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Dear Readers....

Hopefully by the time this edition comes through your door it will finally begin to feel like Spring is upon us, I for one cannot wait for the warmer weather to arrive!

There is plenty of things to look forward to whatever the weather and this issue is jammed full of local events to keep you busy and entertained! For a fun family day out I can recommend the Family Race Day at Chepstow Racecourse on Easter Monday - see opposite. We went as a family with a picnic when my two were quite small and had a great day out. If you are a past pupil of Marlwood School who is also turning 50 this year, then a reunion is being organised - see overleaf for info. Also turning 50 this year is the Thornbury Musical Theatre Group and they have two celebratory events this issue - see pages 40 and 42. The annual Bradley Stoke Festival takes place over the weekend of 8-10th June this year and you can read more about this year's planned events on page 43. There are still a limited number of places available if you want to join in with the annual 10k run organised by Sole Sisters get your entry in quick! They are still on the look out for additional marshals for the day - see page 13 for how you can help.

We have lots of Club news for you from the BSTFC, and the BSLFC, as well as BS Judo, BS Cricket and St Mary's Old Boys Rugby Club. We also have school news from several of the local primary schools, local people raising money and volunteering opportunities, as well as feedback from the recent South Gloucestershire Council Chair's 2018 Community Awards winners - see pages 6-7.

I hope you enjoy this latest issue. Don't forget, 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

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



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and professional."

Johanna - Bradley Stoke





Marlwood School Reunion

Are you a former Marlwood pupil
and are celebrating your 50th
birthday this year?

A group of former pupils are organising a reunion on the evening of June 9th 2018 at Marlwood School drama hall and are appealing for class mates who started at the school in September 1979 to get in touch.

Richard Cornock, Elspeth Taylor (nee Edwards), and Jane Williams (nee Garratt) said: "A few of us got together over a drink one evening and thought it would be a good idea, now we are all hitting 50, to turn the clock back and get back together to remember our school days. We've booked the drama hall at Marlwood and there will be 80s music, a bar and food – we want as many people to come along as possible and have a good time."

For more information and to buy tickets visit our Facebookpage "Marlwoodschool reunion class of 84-86" or contact the organisers at Marlwoodreunion @outlook.com



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Ride of Honour 8th May 2018

Bradley Stoke Matters was pleased to hear from local resident Alan Powell who is part of a 5-man team (plus crew with 4 living in Little Stoke) looking to cycle from Bristol to Paris this May to raise money and awareness for the Cystic Fibrosis Trust.

"We have been a group of 5 friends for a number of years now and although we have always known that Lee has Cystic Fibrosis we have never really known what that has meant." Alan told us. "Then, in May 2017 Lee's younger brother Michael died from Cystic Fibrosis and this really hit us and we wanted to get a better understanding of the disease and what Lee has/is going through."

"This prompted us to come up with something where we can raise awareness and money for the Cystic Fibrosis Trust (who have been a great support for Lee and his family throughout his life), gain some great memories as friends, and also do something in the memory of Michael. As Mike was a keen mountain biker we thought we would do a cycling challenge, which is where we came up with the Bristol to Paris challenge."

Alan Powell, Lee Honour, Rob Haddow, Dan Lunny and George Douglas will set off on their challenge on 8th May, cycling first to Salisbury and then on to Portsmouth with a Ferry crossing to Caen then onto Evreux before reaching their destination of Paris on 11th May. The guys wanted 100% of the money raised to go to the charity and are therefore funding the excursion themselves with the exception of any donations of help eg Brittany Ferries have given the team a 50% discount for the crossing to France. This means that the team is continually looking for ways in which they can get things for free or cheaper to help bring these costs down.

Can you help? The team are still looking for someone to be their Main Event Sponsor to ease the pressures of the costs of the excursion. They very much hope that there will be a generous company out there who will match their personal contribution of £500 which will go into the costs of travel and accommodation for the support crew who are donating their time to be with the team every pedal of the way in case there is an accident or repairs are needed.

How to get involved? There is a just giving page for donations at <https://www.justgiving.com/fundraising/rideofhonour>

What is Cystic Fibrosis?

Cystic fibrosis (CF) is a life-limiting genetic condition affecting more than 10,000 people across the UK. It affects the lungs and digestive system and can cause chronic infections and reduced lung function. Currently, half of those with CF will not live past age 41.



Ride of Honour



rideofhonour2018

Cystic Fibrosis counting on your support



Top: team photo; below, shows team after a 5 hour Spinathon at Horfield Leisure Centre in November which raised £600

How challenging is this ride for the team?

"Well none of us are cyclists and in fact some of us are built more like wrestlers and others more like jockeys and that is without mentioning Lee who is doing this with his lungs currently functioning at 40%."

We have all had to buy bikes to train on and Lee is still training on a Mountain Bike whilst he saves to get a road bike."



In Memory of Michael Honour



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



South Gloucestershire Council Chair's 2018 Community Awards winners

Nearly thirty unsung heroes and their families attended the Chair's Community Awards at South Gloucestershire and Stroud College's WISE Campus on Wednesday 7 March.

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

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

Throughout the evening award winners from across South Gloucestershire and from a wide variety of backgrounds were presented with their certificates by Cllr Blair and Sara-Jane Watkins.

Local resident **David Baker** has been a member of the **Three Brooks Nature Conservation Group** from its inception twelve years ago. He has particularly shone in his role as Chair of the group, which he has approached in an energetic and organised manner. He is very knowledgeable and always willing to share his experience and expertise with both young and old, either through the group's workdays, special events and training days or by giving talks to other interested groups.

David was also an active part of the **Bradley Stoke Green Gym** until ill health forced him to step down but he still sets the programme and supports newcomers.

Another group which benefits from David's local knowledge is the **Archaeology and Local History Group** where they have made great strides in documenting the early life of Bradley Stoke.

Veronika Caradine is a long standing member of the **Stoke Gifford Royal British Legion**, during which time she has taken on considerable voluntary responsibility for providing welfare services. Veronika regularly visits the elderly or disabled, together with many telephone calls and hospital trips for ex-servicemen, women and their families. She is dedicating a significant amount of time, money and effort which is far exceeding what could be expected of an individual. Veronika also extends her support to anyone who is lonely or unwell in the community, not just ex-service personnel. Because of her long standing experience she is able to put people at ease very quickly. Veronika always has a readysmile and can cheer people up very quickly of all ages and backgrounds.

The final round was the Lord Lieutenant's Special Award, which saw Dame Janet Trotter and Robert Bernays present £100 to representatives of the **Patchway Memory Café**, a group of volunteers from the local area who offer a friendly welcome for anyone affected by dementia, or who is worried about their or someone else's memory. (photo top right)

Patchway Memory Café has been operating since 2013. Several of the volunteers have previous experience of caring for someone with dementia and are able to offer support to others who are going through the same with their loved ones. All volunteers are dementia friends and several volunteers have been trained to be dementia friends champions and regularly deliver the dementia information sessions to the public.

Cllr Ian Blair, Chairman of South Gloucestershire Council, said: *"In my role as Chair, I have enjoyed the opportunity to meet people from around the area from all walks of life and these awards are a great way to say thank you to some of the many volunteers who make South Gloucestershire such a great place to live and work."*

"Whilst reading through and shortlisting the nominations it was obvious that those put forward for an award are held in high esteem in their local communities. The positive impact which their commitment and hard work has on others is extremely uplifting and encouraging."



Well done to all the winners, you are an inspiration to us all."

Our annual awards event is sponsored by South Gloucestershire & Stroud College and offers the perfect opportunity to celebrate the hard work and dedication of volunteers in the community who display outstanding commitment in giving up their time and effort to help others. The evening also saw students from the Level 3 Musical Theatre group, based at WISE campus of South Gloucestershire and Stroud College, perform some of their latest productions.

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How to redeem

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If you'd like to book a free health MOT please contact the club first to pre-book - call us on **0117 9749740**

We're easy to find: via car off Junction 1 of the M32, or via the B4057, with parking available onsite off Simmonds View. We're also a short walk from Bristol Parkway train station. Our Stoke Gifford club welcomes members from across the local communities of Stoke Gifford, Bradley Stoke, Little Stoke, Winterbourne, Frampton Cotterell, Filton and more.

Have a free Health MOT on us!

Health MOTs are Nuffield Health's free one-hour health checks for gym members. They give you quality time with a highly-trained personal trainer to discuss your fitness. They also include key clinical tests, like blood glucose and blood pressure, to identify potential health risks and give you a full picture of your health and fitness.



Don't let pain hold you back this Spring!



As we enter Spring, with warmer, longer days, it is the perfect time to get outdoors and get active! Don't let an old injury or nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

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

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one

treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage, Manipulation, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP) and Reflexology in her work.



In safe hands – Dawn's talents as a caring, effective therapist have been recognised, with her once again being awarded Osteomyologist of the Year for 2018! Your local Dr of Osteomyology loves her job and told us there is no better reward than having a patient arrive at her holistic health practice in Little Stoke with pain and leave with significantly less or none!

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491**
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Bradley Stoke Judo Club Hits the Heights in Croatia

On consecutive weekends at the start of March, Bradley Stoke Judo Club had players competing in Croatia.

The first weekend saw a team of 6 players, all under 13, under the guidance of Coach Gavin Whitfield and chaperone Adrienne Mcgeown travel to Samobor in northern Croatia for the Samobor International Judo Tournament. The young team consisted of Madeleine Young, Charlie Whitfield, Ben Moore, Scott Bedford, Tommy Sheerin and Millie Mcgeown. A fantastic day for the team started with our youngest member of the team Millie, at just 10 years of age battle her way to the final of the under 12s with some very mature judo and took a very well deserved silver.

This was then followed by another silver from Charlie Whitfield in her under 12 weight group. In the under 14s Madeleine, Charlie, Ben and Scotty all ended with bronze medals in their respective weight groups. Unfortunately the only down side was Tommy, who sustained a broken foot during his semi-final and ended up with his foot in a cast.

Ben and Madeleine then both fought up an age group in the under 16s. Ben fought well and ended up with a well-deserved bronze whilst Madeleine made light work of her opponents to take gold! Out of 45 clubs Bradley Stoke finished 11th in the medal table which was some achievement bearing in mind we only sent 6 players compared to the much larger teams from from such places as Croatia, Bosnia, Serbia and Hungary.

The following weekend Bradley Stoke had 2 players, Tatum Keen and Ryan Rijkse-Salman selected by England to fight in the Euro Cadet Cup in Zagreb. The under 18 Euro Cadet Cup circuit is the highest level you can fight at and is attended by players from all around the world.

In the under 52kgs weight category Tatum displayed some great judo against very tough opponents to earn herself a spot in the semi-finals where she was up against the number 1 seed from Italy. After a tough tactical battle with a very strong and awkward opponent, Tatum finally gained the upper hand and held her down for 20 seconds to gain maximum knock out score of Ippon! In the final Tatum met the number 2 seed from Austria. Another tactical battle ensued but unfortunately, despite the better judo, Tatum took a fantastic silver (shown far left in above photo) after being held down by her opponent. This fantastic result for Tatum has rocketed her up the world rankings from 90th to 18th!

In Ryan's under 73kgs weight group there were over 70 competitors. Unfortunately for Ryan he went out in the first round despite going a score up. At this level if you lose your first fight you are eliminated from the tournament unless your opponent goes on to win their side of the draw. Tatum and Ryan then took part in a tough 2 day training camp. Since their return from Croatia, Tatum and Ryan have both been selected by England to fight at the Berlin round of Euro Cadet Cup which is probably the toughest of all the Euro Cups.

Bradley Stoke Judo Club is not just about the international competitors and all levels of player are welcome at the club. If you have a son or daughter interested in taking up judo or if you fancy returning to the mat after taking a few years out, please message us through the club Facebook page or send us an email at bradleystokejudo@gmail.com



St Mary's Old Boys RFC becomes Bristol's first inclusive Rugby hub for all ages and abilities!

O2 Touch at St Mary's is nearing its 2nd anniversary. The game has proved popular, with 123 players registering to play at the local club in its first year. After the success of hosting its first tournament last Summer for 16 teams, the Centre is already planning another one this year, as well as featuring at the Bradley Stoke Festival in June to showcase the game locally.

Andrea Grant, who introduced the initiative to the local rugby Club, was named RFU Operator of the Year last season on the back of its success.

O2 Touch is one of the England Rugby's fastest growing participation programmes with now over 22,000 registered players, playing regularly in 335 centres nationwide. A mixed format of rugby and one of the first team sports to combine music and fitness, O2 Touch is social fitness at its best. Each centre is equipped with an O2 Touch sound system and bespoke music mixes, created specifically by up-and-coming DJ's to ensure participants get the most out of their session.

O2 Touch is a unique offering that gives participants a great playing experience and workout, regardless of ability. The programme is coordinated by the RFU in partnership with O2. Through a dedicated network of 1000 + O2 Touch Operator and Ambassadors, the O2 Touch programme operates both a 'pitch up and play' facility aimed at individuals who are new to rugby or who can't commit on a weekly basis and O2 Touch leagues for those who want to play in a more structured and competitive environment.

Alongside the O2Touch programme, Andrea has liaised with Bristol Rugby Community Foundation to introduce walking and disability rugby at St Mary's - making it Bristol's first inclusive Rugby hub for all ages and abilities.

Combining walking rugby with the national programme, Project Rugby, specialist inclusion coaches oversee a range of developmental activities and formats - including invasion games, dodgeball, walking and touch rugby – all with a view to providing inroads to mixed-ability rugby in the city.

The Foundation's inclusion lead, Kris Tavender, highlighted the value of this approach:

"Not everyone will end up playing rugby as we see it at Ashton Gate, but everyone does deserve the opportunity to access the game that we all love in a way that is appropriate and enjoyable to them."

"What we will get to see is a whole new demographic of rugby player, including older players, those returning from or carrying long term injury and illness, and players with disabilities. So, it's exciting for sport in the city."

To get involved, visit www.o2touch.co.uk to register your interest in O2 Touch Rugby or contact St Mary's Old Boys RFC for more information on any of the sessions.

You can also pop by to join in any of the sessions on Mondays weekly 1830-2000hrs.

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Bradley Stoke 10k

As part of the Bradley Stoke Town Festival, this year's 10K race will take part on Sunday 10th June at 9.30am.

As with previous years, Sole Sisters will be organising the event for Bradley Stoke Town Council and are hoping that the event will again sell out! If you want to take part and we aren't sold out already, you can enter at <https://race-nation.com/bradley-stoke-10k-2018>

As well as supporting the Mayor's Charities, Sole Sisters Running Club will be donating £1 per Bradley Stoke 10k entry to raise funds for the Brain Injury Rehabilitation Unit in Frenchay, Bristol.

In September 2017 one of our dearest club members Dr Bex Mitchell and her family were involved in a horrific car accident which her partner did not survive. Her two children had extensive internal injuries; thankfully they are now fully recovered and being cared for by close family.

Bex herself has a traumatic brain injury.

Since November, Dr Bex has been treated at the BIRU in Frenchay, the unit specialises in the treatment of patients, from 16 years and upwards, who have severe physical and/or cognitive problems resulting from a brain injury. The Centre is led by a consultant neuropsychiatrist who is supported by two consultants in rehabilitation medicine and another consultant neuropsychiatrist. They work with a team of psychologists, speech and language therapists, occupational therapists, physiotherapists, nurses and support workers with decades of experience in neuro-rehabilitation.

It is impossible for us to know what the future holds for Bex, but we can only remain positive and have faith in the expert care she is receiving at such an outstanding specialist Centre and we hope that our fund raising will help to ensure that BIRU continues to be sustainable for the foreseeable future.

We would like to apologise in advance if your journey is delayed slightly due to the race. We try and keep disruption to a minimum and hope you enjoy the Festival and the BS10K.

Penny Greenwood, Sole Sisters Chair & Sam Carpenter, BS10K Chair



Marshals needed for the Bradley Stoke 10k Run: Could YOU help?

Volunteer marshals are required to help us deliver a memorable, enjoyable and safe running experience for the runners taking part in our annual Bradley Stoke 10K run on Sunday 10th June.

You will be required to meet at the Jubilee Centre at 8am on race day. A Sole Sister will escort all marshals to their road crossings, where we need you to cheer, clap and encourage the runners, whilst ensuring a safe crossing over the roads.

We anticipate marshals being able to stand down after the last runner, which is usually 90 minutes after the race starts.

The race starts at 9.30am, but marshals need to be available from 8am in order for them to walk to their positions. Volunteers who can help are asked to contact us via the website www.solesistersrc.co.uk so that we can allocate you a position.

NEW

Sunday swimming lessons for 4-10 year olds in Winterbourne

I believe every parent wants their child to learn to swim. Whether it be for fun family visits to the local pool, going on holiday, or for the peace of mind that your child is safe in and around water.

It's not always easy to find a class that's local and fits in with your hectic family schedule. Especially if you have two or more children. So, we're very happy to tell you about our new Sunday swimming lessons at Winterbourne International Academy.

Starting from 10.30am until 3.30pm, we'll be teaching classes from Level 1 (complete beginners with a teacher in the water to help them achieve their first unaided swims, jump in confidently and learn to regain their feet quickly and safely in the water) up to Level 4 (for confident swimmers who are developing graceful, efficient strokes on their front and back).

Tash, our teacher, will teach small groups of up to four children, and when they have achieved good alignment, the ability to roll to breath and have their 25 metre swimming badge, they will move into the deep end where they will be taught from the poolside.

We have exclusive use of the 25 metre pool at Winterbourne International Academy and will continue to teach our parent and child classes for babies from three months of age, so if you have two or more children, they can both swim on the same day.

And once you join you'll be able to track the progress of your superstar swimmer through your online account and follow their progress every step of the way.

We're open every weekday from 9.30am to 4pm so call us on 0117 9717165 if you'd like to talk to us about teaching your child to swim. www.puddleducks.com



Swimming Lessons
ages 4-10

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Weekend swimming lessons at Winterbourne International Academy.
Call 0117 9717165 to book. Limited spaces available. www.swim-academy.co.uk



Supporting the Community MATTERS! Bradley Stoke Ladies FC

Bradley Stoke Ladies FC are very pleased with the sponsorship of their club's new jackets from Bradley Stoke & Little Stoke Gifford Matters. The Ladies now look very professional on arrival to all matches in the Gloucestershire County Womens Football League Division 2 and the team would like to thank Bradley Stoke Matters for this great donation to the club. The players love their new jackets!

The team was only formed back in May 2015 and for this season 2017-2018 they are currently in 4th position in the League. For the last 2 seasons they have finished in 4th and 5th position respectively.

Do you want to play football? Bradley Stoke Ladies Football Club is geared towards players who want to further their development and improve their skills within a friendly and positive team environment. Any enthusiastic individuals who have a desire to play football are welcome to come along and see what they think. The ladies currently have one team, however are looking to start a new 2nd team for next season so are looking for players, coaches and managers to help them achieve this. Players must be over 16 years old to play in League matches but there is no upper age limit. Training is every Tuesday 7-8pm on the outside astro court under floodlights at the Bradley Stoke Community School.

All current coaches are FA Level 2 qualified and members of the FA Licensed Coaches Association, additionally the League is also of FA Chartered Status. Bradley Stoke Ladies FC is a FA Charter Standard Community Club with strong links to Bradley Stoke Youth FC Girls squads.

If interested please visit their website at bradleystokeladies.wixsite.com/bslfc or contact the Manager Martin at mlee1@bopenworld.com. You can also follow them on Facebook, Twitter and Instagram.

"We are really pleased to be able to help. Having sponsored the BSTFC team for many years now, we thought it only fair to also support the Ladies! Good luck for the rest of the season!"

Jaci, Matters Magazines



Jim Durlacher FAREWELL TO A BOWLS LEGEND

by Brian Newman, President of Bradley Stoke Bowls Club



Jim was a founder member of Northavon Bowls Club in 1991, where my wife and I first met him and his wife Margaret. We have been very good friends ever since, enjoying card evenings and holidays together.

In 2010, some two years after the demise of Northavon Bowls Club, Jim, with the help of Ben Walker then Mayor of Bradley Stoke, made possible the formation of Bradley Stoke Bowls Club, which was opened on the 1st May 2010, by the great David Bryant, three times World Champion.

During the eight years the Club has been going, Jim was very active in its various operations, being Chairman and Captain for the first two years, and then becoming President up to 2013. He was awarded Life Membership for all his hard work, and was recognised by South Gloucestershire Council by the Chair's Community Award in 2013.

During his bowling career, he played for City and County Bristol and the County of Gloucestershire. Jim was a past master at organization, and many of the club members enjoyed his Christmas parties over the years. He was a true blue Scotsman and his Burns Night celebrations were legendary.

Due to failing mobility, Jim did not play much bowls in the past year, but remained very active in a social capacity. He was also very generous in his several gifts, which included a lapel badge for every club member when he was president.

Jim passed away on the 4th January 2018. He will be sadly missed by the Club in general and by his close friends in particular. Our heartfelt condolences go out to his wife Margaret and all his family.

*At the going down of the Sun
And in the morning,
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Any One for Cricket? Update from Bradley Stoke Cricket Club

Bradley Stoke Cricket Club is looking forward to the 2018 season after a successful 2017. Both the adult and youth sections have been training weekly indoors since February in preparation.

Four of the six weekend adult teams find themselves in their next division up this year.

The Saturday 1st XI gained promotion to the Bristol & District (B&D) Senior Division, the top division in this league and their highest ever position. They are now one tier away from the West of England Premier League (WEPL) structure.

The Saturday 2nd XI will compete this season in the B&D Fourth Division, up from the Fifth Division.

The Saturday 3rd and 4th XIs remain in the B&D Eleventh and Fifteenth Divisions respectively.

The Sunday 1st XI have moved up to the top division (Division 1) of the North Somerset Cricket League Sunday Conference.

The Sunday 2nd XI gained promotion to Division 3 of the same league.

In the youth section the club is running an unprecedented seven age group squads: Under 7s, 9s, 11s, 13s, 15s, 17s & 19s.

The Under 7s (Reception and Key Stage 1) is a new section being run on Friday evenings at the club under the All Stars Cricket banner, an ECB initiative to introduce this age group to the game. Anyone wishing to register their child can do so at allstarscricket.co.uk.

The other age groups train at the club on Sunday mornings and play matches as follows:

The Under 9s will play 8 a side Kwik Cricket (soft ball) festivals and friendlies.

The Under 11s, 13s, 15s and 17s will play hard ball cricket in the Bristol Youth Cricket League (BYCL) competitions, which are 20 overs per side matches usually played on weekdays evenings.

The Under 19s (Supersonics) wear coloured kit and are entered into the Gloucestershire Under 19 T20 competition.

The Under 15s (years 9 and 10) is a revived age group this year after a season without one, though this group is light on players. The club always welcome new players but are particularly keen to hear from anyone in this age group, regardless of ability, looking to move clubs, start or return to cricket.

In addition, in a bid to maintain interest and skills through the off season, for the first time the club entered a team into a Saturday afternoon Under 12s indoor league over the winter. This is run by the Damian Forder Cricket Academy (DFCA) and takes place at the Gloucestershire County Ground sports hall. The team finished 3rd from 8 in the pre Christmas competition and at the time of writing were also placed 3rd in the post Christmas event.

To find out more about how to get involved, in adult and youth cricket alike, please visit bradleystokecc.play-cricket.com for more information and contact details.

Is Core Strength Enough?

Physiotherapist Ali Staveley at Bradley Stoke Physio & Health investigates

We've all heard of improving the strength of your core and thereby improving your performance. Well, strength of those muscles in your torso (front, back, and sides) is just one aspect of core control.

If you watch the Olympic athletes, their technique is enhanced by their core control. This involves strength, efficiency and co-ordination, all leading to a fluidity of movement.

The Olympians are world class at making things look effortless.

Many of us can struggle with achieving this great technique. We might be hampered by the traditional view that core stability is about 'pulling something in' to prevent unwanted movement. This can mean our bodies hold tension, making movement and recovery difficult.

Core control is really about enabling movement. Improving your core strength should see you gain spontaneous natural movement. My holistic approach can also help take pressure off muscles, ligaments, tendons or joints that are overworked or overused, which makes movement easy.

We also need more than core strength to function well. Imagine the split seconds before you fall. Your arms flail and every muscle in your body reacts as you try to return your balance. Everyday, strength in muscles throughout your whole body is needed to keep you upright and mobile, give you your agile reactions, and for controlled movements.

A key to achieving your strength and movement goals is to make sure you don't set them too high at first. Check your range of movement, strength, timing and balance. Challenging yourself is great, but your body will need time to adjust and learn, to allow motor memory to kick in.

So back to our original question – is core strength enough? We certainly need some strength there, but it cannot and should not be separated from the rest of the body. Core strength does not work independently and improving it should be incorporated into a more complex series of movements that, over time, train you to be more fluent.

The good news is that although we may never be Olympians, we can all improve our performance and make our movements more efficient even if it's for a Sunday morning walk, or simply unloading the dishwasher.

To improve your movement, call 01454 618 525 and book your physio appointment with Ali. More information can also be found on our website at www.bradleystokephysio.co.uk.



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Bradley Stoke Town FC

season update by Jon Welsh

The season is coming to its final third with all teams having some success.

The 1st team under Jon Welsh are currently sitting in third position in the Bristol & District Senior league having played more games than anyone else. However, points on the board before the mad league run-in could see them push for a promotion spot at the end of the season.

A highlight in the latter stages of the season is the performances of local 16 year old striker Reece Rogers who has impressed all those at the club with his goals.

The Reserves themselves are in the B&D Division 2 promotion contest sitting currently 4th in the table. With a good run of games Matt Birch's side could be on for a second consecutive promotion, so a busy April will decide their future.

George Haskin's and Luke Baker's A Team are sitting safely in mid table in B&D Division 5 and hope to end in the top half of the table at the end of the season. This has been a good season for them as they reached the semi-final of the cup and narrowly missed out on the final losing 2-1.

Your support is gratefully received - 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 is always looking for new players so do get in touch!

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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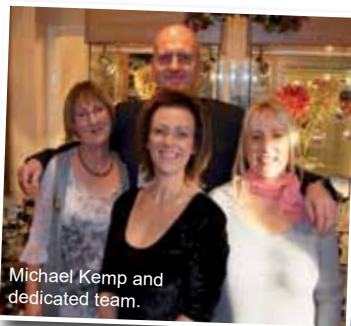


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Is lack of sleep making you feel sad, irritable or hopeless? Perhaps you find yourself overthinking situations as you try to get back to sleep?

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

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

Tuesday - Winterbourne
The Greenfield Centre
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Wednesday - Little Stoke
Little Stoke Community Hall.
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Tel Sharron: 07947 064711

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

Thursday - Little Stoke
Little Stoke Community Hall,
9.30 & 11.30am
Tel Sharron: 07947 064711

Thursday - Patchway
Callicroft Primary School
5.30 & 7.30pm
Tel Janice: 07860 444647

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

Friday - Bradley Stoke
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Saturday - Bradley Stoke
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Entrants Welcomed for Charity Bike Ride 26th May

Bradley Stoke Matters was delighted to chat with a courageous and inspiring lady for this issue.

Julie Harvey was diagnosed with an incurable Grade 4 Brain Tumour 15 months ago, having gone into hospital with a bad headache. She had an operation 2 days later to remove a brain tumour and then endured 6 weeks of daily radio- and chemo-therapy followed by a further 6 months of chemotherapy which in her own words "knocks you out for 2 weeks of every month". In spite of all this, Julie has maintained her determination to fight back "I'm just bloody minded really" she told me "why should I let this cancer define me and stop me doing what I want?".

Having previously undertaken 'the odd triathlon', inbetween her treatments Julie trained to undertake a power-walk midnight marathon around Edinburgh and a 2-mile sea swim and plans to undertake a 45-mile cycle in April.

She is also organising a bike ride at the end of May to raise awareness and funds for the Brain Tumour Support group, without whom her life would have been so much more difficult since diagnosis. "I would be lost with out their help" Julie told me "I have a wonderful counsellor called Kate and I can totally be myself with her, let all my frustrations out. She enables me to go back out and face the world and keep being 'me'. The support they have given to me and to others is just so amazing, and I want to give them something back"

The bike ride is for anyone who can get on a bike and pedal! There are 3 routes 33km, 65km, 85km, and the cost is £20.00, £25.00 and £30.00.

Riders can choose between 33km, 65km and 85km rides, costing £20/£25/£30. The rides will start from Thornbury Sailing Club in Oldbury on Severn and before the event Bacon Butties will be available. The entry fee will include Tea, coffee and cake when you finish, pitstop refreshments along the route and a medal for all finishers.

After the event you are welcome to relax at the sailing club. The bar will be open and there will be a BBQ serving hot food.

For further information on the different routes and to enter the event, visit <https://thornburysc.org.uk> and click on the link.

This is the first time Julie and her family have organised such an event and it is a family affair with her husband, daughters, uncle, cousin all being involved. "Anyone not cycling is on cake-baking duty!" Julie laughed.

Top photo shows Julie's husband, her cousin, Julie, her uncle and her daughter, and inset Julie with her bike.

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The Students' Union conservation volunteering project, UWE Greenspace, were also proud winners of a South Gloucestershire Council Chair's 2018 Community Award.

UWE Greenspace is a student-led volunteering programme at The Students' Union at UWE, designed to support local green sites in the community by contributing to their conservation, ongoing maintenance and management. The project focuses on two primary sites near to the university's Frenchay Campus, Splatts Abbey Wood and Sims Hill Community Woodland.

Project leader, Thomas Haines, commented: "Having seen this project develop over the past two years as a project leader, it is incredible to be awarded a South Gloucestershire Council Chair's award for UWE Greenspace. The overall work of UWE students, in conjunction with Sims Hill & Splatts Abbey Woodland Committee's has been integral to this project developing, and we look forward to working with them in future whilst inspiring both present and future students."

The award is given to groups who have made a real difference to their community, with judges looking at the time dedicated to work, the community cohesion, the way in which it has helped others and what significant challenges it has helped overcome.

UWE Greenspace is the only student-led woodland conservation volunteer programme at our local universities where student project leaders plan and deliver sessions for the benefit of the environment, local community and other students. During this academic year, UWE Greenspace have embarked on their most ambitious tasks yet to plan and install new quadrant stakes at Splatts Abbey Woodland. The stakes allow more accurate forest management and conservation tasks to be carried out and will be used for years to come.

Winning the award is a fantastic example of the successful collaboration between UWE Greenspace and the local community. Chair of Splatts Abbey Wood Conservation group, David Bell, commented: "Our group is absolutely delighted that the UWE student group Greenspace has won this prestigious council award. Since 2014 the students have been making a valuable contribution to the maintenance and development of Splatts Abbey Wood and Sims Hill Wood. They have been hardworking and inspirational."

When I first approached UWE about recruiting student volunteers I never thought it would be such a productive relationship, and we were happy to be part of their nomination. We would like to thank the student volunteers, UWE and The Students' Union for all they have done for both woodlands over the years."

UWE Greenspace's student volunteers were presented with their award at the Awards Ceremony at South Gloucestershire and Stroud College WISE Campus in March.



Mental Health Week

Mental Health Week was the week beginning the 5th of February. During Mental Health Week each class learnt about mental health and how to keep our minds healthy and positive. We had a mental health week assembly as well. This was interesting because everyone learnt something new. For example being outside is good, playing sports and socialising with others is a good way to keep happy. Everyone enjoyed learning about mental health and had a good time taking part in the assembly.

Dance Festival

On 21 of February St Mary's took part in a Dance Festival at Abbeywood. Mrs George ran Dance Club and choreographed our dances. Every School performed two dances each, showing their amazing and unique dance moves. During the school day the Dance Club members went to Abbeywood School to practise their two dances with their costumes. St Mary's two dances were 'Hold On' and 'Boys and Girls'. 'Hold On' is Anti-Bullying song so the Dance Club members tried to show this in their actions. In this dance the club wore black clothes with blue ribbons, as blue is the colour of Anti-Bullying. They started off with three people alone and gradually became one big group altogether. 'Boys and Girls' was a party dance, and everyone had lots of fun practising this dance. As this dance was about partying, Dance Club wore bright clothes: pink, orange, red, blue and basically every colour of the rainbow. Both Mrs George and Dance Club members had lots of fun creating these dances and we are already excited to see what we will do next year.

E-safety Day

E-safety day was the 6th of February. During E-safety day each class learnt how to stay safe on the internet. We learnt about what to do if we saw something unpleasant online which was to report it to an adult. This means that we all now feel comfortable online. During this day our school held a competition to create a rap song or drama about e-safety. There were some really good entries

Trips

This term reception (St George) and year 1 (St Nicholas) have visited the Aquarian and the zoo. Whilst reception were at Bristol zoo they

were introduced to many different animals such as: lions, birds and giraffes this was an exciting experience for the young receptionists. St Nicholas' class went on a trip to the Aquarium and sighted many unique fish such as: clown fish and pufferfish.

The Tumbling Workshop



On the 28th February, Clifton High School visited our school to teach Y6 some gymnastics skills on a tumbling track. A tumbling track is basically a long stretch of bouncy castle but with no walls or roof. We could bounce really high! We were taught how to do skills such as cartwheels, round offs and dive forward rolls. We all really enjoyed performing these moves, but there was something even better: The three students who had come along to teach us pulled some crazy moves. They performed tricks such as backflips, back handsprings, front flips and dive forward rolls. We were all amazed by what these girls could do and all improved our skills.



The Daily Run

Here at St. Mary's, each class will run around our laid out running track for five minutes every day. Every child puts an effort in to run further than they did on the previous day. We do this to keep fit and to be not only physically healthy, but to also be mentally healthy. The majority of our school really enjoy taking part in our daily run and feel like this

opportunity to get outside and take a break from class has really made a difference to their mental health and fitness.

Snow day

On Thursday the 1st of March St Mary's Catholic Primary School were advised of a red warning of snow causing the school to close. Whilst children rejoiced Miss Horsley prepared her hot water bottle and cover, for the long and tiring journey home. At approximately 12 pm, cheers filled the corridors, as parent came to collect their overjoyed children. All day children had been questioning their teachers whether or not they were going to have a snow day. Mrs Burden's Y 6 maths group wrote a poem:

The beast from the east has arrived,
Let's all have fun outside,
Snowflakes twirling and swirling around,
Drifting down from the clouds without a sound.
Children at the windows, gazing at the great outdoors,
As the snowflakes gently hit the floor.



Over the 4 day weekend we made snowmen, went sledging, and had snow ball fights.

CAFOD fundraising

During this term we organised fundraisers to raise money for CAFOD. All the classes from reception to yr6 had come up with ideas for what they were going to do.

Reception, St George's class have decided to attempt an obstacle course on the school field, Y1, St Nicholas class are doing a toast sale on Friday the 16th, Y2 and Y3 St Elizabeth and St Augustine classes have already run a Fairtrade café, Y4 St Bernadette class are doing a daily walk to join with the CAFOD effort to Walk around the World, Y5 St Martin class are taking part in a sponsored silence for around two hours with a break in the middle of course and finally Y6 St Francis class completed a Tough Mudder challenge on the school field and playground. We had to run 7 laps. On the first lap we had to do either 10 press-ups, 20 sit-ups or 30 star jumps! On the second lap we had to dress-up in fancy dress costumes. On the third lap we had to put face-paint on each other. On the fourth lap we had to ride either a scooter or a tricycle around the playground. On the fifth lap we got soaked with water guns by parents and teachers. On the sixth lap we had to climb under the tarpaulin in the middle of the field. On the seventh and finally lap we had to complete it three-legged (tied to a partner.)

We had lots of fun completing our fundraisers and we hope we helped CAFOD as much as we can.

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School News from Bailey's Court Primary School

'Go Orange' for Muscular Dystrophy

Last month at Bailey's Court Primary, we took part in 'Go Orange Day 2018' on Friday 2nd February to help raise money and awareness of Muscular Dystrophy UK. We collected over £425 for this very important charity and the children and staff lit the school up with their bright colours!

Muscular Dystrophy UK provides support for the 70,000 people living with muscle-wasting conditions in the UK. The charity brings together people affected by more than 60 rare and very rare progressive muscle-weakening and wasting conditions. We have really enjoyed dressing up today and, in doing so, we have made a contribution to the funds needed for vital research. Thank you to everybody for your support!

Children's Art Exhibition Raises £140

The children in Miss Barnett's and Miss Edwards' classes at Bailey's Court Primary School invited their parents and families to a terrific 'private view' as part of Y2's Enterprise Week. The children have been learning about the artist L.S.Lowry and they each created an original work of art in the style of the famous British painter.

Every child's piece of work was exhibited in the school hall and parents and families were invited to the exhibition to see all the art work. All pieces of work were for sale and a grand total of £140 was raised! Half of the money will be donated to a charity chosen by the children and the other half of the money will be spent by the children in Y2 on something exciting to boost their learning at school. In previous years, the money has been spent on materials and resources to help the children make their own animations, I wonder what the children will choose this year?

MAD Stunts!

We had a very exciting afternoon on Wednesday 7th March when the children in Y3, 4 and 5 at Bailey's Court Primary School enjoyed a stunt bike show! Giles and Joe joined us from M.A.D.



(mountain bike stunt and display team) with Giles introducing each stunt and reminding the children of the importance of bike safety whilst Joe performed some remarkable tricks and jumps. The children had a fabulous time and witnessed Joe breaking a 'school record' by jumping, from a standing start, over a hurdle set at 138 cm! To top it all, Mr Stephens, one of our Y3 teachers, was invited to take part in a stunt jump himself! On his bike, Joe

leapt over Mr Stephens, who was lying on his back on the floor. We all held our breath and burst into applause as the stunt was successfully completed.

Tag Tournament Review



Bailey's Court Primary was invited to a tag-rugby tournament in Yate on 7th March and the team performed brilliantly! Please find below a report written by two of the players:

"The first match was against St Michaels, Winterbourne and we won 11-2. Our first try was scored by Nash, giving us a bit of a boost. Because Nash had scored the try, the opposition started with the ball. Quickly, Harry S shot through a gap in the opposition's line, he caught the ball and scored a try. That carried on throughout the game but we had a range of people who scored the tries. We won that game because we worked well as a team."



"Our next game was against St Pauls and the end score was 6-4 to us. After a few more matches, our teamwork started to slip a bit. The final was against St Michaels, Stoke Gifford and we sadly lost 4-3. We had faced them two matches before and we had won 2-1. Even though we came second overall, we still have a place at Bristol Grammar School on the 19th April 2018. There will be about 16 teams at the final matches and we are going to put in loads of practice to perform at the top of our ability."

By Rowan G and Oliver L

On Tuesday 6th March, we had someone called Andy come in from the Road Safety Team to visit us at Bailey's Court Primary School. He told us how to stay safe when crossing roads, how to stay healthy and take more care of the planet. In Safer Fitter Greener we had activities that made sure we kept safe when walking to school, we also had an activity with magnets with symbols on them which we had to sort out to see which one would make you Fitter. The Greener activity was an activity where we had to find out what the Greenest way to travel to school was. We found out that it was walking, scooting or biking that was the best way to go. There was another activity that showed us the safest way to travel to school and at the end he showed us different crossings including: zebra crossings, pelican crossings, island crossings and a few others. Andy told us that it would take 10 cars to transport the same amount of people as one bus. He also said that we shouldn't use cars as much as we do now because the fumes that come from cars are poisonous to the earth because it is pollution. Andy also told us that if we walked, scooted or biked more we would save the earth.

Written by Max R and Paul (Y4)

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The Reception Children at Bowsland Green Primary School are delighted to have had a new log climber installed in their garden this term.

£4000 towards the cost was raised through the Tesco Bags of Help Scheme, with the remainder being contributed by the Friends of Bowsland Green.

This climber is giving the children an opportunity to really develop their physical skills and to use their imaginations. The children have already added drapes and boxes to make the climber into a spaceship and a castle. We are looking forward to seeing what else they create!



Despite being hampered by mother nature, Holy Trinity Primary School had a very memorable and enjoyable book week.

To start things off, all the class doors were decorated in the theme of a favourite class book. We liked them so much that we are going to keep them up! Classes had enormous fun going on a book scavenger hunt, scouring through books to find clues as a team.

Some of the costumes on show this week have been fabulous, often with very creative ideas on display. Books have been flying off the shelves from our book stalls provided to us by the Yellow Lighted Bookshop in Tetbury.

The highlight of the week has been our recent visit from author and illustrator Tom Percival, who has illustrated for Anthony Horowitz and the Skulduggery series. He wowed us with his song writing, story telling and performance.

It truly was a week to remember, and thanks must be extended to all those at Holy Trinity who made this possible.

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WHAT IS THE GDPR?

The General Data Protection Regulation (GDPR) will come into force on 25 May 2018 and will build upon the Data Protection Act 1998 (DPA 1998). It is important for UK businesses to plan for the GDPR and begin implementing the necessary changes to business practices and procedures as early as possible to ensure compliance once the GDPR becomes effective.

WHAT WILL GDPR MEAN TO MY BUSINESS?

The GDPR will apply to most businesses. If you obtain and hold personal information relating to any living individual, including your existing and prospective customers and employees, then the GDPR will apply to your business. The GDPR imposes direct obligations on data processors as well as data controllers so it will apply whether your business processes personal data or controls how the data is processed.

DOES MY BUSINESS HOLD INFORMATION THAT IS CLASSIFIED AS 'PERSONAL DATA'?

The definition of 'personal data' is wider than before and includes any information which either directly identifies an individual or which can be used to identify an individual. Such information includes names, dates of birth and addresses including online identifiers such as IP addresses.

Most businesses hold at least some personal data, whether it relates to their clients, employees or their contacts. It is imperative that businesses carry out an assessment of what information they hold and what changes, if any, should be made to ensure compliance with the GDPR.

WHAT OBLIGATIONS DOES THE GDPR IMPOSE ON ME AS A BUSINESS OWNER?

The GDPR requires data controllers to include specified data protection obligations in processing contracts. It also requires businesses to be able to demonstrate compliance with the GDPR, for example by having relevant data protection policies and procedures in place:

- A company-wide data protection policy paired with staff training, data audits and regular HR policy reviews;



- A compliance programme and privacy governance structure; and
- An updated electronic system that protects data by default by e.g. encrypting data.

WHAT IF MY BUSINESS BREACHES THE GDPR?

The ICO has the power to award compensation to individuals and impose fines up to the equivalent of €20m or 4% of the worldwide turnover of the business who has breached the GDPR, although the ICO has indicated that its first resort will normally be one of the other sanctions available to it, such as warnings, reprimands and corrective orders. A business that fails to comply with the GDPR also puts itself at risk of reputational and professional damage and it is important to take the necessary steps to ensure compliance.

For further information or advice on GDPR compliance please get in touch with our experienced Commercial team on 0117 9733 989 or by emailing grantmccall@amdsolicitors.com

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Canine Partners needs more puppy parents!

Can you help their recruitment drive for more volunteer puppy parents, who take assistance dogs in training into their homes until they are 12-14 months-old?

These amazing volunteers will help a growing charity train even more dogs as it works to meet the rising demand. The volunteers provide early socialisation, taking the puppy into different environments and introducing it to different people, objects and animals so that it is confident and happy in any situation it may encounter when it begins working with a disabled person. They also help with basic obedience and skills training, with support from one of the charity's experienced puppy trainers.

"We live in the Stokes and we are currently puppy parents to a 16 week old black labrador. He is our second dog."

Bradley Stoke is a brilliant area for this as the important thing is to socialise the puppy and we have the shopping centre, lots of residential roads to walk, parks and walks as well as buses to travel on. It is fun and very worthwhile."

Anne Petrie



Sign up today and become a volunteer puppy parent for Canine Partners. Puppy parents receive full ongoing support, both at their homes and at puppy training classes. Food, equipment, vet bills and temporary holiday care is provided.

For more information call 01730 716017 or visit caninepartners.org.uk.

The dogs will go on to support people like Alex Cook who was matched to canine partner Watson five years ago. The six-year-old chocolate Labrador has transformed the mum-of-two's life and he can even phone for help in an emergency using a special button in their home.

Alex has limited mobility due to spinal conditions spinal stenosis, spondylolisthesis and caudae equine syndrome but with Watson by her side she has more independence as she needs to rely less on carers. Now Alex is calling for more people to sign up to become puppy parents for the charity so even more people can benefit from a life-changing dog like Watson.

Alex said: *"By becoming a puppy parent you have the opportunity to do something great for somebody else. They will change a life and there's nothing else like being a part of that. It's impossible to put into words how much difference Watson makes – he's just amazing. He's not a pet – he's an extension of me. I don't feel like I can exist a day without him."*

Canine Partners' Bristol, Somerset and Gloucestershire puppy trainer Heather Loan added: *"It's important that we recruit more volunteers to this fantastic team because without them we can't train the number of dogs we need to help people like Alex. It's great training these special puppies. Every day is different, every dog is different and it's rewarding to see how much they develop into life-changing assistance dogs."*



Volunteers wanted!

Can you spare one or two hours?

Our busy Barnardo's Charity Shop, Radcliffe Drive, Stoke Gifford needs your help and your skills!

The shop is open 7 days a week and we would love more help to be able to continue to offer a variety of goods the local community. We offer full training and hours and days to suit you.

Come along to our shop and meet our friendly team, Shop Manager Natasha and Associate Manager Julie. Or ring 0117 9314115 for further information and application form. It would be great to have you come along and support the national children's charity Barnardo's and our local community Charity Shop and staff.

Careers in the frame for National Apprenticeship Week

Two members of staff at an opticians in Bradley Stoke are starting an exciting career in optics thanks to an apprenticeship programme.

Elliot Woodman and Katie Perry have both recently graduated from the Specsavers apprenticeship programme and are sharing their experience with others as part of National Apprenticeship Week which took place earlier in March. 'I've really enjoyed my course and am very grateful to the team here in Bradley Stoke for the opportunities I've been given to progress,' comments Elliot. 'I've been able to gain a qualification while working at the same time and have learnt a huge amount. I'm now looking forward to supporting the current apprentices in store as I was in the same position only months ago so can hopefully offer some help.'

More than 270 people are currently enrolled on the Specsavers apprenticeship programme including Kaitlin Day, Shaun Hillier and Emily Bragg at the Bradley Stoke store.

Store director, Gaurav Patel says: *'Apprenticeships are a great way to unlock the potential of young*

people or those looking for a career change and provide a way for them to embark on successful and fulfilling careers.

'The Specsavers scheme offers learners an excellent opportunity to enter the world of work in a safe and structured way, providing them with a real job, great training and qualifications.'

The Specsavers store in Bradley Stoke, along with sister stores in Filton and Cribbs Causeway, are all actively seeking apprentices.

To search for current apprenticeship vacancies visit www.jobs.specsavers.co.uk or for more information, you can find your nearest Specsavers store at: The Willow Brook Centre, Bradley Stoke, BS32 8EF, 01454 275020, www.specsavers.co.uk/stores/bradleystoke



"...nice to have a friendly team make the process of first time buying a lot less daunting!"

Amy – Bradley Stoke



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Do you have a Functional Neurological Disorder?

FND FriENDs was set up in 2016 by sufferers of Functional Neurological Disorders (FND) who were left feeling frustrated and isolated by not only the disorder but by the complete lack of help and treatment by the medical world. This is despite the NHS predicting that there are around 2 million sufferers in the UK and 12,000 in the Greater Bristol area.

Functional symptoms mimic those of other diseases such as Epilepsy, Parkinson's, MS and Dystonia, with doctors and patients alike being unable to tell for instance without the help of a CT scan if someone has suffered a Stroke (facial drooping, one sided weakness, speech problems) or if it is due to FND.

With FND there is no organic disease found as it is a malfunction of the nervous system, therefore the treatment given for the organic diseases do not work for FND, despite the sufferers being debilitated and disabled, as the root cause is different.

FND FriENDs helps sufferers by befriending them, offering home visits and encouraging them to attend socials, craft days etc with other sufferers. We help them to gain confidence and reduce some of the isolation they feel. We also work with the training of medics in awareness of this common but little known disorder and participate in research to improve the understanding of FND and the outcome for sufferers.

We cover South Glos, Bristol, Gloucestershire, Wiltshire, Somerset, Baines, Devon and Cornwall and are trying to reach out to as many sufferers as possible across the South West. You can make contact with the group per the details below.

Website: fndfriends.org Email: fnd.friends@yahoo.com
Telephone: 07834 739 370 / 07955 211 761



Rock out at Retro festival for FREE

LOVE LIVE music? Love the 80s? Then why not volunteer at Let's Rock retro festival this summer and enjoy the event for free?

By signing up to do a 4 hour shift with festival charity partner, Child Bereavement UK, selling wristbands and raffle tickets on the day, you will gain entry to the festival without spending a single penny. Let's Rock Bristol will take place at The Downs on June 2nd and will include live performances from Marc Almond, Billy Ocean, ABC and many more.

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child faces bereavement.

The charity also trains professionals such as doctors, teachers and midwives to help them better understand and meet the needs of grieving families.

Ruth Sanger, Regional Fundraising & Communications Manager for the charity said: "Last year we raised over £60,000 at Let's Rock festivals across the UK and we couldn't have done this without the support of our wonderful volunteers. The atmosphere on the day is brilliant and our volunteers really do enjoy themselves. So if you're tempted, please give us a call and find out how you can get involved."

Email femke.bekker@childbereavementuk.org or call 01494 568932.

To find out more about the charity and for support please visit: www.childbereavementuk.org or call 0800 02 888 40



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**ANTIQUES
ROADSHOW is
coming to
Aerospace Bristol on
Thursday 17 May**



BBC One's Antiques Roadshow will be filming at Aerospace Bristol on Thursday 17 May. Fiona Bruce and the team of Antiques Roadshow experts will be waiting to welcome you, so dust off your family heirlooms and dig out those car boot bargains and bring them along for free advice and valuations to visitors.

The Roadshow will be filming at the home of Concorde - Aerospace Bristol. The new museum celebrates the city's historic links to the birth of aviation and the development of supersonic travel. At the centre of this new attraction is Concorde Alpha Foxtrot - the last Concorde to be made and the last Concorde to fly.

Last year, the programme celebrated four decades on the road with some truly amazing finds, as presenter Fiona Bruce explains: *"Can this year be even better than our last? We'll have to go some way to top the most valuable Faberge ever seen on the programme, a correction to Darwin's theory of evolution by the great man himself and one of the best collections of show business memorabilia ever seen by our experts."*

"But I have every confidence we'll do it and the thousands of people that come along to see us will pull some extraordinary things out of their bags/trolleys/bits of newspaper/suitcases/boats - and one year even out of a cart led by a dog. I can't wait."

Robert Murphy, series producer of Antiques Roadshow, said: *"It's a hometown show for many of the team and Aerospace Bristol is fast proving one of the most fascinating and entertaining new venues in the southwest. We're looking forward to a bumper turnout and can't wait see what kind of cherished objects emerge from the attic!"*

"It's a great free, family day out and you can see how we make one of BBC One's most popular programmes. Our team of experts are on hand to help visitors discover the hidden history of their objects - you never know, it might just be your item that turns out to be something very special and potentially very valuable!"

Doors open at 9.30am and close at 4.30pm. Entry to the show is free, everyone is welcome, and no tickets or pre-registration is required. For parking arrangements please check our website.

Visitors are welcome to just turn up on the day but they can also share their stories about the special items they are bringing along using Share Your Story on the Antiques Roadshow website.

Alternatively, email: antiques.roadshow@bbc.co.uk or write to Antiques Roadshow, BBC, Whiteladies Road, Bristol BS8 2LR.

More information, frequently asked questions, and parking information, can be found at: www.bbc.co.uk/antiquesroadshow or on the show's Facebook page

DO YOU LOVE FLOWERS?....

If you have an interest in Floral Art, or just wish you knew how to show off that bunch of flowers to best advantage then ... **Yes! Winterbourne & District Flower Arrangement Society is for you.**

We would love to welcome new members and visitors from the Bradley Stoke and Stoke Gifford areas. Our meetings are held at St Michaels Room, High Street, Winterbourne 7.30pm start, with doors open from 7.00pm.

For the remainder of 2018 we will be having 'Hands On' meetings on the first Thursdays of April, May, June, July, September, October (also AGM) and November, when titles are provided for members who then bring along their own containers and plant material to interpret these. This is a practical evening where we have a friendly, social gathering together with advice, tips and ideas for improvement and future use.

We also have demonstrations by visiting Area Demonstrators on Thursday May 17th, July 19th, September 20th, October 18th and an Open Christmas Demonstration on Friday November 16th by a National Demonstrator, with a chance to win all the designs created in a raffle. We will also be holding two Club Shows on Saturday 9th June and Saturday 8th December. **All are welcome.**

For further details please contact: Celia - 01454 776753 or Val - 01454 322538 or visit our website www.winterbourneflowerclub.com to learn more about us.



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'FABULOUS AT 50'



In this, its 50th Anniversary year, the Thornbury Musical Theatre Group invite you to join us at the Armstrong Hall in Thornbury for our celebratory concert 'Fabulous at 50' on Friday 18th and Saturday 19th May. A marvellous medley of musical melodies, TMTG will entertain you with some of our showstoppers from concerts, pantomimes and musicals from the last 50 years. Remastered and orchestrated for 2018 you will be entertained with songs from the stage, silver screen and good ol' favourites, plus high energy dancing and you will be toe tapping your way home without doubt.

There will be three performances: Friday 18th May at 7.30 pm and Saturday 19th May at 2.30 pm and 7.30 pm.

All tickets are £10 and group discounts are also available. Bookable online now at www.tmtg.org.uk. For enquiries call Angie at the Box Office on 07516 270140. Tickets will also be available at Lisa Costa Residential Sales and Lettings at 53 High Street, Thornbury from Saturday 14th April. We are once again indebted to Lisa Costa Residential Sales and Lettings for their generous offer to run our Box Office. The staff are big fans of TMTG and are always delighted to meet our audience members, but remember it's a very busy office so please be patient if they're not available the first time you call.

For more information about 'Fabulous at 50' take a look at www.tmtg.org.uk or contact us by e-mail at membership@tmtg.org.uk.

Throughout the 50 years, people have come and gone (and usually stayed for a very long time), but the one thing that remains is the team spirit and willingness to do a brilliant job and do justice to our artform, both on and off stage as all departments pull together. We are passionate about performing and innovative in the shows we produce and have built up a massive following. Come and witness the talent and splendour of our performers, there for your enjoyment.

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Castell Roc: Full Line Up for 2018... and what a line up it is...!!!!!!

Held inside the historic walls of Chepstow Castle and hosting a variety of different shows to suit all tastes, the festival has been nationally praised for its relaxed atmosphere as well as it's world class venue. It's not Glastonbury, it's small (but perfectly formed) it's definitely quaint, it's intimate, the acoustics are brilliant, it's perfect for all ages and it is, by far, much prettier!

Held over 12 nights on the last 3 weekends of August and into the beginning of September, you may want to start planning....

THURSDAY 16th August- "Monsters of Roc"- featuring "Letz Zep", "Whitesnake UK", & "UK Guns N Roses", in what has now become the legendary big Rock triple headliner event show opener.

FRIDAY 17th August- "Alabama 3". The band with a very dedicated following and are noted for their fusion of styles, lyrics and outrageous live performances, known especially for writing the intro to the hit TV show "The Sopranos" plus, support from the amazing "Philippa Hanna"- makes this a show you will not want to miss.

SATURDAY 18th August "Dr Hook" starring the incredible "Dennis Locorriere" performing all the hit singles including - Sylvia's Mother, A Little bit More, When you're in Love with a beautiful woman, Sexy Eyes, plus many, many more.

SUNDAY 19th August- An evening of "Blues & Grooves" with the amazing - "King King" voted best blues band of the year and best vocalist of the year at the "British Blues Awards 2016" also rating 2nd in the Guitarist of the year- support is from "Buck & Evans" who won Guitarist of the year 2017, - a must see show !!!

FRIDAY 24th August- Sees the welcome return of a 2017 sell-out show; back by popular demand **"The Magic of Motown"** bring top Motown hits, glimmering costumes, dazzling dance routines and an incredible party atmosphere to the castle.

SATURDAY 25th August- We are very proud to introduce the incredible country duo **"The Shires"** heading for big things, and are very privileged to welcome back to the Castle one more time !!!!

SUNDAY 26th August- Flying in from Australia is none other than the Grammy award winning, international



chart topping music legend **"Leo Sayer"**, supported by **Mari Wilson & The New Wilsations**" - an amazing evening awaits !!!

MONDAY 27th August- is a unique chance to see two full theatrical shows in one evening with "Return of the King meets Prince" tributes to **"Prince"** and **"Michael Jackson"**, a show never seen before.

THURSDAY 30th August- brings you the incredible UK stars of Ska & Reggae **"The DUALERS"**- 9 piece Jamaican band from East London, - First hit the headlines with the hit single "Kiss on The Lips" which stormed into the UK to 30. They have played alongside some of the biggest names in Ska & Reggae !!! Support from the amazing **"Navarones"**.

FRIDAY 31st August- "The Craig Charles Funk & Soul Club", Yes the TV Legend "Craig Charles" returns to Chepstow Castle.

SATURDAY 1st September- Fresh from the big theatre 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.

SUNDAY 2nd September- Castell Roc festival is proud to be able to open up the gates of the Castle to bring you an all-day **"FAMILY FUN DAY"** bought to you by local people, for the local community, showcasing a host of local talent, for more information visit www.castellroc.co.uk.

All shows are standing, guests are welcome to bring foldable chairs or blankets (for use in designated areas). Full details are on www.castellroc.co.uk or via the Festival box office at Hannah's Music Chepstow (01291 627122), Limited discounted tickets are currently available from both.

Matters Magazines Ltd is proud to be a media sponsor of the 2018 Castell Roc Festival.



Fashion Show at M&Co Celebrating TMTG's 50th Anniversary

For those who love a fashion show, here is a special event for your calendars.

M&Co are teaming up with the Thornbury Musical Theatre Group to put on a catwalk show at their major fashion store in St Mary Centre in Thornbury on the evening of Tuesday 17th April.

TMTG, a registered charity, is proud to be celebrating its 50th Anniversary this year and, instead of treading the boards of the Armstrong Hall, some members of the group will be strutting their stuff on the catwalk as they act as models for the evening.

Apart from celebrating TMTG's milestone Anniversary, M&Co will be showcasing a selection of their Spring and Summer stock as it is brought to life on the catwalk. There will be an eclectic mix of styles on show and a selection of clothing for men too. M&Co is a multi-department chain retailer including a petite range for 5'3" and under and a plus range for size 18-28, and a whole lot in between.

Don't miss this rare opportunity. If you would like a night out to view the new stock in a relaxed format and meet members of TMTG, then get your ticket soon as, due to space restrictions, only 50 tickets will be on sale.

Tickets are available from M&Co in Thornbury priced at £4. As an added bonus, attendees will be given a 10% discount voucher on arrival which is valid for purchases on the evening and up to two weeks after the event. For ticket enquiries call 01454 413125.

The fashion show will commence at 7.30 pm, and doors will be open at 7pm. Refreshments will be available during the break.

Hope to see you there!



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Saturday 19th May 2018, 10:00am-12:00pm!
This is a great chance to come and have a look around our fantastic facilities and meet our wonderful staff. You can discuss your childcare requirements and which funding options are available. Come along to find out more!

www.mamabear.co.uk

Bradley Stoke Community Festival 8th-10th June 2018



- Bazaar Marquee with Arts & Craft stalls • Children's Games & Activities • Climbing Wall • Community zone with Inflatables
- Displays and demonstrations • BSCC Quick Cricket Tournament
- Football Tournament • King Ramps Skate Pipe Demonstration
- Local Bands & Dance Groups • Gypsy Kings tribute band
- Rides & Inflatables • Robbie Williams tribute act • 10k Race
- Skate Park competition

Friday 8th June

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

Saturday 9th June 11.30-18.00

The demonstration area in Jubilee Green features the King Ramps portable skate half-pipe and displays will be given by the pro's throughout the Festival with a street art demo and "have a go" sessions for local children and adults, along with mini rugby from Bradley Stoke Rugby Club and displays from Karate and Judo clubs. Music is provided by the excellent local bands: Obsidian and Limited Edition, plus the sensational Rock Pipes and also the Gypsy Kings Tribute Band, The Andalucia Quartet, plus local boy Marc Williams and his Robbie Williams tribute act. Local dance groups will perform in between the bands and include; Baby Ballet, Danceworks, Dynamic Dance, SGAP, Stoke Gifford Dance, along with other local clubs and associations. Fun rides for the children include trampolines, giant slides, football games, giant inflatables, Wipe Out, Bungee Run and Surf simulator, a Helter Skelter and new for this year kids Go-Karts and the Vertical Xtreme Climbing Wall alongside the local Bradley Stoke Scouts who will provide longbow archery and other activities. The Bazaar marquee will again feature a range of different arts & crafts stalls alongside sideshows and community stalls offering a wide range of local products and novelties. The Bradley Stoke Youth Football Club Tournament for Year 1 Boys and Girls, with 14 schools and 140 children taking part, starts at 12.00 noon on the top field soccer pitches.

Sunday 10th June

A 10K multi terrain race organised by the Sole Sisters starts at 09.30 am and finishes at the Jubilee Centre. 500+ Competitors are expected. The "Church in the Park" outdoor service from the BS Churches will also be at the Jubilee Centre this year, starting at 10.30. At Baileys Court the very successful Quick Cricket tournament will again be run by BSCC featuring under 11 players from local clubs, plus a BBQ, stalls and evening entertainment in the clubhouse. The BS Bowls club will provide roll up demonstrations throughout the afternoon. Bradley Stoke Skatepark will be hosting its annual Festival competition along with the addition of Kings Ramps, demos and circus skills. Action takes place between 12 noon and 5.00pm.

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

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



Community Noticeboard

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

Willowbrook Townswomen's Guild

Meets at the Jubilee Centre from 7:30 – 9:30pm
on the 2nd Tuesday of every month.

April 10th - **Conservation of marine life**
May 8th - **Family History - Fact or Fiction**
June 12th - **A year in the life of a Mayor**
(Andy Ward)

For more information contact
Chairperson - Ros Gallear -
rosalindg@tiscali.co.uk

Bradley Stoke Library



Rhymetime (Term time only)

Mondays 10:30-11:00am
9th, 16th, 23rd, 30th April

Storytime (Term time only)

Thursdays 10:30-11:00am
12th, 19th, 26th April



Bigger Books

Friday 13th April 16:30-17:30

Chatterbooks

Saturday 14th April 10:00-11:00am

Volunteer Bureau Drop-in Session

Thursday 19th April 12:00-14:00

French Rhyme Time (Term time only)

Tuesdays 11:30

Adult Craft Group

Saturday 14th April 10:30-12:00

Easter Holiday Craft Activity

Tuesday 27th March 10:30 – 11:30
(Suitable for children aged 4-11 years)
*Adult supervision required

Code 4 Kids Scratch

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

**Did you know that you can reserve and
renew books online? You can also download
e-books, e-audiobooks and e-magazines.
Find out all that's on offer
at www.librarieswest.org.uk**

For any more information follow the contacts
below: Tel: 01454 868 006

email: bradleystoke.library@southglos.gov.uk
Website: www.southglos.gov.uk/libraries



LEGO CLUB

Patchway Library

Join us for theme-based creative building fun for
primary school aged children

Alternate Saturdays

11:00 – 12:00

7th & 21st April

5th & 19th May

It's FREE to come along

All children must be accompanied by a grown up

www.southglos.gov.uk/childrenslibrary

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Winterbourne Down Village Carnival

Monday 7th May 2018

10 am - 4 pm



Tug-O-War

Fancy Dress

Refreshments

Demonstrations



Charity/Craft Stalls

Theme - Real-life Heroes

This year's chosen charity is -



Raffle

May Queen

Entertainment

Maypole



Full details can be found in our Carnival Programme which can be
purchased from local outlets or on the day for 30p

Further information: Fred 01454 772072

web: www.wdcarnival.org facebook: <https://www.facebook.com/wdcarnival>

Almondsbury Charity

(REGISTERED CHARITY No 202263)

The Annual Meeting of Almondsbury Charity will
be held on

Wednesday April 25th at 7.30 pm at
St Chad's Church Hall, 172 Rodway Road,
PATCHWAY Bristol BS34 5ED

Following the Chairman's report and review of
the last year there will be the opportunity for
questions. The meeting will complete with a
presentation from Mr. Hecham Alsayad about life
as a refugee in the United Kingdom

Light refreshments will be served

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

Peter Orford (Secretary)

Severn Vale Flower Club

Our Open Meeting will be held on **Monday
16th of April**. This will be held in the
Armstrong Hall Thornbury. There will be
Refreshments, Raffle, Plant and Sales tables.

Doors open at 6.30pm for 7.30pm
"Around the World the Floral Way". This
is the title of a floral demonstration to be
given by Andrew Lloyd. Andrew is a National
Demonstration and a member of the Bewdley
Floral Club. He is an excellent demonstrator
and speaker. For tickets and more information
the contact numbers are
01453 811089 or 01454 885213.

St Mary's Church, Thornbury will be holding
a Flower Festival on 8-11th June as part of
the Diocesan "Festival for All", celebrating
the community.

The theme of the flower festival will be Nature's
Elements of fire, water, earth and air. We
welcome anyone who would like to visit St
Mary's Church to view the floral exhibits or to
participate in creating an exhibit.

For more information please contact Jean
Boakes. Tel. 0146220 or email rj.boakes@hotmail.co.uk. Organisations selected to
benefit from the festival will be Thornbury in
Bloom and St Mary's Church.

All donations gratefully received.

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

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

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01494 568 932

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What's Going On at Winterbourne Medieval Barn



The Barn is delighted that the long awaited refurbishment of the Cart Shed to provide a Reception and Education Centre has now been completed. They are thankful to all those who have helped to make this possible, particularly LEADER, who

have provided significant funding. They are looking forward to using it for events and activities this year.

The Winterbourne & Medieval Barn trust submitted the final part of their Heritage Lottery Fund Bid details in November 2017. At time of writing they are expecting to hear any day, as to whether or not they will be awarded the main part of the funding, they seek (£1 million) – so fingers crossed! We will keep you up to date in future issues.

There will be some great events taking place at this local, historical venue this year, so please do try and support them.



Summer events start at Winterbourne Barn with a **Jazz Night on Saturday 26 May**. After last year's wonderful sell-out performance, members of the University of the West of England (UWE) Big Band and singers return again. So enjoy cool relaxing swing and Latin classics with silky smooth vocals and foot-tapping grooves, in the very atmospheric setting of the medieval barn.

Delicious locally-sourced food and drink will be on sale from 6.30pm, with hot and cold food from Old Sodbury Lamb and Harcombe Catering, including

vegetarian options, along with Three Engineers beer and Haythorne Cider brewed at the Barn itself. You can't get more local than that! Tickets are available online now from Ticketsource or in person from Daisy's Coffee Shop, Winterbourne, from 12 May. There may be tickets on the gate, but only if the evening is not sold out in advance as it was last year.



The Jazz will be followed on **Sunday 10 June with a Medieval Fayre**, a really wonderful day out for all ages. Experience vivid displays of daily life in a 14th century encampment as living history group – The Company of Chivalry, portray medieval life. Find out what life was like at the time the Barn was built in 1342, how people dressed, how they cooked, how they made everyday things, and more. There will be a full programme throughout the day of talks, demonstrations and re-enactments of medieval life and military combat, falconry, and medieval music, with lots of children's activities, stalls, and plenty of delicious food and drink on sale. A fantastic day out for the whole family. Stay all day – and bring your camera! Entry is only £4 for adults, while accompanied children under 16yrs are free.

On **Saturday 23 June** the Barn will host a one day **Basket Weaving Workshop** from 10am – 4.00pm. This workshop will provide support and guidance to anyone new to basket making, and those wishing to rekindle their skills, enabling them to successfully complete a small to medium sized round basket by the end of the day. And what better setting to learn a traditional craft! It costs £46.50 for the day, which includes all materials and tea/coffee. Advanced booking is required, Tel: Angela on 01454 778436. Numbers are limited to a small group.

More events, courses and workshops will take place over the summer. Check out the new website www.winterbournebarn.org.uk for further details and follow them on Facebook and twitter.

Winterbourne Medieval Barn,
Church Lane, BS36 1SE



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 CGdsll@aol.com

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

Trinity Tots - 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

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

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

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

LOCAL CLUBS AND ORGANISATIONS

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

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

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

Bradley Stoke Book Club 'Bookaholics' meet at Starbucks, Aztec West on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 geoffrey.stobbart@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 or call 07743 333837 / 07599 252176

Bradley Stoke Lions meet every 2nd Wednesday at the Doubletree Hilton at 7.30 pm Ailsa Young, 07737 106836 ambyoung29@yahoo.com

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

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

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

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

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

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

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

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

Stokes Phoenix Club - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane. 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 – 9:30pm the 2nd Tuesday of every month. Ros Galleary - rosalindg@tiscali.co.uk

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

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

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

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

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

SPORTS CLUBS

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

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

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.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 bradleystokecc.play-cricket.com

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

Bradley Stoke Junior Netball Club - The Jubilee Centre. Every Wednesday U12's 4.30pm-5.30pm, U14 and U16's 5.30pm–7.00pm. Please email bsncjuniors@yahoo.co.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHURCH CONTACTS AND COFFEE MORNINGS

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

Christ the King Church Mautraviers Close, Bradley Stoke 0117 931 2304. Coffee mornings with bacon butties Fridays at 9-11am. 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

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

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

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

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

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

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



Local Schools in and around the Stokes

PRIMARY SCHOOLS

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

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

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

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

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

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

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

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

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

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

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

Have you heard of Charles Bonnet Syndrome?

The site Charity RP Fighting Blindness is helping to publicise the Campaign Group Esme's Umbrella, which is for everyone working towards raising awareness of Charles Bonnet Syndrome (CBS), a condition, which causes silent visual hallucinations in people with little or no sight.

Charles Bonnet Awareness has been launched to help spread the word of this condition both within the sight loss community and the wider general public conscious.

Some people are living with CBS in frightened silence, not wanting to share their hallucinations with anyone and thinking they are developing dementia.

Too often the condition is misdiagnosed as dementia because too few healthcare professionals are aware of CBS, and ophthalmologists do not always warn their patients with low vision that CBS might develop.

The hallucinations range from disturbing to terrifying and, because they come from the brain, are sharp and clear. This means that the teeth and saliva of a tiger, the worms and slugs on scrambled eggs or the fast-flowing river rushing through the room, are all too real.

Learn more about this condition by visiting the web site www.charlesbonnetsyndrome.uk

A big Thank you to all of you who have sent used postage stamps to date.

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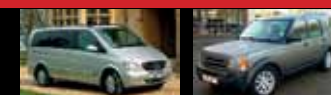
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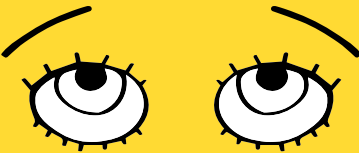
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