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## Dear Readers....

**A very Happy New Year to you all! We hope 2018 will be a great one for us all.**

It is at this time of year we set about making positive resolutions for the months ahead. If you are looking to get fit, loose weight, book in for an eye test and improve your health and well being – you will find some fantastic local businesses within the pages of this magazine to help you on your way.

If you have some time on your hands and are looking for fulfilment, and to make new friends, you can read about some local groups that would welcome your help and also local groups that would welcome additional members.

It may be that your home or garden could do with some care taken of it in 2018. Don't put off the jobs that need doing any longer, visit our Home and Garden Trades & Services Section and feel good about booking a local expert in to come and help.

As always, we are pleased to bring you reports from local organisations such as the Bradley Stoke Lions and Rotary Clubs, a season update from the Bradley Stoke Town Football Club, stories from

local residents, and updates from some of the local schools. We meet the new Head Teacher at Holy Trinity, and include an adaptation from Martin Davis's latest historical book about our area. We also bring you news of some special events just across the bridge in Chepstow in this edition.

If you are a business looking to promote your services across the Stokes or a local group looking to share your news or raise your profile in the community, then please do get in touch with us and we will be happy to help.

Take care until next time,

**Jaci x**

**As ever a huge shout out to all the businesses who support us and enable us to bring you your community magazine. WE SIMPLY COULDN'T DO IT WITHOUT YOU!**

Don't forget you can keep up with each edition of Bradley Stoke & Little Stoke Gifford Matters via [www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk)



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## resolution

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## Teenager turns Anger into Inspiration by staging “Bike Fest @ The Stokes”

A young teenage boy left devastated after his bike was stolen is turning his grief into something positive for his local community.

Josh Harding, from Bradley Stoke, is putting on a bike safety and awareness event to help others take measures to stop them falling foul to his fate. The 14-year-old is working with several organisations, including the local police and South Gloucestershire Cycle Safety team, to organise Bike Fest @ The Stokes.

Josh's mum Sue said: “We became fixated with trying to find his stolen bike, checking selling sites online and driving around our neighbourhood. It was really getting Josh down, so I said let's do something positive instead and that's when we came up with idea for an awareness event.”

After saving for 12 long months, Josh had his bicycle stolen just weeks after he bought it. He had cycled to the Willow Brook Centre to buy his parents a gift for their wedding anniversary and came out to discover his bike was gone.

“He was so gutted that he's refusing to let us get him another bike in case this one gets stolen as well,” said Sue. “No one is to blame for the theft of Josh's bike, other than the people who took it. We're thankful for the support we've had from the Willow Brook Centre and other organisations, who are backing our event.”

Josh and his family have arranged for police to attend and bring along security stickers to be placed on bikes, which can't be removed. They will also have ultraviolet pens that will mark the bicycle frames, but can be seen under a special light.

South Gloucestershire Council is donating a make your own smoothie using pedal power bike that they usually hire out for events. They've donated it, free of charge, to help raise money on the day.

Sue said: “Vouchers as part of the Sports Pound project will also be handed out - a local initiative from South Gloucestershire Council encouraging people to try out sports and activities for free. The council will be collecting old bikes on the day that staff will collect in, repair and handed back out to those in need within the local community.

“It's been great to see so many organisations getting behind Bike Fest @ The Stokes, we're really grateful for all the support.”

Bradley Stoke Radio will also attend to play music and keeps people entertained throughout the day.

Josh and Sue are still working on other events and ideas for Bike Fest @ The Stokes. The event will take place, whatever the weather, as it's planned for outdoors but will be taken inside if the weather isn't favourable.



## WillowBrook BikeFest@TheStokes

**SATURDAY 6TH JANUARY IN  
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**The event will raise money for Life Cycle UK**









## Meet the New Head at Holy Trinity Primary School

**Bradley Stoke Matters was pleased to visit Holy Trinity Primary School for this issue and catch up with new Head Teacher Janet Dickson, to find out more about her and how the first full term in her new role has gone.**

Janet has been married for 32 years and has 3 grown up children who are all in their twenties. Teaching is Janet's second career; after the birth of her children Janet started as a lunch time supervisor at a local primary school and then a teaching assistant, deciding thereafter to study for her teaching degree with the Open University and completing her final training at the Bath Spa University.

Prior to taking over the headship at Holy Trinity, Janet was the Head Teacher at Rangeworthy Primary School and before that Acting Head at St Paul's in Yate. She told me that the Christian ethos at Holy Trinity Primary School really appealed to her and that the school just felt 'right' to her when she visited. The staff and general school community has made her very welcome in her new role and she has really enjoyed getting to know everyone - although admitted that the hardest part has been learning all the children's names!



*"I have been made to feel so welcome at Holy Trinity Primary School and feel very excited about its future."*  
**Janet Dickson,  
Head Teacher**



To help with this, at the start of the new school year she spent time with every class using the story of the patchwork quilt to show that however different we each are individually, we are also all connected and can fit together. Each child made a patch about themselves which then was joined together to create a big picture which is now on the wall in the hallway of the school (photo right).

One of the highlights for Janet has been leading worship with the children every Monday and Friday. This term

they have been learning about the values of Generosity and Compassion and also celebrating the children's achievements during the Well Done Worships throughout the term. Years 5 and 6 have also lead class worship this term as well, with Year 5 performing a drama based on Shakespeare and Year 6 focussing on slavery.

One new initiative this term has been the start of a Parents' Forum and Janet has been pleased to get involved in this. There is a meeting at the start of every short term and parents are encouraged to give their views and raise any issues they wish to talk about or know more about in school. All parents are encouraged to join in with the initiative in 2018.

Fundraising for Children in Need was good fun, with a fashion show, cake sale and the children coming to school dressed in spots. The day raised over £300. The Friends also ran a cake sale raising money for the MacMillan nurses.

There have also been some interesting visitors into school with the local PCSO coming in during anti-bullying week and talking to the children about e-safety. Then the High Sheriff of Bristol visited

to help the children understand more about democracy and the value of British justice. There was also been a road safety workshop held at the school last term for all the children and, before Remembrance Day, President of the Stoke Gifford Branch of the Royal British Legion, Brian Hewitt MBE, came in to talk to the children and help them understand the significance and meaning of this special day.

Janet commented just how much goes on at Holy Trinity with so many clubs available, from football (with the school football team participating in the league), to drama, fencing, painting, construction, running, craft, a choir and a 'pot luck' club where they do something different each week! She is also pleasantly surprised with how many children are involved in musical tuition at school, learning such a variety of musical instruments from guitar, violin, flute and keyboard to saxophone and even drums!

Janet is really looking forward to the 'Vision Day' planned for 2018 whereby the whole school community is involved in planning out the school's vision for the forthcoming 5 years. *"I am passionate about a broad curriculum which also equips our children with the social and emotional skills to become successful, happy adults."* She is also looking forward to working towards achieving the 'Health in Schools' award which encourages healthy eating and healthy lifestyle choices, and developing sports provisions to ensure that all children have the opportunity to be involved in something. Holy Trinity already offers a variety of sports and Janet is looking forward to starting up a Netball Club in the Spring term which she herself is running.

Following their "Continuously Good" rating from Ofsted in 2016, followed up by an "Outstanding" SIAMS the same year, everyone involved at Holy Trinity Primary School is very proud to have been ranked at 144 in the Sunday Times School Guide published in November, one of only 3 schools in South Gloucestershire in the list. This list is based on KS2 results for the previous 3 years.

The primary school currently only has a few odd spaces across the years and was over subscribed for its September 2017 intake of Reception pupils. Don't forget that applications for pupils starting in September 2018 need to be received by South Gloucestershire Council by 15th January 2018.



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## Shoebox Appeal

We loved this photo from Trinity Pre-school in Bradley Stoke who, together with Holy Trinity Church and Holy Trinity Primary School, helped collect and fill approximately 80 shoeboxes. Through the organisation Blythwood Care, these will be sent to less privileged children and families across Albania, Bulgaria, Kosovo, Romania, Moldova, Serbia, Hungary, Pakistan and Ukraine.

The pre-school children helped put together some of the boxes in pre-school and helped to carry all of them out to the van to be taken to the depot. Thank you to everyone who helped create all these shoeboxes!



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Overwhelmed by the power and potential of hypnotherapy, I came to realise it was time to re-evaluate what was truly important to me. Fuelled by a long-standing interest in people (I have a BSc (hons) degree in Psychology) and a passion to help them to be the absolute best they can be, it seemed a natural step to qualify and progress my career in this direction.

I can honestly say that I love my work, and am delighted with the amazing results that hypnotherapy allows me to achieve, in helping people take control of their lives.

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It's important to understand that you don't have to 'believe' you can change, you just need to 'want' to change, the belief will come when the change starts to happen. However, this is not 'stage hypnosis', I do not have a magic wand and you will need to work with me.

*"I have been in a very dark place for a long time. With the help from Laura each week, I am now emerging from the darkness and out into the light."*

On a personal note, I've been able to apply what I learnt to help myself, to realise what I want in my own life, and to become a more efficient, happier and relaxed person. As a busy working single mum to two growing boys, life is definitely not boring...

*I truly believe in life we can be anything we want to be, change begins with you...*

*just imagine...*



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Three events organised by Bradley Stoke Rotary this year raised money which went to Papworth Hospital Heart Research and ARC, a supportive charity giving counselling advice for parents facing difficult decisions.

A Barn Dance held at St Marys Rugby Club took place in October that attracted over 100 people, raising nearly £1,000 for the aforementioned charity. This is a popular event headlined by Jig Mad Wolf Ceilidh Band.

The Club was also involved in two collections, one at the Moscow State Circus for the homeless in Bristol and one at Bradley Stoke Willow Brook Centre, again for the charities listed above.

On 5th November the Club supported the Bradley Stoke Town Council's Firework Night by providing and selling food at the event. This is always popular and also shows how we support the local community. The funds from this event went to the Southmead's Neonatal and Still Birth Unit, as did the funds from our Quiz Night on 1st December, which again is popular amongst many but was a unique Rotary event.

During the same weekend in December we ran a Jewellery Party, the proceeds of which will go towards funding hospitals in Nepal. This is part of the International Aid side of Rotary which also involved one of our members going to Goa where he supports and funds a local school.

In 2018 we are planning to help the Youth in the community by helping to run a Public Speaking Night. This will involve students from Bradley Stoke Community School and other schools in the Olympus Academy Trust. We are keen to support other events such as a Young Citizen Award and other Rotary competitions in the Olympus Academy Trust. We are also going to be involved in the Your Green Future Day at UWE where Rotary Clubs and the local education authority tutor and educate local 15 year old students the concepts and ideas surrounding green aspects of our environment.

To follow what we have done and look at what we are going to do please look at our website <http://rotary-ribi.org/clubs/page.php?PgID=668933&ClubID=1821>

Or you can get in touch with President Steve Bateman, via email [scb60bateman@icloud.com](mailto:scb60bateman@icloud.com)



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## Bradley Stoke Lions

Michael Lane, President

Bradley Stoke Lions would like to thank everyone who supported us as we brought Santa's Sleigh round the area over the Christmas period, although one night it looked as if the police were about to arrest Santa, however he was just checking everything was OK! Phew!! Santa and his elves very much enjoyed meeting everyone, especially the children and hope that everyone received the gifts they wished for.

As the new President of Bradley Stoke Lions, I have been asked to explain what the Lions are and what we do... Lions International started 100 years ago in the USA and came to the UK via the Canadian Army in WW2.

Back in 1917 Melvin Jones gave one of his neighbours a hand repairing his roof, the next neighbour's task required a few more helpers and that was the start of a neighbourhood help group which, over time, became the Lions Club. Today it is often the case that most people just need a hand at some stage in their lives.

The core belief of Lion clubs can be summed up by the following:-

**In the community - With the community - For the community - by Members of your community.**

We are ordinary people who wish to give something back to the Community in which we live. We are a non religious and non political organisation. The Bradley Stoke Lions was started by Robin Young back in 2000 and, with the participation of the membership, have assisted many people within our community, young and old alike, including groups and organisations.

**If this sounds interesting to you and you would like to participate in our club activities and of course our social life, give us a ring on 0845 8336745 for more information.**



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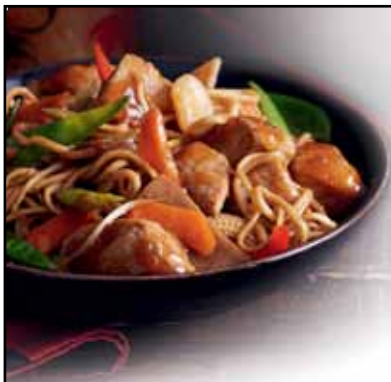


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**Tuesday - Bradley Stoke**  
Wheatfield Primary School,  
7.30pm  
Tel LJ: 07880 501200

**Tuesday - Henleaze**  
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**Tuesday - Winterbourne**  
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**Wednesday - Little Stoke**  
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**Wednesday - Patchway**  
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Tel: Amber: 07500 113000

**Thursday - Little Stoke**  
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**Thursday - Patchway**  
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**Thursday - Stoke Gifford**  
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**Friday - Bradley Stoke**  
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**Saturday - Bradley Stoke**  
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## “Dare to Dream this January!”

**Slimming experts say aiming high and getting support is the key to success**

Your local Slimming World Consultants (see opposite) are preparing for a busy January as many of our readers vow to make this the year that you achieve your dream weight. The latest research conducted by Slimming World shows that people should aim high for the weight they would love to be, and to make sure they get the support they need to achieve it. The national study of 24,457 people with a BMI (body mass index) in the obese category looked at the impact of target setting, and found that the more ambitious the target, the more weight people lose – regardless of their starting weight.

Local consultant Amber says “Our local Slimming World groups are the best place to get motivational support, along with the care and camaraderie to learn to make simple, healthy changes to lose weight and keep it off. No dream is out of reach at Slimming World. Whether it’s to lose ten pounds or ten stone, run around with the kids or run a 10k race – together, we, the local consultants and members, can help to get you there!” Here are just two local success stories:



**Simon is now at target after losing over 10 stone in less than a year**

*“If anyone is thinking of joining Slimming World this January I’d just say ‘go for it’. Whatever you dream to lose, with Slimming World you can absolutely do it. I was nervous walking through those doors and had been worried I’d be the biggest person there, however the warm welcome I got from the Consultant and the group, and the belief they showed in me, was amazing. I instantly knew there was no need to be scared and that the people in the group really understood and cared.*

*Now I’m a target member I attend group each week for free. I love to go along to get top tips, motivation and support – and of course to catch up with all my Slimming World buddies!*

**Heather Englefield - Total weight loss 4st 1lb**

*“My amazing journey started in October 2015 after a meltdown when none of my clothes fit me and my self confidence was at an all time low. My route was not always direct and I hit some diversions along the way. But the continued support from my consultant and all of the lovely people in our group have helped me reach my target - 4 stone lighter!*

*“I have met some truly inspiring people along the way and I have made some very special friendships set to last for life. I look forward to maintaining the new “Me” and hope in some small way that my journey helps others reach their goals too”.*



**Could this be YOUR story in 2018? Take the first step today -**

**Your local groups can be found in the advert opposite and at [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk).**



## Adaptation 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 adaptation of his book below. The full book is available to purchase for £10 from the Patchway and Bradley Stoke Libraries.

As a boy from the age of six, Benjamin Willcox watched everything that his father, William, did to make the farm at Little Stoke a success. He would have listened to the conversations going on around him, while witnessing what was being done and changed on the farm, as the agricultural depression that followed after Napoleon's defeat at Waterloo, began to take its toll. Too young to understand why these changes were happening, he gradually learned how to respond to the challenges they presented. After recovering from the shock of his father's death in 1819, he continued to learn from his remarkable mother.

Her death on May 3rd 1852 enabled the settlement of William's estate to take place. The beneficiaries had had to wait for 33 years. Its implementation was done in a way that treated equally, everyone named in the will. The value of much of the estate was tied up in the live- and dead-stock on the farm. The auction of the stock was held at Little Stoke, over three days between March 14th and 16th 1853. It must have been agreed before his mother died, that Benjamin would take over the lease. It was essential for him to know this before entering into any bidding at the auction. Nevertheless, the prospect of bidding for animals that he had reared, and for machinery that he had used, perhaps only the day before, must have seemed odd. He bid, successfully, to the tune of £1,444 6s 9d, about half going to the acquisition of live-stock. Was he using savings, or drawing on a loan arranged with a bank in Bristol? There are no clues as to which path he took, but £1,444 was a large sum of money then, equivalent to about £32,000 now! Of his brothers, Joseph spent just £78 15s and Isaac, only £65 7s 6d.

One thing stands out: Benjamin had developed a clear vision for the future of Little Stoke Farm. As soon as any adjoining land belonging to the Beaufort Estate became available, he set about acquiring the lease. By 1861 the main farm had grown from 313 to 560 acres. Farming, in general was entering a period of prosperity across the land, and Benjamin was making sure that he accrued the benefits of the change. It may, or may not, be

significant, but he did not bid for the bull at the auction – new bloodstock was needed to avoid in-breeding. He did buy the four oxen, so ploughing would remain both traditional and, of importance to Benjamin, economical.

Benjamin's impact on the farm was probably greater than that by any other farmer in its recorded history. The farm that survived until its demise in the 1960s to make way for housing, was the farm he created. The changes that followed him were associated with improvements in technology: the farm stayed essentially unaltered. The three small paddocks behind the farm were planted as one large orchard; the number of undercover cow stalls was increased by 40%; new stables and pig sties were added and two ponds were redesigned for wagon maintenance. The front garden was extended into the narrow 'village green', and a new high-walled kitchen garden was laid out. A new large rick-yard area was created. Part of the house was rebuilt. The dairy area was modernised and enlarged. At the top end of the farm, Benjamin planted a wood, of hornbeam, ash and oak, for coppicing. It became known as Savages Wood.

Things did not always run smoothly on the farm. On Lady Day (March 25th) 1858, Benjamin took on a dairymaid, Elizabeth Ann James. The events that followed were reported by The Citizen, in Gloucester. 'On Thursday 1st of April, she came down stairs, went into the yard, and afterwards returned into the kitchen. She was unwell, and her mistress (Hannah, Benjamin's sister and housekeeper) ordered her to go to bed, but instead of doing so started to go to her home in Old Sodbury'. Her home was about 15 miles away. In a state of some distress, she must have set out on foot. One of the farm hands chased after her and brought her back to the farm. It appeared that she might have given birth during the night. A search revealed the body of a baby girl hidden in 'the privy'. Elizabeth admitted that she was taken ill the previous evening, her condition worsening until the baby girl was born, apparently a still birth. A formal inquest was held at Stoke Gifford on April 6th. No external marks indicating mistreatment were found on the

## 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.

baby. Expert opinion from a doctor claimed the baby was alive at birth, the death being attributed to 'lack of proper care and attention'. The inquest jury returned a verdict of manslaughter. This may have been one of the most harrowing incidents in the long Willcox tenure at Little Stoke. On August 11th Elizabeth James appeared at Gloucester Assizes on the lesser charge of 'concealment of a birth'. The guilty verdict was accompanied by a plea for mercy, with which the judge concurred. She was committed to prison for one month. The story does, however, have a happy ending. Benjamin and Hannah, showed compassion, and continued to employ her, promoting her to housemaid and taking on her sister as dairymaid.

In 1860, on October 3rd, the Bath Chronicle included a report about the Iron Acton, Alveston and Almondsbury Agricultural Society's meeting at Latteridge. The society had only been formed a fortnight earlier 'for the purpose of taking into their consideration the advisability of establishing an association for the encouragement of ploughing in the residents of the surrounding neighbourhood'. It was their first meeting and three ploughing judges were appointed: Mr William Williams from Badminton, Mr Joseph Iles from Tormarton and Mr Benjamin Willcox of Stoke Gifford. In the category of ploughing by boys under the age of 16, second prize went to Joseph Sampson, a 'servant' to John Thomas of Woodhouse Farm. John was, no doubt, a nephew of the earlier John Thomas, who had married Benjamin Willcox's

late sister, Elizabeth. The competition took place in a field of quality chosen for its suitability, near the Plough Inn in the village!

Benjamin was foremost a farmer, fully involved in the local farming community. June 9th 1870 was a particularly hot day, perhaps not the best condition for a sheep shearing contest. However such a match of skills had been laid on by the West Gloucestershire Agricultural Society at Almondsbury. Sheep were supplied by three local farmers, including Benjamin Willcox. Standards, reported in the Western Daily Press, were high, despite the heat. After the competition was over, Mr Chapman was reported to have laid on an 'excellent' dinner at The Swan, in Almondsbury.

Benjamin's sister, Hannah, died on November 1st 1874. She seems to have glided through the saga of the Willcox family on silent wings. Other than the census records, her baptism at Winford and her father's will, it is almost as if she had never existed! In fact she must have worked hard behind the scenes, giving Benjamin the support and space to become a very successful farmer. Suddenly he had need of a house-keeper, a role that was briefly filled by Emma, his brother, Joseph's daughter. The 1881 census shows her at Little Stoke with Benjamin, who was then aged 72. In 1881 Emma married her cousin Sidney Witchell, joining him at Bailey's Court Farm.

On Saturday, March 13th 1886 the notice of the farm sale appeared in The Bristol Mercury'. The sale, described as important, was a success, as reported in The Bristol Mercury on Friday March 26th 1886. It commented on the attendance 'by most of the leading agriculturists of the district'. Prices were considered to be 'satisfactory'.

Benjamin Willcox now retired, handed over the farm to Sidney and Emma Witchell. He lived on at Little Stoke Farm, cared for by Emma and Sidney. He breathed his last on February 11th 1890, aged 82, and was buried in St Michael's churchyard, Stoke Gifford, alongside his sister, Hannah. He died a rich man and left a will. He had outlived all his siblings, most by a wide margin. Probate was granted to Sidney Benjamin Witchell of Little Stoke Farm. His estate, which did not include the farm, was valued at just over £26,000, equivalent to about £2,500,000 now, which was divided equally between seven of Benjamin's surviving nephews and nieces.

\* \* \* \* \*

## Sing & Smile at Weekly Sing-a-long with the Goldies

Whilst visiting the gorgeous Stoke Gifford Coffee Shop last month, I was drawn to peak through the doors of the hall by the sounds of jolly music and singing. I had stumbled across a lovely group of people who make up the 'Golden Oldies' (Goldies for short).

'Goldies' Sing & Smile Charity was founded by Bath-based choir leader Grenville Jones and inspired by the social issues and loneliness facing older people. Getting together, making friends and having fun are the basis of this Charity and its simple ethos is to give people events they can look forward to. The Charity is based on the well documented fact that singing is good for you, it encourages good breathing, helps your memory, brightens up your day and gives you a chance to meet other people. In short it puts a SMILE on your face!

The songs are carefully chosen and based on the well known sing-along hits of the 50s, 60s & 70s. Songs like Bring me Sunshine – Summer Holiday – Magic Moments – Downtown - Hi Ho Silver Lining and many more, encourage people to clap in rhythm to the music, tap their feet, smile and if the mood takes you ... get up and dance!

The Stoke Gifford Goldies is run by Adele Hooper who lives locally in the village. *"We are a very welcoming group with a relaxed atmosphere. It is always lovely to see people enjoy themselves and leave with a smile on their face."* A great benefit of running in the Old School Rooms is that people are welcome to stay on and have a tea or coffee together in the Coffee Shop too.

*"Sometimes it can take a bit of courage to come along on your own for the first time, but we are a small group and you will be made to feel very welcome and, in no time at all, you will have made new friends"* Adele continued. Goldies is not a choir and you do not need to be able to sing, or even feel you have to sing along if you don't want to! There are 3 different song books, including ones with large size print. It is a very all-inclusive group and any one who would like to join in is very welcome, the current age range is from 60s-90s!

**Goldies runs at the Old School Rooms, Stoke Gifford every Tuesday from 2.00-3.00pm. Weekly costs are £2 per person. This group has also received funding from the Stoke Gifford Parish Council to help it continue to run on a weekly basis. For more information you can call Adele on 0117 979 0029 or email [adele@golden-oldies.org.uk](mailto:adele@golden-oldies.org.uk)**



*"The ethos of this Charity is very simple - it is to give people something to look forward to, a REASON to get out of their homes and be with others."*

*"Singing should be on prescription,"*

*founder  
Grenville Jones*

## You are not alone

**Margaret Gibbard, Counsellor at Bradley Stoke Physio & Health, explores the support that's available for you during this busy and emotional season.**

This time of year, amidst the dark nights and end of year festive preparation and recovery, can often trigger a number of emotional issues for us.

When we find these issues difficult to process, they can begin to impact our lives. Sometimes seeking and asking for help can be tricky and precarious as we often feel we are the only ones not coping, or that this is a sign of weakness. Thankfully, stories about people living with depression, anxiety, stress and other mental health issues, have been very prominent in the media recently, helping to dispel these myths.

Consequently, more of us are beginning to share our own accounts of mental health within family and friendship groups. In some instances, as with Lady GaGa, these stories come out publically. People are realising that they are not alone in their struggles and mental illnesses do not discriminate as they affect anyone.

Men are also now finding it easier to vocalise their own struggles. As with famous footballers (Rio Ferdinand and Chris Kirkland) and royalty (HRH Prince William and Prince Harry), men, as well as women, are benefitting from getting support through talking therapies, such as counselling.

The most important thing is that it doesn't matter who you are, or what you do. Just like physical illness, mental health issues can affect anyone and there is no shame in this. You are not alone and there is help out there.

Bradley Stoke Physio and Health provide support for mental as well as physical health, as we believe both are equally important, and our qualified counsellor, Margaret, offers a safe and confidential space to enable you to work through your mental health concerns. Impartial and non-judgemental, Margaret will listen and support you through what can quite often be difficult, and sometimes, painful worries and experiences. Highly competent, Margaret knows that no two people are alike, and so will use approaches to therapy that best suit you.

**To book an appointment with Margaret, or to find out more about how counselling could help you, you can contact Margaret on 01454 618 525 or go to [www.bradleystokephysio.co.uk](http://www.bradleystokephysio.co.uk).**



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## Patchway Community School Teacher wins Award from National Education Charity

Local secondary teacher Sharon Beesley has won an award from a national education charity in recognition of her outstanding school leadership work.

Ms Beesley, who is Associate Senior Leader at Patchway Community School, won Ambition School Leadership's Leadership award after her efforts saw improvements in pupil progress and attainment. Judges were impressed with the way Ms Beesley has focused on improving standards and her support of her colleagues.

The award was presented on Wednesday 29 November at Ambition School Leadership's graduation ceremony in Birmingham. Ms Beesley graduated from the charity's flagship Teaching Leaders programme, which trains school middle leaders with high potential who want to improve pupil outcomes and be highly effective leaders. She says: *"I've loved working with the Teaching Leaders programme over the last two years; it's been a fantastic opportunity to develop my leadership skills and learn from other like-minded professionals. The programme has had a really positive impact on me as a teacher, and more importantly the education of our students here at Patchway."*

James Toop, Chief Executive of Ambition School Leadership says: *"I'm delighted to present this award to Sharon, in recognition of her hard work on the programme. Our ambition is to ensure every child goes to a great school and everyone on our Teaching Leaders programmes is dedicated to making this a reality and addressing educational disadvantage to improve the life chances of young people."*

Ambition School Leadership was formed in November 2016 from education charities The Future Leaders Trust and Teaching Leaders with the aim of building a network of exceptional school leaders at all levels to transform the lives of the children who need it most. As this group of leaders graduate, Ambition School Leadership is currently recruiting more school leaders across the South West for its leadership development programmes. Headteachers looking to help their staff develop and make sure every child has a great education should visit [www.ambitionschoolleadership.org.uk](http://www.ambitionschoolleadership.org.uk).



## Castell Roc Festival all set for a spellbinding 2018

Take a gorgeous Welsh Castle, add a big stage with professional sound and lighting, put in a really good bar selling local ales/ciders/wine/spirits, include some lovely food and of course some incredible entertainment usually reserved for city centre venues, and you get a taste of what Castell Roc offers...

The Festival continues to go from strength to strength, gaining national praise and recognition for not only great entertainment but for its relaxed atmosphere, enchanting location and superb acoustics.

Castell Roc Festival is now pleased to release details of the first of its star studded 2018 shows, held inside Chepstow Castle.

**Friday 17th August 2018 - "Alabama3"**. The band are notable for their fusion of styles, ironic lyrics, intentionally humorous personae, and outrageous live performances. Oh, and of course they wrote the intro music to the hit TV show 'The Sopranos'.

**Saturday 18th August 2018** - the incredible **"Dr Hook"** starring Dennis Locorriere. All the hit singles including Sylvia's Mother, A Little Bit More, When You're in Love with a Beautiful Woman and Sexy Eyes, plus many, many more.

**Friday 24th August 2018** sees the welcome return of a 2017 sell-out show: back by popular demand **"The Magic Of Motown"** bring top Motown hits, glittering costumes, dazzling dance routines and an incredible party atmosphere to the castle.

**Sunday 26th August 2018** flying in from Australia is none other than the Grammy award winning, International chart topping, British music legend **"Leo Sayer"**! Also including support from **"Mari Wilson & The New Wilsations"** an amazing evening awaits!

**Monday 27th August 2018** is a unique chance to see two full theatrical show's in one evening with **"Return Of The King meets Prince Experience"**. Leading tributes to Prince & Michael Jackson, both Artist's with their full bands and backing singers in a show never seen before.

*Will they perform together, in a duo?*

**Saturday 1st September 2018**, fresh from the big theatres is **"Fastlove"**. An opportunity to re-live the passion, flare and the unique sensitivity of **George Michael**. Accurate, captivating and heart-warming, with all the big hits.

**If you haven't checked out Castell Roc before, you really should!**

**Make memories ... Show tickets make great presents! Birthdays, Anniversaries, Valentines, Mother's Day**

All shows are standing. Guests are welcome to bring foldable chairs or blankets (for use in dedicated areas). Limited tickets are on sale now (with special "earlybird prices") from Hannah's Music, Chepstow (01291 627122), or online via the Festival website at [www.castellroc.co.uk](http://www.castellroc.co.uk). All we suggest is 'be quick or miss out'.....

**More shows to be announced soon...**



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# Meadowbrook Primary School

- Pupils enjoy coming to school, say that they are well looked after behave well. They are polite and respectful.
- The exciting and interesting indoor and outdoor environments that invite children to engage in rich and varied activities to develop a range of skills.
- The inclusive approach to supporting children ensures all children are fully immersed in their learning and make good progress.
- Pupils are well cared for because leaders place pupils' welfare at the centre of everything they do.



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South Gloucestershire, Bristol BS32 8TA



## Painting in Watercolour at Holy Trinity Primary School

Bradley Stoke Matters was pleased to hear from Val Silvester, Year 3 teacher at HTPS who runs an after school watercolour painting course for Years 5 and 6.

The children started with learning how to use watercolour techniques such as washes. They learnt how to work with a limited palette of tubes of paint, mixing their own colours on watercolour paper. A keen painter herself, Mrs Silvester was able to show the pupils some examples. They then painted pictures of their own choice.

They then learned to paint using masking fluid, researching a range of styles using this technique before the children chose their own design.

The children's art was proudly on show for parents/carers and children to view in early December. The paintings were framed with frames kindly donated by Ikea Bristol. The children served drinks & snacks and they held a gallery opening to show off their fantastic work.



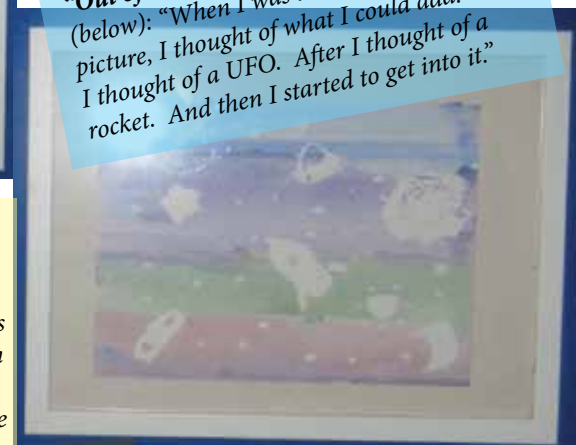
*Naomi Benham on her painting, right, "Turn up the Christmas Spirit": "I think that it was appropriate to do a festive painting so close to Christmas. I hope that you now feel festive!"*



*Jessica Mallett was inspired by the 5th of November fireworks for her painting "because it was such a beautiful night"*



*"Out of this World" by Adrian Brooks (below): "When I was drawing /painting the picture, I thought of what I could add. Then I thought of a UFO. After I thought of a rocket. And then I started to get into it."*



*"Growing Sunflowers", also by Jess: "I drew the flowers and leaves, then I mixed lovely colours and gave it a colourful wash"*



Bradley Stoke Matters thinks they are wonderful!  
Thank you for sharing your paintings!



Tell people you saw them in Bradley Stoke & Little Stoke Gifford Matters



## Introduction

As we write this, another busy term at St. Mary's School is coming to a close. It has been full exciting trips and events. This term we have been focusing on two of our values: **Being Attentive and Being Discerning**.

Attentive means to be aware of others' feelings around you and how they are acting.

Discerning means thinking about your actions and making the right decision.

These link together because they are all about thinking about other people. This helps us to become responsible young people who think about what we do and how it affects others.

If you read about some of the things we have done we have tried to practise these values.

## Mill on the Brue: Y6 Camp 2017

This year on the 5th of October Y6 travelled to Somerset because we were going on a teamwork camp at the outdoor activity centre MILL ON THE BRUE. Here we learned how to trust each other whilst taking part in very exciting activities.



We spent three days enjoying ourselves and developing new skills that we didn't even know that we had! Some of these skills we found were: being unafraid of heights, jumping from 20ft in the air [with a harness], working with others in our class that we don't normally socialise with. While we were there we were divided into teams: Squirrels, Owls and Badgers. We took part in many exciting activities including: assault courses, canoeing, high all aboard and finally the zip wire.

After a very exciting, but exhausting weekend away from family, we were glad to return home. Even though we were glad to see our family we



were sad that the trip was over as we had been looking forward to it for so long. Everyone agrees that we will treasure these memories forever.

## Children In Need

This year our super school decided to be unique. We did this by planning many different fundraising events for pupils like us to participate in.

These are some of the events:

- Dress up from the 1980s
- Walkathon
- Toast and hotdogs sale
- Face Painting
- Sponge the Teacher
- Collecting Coins on the Snake
- Movie Night
- Y6 Cake Sale

After participating in these events we managed to raise an amazing £1,790.17. We presented this cheque to Children In Need when we took part in the Children In Need Choir in the new Concorde Museum along with six other schools. Before we went to the Concorde Museum, we were given blue Pudsey jumpers to wear. Once we arrived at the museum we were provided with packed teas because we were there for a long

time (approximately 7 hours). During this time we practised the song – Somewhere Over the Rainbow several times and finally sang live on Points West and the Live Children In Need show.

A few of us were also interviewed about all our fundraising. We all agreed that this was a very exciting experience and a once in a life time opportunity to sing on live television. We are also very proud of how much money we raised for Children In Need.



## Carol Service

Every year at St Mary's we prepare our school Carol Service which takes place at Holy Family Church. This year was on Tuesday 12th December. The Carol Service includes many carols that St Martin's and St Francis' classes learn off by heart and it also features a number of solos. We sing a wide variety of classic and modern carols with the congregation.

During the service there are many readings and carols that tell the Christmas Story, some of which are written by Year 6 children from our school. The Carol Service is one of the highlights of our year, we always enjoy taking part in it.

## Leigh Woods 2017: Buddy trip

In October, Year 6 and the reception classes went on a trip to find more about our buddies and to spend time with them. We took part in many activities, for example den building, when our buddies collected logs and made some amazing dens. Shortly after this our buddies got hungry



so we decided we would go and have some lunch. We worked brilliantly together and had a wonderful time spotting animals, playing in the vibrant leaves and jumping in muddy puddles.

On the way home we were all exhausted, and some of the little ones fell asleep on the bus. When we got back to school we said goodbye to our buddies and went home with a happy feeling as we will remember this day as a wonderful day.

## Christmas Play

Our wonderful KS1 performed an outstanding Christmas play called 'It's a Cracker' where the children told us the Nativity story. They managed to put it together within a few weeks, memorizing song and words practising over and over. Some of the year 2 even sang solos, which is amazing for such a young age.

In order to produce a detailed play, the children had to understand the story of the birth of Jesus. We all enjoyed their performance and hope that they enjoyed performing it.

Thank you to all of the staff who helped during this event. We are all very proud for performing this play twice. Well done KS1.

## Book fair

This term Miss Horsley organised a book fair for all years, Rec-6. Y6 helped Miss Horsley set it up. This consists of putting out containers full of books. After school, you could take your parents along to it and buy various books. 20% of the money we raised we kept to buy new books for our library.



## Bradley Stoke will be seen clearly

**A BRADLEY STOKE** opticians will ensure that more than 1,000 local children and adults are seen more clearly this winter thanks to donations of high-visibility vests.

Specsavers in the Willow Brook Centre, Bradley Stoke, has so far handed out 1,325 of the vests to a variety of groups including schools, nurseries, Rainbows and Brownies.

*'We feel very strongly about ensuring our local community can be seen when out and about during the winter months,' says store director, Ed Stanleigh. 'Road safety is obviously an important issue all year round, but even more so when there are fewer hours of daylight. We are thrilled to have been able to donate so many vests and hope that they will help give some peace of mind.'*

Sara Messenger, Unit Leader of First Alveston Rainbows and First Pilning Rainbows, comments: *'The vests will come in very handy when we go out on trips and visits, ensuring the girls can be seen clearly. They'll also come in very handy to make sure we can keep an eye on everyone more easily and we'd like to say a big thank you to Specsavers for the donation.'*

**For more information, please visit Specsavers Bradley Stoke at Unit MU4, Willow Brook Centre, Bradley Stoke, BS32 8EF call 01454 275020 or visit [www.specsavers.co.uk/stores/bradleystoke](http://www.specsavers.co.uk/stores/bradleystoke)**



## Changing Times at Ambourne House

It was lovely to pop back to visit Ambourne House Day Nursery on the Gloucester Road in late November to meet Nursery Manager Lorraine Doyle and her Deputy Jenni Greenow. With both my children now at Secondary school, the days when I used to be a regular visitor at this lovely nursery seem quite distant now!

The nursery has been running for over 25 years and Lorraine took over as Manager in the early part of this year. Lorraine is a former Montessori teacher and a mother of 3, with a degree in Early Education and Professional Practice and 17 years experience in the childcare sector. She is very excited to take over as Nursery Manager at Ambourne House and has already introduced many changes, such as taking the children on outings to the duck pond. Also having her Level 3 Forest School training, Lorraine plans to start weekly Forest School sessions for the nursery children in the local woodlands of Savages Wood in Bradley Stoke, Blaise Castle and Leigh Woods. *"We shall bring snacks and everything we need with us on our outings"* Lorraine told me, *"We are fully equipped with a 'wee tree' and a 'wee tent', so can continue with toilet training whilst out and about! We also have a flora and fauna research book which we plan to utilise on our excursions and will fully encourage our children to revisit our Forest School sites with their parents at weekends, so they can show off what they have been learning"*.

Lorraine is also pleased to introduce an expansion in the nursery's opening hours from 7.30am-6pm with a breakfast club operating from 7.30-8am. *"This is especially helpful to our parents who start work at Aztec West at 8am"*. Another introduction to help working parents, is the 'medication policy'. The nursery is now happy to accept children on the mend from illness or injury, but still on medication, back into the nursery and parents can be confident that whilst they get back to work their child will be cared for and medicines administered as if they were at home.

Deputy Manager Jenni lives in the Stokes and has worked in child care since 2004 also obtaining her degree in Early Education and Professional Practice. Jenni is a keen touch rugby participant, a skill which she brings into the garden and encourages the children to join in with her in active play. Another new initiative to entertain the children at Ambourne House is the extra curricular activities brought in by weekly visitors such as Jo Jingles, Hart Beep, Balance Buddies, Debut Tots and the like.

The nursery currently has spaces available for all age groups. If you are interested in a place for your child, you are very welcome to call on **01454 615352** to make an appointment at a mutually convenient time, or feel free to pop in on 'Welcome Wednesdays' - when either Lorraine or Jenni will be able to show you around the nursery with no need to book in advance.



Lorraine Doyle and Jenni Greenow outside Ambourne House Day Nursery

*"It is a really exciting time at Ambourne House Day Nursery. We have had a change of management team, have completely revamped all facilities in line with our "Naturally Inspiring" logo which has seen us changing our resources back to wood, as well as the introduction of regular outings and weekly Forest School. With all of this, plus expanded hours to include breakfast club, we are really proud of what we can now offer our children and their parents"*  
**Lorraine Doyle,**  
Nursery Manager

Celebrating  
25 Years  
of Quality  
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## Volunteering Opportunity with Retired and Senior Volunteer Programme (RSVP)

### Do you love to sing?

*Would you like to bring enjoyment and vitality to older people living in care homes?*

If so, we would love to hear from you. We are looking to recruit volunteers over the age of 50, to run musical activity sessions for residents living in care homes and extra care sites in Bristol.

We have a small group of volunteers running regular sessions in care homes and are looking to expand this team to run more sessions for some of the most vulnerable people living in our communities, many of whom are living with dementia.

Our next training course will be in March 2018 which will include observing sessions run by our trained volunteers. We offer ongoing support and regular team meetings.

Our volunteers say:

*"I absolutely love running these sessions."*

*"They, the group, are my friends now and I am family."*

*"I have so much fun and it is wonderful to see them come alive during the session."*

If this opportunity appeals to you please do contact us for more information. We will be delighted to hear from you.

**Jan Snook, E: [rsvp-west.org.uk](mailto:rsvp-west.org.uk) / T: 0117 9628 649**

**Ken Dolbear, E: [ken.dolbear@rsvp-west.org.uk](mailto:ken.dolbear@rsvp-west.org.uk)  
T: 0117 942 3085**

**[www.rsvp-west.org.uk](http://www.rsvp-west.org.uk)**



## NURSERY, PRESCHOOL AND WRAP AROUND CARE at Little Stoke, Stoke Lodge and Stanbridge Primary Schools

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email: [brightsparks1234@hotmail.co.uk](mailto:brightsparks1234@hotmail.co.uk)**





## Winter Health Messages

Winter is a very busy time for the NHS. There is an increase in respiratory complaints and people suffering falls (with associated injuries), with elderly patients and those with underlying health conditions being most affected.

In addition, winter vomiting bugs and coughs lead to more people seeking medical assistance.

Please help us to provide your care by reading about two common minor illnesses that you can normally manage yourselves and where advice and medication is available from a pharmacy.

**Norovirus**, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water.

The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea. Good hand hygiene is important to stop the spread of the virus.

People are advised to wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating. **Alcohol gels do not kill this virus.**

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly.

The advice from Public Health is that patients with these symptoms do not visit either A&E or GPs as this may spread the virus. Further information and advice is available from NHS 111, including an online symptom checker at [nhs.uk](http://nhs.uk)

**Coughs and Colds.** A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause nasal stuffiness, a runny nose, sneezing, a sore throat and a cough. Usually it's a self-limiting infection – this means it gets better by itself without the need for treatment from a GP.

**Treatment of a cold.** For most people, a cold will get better on its own within a week of the symptoms starting without any specific treatment. However, there are treatments that can help to ease your symptoms and make you feel more comfortable. These are available from your pharmacy, which means that you can treat yourself, rather than needing to see your GP.

There is no cure for colds. Antibiotics, which treat infections caused by bacteria, don't work on cold viruses.

**Self-help.** There are a number of self-help measures that may help to ease the symptoms of a cold.

- Drinking plenty of fluids to prevent dehydration.
- Steam inhalations with menthol, salt water nasal sprays or drops may be helpful.
- Vapour rubs may help relieve symptoms for children.
- Hot drinks (particularly with lemon), hot soups and spicy foods can help to ease irritation and pain in your throat.
- Sucking sweets or lozenges which contain menthol or eucalyptus may soothe your throat.
- Gargling with salt water may help a sore throat.

You should try to make sure you rest and look after yourself if you have a cold, but it is not usually necessary to stay off work or school.

***All Staff and Stoke Gifford and Conygre Medical Centres wish you all  
a very happy, healthy and peaceful New Year.***

The AMD Solicitors Private Client department presents a Spring workshop on

## The Snakes and Ladders of Life



AMD Solicitors invite you to join us for a practical afternoon workshop on The Snakes and Ladders of Life. This workshop will cover:

- **Who pays? - Care Fees and Inheritance Tax**
- **Bank of Mum and Dad – The Lenient Lender**
- **Where there's a will there's a way**
- **Incapacity – who's in charge?**

We will be holding the workshop in both Redland and Henleaze as follows:-

### **Redland – Wednesday 28<sup>TH</sup> February 2018 – 3pm to 4pm**

Tyndale Baptist Church, Whiteladies Road, Bristol, BS8 2QG

### **Henleaze – Thursday 1<sup>st</sup> March 2018 – 3pm to 4pm**

Leonard Hall, Trinity-Henleaze United Reformed Church,  
Waterford Road, Henleaze, BS9 4BT

The workshop will begin with talks by two of our Solicitors, Florence Pearce and Andrew Jack, and will be followed by a question and answer session. Florence and Andrew are experienced specialist private client solicitors. Florence is also a full member of STEP (the Society of Trust and Estate Practitioners), the leading professional association in this field.

Refreshments will be provided. There is no charge but a donation to our charity of the year, Guide Dogs For the Blind, would be appreciated.

To book a place at one of our workshops please telephone: 0117 9621205, email [probate@amdsolicitors.com](mailto:probate@amdsolicitors.com) or call in to one of our four Bristol offices:

100 Henleaze Road, Henleaze BS9 4JZ  
139 Whiteladies Road, Clifton BS8 2PL

15 The Mall, Clifton BS8 4DS  
2 Station Road, Shirehampton BS11 9TT

[www.amdsolicitors.com](http://www.amdsolicitors.com)

## AMD Solicitors, Law Firm of the Year 2017

We were delighted to be named 'Law Firm of the Year for 2017' (up to 15 partners) at the Bristol Law Society's Annual Awards Dinner on 19th October.

The Bristol Law Society Annual Awards recognise the best of the Bristol legal profession so we are extremely proud to receive this award from the independent judging panel. This award recognises excellence in the provision of legal services and a firm that has seen significant development during the year.

This honour coincides with our celebrating 20 years as AMD Solicitors (from 1st September 2017) so, this has become an extra special birthday for AMD!

We are positioned today between a small high street practice and a medium sized commercial law firm with 4 offices and over 45 staff. This balance enables us to comprehensively meet our clients' needs which could range from meeting a client's first need for a solicitor for legal support, such as a will or first house purchase, right through to acting for the commercially sophisticated client looking to appoint a legal team competent to handle a larger company and commercial transaction, such as an acquisition or merger.

Our structure also means that we are able to ensure that almost all of our services are provided one to one by a solicitor or fee earner (or by a small team of solicitors for commercial services).

In October 2016 we were pleased to be able to take advantage of the opportunity to acquire and develop easily accessible and prominent premises at 139 Whiteladies Road. Our new office replaces Thomas Cook on the corner of Imperial Road in the heart of the Bristol restaurant / new cinema quarter. We are proud to remain active and provide work opportunities in the more traditional heart and residential parts of the city.

Our new office marks our 4th office at ground floor level providing convenience for our clients together with ease of roadside parking or access from Clifton Down train station just opposite.



### Advice Making a Difference



Telephone us on (0117) 962 1205 or visit our website [www.amdsolicitors.com](http://www.amdsolicitors.com)

We would like to thank all of our clients, associates and friends for your continued support and for the kind feedback we have received since receiving the award.



# CHEPSTOW

## ANNUAL WASSAIL AND MARI LWYD

**Saturday  
20th Jan**

1.30pm until 11.30pm



**Ceilidh  
Tickets £7.00  
Under 18's £3.00**

## CATS CLAW CEILIDH BAND at THE DRILL HALL

Mari Lwyd at **The GreenMan Backpackers** 1. 30pm

Apple Tree Wassail at The Castle Dell 3.00pm

Mari Pageant at Chepstow Castle Inn 4.30pm

Meeting Welsh /English at the border 6.30pm

Grand Mari Lwyd outside The Museum 7.15pm

Country Dance Ceilidh at the Drill Hall 8.00pm

**Morris Dancing and Music throughout the event**

**Food Vendors - Crepes - Burgers - Hot Dogs - Soup**

★ for program and further details please contact us below ★

info@greenmanbackpackers.co.uk - Tel 07870 611 979

web site [www.chepstowwassailmari.co.uk](http://www.chepstowwassailmari.co.uk)

SEE THE ACTION  
ON THE BIG  
SCREEN



*Take advantage of the reduced Bridge Tolls, make a short trip across the bridge to Chepstow and do something a little bit different this month...*

**SATURDAY, 20th. JANUARY 2018:  
THE NEWEST OLD TRADITION IN WALES**

*(OR IS IT THE OLDEST NEW TRADITION IN WALES?)*

The Chepstow Wassail Mari Lwyd is a very popular annual FREE community event suitable for the whole family combining the mainly English tradition of Wassailing, the Welsh Mari Lwyd tradition, plus a unique social meeting of the English and Welsh on the Welsh/English border (The river Wye bridge, main photo).

The Mari Lwyd is a Welsh mid-winter tradition which dates back many centuries. The Mari is a decorated, shrouded horse skull which is carried by the Mari Lwyd group who go door-to-door, singing and challenging the families inside to a battle of rhyming insults in Welsh. At the end of the battle of wits (known as pwnco) the group are invited into the house for refreshments. There is usually singing and rowdy banter, after which the Mari group bless the house and it's inhabitants (thlwncestdyn), wish all a happy New Year and move on to the next port of call.

The Chepstow Mari Lwyd takes place on the steps of Chepstow museum in Bridge Street where a large part of the town and many visitors turn out to watch the proceedings.

- 1.30pm** \*\*NEW FOR 2018\*\* Mari Lwyd Ceromony at the GREENMAN BACKPACKERS, Beaufort Square, Chepstow Town Centre.
- 3pm** Meet at the Three Tuns/Castle Inn, Bridge Street (by the Castle). Morris Dancing and capers outside the Tuns followed by WASSAIL of the Castle Dell Apple Trees in the Castle Dell behind the Tuns. Sundry Singing and Dancing and Party Poppers and Toast and Cider. \*\*NEW FOR 2018: Food Vendors\*\*
- 4.30pm** \*\*NEW FOR 2018\*\* Mari Lwyd (Welsh Grey Mare) PAGEANT. Many (13+?) Authentic Horses Heads Dressed in the Traditional Way. Welsh/English Banter, Lots of Singing/Colour/Fun and a BEAUTY CONTEST!!
- 5.30pm** Riverbank for more Morris Dancing, Music and Noise in Preparation for the Famous "Meeting on the Bridge".
- 6.30pm** Meeting of the English and the Welsh in the Middle of the Old Iron Bridge. *"It's like going to War and then all Peace breaks out!"* \*\*NEW FOR 2018: The centre bridge meeting filmed and beamed to large viewscreen on the riverbank!!
- 7.15pm** GRAND MARI LWYD Performed at the Chepstow Museum. All Floodlit, Great for Viewing, Join in the Singing and Rumours of Hot Mulled Cider! \*\*NEW FOR 2018, MARI AND WASSAIL SOUVENIR T-SHIRTS AND BADGES FOR SALE\*\*
- 8pm** Open Mic at the Castle Pub til late. Come and Play or Just Listen to Fantastic Acoustic Music.
- 8pm** Ceilidh at the Drill with Excellent Ceilidh Band CATS CLAW £7/£3 Concs. Under 18's. Dance the Night Away or Just Watch, Listen and Enjoy.

*And Much More. Bring the Family and Friends for Some, or All of it  
.... It's Brilliant!!*





## Urban Buzz is underway

It is well known that pollinators are in significant decline. Buglife, the Invertebrate Conservation Trust aims to help combat this with the national Urban Buzz project. Recently launched in Bristol the project will inject colour and wildlife back into the Greater Bristol area, transforming mown and unused urban spaces into vibrant areas, buzzing with life!

The Urban Buzz project is funded by The Biffa Award, Garfield Weston Foundation and supported by players of People's Postcode Lottery.

In South Gloucestershire, with help from the Council and Friends of groups, a number of sites have been completed already, aiding the project on its way to its 100 'buzzing hotspot' target!

Meadows have been sown at Lincombe Barn, Patchway Common East and Blackhorse Pond with local schools and volunteers getting outside and learning about bees and other pollinators. Project Officer Hayley Herridge says "The response from the children and community groups has been fantastic, people want to help pollinators and through Urban Buzz they can. Now we just have to wait till next summer to see our flowers buzzing with life!"

Each 'buzzing hotspot' is assessed and transformed to increase the forage seasonality and nesting habitats required to support pollinator life cycles. This will help habitat connectivity across Bristol, enhancing the cities green infrastructure and increasing invertebrate populations. Hayley goes on to say "the project addresses the serious declines in pollinators over the last 70 years. Urban spaces can provide a safe haven for our flying friends which pollinate many of the foods we eat."

Urban Buzz Bristol is looking for more sites to transform. Community groups, organisations or individuals are invited to get in touch if interested. **Please contact Hayley on hayley.herridge@buglife.org.uk**



*Above: Councillor Blair of South Gloucestershire Council with Wheatfield Primary School sowing wildflower meadow at Patchway Common East, Bristol.*

*Right: New luxury bee hotel created at Grimsbury Community Farm Open Day with John Morris (South Gloucestershire Council) and Urban Buzz project Officer Hayley Herridge*



## Did you know South Gloucestershire Council runs MOT tests at its purpose-built facility in Yate?

Local authority MOT testing facilities are recommended by financial experts including Martin Lewis, of MoneySavingExpert.com, because they do not offer repairs and are therefore truly independent.

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

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

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

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

*"Can't fault it – 10 out of 10,"* said another.

**Martin Lewis says:** *"The feedback we've received from council run MOT centres is fantastic, as people tend to find their vehicle passes with far less faults – though important safety problems are always highlighted."*

*"The fact councils don't offer repairs and therefore have no vested interest in erring on the side of fails has a lot to do with it."*

## MOT your vehicle with us

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- Free retest (within 10 working days)
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- Free reminder SMS text option
- Waiting area and café
- Free WiFi

**We do not carry out repairs, we only test vehicles - No hidden extras**

**We also test motorhomes, buses and vans**

**Opening hours:** Monday to Friday from 7am

**Tel:** 01454 863920

**Email:** mot.bookings@southglos.gov.uk

**Address:** MOT Test Centre, Broad Lane, Engine Common Lane, Yate, Bristol BS37 7PN

Council MOTs are recommended by the Money Advice Service

www.southglos.gov.uk



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# growing support

because gardens are good for you



## Can You Help Tackle Social Isolation in Your Community?

People living in care are twice as likely to experience severe loneliness and isolation as those living in the community. The recent research also shows up to 50% of older people living in care never go outside. A local organisation, Growing Support, is using a pioneering approach to tackle this isolation. They run gardening clubs for people living in care to help them connect with the outdoors. The clubs use fun, using engaging activities specially designed to increase opportunities for light exercise, sensory stimulation and social interaction.

Growing Support is currently looking for volunteers to support their trained Horticultural Therapists in running the clubs in care homes. You would be helping more people benefit; there is strong evidence

that gardening as part of a group can help people feel a renewed sense of purpose, reduce agitation and improve sleep and appetite.

In 2017, 28 new volunteers joined the Growing Support team, helping them to deliver over 1,000 hours of support. Volunteer Karen said, *"I found that often the sight of the plants or the sensory nature of the activity would spark memories to surface and reminiscences about the gardens the residents had at home. Even participants who had quite advanced dementia and limited verbal communication were clearly getting something from the sessions. I saw one woman who went from being quite distressed at the start of a session to leaving us with a big smile on her face and a calm and relaxed demeanour."*

When asked if she would recommend this kind of volunteering, she replied, *"I would absolutely recommend volunteering with Growing Support to others, and regularly do! The Growing Support team are a lovely bunch and make it clear that the work we do as volunteers is important and valued."*

All volunteers receive an induction, support from a mentor and access to further training. There are regular volunteer meetings and Growing Support covers your travel expenses. Growing Support stressed you don't need to be a gardening expert!

**For information on the project and how to get involved contact Sarah at [volunteers@growingsupport.co.uk](mailto:volunteers@growingsupport.co.uk) or visit the Growing Support website <http://growingsupport.co.uk/get-involved/>**

***"I would absolutely recommend volunteering with Growing Support to others, and regularly do!"***

Karen, volunteer



## The Friends of Forty Acres, Stoke Gifford

The Friends of Forty Acres have donated a wooden bench and dedicated it "In memory of John Toller Friend of Forty Acres".

John was the Group's first chairman when the Friends formed in 2008. He was passionate in protecting the Wildlife and Flora in the fields. John organised working groups to plant trees and wild flowers, litter picking and to pull the invasive plant Himalayan Balsam. He could be seen most days in his wellie boots and with his litter picking grabber.

On 18th November John's wife Lorna cut the ribbon (photo right) and "declared the seat well and truly open". Their two daughters Gail and Claire, Families and Friends were present. The Chairman of Friends of Forty Acres, Laurence Acteson gave a very touching speech.

Unfortunately John lost his fight with cancer on 1st November 2014 and he is greatly missed.

**A small group of volunteers are trying to keep up his good work, but we need help with more volunteers. If you'd like to get involved and help, please contact Stoke Gifford Parish Council, by calling 01454 865202 or emailing: [clerk@stokegifford.org.uk](mailto:clerk@stokegifford.org.uk)**

## Bradley Stoke Library



### Rhymetime (Term time only)

Mondays 8th, 15th, 22nd, 29th January  
10:30 - 11:00

### Storytime (Term time only)

Thursdays 4th, 11th, 18th, 25th  
January 10:30 - 11:00



### Spanish Rhymetime (Term time only)

Every Wednesday at 16:15 - 16:45  
(Must have Open Access membership to attend – speak to library for details)

### BiggerBooks

Friday 5th January 16:30-17:30

### Volunteer Drop in Session

Check in Library for dates

### Craft Group

Saturday 13th January 10:30-12:00

### Code 4 Kids Scratch

Saturday 9:30 - 14:30 drop in sessions  
Please contact the organiser for further information: [scratch.code4kids@gmail.com](mailto:scratch.code4kids@gmail.com)  
Or visit the website [www.code4-kids.com](http://www.code4-kids.com)

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

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[bradleystoke.library@southglos.gov.uk](mailto:bradleystoke.library@southglos.gov.uk)  
Website: [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries)**



## Mcdonald's Provides Boost to Local Grassroots Team

**Bradley Stoke Youth FC U7s has received a brand new free football kit, courtesy of local McDonald's franchisee Mike Guerin and the McDonald's and FA Accredited Club Kit Scheme.**

Local McDonald's franchisee, Mike Guerin who is a keen supporter of grassroots football, said: "Bradley Stoke Youth FC is a fantastic example of a grassroots club with a real community spirit and is a club that's close to my heart – it's great to meet with the team for a second year in a row and see how they're getting on. It's important that we support local teams to help them create the best possible experience for young aspiring players."

**Bradley Stoke Youth FC aims to provide its players with the opportunity to realise their full potential and improve their skills. Children are encouraged to work hard, enjoy the sport and develop friendships with their team mates.**



Martin Lee, a representative from Bradley Stoke Youth FC, said: "We're hugely grateful to McDonald's and Mike Guerin for donating a new kit for our U7s team. An average team strip costs around £500 per season, so this really is a huge saving for us and means we can spend the money on other areas of the club that need it. The kids absolutely love wearing their new strip. Having the kit has created fantastic unity and team spirit and has given the kids extra motivation to train and have a great season. We are really grateful to Mike for everything he does to support us, and hope to continue our relationship in the future."

McDonald's Accredited Club Kit Scheme is part of McDonald's ongoing community partnership with the four Home Nation Football Associations. The programme focuses on supporting accredited grassroots clubs and their volunteers to raise the standards of grassroots football across the UK and improving the grassroots experience for young aspiring footballers.

McDonald's Director of Football, Sir Geoff Hurst, who has previously visited the Bradley Stoke football teams, said "I still remember what it was like putting on a new team shirt for the first time and it's important that grassroots clubs are also able to give that feeling of pride and team spirit to their players. I'm proud to be part of a programme which helps teams continue to raise their standards of football and build upon their successes."

If you are interested in joining Bradley Stoke Youth FC please go to the web site at [www.bsyfc.co.uk](http://www.bsyfc.co.uk) or contact Martin at [mlee1@btpenworld.com](mailto:mlee1@btpenworld.com)



**Fromeside Gymnastics Club**

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- ★ 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](http://www.fromesidegym.co.uk)  
 Contact us – T: 01454 776873 E: [office@fromesidegym.co.uk](mailto:office@fromesidegym.co.uk)  
 Watleys End Road, Winterbourne, BS36 1PW



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**Evening or weekend appointments also available**

## Christmas Nativity At Bradley Stoke Nursery

Children at a nursery and pre-school in Bradley Stoke have been getting into the Christmas spirit by performing a nativity play for their families. Children aged three-months to five years from the Mama Bear's Day Nursery in Bailey's Court performed a traditional nativity which featured some favourite Christmas carols.

Nursery manager Emma Tolley said: "We have been rehearsing the show for a few weeks now, and we were so pleased with how confidently and enthusiastically the children sang and spoke – the performance could even be heard in the garden! It can be a daunting task to perform in front of family and strangers but the children all absolutely loved it and really enjoyed dressing up in character to show off what they had learnt. It's lovely to be able to celebrate Christmas with the children and get them excited in the run up to Santa's big visit!"

The nursery and pre-school at Bailey's Court is split into two separate buildings each resourced with toys, furniture and activities designed to aid children's development. There is also a purpose-built garden which encourages and inspires imaginative play. The pre-school was graded as 'Outstanding' by Ofsted in September 2017.

Mama Bear's Day Nursery is a South West based family-run nursery group founded in 2002. The Day Nurseries, which can be found across Somerset, Devon and Bristol, are aimed at providing children with their first vital level of education to give them a head-start when they start at primary school.

**For more information about the nursery or to register at Mama Bear's visit [www.mamabear.co.uk](http://www.mamabear.co.uk) or call Emma or Claire on 0117 9582065.**





**Mama Bear's Day Nursery and Pre-school**  
 Excellent childcare for 0-5 year olds.



**Great Park Road**  
 Bradley Stoke BS32 4RU  
 01454 617111

**Baileys Court**  
 Bradley Stoke BS32 8EJ  
 01179 794190



We're delighted to say our **Baileys Court** nursery was rated as 'Outstanding' in their 2017 Ofsted inspection! We have limited places available for 2018 so enquire now to avoid disappointment.

Our **Great Park Road** nursery is now offering flexible care! Instead of having to stick to rigid sessions you are able to change your booking pattern every week and there is no minimum sessions per week. Get in touch now to find out more!

**[www.mamabear.co.uk](http://www.mamabear.co.uk)**





**In the UK, 1 million older people go a month or more without seeing or speaking to a friend, family member or neighbour. We need to change that.**

We need to make sure help is available for all older people who find their lives adversely affected by loneliness, illness or poverty, whatever the time of year.

**Could you spare some of your precious time to help us reach more people in need living in our community?**

We are facing an unprecedented demand for our Befriending service across the county and one of your neighbours may be in need of help. We are in need of 3 volunteers in Little Stoke for our Befriending Service. We also have people waiting in neighbouring communities. Could you visit a neighbour?

Befriending is simple but very rewarding. Our volunteers pop in for a chat once a week for around an hour and talk about everything and anything. It is simple but means so much to the older person.

*"Sometimes the only time I laugh is when Sue (Befriending Volunteer) comes around"* Joan; a Befriending service recipient.

Our volunteers benefit from the visits as much as our clients, as Emily explains *"I feel needed! When I visit my client it's obvious she's pleased to see me. With a child who is now self-sufficient and a very busy husband, it's quite nice to be appreciated so much when I have my weekly visits with my client"*

You can help to change the lives of local people and make sure no one has no one, especially with winter coming.

For more information call 01454 411707 option 2 or e-mail [volunteering@ageuksouthglos.org.uk](mailto:volunteering@ageuksouthglos.org.uk)



## 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 Thursday mornings to the meeting dates.



Club meets are held the first Tuesday of each month, 10.00am-12.00 noon at the Community Hall, Little Stoke Park, Little Stoke. [Please note until early 2018 whilst building work is taking place at the Community Hall we are meeting at Little Stoke Scout Hut, Little Stoke Park]

### Programme for 2017/18

2nd January	Around Bristol by Horse Tram
6th February	Our Beautiful Marine Life
6th March	Annual lunch at the Park Hotel
3rd April	Hives, Herbs and Candle Making

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 the 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 Rosemary Davis, Chair Tel: 01454 614474**

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01454 616116



**Beech House**

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## The West of England MS Therapy Centre



The West of England MS Therapy Centre has been caring for people with Multiple Sclerosis, their families and carers since 1985. MS is a disease affecting the central nervous system and is the most common cause of disability in young people in the UK today.

The Lloyds Banking Group recently supported the centre by releasing some of their employees from their working duties to spend time at the centre helping out with some gardening, the weather was not kind to us and after several hours in the pouring rain the volunteers moved inside the building to help with some furniture removal and cleaning.

Lloyds Banking Group enjoyed their day with the centre and felt that it gave them satisfaction knowing that they were helping out a local charity and giving something back to the community. They have also kindly raised £80 through a cake sale in their office which they felt was a really simple way of supporting the centre that didn't take up too much of their time to organise.

The centre would like to send a huge thank you to Lloyds for their support to the centre, it is because of companies like these and the many individual volunteers that the MS Therapy Centre is able to continue helping those living with MS and other neurological conditions.

Sarah Vincent, Events and Community Officer says *"Plans to develop the outdoor area at the centre are in motion which will make a huge difference to our members, we want to give them an outdoor space where they can relax and take in as much vitamin D as possible which is good for people with MS."*

**Would you like to get involved with the centres plans to develop the outdoor space?**

**Do you work for a gardening company that could supply some equipment?**

**Would your work place release you for a day's gardening to develop the site?**

**If you think you could help in any way please contact Sarah Vincent at the centre on 01454 628723 or via email [sarah.vincent@mstherapybristol.org.uk](mailto:sarah.vincent@mstherapybristol.org.uk)**

## Patchway grandfather Phil Kingston in London Climate Protest

On the 500th anniversary of the Reformation and the second anniversary of the Paris UN Climate Agreement, members of Christian Climate Action arranged a direct action protest on Monday 4th December outside the Department for Business, Energy and Industrial Strategy (BEIS) in London. They held a prayer vigil, performed street theatre and used red spray paint to call for a radical reformation of the economy to protect humankind and abundant life on earth from climate change.



Phil Kingston (81), now living in Patchway, took the role of Martin Luther in the street theatre, and was accompanied by a Birmingham Catholic priest as Pope Francis. They and others visited BEIS to remind our government of its commitments to tackle climate change under the Paris Agreement and the Climate Change Act. After joining in a litany of prayer for the earth and a brief piece of street theatre, Mr. Kingston and the Fr. Newell wrote 'Radical Reformation of the Economy now' and 'Stop Climate Chaos' on the department's plaque. They then continued praying there.

The police were called, but the department decided not to press charges.

Mr. Kingston said *"As a Christian and a grandparent, I went to the Department of Business, Energy and Industrial Strategy (BEIS) because of its primary role within the current economy of never-ending economic growth and consumption, an economy which is doing enormous damage to the Earth. This damage includes the breakdown of the systems which govern climate stability; the depletion and extinction of other-than-human species; and many kinds of pollution of air, land and oceans. All of this is already causing suffering and unnecessary deaths, particularly amongst the poorest peoples. It will, if not reversed, radically affect the well-being of our descendants."*

## Bradley Stoke Town Football Club - Season Update

by Jon Walsh



After a third of the season gone for most of the Bradley Stoke Town Teams there has been a series of mixed performances from each of the squads.

The first team had a bad set of results in September but since the beginning of October Jon Welsh's side were back to good form with some good results pushing them up towards the top of the league. They will need to carry on this vein of form if they are going to achieve their aim of promotion. All 1st Team home games are played at the GFA with kick offs at 5.30 pm.

### 1st Team Results Senior B&D League

09/12/17 Pucklechurch Sports 2 - 0 BS Town  
25/11/17 BS Town 6 - 1 Nicholas Wanderers  
11/11/17 BS Town 3 - 0 Bristol Barcelona  
28/10/17 BS Town 4 - 2 St Nicholas Old Boys  
21/10/17 Longwell Green Sports 'A' 1 - 8 BS Town

The newly promoted Bradley Stoke Town Reserves currently sit in mid table. After a positive start manager Matt Birch believes the team are good enough to achieve a high finish in the league but consistency is key and in some games the team could have gained more points. Establishing themselves in this league is priority so a good run in would build confidence. All Reserve Team home games are played at the Jubilee Centre with kick offs currently at 2.00 pm.

### Reserve Team Results Div 2 B&D League

25/11/17 BS Town Reserves 1 - 1 Frampton Athletic  
18/11/17 Bendix 4 - 0 BS Town Reserves  
11/11/17 BS Town Reserves 6 - 0 Highridge United Reserves  
21/10/17 Iron Acton Res 0 - 2 BS Town Reserves  
14/10/17 BS Town Reserves 2 - 0 Tormarton

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[www.avanticars.org.uk](http://www.avanticars.org.uk) Bakers Ground, Stoke Gifford

In the past month the 'As' have had a decent run of things. They are mid-table in the league and in the Quarter Finals of the GFA cup. Both managers Luke Baker and George Haskins are very happy with how the team are playing and they want to continue this good form into the New Year, and hope to improve on their league position as well as winning the cup! All 'A' Team home games are played at the Jubilee Centre with kick offs currently at 2.00 pm.

### A Team Results Div 5 B&D League

25/11/17 The Phoenix FC 4 - 1 BS Town 'A'  
18/11/17 BS Town 'A' 0 - 0 Highridge Colts  
04/11/17 BS Town 'A' 0 - 2 Shaftesbury Crusade Reserves  
21/10/17 BS Town 'A' 4 - 3 Iron Acton A

Your support is gratefully received but please check our website and twitter feed for news, fixtures, results and contacts (<http://www.pitchero.com/clubs/bradleystoketownfc>) On Saturdays during the season we run a bar in the Jubilee Centre 4.30 pm - 6 pm where you can warm up, watch the Football results and share the afternoon's experiences! The club are always looking for new players with training on Monday nights from 9 pm - 10 pm at the GFA Almondsbury.

Again support from the community has been fantastic with Bradley Stoke Matters sponsoring the first team, Dunkleys Accountants the Reserves, The Filton Barbers the A Team and Pentagon Learning and Play sponsoring the clubs' change of away kit.

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Horfield, Bristol BS7 9JS

## What's Going On at Winterbourne Medieval Barn

Winterbourne Medieval Barn, Church Lane, BS36 1SE

Local people have been working for 20 years to save the wonderful medieval barn, which was on the verge of dereliction, and bring it into community use. In May 2016 'development funding' of £165,000 was awarded by the Heritage Lottery Fund (HLF) to help Winterbourne Medieval Barn Trust and South Gloucestershire Council progress plans for the long-term future of the barn and associated buildings. These plans were submitted to the HLF in November 2017 as Part 2 of the grant application totalling £1.045m, and the HLF decision is expected in March 2018. Meanwhile the Trust also has to raise an additional £400,000 of match-funding.



On the assumption that the HLF approves the proposals, refurbishment work will commence at the Barn early in 2019 and it is anticipated that the site will reopen fully in 2020. The planning application and listed building application have been submitted to South Glos Council, and progress should be shown on the SGC Planning website.

As a separate project, work started in October

to restore the cart shed as a Reception and Education Facility, and it is hoped that this will be in use from early 2018. The Trust is planning another varied programme of community events for 2018, and full details will be on the website shortly. Popular events that will return this year include a Jazz evening in May, Medieval Fayre in June, summer music and drama, and Orchard Harvest Day in October. The first event of 2018 is another Apple-Grafting workshop on Saturday 3 March, and bookings are now being taken.

Winterbourne Medieval Barn Trust is always delighted to welcome new volunteers, whether to help with maintenance and repairs, with the productive garden, with planning and administrative tasks, or to help out at events. Volunteering provides an opportunity to meet new people as well as helping the Trust and the wider Community, and maybe learning new skills. You can give as much or as little time as you wish. Volunteers have the opportunity to help to shape the future of this



Work started in October 2017, to restore the cart shed as a Reception and Education Facility, it is hoped that this will be in use from early 2018

magnificent building at a crucial point in its history. Contact details and more about the Medieval Barn are available on the website.

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

Registered Charity No. 1112908

## Apple Grafting Workshop – Saturday 3 March, 10am–4pm



A one day course which explains why and how we graft fruit trees. It is run by Ben Raskin, Head of Horticulture at the Soil Association who is a very experienced horticulturist and an excellent tutor. Learn to sharpen knives, cut the wood correctly and

prepare it for grafting, and then make your own graft from start to finish, ending up with a new apple tree. There will be the opportunity to make at least three grafts to take home. With this skill, you will have the whole world of apple varieties available to you to be able to grow yourself.

The workshop costs £45 for the day and could make an excellent and unusual Christmas present for a keen gardener. Limited to eight people – advanced booking essential. More details on the website [www.winterbournebarn.org.uk/events.html](http://www.winterbournebarn.org.uk/events.html) or ring Robert on 0117 957 4921.

Winterbourne Medieval Barn,  
Church Lane, BS36 1SE





## Community Noticeboard

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

### WOMANKIND HELPLINE VOLUNTEERS NEEDED

Womankind Helpline offers confidential listening support to women on any issue including depression, anxiety, domestic and sexual abuse.

We are seeking volunteers for our next training course which will run over four weekends during February and March 2018 – the training and the Helpline are run from our offices in central Bristol.

We offer:

- High quality training programme
- Experience of volunteering using listening skills
- Support and supervision
- Expenses
- An opportunity to meet and socialise with other volunteers

For further information or an application pack contact Suzi at

suzi@womankindbristol.org.uk

Tel: 0345 4582914 or 0117 9166461

### PANTO TIME:

#### Dick Whittington and His Cat

The Armstrong Hall in Thornbury from Wednesday 14th to Saturday 17th February with two matinées.

Performances are 7.30 pm nightly and matinées at 2.30 pm on the Friday and Saturday. Tickets are bookable online at [www.tmtg.org.uk](http://www.tmtg.org.uk) with no booking fee. £12.50 Adults, Senior Citizens £11.50 and only £5 for children as a special 50th Anniversary offer price. Group discounts of 10% for 10+ seats. For enquiries call Angie at the Box Office on 07516 270140.

For more information about 'Dick Whittington and his Cat' and the group generally, take a look at [www.tmtg.org.uk](http://www.tmtg.org.uk). You can also follow them on Facebook.



FOR 1 DAY ONLY!

### WADCA Ice Rink – Saturday 3 February 2018



Sharing with  
Local Schools  
and Groups



WADCA would like to do something different for our community!

**One Day Only Ice Rink** will be in our side car park for the whole day! We are pleased to be sharing the experience with other charities to help the community raise funds for their various projects.

**Tickets** will be available from **Monday 8 January 2018**

**Single tickets are: £6 or Family ticket (4 people) are: £20**

*It is half an hour sessions with skate hire included.*

*There are Dual blade skates available for toddlers and ice scooters  
1 disabled skate chair (advance booking only).*

*Changing area & stalls in the Main Hall.*

**Hot food & drinks** available to purchase & please support our **raffle!**

Watleys End Road, BS36 1QG

Tel: 01454 776268 / [www.wadca.co.uk](http://www.wadca.co.uk) FB:  
winterbournecommunitycentre/WADCA

### Function Room Hire at North Bristol RFC

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Call Debbie on 01454 612740 or 07887 763147  
for details

## 50's and 60's Charity Dance

Fancy Dress  
optional but encouraged

13th January 2018



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Good mental health for all



Ray's  
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### Patchway Sports & Social Club

Coniston Road

Patchway

Bristol, BS34 5JR

Tickets £9 each

Doors Open 19:30

Music Starts 20:00

Contact Deb - email: [tickets@southwestfundraising.uk](mailto:tickets@southwestfundraising.uk) or text: 07876 194553

**SMACK The 80s**

Tickets  
£8 each  
[www.ticketsource.co.uk](http://www.ticketsource.co.uk)

**RETRO PARTY BAND**

**WADCA Fri 2nd Feb 18'**  
8pm til late

Watleys End Road, Winterbourne, Bristol, BS36 1QG. Tel: 01454 776268  
E-mail: [ca.winterbourne@gmail.com](mailto:ca.winterbourne@gmail.com) [www.wadca.com](http://www.wadca.com)

Fun reading club  
For 9-11 year olds

**Chatter Books**

JOIN OUR GROUP

"I love Chatterbooks, you get to meet up with friends and have fun... I also love it because I love reading."

We meet up every fourth Saturday at Bradley Stoke Library 10-11 a.m.  
Our first session is on the 20th of January 2018

Come along! For more details, please see a member of staff or get in touch 01454 888000 [info@bradleystokematters.co.uk](mailto:info@bradleystokematters.co.uk)  
[www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk)

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

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





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

### BABY AND TODDLER GROUPS

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

**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** - Mondays 9:30 - 11:30 during term time.  
Contact Holy Trinity Church Office on 01454 620975

**First Steps Toddler Group** - Christ the King Church, Bradley Stoke Thursdays 10.00 am-11.30 am term times. Phone 0117 9312304

**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](mailto:bradleystoke.library@southglos.gov.uk)

**Puddle Ducks** - Mondays 10am to 12 noon during term time Brook Way Activity Centre. [puddleducktoddlers@hotmail.co.uk](mailto:puddleducktoddlers@hotmail.co.uk)

**North Bristol Twins Group** - Fridays 10-12am Evangelical Church in Bradley Stoke, [northbristoltwinsgroup@googlemail.com](mailto:northbristoltwinsgroup@googlemail.com)

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

### LOCAL CLUBS AND ORGANISATIONS

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

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

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

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

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

**Bradley Stoke Lions** meet at the Hilton Hotel on 2nd Wed of each month at 7.30pm. Ailsa Young, 07737 106836 [ambyoung29@yahoo.com](mailto:ambyoung29@yahoo.com)

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

**Bradley Stoke Sew and So's** - Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, [bradleystokesewandsos.weebly.com](http://bradleystokesewandsos.weebly.com)

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

**Girl Guides, Brownies & Rainbows** - [admingirlguidingbsg.org.uk](http://admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](http://girlguidingbsg.org.uk)

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

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

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

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

**Stokes Phoenix Club** - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane. Contact Rosemary Davis 01454 614474

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

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

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

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

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

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

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

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

### SPORTS CLUBS

**Aretians Rugby Club for Cubs, Juniors and Seniors** Station Road, Little Stoke [www.pitchero.com/clubs/aretiansrfc](http://www.pitchero.com/clubs/aretiansrfc)

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

**Bradley Stoke Bowls Club** - Baileys Court Activity Centre [www.bradleysstokebcc.com](http://www.bradleysstokebcc.com). Val Nicholls 0117 9311203

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

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

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

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

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

**Bradley Stoke Town Football Club** - Adult training Tuesdays at Bradley Stoke Community School, For more info see website at [bstfc.co.uk](http://bstfc.co.uk)

**Bradley Stoke United Football Club** - Football from U7's to U16's Various contacts, dependent on age, see website [bsufc.co.uk](http://bsufc.co.uk)

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

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

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

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrhc/](http://www.pitchero.com/clubs/northbristoljuniorsrhc/)

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

**Severnside Ramblers** - [www.severnside-ramblers.org.uk](http://www.severnside-ramblers.org.uk) All walks meet at Aldi car park, Bradley Stoke

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

**Stokes Cycling Club** - Cycling club in and around Bradley Stoke area as well as long distance rides, for adults and families - [www.stokescyclingclub.org.uk](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

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

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

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

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

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

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

### CHURCH CONTACTS AND COFFEE MORNINGS

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

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

**City Church** Bradley Stoke Community School 0117 2303330. Community Coffee Morning Brook Way Activity Centre Thursdays 10-12 [www.bridgecommunitychurch.org](http://www.bridgecommunitychurch.org)

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

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

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

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

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

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



## Local Schools in and around the Stokes

### PRIMARY SCHOOLS

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

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

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

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

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

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

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

**Stoke Lodge Primary School**, Headteacher: Sharon Bishop, School Close Bourton Avenue, Stoke Lodge, 01454 866390

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

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

**St Michael's Primary School**, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. [www.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk)

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

### SECONDARY SCHOOLS

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

**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



**Bridge Community Church** - who have been meeting in Bradley Stoke since 2002 - have now re-united with a church in Cotham to become **City Church**.

In 1997, a small group of people moved from Brighton to Bristol to start a new church. They initially met in a pub on Gloucester Road and quickly grew, launching out another new church into Bradley Stoke five years later. Last month, the two churches re-united at a celebration party at We the Curious (formerly At Bristol). The new City Church will continue to meet on Sundays at two locations in Bradley Stoke and Cotham, but will be one church with one name, one purpose, and one vision.

**City Church** is passionate about being a church for everyone in Bristol. Over the next few years our vision is to start new sites in different parts of the city that reflect the diversity of the place we live. We will also be significantly expanding on the work we do with the elderly, the homeless and helping those in financial need.

**City Church: Bradley Stoke meets every Sunday, 10am at Bradley Stoke Community School. You can find out more information at [www.citychurch.org.uk](http://www.citychurch.org.uk)**

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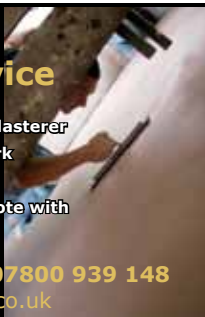
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
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## INDEX OF LOCAL ADVERTISERS

### Accountancy/Book-keeping

LAC Accounting 38

### Architectural Services -

Alexandra Cork Home Designs 56

### Bathrooms

All Works Bathrooms Installations 57

Inspired Bathroom Design 58

### Butcher -

Molesworth of Frampton 13

### Builders / Building

Ashford Building Contractors 60

BluePrint Construction 59

Cox Builders 57

Fascia Lift 54

RJM Design & Build 53

Vizard and Son 55

### Cakes -

Medway Designs 12

### Car Maintenance / Sales

Brookfield Garage 44

BS Auto Maintenance 34

South Gloucestershire MOTs 36

### Care / Elderly

Bristol Care Homes 40

Brunel Care 41

### Carpentry

Clive Bradford 59

### Carpets & Upholstery Cleaning

Bonne Fresh Clean Ltd 58

### Central Heating

All Works Plumbing & Heating 57

Baines Heating 59

Gregor Heating 1

Richard Taylor 55

### Child Care/ Preschools

Ambourne House Day Nursery 26-27

Bright Sparks 28

Mama Bears 39

### Children's Activities

Fromeside Gym Club 38

### Cleaning & Domestic Services

Claire's Cleans 10

Clover Ovensclean 55

OvenClean 51

Oven Wizards 60

### Community Noticeboard 46-47

### Community Groups & Clubs 48-50

### Computers

### Electrician

Aquasafe 53

Bradley Stoke Electrical 60

CMG Electrical 61

Gary Smart Electrical 59

Lifestyle Electrical Solutions 53

Price Electrical 51

### Employment Opportunities

Brunel Care 41

### Estate Agent / Homes-

Andrews 1

Ocean 3,36

### Events -

Bike Fest @ The Stokes 5

Castell Roc Music Festival 21

Chepstow Mari Lwyd & Wassail 32-33

WADCA Ick Skate Rink 46

Winterbourne Barn 45

### Food / Takeaway

Molesworth of Frampton Butchers 13

### Foot Health

18

### Funeral Directors

MW Funeral Directors 10

### Garden Design/Landscaping/

### Maintenance

Almondsbury Landscaping 52

Alpine Landscapes 57

Front Row Fencing 58

JDS Garden Services 53

### Hair & Beauty

Just You Holistics 18

### Handyman / Home Services

Alan's Handyman Services 56

K&C Home Improvements 51

### Health, Diet & Fitness

Bradley Stoke Physio 19

Slimmingworld 14-15

Spirit Health Club 4

### Hotel/Restaurant

Double tree Hilton 63

### House / Home

Bedlam Beds 52

Brunel Doors 58

Thornbury Stairlifts 55

### Jewellers -

Kemps 2

### Library

37

### Locksmith

Dale Clements Locksmiths 57

Lock Stuck & Barrells 61

### Medical / Therapist

Bradley Stoke Physio 19

Dawn Clode, Osteomyologist 7

Just You Holistics 18

Laura Jane Hypnotherapy 11

Smart Hypnotherapy 7

Stoke Gifford Medical 29

### Music/Music Lessons -

Hannah's Music (Shop) 21

Hilary, Music Lesson 10

### Opticians

Harbord Opticians 7

Specsavers 64

### Painter & Decorator

Decor8 56

GJS Painting & Decorating 55

Keith Usher Painter & Decorator 57

South Gloss Decorating 54

### Plasterer

B&D Plastering 61

CPH Plastering 53

Jon Drake 54

### Plumber

All Works Plumbing & Heating 57

Capricorn Plumbing 51

Home Care Plumbing & Heating 54

K J Barton Plumbing & Heating 60

Low Cost Plumbing 59

R H Plumbing 52

Stokes Plumbing Service 60

### Property Maintenance -

Brunel Doors 58

### Repairs

D-CR Domestic Appliance Repairs 59

### Roofing -

Rooftech 53

Vizards Roofing 55

### Rooms/Facilities for Hire

Bradley Stoke Community School 20

North Bristol RFC 46

### Schools/Schooling

Bradley Stoke Comm School 20

Holy Trinity Primary School 23

Meadowbrook Primary School 22

St Mary's RC Primary School 24-25

### Security -

Technisys 61

### Sewing / Alterations -

Medway Designs 12

### Solicitors -

AMD Solicitors 30-31

### Taxi's/Transport

ACE Taxis 43

Avanti Cars 43

### Tiling -

Paul Bartley Ceramic Tiling 55

### Trades & Services - 51-61

Trusted Traders 56

### Training/Tuition

Train to be an Osteomyologist 9

### Tree Surgeon

Collins Trees Services 58

Front Row Fencing 58

### TV & Aerials

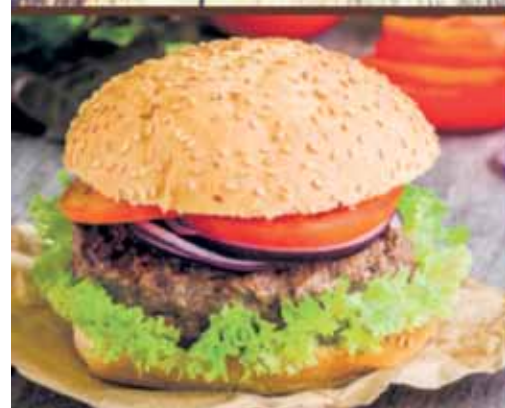
A1 Aerials 60

Aerial Man - Dan Grace 59

M D Aerials 53

### Windows -

1st Aztec Windows 61



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