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June 2017

Community

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Dear Residents....

Welcome to the June issue of your community magazine. We have been very busy this month catching up with lots of local news to share with you.

In this issue we bring you news of a dog re-homing centre and their fundraising efforts. A local resident passionate about the organisation called Many Tears, shares with us why she hopes local people will get behind this good cause (see page 44).

We also hear from a very brave young lady who is sharing her battle with anorexia and depression from a young age in a bid to raise awareness and fundraising for other sufferers (see page 20).

A local action group of residents is campaigning to overturn the decision for the MetroBus lane on Hatchet Road in Stoke Gifford - read more on this and how you can get involved on pages 6 and 7.

As you can see from our front cover for this edition, the local Stokes Arts Group have been busy with their latest project which has had an aviation theme - you can read more about them over the page!

There are many local events to look forward to, with the Bradley Stoke Festival weekend over the weekend of 9-11 June (see page 8), the Winterbourne Medieval Fayre on Sunday 11 June, and the Bradley Stoke Carnival on 26th August, being just three of those listed in this edition.

This is just a taster of what's in store for you in this issue - we hope you enjoy the read!

As I write this the sun has got his hat on - I hope it continues to shine for all of these local activities.

Bye for now!

JaCi x

PS: Look out for the FREE CHIPS voucher at Bishopston Fish Bar !! (see p17)

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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Woodland Conservation Groups

by David Bell

With its 2017 AGM in May the Splatts Abbey Wood Conservation Group has been looking back on another successful year.

Over the last twelve months the woodland has had successful projects with the Forest of Avon Trust involving various groups which has ensured that the woodland has both served and been very well used by the community.

The relationship with its sister woodland Sims Hill has continued to develop, and both woodlands have greatly benefited from their relationship with UWE, the Students' Union and the student GreenSpace group.

The Splatts Abbey Wood Conservation Group is very keen to get more committee members for the group to help it develop and continue its great work in the future. The woodland is beside the MoD and Cheswick Village.

The Splatts group can be contacted via : - splattsabw@gmail.com

The Sims Hill Community woodland sits around the Bristol Business Park opposite the UWE. The Sims Hill Woodland Committee can be contacted at: - simshillcw@gmail.com



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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

Local Art Group's Latest Competition Inspired by Aviation Heritage

Ahead of the highly anticipated new museum opening in late summer, Aerospace Bristol has selected a trio of high-flying artists as the winners of a competition inspired by Filton's aviation heritage.

We have often shared the artwork of The Stokes Art Group (SAG) in previous issues of both Bradley Stoke Matters and Little Stoke Gifford Matters and the group is close to our hearts having been initiated by local resident Susan Hartry with the help of articles in our local community magazines back in 2011. Matters was pleased to be invited along to meet the group and judge it's very first competition in spring 2012 and also to be invited back in November 2016 to judge the five year anniversary project too, both entitled "Where We Live". For more information on the group and to look at past projects, their website is <http://stokesart0.wixsite.com/stokes-art-group>

As well as taking pride in their art, the group are extremely proud of the link that many of their members share with the local aerospace industry and were keen to celebrate Concorde's arrival into her new home at Aerospace Bristol. Aerospace Bristol was therefore asked to judge the group's latest competition themed around Filton's aviation heritage.

Reflecting the story that will be told in the Aerospace Bristol exhibition later this summer, the group produced a collection of 18 artworks depicting aircraft spanning more than a century of fascinating aviation history; from Boxkite biplanes to Concorde and on to the modern day.

After careful deliberation, the three winners chosen by Aerospace Bristol were:

Winner: Concorde 2017 Home from Home, by Susan Hartry (watercolour)

Runner-up: We Love Concorde, by Sue Kelly (watercolour)

3rd place: Concorde Assembly Line, by Sara Smith (mixed media)

Working with local people and groups like Stokes Art Group, Aerospace Bristol aims to conserve Bristol's aerospace heritage and celebrate the world class achievements of our aerospace industry. To play your part in keeping Concorde's memory alive, visit aerospacebristol.org/donate and give a gift that will help to inspire the next generation of engineer.



Susan Hartry (right) holds her winning watercolour, which depicts Concorde arriving in her new home at Aerospace Bristol. Stokes Art Group Member Sue Jones (left) shows off the 2nd and 3rd placed artworks (all shown below).



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WE ♥ STOKE GIFFORD NO BUS LANE HATCHET ROAD

South Gloucestershire Council has approved the installation of a bus lane on Hatchet Road in Stoke Gifford with the aim of speeding up the MetroBus link between Cribbs Causeway and Parkway Station. This is for the benefit of residents of the housing that is being built on Filton Airfield. It will cost £2.2million and a computer model estimates that it will save 29 seconds off the journey time.

Stoke Gifford Parish Council and residents have strongly objected to this. Why?

- Hatchet Road will need to be widened by taking land from both sides of the road. The mature trees and hedgerows lining the road, providing vital habitat for wildlife, and helping to keep our air clean, will be bulldozed and possibly replaced by a 3 metre high barrier;
- The proposed bus lane will end at the roundabout by Ratcliffe Drive/Sandringham Road, whereupon the MetroBus will have to merge into the regular traffic flow to Parkway Station. As anyone who lives in Stoke Gifford knows, any time saved will be lost in the congestion on that stretch of road and it will also make it even more difficult for residents trying to exit from roads either side of the roundabout;
- There are already concerns about the levels of pollution and its risks to health. More congestion = more pollution;
- South Gloucestershire Council claims the cost will be £2.2million, but we all know how MetroBus costs have soared elsewhere in Bristol;
- There will be a massive impact on the ability of residents and commuters to move around during the lengthy building process - look at what has happened in Bradley Stoke and Stoke Lane! And ultimately the environment of Stoke Gifford will be changed forever.

THERE IS AN ALTERNATIVE: The Parish Council supports the option of installing lay-bys for buses. This would allow general traffic to keep moving, causing less pollution, less destruction of the local environment, and would cost £1.25 million LESS than the bus lane option. Sadly, South Gloucestershire Council persists in rejecting this option.

What YOU can do about this: A residents' action group has been formed. You can help by:

- Signing the online petition at <https://you.38degrees.org.uk/p/HatchetRoad>
- Join the action group by emailing brigstowe007@gmail.com
- Like and Follow the Facebook page **Hatchet Road 2016**
- Email our MP Jack Lopresti (as we went to print - may change after the election) at jack.lopresti.mp@parliament.uk or write to him at the House of Commons, London SW1A 0AA
- Email your objections to Matthew Riddle, leader of the South Gloucestershire Council at matthew.riddle@southglos.gov.uk
- Lobby new Metro Mayor, Tim Bowles who has just been elected as the first West of England combined authority mayor.
- Look out for details of local meetings where you can show your support, and make your neighbours aware of what's happening.

**Please get involved
and fight for our Village!**

Bradley Stoke & Little Stoke Gifford Matters was pleased to meet up with local resident Paul Tanner last month to talk about the proposed bus lane along Hatchet Road in Stoke Gifford.

Paul is a long-established Stoke Gifford resident having first moved to the village in 1979. He was a Governor at Filton High School / Abbeywood for some 27 years and a Director of the Olympus Academy Trust for 4 years.

Aided by two other local residents, Sue Bandcroft and James Buckingham, Paul has brought together an Action Group of local people intent on trying to save the Hatchet Road area in Stoke Gifford from being butchered to make way for the bus lane. On the opposite page is a leaflet with information put together by the group which details more about the proposed scheme and how you can help.

Despite objections from the Parish Council and local residents to date, South Gloucestershire Council are still planning to moved forward with the proposed plans. Paul told me, "I very much agree with your publication that 'Community Matters'. I also strongly believe that local politicians need to listen to the residents in their constituency and work for the local communities that they represent."

The Action Group was formed in March and the petition drawn up. Paul, Sue, James and other members of the fast-growing Action Group have been handing out leaflets, contacting local politicians, attending local and county council meetings, all to raise awareness of the local resistance to the proposed scheme. 2,500 signatures are needed on any petition to trigger a debate at full council meeting. This was met in early May and Paul subsequently represented the Action Group at a full South Gloucestershire council meeting on 17th May - his transcript is included below:

Thank you for the opportunity to present a petition on behalf of the Hatchet Road Action Group. You will recall that I was one of three people who addressed the Full Council at its March meeting. Since that time the Hatchet Road Action Group has been busy seeking support for our campaign for the Council to review and change the decision made last July by the Environment and Community Services Committee to put a bus



lane on part of Hatchet Road. This proposal is part of the Cribbs Patchway MetroBus Extension scheme. Our preferred option is to review the number of bus stops required between Bristol Parkway Station and Gipsy Patch Lane and install bus lay-bys in those places.

As you will have heard previously, this will provide a much more cost-effective solution for the area, it will be far less damaging to the environment, less disruptive for all traffic in the short-term and reflect and respect the feedback provided from the community.

The number of signatories submitted today totals 2,736. This number is increasing and I expect to have in excess of 3,000 supporters signed up by the end of the month. It is difficult to gauge at the moment what the number will be when I submit a final version.

We ask that the Council receive this petition and arrange for a thorough and objective review of this matter before discussion at a forthcoming Full Council meeting. We maintain that the evidence is overwhelmingly in favour of the bus lay-by option.

Paul Tanner, for and on behalf of the Hatchet Road Action Group

As we went to print towards the end of May the number of signatures had amounted to over 2,800 with the hope being to reach the next target of 3,000 by the start of June.

If you care about what happens to Hatchet Road and Stoke Gifford, please sign the petition <https://you.38degrees.org.uk/p/HatchetRoad> join in the action group, or just follow their progress on the facebook page "**Hatchet Road 2016**"

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 •
Nuttyness tribute band • Rides & Inflatables • School Sports Day Competition • 10k Race • Skate Park competition

Friday 9th June

The Picnic in the Park starts at 10.30am until 2pm 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 with displays from the pro's, street art demo and "have a go" sessions. Music is provided by local bands; Gecko Blasters, Uncle Buck, Dockside, Atlantic, S Glos Jazz band and the Madness tribute band, Nuttyness (above) alongside local dance groups, clubs and associations.



In celebration of their 25th anniversary this year, the Bradley Stoke Town Council are sponsoring 3 fun activities: a Total Wipeout, Bungee Run and Surf Simulator suitable for both children and the not so young! These will all be available to use free of charge although a donation bucket for the Mayor's charities will be available should you like to make a small entirely voluntary donation.

Fun rides for the children include trampolines, giant slides, football games, giant inflatables, a Helter Skelter and the Vertical Xtreme Climbing Wall alongside the local BS Scouts providing longbow archery and other activities.

New this year will be The Bazaar, a large marquee housing a range of different arts, crafts, clothes and gift ideas, alongside the 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 midday on the top field soccer pitches.



Sunday 11th June

A 10K multi terrain race organised by the Sole Sisters starts at 9.30am 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 10.30am 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.



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




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It was a delight to meet Carol Massey of JUSTYOU Holistics recently and to gain a better understanding of the services she offers.

As with anyone's first session, Carol took the time to discuss my lifestyle and day-to-day routines as well as asking for any medical conditions before commencing on my neck, back and shoulder massage. As an MTI qualified therapist, Carol has a broad knowledge of anatomy, physiology and pathology and, although she is not in a position to diagnose, she has a good understanding of how to work with a broad variety of clients. Awareness of any ongoing issues or medication is important in order for her to tailor the treatment, commenting *"it's so important to have a consultation prior to any treatment, as each treatment is then designed with just you in mind"*.

Carol went on to explain my treatment and gave an opportunity for me to ask any questions, ensuring that I was comfortable before she began. I felt very at ease; Carol portrays a calm and professional manner and was very easy to talk to.

Having spent most of her life working in the financial industry whilst also running a successful counselling and hypnotherapy practice, Carol told me *"I realised I was missing out on the hands-on part of the complementary therapy"*. She went on to train in Pranic Healing and has retrained in massage, reflexology and Tibetan head massage to enable her to offer a range of therapies to her clients. Carol really enjoys providing people with an holistic approach to healing their mind, body and spirit - *"I love what I*



do because it is a privilege to help so many people by using a variety of complementary holistic therapies. There is no 'one size fits all'; Everyone is unique".

It's clear from talking with her and hearing of experiences that Carol really does cater for individual needs. She has massaged through drapes, without oil, whilst clients are on their side and also sat in a chair for those who can't or don't want to lie down. Music, although often used to aid relaxation, is also optional - she has some clients who prefer silence and respects their wishes.

Carol was pleased to recently support the Walk For Glo, treating those at various points walking from Plymouth Argyle to Bristol Rovers in five days whilst raising money for the Gloria Brimson Foundation.

Based in the Concord Medical Centre, Carol has gained enquiries from GP's too. Fully insured and with an enhanced DBS check, Carol also works at the Avon Riding Centre for the disabled offering treatment to carers whilst their children are in lessons, as well as to some of the children themselves.

The aim of Carol's business is to provide a professional and reliable service, where client confidentiality and care are at the forefront. The services and packages she offers are competitively priced and can be adapted to suit her client's individual needs. A mobile service is also available, within a 30 mile radius, aiding those who prefer to relax in their own surroundings. For more information contact Carol on the above numbers, or check out her website.



MOT Shaves Minutes Off Runner's PB

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.

'Without Susie's input I don't think I would have got these results'.

**Paul Godwin,
Bradley Stoke runner**

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)



Making you feel better

Bradley Stoke Physio & Health - find us in Bradley Stoke Leisure Centre, BS32 9BS
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Sam waits to give you a warm welcome at Spirit Health Club

My name is Sam Ash, I am the new manager of Spirit Health club. I have always had a passion for health clubs, even from the age of 15 when I had to do a week's work experience in one. I loved every aspect of it, helping people become fitter, healthier, happier, and even building a community for people to make new friends. From that week onwards, I have been completely hooked.

Once I had finished school, I went straight into college to do a BTEC in Sports Science, before going onto the University of Exeter and Graduating with a BSc Honours in Exercise and Sports Science. Now, as the manager of Spirit Health Club, I am looking to share my knowledge with people just like you, no matter what your goals are.

If you would like to have a chat please feel free to come down to Spirit Health club for a coffee and we can organise your first free visit, or discuss any charitable events you might need assistance for.

I look forward to meeting you!



Fitness tip:

The best exercise for you is the exercise that you enjoy, there is something out there for everyone.

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Here at Filton Sports & Leisure we love swimming! We love to teach children to swim, and we teach lots of them. It's very rewarding for them to achieve this important life skill, but more than anything we want them to have great fun while they are learning.



We currently have vacancies in some of our swimming classes. We cater for all ages from young to old and all abilities. If you feel you would like for your little ones to learn, or if you would like some help with your stroke then please do not hesitate to get in touch with one of our swim team.

We look forward to hearing from you soon!

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**Stoke Gifford
&
Conygre Road
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New & Improved Services available at our surgeries

It looks like summer is finally on it's way, well it is as I write this! While you are hopefully planning your summer break or just enjoying the longer days, I thought you might be interested to know what goes on at the surgery alongside our regular weekly 620 face-to-face appointments, over 400 triage phone calls, approximately 2600 prescriptions issued, 100 referrals made on to secondary care, and our daily walk in minor injuries service!

We also host: Ante & Post natal clinics; baby check and immunisation clinics; Counselling; Diabetic Retinopathy; Abdominal Aortic Aneurysm screening; Hearing Service (via Scrivens). We have also developed a nurse lead women's and sexual health service. We train GPs and Nurses; contribute to research; develop staff through our apprenticeships programme, and run ongoing education sessions for clinical staff.

We work with local community partners to deliver a number of schemes designed to support our most vulnerable patients. These schemes include: **RSVP (Retired and Senior Volunteer Programme)**. We now have a small team of patients who have volunteered as wellbeing guides and visit our most lonely and isolated patients for a chat and a cup of tea. If you would like to become a volunteer, or would like to discuss this scheme in more detail, please contact Debbie.grant@gp-L81118.nhs.uk

CURO COMMUNITY CARE. We are pleased to have been selected to run a Community Prescribing Pilot. Working with Curo, a not for profit organisation, the aim is to create a team of local community volunteers that can signpost patients to local services and support networks. This service is working really well and we will shortly be setting up some clinics on site so that patients, of any age, can come to the surgery for help and advice with non health related matters such as housing, finance etc.

Age UK provide a very wide range of services for older people including:

- information and advice on a wide range of topics - from benefits and entitlements to care and support
- social activities, including day centres, lunch clubs and befriending services
- home help, including handyperson and gardening schemes
- IT classes and other training
- and many other services - from toe-nail clipping and energy efficiency advice, to dance and exercise classes

CARERS SUPPORT: Becoming a carer can feel isolating and it's often a struggle to get the information you need. When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.

Carers Support Centre is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, the surgery are working much more closely with this terrific organisation and are hoping to set up some 'surgeries' so that carers can meet with support staff both at Stoke Gifford and Conygre Road.

TOPICAL HEALTH ADVICE – HAYFEVER! Do you need to see your doctor? Most cases of hay fever can be treated using over the counter medication. Your local pharmacist can advise you on treatments for your or your children. You usually only need to see a GP if:

- * You can't control your symptoms with over the counter medications, or you have troublesome side effects caused by over the counter medication.
- * You are experiencing persistent complications of hay fever, such as worsening asthma or repeated episodes of sinusitis.
- * The pattern of your symptoms is unusual, such as occurring during the Winter or only at your workplace (if this is the case, it is likely to be another substance, other than pollen, that is responsible and further testing will be needed to confirm this).

Follow these simple steps to improve your symptoms:

HAY FEVER DOS

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash off pollen
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter

HAYFEVER DON'TS

- cut grass or walk on grass
- spend too much time outside
- keep fresh flowers in the house
- smoke or be around smoke - it makes your symptoms worse
- dry clothes outside - they can catch pollen
- let pets into the house if possible - they can carry pollen indoors

Molesworths of Frampton

The newly established Family Butchers at Church Road Frampton Cotterell has been bought by Peter Molesworth from Henleaze Bristol. Peter has a background in food and farming, over the last forty years with more recently taking on the prize winning butchers Palfreys of Newport and Molesworths of Henleaze.

The experiences and contacts made by Peter over this period will be used to develop the Frampton business. Nick Rapps who has worked with Peter over many years is managing the shop. Nick was runner up Young Butcher of the year 2007 and is a local family man.

The business is undergoing rebranding and new lines are being introduced to reflect local needs. In the coming months ready meals, vegetables and fish are being introduced.

The key aspects of the business are locally sourced free range produce, served by staff who can advise on cooking and preparation.

Specialities of the business are Salt Marsh lamb from the Gower, wild boar and venison from



Lydney Park, and game from nearby shoots. In addition there is free range pork and chickens from Newent. Mutton, local veal and goat are also popular.

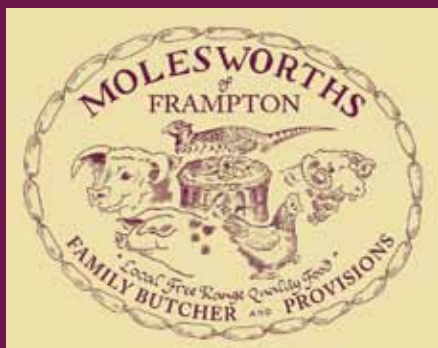
The business produces its own range of sausages and BBQ products all the year round, many gluten free. Pies, faggots and black pudding are produced at the sister branch in Newport.

Commenting Peter Molesworth said "I am extremely pleased with the response we have had so far from local residents and the warm welcome we have received. I am keen we provide families with a great, friendly service."



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Passion and Pride Rewarded at the Bishopston Fish Bar

Well worth a visit to Gloucester Road



*Cooked with passion
served with pride*



Bishopston Fish bar owner, Nick Lomvardos is overjoyed his Fish shop had been recognised with the prestigious National Federation of Fish Friers (NFFF) Fish & Chip Quality Award, for the fourth consecutive time. The award identifies fish and chip outlets that serve the highest quality food following a thorough assessment of the premises, equipment, working practices, hygiene standards and management controls, along with the quality and taste of cooked fish and chips. The Bishopston Fish Bar is the only chip shop in Bristol to hold the MSC certification of sustainable seafood.

As well as the Quality award, the Fish bar has been area winner for the South West of England (Avon, Wiltshire and Devon) for the past five years and in the Top 20 Best Fish and Chip shops 2017–2018!

Nick puts all the success down to his hard-working team – Anna, Bernadetta, Chris, Marta and Seyed, along with his continued investment into quality products. "I couldn't do it without my fantastic team; I would like to thank them all for their continued good work. The food is so well received due to the care we take preparing and cooking with the best vegetable oil, Maris Piper spuds and sustainably sourced cod and haddock."

Nick started his career in the Fish and Chip trade over thirty years ago, with his father and two brothers, at the Jolly Fryer on Filton Avenue. He made the decision to branch out on his own in September 2010 and by January 2011 he had won

his first award with the Bishopston Fish Bar. He enjoyed his time working in the family business but since choosing to start his own business, seven years ago, he has never looked back. His food is indeed, "Cooked with passion, served with pride."

Nick and his team look forward to welcoming new customers from further afield, Gloucester Road is only a short trip in the car or an ideal stop off when returning home from town. The award winning venue is well worth a visit, especially with free chips on offer this summer!

Reader Offer – FREE CHIPS!

To celebrate their recent award, Nick would like to give something back to their loyal customers and offer an incentive to anybody who has not yet sampled the delights of the Bishopston Fish Bar. Simply cut out the coupon below and receive a FREE portion of chips with any piece of fish bought.

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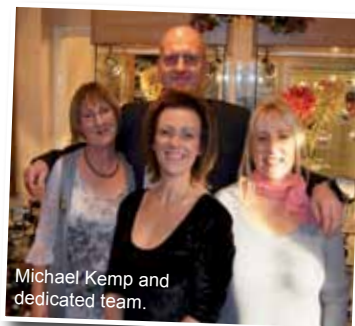


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Reader Recommendation "Dawn has worked miracles with my pain"

It was wonderful to be contacted by Matters Magazine reader Julie, who couldn't wait to share how brilliant she has found the treatment she receives from local Osteomyologist Dawn Clode.

Julie explained how she was inspired after reading an article in our magazine where Dawn spoke of her own personal battle with back pain and how Osteomyology had conquered this.

"I have suffered with chronic back pain for the past ten years after an injury I sustained during pregnancy. Dawn wrote with such empathy about pain that I had to get in touch".

Julie told me that for years she had been making expensive trips to a chiropractor that would initially release the pain but sadly it was back with a vengeance in just a day or two. She was overjoyed to find that the release from pain that Dawn can achieve, lasts!

Julie told me she was extremely sceptical about Osteomyology working for her, *"Even as I went along for my first appointment I was thinking 'this will never work'; I am delighted to have been proved wrong, as are my husband and children - we are all benefitting from my new found energy."*

Julie feels Dawn is excellent value for money with standard sessions at £50 for an hour, £25 for half an hour.

The severity of Julie's pain was such that she had been unable to work. Fantastically that has now changed. After the first couple of treatments she felt able to tackle an application form. *"I had been living under a cloud, once my physical health improved I felt so much better mentally too".*

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

Julie explained that Dawn takes a completely holistic approach that will sooth both your physical and mental pain. *"Dawn has been amazing for me, I cannot believe my luck. The sessions have been tough at times with deep tissue massage but*

totally worth it. If you want to get well visit Dawn."

From a personal perspective, I can also add my own recommendation for Dawn. I too am a long-term sufferer of chronic back pain and started seeing Dawn 6 months ago when she started advertising with us in the Bradley Stoke & Little Stoke Gifford Matters, having moved her base from Bishopston to her home in Little Stoke. Dawn has eased my lower back pain considerably. After just a couple of sessions with Dawn, I was walking the dog in Little Stoke Park straight from my appointment and suddenly realised I was walking with no pain at all, which was the first time in a long time - it was a revelation!

Why not see if Dawn can help you?

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Dawn with her Osteomyologist of the Year award

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Local Anorexia Survivor Launches Major Fundraising Campaign

A young woman, from Bradley Stoke, who suffered from anorexia, depression and body dysmorphic disorder from the age of 12 has launched a major fundraising campaign to help other sufferers of the illness.

Sophie Mitchell, who is now 20, wants to raise awareness and money for BEAT, one of the UK's leading eating disorder charities. Having spent nearly 6 months in hospital during her illness and only recently returning to a healthy weight, Sophie knows the devastating effects eating disorders can have on sufferers and their families. Having years of her life disrupted by the condition and suffering severe mental and physical deterioration, Sophie is now transforming her life. According to Sophie this is, in large part, thanks to Joanna Nowak, a personal trainer at Bradley Stoke Active Lifestyle Centre where Sophie has been a member for many years.

Sophie says "Although my battle is far from over, I am finally feeling like myself again thanks to the support from Joanna, she is so much more than a personal trainer – offering me emotional support and being someone I can talk to as well as helping with my programme of dietary advice and exercise. I am lucky that I have access to the Leisure Centre where the staff are always willing to give me advice about nutrition and exercise and I want to raise money to be able to help others to access the same support".

As part of her fundraising campaign, Sophie undertook a sponsored 2km swim at Bradley Stoke Active Lifestyle centre last month, something she says would not have been possible until recently. "It's amazing to think that I am pursuing this challenge. It doesn't seem long ago that I

was diagnosed with osteopenia (the stage before osteoporosis) but now I'm eating, training and getting stronger every day both physically and mentally and I am able to wear a swimming costume for the first time in years".

Joanna commented: "I'm really proud of everything Sophie has achieved. She has made such progress and is now completely focussed on helping others who are going through a similar experience. She is a real inspiration."

Sophie has been a member of the Active Lifestyle Centre in Bradley Stoke for many years and staff have been able to assist her in a number of ways through her illness. Providing not only exercise and dietary advice but also a support network.

Sophie will be undertaking a number of fundraising events throughout the year, including quiz nights, bake sales, karaoke nights and participation in the Bradley Stoke 10k Run this month, in addition to her 2k swim.

To help her reach her fundraising target, visit her just giving page:

<https://www.justgiving.com/fundraising/Sophie-Mitchell11>



Bradley Stoke Carnival

by Andy Ward

Things are beginning to come together really well for this year's Bradley Stoke Community Carnival. The aim of the carnival has always been to bring the community together for a great day of family entertainment that doesn't have to cost the earth. A new feature this year is the community zone which will feature 3 giant inflatables: a Total Wipeout, Gladiator Sticks and a giant 60 foot assault course suitable for both children and the not so young! These will all be available to use free of charge although a donation bucket for the Mayor's charities will be available should you like to make a small, entirely voluntary, donation.

Punch and Judy shows will run at intervals throughout the afternoon as they have previously been very popular amongst all age groups, including the adults!

The live music line up is also family friendly and will hopefully please all age groups, with some great tribute acts including Neil Diamond, Robbie Williams and Elvis, as well as local performers including the winner of last year's Bradley Stoke Has Talent competition. Also taking place in front of the stage area will be an amazing fire show featuring a three person professional team of fire breathers performing an awesome routine, as well as a performance from the City of Bristol Pipes and Drums (once they have arrived at the Jubilee field at the head of this year's silver themed parade).

The walking parade from the Brook Way Activity Centre along Brook Way to the Jubilee field is open to all to join in and, as previously mentioned, is silver themed to help celebrate the 25th anniversary of the formation of Bradley Stoke Town Council who kindly support the Carnival through their community grant funding programme. Any one wishing to join in the parade can download a registration form from the Bradley Stoke Carnival Facebook page or via email bradleystokecarnival@gmail.com. Prizes will be awarded to the best dressed group or individual in both adult and child categories.

Pitches are available on the Carnival field for community groups and charities free of charge and for a small charge selected non-catering commercial stalls are welcome to join us on the day (we welcome artisan type food). Registration forms can be download as detailed above.

So grab a picnic bring a chair or a blanket and make a day of it at the 2017 Bradley Stoke Carnival on Saturday the 26th of August, see you there!



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Monday - Southmead

Southmead Community Centre
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Tel Nicola: 07873 818193

Tuesday - Bradley Stoke

Wheatfield Primary School,
7.30pm
Tel LJ: 07880 501200

Tuesday - Filton

St. Andrews Methodist Church -
9.30am, 11.30am & 7.30pm
Tel Ruth: 07515 422522

Tuesday - Henleaze

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

Tuesday - Winterbourne

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

Wednesday - Little Stoke

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

Wednesday - Patchway

Callicroft Primary School
5.30pm & 7.30pm
Tel: Amber: 07500 113000

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

Thursday - Stoke Gifford

St Michael's School
5.30pm & 7.30pm
Tel: Amber: 07500 113000

Friday - Bradley Stoke

Holy Trinity Church
9.30am & 11.30am
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Saturday - Bradley Stoke

Wheatfield Primary School.
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Silver award makes Dawn a shining example!

A weight-loss expert has been awarded a sparkling silver award for the exceptional work she does in helping more than 100 people in the area to lose weight every week.

Dawn, who runs the Bradley Stoke Saturday group has been given the 'Silver' status by the national slimming club because of her success in supporting local slimmer's to reach their dream weight, improve their health and change their lives. The accolade is awarded to Slimming World Consultants who have 100 members or more in their group come back week after week because they're losing weight beautifully and wouldn't miss their weekly group for anything. It's the first time Dawn has received the award since becoming a Consultant in July 2016.

She says: "I am delighted to have received the 'Silver' award for the Bradley Stoke Saturday group. I feel passionately about helping people to transform their lives by losing weight in the same way that I did when I lost 3 1/2 stone in just 18 weeks with Slimming World at the beginning of 2016. Losing weight made me feel happier and healthier and gave me so much more confidence. I became a Consultant because I wanted to share that feeling and help other people to achieve the same success I had myself. Seeing the members in my groups – mums, dads, grandmas and young people too – reach their target weight is so rewarding and receiving this award is just the icing on the cake.

"This award belongs to the Bradley Stoke Saturday group, they're the ones who make our group the success that it is, with their fabulous commitment, the wonderful support they give each other every week, and, obviously, their impressive weight losses while following Slimming World's Food Optimising eating plan.

"The Bradley Stoke Saturday group has really put healthy weight loss on the map. Obesity is at record levels everywhere many people are suffering a range of weight-related health problems from diabetes to heart problems and feelings of low self-worth that impact on their working and personal lives every day. It's never been more important that overweight people get the support to make changes to lead healthier lives – both for themselves and the future generations."

If Dawn continues her success for a number of months, she'll swap her Silver award for a Gold standard. She says: "I'm over the moon to have become a Silver Consultant and now I'm going for Gold, although I feel like I've already struck gold – I have a healthy figure, a fabulous job that I love and great friends in the members. I'm very lucky and I truly believe I have the best job in the world."

To join the Bradley Stoke Saturday group, which is held every Saturday at 9.00am & 11.00am at Wheatfield Primary School, Wheatfield Drive, Bradley Stoke, either pop along or give Dawn a call on 07905 852413.



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BAILEY'S COURT PRIMARY SCHOOL



Say NO to Bullying at Stoke Lodge Primary

Mrs Bruford, Anti Bullying Coordinator at Stoke Lodge Primary School is delighted to confirm that, for the second year in a row, Stoke Lodge Primary have been awarded the BIG Award for Excellence in Challenging Bullying. Stoke Lodge Primary School is one of only a handful of primary schools in the South west of the country to have achieved this award.

It is an award that has strict criteria to meet and is recognised by Childline, Ceop, Anti Bullying Alliance, Anti Bullying Works and Each Education. To obtain this award Stoke Lodge had to provide proof of what they do as a school to minimise bullying and what they do when it occurs.

The staff at Stoke Lodge work hard to ensure that all children are happy and safe and their anti-bullying work includes; Random Acts of Kindness Awards; Playtime Buddies in their KS2 playground at lunchtimes - These children volunteer for one lunch break a week to look after other children and make sure everyone has someone to play with; School Council; regular anti bullying input in PSHE lessons and assemblies; visitors from the police and other organisations who talk to the children about bullying, cyberbullying and online safety including their digital footprint. We also have peer nominations, dress down days in support of national anti bullying and internet safety days, poster competitions and each year a competition to design a flag in support of Anti Bullying month.

Stoke Lodge also has a dedicated area in their main corridor with display boards for anti bullying and cyberbullying. It has lots of information that the children can access as well as a 'red help' box. This is used for any children that wish to report bullying or let us know confidentially that they are being bullied.

'Stoke Lodge Primary School has a caring and inclusive ethos. They have a buddy scheme with the buddies keeping a log of any incidents requiring their attention, as well as helping to keep younger children safe and happy. Stoke Lodge have many different strategies to help ensure that their pupils play together and learn together in a safe and friendly environment. I am delighted that they have achieved the BIG Award for Excellence in Challenging Bullying for their second year'. Val McFarlane, Director, Bullying Intervention Group.

For information about the BIG Award please visit their website at www.bullyinginterventiongroup.co.uk



Riotous Residentials!

The month of March saw Holy Family pupils stretching their legs and visiting new horizons. Year Five spent a pleasant three days at Hooke Court at Wales. Hooke Court is based on the south-coast of Wales so pupils had the opportunity to spend long days on the beach, investigating rock-pools and identifying marine creatures. When they weren't beach-combing the shores, the children took part in a number of workshops linked with their classroom topic on the Victorians. All agreed it was a fabulous visit and they can't wait for another residential.

Year 6 pupils are still buzzing about their week-long stay at Morfa Bay Adventure, also in Wales. This was a brand new residential for Holy Family School and we are pleased to say that the pupils had the time of their lives.



had the best week of my life. I didn't want to go home."

Later this term our younger pupils will be having the opportunity to brave a night away from home. Children in Years 3 and 4 will be packing up their sleeping bags to take part in an overnight stay in school. They are looking forward to playing on the field, munching hot-dogs around the camp-fire, before snuggling down for a DVD and story before bed-time. Helen Grainger, Year Three teacher, commented, "Residential visits are so important for children in developing their independence and resilience. It's brilliant that the younger Holy Family children have the chance to try such a new experience."

Fantastic Friends Fun

The Friends of Holy Family Primary School have had a spectacular re-launch this year, with a jammed packed programme of events planned to involve our families. The new Friends committee kicked off in style with a rather unusual Bingo and Pig-Racing evening, which the children advertised by dressing up in pig costumes and handing out flyers in the playground.

Parents and children enthusiastically returned after school and it was soon 'eyes down' as the bingo began with the chance to win a number of scrumptious Easter eggs. However, the highlights of the evening were the three pig races. The crowd were jumping and shouting with



excitement as the six fluffy pigs trotted their way along the track. The roof of our school hall was raised by the cheers, as the winners celebrated their successes. Assistant Head, Caroline Carter, observed, "This has been the most well-attended social occasion in Holy Family history. A number have parents have requested that it become an annual event and the children absolutely loved it!"

Next on the agenda is a Family Quiz Night and Pizza evening. Teams will be pitting their wits against each other on a wide range of topics aimed at adults and children. There will also be the opportunity to win a spectacular prize by participating in the traditional raffle and to claim a tempting treat on the chocolate tombola stall.

Friday 23rd of June will also be a fun-packed evening as the school hosts the annual Holy Family Summer Fair. Come along to support the school and enjoy the barbecue, bouncy castle and many other stalls and games – there may even be chance to throw a soggy sponge at your favourite teacher!

Exams and Enjoyment

As we went to print on this edition, Year Six pupils were celebrating in spectacular style, as the end of their statutory assessment week had finally arrived. Along with every other 10 and 11 year old in the country, our Year Six class, The Ladybirds, have been working at a furious pace to prepare themselves for their SATs tests this week. However, at Holy Family we have been struck by the amazing attitudes displayed by our eldest pupils. Despite it being a very intense week, with some challenging tests, our children have shown nothing but the greatest resilience and have been incredibly supportive of their fellow classmates.

Each day of SATs week began with the exclusive Year Six breakfast club. The class poured in each morning, with great enthusiasm, and enjoyed a large breakfast of cereal, toast, yoghurts and juice. Best of all was the last exam day, when the teachers arrived earlier still, to prepare the most delicious bacon sandwiches as an extra special treat.

Now the tests are over the children get to enjoy the annual Year Six Play Day. The classroom



has been transformed, as for one day only the children take over. They can choose to play inside or out, with bikes and scooters littering the playground. In the classroom, music is playing as children share their favourite board games or give each other radical make-overs! All good fun as the class let their hair down.

However, the hard work is not yet over for Year Six. Monday will see new learning projects begin such as rehearsing for the end of year production, transforming the classroom into an afternoon tea-room for the parish and organising The Apprentice Project for our Summer Fair. The Year Six teaching team, Miss Lloyd, Mrs Scriven and Mrs Butler, couldn't be more proud of the class. Miss Lloyd reflected, *"They have given their all this year – well done The Ladybirds!"*

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Enjoying Practical Learning Experiences

One of our fundamental beliefs at St Michael's is that the best learning comes from high motivation. There is no better way to motivate children to learn than to give them stimulating and fun experiences. Our curriculum therefore revolves around 'wow' activities – each topic will have some kind of trip, or visitors, or other memorable experience. Here are a selection of some of our recent 'wow' moments.

Y3 Stone Age Day

In April, Y3 all had a taste of what it was like in the Stone Age. They dressed up (designing and making their own costumes and jewellery), then spent a day outside: building shelters; lighting fires with flints; preparing and cooking fish (then eating it of course!); making cave paintings using natural colours. The children thoroughly enjoyed their experiences (see below), and they learnt lots of new skills during the day. It also gave them a great incentive to write about the Stone Age when they were back in the classroom the following day!

It was so much fun going outside. I especially liked cooking the fish on the fire. We had to be careful to cook it just right, and it was delicious.

Y4 Viking experience



Year 4 were studying the Anglo-Saxons and Vikings, and at the end of Term 4 they were visited by a group of Vikings, who set up camp on the field for the day. The children were able to explore all sorts of Viking artefacts, including weapons, armour, games and cooking utensils. The undoubted highlight at the end of the day were



the duels that were staged for the children. We are very fortunate that one of our teachers belongs to a historical re-enactment society, and he was able to persuade a number of their members to come along for the day to share their knowledge and make learning come to life.

I really enjoyed learning more about the Vikings by being able to hold different things they used. The best part was showing how Vikings used to fight each other.

Other trips and visits

Year 1 have recently been to visit Tyntesfield House, which is an amazing National Trust property near Nailsea. They were able to go into parts of the house normally closed to the public and find out more about how children used to live in the past.

Reception children visited Court Farm at the beginning of May, and had a brilliant time there, learning more about animals and how farms work. Once again we were complimented on the children's excellent behaviour and thoughtful questions.

Year 2 will shortly be visiting Bristol Zoo as part of their 'animals' topic. As well as going round the zoo they will have workshops where they will be able to handle some of the smaller (and safer!) inhabitants of the zoo.

Year 5 and Year 6 have both been on camp to outdoor activity centres earlier in the year. More recently, Year 5 experienced the 'explorer dome',



where the night sky is projected onto the inside of a huge dome-like tent. This is part of their 'space' topic. Year 6 have just come back from the Bristol Lifeskills Centre, where they experience a whole range of scenarios connected with safety – such as how to make a 999 call; how to keep safe if there is a fire at home; and how to keep safe by railway lines.

These are just a few of the practical experiences on offer to children at St Michael's. To find out more about the curriculum we offer, please visit our website: www.stmichaelssg.co.uk



STOP PRESS!!!

We are very proud of our football team this year, which has won both the local league and the South Gloucestershire Large Schools' Cup. We offer a very wide range of sporting experiences catering for all abilities and have a large number of events scheduled for June and July, including swimming; tag rugby; football; cricket; netball and basketball.

We will also shortly be enjoying our whole-school production of the Lion King: more details next issue.

Our summer fair will be held on Saturday 1st July: all welcome!

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Update from the Olympus Academy Trust from Dave Baker, CEO

OAT received good news last month that we had been allocated funding for building improvements across Olympus Academy Trust school sites. Some of that work has started and more is planned over the coming weeks and through the summer holidays. In addition, Patchway Community College has finally been awarded money for roof and heating system replacements and refurbishment. They have been allocated over £4 million which includes funding from local developers to provide a floodlit AstroTurf facility and other sports facility improvements too. This is a long overdue investment in their school community and is very welcome.

Our trustees have now approved Patchway Community College to join Olympus at the start of the next school year. Once the general election is out of the way, the Department for Education will hopefully give us the go-ahead to proceed. We look forward to working with them to develop educational provision for Patchway students.

We have been providing support for Winterbourne International Academy (part of The Ridings' Federation of Academies) since January and, although the Department for Education has not yet made a decision about the long-term future, we are in the process of agreeing arrangements for continuing that support for 2017-18 in conjunction with Castle School Education Trust. One aspect of the support will be to align Winterbourne's post 16 provision, at least in part, with ours so that learners from Winterbourne, Abbeywood and Bradley Stoke schools will have access to a wider range of courses. With funding a significant challenge for all local secondary schools it is important that we pool our resources and expertise to deliver the best provision for young people.

Our financial challenges have not gone away but we are closer to resolving how we will manage the cuts in each school in the Trust now. We have managed some changes by not replacing staff as



they leave, by agreeing to changes in working hours and, in some cases, changes in roles that staff do. However, we have still needed to make some roles redundant which is a horrible process to go through and one we hope we do not have to repeat again. Whilst any redundancy is unwelcome we do not anticipate this to impact more than 1.5% of our total workforce. We will share details of staff changes in each school between now and the end of the school year.

We now face the uncertainty of not knowing the impact of a change of government on our funding but hope that public pressure will ensure better levels of funding for education. We are grateful for the support of a number of parent groups who have dedicated their time and resources to raising awareness on behalf of all schools affected.

It is hard to believe that Key Stage 2 SATs are already over, GCSEs have started and AS and A levels are also getting underway. I am sure you will join me in wishing the best of luck to all our students who are doing exams and assessments in this busy period.

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STOKE GIFFORD

PARISH COUNCIL



Little Stoke Community Hall Enhancements, Little Stoke Park

The building works are due to commence shortly and will take approximately 26 weeks to complete. The Council will keep both local residents and service users accessing the facilities updated on progress. However, during the construction period there is likely to be some disruption to the park and Council services.

The area of car park closest to the community hall will be designated for storage and vehicular plant access. The planning conditions stipulate the hours of work will be between 7.30am and 6pm Monday to Friday, with an option of Saturday mornings if required.

Any questions or concerns should be directed to the Parish Office.

Little Stoke Park Fun Fair

The Fun Fair now established at Little Stoke Park will be back on site and operational between Thursday 29th June to Sunday 2nd July 2017.



Tennis Courts

Now available for hire
at
Stoke Gifford Trust Ground
North Rd, BS34 8PE
Cost : £5 per hr

Booking Contact
Stoke Gifford Parish Council
Tel 01454 865202
Email clerk@stokegifford.org.uk

Parish Council Annual Meetings

Cllr Ernie Brown was re-elected as Parish Council Chairman at the Annual Meeting of the Parish Council held on Tuesday 16th May 2017 for the ensuing year.

Cllr Keith Cranney was also re-elected as Vice Chairman for the same period.

During the meeting Council approved a number of policies and procedures, along with the Annual Parish Council Accounts for the period ended 31st March 2017.

The Annual Public Meeting received presentations from the South Gloucestershire Citizens Advice Bureau (now operating in the local area), and from the Parish Clerk who gave an overview of the work of the Parish Council for the last 12 months, including information on planned projects for the coming year.

Parish Council Office Public Access Times

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

MONDAY : 9am – 12 noon & 2pm - 4pm
TUESDAY - FRIDAY : 9am – 12 noon

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



Free Summer Play Scheme 2017 Fours Town Play Association Funded by the Parish Council

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Monday 31st July – Friday 4th August:
Monday 7th August – Friday 11th August:
Monday 14th August – Friday 18th August:
Monday 21st August – Friday 25th August:

Morning Session: 10:30am–12:30pm

CHILDREN MUST BE COLLECTED FOR THE LUNCH PERIOD

Afternoon Session: 1:30pm–3:30pm

*£5,500 Grant Funding provided by
the Parish Council*



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SATURDAY 29 JULY
SATURDAY 26 AUGUST

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Please call 01454 865202 Email clerk@stokegifford.org.uk

Stoke Gifford Parish Council for further information

No booking of pitches required. In the event of bad weather the event will be cancelled – please check website www.stokegifford.org.uk Friday prior to the event.

*Sellers parking via Little Stoke Lane entrance

Fundraising for The Stokes (Youth and Community Centre)

**Curry & Quiz Night Friday 9th June at
BAWA, 589 Southmead Road, BS34 7RG.**

Join us for a fun and entertaining evening raising funds for our local youth club to purchase sports equipment for use at the club.

Doors open at 7pm and the Quiz starts at 8pm. There will be 6 rounds of 20 questions each and the Bar will stay open until 11.45pm. Tickets are £6 and can be purchased from the Parish Council office or from BAWA directly. Tickets can also be purchased at the door on the night (space allowing).

Everyone welcome!!

All enquiries to Stoke Gifford Parish Council on 01454 865202.

STOKE GIFFORD PARISH COUNCIL MEETING DATES 2017

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

FULL COUNCIL

Tuesday 11th July 2017
Tuesday 12th September 2017
Tuesday 10th October 2017
Tuesday 14th November 2017

FINANCE & GENERAL PURPOSE

Tuesday 13th June 2017
Tuesday 12th December 2017

RECREATION & LEISURE

Tuesday 18th July 2017
Tuesday 17th October 2017

PLANNING AND TRANSPORTATION COMMITTEE

Tuesday 27th June 2017
Tuesday 25th July 2017
Tuesday 26th September 2017
Tuesday 24th October 2017
Tuesday 28th November 2017

YOUTH COMMITTEE

Thursday 27th July 2017 (9.30am)
Thursday 26th October 2017 (9.30am)

Stoke Gifford Parish Council, The Community Hall, Little Stoke Park,
Little Stoke Lane, Little Stoke, BS34 6HR Tel: 01454 865202

Local Gymnasts Head to USA

A group of 8 gymnasts, aged 8-15, from Fromeside Gymnasts Club in Winterbourne, are off to Florida next February to compete in the Magical Classic Competition in Orlando. This is an international competition and a chance in a lifetime for these elite gymnasts.

'These are dedicated young gymnasts who give all their spare time to their chosen sport. Not only do they attend full-time education, they dedicate no less than 20 hours per week to enhance their gymnastics skills during their training.'

Coaches Kim and Rachel are extremely proud of their commitment and hard work and are looking forward to accompanying them to this dream competition in Florida.

It will cost in excess of £12,000 to get there so they are pulling out all the stops to raise money with various activities from running a competition, raffles, hampers and bag packing, to selling items such as necklaces and even manure!

Please support the girls by donating to their cause at:

https://www.justgiving.com/crowdfunding/rachel-cozens?utm_id=106&utm_term=mzWr3Vvk5R

Any donation is welcome to help them achieve their dreams!!





Fromeside Gymnastics Club

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- ★ Pre School classes for walking age up to 4 years – mornings and early afternoons Monday to Friday.
- ★ Recreational classes for school age children, 4 – 17 years – weekday evenings and Saturday morning.
- ★ Men and Women's competitive artistic gymnastic squads.
- ★ Over 50s fitness group, 10–11am ★ School holiday programs

For full timetables please check www.fromesidegym.co.uk
 Contact us – T: 01454 7768 E: office@fromesidegym.co.uk
 Watleys End Road, Winterbourne, BS36 1PW

Meadowbrook Primary School enjoy new play equipment



Pupils at Meadowbrook Primary are enjoying a new set of play equipment, opened officially by Headteacher, Jon Barr, and CEO of the Olympus Trust, Dave Baker. Once the formal ribbon-cutting ceremony was complete the children were immediately exploring the play structure!

Meadowbrook enjoys some of the largest school grounds in the local area, and has been keen to develop the outdoor space further for several years. With the help of the Friends of School and a little input from the schools budget pupils are now benefitting from the enhanced play space.

"The new play equipment has clearly had a positive impact on the quality of outdoor play for all our pupils. Children return to the classroom refreshed and ready to focus on their learning after a playtime that has offered a creative

physical challenge and a more varied outdoor space.

We are so grateful to everyone who has supported our Friends of School, either by leading events or taking part in them." Jon Barr, Headteacher



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Little Stoke Primary School Proud to Achieve the Leading Parent Partnership Award!

Report by Anne Sargent, Deputy Head and LPPA Coordinator

The LPPA – Leading parent Partnership Award – is a national accredited award which aims to support schools in enhancing and strengthening their links with parents.

Achieving the LPPA award is the culmination of 18 months of hard work by the whole school community at Little Stoke: Parents, children, staff and governors. Everyone has contributed to the process of reflecting on, developing, and increasing the ways we link with parents and the impact this has on children's learning. We are very proud that this respected organisation has recognised our progress and achievements. Below are some of the key areas we have developed over this period.

Welcoming School

With the invaluable support of our Parent Contact Group we have changed the reception area to ensure parents feel comfortable and welcome when arriving in school. Signage has been developed and displays around school improved. We have made sure we celebrate and inform parents regularly and that parents have a sense of Little Stoke being 'their' school.

Learning Opportunities

Over the last two years we have developed and increased the opportunities offered to parents to find out about how children learn and how to offer the best support at home. We have run information and training sessions and also increased opportunities for parents to get involved with children's Learning through parent and child learning events linked to our curriculum themes.

This year an enormous number of Parents and Grandparents have come along to sessions building volcanoes, giant Picasso paintings, designing and building alien buggies, building giant skeletons and underwater dioramas.

Nearly all our parents attend parent evenings and the welcoming atmosphere in school means that parents feel comfortable coming into school and talking to staff.

Improved Communication and Consultation

We have completely changed the ways we communicate with parents ensuring that twice



monthly newsletters, regular texts and emails keep parents fully informed of dates, events and school initiatives. We have redesigned and relaunched our website with help from our Parent Contact Group. We are also about to launch our new Online Learning Platform which will provide information and learning opportunities for all. Through questionnaires, feedback after events and an open dialogue with parents we have made sure we have regular and effective consultation with parents and then act on many of their views and opinions. This help us to ensure that our school works for the benefit of everyone and that parents feel they are listened to and valued.

A Community of Learning

Little Stoke Primary has transformed over the last two years into a genuine learning community. We continue to be excited by the number of parents who are keen to get involved in school in different ways, sharing their time, skills and experiences with us. Staff love chatting to parents in the mornings or after school and are struck by the high quality of communication and collaboration which is so evident. This is, of course, an evolving, ever-developing drive and at Little Stoke we continue to find the best ways to ensure that parents feel involved and informed




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For more details or to come and have a look around please e-mail: oic@thornburyseacadets.co.uk or have a look at our Facebook page - search for Sea Cadets Thornbury. Website: <http://www.sea-cadets.org/thornbury/>



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Bradley Stoke Lions

Bristol Brunel and daughter club Bradley Stoke Lions celebrated 100 years of service to the community, at a Masked Ball held in the Aztec Hotel on 20th May.

Lions from clubs all over joined in the celebrations - the food was excellent, the wine was flowing, the Blues Band was very popular and everyone had a wonderful evening.

The BS Lions will be back this year at the BS Festival on 10th June with the famous Flying Frog Game. Come along and have some fun!!

We are always on the lookout for new members or even to meet those who would like to become a friend of Lions without full commitment. Remember, if you are interested in finding out more about the Lions, speak to us at the Festival or come to a meeting at the Doubletree Hilton Hotel, Woodlands Lane, on 2nd Wednesday of the month, 7.30pm start. Or, contact President Robin on 07712 046644.



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The Benefits of Trademark Protection

Grant McCall of AMD Solicitors considers the benefits of Trademark Protection.

For all growth businesses, including start ups, protecting a business name or logo should not be overlooked. The owner of a registered trademark will have a monopoly right to use their trademark in their chosen class of goods or services. The owner will also have the tools to prevent competitors infringing their trademark and benefitting from their hard earned reputation.



Asset Protection

By registering a business name or logo the owner is able to put third parties on notice that they own a registered trademark. The owner of a UK trademark has the right to take action against third party competitors that attempt to register a confusingly similar trademark or are using a similar mark in connection with their business. This preventative tool minimises the risk of a third party diluting a brand.

A further consideration is image. Owners of registered trademarks can apply the ® symbol to their registered trademark. The proof of registration may be a marketing tool to add professionalism for a target audience.

Avoiding Trademark Infringement

If a business commences marketing and promoting their brand in breach of a third party's registered trademark it is likely to lead to costly and time consuming problems. Such problems could derail the product or service development before it gets off the ground. In the worst case scenario, the infringing business could be subject to injunction proceedings, made to completely rebrand their business name or logo, deliver up offending products and pay damages or account of profits.

The Registration Process

Businesses considering trademark protection should conduct a search of the trademark registries to ensure that the mark applied for is not too similar to existing registered trademarks. An application that is too similar to an existing trademark may be contested by a registered trademark owner.

For advice on trademarks and other commercial issues Grant can be contacted by email at

GrantMcCall@amdsolicitors.com

or by calling 0117 973989 to speak to

Grant or one of AMD's team of specialist Commercial solicitors based at our office at 139 Whiteladies Road, Clifton, Bristol, BS8 2PL

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New Lead Coach at Aretians RFC

After confirming their promotion back to Gloucester 2, Aretians Rugby Club, based in Little Stoke, have moved quickly to bring in a new, promising Lead coach for next season.

Chairman Steve Hayward told us "Elliot Bowler brings a high level of experience from national level rugby with Cleve Rfc, and will bring a fresh approach to be able to move Aretians on and get them playing a great brand of modern rugby. He will be assisted by former Bristol Rfc, and club stalwart Alan Burchell who will be backs coach.

Aretians now offer 1st season free membership, an in-house Physio, discounted gym membership to our neighbours Riverside Leisure, and very good numbers at training. All players looking for a new challenge at a friendly, family club please feel free to contact us."

Elliot commented "I'm immensely excited and honoured to be taking up my first "lead coach" role at Aretians rfc. The club has put great foundations in place with a junior section, a ladies team with a big squad, plans for a new club house as well as managing to keep and build on the great values of a club for the whole family/community.

"I'm going to be bringing a fresh modern approach to the men's rugby as well as keeping it inclusive and enjoyable for all. I'm so excited at what the future holds here with the current crop of players and great numbers at training they currently have.

"I have the backing of the committee to bring in my new ideas and if we all pull together this could definitely spell exciting times for the club.



"I look forward to seeing all players old and new at our pre season meeting on the 17th of June and again at the start of pre season first week of July. Again I'm honoured and excited for this opportunity and look forward to creating an environment where we can all learn, improve and grow as a club. Up the As!"



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New Coach for Aretians Ladies RFC

Aretians Ladies Rfc are extremely pleased to have secured the services of Rez Aminnia as lead coach from next season. Rez has vast knowledge of the Ladies game, previously working with Hartpury Ladies and Cheltenham Tiger Ladies.

Rez said: "I'm very much looking forward to working with Aretians rfc and building on the great work which Steve Hayward has already put in place for us. Our focus, over the next five years, will be on the continued sustainable growth and development of the Women and Girls section with the emphasis being on having fun and continued development of the core skills needed to become a good rugby player."

Chairman Steve Hayward said: "Rez is a great appointment. With his knowledge he will be integral to building a strong Women and Girls section at Aretians Rfc.

Women's rugby is the fastest growing team sport in the UK and Aretians want to be a big part of this growing section of the sport.

We are an inclusive, family focused, community club that is rapidly expanding. Rez will help drive our expansion. We will be continuing with touch rugby and fun rugby fitness on Monday and Wednesday evenings 7-8.30 throughout the summer. You can contact us at www.aretiansrfc.co.uk or find us on Facebook and Twitter."



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Bradley Stoke Ladies Football Team – Come and Join in the Fun!

Bradley Stoke Ladies Football Club is geared towards players who want to further their development and improve their skills within a friendly and positive team environment. Enthusiastic individuals who have never played the game before, want to make friends and learn a new skill are also very welcome.

Players must be over 16 years old to play in League matches and there is no upper age limit! Our current players range between 16 to 50+ so you are never too old to get those boots back on!

If you are approaching your 16th birthday we will be happy to welcome you to training, and you can sign up to the League on your 16th birthday.

The team was only established in 2015, and we have finished a respectable 4th and 5th position in the Gloucestershire County Womens Football League Div 2 during our first two seasons lead by our Manager Martin Lee, and his coaching team.

If you are a budding Striker come along and meet our top scorers Stevie, Charlotte and Cat who between them netted an impressive 18 goals or, if you prefer to strategise and battle it out in Midfield and Defence you would be in the good company of Lauren, Sophie and Harriette and lead by our gutsy Team Captain, Louise; but, for those who are truly fearless, keep a cool head and have steady hands you would be a welcome addition in goal to our heroic Goalkeeper, Becky.

We are an 11-a-side team, we play in a friendly and competitive League and are happy with our performances across the first two seasons. We are now seeking extra players for a promotion push!

All coaches are FA Level 2 qualified and members of the FA Licensed Coaches Association, additionally the League we play in is of FA Chartered Status. Training is every Tuesday 6pm – 7:30pm on the grass at the Bradley Stoke Community School.

If interested please visit our website at: bradleystokeladies.wixsite.com/bslfc or contact Martin at mlee1@btopenworld.com You can also follow us on Facebook, Twitter and Instagram



Bradley Stoke Youth FC – Girls Football

The Bristol Girls League season 2016-2017 finished in May and the BSYFC Girl teams put in some strong performances for the season across the different divisions.

The BSYFC U13s who had only lost one match all season, on the last day were tied at the top of the table with Whitchurch Sports and therefore had to play a title decider one off match. The match was a very tight game with BSYFC just going down 2-1 to finish runners up in the League. The club is very proud of the girls who performed so well all season and always played with a smile on their faces. Big thanks to the Management Team of Jamie Kerton, Steve Kerton and Dan Kerton for the hard work which is now paying off.

The BSYFC U14s had a strong finish to the season winning their last 4 games to push them up into 5th position overall in a strong division under the guidance of the Management Team of James Eveleigh and Mark Butt.

The BSYFC U15s performed so well in a very strong division and on the last match of the season were just overtaken to finish in 5th position under the guidance of the Management Team of Martin Lee, Ross Lee and Matt Smith.

BSYFC also have U9 and U11 teams who have been playing friendly matches during the season and will be looking to join the League next season. These squads are under the guidance of Lee Lawson and his coaching team.

BSYFC girls squads starts at School Year 2 age group and upwards.

BSYFC Girls are linked with Bradley Stoke Ladies FC to ensure all the girls have a pathway to adult female football when they are 16 years old.

BSYFC and Bradley Stoke Ladies FC have the status of FA Chartered Standard Community Club and if any girls or ladies are interested in female football please contact Martin at mlee1@btopenworld.com

The annual BSYFC Football Festival will take place at the Jubilee Centre on June 10th with 140 school Year 1 children from 14 different schools taking part. There will also be a School Year 2 football round robin competition taking place. If any Reception, Year 1 or Year 2 children are interested in joining the club please pop along for a chat on the day or email martin.lee@btopenworld.com.



*photos top to bottom:
U13s Title Decider Match; U15s; U14s*

Bradley Stoke Youth FC have been nominated and are in the top 2 for the following categories at the FA Community Awards on June 19th:

1. BSYFC – Charter Standard Community Club of the Year
2. BSYFC – Inclusion Project of the Year
3. Martin Lee – People's Choice: Outstanding Contribution to Community Football

Winners to be announced on the night.



Walk of Dreams for Many Tears

We were recently contacted by Coalpit Heath resident, Caroline Stiddard Bennett, with a request that we help support the animal charity Many Tears, that she is so passionate about.

Many Tears is self funded rescue centre for dogs, that relies entirely on the generosity of the public to donate. It is run by Sylvia and Bill Van Atta at their home in Carmarthen.

In 2006 Caroline's older daughter answered a plea for volunteers from Many Tears Facebook page and went over to help walk the dogs and generally give them some fuss and love. When she came home and described how sad some of them were, Caroline decided to go to the rescue and give some much needed help too. Many of the dogs were ex-breeding bitches and some even with puppies. Caroline was hooked and took to one dog in particular, a Westie called Alice. She told us the poor little dog was so scared she just sat in a basket and shook. Caroline enquired about fostering Alice and so the story began.

After going through the paperwork for fostering, Caroline took Alice home and their friendship blossomed, Alice soon learnt how to be a happy playful dog enjoying life but Caroline couldn't get the other sad dogs out of her mind and so decided to become a fundraiser for Many Tears. She regularly collects old towels blankets food and treats from local people and businesses. A local beautician recently donated all their towels, as they were renewing them. Caroline visits Many Tears once a month with her sister Nicky, to take car loads of beds blankets towels and food. This year Caroline and the Bristol MT buddies organised a table top sale in Henfield Hall and raised over £900! Many Tears founder Sylvia has become increasingly worried about what will happen to the rescue centre when her and husband die or have to retire, as things currently stand, this would mean the end for the Many Tears. To raise funds needed to safeguard its future, Sylvia recently embarked on an epic 280 mile trek from London to Wales. The journey, undertaken with a tent on her back and 5 rescue dogs as companions, saw her walk around 20 miles a day.

On 16 May, her journey brought her to Bristol and local resident Caroline, with her four year old grandson Noah, were pleased to join Sylvia, with fellow supporters for part of the Bristol Walk. Matters Magazines enjoyed the walk too and



Caroline and Noah meet up with Many Tears founder Sylvia for part of her epic walk

capturing some images from the day. Noah's total for his walk of Dreams with Sylvia has topped over £550, which is a fantastic achievement.

Since adopting her first rescue dogs Alice and Poppy, Caroline has gone on to home Daisy Floe and Mr Pippy. She sadly lost Alice in 2015 but sighs her motivation for her fundraising – as the image of Alice on her first visit, and how she was able to live out her days a happy much loved dog. Caroline promotes the rescue centre as much as she can, in the hope that people will be inspired to rescue rather than purchase. She intends to continue to fund raise and if anyone has anything to donate (towels blankets, pillows, old duvets etc) they can take items to The Viaduct Nursery on Badminton Road in Coalpit Heath, where they will happily store things for Caroline. All donations are greatly appreciated.

If you would like to donate to Many Tears please visit www.manytearsrescue.org



Events at Winterbourne Medieval Barn



Medieval Fayre

What better place to hold a Medieval Fayre than at a medieval barn! Come along on Sunday 11 June from 11am to 4pm, when living history group the Company of Chivalry presents a full day of re-enactments of life in a medieval encampment with cooking, crafts, battles, demonstrations and talks. The medieval canon will be fired at 12 noon! There are lots of special activities for children, including "Squire School", firing the trebuchet, and a treasure hunt. There is also live music from Bygonz and The Barrelsrapers, plus excellent hot and cold food and drink available. A great day out for all ages at just £3 per adult (children under 16 free).

Tom Harrison Trumpet Performance –

On Sunday 25 June at 2.30pm, trumpet-player and singer Tom Harrison returns to his home area with talented friends Sophie Creaner and Essa Flett, to give a midsummer concert entitled A Story of Early Music. The performance is part recital, part talk, and the trio will tell a story of how music and musical instruments have changed (or not) from medieval times through to modern day. All three musicians were classically-trained at the Guildhall School of Music and Drama in London, and are specialists in early music as well as folk, jazz, musical theatre, and more. They will present an entertaining and light-hearted journey through music, which should be fun for all ages whether or not you already know anything about early music, period instruments, or folk music. Drinks will be available to purchase beforehand and during the interval, and parking is free. Visitors are welcome to picnic in the grounds beforehand - the gates will open at 1pm. Tickets (£10 adult, £5 child under 16) are available online now from Ticketsource, and from 12 June can be purchased from Daisy's Coffee Shop on Flaxpits lane. Tickets on the gate are subject to availability.

The Miller's Tale

The final medieval-based event at the Barn this summer is a re-telling of Chaucer's The Miller's Tale by folk musician song-and-dance man Pete Morton, on **Tuesday 4 July at 7.30pm**. This is musical comedy, described as "a 14th century Carry On" and it promises to be very good fun! Tickets (£8 adult, £5 under 16s) are available online now from TicketSource, or from 26 June at Daisy's Coffee Shop, or on the gate subject to availability.



Basket-weaving Workshop

The Medieval Barn will also host a one-day Basket-weaving Workshop on **Saturday 24 June**. This is a great introduction to a new skill that you may decide you want to pursue further. The workshop costs £45

and bookings can be made by ringing Angela on 01454 778436. Numbers are limited to 8.

Further summer events

In July and August the Barn will host Rossini's opera The Barber of Seville, a family drama of Alice in Wonderland, and finally Shakespeare's hilarious The Merry Wives of Windsor. All these events supports Winterbourne Medieval Barn Trust, (registered charity number 1112908), and further details about the Barn and events can be found on the website or facebook page.

Church Lane, Winterbourne BS36 1SE
www.winterbournebarn.org.uk

Sellers **PRE-PAID £5** On the day **£10** All enquiries and bookings,
please contact email: juliedanerottr@gmail.com

NO PRE-BOOKINGS WILL BE TAKEN AFTER 9th JUNE

CAR BOOT SALE

Sat 17th June

10am – 12pm

Refreshments Available – 50p entrance for adults

At WIA School – Bus car Park to Rear of School, off Flaxpits Lane

Bradley Stoke Library - June

Rhymetime (Term time only)

Mondays 10:30-11:00 5th 12th 19th 26th June

Storytime (Term time only)

Thursdays 11:00-11:30 8th 15th 22nd 29th June

Biggerbooks - Friday 16th June 16:30 - 17:30

(Chatterbooks members are welcome to attend the Biggerbooks' session, if they want to as no Chatterbooks in June)

Craft Group - Saturday 10th June 10:30 - 12:00

Volunteer Drop in Session - Thursday 15th June 12:00 - 14:00

Cantonese IT Support - Every Thursday 13:00 - 14:00

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

Code Club Saturday 9:30 - 1:30
Please contact the organiser for further information:
scratch.code4kids@gmail.com
Or visit the website www.code4-kids.com

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.



Local to Little Stoke Park?

Do you have a small dog who would like an extra walk once or twice a week?

Local lady keen to get more exercise walking in the park and would like canine company, offering regular weekly commitment for free.

Call Dawn 07951 099491



Bradley Stoke Community Singers
Presents
'Summer Serenade'
Featuring
Meadowbrook Primary School Choir
Tuesday 11th July 2017
Doors at 6.45pm for 7.00pm Start
At Bradley Stoke Community School
Adults £5, Children £3
For ticket information contact us on 07725 890120
or email us at info@bscsingers.co.uk

This project has received funding from Bradley Stoke Town Council

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www.thefiltones.weebly.com

Afternoon Tea Fundraiser

Sunday 9th July 2017
2pm-4pm

Join us for a Wimbledon themed afternoon tea party in aid of
Muscular Dystrophy UK
at the Wansdyke Room, Wedmore Road, Saltford, BS31 3BY



Afternoon Tea £10 per person
or £12 with a glass of prosecco

Tickets only - please email
mdukbristol@gmail.com
or call Louise on
07977 599670



Citizens Advice South Gloucestershire are now operating drop-in sessions at **The Stokes (Youth and Community Centre)** which is located next to the **Little Stoke Primary School**.

citizens
advice

The sessions, which began in April, are held on the second and fourth Friday of the month between 10am and 12noon. No appointments are necessary and a qualified advice worker will be on hand to help.

The sessions have been funded by South Gloucestershire Council Ward Members for Stoke Gifford and will be reviewed in 12 months' time.

DROP IN ADVICE SESSION
EVERY 2ND AND 4TH FRIDAY
10.00AM – 12.00PM

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BBQ FUN DAY!

Sunday 18th June, 12-2pm, Christ the King Church.

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& The Lion King Movie.
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Uganda mission trip,
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email: jaci@mattersmagazines.co.uk to list your event for FREE

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



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

BABY AND TODDLER GROUPS

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

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

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

Little Hedgehogs (0-5's) - Wednesday mornings, 10am-12noon school term time only. Edge Church Bristol , 1160 Park Avenue, Almondsbury, Bristol, BS32 4TF. 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

1st Bradley Stoke Scouts - Beavers, Cubs, Scouts and our marching band meet at Brook Way Activity Centre and Holy Trinity school. Please have a look on our website for further information for both young people and adult volunteers at www.bradley-stoke-scouts.org.uk/join

1st Little Stoke Scouts - contact tony Edmonds, Group Scout Leader 01454 772005 email: tonyedmonds108@yahoo.com

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 Stobbs 07714101354 geoffrey.stobbs@btopenworld.com

Bradley Stoke Community Singers - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all info@bscsingers.co.uk or call 07743 333837 / 07599 252176

Bradley Stoke Lions meet at the Hilton Hotel on 2nd Wed of each month at 7.30pm. Ailsa Young, 07737 106836 ambyoung29@yahoo.com

Bradley Stoke Radio - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 bradleystokeradio.org.uk

Bradley Stoke Sew and So's - Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, Bradleystokesewandsos.weebly.com

Gifted drama group Saturday 10-11.30am. Term time at Holy Trinity church. Ages 8-12 years. Contact Hayley Thomas via church office 01454 620975

Girl Guides, Brownies & Rainbows - admingirlguidingbsg.org.uk, girlguidingbsg.org.uk

Goldies - a light hearted weekly fun sing along session for those who enjoy the songs from the 50s, 60s and 70s. We're not a choir but a group of local people who enjoy getting together and having fun. We meet every Tuesday 2-3pm The Old School Rooms, Stoke Gifford. £2 per session. All welcome. **Little Stoke Ladies Club** - meets the 1st & 3rd Tuesdays 7.30pm at the Community Hall, Little Stoke Lane. Julie 0117 931 5007

Plug In - weekly 7.30-9.30 at Coniston Community Centre, Coniston Road, Patchway. Free, live music entertainment where people can relax, chill out, drink coffee, listen to music, chat and meet other folk their own age. Building Community for 18-30's.

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 my 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.bradleystokebbc.com. Val Nicholls 0117 9311203

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

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

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

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

Bradley Stoke 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/northbristoljuniorsrhc/ .

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.holyfamilyrcchurchpatchway.co.uk

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

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

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

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



Local Schools in and around the Stokes

PRIMARY SCHOOLS

Baileys Court Primary School, Head Teacher: Andrew Lynham, Breaches Gate BStoke, 01454 838320

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

Bowland Green Primary School, Head Teacher: Faye Kitchen, Ellicks Close BStoke, 01454 866766, bowlandgreen.org.uk

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

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

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

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

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

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

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

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

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

SECONDARY SCHOOLS

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

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

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



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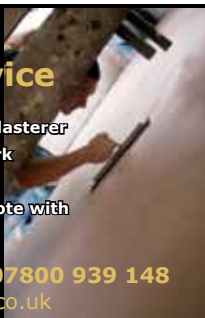
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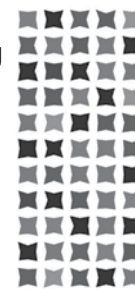
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