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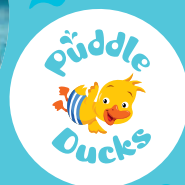
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Dear Readers....

Wow, after what felt like the longest Winter ever, I think summer has finally arrived! There are lots of community events coming up over the summer - let's hope this lovely sunshine continues to bless us for all the Festivals, School Fairs and outdoor events coming our way.

This Bank Holiday weekend sees the Stoke Gifford Fete which takes place at the Trust Ground in North Road on Monday afternoon from 2-5pm. The Bradley Stoke Festival is 8th-10th June this year (see more on p13) and this year instead of a carnival later in August, the committee have decided to host a "Night of the Proms" in July - see more on p15. Many of our local schools are hosting summer fetes this month and they would love your support - look out for their various dates throughout this issue. Holy Family Catholic Primary is 50 years old this summer and have celebratory events taking place this month, all past pupils invited! - see p22.

Overleaf we bring you news of an incredible journey currently being undertaken by Stoke Gifford resident Matthew Moran - he is also raising funds for the local British Legion - have a read and see if you can spare a £ or two for this great charity.

2018 sees the 100th anniversary of the RAF and the 75th anniversary of the famous Dambusters! There are lots of events going on around the country in recognition of these milestones and we were pleased to be invited along to one of them - see our article on page 9.

This edition is packed full of more local people, local groups and local clubs and our all important supporters - our advertisers - without whom we would not be able to bring you all the news. Please do return their support and use their services whenever you have a need. Enjoy!

Don't forget, if you are a business looking to promote your services across the Stokes then please do get in touch with us and we will be happy to help.

Have a great summer!

JaCi x

Don't forget you can keep up with each edition of Bradley Stoke & Little Stoke Gifford Matters via

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On the Road ... Matt's Trans-America Cycle Ride

Stoke Gifford resident Matthew Moran, 56, set out for San Francisco on the 1st April 2018, for a mammoth three and a half month cycling trip across the United States to New York, a trip of over 4,000 miles! He's also raising funds for the Royal British Legion.

The cycle across the USA is something Matthew has long aimed to do. Typically for him, he has decided not to take the most direct route, instead heading south from San Francisco, to take in some of the Californian coastline before heading East towards Fresno.

After Fresno, Matthew conquered the aptly named 'Death Valley' en route to Las Vegas. Having enjoyed the sights of Las Vegas, it was on to the Grand Canyon before slowly continuing on to the city of Denver through 'Monument Valley'. After this, Matthew headed South East, passing through Kansas, and on to arrival in Memphis to take in all the Mississippi river has to offer.

Another slight detour will see Matthew head predominantly north as he aims for Chicago, before heading East towards Washington DC via yet more famous cities such as Cleveland and Pittsburgh.

The final stretch of this incredible journey sees Matthew head North East towards his final destination of New York which he aims to reach by the 26th June.



As we went to print on this issue, we heard from Matt's wife Julie who told us that in the first 6 weeks of the trip Matt has experienced heat, winds, heavy rain, storms, even tornadoes! He has stayed on an Indian reserve, watched eagles soaring overhead. He has survived running over a rattlesnake on the road, dogs chasing after him and a big bite from a spider. Matthew is camping along his route and has found nothing but kindness, help and hospitality from locals throughout his incredible journey so far.

Matthew has previously undertaken several fundraising cycling trips for the Royal British Legion, including cycling from Land's End to John O'Groats with his son in 2011, and in 2016 cycling the length of New Zealand in 2016 with both of his sons.

Matthew's support with the Legion stems from wanting to carry on the good work of his late father-in-law, David Griffiths, and in appreciation of the support the Legion gave to David later in life.

Matthew's trip is entirely self-funded and any donations made will go directly to the RBL. He would greatly appreciate any support of his efforts and encourages you to look at his JustGiving page:

<https://www.justgiving.com/fundraising/matt-cyclethestates>

Bradley Stoke Lions

Bradley Stoke Lions would like to thank everyone who supported our Easter Collection at the Willow Brook Centre on Easter Saturday. Without your help, we would be unable to help anyone in the community who needs assistance. Not only did the rabbit appear again this year, but he brought along his Easter Egg, as seen in this photo.

It was that time of the year again, when Parent Club, Bristol Brunel and Branch Club, Bradley Stoke Lions came together to share a social Pudding Night. What started out as an American Dinner, deteriorated (or maybe transcended) to become a Pudding Night as the ladies in the club thought that starters and mains merely got in the way of the main event i.e. Puddings! Bang goes another good intention set at the New Year! It was good also to welcome a couple of guests to enjoy the evening with us.

If you would like to participate in our club activities and of course our social life, give us a ring for more information, or join us for a meeting held on the 2nd Wednesday of each month in the Doubletree by Hilton at 7.30pm.

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Little Stoke Social Club supports the Freewheelers EVS



Members of Little Stoke Social Club raised nearly £3,000 over the last 12 months by holding Easter egg raffles, Tombolas, quiz nights and through the bar top collection tins.

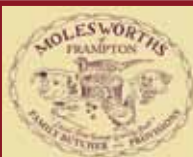
Their chosen charity to benefit from their fundraising efforts this year is the Freewheelers EVS.

Freewheelers EVS is a registered charity, which offers an out of hours and free of charge courier service to the NHS. In 2008, in recognition of the dedicated work of our volunteers, the group was given The Queen's Award for Voluntary Service. This is the highest honour that a voluntary group can receive, equivalent in status to an MBE.

The service is provided by volunteers and the Freewheelers depend entirely on public sponsorship and donations. Tim Hower, Chairman of Little Stoke Social Club is seen in the photo left, handing over the cheque to members of this amazing voluntary group.

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Severn Vale Flower Club

Our meetings are held (unless stated otherwise) on the third Wednesday of each month at 2.00 pm (practice classes at 1.30pm) at the Armstrong Complex, Chapel St, Thornbury, South Gloucestershire, BS35 2BJ. Tel no 01454 412060.

Membership costs just £45 per year, and visitors are also very welcome to join us at our meetings, the entrance fee for them is £6.00. Practice classes are £4 for members, £6 for visitors.



Forthcoming Programme

June 4th

Practice: Inspired by Ikebana

June 20th

STRAWBERRY TEA

At The Chantry, Castle St, Thornbury
Doors open 2.30pm for 3.00pm

July 18th

MEMBERS DAY

Lunch, Entertainment & Kay Evans Competitions
Doors Open 12 noon for 12.30pm

AREA DAY Summer Magic - 8th August 2018 Evesham WR11 4QH

FLOWER FESTIVAL - 8th – 11th June 2018 St Mary's Church, Thornbury

August 6th

Practice: Ballet - a Diagonal Arrangement

August 15th

Julie Pearce - "Woodn't it be Nice"
Competition - Inspired by a Piece of Wood

September 3rd

Practice: Child's Play (interpretative)

September 19th

Katie Baxter - "Autumn Falls"
Competition - Clashing Reds

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100th Anniversary of the Royal Air Force

Formed on the 1st of April 1918 with the amalgamation of the Royal Naval Air Service and the Royal Flying Corps, The Royal Air Force is 100 years old. 2018 is also the 75th anniversary of the famous Dambuster raid and there are a number of events taking place across the country to mark both of these milestones.

The centenary itself will be marked by special events, activities and other initiatives at local, regional and national levels running from April to the end of November 2018. The centrepiece of RAF100 will take place on 10 July, with a centenary service in Westminster Abbey, followed by a parade in The Mall and spectacular flypast over Buckingham Palace.

One of the many events is the Centenary Baton Relay which sees a specially designed baton visit 100 sites associated with the RAF in 100 days. The relay began its journey at the Royal Courts of Justice on 1 April 2018 and will end 100 days later on 10 July on Horseguards Parade.

On Sunday April 22nd, Bradley Stoke & Little Stoke Gifford Matters was privileged to be invited to witness the arrival of the RAF 100 baton and RAFA token to Filton, received by Air Marshall Sir Ian Macfadyen, senior RAF Officer.

There was a fantastic parade and march past by the RAF Air Cadets in honour of the occasion, and special guest, 96 year old Johnny Johnson MBE, DFM; the last surviving member of the original Dambuster Squadron was given a heroes welcome.

The RAF 100 baton is travelling between 100 locations significant to the RAF around the world, over 100 days; it displays the RAF roundel, RAF crest and the RAF 100 logo, while the RAFA token depicts Major General Trenchard, and is travelling from branch to branch throughout the South West area to highlight the Association's work in support of the RAF family.

A more fitting venue, could not have been chosen for this centenary event, home of the last Concorde ever to fly, Aerospace Bristol Museum in Filton tells the story of more than a century of remarkable aerospace history.



Pictured closest to and left of the Baton - George Copping, Acting Pilot Officer, Bristol University Air Squadron
Lady on right - Charlotte Watt, Acting Pilot Officer, Bristol University Air Squadron.

In the suit and red tie photo top and below is Johnny Johnson, last surviving dambuster now 96 years old.



At the RAF100 Aircraft Tour you will be able to get up close to a selection of aircraft in Cardiff, Horse Guards Parade in London, Newcastle in Northern Ireland, Birmingham, Glasgow and Manchester.

For more information on RAF100 visit
<https://www.raf.mod.uk/raf100/>

Don't let pain hold you back this Summer!



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**
Visit: www.life-and-soul-empowerment.co.uk



Dr Dawn Clode
Ostm, Lic MET
Lic CR, FAO

The Stokes Phoenix Club Needs YOU!!

New members needed, please get in touch!

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

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

Programme for 2018

5 June	AGM and Beetle Drive
3 July	Coffee Morning at the M.S. Therapy Centre
7 August	Tax, Care and Toy Boys
4 September	Charity Morning
2 October	Card making
6 November	Communicating Christmas
4 December	Mummers of Winterbourne Down & Christmas Buffet Lunch

Yearly membership is £15. Monthly subs £2.00.

We would love you to come along to one of our monthly sessions – get in touch on the phone number below or just come along to one of our meetings, we would love to see you!

For more information please get in touch with Rosemary Davis, Chair Tel: 01454 614474



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Extended Service at Stoke Gifford Community Library

It was lovely to be invited back to Stoke Gifford Community Library for this issue to bring you an update on how this volunteer-lead community extension to the council-run libraries has developed.

We were pleased to hear that following our previous article in December's edition, a handful of additional volunteers have come forward enabling the community library to open weekly as opposed to every fortnight. The library has also managed to receive an additional 120 books across all genres (and these books do get updated and replenished from time to time as well), including children's books, large print and nonfiction. This is all great news for local residents who now have more on offer from their community library on the doorstep, with fantastic cafe facilities on hand too!

The library can also now offer a 'Micro:bit' available to loan - these tiny programmable computers are currently popular in primary schools and are designed to make learning easy and fun! Peter commented "We'd love for people to come in and borrow them so they can tell us more about what it is!" Micro:bits are now available to loan in all South Gloucestershire Libraries.



Community Library Volunteers Carol, Rachal and Peter

Opening Hours:

Alternate Tuesdays 2pm-4pm: 5th & 19th June; 3rd, 17th & 31st July; 14th & 28th August

Alternate Thursdays 9am-11am: 14th & 28th June; 12th & 26th July; 9th & 23rd August

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Develop your skills in communication, team working and creative projects as you have some fun and make new friends this summer.

Age 13+. Training will be given. Closing date for applications 30 June 2018.

To find out more ask a member of library staff, visit www.southglos.gov.uk/libraries, email Emma.Fisher@southglos.gov.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**
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- **Football Tournament** • **King Ramps Skate Pipe Demonstration**
 - Local Bands & Dance Groups • **Gypsy Kings tribute band**
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 - **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





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Proms in the Park takes place on 14th July on the Jubilee Green in Bradley Stoke. It will be a free community event organised by the Carnival Committee and kindly supported by Bradley Stoke Town Council and the Willow Brook Centre amongst others.



Please remember this is a community picnic event, so feel free to set up your spot on the field and settle down and enjoy a traditional evening of early Summer entertainment with a lovely picnic, its an ideal event to get all the family together. You are welcome to bring along and set up gazebos etc but we would ask that you site them to

The occasion will be a community picnic 'bring your chairs and a blanket' type event so you can sit down in the early evening and enjoy live performances from two amazing acts as well as the main event with a 50 piece Wind Orchestra bringing the Last Night of the Proms to life here in Bradley Stoke.

Bring your singing voices as you join in with the traditional proms classics such as Rule Britannia, Land of Hope and Glory, Jerusalem and many more of your traditional proms favourites alongside some other well known classics.

The evening commences at 4pm (gates open at 3pm) with a set from the spectacular **Rock Pipes** followed by some traditional sea shanties from **Storm Force Ten**, a second set from Rock pipes and then the main event of the evening when the **Worlewind Band** take to the stage to perform the first of two sets (with an interval) culminating in a traditional sing-along proms ending.

Union Jacks Flags and Bowler Hats will be available on the evening and all we ask is a small donation of your choosing to our chosen charity on the night.

On site catering will be available as will a few small children's rides such as the Tea Cups etc, Bradley Stoke Town Football Club will be running their popular bar.

the left or the right of the main viewing area and if in doubt seek advice from a marshal before setting up.

We are hoping for some lovely weather but the event will run unless the weather is dangerous, there will be a large marquee on site which will be available should you wish to use it to seek cover from the sun or inclement weather!

Please note that for the event no parking on site or on Savages Wood Road will be available (other than for blue badge holders) The Willow Brook Centre have kindly agreed to remove the parking time limit after 3pm so please leave your car in the Willow Brook Centre car park and walk over to the Jubilee field.

Hope to see you all there!

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What a come back! 2018 English Champion and Bronze in Russia for Lele

On Saturday 12th of May, GB judo squad player Lele Nairne, a Bradley Stoke Judo Club member, won the bronze medal in Orenburg, Russia. This was her first senior international competition.

What makes her win so special is that there is a huge and very touching story behind this initial senior sporting victory. Lele's story has been fraught with injuries and difficulties that would have seem most people give up years before. ...NOT Lele!

Her father identified Peter Douglas, the Bradley Stoke Judo Club coach and his team as the ideal partnership for Lele some seven years ago. Shortly after joining BSJC, and under Pete's diligent tutoring, Lele's judo career took off. The British judo squad began selecting Lele to fight abroad, and she started winning medals for the UK becoming a full timer in the GB squad. She threw big and regularly, until one day while training, she threw to the accompanying sound of tearing sinew. Lele had ripped the hamstring muscle off her left leg. This was a huge set-back and required a surgical operation and many painful and boring months of rehabilitation to become mat fit again.

Eight-months later she started competing once more. Then, while fighting in an International held in Glasgow she heard that terrible sound a second time. On this occasion it was in her upper arm which at first, she thought she had broken. Unfortunately, she had ripped the rotator-cup in her shoulder which required another painful operation and a further 8 months of daily grind rehab.

Lele's biggest strength is her attitude, and she was fighting in contest again just as soon as the British judo coaches allowed. ...and once again for a short period, started to win and display her true potential. No sooner had Lele started to get back into her judo stride than



she detached the hamstring of her right leg.

Bad luck would be an understatement for this young athlete, who has endured 3 BIG operations inside a 3-year period. In fact, and due to her injuries, Lele has missed virtually the whole of her junior judo career completely. To keep going forward she obviously possesses an amazing attitude and a cast-iron mentality to keep getting back up when life has knocked her down so regularly. However, when you believe you can, there is a good chance that you will, and Lele was about to prove it!

She knew this was her last opportunity to make it happen. Now 20 and senior, she really prepared for her first senior competition on the 5th of May. This just happened to be the English open where she took on all comers to win the gold medal and become the 2018 English champion.

Considering the short time that she has been fighting in-between her unbelievable bad run of injuries, Lele has still managed to be selected for 2 European championships; Won 7 Euro cup medals, 1 gold, 3 silvers, 3 bronzes, and taken three 5th places. **So, what's next for Lele? Big things we hope, and we will certainly be rooting for her!**

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Join Dennis, Gnasher and friends on a hunt for Beanotown's famous buried treasure! Read 6 library books over the summer, collect special stickers and explore your map of Beanotown to find clues. But watch out – Dennis is usually up to all kinds of mischief. He'll make sure some of those stickers are extra stinky! Read all 6 books and you'll get a medal and certificate too!

Mischief Makers begins on Saturday 14th July and runs in all South Gloucestershire Libraries until Saturday 8 September – it's FREE to take part.

Please encourage your children to visit the library and sign up and see the difference the Summer Reading Challenge makes to their reading.

"My son really improved his ability to read. Every day he was asking me to take him to the library and take out new books."
(Parent, Bradley Stoke)

PLUS beat the boredom this summer! Find out about libraries FREE Fizz Pop Science workshops and Mischief Makers fun craft activities at www.southglos.gov.uk/childrenslibrary.

Like us www.facebook.com/sgloslibraries and follow us @southgloslibs for the Mischief Makers updates.

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A Neuro Physio's Thoughts on Recovering from Stroke

Did you know that most stroke patients can continue to make remarkable improvements once they've left the care of the NHS?

We have all seen the advert for **FAST** about the need to act quickly if you suspect someone has had a stroke.

F – is for Face: does it drop on one side

A – is for Arms: can they lift their arms up

S - is for Speech: do they sound muffled

T – is for Telephone: getting the person to hospital

The quicker the action, the better the outcome for the patient. The immediate commencement of treatment is vital and our NHS hospitals are second to none at providing this.

Once the condition has stabilised and the person has returned home, rehabilitation doesn't stop. Neurological Physiotherapy is the keystone for effectively helping stroke patients return to the lifestyle they enjoy.

So what is a stroke?

A stroke is either a bleed into the brain or a blood clot in one of the blood vessels. Either way cells in the brain become damaged and are unable to function. The body part that is affected depends on the site and the area of the brain affected.

Over time, and with the correct exercises, new pathways can be opened allowing improved movement and function. With the guidance of a neuro physiotherapist this can be achieved for optimum ability.

"Every stroke patient is unique, facing their own challenges and their own recovery process," says Dr Praveen Kumar, a stroke specialist who has recently joined Bradley Stoke Physio & Health to help them launch a new service to aid the recovery of stroke patients. 'The key is finding someone who can advance your rehab by progressing an effective exercise programme that's tailored just for you, and, just as importantly, provide the encouragement and motivation to help you keep to your schedule.'

To find out more, or to book an appointment with Praveen, contact Bradley Stoke Physio & Health at info@bradleystokephysio.co.uk or call us on 01454 618 525.



Making you feel better

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Tel Nicola: 07873 818193

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

Wednesday - Little Stoke

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

Wednesday - Patchway

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

Thursday - Little Stoke

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

Thursday - Patchway

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

Thursday - Stoke Gifford

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

Friday - Bradley Stoke

Holy Trinity Church
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Saturday - Bradley Stoke

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The therapy bit...

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The type of psychotherapy (talking therapy) that I practise is designed to reduce anxiety. It is called Solution Focused Brief Therapy, and does just that, focuses on solutions for the future. We work with your own desire to change, whatever that change may be. This helps to build coping mechanisms and discover new positive solutions to live a happier more fulfilling life.

Whether you wish to conquer debilitating anxiety, panic attacks, or manage chronic pain, overcome an irrational fear or phobia, want to lose or gain weight, give up smoking, or whether you wish to improve your sports performance; if you want support to change, build self-esteem, gain confidence or overcome interview or exam nerves, hypnotherapy can be an invaluable tool.

With commitment and motivation it is possible to make significant positive and beneficial changes relatively quickly.

If you genuinely want to be less anxious you will find this happens pretty quickly.

This positive psychotherapy work is enhanced by the application of hypnosis.

What is hypnosis like?

There is no magic wand, or mind games... No one can control your mind better than you can!

Hypnosis is a completely natural state of mind. I can't change a person's mind, what I can do is help you get your mind in the sort of relaxed state where it is open to positive suggestion.

Using guided relaxation and focused attention, I can help you access your subconscious thought patterns and behaviours, where you can decide what is best for you, allowing your brain to find its own solutions that lie beyond the capabilities of the conscious mind.

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Holy Family 50th Anniversary — Come and join the party

In September 2018 Holy Family Primary School will be celebrating the fact that the school has been open for 50 years.

On September 4th 1968 Holy Family opened its doors with Mr PD Driscoll as Headmaster and just four classes totalling 104 students. Two of those first pupils are still at the school as current members of staff: School Administrator: Anne Collins (nee Hewlett) and Teaching Assistant: Alison Bush (nee Greenman).

Were you part of that original class or are you an ex-pupil, parent or member of staff from the 50 years in between? If so, come and join us this summer as we mark our Golden Anniversary with a series of celebrations.

Mass with Bishop Declan - Thursday 28th June

Past pupils, teachers and families are invited to join us for a celebration Mass at 10.30am on Thursday 28th June, which will be led by Bishop Declan.

Mass will be followed by the unveiling of our 50th Anniversary mosaics and refreshments in our Memory Café. If you have any old photographs or memories to share please drop them in to the school office beforehand, so we can add them to our collection.

Golden Street Party - Friday 29th June

Current pupils and families are invited to join us on the playground for our 50th Celebratory Street Party on Friday 29th June at 2pm. Make sure you join in the party atmosphere by wearing something gold.

Summer Fun Day - Saturday 30th June

The celebrations will continue at the Holy Family Summer Fair on Saturday 30th June where everyone is welcome. We hope pupils, parents and neighbours past and present will join us for the annual fun day from 12noon until 2pm.



We are hoping to see lots of familiar faces for our celebrations, so spread the word to anyone you know who has been part of the Holy Family team over the past fifty years – and come and join the fun!

Dazzling Days Out!

The month of March saw Holy Family pupils spreading their wings and heading off on residential visits to Wales. Y5, The Hedgehogs, enjoyed the most amazing time at Hooke Court, in Llansteffan, whilst The Ladybirds, Y6, completed many daring feats at Morfa Bay Adventure, Pendine.



Hooke Court is a field study centre, set in fabulous grounds, minutes away from the coast, so pupils had the opportunity to spend long days on the beach. When they weren't beach-combing the shores, the children took part in a number of workshops linked with their classroom topic on the Victorians. One of the highlights of the visit was experiencing a day in the life of a Victorian child.

Staff and pupils alike dressed up as Victorians and participated in a whole range of activities from the 1800's, including baking delicious recipes, copper plate writing, decoupage, quilling and playing traditional outdoor games.

The children particularly enjoyed a thrilling night-walk to Llansteffan Castle, following a rock-pooling afternoon and sand sculpture morning. A Holy Family highlight is always the talent show evening-the variety of acts was amazing. However, Hooke Court would appear to be most famous for its food - everyone agreed it was just out of this world. The Hedgehogs had learnt a traditional Welsh lullaby that they sang to the Hooke Court cooks, as a thank you. Last week, pupils were able to share all our memories of the visit with the school and parents, at special Hooke Court class assembly.

Year 6 pupils are still buzzing about their week-long stay at Morfa Bay Adventure. The pupils had the time of their lives. The week was jammed-packed with from zip-wiring and abseiling, to rock-climbing and mountain biking. Head of School, Mrs Carter said, *"Camp is always an inspiring time for the children – they accomplish so much. Our children behaved amazingly and really challenged themselves."*

It was generally agreed that the favourite activity was the muddy assault course, which involved crawling over and under obstacles through mud and water. Frankie, a Year 6 pupil, said, *"I had the best time – I'd love to do it all again."*



Wonderful Workshops

At Holy Family Primary School we strive to give children educational experiences which will stay in their memories forever. Teachers plan topics to have that WOW factor, wherever possible this means including an educational visit to support learning - but if a visit is unachievable, we don't let that stop us! This term Year Five are learning about an ancient South American civilisation: the Maya, and Year Two are studying significant women in history: Mary Secole and Florence Nightingale. As no days out sprang to mind we arranged for the Maya and Florence to visit us instead.

Year Five were very lucky to enjoy a workshop, which was led by England's leading expert on The Ancient Maya, Dr Diane Davies. The session really captured their interest in the topic and has inspired the students to want to find out lots more about The Maya. The children were able to handle a large collection of original Maya artefacts. They investigated what they could have been used for and who might have owned them.



The children also enjoyed the opportunity to calculate using the Maya number system and making real time Maya calendars, that can be used for the next 52 years. They were also able to show off their creativity by modelling their own Maya masks for Dr Diane, which had been made with parents for a homework project. Year 5 student, Eduardo, was excited by the whole experience, *"She was such an expert – the whole workshop was so interesting."*

Pupils in Year Two found their morning with Florence Nightingale just as enthralling. Florence led them on an imaginative journey from London to Turkey, into the intense fighting of The Crimean War. The children re-enacted the trip by boat and train, before learning how to bandage patients. They enjoyed listening to stories from the lady with the lamp. *"I loved it,"* exclaimed Darcy, *"I'd like to meet Florence again."*

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Get your children ready for a Splash Happy Summer!

Written by Sarah Austin, owner of Puddle Ducks Bristol and Bath



It will soon be summer and I for one am looking forward to the longer and warmer days, and some sunshine! Families everywhere will be digging out the paddling pool from the back of the shed, packing up the car for days at the seaside, heading off to campsites, holiday parks or hopping on planes headed for villas and beaches.

We've all been on holiday and seen families wrestling their children into arm bands on the poolside, and parents trying to encourage their children to get into the pool and losing patience. If we can avoid that, it makes for happier families and happier holidays.

Children learn from experience and routine. The more familiar they are with an activity, the happier and more confident they will be. So, with that in mind, it's a good idea to prepare your little ones for paddling pools and swimming pools this summer. That's where we can help!

We've been teaching babies and little ones to swim for nearly ten years in Bristol and South Gloucestershire. We teach 1200 babies and children to swim every week and we're quite proud of that!

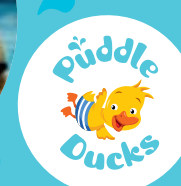
We're very lucky to teach swimming all day on Sundays at nearby Winterbourne International Academy. You can start swimming with your baby at this venue from six months old – all the way up to 10 years of age. If you have a new baby, you can swim on Saturdays at nearby Penny Porter pool in Henbury, just a 15 minute drive away. Our youngest ever baby was 10 days old so it's never too soon to start, or too late for that matter!

Join our classes at any time, you don't need to wait for the start of term, and when you book you'll book for eight weeks of swimming. You'll also have access to an online "My Puddle Ducks" account where, amongst other things, you can let us know if you're going to miss a class and will be given the opportunity to take that class another time.

Call the team on 0117 9717165 to find out more. Happy Summer everybody!



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St Chad's Rocks!

The pupils of St Chad's have gone back to the stone age with a school-wide adventure this May.

Amongst many other lovely items on in the school grounds, the wooden pagoda which stands facing the entrance to St Chad's gets a lot of attention. The school has been looking at ways to create a mud free path around the outside of the hexagonal shaped building because, as well as being a place that pupils enjoy sitting in the shade, chatting with friends and just relaxing, it is also a very popular 'tag base' which means that you will often see pupils chasing each other around its sides. The outcome of this has been of course that the grass wears away quickly and although the school wants the pupils to have fun, this is not so much fun in the rainy wintertime.

The Friends of the school proposed creating a stone walkway around the school's pagoda and this idea evolved into creating a memory path.

Each pupil was given a stone pebble to take home and decorate in a way that they felt symbolised themselves and symbolised what the school stood for. When they were returned, there were designs from the simple to the extremely complex, but each representing one pupil in St Chad's school. Mr D Lippiatt, a parent of two children in St Chad's school and the owner of D J Lippiatt carpenters and builders, took home the nearly 300 stones and varnished each one by hand.

After digging out and laying the groundwork, the pupils were treated, a class at a time, to coming and setting their stone into the wet concrete and, as you can see from the above photograph, they all had a great time!

The path is now set and waiting to cure and, after one last varnish, there will be a small piece of everyone currently in St Chad's primary school for many years to come.

With special thanks to D Lippiatt and the Friends of St Chad's Primary school.



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Celebrating Sport at St Michael's Primary

by Head Teacher Mark Freeman

At St Michael's School we place a high value on fitness and sporting enjoyment. We aim to give all children high quality PE, dance and gymnastics opportunities within the school curriculum, as well as providing many additional sporting clubs. We have a number of school teams who regularly take part in competitive games: to find out more, please read on!

Sports Premium

All Primary schools receive additional funding to develop sport and fitness. This has doubled in the coming year, making this worth, for St Michaels', a little over £20,000. Full details of how we spent the sports premium last year, and our plans for the forthcoming year, can be found on the school website (www.stmichaels.org.uk). In brief, we spend the money in three main ways:

- Provision of additional sports coaches to provide expertise in areas of sport where our own staff are less secure. Last year this has been in tag rugby and gymnastics. Our staff attend these sessions, meaning their own skills are developed
- Development of facilities to provide our pupils with a greater range of opportunity to play sport. Last year this funded the installation of moveable sports fencing to allow children to play football on the playground every day.
- Extra staff release time to take children to competitions, and for staff training. One of the aims behind the Sports premium scheme is to make sport sustainable for the future.

Partnership with Bristol Sport

We work in close partnership with Bristol Sport, who provide regular coaching (1½ days per week) in tag rugby and gymnastics. This ensures our children have top quality coaching throughout the year. Next year we will focus on netball and

gymnastics. We also send children to an annual sports festival at Ashton Gate stadium (the home of Bristol City), and have also had extra training in basketball through the Bristol Flyers.

Sporting Clubs

As well as sport in the curriculum, we also provide many opportunities for children to engage in sport at lunchtime and after school. These clubs give children the opportunity to extend their skills, take part in tournaments and competitions, and have fun with a sport they enjoy. Over half the school – around 350 children – take part each week in our sporting clubs

Football



We offer a (mixed) football club for every year group from Y1 to Y6, run by our long-term partner Steve Porter. There is also a girls-only football club for children in Y4-6 run by the teachers. Children from Y3-Y6 have opportunities to play in matches and competitions in the local area, whilst our main school teams (boys and girls) play in both league and cup matches. This year our girls' team reached the cup semi-final, whilst our boys' team won the schools cup for the second year running, and hope to win the league again as well.



Netball and basketball

Children in Y4-6 are able to play on the basketball court every lunchtime, whilst our netball club (also Y4-6) meets every week and plays regular matches and competitions against other schools. Whilst mainly girls, boys are also very welcome!

Gymnastics

We have worked with Vicky Armstrong for many years providing three gym clubs after school. This gives children from Y1 upwards the chance to develop their skills, earn badges – and many then go on to become members of one of the various local clubs in the area. Our gym clubs are really popular: next to football it is without doubt one of our favourite sports here.

Swimming



All children in Year 4 go swimming, with the aim that, by the end of Y6, all children can swim 25m and do some basic lifesaving skills. We also take part in a local swimming gala three times per year, winning the trophy last year!

Tag Rugby

This has been one of the newer sports on offer, and over the past couple of years we have got better and better. Our Y5/6 team won their local tournament this year, and came fifth in the regional finals.



Cricket

Over the summer months many children choose to play cricket on the field at lunchtime, and there is a weekly cricket club for KS2 children. We take part in various competitions, and always perform well. A number of children are members of local cricket clubs, and we have enjoyed having coaches work with us over the years from several of these clubs.

NFL (American Football)

Brand-new this year! We had a 10-week coaching programme in American football, leading to a tournament at the local WISE campus. The children thoroughly enjoyed learning a new game, and we did extremely well at the tournament, just missing out on getting to the final. We hope this will continue next year.

Summary

As you can tell, sport has a really high profile at St Michael's, and we enjoy a lot of success. Most importantly, however, we want to provide opportunities for ALL children to enjoy sport and try something new. For those who aren't so interested in some of the above sports we also offer: dance club; Bollywood dance club; table tennis; running club; and athletics (leading up to our sports days in the summer).

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"The Maths department is emerging as an area of relative strength."

"English is led by an experienced Head of Department who is established in post and knows the school well."

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1625 Independent People are asking the local community to help do something positive and offer their support to help tackle the lack of suitable housing for young people in South Gloucestershire.

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and training. We also pay a competitive allowance of up to £175 per week. You are not left on your own.

Please get in touch for an informal chat to find out more about the different ways you can get involved. Or contact our Coordinator to find out more on 0117 9695763 or check out our website:

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We believe that young people deserve more than just a roof over their head and, in the right environment, can make the most of the opportunities ahead of them. If you share this view we would love to hear from you!

We also hold a drop in for young people concerned about their housing who might want more some advice on Tuesday & Thursday 2-430pm 23 The Parade Patchway BS34 5LP



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



STOKE GIFFORD

PARISH COUNCIL

Parish Council Annual Meetings

The Annual Meeting of the Parish Council took place on Tuesday, 8th May 2018. Cllr Ernie Brown was re-elected as Chair, with Cllr Keith Cranney re-elected as Vice Chair. Presentations were given by the Parish Council and the Creative Youth Network during the Annual Public Meeting which took place on the same evening.

Local Green Spaces Designation

The Council have submitted a response to the South Gloucestershire Council Local Plan regarding the designation of Local Green Spaces. Both Meade Park and Forty Acres/Royal Park will now be reconsidered for designation following the withdrawal of the proposed MetroBus Extension along Hatchet Road.

Section 106 Funding

The Parish Council have been successful with further Section 106 funding towards Sports Maintenance Machinery amounting to £10,187. The purchase of new equipment will be progressed during the Summer and will provide the Council with new machinery to assist with key maintenance tasks across the parks and open spaces.

Little Stoke Park

The Little Stoke Community Hall building works remain ongoing and will create new changing rooms, a new café/social space, new meeting and office facilities. New fitness equipment has also been purchased and will be positioned near to the building once works are nearing completion.

Community Infrastructure Levy (CIL)

The Parish Council have been allocated £39,845.61 from the Community Infrastructure Levy from 2017/18. This funding is 15% of the £265,637.40 collected from within the Parish area during the last financial year. CIL funds can be spent on the provision, improvement, replacement, operation or maintenance of infrastructure; or anything else that is concerned with addressing the demands that development place on it.

Stoke Gifford Annual Fete

The Parish Council continue to support the Stoke Gifford Trust Committee with a grant of £1,000 per annum towards the running costs of this free event for the wider local community.

STOKE GIFFORD FETE

Bank Holiday Monday 28th May 2 pm - 5pm
at the Trust Grounds, North Road

★Swing-boats ★tea and cake ★archery ★barbecue ★brass band
★games ★bouncy castles ★Bristol Zoo ★coconut shy
★stalls ★art and crafts and lots more

Fete Fun Dog Show
In association with Bristol Dog Action Welfare Group (DAWG) from 1.30 pm to 4.00pm
Enter your dog for £1

stokegiffordtrust.org.uk
contact@stokegiffordtrust.org.uk
Registered Charity 286472 08723 310108

Disabled parking only

Citizens Advice

South Gloucestershire Local Councillors have confirmed that Member Award Funding (MAF) will be used to continue the Citizens Advice Bureau drop in advice service for the local community which started in April 2017. The service is offered from The Stokes Youth and Community Centre, Little Stoke for the benefit of local residents and funding has been secured until March 2019.

The Parish Council will consider further funding of the service from April 2019.



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

THE STOKES, LITTLE STOKES LANE, STOKE GIFFORD, BS34 6HY



Free Summer Play Scheme 2018 Four Towns Play Association Funded by the Parish Council

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

Little Stoke Community Hall

Monday 30th July - Friday 3rd August
Monday 6th August - Friday 10th August

Stoke Gifford Trust Ground

Monday 13th August – Friday 17th August:
Monday 20th August – Friday 24th August:

Morning Session: 10:30am–12:30pm

CHILDREN MUST BE COLLECTED FOR THE LUNCH PERIOD

Afternoon Session: 1:30pm–3:30pm

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



LITTLE STOKES PARK
Little Stoke Lane, BS34 6HR

DATES 2018
MAY - CANCELLED
SAT 30 JUNE 2018
SAT 28 JULY 2018
SAT 25 AUGUST 2018

TIME : 12.30 – 3.30
(12.00 – 12.30) Sellers set up

Please call 01454 865202 Email clerk@stokegifford.org.uk
Stoke Gifford Parish Council for further information
No booking of pitches required. In the event of bad weather the event will be cancelled – please check website www.stokegifford.org.uk Friday prior to the event.

Tennis Courts

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Stoke Gifford Trust Ground

North Rd, BS34 8PE
Cost : £5 per hr

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

FORTHCOMING PARISH COUNCIL MEETING DATES 2018

(All meetings to take place at 7pm at The Stokes Youth and Community Centre unless stated but may be subject to change so please refer to noticeboards and Parish Council Website).

FULL COUNCIL
(2nd Tues of Month unless stated)
Tuesday, 10th July 2018
Tuesday, 9th October 2018

FINANCE & GENERAL PURPOSE
(2nd Tues of Month)
Tuesday, 12th June 2018
Tuesday, 11th September 2018

PLANNING AND TRANSPORTATION COMMITTEE (4th Tues of Month)
Tuesday, 26th June 2018
Tuesday, 24th July 2018
Tuesday, 25th September 2018
Tuesday, 23rd October 2018

RECREATION & LEISURE (3rd Tues of Month)
Tuesday 17th July 2018
Tuesday, 16th October 2018

YOUTH COMMITTEE (4th Thurs of Month)
Thursday, 28th June 2018 (Time to be confirmed)
Thursday, 27th September 2018
(Time to be confirmed)

Parish Council Office Public Access Times

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

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

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

Stoke Gifford Parish Council, The Stokes Youth & Community Centre,
Little Stoke Lane, Little Stoke, BS34 6HY Tel: 01454 865202



Bradley Stoke & Little Stoke Gifford Matters was pleased to hear from local Rainbows who visited the Pets at Home store at the Willow Brook Centre recently. On 8th May 20 girls from two different Rainbow groups enjoyed the session which was run by the lovely Laura, who was engaging, fun and informative while still ensuring the animals met also enjoyed the experience!

The girls were delighted to meet several rabbits, guinea pigs and dwarf hamsters and were able to hold them. After this Emelia was in charge of the fish food tubs and everyone was able to feed some of the fish. They were fascinated to find that there were snails in there too and that some live on land and some in water.

Emelia Vickers, from 1st Alveston Rainbows (pictured right) was recently a runner up in the National Girl Guiding / Pets at Home Competition to find Girl Guiding's Best pet. Emelia said of her dog Elsie "When Elsie is good she fetches the ball and is very good at running around. When she is naughty she doesn't listen and she tries to climb in the dishwasher and go on the sofa"

The girls had a wonderful time, there were many moments of pure joy on their faces,



Pets at home also gave each girl a goodie box and a certificate, whilst Rainbow leader Sara (better known as Squirrel) gave them each a bunny badge to mark their visit. Squirrel said "A huge thanks to Pets at Home for allowing us to invade their store and for giving the girls an experience they will never forget."

BRADLEY STOKE NETBALL CLUB RECRUITING NEW PLAYERS

Congratulations to England Netball for an outstanding result - winning gold at the Commonwealth Games. It was a dream come true.

Bradley Stoke Netball Club wants you to be part of this fantastic sport and to get the fun, fitness and friendships that playing this exciting game brings.

We are looking for committed new players to join our club for the 18/19 season starting 4 July 18. Visit our website to find out more about the club www.bradleystokenetball.com

Training every Wednesday 7.30 - 9.30pm. Bradley Stoke Jubilee Centre from 4 July 2018 onwards. Contact us at bradleystokenet@gmail.com about joining



SSE Wildcats Girls' Football Centres from The FA will provide local South Gloucestershire girls aged 5-11 with regular opportunities to play football.

The initiative offers organised sessions in a fun and engaging environment created exclusively for girls. SSE Wildcats Girls' Football sessions take place on a weekly basis, either after school or at weekends, and provide a safe environment where girls can try football for the first time. SSE and The FA hope the initiative will inspire participants to engage with football, meet new friends, develop fundamental skills, learn new things and create the foundation for a lifelong love of football.

Sessions currently take place every Thursday 5-6pm at SGS College WISE Campus, New Road, Stoke Gifford BS34 8LP

Each SSE Wildcats Girls' Football Centre will be run in conjunction with local County FAs and utilise qualified coaches and local facilities. As well as activities for girls, there will also be opportunities for attending parents, carers and siblings to engage with the sport at the same time through 'Family Sessions' including Soccerercise and Walking football.

The initiative is in line with The FA's Gameplan for Growth, with the target of doubling girls' participation in the sport by 2020. The strategy for women's and girls' football at grassroots level includes initiatives alongside SSE Wildcats, such as FA Girls' Football Week.

For more information follow us on Twitter @SGS_SSEWildcats or Facebook @SGSSSEWildcats



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'Adopt-a-School' Engineering Project at Bailey's Court Primary School

At the beginning of 2018 we met with a group of engineers representing ISG Construction who were keen to 'adopt' Bailey's Court as a partner school to work with us over the next couple of years. The purpose of the partnership is to provide our children with an insight into the world of work and help them understand the value what they are all learning at school.

Our first visit took place on Wednesday 9th May with our Y6 children being challenged to build a giant tetrahedron (nearly 5 metres high) using 50 cm lengths of dowel. The children worked in small groups to build individual tetrahedrons and then each tetrahedron unit was combined to build the giant tetrahedron (see photos right). The children were using their knowledge and understanding in maths to help with this challenge and they were certainly developing their team-building, negotiating, compromising and questioning skills too!

This was the first of a number of projects we will be running with ISG Construction over the next two years.

2018 School Games - Written by Nash and Naomi



On Thursday 19th April, Bailey's Court tag rugby team played at Bristol Grammar School Sports ground to compete for the 2018 School Games. Our first game was against St Stephens (Bath). At the beginning we were shocked by the heat, for this reason we didn't score a try straight away.

Towards the middle of the game, we managed to bring the match back and won the match 4-2. We had another game straight after which was hard



in the sun considering the game was 8 minutes long and there was no half time. Fortunately, we won that set of matches and went through to the semi-final. One of the highlights was when we played in the semi-final against Bromley Heath. Unfortunately, we lost 3-2, however, they had five representatives that played for South Gloucestershire on their team. So it was a battle for third place against Elmlea and, thankfully, we won the match 5-4.

We were extremely proud of ourselves and each other not just because of this victory but also being the first tag rugby team from Bailey's Court to ever reach level 3 games - let alone coming 3rd out of 16 schools. The people who played at this event and came 3rd were, Navinta, Olly, Oliver, Harry, Oliver L, Max, Nash, Harri, Freya, Naomi and Rowan.

Bailey's Court Radio

We are enjoying a very exciting Spring here at Bailey's Court Primary School. We have just launched our very own radio station! Each class in school will be having a 'Radio Week' and we started with Mrs Tranter's class in Y5. Class USA designed and recorded our first 25-minute programme which was shared with children and parents last week. The children really enjoyed creating their radio show which included a re-telling of the famous 'Highway Man' poem, interviews, music and much more.

We would like to thank Mr Andy Ward who, as a presenter at Bradley Stoke Radio, has kindly shared his experience and expertise in radio with us over recent weeks. He has been so



generous with his time and we really appreciate all his support and guidance. With our first radio programme under our belts, we are looking forward to many more exciting broadcasts over the coming months.

On Saturday 5th May, some of our children also took part in a show on Radio Bristol. Children from Years 2 and 3 spent some time with James Mason who has a weekend show on Saturday lunchtimes. Ten of our children took part in a feature called 'Kids v The News'! James came into school last week and chatted to the children about topical news stories including our newly appointed Home Secretary, Jeremy Clarkson's new job as presenter of 'Who Wants to be a Millionaire' and Liverpool's chances in the Champions League Final! It was a busy week.

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Gigglegym@hotmail.com

St Michael's School PTFA will be holding their annual Summer Fair on Saturday June 30th from 1 to 4pm.

Entry is £1 for adults and children are free.

All the favourite stalls and attractions will be returning such as pony rides, face painting, teddy and bottle tombolas, cakes, bouncy castle, candy floss, BBQ and more. New additions this year will include inflatable gladiator jousting! There will also be a special visit from Poppy the Pink Troll and Catboy from PJ Masks.

Our Summer Raffle will also be drawn at the fair with a top cash prize of £100. Other prizes include Rugby and Basketball Match tickets, Family days out at Wookey Hole and Noah's Ark Zoo Farm, gym passes and lots of other goodies!

Raffle tickets can be purchased in advance from St Michael's School office or at the Summer Fair.

St Michael's School, Stoke Gifford
Summer Fair
On Saturday 30th June from 1 to 4pm
Stalls and Tombolas
A special visit from:
Raffle £100 top prize
Entry £1 for adults and free for children

Ed goes the extra mile and raises thousands

On Sunday 22nd April Ed Stanleigh, store director at Specsavers in Bradley Stoke, completed the 26.2 mile route of the London marathon in four hours 15 minutes, raising more than £2,000 for children's cancer charity, CLIC Sargent.

"There was such a great atmosphere and it was really hot on the day," says Ed. "The cheering crowds and support from other participants was overwhelming and it really spurred me on to keep running. Thanks to family, friends and customers, I've managed to exceed my fundraising goal of £2,000, which is just brilliant. Having two young children myself, I cannot imagine the devastation a cancer diagnosis would bring or how people cope as a family. Knowing that CLIC Sargent exists to offer support is extremely encouraging and they rely entirely on voluntary donations."

CLIC Sargent provides practical, financial and emotional support for children and teenagers who have been diagnosed with cancer or leukaemia. The charity believes that children with cancer have the right to the best possible treatment, care and support throughout their cancer journey and beyond. Specsavers in Bradley Stoke, Cribbs Causeway and Filton have come together and nominated CLIC Sargent as their charity of the year for 2018. In a bid to raise as much money as possible for the children's cancer charity, staff are taking part in a number of fundraising challenges and events throughout the year.

You can still donate by visiting Ed's Just Giving page

www.justgiving.com/fundraising/edstanleigh

or via your nearest Specsavers store at: The Willow Brook Centre, Bradley Stoke, BS32 8EF



Pitfalls of Probate

In the first of a series of articles AMD solicitors discuss the pitfalls of DIY probate. In this instalment Sarah Burgess, a Solicitor dealing with contentious and non-contentious probate, highlights some of the issues she has come across.



There have been many occasions when an executor of a Will has come to our firm for advice after beginning to administer an estate but things haven't gone according to plan. Our job is to help the executors progress the estate efficiently whilst keeping the beneficiaries well-informed so that the executors themselves do not become personally liable for causing loss to the estate.

The legal costs involved in resolving a dispute or rectifying any errors will often far outweigh the initial costs of seeking professional legal advice regarding the estate administration.

If you find yourself named as an executor in a Will, you should be aware of the most common pitfalls to avoid:

1. Incorrectly interpreting the Will

The laws regarding interpreting Wills are hundreds of years old and don't always follow a common sense approach. For example; if the deceased made a homemade Will which was signed and witnessed correctly, then a couple of years later decided to change his beneficiaries and amended the Will by hand (but without getting the changes witnessed), the subsequent amendments will fail. An executor cannot say "well the new beneficiaries were clearly who the deceased intended to benefit and so that is who I will pay" without breaching his duties as executor and becoming personally liable to the original beneficiaries.

2. Failing to conduct a thorough search for assets and liabilities

When you are an executor you have a duty to carry out thorough searches of the deceased's property and paperwork to establish what the assets of the estate are and to obtain probate valuations for all of the assets and liabilities. You should always try to obtain professional

valuations of property and shares. When you submit the inheritance tax forms to HM Revenue and Customs you will be signing a statement of truth to confirm that the information is correct.

It is not uncommon for lay executors to miss assets completely and recently I had to try and recover an asset which should have been administered 40 years ago! As time passes it can become more difficult (and therefore more expensive) to collect in assets, for example, if the original executor has since died. If an asset has decreased in value (e.g. shares) then an executor can become personally liable for the reduction in its value.

For advice on wills, inheritance tax, lasting powers of attorney, administration of estates and all other private client issues, please contact Sarah Burgess or another member of our team on 0117 962 1205, email probate@amdsolicitors.com or call into one of our four Bristol offices.

100 Henleaze Road, Henleaze BS9 4JZ
15 The Mall, Clifton BS8 4DS
139 Whiteladies Road, Clifton BS8 2PL
2 Station Road, Shirehampton BS11 9TT

Advice Making a Difference

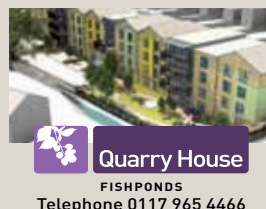
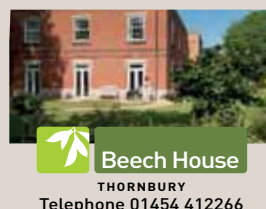
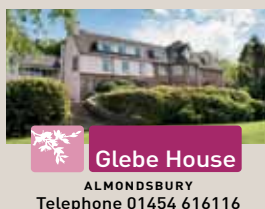


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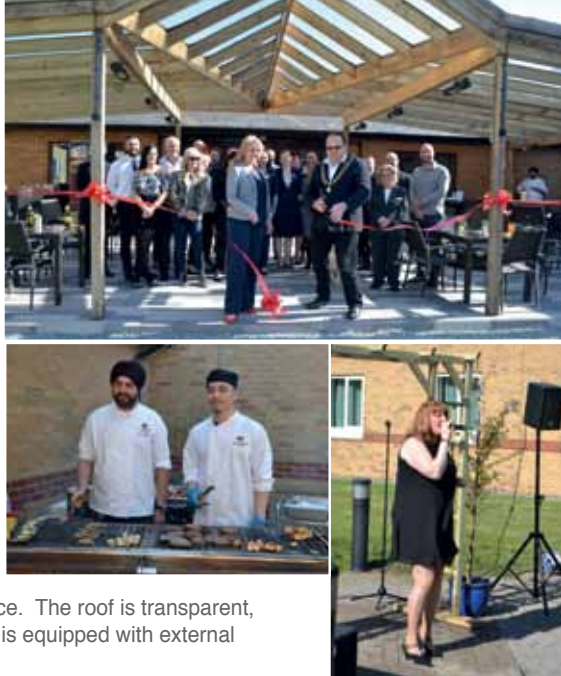
"The Courtyard" at Double Tree Hilton, Bradley Stoke

It was lovely to be invited along to the opening of a new outdoor dining and reception area at the Double Tree Hilton in Bradley Stoke earlier this Spring.

The hotel's General Manager, Nadine Rees, instigated the redesign of the outdoor space soon after she took over the role at the hotel. *"This central space was calling out for something more to be done to it and I am so pleased with the pergola-style structure we have created. We can now offer a stylish, outdoor sheltered environment for a multitude of uses - alfresco dining, pre-arrival dinner drinks, wedding receptions, BBQ events - so many possibilities for hotel guests and local residents to benefit from"*

'The Courtyard' is very tastefully built with oakbeams and the slate flooring carrying seamlessly through from the hotel to the outside space. The roof is transparent, maintaining the flow of natural daylight, and the area is equipped with external heaters, for when there is a chill to the air.

The event was blessed with glorious sunshine and attended by local business people, hotel staff and other stakeholders who were all treated to drinks and canapes on arrival. Bradley Stoke Mayor Andy Ward performed the opening honours and cut the red ribbon, following which guests were entertained with music and a wonderful BBQ. We look forward to more events at 'The Courtyard'.



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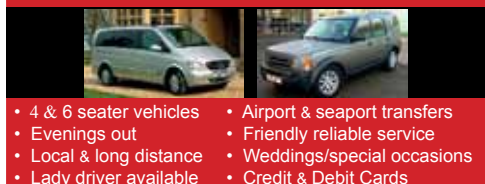
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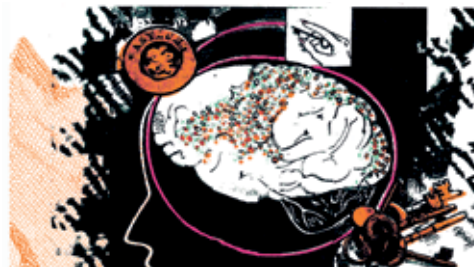


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Life in the Asylum - Captured on Paper



Glenside Hospital Museum comes to Bristol bringing a taste of its historic collection of drawings, photographs, and artefacts relating to mental health care in Bristol, with a series of experimental drawing workshops, open to all.

29th May - 8th June 2018
11am-6pm weekdays - 12 - 4pm Sat & Sun

For workshop timetable and booking go to:
<https://www.eventbrite.com/e/captured-on-paper-drawing-workshop-tickets-44981262166>

City Vestibules (Park Street entrance) Bristol City Hall, at the front of the building, looking out onto College Green, BS1 5TR

Glenside Hospital Museum's perceptive documentary drawings by Denis Reed (ARCA. RWA), artist and patient at Bristol Mental Hospital, speak volumes of what life was like in this psychiatric hospital in the 1950s, shortly after the NHS had taken over the management. Each of his beautiful A4 line drawings of patients - sleeping, shaving, bathing, walking, talking - retain a startling power. The Victorians had placed a value on occupation as a treatment and previously patients, wherever possible, would have been given a job to do within the hospital community. This was not considered appropriate for the new establishment and this lack of occupation is illustrated by Reed's drawings.

On display will be a selection of photographs and artefacts to give further insight into the hospital at that time. To accompany the free exhibition there will be a series of one hour, £5 per person, experimental drawing workshops, no experience necessary and open to all.

Supported by Esmée Fairbairn Collections Fund, Bristol City Council Imagination Fund and the Association of Independent Museums Pilgrims Trust Fund, the exhibition is designed to broaden the public's understanding of mental health and inspire the creative process.



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"HONK"

This Summer TMTG Juniors bring you "HONK", the musical adaptation of the Hans Christian Anderson story of "The Ugly Duckling". This wonderful musical, set in the countryside, is about a young duckling who is "different" from his brothers and sisters.

So come and join us down on the farm and meet Mother Duck Ida, her cute little ducklings and of course Ugly himself. However, beware the farm Cat is lurking around every corner, ready to trap a tasty snack! Ugly travels on a journey of self-discovery revealing that it really is OK to be yourself. "Honk" is a musical adventure the whole family can enjoy full of wonderful catchy tunes and clever lyrics. This is a show not to be missed.

The production will be staged at the Armstrong Hall in Thornbury, BS35 2BJ from Thursday 12th to Saturday 14th July. Performances are 7.30pm nightly, and also a matinée at 2.30pm on the Saturday. Tickets are bookable online at www.tmtg.org.uk with no booking fee. Adult tickets £12.50 and Concessions (OAPs, students and under 16s) £10.50. Box office enquiries 07305 222922.



Almondsbury C of E Primary School Summer Fayre Saturday 23rd June, 12noon-2pm

* Bouncy castle * Tombola *

* **NEW FOR 2018!** * Inflatable Obstacle Course * *

* Nearly-new stall * Lots of games and stalls *

* BBQ * Refreshments & Cakes *

FREE Entry! ALL WELCOME!

Almondsbury CE Primary School, Sundays Hill, Lower Almondsbury BS32 4DS
www.almondsburyprimary.co.uk | 01454 612517



This month it was great to catch up with the owner of Hannah's Music and event organiser of Castell Roc Festival – Carol Mutlow. This is a lady passionate about all things musical!

How did Castell Roc Festival come about?

"I have been involved with organising outdoor events for a long time. I loved the idea of having a music performance in Chepstow Castle. In the beginning I had to work hard for it to be agreed for just one Rock concert to be put on there, it was met with such success, things have grown into Castell Roc, with shows taking place over 12 nights!"

How do you select what acts will feature?

"We try to make sure there is something for everyone's musical taste, from Soul to Rock, Pop to Reggae, Blues to Funk."

Who should we look out for in 2018?

"All the acts are fantastic! Due to popular demand we are pleased to welcome back The Magic of Motown this year. We are also proud to be one of only two European venues that Dr Hook (starring Dennis Locorriere) is performing at in 2018, the other is in Scotland and has already sold out, so if you want to see Dr Hook you best buy your tickets soon! Leo Sayer is travelling from Australia to be with us at the castle, and he too is only putting on a handful of European shows. The DUALERS, a 9 piece Jamaican band have a huge following and are not to be missed!"

Is there any opportunity for local musical talent to shine?

"Oh yes, absolutely! At my music shop we also have rehearsal rooms, so of course I want to support the brilliant musical talent we have on our doorstep. That is why this year we have brought back the Family Fun Day on 2 September, that will showcase a whole host of local acts. This day is also an opportunity for us to do some fundraising for charity, which is important to me."

What makes this festival special?

"The venue is stunning, breathtaking in fact! The castle setting has great acoustics, and only holding 13,000 people it is an intimate and friendly festival."

Finally, is all the hard work worthwhile?

"Absolutely! It is extremely hard work but a lot of fun too and extremely rewarding. If you haven't ever attended one of the Castell Roc performances I urge you to come along, soak up the special atmosphere and enjoy a fantastic musical performance (or many of the performances!)."

Castell Roc 2018



THURSDAY 16th August- "Monsters of Roc"-

featuring "Letz Zep", "Whitesnake UK", & "UK Guns N Roses"

FRIDAY 17th August- "Alabama 3".

SATURDAY 18th August "Dr Hook" starring Dennis Locorriere

SUNDAY 19th August- An evening of "Blues & Grooves" with the amazing - "King King"

FRIDAY 24th August- "The Magic of Motown"

SATURDAY 25th August- "The Shires"

SUNDAY 26th August- "Leo Sayer", supported by Mari Wilson & The New Wilsations" - an amazing evening awaits !!!

MONDAY 27th August- "Return of the King meets Prince" tributes to "Prince" and "Michael Jackson", a show never seen before.

THURSDAY 30th August- "The DUALERS" with Support from the amazing "Navarones".

FRIDAY 31st August- "The Craig Charles Funk & Soul Club"

SATURDAY 1st September- "Fastlove". re live the passion, flare and the unique sensitivity of "George Michael"

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", 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.

Community Noticeboard

to promote your event for
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.

June 12th - **A year in the life of a Mayor**
(Andy Ward)

July 10th - **Wimbledon**
August 14th - **Charity Night**

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

Free Pebble Painting Activity

Suitable for ages 4 +

Saturday 9th of June
10-11am
At Bradley Stoke Library
Places are limited
To book a place please email
amandamcausland@gmail.com

Please bring
a container
for taking
your pebble
home
(in case the
paint is wet!)



Please
bring your
own
pebbles

Please ensure children are accompanied
by a parent or carer at all times

With help from Curo Community Connectors
For information on community grants please
Contact Sarah - sarah.grimes@curo-group.co.uk



Bradley Stoke Library



Rhymetime (Term time only)

Mondays 10:30-11:00am
4th, 11th, 18th, 25th June

Volunteer Bureau Drop-in Session

Thursday 14th June 12:00-14:00

French Rhyme Time (Term time only)

Tuesdays 11:30

Adult Craft Group

Saturday 9th June 10:30-12:00

Pebble Painting Craft

Saturday 2nd June 10:00-11:00am
(Suitable for children aged 4-11 years)
*Adult supervision required
To book a place please email
amandamcausland@gmail.com

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

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For any more information follow the contacts
below: Tel: 01454 868 006
email: bradleystoke.library@southglos.gov.uk
Website: www.southglos.gov.uk/libraries

BSCS Primary Phase

Summer Fayre

Friday 22nd June from 4-7pm

bouncy castle, tea cup rides, lots of
stalls of fun activities and food stalls

All welcome

At The Stokes,
our youth centre
in Little Stoke,
you can meet new
people, listen to
music, play sports,
cook food and
have fun.



During June, July and August you will also have
the opportunity to do some recording at the studio
with one of our youth workers.

Contact us for more information:

[stokesyouthcentre@
creativeyouthnetwork.org.uk](mailto:stokesyouthcentre@creativeyouthnetwork.org.uk)

Opening times

Monday: Junior night - 5.30pm to 7.30pm;
Open to 11-13 year olds

Thursday: Senior night - 7.00pm to 9.00pm;
Open to 13-18 year olds

Friday: All welcome - 5.30pm to 7.30pm;
Open to 11-18 year olds

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Call Debbie on 01454 612740 or 07887 763147
for details

National Bookstart Week
Bradley Stoke Library

Bookstart Bird Boogie
Storytime with craft

Friday 8th June
11.00-11.30am



FREE
Suitable for preschool age children.
Children must be accompanied by an adult.

For further information telephone 01454 868006 or see
www.southglos.gov.uk/libraries



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Friday 15 June 2018 at 7.30 p.m.

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www.thefiltones.weebly.com

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

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

Exciting times ahead for Winterbourne's Medieval Barn



A project to help secure the future of Winterbourne's Medieval Barn has taken a major step forward thanks to a £936,600 grant from the Heritage Lottery Fund (HLF), made possible by money raised by National Lottery players.

This funding will have a hugely positive impact on the £1.76 million project that will conserve and refurbish the historic barn and its adjacent buildings. The Winterbourne Medieval Barn Trust (WMBT) now has to make a final push for fundraising to make the £400,000 which has to be raised as part of the HLF bid. The committee are hugely thankful to all the pledges they have received to date. They are now looking for about £50,000 so that work can go ahead on this major community project. Any local businesses, individuals or organisations who can help WMBT reach the funding target are encouraged to email the Chairman of the Trust, Sue Parsons (sue.parsons6@btinternet.com), or contact WMBT through the Barn website.

Once the total is reached, the funding will be used to restore, refurbish and find new uses for the 14th Century Court Farm Barn and associated outbuildings, ensuring its long-term sustainability in the heart of the local community. A heritage education centre will also be created to demonstrate the history of the barn and its architecture as well as information about the local area. Overall, the complex would provide flexible spaces for a variety of community, educational and commercial uses.

The restoration and refurbishment will enable the Trust to offer many more events and activities throughout the year, including heritage and craft-themed events, craft workshops, guided tours, more musical and theatrical performances, and a brand new schools' programme. There will be new rentable workshops for creating traditional crafts and more space will be available for public and commercial hire, income from which will enable the Barn to operate on a sustainable basis.

Cllr Heather Goddard, Cabinet Member responsible for Communities and Tourism, said: *"This funding will help secure the future of one of our area's most important sites by creating a multi-purpose rural heritage venue which will interpret and celebrate the history and heritage of this extraordinary building and its environment."*

"We are very grateful to the National Lottery for their generous support towards making this possible. We would also like to thank the many other organisations and individuals who have contributed to the project's fundraising cause, and to the volunteers of Winterbourne Medieval Barn Trust, who have worked tirelessly over many years to save the barn for the community."

Sue Parsons Chair of WMBT said: *"Winterbourne Medieval Barn Trust is delighted with the funding provided by the National Lottery which will enable us to realise the full potential of this iconic building and enable it to become a true community asset."*

Nerys Watts, Head of HLF South West, said: *"We're delighted to support this project which is an excellent example of how our historic buildings can be used in new and sustainable ways for the benefit of people, local organisations and communities. Thanks to money raised by National Lottery players, Winterbourne Medieval Barn is on its way to an exciting future with its heritage and community at its heart."*

When all of the required funding has been raised, building work is planned to start early in 2019, with the redeveloped site expected to open the following year. Activities and events will be run both at the Barn and in the community whilst the building work is taking place, to enable visitors to continue to learn about the history of the barn and its surrounding environment as well as stay in touch with the project's progress.

Further information about the Barn and all events can be found on the newly-designed website.

www.winterbournebarn.org.uk

and follow them on Facebook and twitter.



What's On at the Barn

Sunday 10 June – 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.

Saturday 23 June – Basket Weaving Workshop from 10am – 4.00pm. This one day 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.

Sunday 24 June – Bristol Male Voice Choir and The Frampton Shantymen. At 2.30pm, enjoy a wide variety of musical entertainment on this midsummer afternoon, from modern musicals to seafaring shanties, as the renowned Bristol Male Voice Choir and our local Frampton Shantymen alternate on stage. Gates open at 1pm so why not bring a picnic to enjoy in the grounds before the performance in the Barn. Drinks will be available to purchase. Tickets – Adults £10, children (under 16yrs) £5 online from Ticketsource www.ticketsource.co.uk/date/HIJMFL or on arrival at Winterbourne Medieval Barn – if there are tickets left (numbers strictly limited).

Tuesday 3 July 2017 – Wine-tasting. 7pm – 9.30pm. 25 years in the wine trade means Ian



Redfearn is extremely knowledgeable about what makes a great wine and is also the perfect host to guide us through this evening of tasting Eastern European wines. Pre-booking essential. Over 18yrs only. Tickets £10 online from www.ticketsource.co.uk/date/HIJMGD or in person from Daisy's Coffee Shop, Winterbourne, from 25 June.

Sunday 8 July 2018 – Verdi's Falstaff. Starting at 6.00pm, Tessitura Opera Group present Verdi's wonderful tuneful comedy opera in the unusual and intimate setting of the Medieval Barn. The plot revolves around the thwarted, sometimes farcical, efforts of the fat knight Sir John Falstaff, to seduce two married women to gain access to their husbands' wealth. Gates open from 4.30pm for visitors to bring a picnic to eat before the performance. Drinks will be on sale before the performance and during the interval. Tickets – Adults £13.50, children under 16yrs £10, from www.ticketsource.co.uk/date/HIJMGJ or in person from Daisy's Coffee Shop, Winterbourne from 25 June, or on arrival at Winterbourne Medieval Barn if there are any left.

Saturday 21 July – West Gallery Music Workshop. From 10am–4pm enjoy a day of singing the kind of fun four-part harmony songs that were sung in churches in the 18th–19th century. Suitable for all voices, no experience necessary. Instrumentalists also welcome (strings/woodwind). Advanced booking essential, ideally before 1 July. Email: lindajhall61@gmail.com or Tel. 01633 889019 or 07891 688581. The cost is £16.50. Tea/coffee included, but bring a packed lunch.

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 CGdsl@aol.com

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. puddleduckstoddlers@hotmail.co.uk

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

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

LOCAL CLUBS AND ORGANISATIONS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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

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

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

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



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- Relevant Person's Representative Volunteer
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