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July/August 2017

# Community Bradley Stoke Matters

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## Dear Residents....

Welcome to the Summer edition of your Bradley Stoke Matters - our 12th Anniversary issue!! As I write this the sun has definitely got his hat on and long may it continue! Shame it was missing from the Festival weekend, which was a little grey and blustery, but still much fun was had. We have done our usual montage of photos see pages 34-35 and also news from the Football Festival on pages 32-33. The next big community event is the Bradley Stoke Carnival which takes place on Saturday 26th August - you can find out more about this on pages 42-43, there is even a discount on a fairground ride.

**COMPETITION TIME!!!** We have a competition to win a pair of tickets to the Magic Of Motown, which takes place in Chepstow Castle on 19th August - check out page 48 for details on how to enter.

2017 sees the 40th anniversary of the Stoke Lodge brownies and we share some news from them on pages 6-7. We have news from Holy Trinity, Wheatfield and St Mary's primary schools as well as from both the local Bradley Stoke and Little Stoke scouts and BSYFC girls / ladies football teams.

We hear from New Mayor of Bradley Stoke Andy Ward (p5) and also from a very brave young lady who is sharing her battle with anorexia and depression in a bid to raise awareness and fundraising for other sufferers (see page 20).

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

Again a big thank you to all our advertisers who support the production of this community magazine - we couldn't do it without you. Please do try and return their support by utilising their services whenever you have a need.

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](http://www.bradleystokematters.co.uk)



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## Andy Ward is Bradley Stoke's New Mayor

At Bradley Stoke Town Council's Annual General Meeting in May, Councillor Andy Ward was appointed by the Council to the position of Mayor of Bradley Stoke for the forthcoming year.

Bradley Stoke Matters was pleased to catch up with Andy for this edition, who told us:

*"When I moved to Bradley Stoke 25 years ago not for one minute did I ever envisage that at some point in the future it would be my honour and privilege to become the Mayor of my home town."*

*"Like many of the town's residents we moved to Bradley Stoke to start our married life together, put down roots and start a family. I'm pleased and proud to say this has been our home ever since."*

*"Over the years I have been fortunate to be involved in many areas of our community. Many of you may recognise me as the man who talks in to a microphone as a Bradley Stoke Radio presenter, usually in the middle of the town square or on a stage at one of the many local community events the radio station attends, or possibly as one of the hosts on the Drive time show on the town's local community radio station BSR103.4FM."*

*"This year our town achieves not one but two significant milestones. It's thirty years since the first turf was cut marking the start of construction of what was back then the largest new town in the country. The Town Council is also celebrating this year as it reaches its twenty-fifth anniversary and, to commemorate this, a silver theme has been chosen for this year's carnival parade."*

*"The town has evolved over the years from its very earliest days as a dormitory town with very few facilities, to the modern vibrant town that we enjoy today. We are fortunate to have a diverse population, and for me it's a great pleasure working with and alongside some of the amazing community groups that operate within the town, our sense of community is strong, our people friendly and welcoming; quite frankly I wouldn't want to live anywhere else."*

At the Annual Town Assembly, which took place immediately before the AGM, Councillors, Officers and Electors marked the special occasion of 25 Years since the formation of the Town Council back in April 1992, with the cutting of a commemorative cake.

The outgoing Mayor Councillor Elaine Hardwick, as the last action in her role of Mayor of the Town, presented cheques to the two recipients of the Mayor's Charity Fund.

A total of £7,814.40 had been raised over the past year that was split between the Heartful Dodgers and Transplant Sport UK, both receiving 50% of the total amounting to £3,907.20 each. Representatives of the charities accepted the cheques.

The two Mayoral Charities for the year 2017/18 as selected by Andy Ward will be Cardiomyopathy UK and Freewheelers Emergency Voluntary Service.



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## Stoke Lodge Brownies Celebrate 40 Years!

Second Stoke Lodge Brownies started in October 1977, meeting at Patchway Church of England School. Wendy Wooster, Pat Hutton and Caroline Summerill were the founding leaders responding to their daughters' request to be Brownies.

The Unit moved to the Blue Hut and then to the Jubilee Centre in Bradley Stoke. The Brownies used to enjoy going away on Pack Holidays, where they learnt many new skills.

Wendy and Pat, known to the Brownies as Brown Owl and Tawny Owl, returned to Second Stoke Lodge on 14th June and led an evening of games, activities and singing based on what they did at Brownies 40 years ago. As a real treat for the Brownies, they brought various versions of the Brownie uniform over the past 97 years that the brownies had fun dressing up in!

One of the Brownies wore an original brown dress with a brown tie, that was worn between 1920 and 1934, the oldest Brownie uniform that is stored in the archives. Two of the Brownies wore a similar dress with an orange tie that was worn between 1935 and 1966 and lots of the Brownies wore a brown dress and yellow cross over neck tie, worn from 1967 until 1990 when the uniform



changed to a yellow T shirt and culottes. The uniforms were adorned with original badges and had the accessories of woolly hat or beret, brown leather belts and purses.

**A number of special events are taking place this year to celebrate the pack's 40th birthday, culminating in a special birthday party on 18th October. Some of the 40 based challenge events include:**

- Design 40th Badge
- 40 minutes of dancing
- 40 meters of climbing at the new X Heights climbing at the Leisure Centre
- 40 word challenge of what Brownies means to them
- 40 biscuits baking challenge for the birthday party
- 40 Sporting challenge
- 40p challenge to buy tins

- 40 minute Dad's walk
- Round the world in 40 minutes
- The 40 Nature challenge
- Planting 40 flowers
- Pyjama party with 40 teddy bears
- Summer holiday's 40 day diary

Second Stoke Lodge Brownies (for girls aged 7-10) meets every Wednesday of term time in the Jubilee Centre at Bradley Stoke. Brownies work on Interest Badges, which allow them to develop their hobbies and learn new skills. The programme over the year is balanced to include challenges, outdoor activities, help to the community, keeping healthy, creative fun, team work, learning about other cultures, countries and being part of the World Association of Girl Guides.

Following a recent trip of a Bradley Stoke resident to the Caribbean we have been able to make a link with a Brownie and Guide unit in St.Kitts, where one of our leaders was a Guide for a year in her childhood.

The pack is fortunate to have a number of new leaders (Peacock, Cuckoo, Magpie, Snowy Owl, Kookaburra and Humming Bird) and it is exciting to have young leaders in the making with Vicky (Little Owl) who makes time from her sixth form studies to attend and Emma (Hedgehog), who was a Brownie at the pack and now a Guide and helper.

Everyone at Second Stoke Lodge Brownies would like to convey their sincere thanks to Pat and Wendy for such a worthwhile trip into the history of Brownies and for their continued support for the group and leaders.

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## Sales & Community Role

As we embark on our 13th year of producing your local community magazine, an opportunity has arisen for a local, community-minded individual to work within our small, friendly team on a flexible, part-time basis.

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In addition to the Sales role, there is also the opportunity to attend community groups and events with a view to helping produce articles / editorials within the magazine. An interest in people and local community is therefore vital as this part of the role can be very rewarding.

Hours can be flexible and work around school / childcare, with less work commitments possible during the school holidays.

Please email your details in the first instance, along with experience and salary expectations to:

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## News from Bradley Stoke Rotary Club

What a fantastic day we had at the Bradley Stoke Festival. I think everyone who visited our stall will have the most colourful gardens thanks to all those who grew and donated such lovely plants and what amazing Tombola prizes people were winning for 20p! (photo right) Our brave volunteers overcame the windy conditions and raised a very creditable £273.92! Well done all, especially Pete Vernon.

On a wet and windy Sunday a few of Bradley Stoke Rotary Club members enjoyed a visit to The Royal Mint, based at Llantrisant, South Wales (photo below). Many thanks to husband and wife members Fran & Allan who organised the day. We marvelled at the millions of coins being produced, enjoyed the history and appreciated the information and sense of humour of our guide - a tour we would highly recommend! Followed by a fabulous Sunday lunch at a local Pub 'The Bear' all going to prove that being part of Rotary is not all about fund raising; we also get to have fun with wonderful friends.



We had a good meeting in June, where we were visited by Terri McDonald of Alive, an organisation which does fantastic work to improve the lives of the elderly, particularly in care homes. As Alive is one of President Karen's chosen charities for the year, we were very happy to donate a cheque for £1,300! (photo right) We also managed to donate £700 to BRACE, the local charity doing ground breaking research into Alzheimer's.



On the evening of Friday 16th June, members of Bradley Stoke Rotary Club greeted visitors from Marne La Vallee (our wonderful friends from the



Paris Rotary Club that we are twinned with) to help celebrate our 20th anniversary. After a relaxed evening we began our planned programme by visiting the back stages of The Old Vic. Not before enjoying a wonderful champagne breakfast, all organised by Rotarian Phil King.

A gentle stroll around the Harbourside followed, showing off the delights of Bristol to our guests. With the sun shining on us, Bristol really did itself proud. Next stop was 'The Olive Shed' for lunch and one of the best Tapas meals ever, all thoroughly enjoyed by everyone.

Continuing with our 20th anniversary celebration weekend a celebration dinner was held at the Masonic Lodge, Park St, Bristol. A wonderful venue delivering a superb meal and great entertainment. We enjoyed acknowledgement speeches with banners and gifts exchanged. We marvelled at a magician and danced to a live band. Attended by DG Richard Purdon, many of our colleagues from Marne Le Vallee, the Deputy Mayor of Bradley Stoke and colleagues from various Rotary clubs, a good night was had by all.

On Sunday we met up at St Mary's Rugby Club Bradley Stoke for a delicious brunch and a skittles tournament of Killer, organised by Rotarian Roger Worth, (being very sportsman we allowed our French friends to beat us!) which rounded off our weekend perfectly.

Our French colleagues confirmed a wonderful time was had by all. We had shown them Bristol at its finest, we ate wonderful food and most of all we enjoyed wonderful companionship.

We say to anyone sat at home lonely and bored - "Come and join us". A little bit of your time is rewarded in armfuls of friendship and fun. See you there!

**Bradley Stoke Rotary Club currently meets every Friday morning at 7.15 at the Bristol Golf Club. For more information check out their facebook page or call 07860 167899.**



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## Sarah Joins the Team at MS Therapy Centre

The West of England MS Therapy Centre has been caring for people with Multiple Sclerosis, their families and carers since 1985, and moved to its easily accessible, bespoke building in Bradley Stoke in 2012. The Centre provides treatments, therapies and vital support to people living with MS and other neurological conditions in a caring, friendly and professional environment.

The Centre is accessible to patients on a self-referral basis and can offer physiotherapy, exercise classes and oxygen treatment. We have a dedicated team of professional therapists providing Acupuncture, Reflexology, Aromatherapy, Foot Health, Beauty Treatments, Hypnotherapy and other Talking Therapies including a Counselling Service. We also hold specialised clinics for Bladder and Bowel Wellness, Spasticity Management, MS Nurse Advice Clinic and Employment and Benefits Advice.

Bradley Stoke Matters was pleased to meet Sarah Vincent at the Bradley Stoke Festival (pictured with her 11month old son William). Sarah has recently joined the existing team at the centre as the Events and Community Officer. She is busy getting to grips with the fantastic work the centre does and is really looking forward to getting out into the community to build links with local businesses, schools, charities, councillors and organisations. Not being local herself, Sarah is enjoying getting to know the area and is grateful to the many people she has already spoken to who have offered their help. If you work for a local business that would benefit from building a partnership or are involved in the community and feel that a relationship with the centre could be created then please get in touch with Sarah, she is always looking for support and new ideas (contact details below).



On **Saturday 2nd September** you have the opportunity to **Take the Plunge** into the Portishead Marina and be rescued by a Newfoundland at this popular fundraiser for the M S Therapy Centre. For more information or to get involved call 01454 628723 or email [fundraising@mstherapybristol.org.uk](mailto:fundraising@mstherapybristol.org.uk)

Would you like to get involved with the centre and make a difference? Any help no matter how big or small is always appreciated whether that is from volunteering, fundraising or getting your workplace involved. Contact the centre for more information at [sarah.vincent@mstherapybristol.org.uk](mailto:sarah.vincent@mstherapybristol.org.uk) or **01454 628723**



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## Shared commuting service Slide celebrates one year

Slide, Bristol's shared commuting service is celebrating it's first birthday this July and to celebrate they'll be giving away free ice creams around busy workplaces - keep your eyes peeled from Monday 17th July!

Slide launched in July last year as a smart and simple travel solution for Bristol's commuters and has gone from strength to strength. We all know what the city's traffic can get like at peak times, and it's no secret that we don't have the best relationship with our buses! Only recently the Great Bristol Survey found that on the whole we're a pretty happy city but when asked about public transport, buses were chosen as the form that needed most improvement!

So, with that in mind, Slide decided that there should be a better way of getting to work, one that gives you more time in the mornings, a more relaxed journey where you can use free WiFi, and one which is cashless, all controlled using a clever app. You can even track where your ride is and when it's going to arrive!

Slide has really taken the hassle of of people's journeys to work, like local Stoke Gifford resident Rachel Powell, who told us *"I used Slide from Stoke Gifford to Stapleton and it was great. Booked on the morning I needed it, comfortable and clean vehicle, friendly driver, well driven. Thank you very much! I will be using your services again. (5 Stars)"*

Over the last 12 months Slide has doubled its number of vehicles and has also expanded into new areas of Bristol. They've also introduced some great offers: you can choose whether you pay-as-you-go or buy Slide credit saving up to 40% on your fare so you can travel to and from work every day for as little as £120, the more credit you buy, the cheaper it becomes! All summer you can also take up to 2 friends free of charge when you book as a group, perfect for an after work get together with colleagues or an early evening trip into town!

We think Slide is the future and in a few years we'll wonder why we ever used to stand waiting at a bus stop! It's sustainable, efficient and friendly too. Drivers always welcome you by name and pride themselves on having their passengers leave with a smile, Slide is a bus you'll actually want to get on!

**Slide are kindly giving readers of Bradley Stoke Matters a special offer of 20% off a day's commute, just enter the promo code 'MATTERS20' when you book to and from work.**

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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.*

**The Spirit Club is located at The Holiday Inn Bristol Filton.  
Contact : 0117 910 4296 email : [spirit@hibristolfilton.co.uk](mailto:spirit@hibristolfilton.co.uk)**

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**Wednesday - Patchway**  
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**Thursday - Little Stoke**  
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**Thursday - Patchway**  
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Tel Janice: 07860 444647

**Thursday - Stoke Gifford**  
St Michael's School  
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Tel: Amber: 07500 113000

**Friday - Bradley Stoke**  
Holy Trinity Church  
9.30am & 11.30am  
Tel Frankie: 07519 347243

**Saturday - Bradley Stoke**  
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## Pilates for Back Pain?

Pilates Instructor and Physiotherapist, Kath Stephenson, tells us more...

With the effectiveness of traditional painkillers on low back pain recently questioned by scientists, physio-led Pilates is often recommended instead.

One in ten people are known to be affected by back pain. It's an often disabling condition from which anti-inflammatory pills like ibuprofen have now been shown by scientists to provide limited, short-term, pain relief. Paracetamol, too, has previously been shown to be ineffective, and opiates are of little help. This leaves **no good drug treatment for back pain.**

However, at Bradley Stoke Physio & Health we suggest you follow guidance advising you to keep taking any medication if already doing so, with the advice of your GP or Pharmacist, especially if it helps. Be mindful of any side-effects.

Scientists in Sydney now **recommend that patients with back pain consider an exercise programme that involves strengthening and mobilising the spine and core** (back and abdominals). This has far less risk of side-effects than continued use of medication.

Pilates certainly fits the bill as a way of helping you manage your condition more effectively.

**At Bradley Stoke Physio & Health we offer courses in Pilates** - our Pilates instructors are also qualified Physiotherapists. You can attend our Pilates courses confident that your instructor knows how to modify the exercises so that your back pain is treated in a safe and gentle way.

In fact, our Physiotherapist Pilates Instructors will meet with you, one-to-one, before your course starts. They will assess your condition and work out how best to use Pilates to reduce your pain, mobilise your spine, and strengthen your support muscles. With small class sizes too, on joining our Pilates course **you have a qualified therapist delivering you a personalised treatment and exercise programme.**

Combined with a good diet, and raising your heart rate with some aerobic activity (we can advise on this but walking fast, cycling, swimming, and running are all good options), physio-led Pilates can help prevent and address your spinal pain and back ache, and a whole host of other musculoskeletal problems too.

**Call us on 01454 618 525 to book your physio-led Pilates one-to-one and classes. More information can also be found on our website at [www.bradleystokephysio.co.uk](http://www.bradleystokephysio.co.uk).**



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## Local school boy walks out at Wembley with one of his heroes

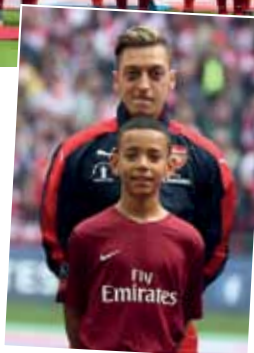
Sport loving local school boy Alex Okoye aged 11 could hardly believe his good fortune to be selected to be a Player Escort (mascot) at the Arsenal – Chelsea FA Cup Final at Wembley at the end of May.

Like most young boys his age, Alex enjoys a good kick around on the football pitch. He plays basketball for Bristol Flyers, enjoys athletics and is captain of his Year 7 rugby team. Alex, who attends Bradley Stoke Community School, told us. *"It was a remarkable once in a life time experience. When my Dad told me we had won two tickets to Wembley and the chance for me to be a player Escort for Arsenal I could hardly believe it. We have supported Arsenal in my family all my life.*

*The Emirates and the FA were really generous too. They put us up for two nights in a hotel in Kensington so we could arrive early to enjoy the build up to the game and enjoy the celebration at the end of the match.*

*Walking out at Wembley in front of nearly 90,000 people with millions of people watching on telly around the world was amazing. The roar from the cheering fans as we walked on to the pitch was deafening and you could feel the heat from the pre-game pyrotechnics. What made it even more unbelievable for me was to walk out with one of my favourite players Mesut Ozil. I was completely start struck! I had a chat with him in the tunnel and he was so nice.*

*To top it all off Arsenal played really well and won the match 2 -1 to lift the FA Cup. A fantastic result! It was great to be there cheering on the lads with all the fans and has made me want to work even harder with all my sport."*



## Trinity Ritz Celebrates 3rd Birthday

Local community group Trinity Ritz celebrated its third birthday in style on 5th June. Trinity Ritz is a 'posh' tea party for the over 50's held every suitable first Monday of each month.

Because of limited space, it is by ticket only. These are available by contacting Christine Watson (0117 969 7292)

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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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T: 01173 079 390 • [www.bishopstonfishbar.co.uk](http://www.bishopstonfishbar.co.uk)



BSM / LSGM Reader Offer

## FREE CHIPS!\*

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*Cut out this voucher and present at payment.*

\*Entitles one per person, per purchase.  
Valid until 31/08/17



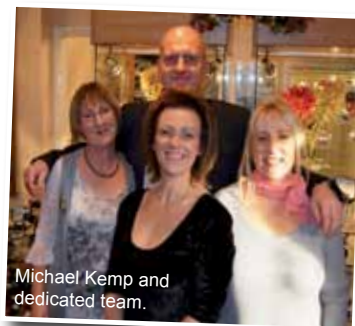


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## Reader Recommendation "Dawn has worked miracles with my pain"

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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www.life-and-soul-empowerment.co.uk



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, 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, 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>**



**Stoke Gifford  
&  
Conygre Road  
Medical Centre**  
**0117 97 99 430**



## 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 apprenticeship 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](mailto: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 hayfever, 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

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## Slimmers donate bundles of clothes for Cancer Research UK

Generous slimmers in Bradley Stoke, Winterbourne, Frampton Cotterell and Coalpit Heath have been donating the clothes they've slimmed out of, to **The Big Slimming World Clothes Throw** in support of Cancer Research UK.

The groups have collected 568 bags of the clothes, shoes and accessories from members who slimmed out of their old wardrobes and feel confident they'll never need their 'before' clothes again. With each bag worth around £25 to the charity, slimmers in the area have raised around £14,200 for Cancer Research UK.

The **Big Slimming World Clothes Throw** aims to increase awareness of how keeping a healthy weight helps reduce the risk of developing some types of cancer. The event has been supported by the singer and TV presenter, Peter Andre, who is a joint ambassador for the campaign and founder of his own Cancer Research UK fund after sadly losing his brother to cancer.

Last year, slimmers across the UK raised £2.1 million through donations and this year it's hoped the event will smash that target and raise £3 million for Cancer Research UK.

Consultant Frankie Hunt, who runs the weekly group on a Tuesday in Winterbourne and on a Friday in Bradley Stoke, is proud of her members' fundraising efforts she says: *"The members never fail to amaze me with their weight loss results week after week and it has been great to see so many bags of clothes donated through The Big Slimming World Clothes Throw."*

If you are interested in joining one of the local Slimming World groups, do get in touch via the contact information in the advert on page 14.



## Bradley Stoke Youth FC – Success at Awards Evenings for Local Community Club

On Friday 16th June at the 'Stars of the Stokes' Awards Ceremony Martin Lee of Bradley Stoke Youth FC was announced as winner of Coach the Year 2017. Martin was congratulated for his long service and coaching of many age groups over a 19 year period at the club. During this time he was also the manager and coach at Bradley Stoke Town FC for 5 years and is currently the manager and coach of the Bradley Stoke Ladies team and BSYFC U16 Girls team. Through his school link program he has overseen the coaching of over 7,000 children and over 1,650 children have participated in the annual schools football festival.

On Monday June 19th at the FA Charter Standard Awards Ceremony Bradley Stoke Youth were announced as runners up in 3 out of the 10 categories.

1. BSYFC – Runners up for the Charter Standard Community Club of the Year. The club had won this award in 2016 and were hoping to retain the award due to all their great work in the community with their free of charge school link program with 14 schools, their free of charge annual schools football festival, their free of charge schools enrichment program and their free of charge football sessions for children with disabilities.
2. BSYFC – Runners up in the Inclusion Project of the Year for their free of charge football sessions for children with disabilities aged 5 to 11 years old. This service celebrates its 5 year anniversary in August. Children with various disabilities are catered for in these sessions to help them develop their football skills.
3. Martin Lee – Runner up in the People's Choice: Outstanding Contribution to Community Football for all his work over 11 years creating, organizing and management of the annual football festival, pitch improvement work, grant fundraising work, coach mentoring program, school link program and school enrichment programs. His development of Saturday football for children with disabilities and for his service to Bradley Stoke Youth FC from their initial startup in 1998 covering many different age groups and teams.





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## 2016 Results Highlights

- 72% of pupils in Reception attained a Good Level of Development, against a national average of 69%.
- 89% of pupils passed the Phonic Screening test, against a national average of 81%.
- Key Stage 2 pupils exceeded national progress levels in all areas of Reading, Writing and Maths!
- 96% of parents say that their child is happy at Meadowbrook. (Parent View, March 2017)

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# BAILEY'S COURT

## PRIMARY SCHOOL



## Largest Ever Group Camp at 1st Bradley Stoke Scouts

On the third weekend in June, all the sections from 1st Bradley Stoke Scouts took part in their largest ever Group camp at Woodhouse Park National Activity Centre near Almondsbury.

Over 150 young people from Beavers (aged 6 – 8), Cubs (8 – 10.5) and Scouts (10.5 to 14) took part, supported by over thirty young leaders and adult volunteers. They crate stacked, abseiled, completed the adventure course (an excuse to get really muddy and wet!), made bracelets out of para cord and fidget spinners with real coins, flew down a water slide and took part in archery and air rifle shooting. But mostly, they had fun and challenged themselves.

There was excellent adult support in raising tents the night before the camp, especially from parents who came out in large numbers and, in many cases, raised their first tent! Overall we pitched over sixty tents from Beaver pop ups to eight man tunnels for Scouts and marquees to cook and eat in.

Everyone arrived excited on the Friday evening and very quickly were playing across age groups, exploring the camp and – most importantly – the woods! Organised games followed to burn energy and give them an opportunity to learn the names of the different leaders. Hot chocolate followed before they went into their tents and lights out.

Leaders were still finalising the following days activities and went to sleep in the early hours but were promptly woken around 3:30 by the sounds of football and excited chatter. Sleep is a privilege on camp! After breakfast, they started a day of activities with leaders either shepherding or leading their events. With temperatures rising into the high 30's, sun cream, sun hats and regular hydration were essential for everyone. The day finished with a traditional campfire circle with Scout leader Matt leading songs punctuated with a number of investitures of young people.

After a day of activities and little sleep the night before, the camp slept a bit later into Sunday morning. A team building exercise was arranged with a dozen mixed teams of Beavers, Cubs and Scouts working together in a range of activities including crossing lava filled rivers, tug-of-war, welly wanging, bowling and transporting water between two points using a leaky pipe! After lunch, a photo of everyone present was taken and then flag break.

Parents again helped to drop the tents, pack away and ensure that the camp site was the same as when we started.

**Inspired? The Group is always looking for more leaders to support and challenge our young people. For more information, have a look at the Groups website at <http://bradley-stoke-scouts.org.uk/join/>**





## Martial Arts week at Holy Trinity Primary School

Despite the sweltering heat as we went to print on this edition, Holy Trinity Primary school took part in another fantastic sports week, where classes go off-timetable to immerse themselves in new sporting activities. This year the theme was Martial Arts. Throughout the week, children took part in exciting activities which introduced them to a range of martial arts and helped them to understand some of the other benefits of doing these sports, which are not skill-based.

Each day had a theme. Monday was **agility**, and as well as traditional 'sports day' races, the children tried a whole range of challenges designed to improve flexibility, speed of footwork, reaction times and coordination. In the afternoon, the schools' fencing coach gave a demonstration and talked about how agility was important in this sport.

Tuesday's theme was **confidence**. The oldest classes learnt some self-defense moves while the rest of the school took on some challenges where they were aiming to give things a go and have a 'can do' attitude.

Wednesday's theme was **perseverance** - working towards goals. Students from Bradley Stoke Community School came in to give a martial arts demonstration and talk to the children about working hard to achieve their different belts. In the afternoon, some children learnt karate and had the chance to ask the coaches questions about times when they had to persevere. Those in the school who do martial arts got to wear their kit and their successes were celebrated.

On Thursday, it was time for some **stillness, focus and concentration**, which is so important in all martial arts. The classes all had sessions of tai chi and tried some calming yoga positions. They heard from Olympians and other successful martial arts athletes about why martial arts are so good for children to take part in, and what they themselves have gained from the sport.

On Friday, the final theme was **self-discipline**. Each class took part in a mixed martial arts session with Bradley Stoke based Matt Fiddes martial arts school, who then stayed for the celebration assembly to hand out medals. One child from each class was awarded a medal for each of the themes.

As well as the physical activities, children learnt about the countries where martial arts originated, how to count in those languages, and learnt about medal-winning athletes within some of the Olympic martial arts.

The children had a wonderful, fun week and Mrs Hall, who organised it, is hopeful that some of the children will have been inspired to explore martial arts further and perhaps join some of our local clubs in the area.



## Summer Holiday Activities

### Rookie Lifeguard taster sessions: Monday 24th and Tuesday 25th July 10.30am to 12.00

*\*Children must be able to swim 25 metres on their front and back! Everyone must bring towel, shorts, t-shirt and swimwear.*

Session will consist of Water Skills, Basic first aid and CPR, Pool Safety, Lifeguard scenarios and drills

*\*Sessions are free of charge, spaces are limited so please book early!*



### National Pool lifeguard qualification: Royal Life Saving Society - NPLQ course: 7th-12th August 2017 (9am-5pm)

Only £245 per person (includes all course materials and assessment.) You will be required to take a short water test in order to make sure that the minimum requirements are met.



Booking essential, please contact Sam Scanlan on 01454-866686 or email [sam.scanlan@filtontowncouncil.gov.uk](mailto:sam.scanlan@filtontowncouncil.gov.uk)

### Adult crash course

#### Monday 31st July-4th August

This course is for beginners and advance swimmers, Monday to Friday main pool 10am-11.45 (45 mins) £30.00 for the week / drop in £6.00 (Deaf Friendly)

### Inflatable sessions:

14th August – 27th August;  
Monday-Friday 1.00pm to 3.00pm

Join us for some inflatable fun sessions!  
Only £3.50 per session

*\*Spaces are limited, users must be able to swim 25 metres. All under 8's must be accompanied by an adult.*

### Water fun days:

Fancy some pool fun? How about learning some synchronised swimming moves or playing some water polo?

9th August (children only)

11th August (Synchronised swimming Family\*)

14th August (Water polo)  
children only stage 3- 9

18th August Family\* stage 3- 9  
so come challenge your kids!  
\*Adults go free!

### Young Volunteers needed:

21st August 9.30 - 12.00  
22nd August 10.30 – 12.00  
(30 minute time slots)

We are running a Swim England (ASA) Level one teachers course in August and we are looking for some younger swimmers to help us with the lessons. The course concentrates on stages 1-5 and these lessons are free of charge.

So if you would like to join us please register by emailing

[swimming@filtontowncouncil.gov.uk](mailto:swimming@filtontowncouncil.gov.uk)  
or calling 01454 866685.

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**FILTON TOWN COUNCIL**



**It has been a busy and exciting couple of months for pupils at Wheatfield Primary School. Here is a snapshot of some of the things that we have been up to.**

Throughout June, all the year groups have been taking part in The Wildlife Trusts' 30DaysWild campaign, which promotes a love for nature and gives children fun opportunities to learn about wildlife. Many different activities have taken place across the school, from Andy Goldsworthy inspired nature-art in Year 6, to barefoot exploring in Reception. We have made extensive use of our own Wild Wood to explore and learn more about the wildlife all around us. A highlight for several classes has been logging on to the live webcam to view feeds of different birds living in their nests. The initiative, led by Mrs Johnston, has also led to lots of excellent science and poetry writing opportunities.

In May, families from across the school gathered for our annual Family Bike Ride, organized by Mr Finlay and the Friends of Wheatfield. This has become a regular favourite over the years, with the children given a choice of trails around the woods and paths of Bradley Stoke, before returning back to school for lunch together. Once again the rain held off and we enjoyed a brilliant day of bike riding, food and games.

There was footballing glory for some of our youngest children at the Bradley Stoke Festival in June as our Year 1 side, led by Mrs Brown and Mrs Harrex lifted the trophy for the festival's football tournament.

Our Year 6s are approaching the end of another busy and highly successful year in which they have once again done us very proud. They approached their SATS tests with a highly positive attitude, driven by the work we have been doing as a school on having a Growth Mindset. Both classes then enjoyed a week of challenge and adventure, staying away at the Beacon Centre at Lee Abbey in Devon. Fears were conquered and targets met as the children rose to the challenge of climbing, archery and even sliding across the valley on a zipwire set high above the forest tree-line!

They are still working hard, finishing off their SATs writing, while still making time to rehearse for our forthcoming production of Shrek. Following on from the success of We Will Rock You last year, we will once again be joined by some amazingly talented musicians from Bradley Stoke Community School, who will provide the soundtrack to our songs.

As the year draws to a close, we are hugely proud of everything that all our staff and children have achieved!



## Wheatfield Plus

In 2011 Wheatfield Plus was launched at Wheatfield Primary School in order to set up a wrap-around child-care service for parents of the school. The club initially started out in our Elliott building with a handful of children, serving sandwiches and simple high teas. Since then it has doubled the physical space and we have more than 170 children attending breakfast and after-school club each week.

At the club children are able to enjoy a healthy hot and cold breakfast, such as porridge, cereal, toast, pancakes and crumpets, starts our day and a variety of cooked or cold snacks, like curries, chilli, pasta, omelettes, rolls and sandwiches, are well received at after-school club. All the meals are cooked on site and the children eat together to encourage social interaction.

Children are able to enjoy indoor and outdoor games, cooking, role play, a well-stocked bookshelf, air hockey, pool, construction toys and the occasional movie night (with popcorn) or just chilling out.

Wheatfield Plus is staffed by Teaching Assistants and lunchtime staff, so the children see familiar

faces at our morning and afternoon sessions; this provides parents with the reassurance that the staff are well known to their children and that then can help support their learning if necessary.

### Our children say:

*"The food's really nice"*

*"We get to go outside and play games on the field"*

*"I like the variety of the food"*

*"I like playing Tag outside"*

*"I like the yummy food and playing games"*

*"I like having lots of playtime"*

### Our parents say:

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## Meadowbrook is Kitted Out - with Thanks to Ocean!

Bradley Stoke Matters was pleased to hear from local agents Ocean this month, who are very excited to have been given the opportunity to support Meadowbrook Primary School with new sports kit this year. They are hoping the football team enjoy their new strip and the netball team their polo shirts.

Ocean told us they were pleased to have been able to source the new kit from local supplier Linela embroidery in Olveston. Linela ensured the embroidered school emblem was just right. The response from the children and teachers confirms they did a great job and everyone was delighted with the smart new kit.

Stefano Missiato, Ocean Bradley Stoke Sales Manager, was pleased to visit the school with Assistant Manager Stefan and see the teams in their new strips. Stefano has been working in Bradley Stoke for over 10 years now and knows just how important it is to ensure the local community's schools are supported as much as possible.

Let's hope the new kit brings good luck, wins follow and fun is had by all!



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## Bradley Stoke Youth FC (BSYFC)

**On Saturday 10th June 2017 the annual Bradley Stoke Youth FC Football Festival took place at the Jubilee Centre and attracted 130 Year 1 children from 13 different local schools and 45 BSYFC Year 2 children.**

Thirteen schools, each parading squads of ten enthusiastic Year 1 players, were invited to take part for the annual showpiece occasion which began in June 2006 and has become bigger and better each year ever since.

Bradley Stoke Youth Community Coach and Festival organiser Martin Lee explained: *"As always the occasion is very much connected with the club's school link program, which started coaching in the schools in the period February to May timeframe and it is all about sending our BSYFC coaches into schools every year and getting their Year 1 youngsters engaged and enthused by football with weekly fun football sessions involving all the Year 1 classes at their school. The school link program started way back in 2007 and has been developing and growing ever since".*

*"The Festival itself is free of charge and it's not a tournament. All teams play four games each and the scores are not recorded. Winners are effectively determined beforehand via a points-scoring system based on the attitude and approach by players and teachers to their football, how well prepared and organised they are, that type of thing".*

The schools taking part this year were :- Wheatfield, Bowsland Green, Holy Trinity, Almondsbury, Baileys Court, Bradley Stoke, Meadowbrook, Stoke Lodge, St Michaels, St Mary's (Bradley Stoke), St Mary's (Thornbury), Iron Acton and St Peters.

Every school participating received a cup, ball bag and size 3 footballs to continue the football coaching in their schools. The top school also received a complete football kit.

Each child received a participation medal celebrating the 25th Anniversary of Bradley Stoke Town Council, a sports bag containing football-related essentials such as shin pads, football socks, sports water bottle, sports activity pack, baseball caps and sweets.

The club would like to recognize McDonalds, Bradley Stoke Town Council, the Gloucestershire FA for their continued support over the year thanks to all the club coaches, managers, helpers and referee's who assisted on the day ensuring the success of this annual community event.

## Football Festival 10th June

At the awards ceremony McDonalds presented Martin with a football trophy and gifts to thank him for his 11 years of creating, running and managing the Festival and the School Links Program and to wish him well as he steps down from these duties now to allow him to concentrate on the Reception/Year 1 children, U16 girls and disability football.

During his time Martin has been responsible for over 1,650 children playing at the Festival and over 7,000 children being coached as part of the School Links Program. He would like to thank all the schools for putting up with him for so long.

**Results from the Festival as follows: (team photos run top to bottom in order of awards)**

Stoke Lodge and Iron Acton were the recipients of the Football Festival Teachers Award for 2017.

BSYFC and McDonalds 10 year Anniversary Community Award - [Stoke Lodge](#)

BSYFC and McDonalds 10 year Anniversary Partnership Award - [Meadowbrook](#)

BS Town Council School Link Community Award - [Iron Acton](#)

BS Town Council School Link Coaches Award - [St Marys\(BS\)](#)

Bradley Stoke Community Festival Respect Award - [St Michaels](#)

BSYFC Festival of Football Achievement Award - [Holy Trinity](#)

BSYFC Festival of Football Club School Link Winners - [Wheatfield](#)

BSYFC Festival of Football Performance Award - [Almondsbury](#)

BSYFC Festival of Football Achievement Award - [St Peters](#)

BSYFC Festival of Football Club School Link Runner Up - [St Marys \(Th\)](#)

McDonalds Festival of Football Winners - [Bradley Stoke](#)

McDonalds Festival of Football Winners - [Bowsland Green](#)

McDonalds Festival of Football Runner Up - [Baileys Court](#)

Bradley Stoke Youth is an award winning FA Charter Standard Community Club and has age group teams for children from Reception age and upwards. Dedicated girl squads for U10 to U16 girls. Disability football training sessions for 5 to 11 year olds and now have a new female adult team.

**If anyone is interested in joining the club: boys, girls, disability or adult females (16 years old and above), please email [mlee1@btopenworld.com](mailto:mlee1@btopenworld.com) or visit the web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk)**









## Update from the St Mary's Primary RC School News Team

**Nathan, Finn, Mathilde, Eva and Emily are back to update you on all the latest news from St Mary's.**

Last term there were Summer Fayres to Fishy Fayres and Netball tournaments to Year 6 and 2 SATS. We hope you enjoy reading!

### SATs

The SATs happen every year in May for Year 2 and Year 6 pupils.

First up, the Year 6's SATs! We had a delicious SAT breakfast where we could eat our breakfast (Toast, waffles, crumpets, yogurt tubes, juice, pancakes and many more), chat with our friends and calm our nerves before the tests began after the register. The first test was a Reading Test, on Monday, where we read three texts and answered questions about the text (pretty obvious, right?). This test was an hour long.

The next day we did a SPaG test. SPaG stands for Spelling Punctuation and Grammar. There were 50 SPaG related questions to complete in 1 hour. We had to use our time wisely and make sure we answered the questions as well as check them at the end.

On Wednesday, we had 2 Maths tests – Arithmetic and Reasoning. Arithmetic is calculations whereas reasoning is word problems and proving why you think your answer is correct. In Arithmetic, we had 40 minutes and in Reasoning we had 35 minutes. The next day, Thursday, we had our final test (yay!). We had the Reasoning B test.

And that was it! Our tests were over! But that was just the beginning for Year 2...

Year 2 SATs lasted around 2-3 weeks and they all worked really hard. In July, we will receive our reports which will have our SAT results in it. We are a little worried but mostly curious to find out our scores

### Netball

At St Mary's, there is a school netball team run by Mrs George. This term the team took part in their first competitive matches in two tournaments. The team was brilliant and played with excellent resilience and strength considering most of them were still relatively new to netball and High Five



(which is the name of the way netball is played in primary school).

In the first tournament (which was at BSCS) we entered two teams who did really well and came 5th and 3rd. In the second tournament (which was the Emmaus Netball Tournament) we brought one team and played proper Netball. We arrived in taxis and had about half an hour to prepare before the tournament started. In the first match the team made a good start and drew 2:2. Then we went on to win the next three games. At the end we found out that we were joint on points with another school and so we were guaranteed to at least be second, so it came down to goal difference and in the end St Mary's won!

Big congratulations to Jack, Finn, Xiao, Maja, Emily, Zoe, Maisy, Eva and Naoisa for winning their second Tournament! Another big thank you to Mrs George for coming along with us and coaching us.

### The Summer Fayre

At the end of last term, the FOSM held the school summer fayre. It turned out to be a lovely day where there were fun stalls to have a go at. The stalls were activities such as: having your nails painted and getting faux tattoos; penalty shootout where you have to try and score a goal past a goalkeeper (a.k.a. the person running the stall); tombola where you could win prizes such as sweets, chocolate, toys ; and so much more exciting stalls which were run by parents, volunteers and older siblings. As well as having things to do at the summer fayre, there was also some things to buy such as sweets and emoji cushions which were made by St Mary's Sewing Club (above photo). There was also the "Guess the



"Weight of the Cake" competition where you could win the cake if you guessed it right or the closest to the actual weight. As well as all that, there was the raffle where there were amazing prizes up for grabs.

### Chaplaincy Club

Chaplaincy Club is a group of children from Y5 and Y6 who run religious activities and help out in many Assemblies, Masses and Fairs. Last term, Chaplaincy Club ran a Fishy Fair to raise money for a charity named CAFOD. There were many stalls including: making fish necklaces (not out of real fish!), Finding Nemo where you had to find different fish from the movie 'Finding Nemo', decorating fish cupcakes, splat the fish and many more fun stalls.

Another event that Chaplaincy Club ran is a tea party for our parish priest, Fr. Eugene, for his 25th

anniversary. Many people came including Holy Family's Chaplaincy Club. It was amazing and Fr. Eugene didn't even know about it! He thought he was coming in to be interviewed by us. We also performed a 'This is Your life' presentation - a show where we went through Fr. Eugene's life, starting from when he was born right the way up to his current life. We then presented him with a book full of pictures and facts about him and a bench.

We had a Mass, The Mary Mass, to celebrate Mary since it was the month of May. At the beginning of the Mass, we placed flowers around the statue of Mary's feet. Then at the end, we handed out the flowers to the mothers in the audience. We also had children from different countries say the Hail Mary in nine different languages: English, Polish, French, Spanish, Lithuanian, Malayalam (Indian), Italian, Hungarian and Irish. Since there are 10 Hail Mary's in the Rosary, we said it in English twice.

Overall, Chaplaincy Club have done so many activities to nourish our faith. Thank you Chaplaincy Club and Mrs Burden for running it.

***This is our final BSM article of this year, but we hope enjoy reading the articles from the new team next year!***



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



## 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](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](http://www.fromesidegym.co.uk)  
Contact us – T: 01454 7768 E: [office@fromesidegym.co.uk](mailto:office@fromesidegym.co.uk)  
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## 1st Little Stoke Scout Group – Offering Scouting in the “Stokes” since 1952

### Get Involved!

The 1st Little Stoke Scout Group is part of the Brunel District covering North East Bristol and we are pleased to have children from Little Stoke, Bradley Stoke and the surrounding areas. There is however, no restriction on young people joining the Group from any area provided we have room. Our Group currently runs a Beaver Scout Colony, a Cub Scout Pack and a Scout Troop, with approximately 80 young people currently involved in Scouting.

At Little Stoke Scout Group we offer a wide range of activities for both boys and girls aged 6 to 14. The activities range from model making and cooking, to hiking and field craft, from information technology, to more adventurous activities that include gliding, canoeing and sailing. Scouts develop friendships which last and are able to try things they would otherwise never have the chance to do, in a safe controlled environment, while having fun. They are supported by well qualified and experienced Leaders.

We are very proud to have a dedicated Headquarters on the edge of Little Stoke Park and have recently been award a grant of £2000 by Tesco to develop an outside cooking area.

smaller groups called Sixes. Our Cubs take part in a wide range of activities designed to be interesting and challenging. A Cub Scout meeting consists of games and activities with plenty of time spent outdoors. Camps and holidays are some of the most memorable events of the year for Cubs.



**Scouts:** Scouts are aged between 10 ½ and 14. Our Scout Troop meets on a Tuesday night. The Scouts are split into small units of six to eight Scouts called a Patrol, usually led by a Patrol Leader. Outdoor activities feature prominently, with the highlight being summer and winter camping. Throughout the year, Scouts learn various skills, such as map reading, camp cooking and first aid in preparation for camp. We also look to run additional activities externally, such as rock climbing, gliding, sailing, canoeing and other international experiences.

### Leadership and support

Little Stoke Scout Group cannot run without a team of dedicated Uniformed Leaders, Parent Helpers and Volunteers. Our Adult Leaders get opportunities to have fun, make friends and develop their skills as part of training and development, ensuring they can safely lead the activities.

We are always looking for support, if you have practical skills, that can help us maintain the headquarters, professional skills that can extend our programme or improve the way we run, please do not hesitate to contact us. We would love to welcome you to our family.

**If you would like any more information on getting involved with 1st Little Stoke Scout Group, please contact Tony Edmonds on 01454 772005 or email [tonyedmonds108@yahoo.com](mailto:tonyedmonds108@yahoo.com)**



**Beavers:** Beaver Scouts are our youngest members, aged between 6 and 8. Our Beaver Colony meets on a Tuesday evening and takes part in a wide range of activities including games, crafts, singing, visits and good turns, along with plenty of outdoor activities. They will also have the opportunity to take part in the fun and excitement of camps and sleepovers. It may be the first time they spend a night away from home, so it's a real adventure for them.

**Cubs:** Cub Scouts are aged between 8 and 10½. Our Cub Pack meets on a Wednesday evening and usually has up to 24 Cubs Scouts split into



## The Bob Irving Room

St Mary's Old Boys RFC have recently opened the Irving Room, an extension to their clubhouse instigated by Bob Irving who served the Combination club as a player and administrator for more than 60 seasons.

Bob moved to Bristol from Swansea in 1951 and, through his friendship with Gerry McCarthy, played his first game for Saints in 1953. Bob told Steve Hill, Bristol Post, during an interview to mark his 60th season with Saints *"I was welcomed to the club and immediately became one of the boys ... despite being a Taff here on my own and a 'Proddy'! Back then, I think there were only three non-Catholics at the club"* Bob made over 250 appearances for Saints from 1953 to 1964, and went on to become a Selector, Chairman from 1978-1986 and President in 2006 before retiring from the role not long before he passed away.

Bob was a club trustee for many years and a key figure on the committee that oversaw Saints' move from the Filton Combination Ground to their own facility at Woodlands which was later sold ahead of securing the club's current base at Northwood Park.

The history of the club interested Bob - he once said *"It was a working class club that started with nothing and we built ourselves up to become one of the best in the Combination. Before I joined, in 1950/51 we were unbeaten. And in my first two years here we lost only one game ... being a part of that was great."*

Current Club chairman, Peter Phelps, confirms what lots say about Bob. *"He was a fantastic club member for such a long time. After his playing career he made a tremendous contribution as a committee member. Bob was just a smashing bloke, someone who always made people welcome at the club"*.

Margaret, Bob's niece, cut the ribbon to mark the opening of the room on Bob's birthday in March. Pictured with her daughter Kirsty and granddaughter Shara, she said *"It was a pleasure to open the room for Bob; he and Christine would be very proud of the space"*. Lots of club history can be found on the walls, with Bob featuring in a few of the photographs as a player (1954) and selector (1964). The room will be used for smaller functions, sponsors' lunches, meetings and training sessions within the club, as well as an additional bar for club members whilst the main bar is in use.

Managed by Andrew Weare, clubhouse manager, the extension was designed by Andrew and plans drawn up by Nigel Wiltshire. Club sponsor GBuild (ex-players Matt & James Gallagher) undertook the works with help from Gerry Byrne who laid the floor at cost and Steve Gale who sprayed fittings in the disabled toilet to comply with regulations.



## Ilott V Mitson – The final verdict!

### Sarah Burgess of AMD Solicitors discusses the recent Supreme Court decision in the case of Ilott v Mitson..



#### Background

The case of Ilott v Mitson concerned a daughter's claim against her late mother's estate, despite them having been estranged for much of the previous 26 years.

Melita Jackson (the deceased) and her daughter (Heather Ilott) fell out when Heather, aged 17, left home in the middle of the night to elope with a boy who her mother strongly disapproved of. Melita never really forgave her daughter even though Heather later married and had 5 children with her childhood sweetheart.

Melita Jackson made her last Will and Testament in April 2002 leaving the majority of her £486,000 to several animal charities, expressly excluding her daughter. Melita felt so strongly about excluding her only daughter that she left instructions that her executors must defend any claims against her estate.

#### Court Judgments

- In the first instance, Mrs Ilott was successful and awarded £50,000. Mrs Ilott appealed on quantum and the charities appealed the decision.
- The High Court upheld the original award of £50,000. It was appealed.
- The Court of Appeal awarded Mrs Ilott the sum of £143,000 plus an option to draw down a further £20,000 at will. The award was calculated so that Mrs Ilott could purchase her home from the housing association and so as not to disrupt her right to state benefits. The charities appealed the decision to the Supreme Court.
- On 15 March 2017, the Supreme Court overturned the Court of Appeal decision and re-instated the original judgment from 12 years earlier which awarded Mrs Ilott £50,000.

#### Supreme Court Judgment

Apart from surviving spouses or civil partners, claimants can only seek reasonable financial provision for their maintenance. The judges' view was that the terminology used in the legislation is flexible, for example 'maintenance' usually means what is sufficient to meet every day expenses but this varies depending on personal circumstances. The court confirmed that maintenance cannot extend to 'any or every thing which it would be desirable for the

claimant to have'.

Some of the main points we can take from the judgement are:

- testamentary freedom has been preserved;
- it has restored charities' status as proper beneficiaries;
- estrangement is a relevant factor (conduct);

The charities' appeal was successful but what does this mean for potential Inheritance Act claimants?

Some of the factors courts consider when hearing Inheritance Act claims include:

- any financial resources or needs (present or future) of the claimant
- any financial resources or needs (present or future) of any other potential claimants
- any financial resources or needs (present or future) of the beneficiaries
- the size and nature of the estate

Time limits apply to the bringing of an inheritance claim, and potential claimants should obtain professional legal advice regarding the merits of their claim at the earliest opportunity and be willing to engage in alternative dispute resolution to avoid costly and lengthy litigation proceedings.

**For more information relating to contesting or resisting a claim against an estate contact Sarah Burgess on 0117 9621205 or by email on [SarahBurgess@amdsolicitors.com](mailto:SarahBurgess@amdsolicitors.com) or pop into one of our offices in Clifton, Henleaze, Shirehampton or Whiteladies Road or visit our website [www.amdsolicitors.com](http://www.amdsolicitors.com)**

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# BRADLEY STOKE CARNIVAL *IS BACK!*

Bradley Stoke Carnival is back and better than ever! Test your skills in the new community zone supported by the Willow Brook Centre. Give it your best as you battle with gladiator sticks, try to make it through Total Wipeout, and take on the 60ft inflatable assault course.

Throw on your most sparkly silver clothes to celebrate 25 years of Bradley Stoke Town Council and join the Star Wars stilt walkers in the parade as City of Bristol Pipes and Drums provide the soundtrack.

Take the kids to see the Punch and Judy shows, relax as you listen to the amazing family friendly music line up featuring amongst others a Robbie Williams tribute act, and gasp as you watch the fire breathers on stage.

Take a wander around the huge variety of community and commercial stalls and try your hand at some vintage games.

Join in the fun in our silver themed carnival: Saturday the 26th of August 2017 11am to 6pm on the Jubilee Green, Savages Wood road, Bradley Stoke, BS32 8HL

## Bradley Stoke Carnival - Saturday 26th August

### Running Order:

- 11am Carnival field and funfair opens  
Silver themed carnival parade leaves Brook Way Activity Centre, down Brook Way
- 11:30 Carnival arrives at Jubilee Centre and City of Bristol Pipes and Drums play in front of the stage area.
- 11:45 Presentation of parade prizes
- 1:30/3pm Punch and Judy inside the Jubilee Centre Oak Hall
- 12pm Live music commences on the Bradley Stoke Radio Stage with Angel Heart
- 1-2pm Marc Hopkins: Robbie Williams Tribute
- 2pm - 2:30pm Alannah Jackson (Bradley Stoke has music 2016 winner)
- 2:30-3pm Fire Show.
- 3pm Chris Hendy, Forever Diamond: Neil diamond Tribute
- 4pm -5pm BOF 60s & 70s duo
- 5pm James Burrell: Elvis Tribute

### Funfair open:

- Thursday/ Friday 5pm-9pm
- Saturday 11am-9pm
- Sunday 12pm-7pm
- Bank Holiday Monday 12pm-7pm

**50p off all fairground rides with this leaflet (excluding sideshows)**

No car parking is available on site or on Savages Wood Road, however Parking is available at the Willow Brook centre and the usual four hour limit has kindly been removed on Saturday the 26th of August only.



All times are approximate and subject to change  
Please see Bradley Stoke Carnival on Facebook for more details





## Bradley Stoke Cricket Club - Youth section

update by John Rivers, Youth Development Manager

header photo taken at Festival cricket in 2016

The youth section is thriving with, at the time of writing, 90 different players between the age of five and 17 attending at least one training session since indoor training began back in March, 42 for the first time, with 69 becoming members of the club. This includes an increasing number of girls taking part, which the club are keen to encourage.



The Under 9s (school years 4 and below) play softball Kwik Cricket. They have just attended a festival at Chipping Sodbury CC, winning 3, drawing 1 and losing 1 of the 5 matches played. They have also played Chipping Sodbury at home, winning both matches played.

The Under 11s (school years 5 and 6) play hardball cricket and have started well in the Bristol Youth Cricket League (BYCL). They are undefeated so far after 4 completed 20 overs per side matches, including winning their first round cup game. The club have also entered for the first time a winter Under 12s indoor league which should keep the players' eye in during the off season.

The Under 13s (school years 7 and 8) are competing in both the BYCL and the Gloucestershire Youth Cricket League, the latter being 35 overs per side designed to prepare the players for longer form adult (open age) matches which they can play in from year 8 upwards. Most of this squad are in year 7 so are relatively young compared to their opponents, and have found these games challenging against tough opposition. So far they have lost the three games they have played in this league but have won the BYCL league game they have played. The club view this season very much as a learning curve for this squad, which should stand them in good stead for next year.

The Under 17s (school years 9-12) league matches are played later to allow for exams. They have played just one cup match so far which was abandoned before a result was achieved and will be replayed shortly.

The club are not running an Under 15s (school years 9 and 10) team this season due to low numbers in this age group. Most of these players will be part of the Under 17s squad and also play adult cricket. The club are keen to resume this team next season so would be delighted to hear from all potential players, but particularly from those currently in school years 8 and 9, of all abilities and experience, who are interested in taking up or resuming playing cricket. If you want to come along and give it a try please get in touch with the Youth Development Manager, John Rivers at rivers.johnf@hotmail.co.uk or on 07522 230268.

## 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.

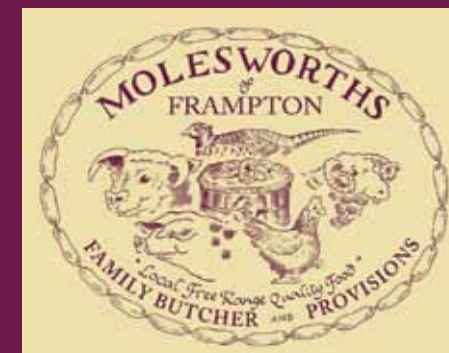
The business produces its own range of sausages and BBQ products all the year round, many gluten free. Pies, faggots and black pudding are produced at the sister branch in Newport.

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."



### THE BBQ SPECIALISTS

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- ❖ Tasty 8 week matured T Bones
- ❖ Gower Salt Marsh Lamb Koftas
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- ❖ BBQ BOXES and more!



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## Function Room Hire at North Bristol RFC

- |                |                  |
|----------------|------------------|
| Christenings   | Birthday Parties |
| Weddings       | Engagements      |
| Family Parties | Corporate Events |

Function rooms with bars (very reasonable bar prices),  
12 acres of grounds, ample parking, optional catering  
and competitive hire charges. 2 minutes from Bradley Stoke!

**Call Debbie on 01454 612740 or 07887 763147  
for details**





## 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](mailto:mlee1@btopenworld.com)**



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

# ACE TAXIS

Of Bradley Stoke

Short and Long Distance  
Station / Airport Bookings

## 01454 626 837

Major Credit & Debit Cards Accepted

## 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](http://bradleystokeladies.wixsite.com/bslfc) or contact Martin at [mlee1@btopenworld.com](mailto:mlee1@btopenworld.com). You can also follow us on Facebook, Twitter and Instagram



Bradley Stoke & Little Stoke Gifford  
Community Matters

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**“A chance to see the stars under the stars”**

**Saturday 19th August 2017**

**at Chepstow Castle NP16 5EY**

Music fans are invited to the biggest party of the year as the unstoppable Magic of Motown show steams into town! Prepare yourself for 40 back-to-back classic Motown hits, glittering costume changes, dazzling dance moves and outstanding musicianship in this explosive concert experience. Celebrate the sound of a generation as the timeless music of Marvin Gaye, Diana Ross, Stevie Wonder, The Temptations, The Supremes, The Four Tops, Martha Reeves, Jackson 5, Lionel Richie, Smokey Robinson and many more are sensationally recreated for you by an exceptionally talented cast and band.

**FREE TICKET  
GIVEAWAY!!!!**

Bradley Stoke Matters has a pair of tickets to give away for this fabulous night of entertainment at this magical venue. To stand a chance of winning, log onto our facebook page and like and share our Magic of Motown post - leaving your name in the comments - it's as easy as that. We shall draw a name by 21st July.

Gates open 6:30pm, Event is outdoor and standing, it is an unseated venue; foldable chairs can be bought into the grounds but placed in dedicated areas only. U16s must be accompanied by an adult. General Admission: £35.00 (subject to booking fee). No food or alcohol allowed in (food and bar facilities inside).

**For the Box Office and further information on the show - contact 01291 627122  
castellroc.co.uk/themagicofmotown.html**

**Bradley Stoke Library  
July & August 2017**

**Rhymetime (Term time only)**  
Mondays 3rd, 10th, 17th July  
10:30 - 11:00



**Storytime (Term time only)**  
Thursdays 6th, 13th, 20th July 11:00 - 11:30

**Chatterbooks & Biggerbooks**  
Friday 14th July 16:30 - 17:30

**Summer Reading Challenge Launch**  
Saturday 15th July 9:30 - 17:00

**Bristol Zoo Workshop**  
Wednesday 26th July 10:30 - 11:30  
(Primary School age only. Spaces limited)  
\*Adult supervision required

**Volunteer Drop in Session**  
Thursday 13th July 12:00 - 14:00

**Craft Group**  
Saturday 8th July 10:30 - 12:00  
Saturday 12th August 10:30 - 12:00

**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 4 Kids Scratch**  
Saturday 9:30 - 1:30 drop in sessions  
Please contact the organiser for further information:  
scratch.code4kids@gmail.com  
Or visit the website www.code4-kids.com

**Undercover Animals Craft Activity**  
Thursday 3rd August 10:30 - 12  
(Suitable for children aged 4-11 years)  
\*Adult supervision required

**I Spy Craft Activity**  
Thursday 10th August 10:30 - 12  
(Suitable for children aged 4-11 years)  
\*Adult supervision required

**“A Day at the Zoo” (Explore Learning Maths Workshop)** Thursday 24th August 10:30 - 11:30  
\*Suitable for children aged 7 years old to 11 years old

# THE READING AGENCY AND LIBRARIES PRESENT ANIMAL AGENTS SUMMER READING CHALLENGE 2017

[animal-agents.org.uk](http://animal-agents.org.uk)

#AnimalAgents



**Bradley Stoke Library**

**Free drop-in fun for 4 – 11 year olds**



## Bristol Zoo workshop

Meet some of Bristol Zoo's smaller animals including giant **stick insects**, African **landsnails**, hissing **cockroaches**, **scorpions** and Chili Rose **tarantulas**. Explore biofacts such as **skulls**, **skins**, **horns** and **shells**.

**This event must be booked – get your FREE ticket at**  
[www.southglosevents.eventbrite.co.uk](http://www.southglosevents.eventbrite.co.uk)  
**No ticket – no entry!**



## I Spy

Make your own **detective** deer stalker hat and solve the **mystery** code-word **treasure hunt**

**Thursday 10 August, 10:30 – 12**

## Undercover Animals

Use your **powers** of observation to find the animals in disguise in a **dastardly** detective **treasure hunt**. Plus crafty chameleons and other mystery animal makes

**Thursday 3 August, 10:30am – 12**

Find out about more **FREE** Animal Agents drop-in **activity fun** at your local library, visit [www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary) or find us on social media



[facebook.com/sgloslibraries](https://facebook.com/sgloslibraries)



@southgloslibs

**SUMMER  
READING  
CHALLENGE**

**THE  
READING  
AGENCY**

**Active Libraries**



# Community Noticeboard

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

Gifted drama group presents  
'A little bit of everything'  
Summer Variety Show

Saturday 15th July 2017

at Holy Trinity church, Broad Croft,  
Bradley Stoke.

Show starts at 10.30am with tea/coffee  
and cake served from 9.30am in aid of  
the church pastoral fund.

No tickets required.



Bradley Stoke Sew n Sos

## Quilting & Patchwork Exhibition

Saturday 23<sup>rd</sup> September 2017

9.30am to 3.30pm

The Jubilee Centre,  
Savages Wood Road,  
Bradley Stoke, BS32 8HL

Full disabled access and free car parking

Exhibition Challenge: Rainbows



Refreshments - Sales Table - Raffle

Trader: Fabrics Plus

Admission £2.00

(children under 12 free)

Supporting Children's Hospice South West

bradleystokesewandsos.weebly.com



**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](mailto:info@bscsingers.co.uk)

This project has received funding from Bradley Stoke Town Council

**Come along to the**  
**Jellybean Good as New Sale**  
on  
**Saturday 15th July 2017**  
at  
**Kingswood Village Hall**  
**10am - 11.30am**  
Small entry fee of just 50p  
First 50 customers receive a  
**FREE GOODY BAG!**  
There will be good quality  
pre-loved baby and child items for sale at  
bargain prices!  
Items will include:  
**Clothes (0-11yrs), Shoes, Toys, Games,**  
**Books, DVDs, Bedding, Maternity wear,**  
**Pushchairs, Car seats, High chairs,**  
**Bouncers & Travel cots**  
For more information visit our website:  
[www.jellybeangoodasnew.co.uk](http://www.jellybeangoodasnew.co.uk)



## 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](mailto:mdukbristol@gmail.com)  
or call Louise on  
07977 599670



**Holiday Inn**

**HOLIDAY INN BRISTOL FILTON ARE HOLDING A  
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**THURSDAY 6TH JULY 2017**

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FRONT OFFICE AND THE SPIRIT CLUB.

WE ARE LOOKING FOR PEOPLE WHO CAN ACT  
WITH INTEGRITY, MAINTAIN A POSITIVE AND CALM  
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CARRY OUT INSTRUCTIONS, BE ABLE TO PAY CLOSE  
ATTENTION TO DETAIL AND A GENUINE DESIRE TO  
PROVIDE EXCEPTIONAL CUSTOMER SERVICE.

IF YOU HAVE THE QUALITIES WE ARE LOOKING FOR  
THEN WE WOULD LIKE YOU TO JOIN US FOR AN  
INFORMAL CHAT BETWEEN

**10:30am - 3.00pm and 5.00pm - 7.00pm**

Holiday Inn Bristol Filton, Filton Road, Hambrook, BS16 1QX

## Greater Bristol NASS (National Ankylosing Spondylitis Society)

is a group run by local volunteers  
and we are putting on a medical  
meeting on Tuesday 12 September  
in the Learning & Research Centre  
at Southmead hospital.

The meeting is open to people  
who have Ankylosing Spondylitis  
(those with AS can bring a friend  
or family member) or people  
who have a special interest in  
Rheumatology. The meeting is free  
of charge and starts at 19:00pm.  
Please register prior to the event.

For more information see - <https://www.eventbrite.com/e/greater-bristol-nass-national-ankylosing-spondylitis-society-educational-evening-tickets-32680292635>



## Bailey's Court Primary School

We are looking for a school cleaner to join our lovely team.  
The hours are Mon-Fri 4pm-6pm during term time and  
during the holidays we can be flexible with how the 10  
hours are worked over the week.  
If you are interested please contact the school on 01454  
838320 for more information and an application form.

## This year's MacMillan Autumn Fete and Craft Fayre

organised by the Holiday Inn Filton is  
being held on

**Sunday 24th September.**

We are looking for community groups to attend and carry out  
demonstrations plus craft stalls are available at £10 per stall.

Contact Margaret on 0117 910 42426 or email  
[margaret.coffey@hibristolfilton.co.uk](mailto:margaret.coffey@hibristolfilton.co.uk).



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

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





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

### BABY AND TODDLER GROUPS

**Bouncing Babies** - Tuesdays 1-3pm at Jubilee Centre for babies under 1. Cheryl 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](http://www.bradley-stoke-scouts.org.uk/join)

**1st Little Stoke Scouts** - contact tony Edmonds, Group Scout Leader 01454 772005 email: [tonyedmonds108@yahoo.com](mailto: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 Stobbart 07714101354 [geoffrey.stobbart@btopenworld.com](mailto:geoffrey.stobbart@btopenworld.com)

**Bradley Stoke Community Singers** - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all [info@bscsingers.co.uk](mailto: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](mailto:ambyoung29@yahoo.com)

**Bradley Stoke Radio** - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 [bradleystokeradio.org.uk](http://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](http://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](http://admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](http://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

**Stokes Art Group** - Tuesday evening and Thursday morning at Christ the King. Everyone welcome. [www.stokesartists.co.uk](http://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](mailto: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](http://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.bradleysstokebcc.com](http://www.bradleysstokebcc.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](mailto: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](mailto:bsncjuniors@yahoo.co.uk)

**Bradley Stoke Judo** - Various days and times, Bradley Stoke Leisure Centre, [www.bradleystokejudoclub.com](http://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](http://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](http://bsufc.co.uk)

**Bradley Stoke Youth FC (BSYFC)** – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk) or contact [mlee1@btopenworld.com](mailto: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](http://www.smobrugby.com), 01454 250489 email: [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk)

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

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrhc/](http://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](http://www.severnside-ramblers.org.uk) All walks meet at Aldi car park, Bradley Stoke

**Sole Sisters** - ladies only running group, meets Monday evenings in various locations Bradley Stoke & North Bristol, [www.solesistersrc.co.uk](http://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](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

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

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

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

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

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

**TAGB Tae Kwon Do** - Thursdays and Sundays Bradley Stoke Leisure Centre, Russ Martin [Russ@Tkdbristol.com](mailto:Russ@Tkdbristol.com) 07778 421875 [www.tkdbristol.com](http://www.tkdbristol.com)

### CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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





## 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

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

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

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

**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](http://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](http://abbeywoodschool.com)

**Bradley Stoke Community School**, Head Teacher: Steve Moir Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, [bradleystokecs.org.uk](http://bradleystokecs.org.uk)

**Patchway Community College**, Head Teacher: Karen Cornick, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, [patchwaycc.com](http://patchwaycc.com)



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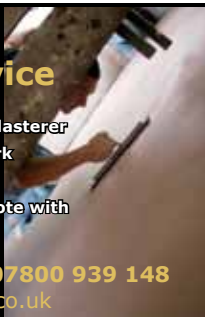
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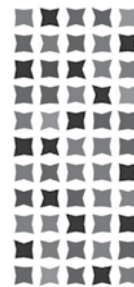
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