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Aug/Sept 2017

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HH-LP

Dear Residents....

Welcome to the August/September edition of your Little Stoke Gifford Community Matters magazine.

2017 sees the 40th anniversary of the Stoke Lodge brownies and we share some news from them on pages 8-9. We catch up with Stoke Gifford resident Jane Johns (p14-15) who retires from her role as Head Teacher at Holy Trinity Primary School, and also bring have news from St Michael's Primary (p36-37) and Holy Family Primary too (p26-27).

We are pleased to share an extract from local author Martin Davis's new book on Little Stoke Farm on pages 6-7 - many of you might remember our coverage of his first book about the local area "The Farmer and the Goose with the Golden Eyes". We are grateful to Martin for sharing his memories of the local area.

We have updates from Little Stoke Scouts (p30), Stoke Lodge Brownies (p8) and Stoke Gifford Rainbows (p28), as well as the Stokes Singers (p5) and the Gospel Choir (p21). There is local gymnastic successes on pages 22 and 34 and lots of news of local events to keep you busy over the coming weeks, including the Bradley Stoke Carnival which takes place on Saturday 26th August - you can find out more about this on page 44, there is even a discount on a fairground ride. If you're brave enough to venture over the Severn Bridge, then Chepstow Show on 12th August is well worth the trip and a good day out. There is also a half price voucher for up to 6 children at Jump this summer - be sure to make use of this! (see p23)

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

Have a great summer!

Jaci x

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by Sue Callow, Publicity Officer

Little Stoke Primary School was the venue for Stokes Singers Summer concert. 'A Mid-Summer Medley' at the end of June. With a programme ranging from show classics to South African folk songs, there was something for all tastes. The Eric and Ernie favourite 'Bring Me Sunshine', complete with sunny props. brought a smile to everyone's face. A concert would not be complete without a piano solo from Co-Musical Director Philip Lawrence and solos from choir members. Guest musicians Sue Juggins (percussion), Matt (bass guitar) and Lisa Rush (flute and piano) added to a great musical mix.

The evening was also a great success for Freewheelers Emergency Voluntary Service who sent a motorbike and two riders, Nick and Chris, to talk about the valuable work they carry out transporting urgent medical supplies to support the NHS. An amazing £307 was raised from programme sales and refreshment donations to help the Freewheelers with their vital service.

The choir are now taking a summer break until September 7th when Thursday evening rehearsals begin again at Coniston Community Centre, Patchway. If you would like to join the choir, there is room for more singers in all sections and men or ladies with lower voices would be very welcome to join the baritones. Sian Walters, also Co-Musical Director, assures you of a warm welcome and the opportunity to try the choir for 2 rehearsals free of charge to see how you get on. Membership secretary Liz on 01454 614148 can give you further information.

The Singers already have a full programme for the autumn including a 'Voices for Hospices' concert at Holy Trinity Church, Bradley Stoke on Saturday 14th October and a Christmas Concert at the Church of Christ the King, Bradley Stoke on Saturday 9th December. Look out for posters and details in the local press or contact Liz for further details.

Anne King, Chair of Stokes Singers, comments "2018 will be a special year for Stokes Singers as they celebrate the 25th Anniversary of the founding of the choir.

"In the run-up to the big birthday, the membership has set themselves a challenge of singing in 25 different venues. Recently we've done performances at the Brain Injury Rehabilitation Unit, Frenchay and the Southmead Hospital Buskathon plus a visit to the Good Afternoon Choir at Yate and a singing workshop at the Saracens Rugby Club. An unexpected opportunity for a fifth event came with this summer's General Election when we sang to voters at the Polling Station next to our rehearsal venue! Our summer concert brought our total to 6 and we have lots more plans for the remaining 19. We're looking forward to sharing our birthday with the local community".

If you have an unusual event or venue which could host a singing performance why not contact Liz on 01454 614148 for a chat? We look forward to meeting you soon!



FIND US ON FACEBOOK:

Extract from 'The Tythingman's Tale' by Martin Davis. The story of three generations of the Willcox family who farmed at Little Stoke from 1814 to 1896

Bradley Stoke & Little Stoke Gifford Matters was pleased to hear from local author Martin Davis, who many of our longer term readers may remember being featured in our editions several years ago when he wrote his first book about the local area "The Farmer and the Goose with the Golden Eyes". Martin has now published his second book which tells the story of three generations of the Willcox family who farmed in Little Stoke from 1814-1895. We are pleased to include an extract of his book below. The full book is available to purchase for £10 from the Patchway and Bradley Stoke Libraries.

Elizabeth was born in Butcombe about 1796. She was six years old when the Willcox family moved to Barrow Gurney. The eleven years there must have prepared her well for the future, as the eldest of ten children. She had reached the age of 17 when the family moved to Little Stoke Farm. It is easy to imagine that her mother, Hannah, entrusted her to look after one year-old Lucy on the day-long journey, freeing her to keep an eye on other things. William and Hannah, no doubt, kept a watchful eye on the carts loaded with household goods, furniture, farm implements and goodness knows what, as they trundled their way through the cobbled streets of Bristol, perhaps on through Old Market and on towards Stapleton; then heading north towards Stoke Gifford.

The entourage may have entered the village through Harry Stoke from the south. Just by the vicarage and church the road divided; right into North Rd and the heart of the village; straight ahead for Little Stoke, one mile distant. Half way along, they crossed Stoke Brook, and headed up Little Stoke Lane. Their destination obscured by the old hedgerows that encircled the fields that were well-established, having been enclosed at least two hundred years earlier. As they approached the farm, their destination, the lane curved a little to the left, revealing the cluster of cottages, farmhouses and outbuildings, all surrounded by tall elm trees, so characteristic of this part of Gloucestershire.

In front of them was a long narrow green, no more than forty or so yards wide and a bit over 200 yards long. Perhaps they alighted at the head of the green, just where the lane swung to the right through nearly 180 degrees and then sharp left for Patchway Common. In front of them and slightly to the right was a round pond; its edge trampled by cattle pausing for a

drink. The silence disturbed by noisy ducks, while their tired horses gently pulled their loaded carts nearer to get a drink. Behind the farm and in the old hedgerows, the tall elm trees, now nearly leafless in the late autumn, had provided refuge and nesting sites for rooks, whose raucous calls to each other ensured that any remaining silence, each spring, was soon broken.

William, Hannah and their children climbed down to take in their new surroundings. On the left stood an old farmhouse, now somewhat dilapidated, with its yard and useful walled garden. One hundred and forty years earlier it was the home of William Mattock, who, as well as being a farmer, was a beekeeper: he would have kept those living in the hamlet 'in honey', so to speak. His farm, according to the inventory drawn up when he died, was an important local source of peas, beans and wheat. Now the house was of little use, except for the stones that made up its walls, needed for future re-developments at Little Stoke, to be carried out by Elizabeth's youngest brother, Benjamin.

The large farm house that they were about to enter stood on the right. A small front garden jutted out a few yards onto the green. A stony track ran past the garden. About 50 yards further on it was blocked by a central gate between two short stone walls. Beyond the gate the green narrowed to no more than 20 yards. The track at its centre ran down a slight slope through the bed of a stream to another farm, where the Willcox's new neighbour Edward Gunter lived. The farm was called Cobb's and Harris's, and its location, Clay Bottom.

Back at the head of the green, the children ran ahead into the farmhouse through the front door, with the almost certain intention of bagging the best bedroom. Without doubt the final allocation was firmly in Hannah's hands.

History of Little Stoke Farm

The Tythingman's Tale

A book by Martin Davis, author of 'The Farmer and the Goose with the Golden Eyes'.





The book tells the story of three generations of the Willcox family who farmed at Little Stoke between 1814 and 1896.

Elizabeth, being the eldest child, would have had responsibilities in the family 'pecking order'. These certainly increased to cope with the birth of her youngest sister, Sarah, in 1818, and the death of her father one year later. As her brother's and sisters grew up, they too, were expected, by their mother, to play their roles on the farm.

This pattern was almost uninterrupted as the years passed. One break came soon after Elizabeth's father, William, had died, when her eldest brother, John, made a girl, just possibly a servant at the farm, pregnant. Elizabeth's private thoughts on this may well have been passed to her errant sibling.

Marriage tended to come late in the Willcox family. Although William, aged 24, had married Hannah, aged 23; almost all of their children delayed marriage until they were about 30. Isaac, at 27, was the youngest but not the first to marry. Elizabeth's marriage, on January 31st 1828, will have caused much excitement in the household. The last marriage in the family was way back in Butcombe in 1795, when Elizabeth's parents married. Now it was Elizabeth's turn. She had been courted by a widower, John Thomas of Woodhouse Farm in Almondsbury.

Imagine the scene; Hannah and her daughter Mary fussing to make sure that Elizabeth looked exactly right in her wedding dress. Was it a new one, or her mother's, recycled? Nothing was written down. William's sons, made sure that all was in order with the ponies and traps. Perhaps extra ones had to be borrowed or hired.

Records show that the year 1828 was wetter than usual, with some fierce winter storms sweeping across the northern parts of the country. So on the last day of January, a Thursday, the family set off on the bumpy ride down Little Stoke Lane, heading for St Michael's Church, in Stoke Gifford, wrapped for protection against anything the weather might throw at them. At the church door the vicar, the Reverend T H Walker, was waiting to greet them. By now the Willcox family would have become well known among the farming community in the village, so the church was probably full. The marriage was something special for Elizabeth's mother, Hannah, now aged 56. One down, nine to go! If she shed a tear, maybe she would have made sure it went unseen!

Had it been possible for William to stand at his daughter's side, he would have been the proudest man in the church. The wedding over, the family and all the guests adjourned, perhaps, to the nearby inn to give the newly-weds a second 'blessing'. John and Elizabeth Thomas. now happily married, then set out for Woodhouse Farm. The route, most probably, taking them back past the farm at Little Stoke — Elizabeth wondering how Mary would take to stepping into her shoes in the family home - and on down the lane, heading north. On reaching the turnpike road the pony and trap turned right, on towards Almondsbury, past The Swan Inn, with its fine view over the Severn Estuary. A little further the turning on the left beckoned and the welcome sight of Woodhouse farm lay directly ahead. If John's three children, Henry, aged 13; Mary Ann, 10 and John, 6, had been able to race ahead, imagine the welcome awaiting the newly-weds. Privately, perhaps the children were wondering how things would work out with a 'new mother'.

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 in 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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HRH The Princess Royal attends Inaugural Dinner Underneath the Wings of Concorde

Her Royal Highness The Princess Royal, as Patron of Aerospace Bristol, was the guest of honour at a celebratory dinner. The Princess formally opened the Concorde Hangar in front of a distinguished audience of invited guests ahead of the museum's opening to the public later this year.

The gala dinner marks an important milestone for Aerospace Bristol, as the new home of Concorde is now formally open for corporate and private events, award ceremonies, exhibitions, and as a very special wedding setting.

Professor Iain Gray CBE, Chairman of Aerospace Bristol, said "I am most grateful to Her Royal Highness The Princess Royal, Patron of Aerospace Bristol, for so kindly accepting our invitation to join us for the inaugural dinner under the wings of Concorde. I understand The

Princess has an interest in science, technology and engineering and these subjects are at the heart of Aerospace Bristol.

"When the museum opens to the public later this year, our exhibition, archives and learning programmes will encourage young people to join our great industry, as the school children of today become the engineers of tomorrow."

During her visit, Her Royal Highness toured the site and met with many of the supporters and volunteers who have played an important role in making the new museum possible. Aerospace Bristol volunteers have contributed the remarkable sum of more than £1m worth of their time to the project and were recently honoured with the highest award for UK volunteer groups: The Queen's Award for Voluntary Service. The Award was presented by The Princess Royal to Mr. Oliver Dearden and Mr. Kenneth Ricketts who represented the 150 volunteers involved.

The new museum has been created from the ground up with the help of supporters who have contributed an amazing £17m to date. With £2m left to raise in order to see the £19m project through to completion, Aerospace Bristol is appealing for further support to bridge the significant funding shortfall and help achieve its goals of preserving and restoring Bristol's aviation heritage and inspiring the next generation of engineers. Opportunities include joining the 'Concorde Club' by sponsoring a seat on the iconic supersonic jet, sponsoring a seat in the museum's lecture theatre, sharing your Concorde story via a soon-to-be-launched online map, or kindly giving a donation via aerospacebristol.org.

Starting in the earliest days of powered flight, Aerospace Bristol will take visitors on an immersive journey through more than a century of incredible aviation achievements and fascinating tales of human endeavor. The stunning centerpiece will be Concorde Alpha Foxtrot, designed, built and tested in Bristol, she was the last Concorde to be built and the last to fly.







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

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 or 01454 628723

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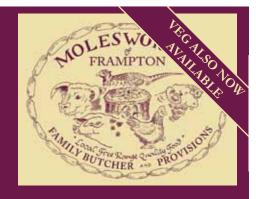


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It's the End of an Era at Holy Trinity Primary School: "Goodbye Mrs Johns"

As an ex-Governor and ex-parent at Holy Trinity Primary School it was wonderful to be invited back for 'a bit of a do' last month to say Farewell to Jane Johns, who has taught at the school since it first opened in September 1993 and Head Teacher for the last 17 years.

Jane can remember vividly the first day of the new school opening. She arrived as a teacher at the new school, the first to open in Bradley Stoke, with her two sons in tow (see photo below). Tom was starting in Reception and David had transferred from a different primary to start in Year 3. The school opened with 107 pupils; a full reception class, a mixed year 1 and 2 class and one class of years 3, 4, 5 and 6. Jane recalls that there were just two year 6 pupils initially. However, the much awaited school grew rapidly and by the end of its first year the junior class had split into a Year 3/4 class and a Year 5/6 class.

Holy Trinity Primary School was the vision of the local vicar of that time, Reverend Colin Blake, and his wife Katy. The couple campaigned long and hard until eventually Avon County Council agreed to build the very first school in the still relatively new development of Bradley Stoke. The vision was to create a unique and distinctive Christian school with close links to the church. Jane recalls that there was lots of unhappiness and unease locally about the Christian nature of the school at first. In reality however, there were very few church families at the school when it first opened and its



reputation for 'having to go to the church to get into the school' was quickly dispelled.

Jane took over the role of Acting Head from January 2000 until being granted the substantive post for the start of the new school year in September 2000. All of her best memories concern the

children she has had the pleasure of getting to know throughout their primary years. "I especially love it when former students come back and tell you about their lives - it gives me a real lift" she told me. "We have lots of successes, a doctor, another who works for the Home Office, a number who have gone on to be teachers themselves - it's lovely to hear what each has achieved".

"There have obviously been many changes in education and ways of teaching numeracy and literature (Maths and English to those of us above a certain age!) since I first qualified back in 1978. But honestly what goes around comes around and methods used in the 1970s have come back around again with more of an emphasis on Grammar and the 3Rs again".

Jane also talked about the challenges of bringing up children in a multi-racial and multi-cultural society, which Bradley Stoke is and growing more so. "We teach children to get on with each other and how every child is a reflection of God's love, irrespective of their background or faith."

"It's often been remarked upon that there is something really special about the atmosphere

photo left shows Rev Colin Blake with then Head Teacher Geraldine Keveren, representative from the BBC, Jane Johns and her sons Tom and David on the first day at Holy Trinity.



at Holy Trinity and we hope that our children will take that away with them, to know that they are special and can achieve whatever they want to, as long as they try. We've had pupils with us who have faced great challenges and we have done our utmost to help them along the way."

One of Jane's proudest moments (when put on the spot by me) was during the 20th Birthday Celebrations held in May 2014 (20 years after the official opening held in May 1994). There was a whole week of celebrations at the school and a special worship assembly hosted by the Bishop of Bristol. The children decided that they wanted to raise money for a fellow pupil who had been diagnosed with leukaemia. Jane told me "So many families were involved and I felt really, really proud of the caring community we had created here at Holy Trinity"

Having had her 60th birthday earlier this year, Jane feels the time is right for her to move on...



"It's very exciting" she told me. "I've been here so long, my life is going to change completely - I'm not sure what it's going to be like! I'm going to miss the children so much and have been storing up memories over the last year to keep me going! I'm also going to miss all the great friends and colleagues at school-we have had a lot of fun over the years. I have a holiday booked in September, out of term time, for the first time EVER and I cannot wait!"

As a trained OFSTED Inspector Jane will not be leaving education entirely, and she is also hoping to training in SIAMS (Statutory Inspection of Anglican and Methodist Schools). She feels she has much insight to offer on how to achieve improvement in schools.

I know we speak for many when we say a huge Thank You to Mrs Johns for all her dedication and hard work at Holy Trinity Primary over the last 24 years. We wish you a very long and happy retirement.













ive nappy! Slimming World

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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.





Bradley Stoke Physio & Health - find us in Bradley Stoke Leisure Centre, BS32 9BS 01454 618 525 info@bradleystokephysio.co.uk 🛱 www.bradleystokephysio.co.uk



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The Stokes Phoenix Club Needs YOU!

New members needed, please get in touch!

So that the Phoenix Club can continue to flourish we are looking for new members. We are a small. friendly group of ladies, we have a programme of monthly events and talks, with time to meet and make friends over tea, coffee and biscuits. For members, we also have a Craft sub-group which meets fortnightly on alternate Tuesdays to meeting dates.

Club meetings are held the first Tuesday of each month, 10.00-12.00 noon, at The Community Hall, Little Stoke Park, Little Stoke Lane.

Programme for remainder of 2017

5 September **Charity Morning** 3 October My Day at the Palace 7 November Images of Change from 1930

Christmas Buffet and Knutty Knitters 5 December



Yearly membership is £15. Monthly subs £2.00 We would love you to come along to one of our monthly sessions - get in touch on phone number below or just come along to one of our meetings, we would love to see you!

For more information please get in touch with Rose Davis. Chair Tel: 01454 614474



Feel good about Yourself this summer

- contact me today so

Fil Guerins 07900 448961 filguerins215@msn.com





Separated or Divorced recently or some time ago?

You can go through it or 'grow through it'

Every year at least 300,000 people in Britain go through the breakdown of a significant relationship, separation or divorce. The depth of emotional suffering felt by the individual is not always acknowledged. In a marriage or relationship breakdown the individual usually experiences all the trauma of a bereaved person and, sometimes, even more conflicting emotions.



Yet while society allows the bereaved to take years to adjust, the divorced and separated are frequently expected to 'pull themselves together' in a matter of weeks, unaided!

Divorce Recovery Workshop (DRW) is a national charity that runs workshops specifically designed to help people come to terms with relationship breakdown. The workshops use a combination of video material which provides a constructive focus, and small group sessions that offer a safe and secure environment in which to discuss and understand personal feelings. It enables people to have a better understanding of what they are going through, provides them with support from others in the same situation and assists in the process of readjustment in their lives. There is often a noticeable positive change in participants over the six sessions and it can also provide a new circle of friends after the workshop is over and an ability to focus on the future with a new outlook.

Here's what previous participants have said about the course: "I was a little nervous about attending the course but am so glad I took that step. Meeting and chatting to others in a similar situation to me was both helpful and thought provoking. DRW has helped me to move a little further along my journey to recovery from divorce. And I made some lovely new friends along the way." (Karen, Bristol)

"The six weeks course not only helped me to better understand what I had been through but it also helped me to make sense of the past, present and offer hope for the future. Those leading the group showed great compassion and empathy. Although there were painful moments, the course was something I looked forward to each week because we were able to talk, listen, share and most importantly of all feel normal again; it quickly became a support network, a place of refuge and safety. "For those considering the course but are not sure; go for it, you won't have any regrets." (Michael, Bristol)

Our next workshop, the only one currently running in Bristol, will be held over 6 weeks beginning on Monday 2nd October from 7.15- 9.15 pm at The Old School Rooms, The Green, North Road, Stoke Gifford, BS34 8PD.

The coordinators have themselves experienced divorce and the benefits of such a course. If you would like further information or to enrol on the forthcoming workshop please email bristol@drw.org.uk or telephone Jean - 01454 854482 or Sally or Nick - 01454 250376



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People Singing Together!

Did you know there is a Gospel Choir on your doorstep?

For over ten years now Gospel Generation Community Choir (GGCC for short!) has been introducing the wonderful people of Bristol to the joys of Gospel singing. It is now four choirs with one meeting here in Stoke Gifford! All the choirs meet to rehearse across the city and then perform as one mega choir in concerts, street parties, prisons, music festivals and open days to name a few.

The Stoke Gifford GGCC choir is run by Emma Smallwood and meets at St Michael's Church, Stoke Gifford (in the newer building!) fortnightly on Tuesday evenings. It started in September 2016 and has already grown and become a real community, performing at events across the city including the Southmead hospital Buskathon, Thornbury Carnival and the Harbour Festival

The choir is open to anyone to join, it is a lot of fun and no previous experience is required. You don't need to be able to read music and there are no auditions or membership fee. We just ask people to give a donation if they can.

So, if you love to sing, want to have fun and meet some new people then come along!

The Stoke Gifford GGCC choir starts its Autumn term rehearsals on Tuesday 19th September (St Michael's Church, The Green, Stoke Gifford, BS34 8PD 7.30pm-9.15pm)

For more details contact Emma Smallwood gospelgen@googlemail.com or visit www.ggcc.org.uk or www.facebook.com/ggccbristol





Nineteen talented local gymnasts and their coaches from the Harriers Acrobatic Gymnastics Club based in Patchway headed to Turin, Italy in July to compete in an International Gymnastics Competition. For many of the youngsters aged between 8 and 16, it was their first International competition so the excitement and nerves were very high!

The gymnasts overcame tense conditions to produce outstanding quality and stunning routines. The standard of the competition was extremely high and contained about 250 gymnasts from over twelve countries across the world. All the gymnasts from Harriers very successfully completed their first routines, beating very tough competitors and scoring highly in both artistic and technical scores flying through to the finals - this was a massive achievement in itself!

In the finals, Kenedi Cross and Caitlyn Anning held their nerve and performed strongly with great style to win a bronze medal in the Youth women's pair's category. In the same category, Ellie Field and Robyn England performed a very eye catching and entertaining routine which had the crowd poised on the edge of their seats and finished a very respectable 6th place and Mia Shelly-Vernon and Olivia Gillet stepped up to this more 'challenging' category this year and performed with determination and elegance to finish in 8th position.

Jasmine Mansyah, Molly Mason and Chloe Cook competed as a trio - also in the 'Youth' category. They performed confidently with great strength and energy and managed to win themselves a bronze medal. In the same category, Georgia Wallington, Katie Allen and Lara Johnson performed beautifully and elegantly and narrowly missed out on a medal and finished in a highly creditable 4th position.

It was then the turn of the 'Beginners' category. The young trio of Sasha Sage, Olivia Herridge and Alyssa Stavrou performed outstandingly with amazing confidence and smiles and earned themselves a very impressive silver medal. The mixed pair of Mitchell Prosser and Amber Pugh - both new to an International Competition - performed a beautiful and near flawless routine in the final and narrowly missed out on a medal, finishing in 4th position. A new pair of Georgie Hutchinson and Neve Castle managed to nail their moves with precision to win themselves a superb bronze medal. A very successful result from every partnership!

The hard work and dedication over the months from both the gymnasts and their professional coaches has paid off with everyone being really proud of, and impressed by, the gymnasts massive achievements at International level. It is a huge honour for these gymnasts to be selected to experience competing abroad. It is an experience they will never forget!

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| Adults | Free |
|--------------|--------|
| Under 1's | £1.50* |
| 1 year olds | £5.00 |
| 2 · 4 years | £7.00 |
| 5 · 12 years | 28.00 |

Midweek School Term Time

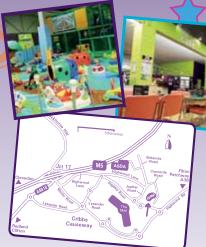
| Adults | Free |
|--------------|--------|
| Under 1's | £1.50* |
| 1 year olds | £3.50 |
| 2 · 4 years | £5.00 |
| 5 · 12 years | £7.00 |

After School Half Price

(From 3.00pm Midweek Term Time)
Please note promotional vouchers will not
be accepted in conjunction with this offer

| Adults | Free |
|--------------|-------|
| Under 1's | £0.75 |
| 1 year olds | £1.75 |
| 2 · 4 years | £2.75 |
| 5 - 12 years | £3.50 |

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- ne voucher per group valid for up to 6 children
- ot to be used with any other offer
- Value of this voucher is 0.01p. It is not redeemable for cash
- Valid until 22nd October 2017



Patchway Community College has been awarded in excess of 4 million pounds to refurbish its site. The money will be used to fund roof and heating system replacements and building refurbishments. This includes funding from central government and also local developers to provide a floodlit AstroTurf facility and a variety of other improvements. The money is ring-fenced for use at Patchway only and must meet strict criteria over its use, for example facilities and building work only and not salaries or school trips.

Headteacher Karen Cornick commented "This is a long overdue investment in Patchway Community College and its community and is very welcome. It demonstrates confidence that our school has a bright future. This financial investment in our facilities, alongside our formal partnership with The Olympus Academy Trust from September 2017 will accelerate our journey of rapid school improvement; a journey that is already well underway. "

Seeking new players for upcoming season 2017/18

HML Sunday Development Football League

Under 9's,- Outfield Players & Goal Keeper.

Under 10's- Defender (with league experience)

We are offering trials on a Saturday morning, Little Stoke PLaying Gields, 3G pitches, Little Stoke Lane BS34 6HR. 9am until 10.30am.

Almondsbury Youth F.C. Coaching is your son or daughter in current School Year 3 going into year 4 in September? Are they interested in football?

These sessions will be operated by FA level 1 and 2 coaches who hold current CRB certificates and are trained in emergency first aid.

We are also looking for players to start up a new Under 7s team as well as a volunteer coach. So if your son or daughter has an interest in football and would like to come along for coaching sessions please get in touch!

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For more information email stuart.lawrence@ayfc.org or call/text Stu 07737 181152.

Abbeywood students shine at The Old Vic

12 talented drama students from Abbeywood Community School worked alongside a Youth Theatre director from the Bristol Old Vic, Angela Athay-Hunt, to perform on the stage of the historic Old Vic theatre in Bristol as part of a program aimed at schools.

Several months of weekly workshops led to students making their final performance. After a long morning of run-throughs, technical and acting rehearsals and a tour of the theatre, the nerves were kicking in as family and friends from 6 other Bristol schools arrived to watch the performances.

The play, devised by the students and led by Angela Athay-Hunt, was inspired by the theme of "Everything is Political". It was well received

by a packed audience and Bristol Old Vic staff were very complimentary of the way the students conducted themselves during the day.







"I was really proud of their performance and to see our students perform with such confidence on the stage of the oldest working theatre in the country was fantastic. Well done to all of them and to Parents and Friends who supported our students." Mr. Clarke, Head of Drama.

Make the most of your FREE child care entitlement from September 2017 at Mama Bear's Day Nursery & Pre-school.



From September 2017, your free child care entitlement for 3 and 4 year olds is being doubled for working parents!

Families will be able to use their Free Universal Entitlement and Free Extended Entitlement at Mama Bear's Day Nursery & Pre-school completely free of charge with no hidden charges. All meals, snacks and drinks are included!

Find out more at WWW.Mamabear.Co.uk or through the nurseries directly: Mama Bear's on Great Park Road - 01454 617 111 / greatparkroad@mamabear.co.uk Mama Bear's in Baileys Court - 0117 979 4190 / baileyscourt@mamabear.co.uk



An Inspector Calls Again at Holy Family

On the 8th June Holy Family Primary School was pleased to welcome a team of Diocesan inspectors who visited the school to spend two days investigating the teaching of Religious Education and the Catholic life of the school. The inspectors were immersed in Holy Family life for two days and were pleased to conclude that the school, "is a fully inclusive school, where pupils, their parents and carers from all faiths and none are made welcome, and all shown respect and genuine interest and care towards each other."

Over the course of the inspection the views of all teachers, governors, parents and children were sought, through face to face meetings and questionnaires. The inspectors carried out a range of activities, including observing pupils in class, participating in assemblies and meeting with the School Chaplaincy Team. We were so proud of all the children who, as usual, behaved impeccably and worked incredibly hard. Happily, the team recognised that, "behaviour of pupils and their care for others is good. They are role models for each other and this contributes enormously to the spirituality and ethos of the school." Reporting on how well the children were progressing in Religious Education, the inspectors felt that, "the pupils' very positive attitudes to learning have a strong impact on their progress and achievement."

Parents were also asked to comment on what is special about Holy Family Primary and their responses were really pleasing: "There is a focus on family and belonging." "The size of the



school allows those working there, from teacher to receptionist to know the individual pupils well." Headteacher Mrs Summers-Breeze is very pleased that the strengths of Holy Family Primary School have been acknowledged. The proud headteacher commented, "I was particularly pleased that the inspectors recognised that at Holy Family School faith is not just one or two lessons a week it is something that is lived every day, in the way that the pupils behave, their attitudes to their learning and especially in how they value and respect others."



Stunning Science Sessions

July is always a busy month at Holy Family Primary School and learning has never been such fun. Excited pupils were treated to a fabulous week devoted to Science and the activities planned were absolutely mind-blowing. The week began with a thrilling interactive assembly led by 'Mad Scientist – Mr Handley' who stunned children and pupils alike with his amazing science experiments. Children gasped as he ate a burning candle and mixed chemicals in the school hall – everything had a safe and highly scientific explanation. Faye Rugman, who really enjoyed watching these magical events, said, "It was astonishing – it made me want to try some experiments myself."

Luckily the rest of science week provided plenty of opportunities for the children to carry out some investigations of their own. During 'Feel the Force' Tuesday children were busy making kites, aeroplanes and hot air balloons. Others created terrific explosions with a mixture of fizzy drinks and mints. Wednesday was Wacky Wizards' Day where pupils came to school in fancy dress and spent the day growing crystals and making invisible ink. Thursday's activities were all about bubbles and the school went competition crazy. Classes investigated: Who can blow the biggest bubble? Which washing up liquid makes the best bubbles? Can you put a child inside a bubble?

However, everyone agreed that Monday's activities were hard to beat. Monday was CSI: Holy Family day. During assembly it was reported that a modern day Robin Hood had broken into the school hall, climbed down a ladder and left an enormous box of sweets for the children. Pupils throughout the school then turned detective and spent the remainder of the day gathering evidence, in order to determine which member of staff was the culprit. Amongst the evidence collected were fingerprints, hair samples and handwriting samples. By the end of the day the culprit was identified. Science coordinator, Mark Handley, commented, "It's been just fantastic to see the children so engaged in practical activities. The whole week has been a thorough success."

Say Hello, Wave Goodbye

As the summer approaches, and the term draws to a close, we look forward to a new school year at Holy Family Primary School. Children currently attending the school are already prepared to work alongside a new teacher in the new term but we have also welcomed our newest pupils who will be joining us for the first time in September.

Our new Reception class, The Caterpillars, have spent two afternoons with their teacher, Miss Child and everyone seems very excited about their new learning opportunities. We have also enjoyed meeting the new families, with whom we will be working alongside for the next seven years, as their children continue their journey through education. Assistant Head Caroline Carter reflected, "A new school year is always an exciting time, but especially so for those joining Holy Family for the first time. It's great to see such happy children with huge enthusiasm for learning."



In contrast, we have sadly said goodbye to our fabulous Year Six pupils this summer. The class of 2017 have achieved great things during their time at Holy Family Primary School and have grown into a wonderful group of mature students. They have worked so hard throughout their time at the school but in particular during this final year, which culminated in all pupils making incredible progress and achieving outstanding SATs results.

Year Six pupils were determined to make their final term one to remember. They have been frantically busy, taking part in a number of spectacular projects. They have taken part in The Apprentice Challenge - competing to make enormous profits at the school's summer fair, organising an afternoon tea shop for parents and friends of the school, whilst at the same time rehearsing for their all-singing and dancing production of Beauty and The Beast. In between these events the class has participated in a number of visits and workshops, including a mind-blowing trip to Cadbury World, to support their learning about chocolate production and fair trade.

Tearful goodbyes followed a memorable performance at the end of term Leavers' Mass, where the children performed a range of songs, accompanying photographs of them dating all the way back to their first year in Reception. So time moves on again at Holy Family and we wish all of our Years Six children the very best for the future.



A Summer Term of Fun and Adventure for 2nd Stoke Gifford Rainbows!

The girls of 2nd Stoke Gifford Rainbows have been having lots of adventures since we started back after Easter. We've been working on our All About Me badge, playing games like guessing who's who from looking at their favourite items, and also working out which baby photo belongs to which Rainbow.

We've held a bake sale to raise money for our Sleep Over, and had our first sleep over in the woods at Badminton Cottages in June where we made woodland crafts and went on a Gruffalo hunt. We've also taken part in Church Parades.

We're starting to think about the world around us, and finding ways to get involved in our local community from planting flowers to carrying out random acts of kindness - so look out for us out and about around Stoke Gifford.

Girlguiding relies on volunteers to help make our meetings fun and inspirational for young girls. We currently need more adults to help us plan and run our sessions – if you're interested you can find more details on the Girlquiding website here: https://www.girlguiding.org.uk/get-involved/ become-a-volunteer or contact us directly using 2ndstokeaiffordrainbows@amail.com Frome Valley Division

Girlguiding is the leading charity for girls and young women in the UK, with over 500,000 members.

Thanks to the dedication and support of over 100,000 amazing volunteers, we are active in every part of the UK, giving girls and young women

a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun. We run Rainbows (5-7 years). Brownies (7–10 years), Guides (10–14 years) and Senior Section (14–25 years).









- ★ 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 programmes

For full timetables please check www.fromesidegym.co.uk Contact us - T: 01454 776873 E: office@fromesidegym.co.uk Watleys End Road, Winterbourne, BS36 1PW

Function Room Hire at North Bristol RFC

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To support and enable all learners to believe in themselves, achieve beyond their expectations and develop the skills needed to succeed and enjoy life.



Follow us: 💟 @olympustrust

Visit: http://www.olympustrust.co.uk/Secondary-Open-Events-2017/ for all our 2017 school open events.

1st Little Stoke Scout Group – Offering Scouting in the "Stokes" since 1952 Update by David Hutton

It has been a busy spring and early summer for members of 1st Little Stoke Scout Group.

The Beavers worked for the "Disability Awareness Activity Badge" and had a visit from Carol and her guide dog Wilson, who is a Labrador Retriever Cross with golden ginger ears and big brown eyes. He was calm, gentle and very focussed and loved an audience. The Beavers had prepared lots of questions for Carol and she was delighted to hear that they had all been trying to raise lots of money.

The Beaver Leaders prepared an obstacle relay course with a huge tunnel for the Beavers to complete as many times as they could in one hour. They raised an amazing £360. With the money raised they were able to sponsor three puppy Guide Dogs called Libby, Farah & Bolt. The Beavers will be able to watch them grow from a six week old bundle of fur to fully-qualified Guide Dogs. They will receive regular pup updates and photos which will be displayed on the notice board.





The Cubs have had an another busy time starting with a sculpture hike at Stoke Park, printing T-Shirts completing the Beep Test twice in order to show their improvement plus a fantastic trip to the local Donkey Sanctuary. Team building games, climbing, building & painting bird boxes, fire lighting and completing the Woodhouse Park Obstacle course were some of the many activities carried out by the Cubs. The term and the school year finished with a BIG CUB family BBQ at Woodhouse

The Scouts spent a fun filled evening at Avon Scouts Sailing Section in Bristol docks where they had the opportunity try their hand at sailing and earned their "Time on Water" staged activity badge. They visited the Apple store in Cabot Circus and compiled short presentation clips on all the amazing things they do in scouting. They learnt how to use a compass and took to opportunity to try out these new found skills at an orienteering evening at Blaise Castle Estate and no Scouts were lost! They have also been gliding and making preparations for summer camp at Patshull at the end of July.

We were very lucky to be awarded a grant of £2000 from Tesco as part of their "Bags of Help" scheme. It was great to see the support we had from our local community. We are planning on using the grant to develop an outside cooking area for all our sections to use.



On the 10th June, we joined forces with 1st Bradley Stoke Scouts to promote scouting across the area at the annual Bradley Stoke Festival. It was a great event allowing our Scouts to forge links with Scouts from outside the group. We were a small but focussed team promote the scout group and recruiting new young people and adult helpers.

If you would like any more information on getting involved with 1st Little Stoke Scout Group, please contact Group Scout Leader Tony Edmonds on 01454 772005 or email tonyedmonds108@yahoo.com

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.

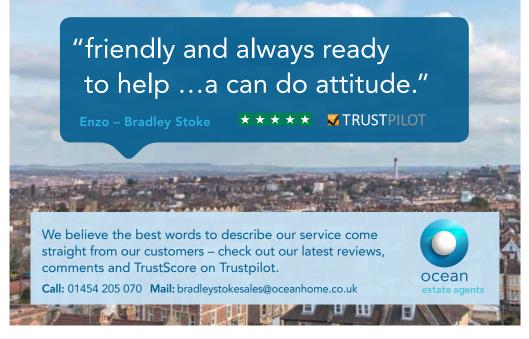
Ocean told us they were pleased to have been able to source the new kit from local supplier Linela embroidery in Olveston. Linela ensured the embroidered school emblem was just right. The response from the children and teachers confirms they did a great job and everyone was delighted with the smart new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











STOKE GIFFORD

PARISH COUNCE



New Rocket Play Equipment and Flooring at the Stoke Gifford Trust Recreation Ground, Stoke Gifford

The Parish Council were delighted to have received funding from Tesco's Bags of Help for the purchase and installation of a new children's play rocket and improved flooring at this location. This new equipment will further enhance the amenities at this site, and which it is hoped the children will enjoy using for a long time to come.

Stoke Gifford Cenotaph

Restoration works are nearing completion to the Stoke Gifford Cenotaph which is Grade 11 listed and the responsibility of the Parish Council. This is all thanks to funding from the War Memorials Trust and St Michaels Church.



Anti-Social Behaviour across Parks and Open Spaces

The Parish of Stoke Gifford has had a number of areas recently targeted by spates of vandalism. Graffiti has appeared on utility boxes, play equipment within Little Stoke Park has had seats damaged on the see-saw on two separate occasions, and bolts taken off the zip wire stanchion at the same location.

Whilst there is a budget for park maintenance, the Council is unable to sustain repeated offences. It asks that all local parishioners to report anti-social behaviour to the Parish Office during normal working hours or to the Police using the non-emergency number on 101.



Photo shows bolts removed from Little Stoke Park Zip Wire with metal plate thrown off and discovered several hundred yards across the park.



SATURDAY 26 AUGUST

TIME: 12.30 – 3.30 Open to Buyers**

(12.00 – 12.30 Sellers set up)*
VENUE: LITTLE STOKE PARK.

Little Stoke Lane, BS34 6HR

Buyers entry fee donated to local charity

Toilet & refreshments available.
Please call 01454 865202 Email clerk@stokegifford.org.uk

Stoke Gifford Parish Council for further information

No booking of pitches required. In the event of bad weather the event will be cancelled

— please check website <u>www.stokegifford.org.uk</u> Friday prior to the event.

— *Sellers parking via Little Stoke Lane entrance

Tennis

Courts

Now available for hire at

Stoke Gifford Trust

Ground

North Rd, BS34 8PE

Cost: £5 per hr

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



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

For children aged 5–11 years
Take part in team games, sports, arts and crafts
and lots of fun!

Stoke Gifford Trust Ground

Monday 31st July – Friday 4th August: Monday 7th August – Friday 11th August:

Monday 14th August – Friday 18th August: Monday 21st August – Friday 25th August:

Morning Session: 10:30am-12:30pm

CHILDREN MUST BE COLLECTED FOR THE LUNCH PERIOD

Afternoon Session: 1:30pm-3:30pm

£5,500 Grant Funding provided by the Parish Council

Curry/Quiz Night

The Curry/Quiz night took place on Friday evening, 9th June 2017 and, whilst numbers were a little lower than previous years, it helped raise funds of approximately £200 for play equipment to support the local youth club.

The Stokes Youth and Community Centre hosts 3 youth sessions per week along with a host of regular community bookings.

Anyone interested in hiring the facility which includes a large full-sized bouncy castle should contact the Parish Office.



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

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

Telephone: **01454 865202**, or Email: **clerk@stokegifford.org.uk** Website: **www.stokegifford.org.<u>uk</u>**



STOKE GIFFORD PARISH COUNCIL MEETING DATES 2017

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

FULL COUNCIL

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

FINANCE & GENERAL PURPOSE
Tuesday 12th December 2017

RECREATION & LEISURE Tuesday 17th October 2017

PLANNING AND TRANSPORTATION COMMITTEE

Tuesday 26th September 2017 Tuesday 24th October 2017 Tuesday 28th November 2017

YOUTH COMMITTEE

Thursday 26th October 2017 (9.30am)



Congratulations to local Little Stoke resident and Abbeywood pupil Morgan Baber who, her mother tell us, is "taking the gymnastic field by storm".

Morgan and her gymnastic partner Evie won Gold last month and became 'IDP Pair South West Champions' again! (Last year Morgan was Trio Champion in the same competition!)

It has been a phenomenal year for them both, gaining British success at the NDP Finals, South West Championship Title and International Gold Medallist Title in Spain recently where they beat the likes of the USA (against gymnasts in the USA team), Spain and Portugal. In fact Morgan's mum Debbie told Little Stoke Gifford Matters that the duo have won every competition they have entered since July 2016, apart from one where they narrowly missed out on the Gold by a minuscule amount!

They sound like they have a very exciting future ahead of them and I am sure the rest of the year holds even more exciting things. We look forward to hearing more in the future!

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



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

We look forward to hearing from you soon!

Filton Sports & Leisure Centre Elm Park, Filton, Bristol BS34 7PS

Tel: 01454 866685 www.filtonleisurecentre.co.uk



Pain Relief is at hand for Mum's to be!

Pregnancy is a wonderful thing. It does however put a whole new set of strains on the mother's body, often resulting in some level of pain.

As pregnancy goes on, your body can be carrying an extra 2 stone of weight, putting a considerable amount of strain on your spine. During pregnancy a hormone called relaxin is dispersed to soften the ligaments, to enable separation of the pelvic bones. A necessary procedure to prepare the body for birth but at the same time it can cause other ligaments of the spine and pelvis to weaken. All of these changes on the body and your posture can cause varying degrees of pain from a dull ache to severe pain. Pubic Symphysis Dysfunction is another painful problem that is common during pregnancy.

Do not suffer in silence! Osteomyologist Dawn Clode. is well equipped to address problems both during and after pregnancy for mother and baby. Dawn will adapt her treatments to be mindful of mother to be's needs.

Child birth is one of life's miracles that enables new life to come into the world. It is a time of extreme joy for new parents, but labour can also be a traumatic experience for both the Mother and baby's body. It may take some time to get back to your normal self. This is nothing to worry about but you will benefit from a session or two with Dawn, to re-balance your body, and set you on the right way to a speedy recovery.

For babies, the journey through their mother's pelvis when they are born is arduous. Many babies will benefit hugely from receiving Cranial Sacral Therapy

One session can put right any problems young ones are experiencing when trying to latch onto the breast

Cranial Sacral Therapy is excellent for treating new born babies and children; until they are 3 the bones of the child's skull (the cranium) are not fully hardened making it easier to move the joints and bones of the cranium. It is an exceptionally gentle yet powerful healing practice which can influence the deeply held patterns of both physical and psychological disease.

Dawn is pleased to offer a free Cranial Sacral Therapy treatment to the babies of parents who are already her existing clients.

For more information visit www.life-and-soulempowerment.co.uk or give her a call on 07951 099 491. Dawn is based in Little Stoke.

Reader Offer: £10 off Mum-to-be's first appointment during August & September!

Don't forget to mention LSG Matters when you book in !

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School **News from** St Michael's Primary, **Stoke** Gifford

Update by **Head Teacher Mark Freeman**



us, now is a good time to look back at some of the highlights of the year.

School Productions: The Lion King and more!

Without doubt the outstanding event of the year was our production of the Lion King. Every year we put on a whole-school musical, allowing children across the school to come together and showcase their talents. This year we decided to be more ambitious than usual, putting on the Lion King. The children learnt their lines and the songs: they practised for months after school and at home; costumes and scenery were prepared; and eventually everything came together for the shows. And what shows they were! The audiences were spellbound and the children excelled themselves. A selection of pictures from the show can be seen here: please visit the school website for more pictures and video clips (www.stmichaelssg.co.uk)

Every year group throughout the school puts on some sort of production during the year, and we are looking forward to our Year 6 production of 'Super Stan' as I write! We are very keen to support and foster our children's creative talents. both through our curriculum and regular theme weeks, but also through our after-school clubs. We have a variety of dance clubs, musical theatre clubs, as well as choir and orchestra.



Sporting highlights

This has been another excellent year for sport at St Michael's. Our school football team only lost one match all year, winning the league, the cup and the 'champions' league' trophy. Our girls' team enjoyed lots of success, and we also had teams in basketball, tag rugby, netball and swimming, where we came second by just 2 points. We promote sport very strongly in the curriculum, supported by Bristol Rugby and Gloucestershire Cricket clubs, as well as having lots of out-ofschool clubs run by both teachers and external sports coaches.

Inspections

At the start of the school year we were inspected by Ofsted, and were very pleased to again be judged 'good'. At the end of the year we had a Church School inspection, which found us to again be 'outstanding' as a church school. Here is an excerpt from the report (see website for full report):

St Michael's is a very warm and highly welcoming Christian community. The school's explicit set of four values...have a profound impact on all aspects of the life of the school. A secure, inclusive environment is created in which all children are cherished, nurtured and valued.

Colston Hall

Once again we took part in the South Glos Schools' Colston Hall event, where around 20 schools perform to a packed audience. The singing is always fantastic, and this year our Y4 ukulele group also had their own spot. This is a great opportunity for children to experience performing on the big stage (see photo right).

Achievement & School Results

We were very pleased this year with all of our school results, reflecting both the high quality teaching here, as well as the commitment and enthusiasm of our pupils. Our results in Year 1. Year 2 and Year 6 tests almost all exceed national averages. Equally importantly, we aim to achieve good results whilst maintaining a balanced and motivating curriculum in every year. We think it is important to avoid excessive test preparation so that Year 6 is a year to enjoy and look back on with fond memories.







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Bristol Brunel and Bradley Stoke Lions

The local Lions had a wonderful night at the Rybrook Lamborghini Showroom open night to have a look and salivate at the bright and beautiful Lamborghinis, the sleek, lovely Bentleys and the gorgeous Aston Martins. Not only were the cars mouth wateringly delicious, so was the Italian food and wine supplied by a local Italian Restauranteur. Having chatted to the Lamborgini team, ordered our chosen cars (I wish!), bought some wine (can't wait to sample it!) and eaten our fill, it was time to leave with much regret. Many thanks to Rybrook for inviting us to a very enjoyable evening.

After 16 years of being President of Bradley Stoke Lions Club, one year of which he was also President of Parent Club, Bristol Brunel Club at the same time. Robin has now finally relinquished the role due to declining health and handed over the Presidency and the gong to Michael Lane (photo below right). Club members and family were there to share the moment. Robin was presented with a bottle of his favourite Malt Whisky by the club and a beautiful whisky glass engraved with the Lions Logo, his name and the words "In appreciation". Robin was delighted and very touched.



Another highlight of the evening was the presentation to Heather (photo left), one of our older members, of a certificate from Lions Club International and signed by our District Governor to recognise the many hours Heather has given each week to caring for her friends and neighbours in Woodlands Park. When she is not BRADLEY STOKE LIONS cooking food for neighbours or visiting the sick, she crochets blankets for premature babies. A true Lion who puts everyone else before herself.

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





Short Marriages -Departing from Equality

Jo Morris, a family solicitor at AMD Solicitors reviews the case of Sharp v Sharp.

Since the landmark case of White v White in 2001. the concept of fairness in matrimonial financial settlements has almost been synonymous with equality. That case made it very clear that there is to be no bias against the homemaker, and the contributions that have been made by the spouse who takes a more traditional role in caring for the children and the home are given equal weight to the spouse who has gone out to work.

White gives us a general guide of the yardstick of equality, that is to say that equality should only be departed from where there are good reasons for doing so.

This begs the question; what are good reasons for doing so? In many cases this will hinge on the couple's respective needs. Often when a marriage breaks down and the finances have to be untangled there is simply not enough to go round. In such cases the person who is continuing to provide a home for the children may need to receive a greater percentage of the overall assets in order to do so. The Court will give first consideration to any child of the family under the age of 18.

In a small number of cases one of the parties will claim that they have made a contribution so special, otherwise known as a stellar contribution, it should increase their share of the assets.

Earlier this year footballer Ryan Giggs indicated that he would be running this argument when the High Court hears his case in the near future. These types of cases will turn on their own facts and expert legal advice is essential.

The recent case of Sharp v Sharp [2017] EWCA Civ 408 in the Court of Appeal considered equality with reference to short marriages. Mr and Mrs Sharp began living together in 2007, married in June 2009 and divorce proceedings

were commenced in December 2013. During the relationship Mrs Sharp received bonuses from her employment of £10.5 million, an income totally unmatched by Mr Sharp.

They had no children together and both were continuously employed until Mr Sharp took voluntary redundancy in 2012. Initially Mr Sharp was awarded 50% of the available assets. £2.725million, after a deduction for pre-marital assets and other agreed assets. On appeal, it was noted that it is possible to build up property during the marriage to which one spouse is solely entitled and the overall award to the husband was reduced to £2million.

It is clear that the length of the marriage may, in certain circumstances, justify a departure from equality to achieve fairness overall.

For advice on divorce and other family issues Jo can be contacted by email at jomorris@ amdsolicitors.com or by calling 0117 9621205 to speak to Jo or one of AMD's team of specialist family solicitors based at our office at 100 Henleaze Road, Henleaze, Bristol BS9 4JZ



Telephone us on (0117) 962 1205 or visit our website www.amdsolicitors.com





Win Tickets to the Hit Comedy **Musical 'The Wedding Singer'**

Are you ready to rock out with the Thornbury Musical Theatre Group? Grab your widest shoulder pads and the biggest can of hairspray you can find, as we present the hit comedy-musical 'The Wedding Singer'. This will take place at the Armstrong Hall in Thornbury from Wednesday 25 to Saturday 28 October at 7.30pm nightly, including a matinée on Saturday at 2.30pm.

Based on the classic movie of the same name. 'The Wedding Singer' will transport you back to 1985: a time when hair was big, music was loud and money was everything. Robbie Hart, a small-town wedding singer is engaged to marry the love of his life, but fate has other plans. Meanwhile, will Julia Sullivan, a cheerful if slightly naïve waitress ever marry her slimy boyfriend Glen and fulfil her dream of becoming Mrs Julia Guglia? Featuring a totally awesome 1980s score, this show is sure to leave you with a smile on your face and a head full of catchy tunes.

Tickets from £10.50, group discount available. Contact the Box Office on 07516 270140 or book online at www.tmtg.org.uk. Tickets will also be available at Lisa Costa Residential Sales and Lettings at 53 High Street, Thornbury from Saturday 23 September. The staff are big fans of TMTG and always delighted to meet our audience members. but remember it's a very busy office so please be patient if they're not available the first time you call.

For a chance to win two tickets to the opening night, enter our 80s impressions competition. What do Billy Idol, Tina Turner, Ronald Reagan and Cyndi Lauper all have in common? Why, they all appear in 'The Wedding Singer' of course! If you've always been told that you have a celebrity doppelganger, why not send your 80s celebrity lookalike photos to us; the best picture will win two tickets to the opening night of 'The Wedding Singer'. Plus, join us during the week in the show to browse our gallery of entries (with a few additions of our own!). Please send entries to publicity.committee@tmtg.org.uk or take your entry on Saturdays to Lisa Costas. The competition closes 11th October.

For more information about 'The Wedding Singer' go to our website www.tmtg.org.uk or follow us on Facebook.

Afternoon Tea at House of **Lords for Local Rugby Reps**



Steve Cooke, St Mary's Old Boys RFC 1XV Captain and Keith Holbrook joined Jason Leonard, Lord Addington (Trustees, ATLAS -Jason Leonard's Charitable Foundation) and other Club representatives in the House of Lords for afternoon tea last month.

The event was to discuss how the Foundation supports rugby clubs and members of the wider rugby family to help with their charitable wishes.

The Foundation works at home and abroad through a network of Rugby Champions. Overseas, they fund projects that alleviate the suffering of some of the poorest people on earth. At home, they support clubs and club members through charitable means beyond our grant funding programme.

The Atlas Foundation was launched originally in London and now work closely with half a dozen grassroots clubs to further their ambitions.

http://www.theatlasfoundation.org.uk

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News from Winterbourne Medieval Barn

Recent Medieval Events at the Barn

Crowds flocked to the Medieval Favre and spent the day immersed in the 14th Century! Living history group the Company of Chivalry had set up camp and showed visitors how people lived in the mid 1300s. with demonstrations of crafts and trades, cooking, make-up and clothing, military combat and falconry. "Blanche de Bradstone" rode in on her horse with a colourful procession. Children enjoyed firing the trebuchet, trying jousting skills, and a spoon dance. And visitors of all ages were entertained with live medieval songs and dance music. With excellent food and drink supplied by The Globe pub, Old Sodbury Lamb, and Lorraine's catering, as well as the Barn's own Mad Hatter ciders, it was both a relaxing and exciting day for everyone.

A Story of Early Music entertained all ages from 0-90 with a great selection of old music, instruments and songs, while Pete Morton had everyone in stitches telling The Miller's Tale through song. words, and hats! If you've not heard Rock Around the Clock sung in medieval English you've not lived!

Further events to look forward to

Sunday 13 August - Alice in Wonderland - Ian Kennedy Productions - 2.30pm - 4.30pm

Follow IKP down the rabbit-hole this summer and join Alice as she meets the weird and wacky residents of Wonderland. Adapted from the novel by Lewis Carroll, this new adaptation for all the family promises to entertain young and old alike.

So bring along a picnic, as the Mad Hatter invites you to his tea party, and experience Wonderland like never before as Alice's world becomes curiouser and curiouser, until you think you've gone mad. But let us tell you something - all the best people are!



Following their previous summer successes with, A Rip-Roaring Summer Adventure and The Wind in the Willows. IKP return with their unique brand of fast-paced, quick-witted adaptations of classic British novels, which promise to entertain all the family.

The grounds will open from

1.00pm so why not bring a picnic to enjoy before the performance in the Barn. Drinks will be available to purchase before the performance and during the interval.

Tickets: Adults £10.00. Children under 16yrs -£8.00. You can purchase tickets online via a link from the EVENTS tab on the Barn's website or in person at Daisy's Coffee Shop, Winterbourne or on arrival at Winterbourne Medieval Barn - subject to availability.

Tuesday 29 August - The Merry Wives of Windsor by William Shakespeare

- The Festival Players - 7.00pm - 9.30pm

The Festival Players Theatre Company is a professional theatre committed to presenting the very best in touring theatre. Directed by Michael Dyer and music by Johnny Coppin.

The roquish and foolish Knight, Falstaff, schemes to woo two married women to get his hands on their husband's money, but the wiley Wives of Windsor are more than a match for him. The Festival Players Theatre Company brings you this hilarious and colourful comedy in an all-male, fast-paced, costumed production. A summer feast of farce.

The grounds will open from 5.30pm so why not bring a picnic to enjoy before the performance in the Barn. Drinks will be available to purchase before the performance and during the interval.

Tickets: Adults £14.00. Children under 16yrs -£10.00. You can purchase tickets online via a link from the EVENTS tab on the Barn's website or in person at Daisy's Coffee Shop (from 14 August), or on the night – subject to availability.

Saturday 9 & Sunday 10 September -Heritage Open Day - 2.00pm - 5.00pm

Heritage Open Days celebrates England's fantastic architecture and culture by offering free access to properties across the country that are usually closed to the public or normally charge for admission.



Winterbourne Barn is an outstanding and unique building of national importance. All other surviving medieval great tithe barns were built by the monastic estates, universities, or the Knights Hospitallers, but Winterbourne Barn was built by Thomas de Bradeston in 1342, just a few years before the Black Death first hit in England.

Only three barns of this scale are recorded as built by gentry' families, and Winterbourne is the only survivor. The Barn was built using the green-timber construction methods which were the cutting-edge technology of that period. It is a fine example of a raised-cruck construction and one of the largest and earliest raised-cruck barns.

In addition to touring the Barn and its grounds you will be able to view the South Gloucestershire First World War Project Exhibitions. The exhibitions concentrate on what happened in the different areas of South Gloucestershire during WW1.

The first exhibition commemorates the First World War by focusing on how the different areas of South Gloucestershire were affected. Whilst the men went off to fight, the factories at home turned their production to vital war work, country houses became convalescent homes and women came into the world of work as never before. The exhibition also connects us to some of the experiences of our twinned towns in France.

This second exhibition focuses on the social impact of the war in South Gloucestershire, displaying photographs and information about the war's effects on local women, scouts and even animals, along with information about some of the entertainment and sport that was enjoyed at the time.

Visitors will learn about the contribution made by the women left at home in South Gloucestershire. the local animals that were requisitioned and sent in to battle and there are pictures of local people entertaining themselves with theatre productions and concerts.



Sunday 8 October - Orchard Harvest Day -

11.00am - 4.00pm Get this date in your diary for the most popular annual event at the barn!

See traditional cider making demonstrations using a Victorian stone apple mill and taste the results! Celebrate the Great British Orchard with an apple display and an expert on hand to identify varieties of apples – so bring your mystery apples along.

Let Cats Whiskers Face Painting Team transform vou into a butterfly, a flower or a wild creature for the day. Something for all the family. Skittles, archery, local crafts, rural skills, llamas, geese, apple bobbing and a variety of children's activities and games to choose from.

Learn about medieval falconry and witness these beautiful birds in flight as Raptor care return to the Barn to thrill with their static and flying displays you can even take a selfie with a bird on the glove.

Music, dance, food and drink available all day from Frampton Shantymen, Winterbourne Down Border Morris Dancers, Old Sodbury Lamb, Lorraine's famous sweets and savouries. Devon Ice Cream from Icicle-tricycle, local Beer, and Mad Hatters Cider brewed at the Barn.

Assistance and well behaved dogs on a lead are welcome. Dogs remain the responsibility of the owner within the grounds of the Barn. Purchase tickets on entry. Adults £3.00. Children under 16yrs - FREE.

New Double Your Donation Initiative Coming Soon

The Barn have teamed up with the Big Give Christmas Appeal to 'double your donation'. The Big Give is a national online giving campaign that takes place in late November 2017. To qualify, the Barn need to secure 10 x £100 pledges by 1 September 2017, so if you can offer to be a pledger, please email carolinewinterbourne@gmail.com. A BIG thank you to all who support the Winterbourne Medieval Barn.

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



Bradley Stoke Carnival - Saturday 26th August



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Sat 26th August 2017-Pilning Flower Show

Would you like to see a traditional village flower show? Then come along to 48th Pilning Show which takes place at St Peter's School, Pilning on Saturday 26th August. The wonderful displays of 78 classes are arranged in sections which include; vegetables, flowers, fruit, baking, preserves, wine making, photography, flower arranging, children's classes and crafts. The flower show opens to the public at 2:15pm, admission is £1 for adults, 50p for



OAPs and free for accompanied children. As well as the wonderful show displays, visitors can enjoy homemade cakes with a cup of tea and join in the charity auction of all the show produce entries and of other special items kindly donated by local businesses. The afternoon finishes with a bumper raffle. All monies raised by the show goes to local good causes – this year the Thornbury and District Stroke Support Group and Severn Beach Village Hall.

The show classes are free and open to anyone to enter, with prize money and trophies to be won. Entries are received 9am to 10:45am on the day, or 7pm to 8pm on the Friday evening. To avoid queuing, you can register your entries in advance (please email: richard.edwards2015@btinternet.com or call 01454 632170). For further information please visit the Pilning Flower Show Facebook page or you can pick up a show programmes for free from Down's Bakery in Severn Beach, Pilning Garage,

Pilning Post Office and the Dinky Village Store in Easter Compton.



Downend Horticultural Society Saturday 19th August

Present their 72nd Summer flower show on **Saturday 19th August** at Assembly rooms, Salisbury Road, Downend, BS16 5RA, open to the public at 2pm. Admission £1, refreshments availabie.

All sections open to non members, section in Vegetables, Fruit, Flowers, Pot plants, Flower arrangement and Domestic cooking.

Staging of exhibits from 9am to 10 30am on the day. Roger Davis 0117 9571703 or Hilary Walton 0117 9792832.







CHEPSTOW SHOW

Saturday 12th August

at Chepstow Racecourse Gates open at 8am Public admission from 9:00am

Main Ring programme commences 9:30AM

This year's STAR attraction: STUNT MANIA.





Show Day Admission prices: Adults £10, Seniors £8, Children 5-16 £4. Under 5's are Free. Family tickets (2+3) £25. SORRY BUT NO CARDS - CASH ONLY.

Car parking free - please follow traffic signage and stewards' direction



Autumn Fete and Craft Fayre

This year's MacMillian 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 4246 or email margaret.coffey@hibristolfilton.co.uk



Bradley Stoke Sew n Sos

Quilting & Patchwork Exhibition

Saturday 23rd 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



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-bristolnass-national-ankylosing-spondylitissociety-educational-eveningtickets-32680292635

Bradley Stoke Library August 2017

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

Cantonese IT Support

Every Thursday 13:00 - 14:00

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

"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



animal-agents.org.uk

Bradley Stoke Library

Free drop-in fun for 4 – 11 year olds



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



Avon Wind Band Association

Registered Charity No 1165352



A new **LEARNER CLASS** will begin on

MONDAY 4TH SEPTEMBER 2017

at Bailey's Court Primary School, Bradley Stoke starting at 7.30 p.m. for those wishing to play a woodwind or brass instrument.



To join the Class please contact Keith Hunt, Chairman

of the Association on **0117 9049125** or by e-mail keh35@blueyonder.co.uk

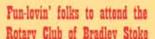
Don't worry if you do not have your own instrument as the charity can loan you one at no extra cost.



For more information visit our website

www.avonwindbandassociation.com





Bein' held at St Mary's RFC, Trench Lane

Priday, 13th October from 7.30

Tickets (including supper) £10 available from

rogerworthiam@gmail.com

All monies raised will go to causes supported by Rotary



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

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

Busy Bees baby and toddler group Bradley Stoke Evangelical church Tuesday 10-11.30 (Term time) 07747 45212 https://www.facebook.com/busybeesbsec/

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

BABY AND TODDLER GROUPS

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

Little Hedgehogs (0-5's) - Wednesday mornings, 10am-12noon school term time only. Edge Church Bristol , 1160 Park Avenue, Almondsbury, Bristol, BS32 4TF. 01454 837990.

Pre-School Rhyme time and Story time Bradley Stoke Library Mondays 10.30-11am and Thursdays 11-11.30am 01454 868006 bradleystoke.library@southglos.gov.uk

Puddle Ducks - Mondays 10am to 12 noon during term time Brook Way Activity Centre. puddleduckstoddlers@hotmail.co.uk

North Bristol Twins Group - Fridays 10-12am Evangelical Church in Bradley Stoke, northbristoltwinsgroup@googlemail.com

Tuesday Tots 10-1130am with safe outdoor play area at Little Stoke Baptist Church. All welcome. Contact Barbi Britton 0117 9695249

LOCAL CLUBS AND ORGANISATIONS

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

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

Afternoon Social Club 55+, every Wednesday from 2pm - 3.30pm at the Baileys Court Activity Centre.

Bradley Stoke Book Club 'Bookaholics' meet at Starbucks, Aztec West on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 geoffrey.stobbart@ btopenworld.com

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

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

Bradley Stoke Radio - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 bradleystokeradio.org.uk **Bradley Stoke Sew and So's** - Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, Bradleystokesewandsos.weebly.com

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

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

Goldies - a light hearted weekly fun sing along session for those who enjoy the songs from the 50s, 60s and 70s. We're not a choir but a group of local people who enjoy getting together and having fun. We meet every Tuesday 2-3pm The Old School Rooms, Stoke Gifford. £2 per session. All welcome.

Little Stoke Ladies Club - meets the 1st & 3rd Tuesdays 7.30pm at the Community Hall, Little Stoke Lane. Julie 0117 931 5007

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

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

Stokes Phoenix Club - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane.

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

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

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

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

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

Women's Institute (WI) - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30.pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

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

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet across the Five Stokes area, along with Church and School information. If we have got your details wrong, or missed out your club completely, please let us know community@mattersmagazines.co.uk and we will do my best to put it right for you!

SPORTS CLUBS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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

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



Local Schools in and around the Stokes

PRIMARY SCHOOLS

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

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

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

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

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

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

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

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

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

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

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

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

SECONDARY SCHOOLS

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

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

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

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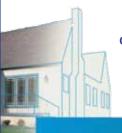


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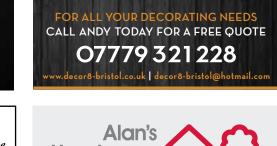


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Robbie Williams Tribute

Calling all you Rock DJ's and Angels! Dance the night away with this Robbie Williams Tribute Act for a truly memorable Christmas partu.

Price includes a welcome Christmas cocktail. festive 3 course meal, tribute act followed by our very own resident DJ.

Price: From £38.00 per person

Date available: 24th November



Time: 7.00pm - 1.00am

Call our Christmas Co-ordinator now on Holiday Inn 0117 910 4252 or email meetings@hibristolfilton.co.uk Filton Road, Bristol BS16 1QX

Weekend Party Nights

Prepare to feast all your senses in a dazzling night of fine food and Christmas revelry.

Price includes welcome Christmas cocktail. festive 3 course meal and resident DJ.

Price: From £34.95 per person

Dates Available: 1st, 2nd, 8th, 9th, 15th, 16th, 22nd, 23rd December

Time: 7.00pm - 1.00am



Private hire options available

Mid-week Party Nights

Join us for our mid-week party nights and you can have all the fun of the party without the stress of the planning.

Price includes welcome Christmas cocktail. festive 3 course meal and resident DJ.

Price: From £28.00 per person

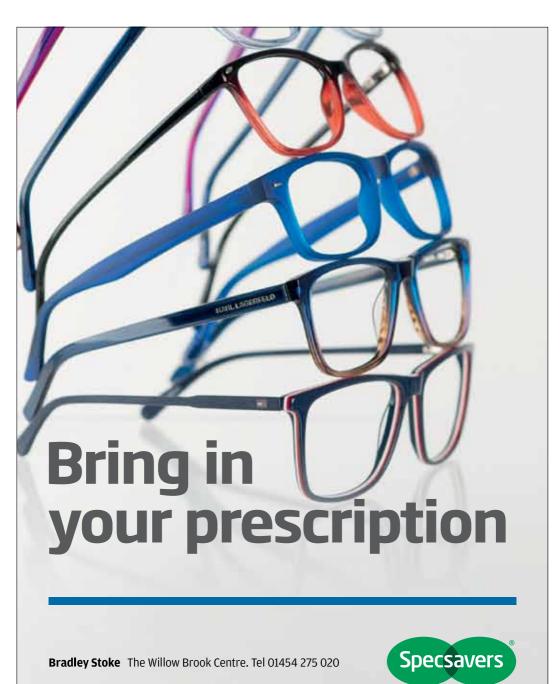
Dates available: 3rd-7th, 10th-14th,

17th-21st December

Time: 7.00pm - 1.00am

Private hire options available





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