu and Python. Digital Leaders will also ask every class about their daily computing lessons. The Digital Leaders are led by Mrs Sullivan.

Faith Week

St. Mary's had a Faith focus week where we explored the religion of Hinduism. We took part in many activities to do with this such as having a go at drawing and explaining to others what the Aum symbol was to others. We learnt about the different Gods and Goddesses of the faith such as Brahma the God who created and set the universe into motion and Vishnu the preserver of the universe. When humankind needs help he appears on earth as an avatar (we learnt these were reincarnations of the God.)

We also learnt about the holy place where Hindus worship; the Holy Temple. This temple is called a Mandir and is the equivalent of the Christian church. Hindus will go there to worship many of their Gods and Goddesses and will sometimes stay for a whole day. Hindus also worship at home and when they do this it is called puja. Puja is a ceremony where the household will come together and pray to their Gods. They will keep a shrine in the house to have puja, this is generally in a kitchen cupboard or living room table and some will even have a room for puja. There are various items used in puja which we learnt about, such as a picture of the God or goddess to be worshipped, some fresh fruit which they will offer up to the God as a sign of praise, they will eat this at the end of puja as they believe the Gods have blessed it. There is also a set of cutlery like objects used in puja such as a bell, incense and an incense holder and also a diva lamp which the Hindus light to remind them of their God.

We learnt a lot about the Hindu faith and enjoyed Faith week and everyone in the school who took part in this week enjoyed this.

Year 5 were about to go to visit Europe's foremost Hindu Shrine in Neasden London as this edition went to print, so we will have more to tell you about that next time!

Wheatfield Primary 'Over the Moon' with 'Good' Ofsted Rating

Wheatfield Primary School is celebrating the success of their recent Ofsted inspection which categorises the school as 'Good' across all measures. Under the leadership of Mrs Lois Haydon, Acting Head Teacher; the hard work of the staff, pupils, parents and governors has been recognised.



Ofsted commented: "Pupils are well cared for throughout the school and parents comment positively about how confident they are in leaving their children in a 'safe, happy, supportive and stimulating environment'. Leaders and managers at all levels are driven in their actions. As a result, standards have improved in all aspects of the school's work. Teachers plan interesting and exciting lessons across a broad and balanced curriculum. Pupils talk enthusiastically about their learning. Teachers check pupils' work carefully and ensure that any pupils who need to catch up are given the help they need."

In a letter to parents, Mrs Haydon said: "We are absolutely delighted to inform you that we have placed our recent inspection report onto our website. We are extremely pleased with the outcomes and the positive comments made by the inspection team, and that we are now recognised as being 'Good' in all areas.

"We would like to take this opportunity to say thank you to all of the members of our community – from teachers to governors, support staff, parents and especially the children. It was an incredible team effort over the course of the two days and we were able to really show the school off in the best light possible – gaining the 'Good' status that we believe we deserve."

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- **89% of pupils passed the Phonic Screening test, against a national average of 81%.**
- Key Stage 2 pupils exceeded national progress levels in all areas of Reading, Writing and Maths!
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Scrap or Play?

Bradley Stoke Matters was pleased to visit the playground of Wheatfield Primary School for this edition. Thankful for a glimpse of the sun, we stood in the playground surrounded by crates, suitcases, old chairs, plastic pipes, swimming float material, cable drums and other scrap!

This is all part of the school's Play Pod project. The school has recently been working closely with Mr Klos, one of their year 3 parents, who is employed by Greencore Prepared Meals in Bradley Stoke as a senior section leader. Jaroslav Klos and Denise Hickson, School Business Manager, presented an opportunity to fund and support the school's Play Pod project to the directors of Greencore in their recent Community Support Initiative, along the lines of Dragons Den.

Successful in their pitch, the school has been awarded a grant which will sponsor the Play Pod for a whole year through Wheatfield's membership of the Children's Scrapstore.

Bradley Stoke Matters joined representatives of Greencore to celebrate this achievement and some of the year 6 children thanked



them for their support. Scrap Store were also represented by Andy Bell and Kelly Wyatt who came along to witness the children playing with their resources as well as to meet Greencore staff. Moving forwards, the school hopes to forge links between the two organisations to see if any of their waste could be donated directly to them so that other schools may also benefit from this partnership.

Denise told us "We very much value working together in partnership with local businesses and the contribution they can make to enhancing the resources on offer for our children. The school relies heavily on the Play Pod to help improve creative play development opportunities for ALL children in our school. It is regularly filled with low-cost and varied scrap materials for creative play. These safe, surplus, resources are sourced from business and industry".

The school's outdoor space is a fantastic resource for playing and learning including a flourishing allotment in the grounds, managed by the children and teaching assistants. They have a sports field, two hard play areas, an enclosed area for Reception children, an outdoor classroom and conservation zone, as well as many bushes and trees for the children to explore and play in.

With even more budget cuts forecast for the next academic year, support from the local communities and business are very much appreciated and any contributions or initiatives will be welcomed to enhance resources on offer for the children of Bradley Stoke and Little Stoke Gifford.



Left to right, Ben Long (HR Manager, Greencore), Lois Haydon (Acting Head, Wheatfield primary), Vicki Legomski (HR Advisor Greencore), Jaroslav Klos (Parent and Team Leader, Greencore) alongside year 6 pupils who thanked Greencore and Mr Klos for their support.



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Key Stage 2 children and the School Choir at Wheatfield Primary learned and performed a song in sign language in March to raise awareness and fundraising towards improving health and well-being of deaf children and adults.

The performance was very successful – the choir led the rest of the school learning the sign language, and the children sang beautifully. This year's song was entitled 'Together' and the lyrics invite children to consider what life would be like as a deaf person.

The appeal raised money for SignHealth, a charity that works across the country helping to make sure that deaf people have the same access to healthcare as everyone else. Wheatfield Primary has been singing Sign2Sing songs for three years running now which has helped raise the children's understanding and awareness of deaf issues.

Congratulations to the children and huge thanks to choir leader Imogen Roberts for all her enthusiasm in leading the children.





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Local Nursery Celebrates Ofsted Rating

A local nursery is celebrating a 'Good' Ofsted rating following its latest inspection by the governing body. The Mama Bear's Day Nursery & Pre-School at Great Parks Road, Bradley Stoke has been praised for improving the monitoring and support of staff to enable them to develop their knowledge and skills and raise the quality of teaching.



Mama Bear's Bradley Stoke nursery manager, Kayleigh Hoskings, said: *"We are thrilled to have improved our Ofsted rating and very proud that we are now classed as a Good setting. The whole team has been working really hard in order to make the changes needed to improve our nursery and we're so pleased all our hard work and commitment has been recognised.*

"We have great relationships with the parents of our children and it was great that the inspector noted this, as well as the way we make assessments about children's development, taking into account their different needs."

Mama Bear's Flexi-care package is a new service which means families can choose sessions to fit their lifestyle. Instead of parents having to stick to rigid sessions, they will be able to change their booking pattern week-by-week to suit their work schedule. Especially helpful for parents who work shifts or are freelance, Flexi-care means there are no minimum sessions per week so perfect for parents who only want to place their child in a nursery every now and again.

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

For more information visit www.mamabear.co.uk or call Emma on 0117 9582065.



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www.mamabear.co.uk
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Bradley Stoke Bowls Club Prepares for New Season with Support for Jessie May Children's Charity

Following a short EGM to ratify a few administrative items, the Bradley Stoke Bowls Club commenced its spring meeting with a minute's silence in memory of past members who had died during the last year.

This was followed by a short presentation of the work of Jessie May, by Events officer, Helen Mackie, seen here with the club chairman Robert Bertram.

Jessie May is the charity chosen by the Captain Bob Wilkins for his Charity day on the 13th August this year. (For more information see www.jessiemay.org.uk)

During the meeting, attended by about seventy members, several administrative matters were dealt with, and various dates announced, including away days to Bournemouth and the Isle of Bohemia. (This is a bowls club on an island in the middle of the Thames at Reading). Several new members were welcomed, bringing the club membership to 90, 60 men and 30 ladies.

Members were delighted to see the new kitchenette in course of construction at the Bailey's Court Activity Centre, and look forward to a start on the green on the 19th April.

The meeting concluded with an expression of grateful thanks for the excellent work of all office bearers and helpers. For more information on the Bradley Stoke Bowls Club check out their website <http://bsbc.webs.com>



Update from the Bradley Stoke Lions from Ailsa Young, Immediate Past President (IPP)

Noah, the little boy we spoke of previously has got his Inno Walker at last! The Teddy Bear we took along for Noah wanted to try it out for himself as you can see. The Walker lifts Noah from a sitting position up to his feet, supports him and then moves his legs in a walking motion to engage and strengthen the muscles. It is hoped that this walker will reduce the need for Noah to have surgery in the future, so although this walker is an expensive piece of equipment, it may prove to be the cheaper and better option in the long run. Leanne, Noah's mother is so grateful to everyone who donated to help buy the Walker.

Eight of us from Bristol Brunel and Bradley Stoke Branch Lions attended our District Convention on 4th March at the Gables Hotel, Falfield at which we had guest Lions from France and Italy. The Dinner and Ball which followed Convention was very enjoyable and a time to show off our dance skills.

Pancakes followed a very swift meeting at Lion President Robin's house recently at which Bradley Stoke Lions were delighted to badge up and welcome a new Lion into their fold. Brunel President Bill also presented a special badge to Robin for sponsoring Frederic in this our centennial year. Frederic's wife and daughter were there to witness the ceremony, whilst two other members received their 10 and 15 year badges to recognise their years of service. A good night shared by both Brunel and Bradley Stoke Lions.

Remember, if you are interested in finding out more about the Lions, come to a meeting at the Doubletree Hilton Hotel, Woodlands Lane, on the 2nd Wednesday of the month, 7.30pm start. Or, contact President Robin on 07712 046644.



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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.

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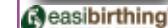
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Local Opticians takes on Comic Row-lief Challenge

Sporty staff from the Bradley Stoke opticians worked to raise money for Comic Relief, by undertaking an exercise-a-thon on Tuesday 21 March.

The team from Specsavers in the Willow Brook Centre supported the charity by taking it in turns to row and ride part of a long-distance challenge, in exchange for donations towards the cause.

Ed Stanleigh, store director, says: 'We're very proud of the team for supporting the cause and volunteering to take part in the challenge. Last year one of our team members, Julie, rowed for three hours straight, so we're hoping the team can match, if not beat, that again this year.'

As we went to print on this edition more fundraising ideas were planned for the remainder of the week, from a 'guess the number of sweets in the jar' competition, giving customers a chance to win the giant luxury bunny and Easter egg pictured, as well as hosting a bake sale on Saturday 25 March and selling the official Specsavers Comic Relief glasses.

Specsavers has been a Comic Relief partner since 2015 and is supporting Comic Relief to help poor and vulnerable people living tough lives both here in the UK and across Africa. Specsavers has pledged to raise at least £250,000 for the charity.

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/bradley-stoke.

Photo shows team members Julie Rafferty, Molly Brackpool, Chioma Chigbo and Kathryn Griffiths, along with Lewis Erskine from Anytime Fitness who kindly loaned the Bike and the Rowing Machine.



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More to Administering an Estate than Obtaining the Grant of Probate

Brenda Smyth of AMD Solicitors considers the tax implications when dealing with the administration of an estate



must be disclosed to HM Revenue and Customs by the Personal Representatives.

Sometimes beneficiaries may decide to vary the terms of the distribution of the estate and the tax implications of this need to be considered. In some circumstances, this may result in a tax saving or may avoid adverse tax consequences for the person giving up his or her right to benefit from the estate.

For further advice on the administration of estates, Wills, Lasting Powers of Attorney and other private client matters, contact Brenda Smyth or one of her colleagues at AMD Solicitors 100 Henleaze Road, Bristol BS9 4JZ Phone 0117 962 1205, email info@amdsolicitors.com or visit our website www.amdsolicitors.com

Our series of probate talks returns on 26th April 2017 at Tyndale Baptist Church and 3rd May 2017 at Trinity Henleaze. Contact info@amdsolicitors.com to book your place!

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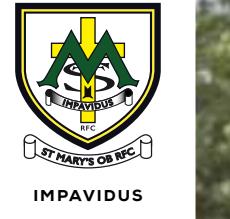


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O2 Touch is one of the England Rugby's fastest growing participation programmes with over 19,000 registered players playing regularly in 335 centres nationwide. It is a unique offering that gives participants a great playing experience and workout, regardless of ability. Being one of the first team sports to combine music and fitness, O2 Touch is social fitness at its best with each centre equipped with an O2 Touch sound system and bespoke music mixes, created specifically by up-and-coming DJ's to ensure participants get the most out of their session.

St Mary's Old Boys RFC play O2 Touch on Mondays weekly at the club's grounds in Trench Lane. 121 players have attended two or more sessions with a regular core of 40 players aged from 10 years old. As the traditional rugby season ends more Colts, Seniors and Ladies will join in for extra fitness as well as those from other local rugby clubs. The centre has recruited non rugby players via Bradley Stoke & Little Stoke Gifford Matters magazines as well as word of mouth and social media.

Two players who now ref weekly had never thrown a rugby ball before joining. Both admit to being quite sporty at school but becoming Mums made it difficult to find the time or motivation to exercise. However playing alongside their lads, in the last year, both ladies have lost weight, toned up and taken to running, entering Muddy runs and Reaper OCR as well as local competitions.

Another St Mary's player, who suffers from anxiety and PTSD is an inspiration to those who may not think O2 Touch is for them. She told us "*I was so nervous to start with that I would dip in and out of play and had weeks off at a time. However, the team were so friendly and made me feel welcome. They encouraged me without pushing which was brilliant and now I can't get enough of O2 Touch!*"

The emphasis at SMOB Touch is definitely fun; the players get on well and support each other. They have played a number of friendlies (and gained other O2 Touch clubs players who join in



Photo shows Andrea & Scott with ambassadors from 4 other O2 Touch centres meeting the three England playerDan Cole, Elliot Daly & Matt Mullan with St Mary's players for training in addition to their own sessions "because they're such a great bunch of guys".

Andrea, O2 Touch Ambassador said "*It's been great to see so many individuals getting involved of various ages, abilities and with different fitness levels, especially those who have never played rugby before. We've welcomed newcomers to the club as well as seeing club players, parents, coaches and refs all on the pitch playing together. For anyone considering O2 Touch I'd encourage you to pitch up and play. With no commitment required, trained operators are on hand to show you the ropes and qualified refs will coach throughout the game - there's no reason not to give it a try, especially with the first session free*".

Scott, one of the centre's Operators told us "*O2 Touch is perfect whether you're looking for social fitness, want a good laugh or to increase your skills*".

Recently Andrea and Scott were invited to attend an up close and personal session at Penny Hill Park with Elliot Daly, Dan Cole and Matt Mullan in between the 6 Nation games. Presented with England shirts, both had the opportunity to ask lots of questions, understand some of the England teams rituals before and after games as well as learning about the antics and banter that goes on off the pitch!

To register to play visit www.o2touch.co.uk, follow @smob_touchrugby on Twitter and @SMOBTouch on Facebook or email contact@smobrugby.co.uk for more info.





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.

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BRADLEY STOKE TOWN FC - Season Update

by Club Chairman Ian Drew

Whilst our season is in full flow our players continue to enjoy their football. Our First team stands well placed in 2nd position being well chased for promotion by Shirehampton and Cribbs A. Keep it going Lads.

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

Our Reserves are also well placed for promotion, being Managed by Mr Matt Burch his experience in these matters will surely see the 'Ressies' promoted.

Our Third (or A) Team presently lie 8th of 11 in their division, with still a lot to play for. The A team historically always have a good end of season winning run. Let's hope it continues.

We hope all our registered players continue to enjoy their season.

Presently top of the goal scoring chart is Sam Peplow with 16 goals, closely followed by Adam Hay, Liam Platts, Chris Hughes & Steve Johnson.

Top of the assists list is Luke Johnson being chased by Paul Smith & Tom Dawes.

The remaining few games of the season now become serious (!). As we go to print on this edition, the First team have 2 remaining home games at the GFA, 25th March & 8th April. Please come along to the GFA, entry is free, @ 5.30pm and support your local team in yet another promotion push.

The Reserves have their final home game on 1st April, 2.30pm @ Jubilee Centre.

The A team have 3 home games 25th March, 8th & 15th April. Again at the Jubilee Centre @ 2.30.

Even if you do not stay for the whole match your support is appreciated.

Our season should finish on April 29th with the A team away to Hillfields.

Our ever faithful Veterans team are in the southern section of the Glos Veterans League, their season starts late, they presently stand mid-table.....come on you Vets.

We would like to thank our sponsors for their continued support, especially

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BSTFC A Team 2016 / 2017



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Observer's Book Fair: Easter Compton Saturday 22nd April 10am

The South West Region's annual book fair, run by the Observer's Pocket Series Collectors' Society, returns for its 12th consecutive year at 10am on Saturday 22nd April to The Halls, Easter Compton, near Bristol. The fair not only features Observer's books, but also many other nostalgic collectable series including; Ladybird Books, Penguin, New Naturalist, Collins Nutshells, I-Spy and Frederick Warne's Wayside and Woodland series.



With around 500 members in the UK, the fair attracts collectors and enthusiasts from all over the country. Whatever your interests in old or nostalgic books from your childhood, there's bound to be something for you here. There's natural history, hobbies, transport, and children's books, and the Observer's alone cover one hundred different subjects.

You can get free advice on the books, their values and how to look after them from the members and stall holders. Hundreds of books are bought and sold and an auction of the rarer collectables takes place at 11:30am before the fair closes around 12:30pm.

Admission is free, all visitors are welcomed and you can also enjoy homemade cakes and teas.

The Halls are easy to find in the centre of the village next door to the Fox Inn (BS35 5RA) - just off the M5 and close to Cribbs Causeway.

For more information please call Richard on 01454 632170.

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Welcome to Stoke Gifford Medical Centre

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Please contact Debbie Grant at the surgery or RSVP for more details (www.rsvp-west.org.uk).

In addition the RSVP programme, the practice is also piloting additional social outreach programmes that are being delivered by Age Concern and Community Connectors. The aims of both services are to help to signpost patients and link them into a range of appropriate organisations that exist to offer support to groups with certain needs or conditions. All of these projects recognise that health and quality of life is improved when people are active and engaged and seek to provide the information and impetus to make this happen.

Conygre Road surgery had a facelift to improve the clinical rooms and add an additional consultation room. In addition, in response to patient feedback, a lift was added to make all the first floor rooms accessible to walking patients to compliment the wheelchair accessible rooms on the ground floor. This has allowed us to deliver a lot more clinical services from Conygre Road and we will continue expand the provision at Conygre Road.

The small courtyard gardens have been planted out to a design that should provide good all-year round interest as well as attracting local wildlife. The south facing roofs of Stoke Gifford have also been decked with solar panels. We have not quite managed to use these panels to provide all of our daytime electricity but we have gone a long way towards it and continue to look for ways to be more environmentally friendly.

Diabetic Leg Club: The Nursing staff are pleased to be trialling a new Diabetic Leg Club. The aim of the club is to combine wound care with more structured education on self-care in relation to diabetes and leg ulcers. We hope that attendance at this club will lead to changes that improve the long term management of these conditions while supporting patients in a more engaging and proactive way.

RSVP: We are looking for people over the age of 50 to join our RSVP team and make a real difference to some of our isolated and lonely patients. We now have 4 volunteers that work with RSVP to give personal help and support to other patients of the surgery who may be housebound, lonely or not very mobile. The help may involve befriending; accompanying patients to other social group activities or just providing general help.

Norovirus: Norovirus 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.

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 not to visit either A&E or GPs with symptoms as this may spread the virus. Further information and advice is available from NHS 111, including an online symptom checker at nhs.uk.

New IT services: Did you know that you can now: order repeat prescriptions; book appointments and view elements of your medical records on line?

This now includes being able to view: vaccinations, allergies, recent test results and recent documents in addition to the coded information from your consultations.

Please see the 'On-line Services' section under the 'New Patients' at on our website or ask for more information.



Community Noticeboard

to promote your event for
FREE contact
[Jaci@mattersmagazines.co.uk](mailto:jaci@mattersmagazines.co.uk)

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.

Sunday 14th May The 2017 Almondsbury Primary School Fun Run

The 1 km race starts at 10.30am

The 5 km and 10 km races start at 11am

1k — £3 per adult or child (under 16)

5k — £3 per child (under 16) / £6 per adult

10k — £6 per adult

£15 for family (2 adults & up to 3 children), available if booked in advance only.

Please note that there will be a £2 premium on the day for each entry. Club runners will receive a £2 discount.

Enter NOW! Numbers are limited so don't delay

Entry form is available on the school website:

www.almondsburyprimary.co.uk,
or email: mrs.sjwright@gmail.com

Forms are also available at the school office.



BRISTOL QUILTERS QUILTFEST Textile Exhibition 1st - 3rd June 2017



Opening times
Thursday 1pm - 6pm
Friday 10am - 6pm
Saturday 10am - 4pm
Admission £4
www.bristolquilters.com

Badminton School
Westbury Road, Bristol BS9 3BA

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 clevledonlions@gmail.com for details & to register for an application form. Entry costs £12 - the proceeds going to the Children Hospice and other charities supported by the Lions.

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

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

Bradley Stoke Library April 2017

Rhymetime (Term time only)
Monday 3rd April 10:30 - 11:00
Monday 24th April 10:30 - 11:00

Storytime (Term time only)
Thursday 6th April 11:00 - 11:30
Thursday 27th April 11:00-11:30



Chatterbooks
Saturday 8th April 14:30 - 15:30

Biggerbooks
Friday 28th April 16:30 - 17:30

Volunteer and National Career
Service Drop in Session Thursday
6th April 12:00 - 14:00

Myths and Legends Children's
Craft Session
*Adult supervision is required
Friday 21st April 10:00 - 11:30

Spanish Rhymetime (Term time only)
Every Thursday at 16:15 - 16:45

French-English conversational chat group
Every Friday 16:30 -17:30 everyone is welcome

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

For more information:

Tel: **01454 868006**

email: bradleystoke.library@southglos.gov.uk
website: www.southglos.gov.uk/libraries
twitter: www.twitter.com@southgloslibs



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 Stobart 07714101354 geoffrey.stobart@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, Bradleysokesewandsos.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 - admiringirlguidingbsg.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 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

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

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 our best to put it right for you!

SPORTS CLUBS

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

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

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

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

Bradley Stoke Jiu Jitsu Club - Chris Harris, maru.jiujiutsu@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 bsnjuniors@yahoo.co.uk

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

Bradley Stoke Squash Club - For adults, Juniors and Children. Welcoming new players from beginners to advanced. Club night Sunday nights for all From 6pm. Children's coaching on Sat Mornings. Contact Mark Stone for details 07786 911580

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

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

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

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

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

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



Local Clubs and Groups in and around Bradley Stoke, Little Stoke and Stoke Gifford (Cont)

PRIMARY SCHOOLS

Baileys Court Primary School, Head Teacher: Andrew Lynham, Breaches Gate BS10, 01454 866666

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

Bowsland Green Primary School, Head Teacher: Faye Kitchen, Ellicks Close BS10, 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 BS10, 01454 866735, holytrinity-pri.s-glos.sch.uk

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

Meadowbrook Primary School, Headteacher: Jon Barr, Three Brooks Lane BS10 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 BS10, 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 BS10, 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



HAYDN – NELSON MASS and works by Bruckner and Mendelssohn

**29 APRIL 2017 – 7.45 pm at
Clifton Cathedral, Clifton Park, BS8 3BX**

Conducted by Rebecca Holdeman with Charlotte Newstead – Soprano Martin le Poidevin – Bass Claire Alsop – Chamber Organ and Orchestra

TICKETS:

Adult: £15 (on the door)
Early Bird in advance: £12
Student/NUS Card: £10
From Opus 13, 14 St Michaels Hill, BS2 8DT
On line: www.opus13.co.uk
Tel: 0117 9230164/ 0117 96265521

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Almondsbury Charity (REGISTERED CHARITY No 202263)

The Annual Meeting of Almondsbury Charity will be held on

Wednesday April 26th at 7.30 pm at St. Peter's Church, Cross Hands Road, PILNING South Gloucestershire BS35 4JB

Following the Chairman's report and review of the last year there will be the opportunity for questions.

After that there will be a brief presentation on the remarkable 200-year-old William Allen Chamber Organ, recently restored, and a short recital, following which light refreshments will be served.

All members of the public are invited to attend. Full details of the Charity can be found on the website: www.almondsburycharity.org.uk

Peter Orford (Secretary)

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