



Telephone **01454 300 900**

**August/Sept 2018**

*Community*

# Little Stoke Gifford Matters

*Bradley Stoke & Little Stoke Gifford Community Matters is delivered to 15,000 DIFFERENT homes across the whole Five Stokes Area*



## MAKE SAVINGS THIS SUMMER

Relax and enjoy your summer knowing you can afford a new boiler\*

10 year guarantee on selected Worcester boilers



Book your FREE boiler survey today.  
Flexible payment solutions and finance available.\*  
**0117 935 2400 | [gregorheating.co.uk](http://gregorheating.co.uk)**  
Your local choice for smarter heating solutions.

 **Gregor**  
Heating, Electrical & Renewable Energy

Rated  
**4.8**  
out of 5  
on which?

**Which?**  
Trusted trader

\*Gregor Heating are a credit broker. Credit provided by Hitachi Personal Finance, a division of Hitachi Capital (UK) Plc, authorised and regulated by Financial Conduct Authority. Gregor Heating, 1 Willcock House, Southway Drive, Warrimley, Bristol, BS30 5LW

## BS AUTO-MAINTENANCE

of Bradley Stoke

**FAST FRIENDLY AND KNOWLEDGEABLE  
WITH OVER 25 YEARS EXPERIENCE**

Servicing • Air Conditioning • Cambelts • MOTs  
• Repairs • Diagnostics

**CALL 01454 884 486**

M: 0777 0941 198 E: [john.nickells@tesco.net](mailto:john.nickells@tesco.net)



**FREE COLLECTION / DELIVERY SERVICE\***  
\*subject to prior booking

**ALL MAJOR CREDIT CARDS ACCEPTED**

**In the Community for the Community since 2005**

## Kids Parties



### 1 in 5 GO FREE

Book a children's party and for every 5 children we will give you 1 child place free of charge with this voucher.  
Call the sales office on **01454 201 090** to book.

Ts & Cs - subject to availability, minum numbers apply. Voucher Code CHIL71320, Expires 31/12/18

## Brunch



### 20% OFF SATURDAY BRUNCH

Book a Saturday Brunch and receive 20% off the total booking. Brunch Price is £15 per person.  
Call the sales office on **01454 201 090** to book.

Ts & Cs - subject to availability, can be used for up to 6 people per voucher.

Voucher Code FUEV71320, Expires 31/12/18

## Sparkling Sunday Lunch



### BUY TWO GET ONE FREE

Book a table of two for Sparkling Sunday Lunch and receive a third 3-course Sparkling Sunday Lunch FREE.

Call the sales office on **01454 201 090** to book.

Ts & Cs - subject to availability, can be used for up to 6 people per voucher.

Voucher Code PACK71310, Expires 31/12/18

AZTEC  
HOTEL & SPA  
\*\*\*\*\*

## DISCOUNT VOUCHERS

THE AZTEC HOTEL & SPA, AZTEC WEST, ALMONDSBURY, BS32 4TS

All offers are subject to availability and must be pre-booked by calling the listed contact numbers. Please ensure to quote each voucher code on booking



## Dear Readers....

Incredibly Bradley Stoke & Little Stoke Gifford Matters has reached its teenage years!

13 years of serving our local community across the Five Stokes area!



### We have a 'new signing' this month!

I am delighted to welcome ex-Bristol Rovers & Liverpool Footballer Nick Tanner to our Matters Mags team.

Nick was born In Bristol and spent his early years In Coalpit Heath, going to school at Highcroft and later The Ridings In Winterbourne. He has lived in Bradley Stoke for the last 20 years, since retiring through injury and has since managed many local non-league teams including Winterbourne United & Almondsbury Town.

Nick's up for most sporting challenges, so if you have an event that you would like him to attend and maybe join in, please get in touch asap!! Nick can regularly be seen walking his dog Rosie in Meade Park and enjoying a pint in many of the Stokes local watering holes.

Nick is the fourth addition to our growing team which also includes Michelle in Stoke Gifford and Debbie in Winterbourne as well as obviously myself covering all our local areas.

This edition is once again packed full of events, news from 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 the read and have a great summer!

Jaci x

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. Deadline for the next issue is 12th September.

Don't forget you can keep up with each edition of your favourite community magazines via [www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk)

Follow us on Twitter  
@BS\_Matters

Find us on:  
facebook /BSMatters

## Contact Us :

**01454 300 900**

[sales@mattersmagazines.co.uk](mailto:sales@mattersmagazines.co.uk)

[community@mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk)

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

Matters Magazines Ltd, 130 Aztec West, BS32 4UB

Co Regn No: 8490434



The Bradley Stoke, Little Stoke and Stoke Gifford community matters magazines are independently published and delivered FREE to homes (c 16,000 copies) in Bradley Stoke, Little Stoke, Stoke Gifford, Stoke Lodge and the edges of Patchway (to the A38 border) and Harry Stoke. The views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in August of 2005 we have used many of the services ourselves). Any feedback or experience is welcomed.

We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included.

All artwork created by us must not be published in any other media without our permission. © Matters Magazines Ltd 2005..2018

## Lisa Hicks

## THE VOCATION COACH

Do you want to transform your life?

Are you searching for the perfect job?

Thinking of starting the business you have always dreamed of?

You don't have to do it alone!



I work with:

- Back to Work Mums & Dads
- Empty Nesters
- New Business Starters
- Career Changers
- Promotion Seekers

CALL NOW FOR A FREE NO OBLIGATION CHAT

**07546 253686**

Certified Law of Attraction Life Coach and Passion Test Facilitator

<https://www.facebook.com/123ThinkingUnlimited/>



## FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters



Dunkley's

Chartered Accountants  
& Statutory Auditors

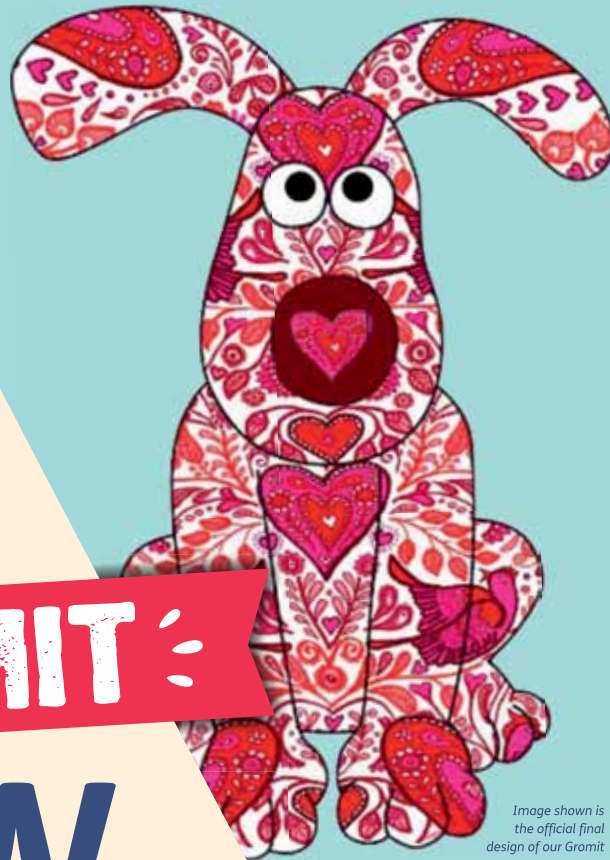


Image shown is  
the official final  
design of our Gromit

Visit  
our

**GROMIT**

**NOW**

He is at our office from  
**2nd July to the  
2nd September 2018**

Woodlands Grange, Woodlands Lane, Bradley Stoke, Bristol BS32 4JY  
01454 619900 | [www.dunkleys.accountants](http://www.dunkleys.accountants)

FUNDRAISING FOR THE GRAND APPEAL,  
THE BRISTOL CHILDREN'S HOSPITAL CHARITY



LIVE ON 

## Local Members of The Royal British Legion Represent Stoke Gifford at WW1 Comemorations In Belgium

**Karen Falconer and John Moloney will travel to Europe for the Royal British Legion's Great Pilgrimage 90 - 5-9th August 2018**

2018 marks the Centenary of the end of World War One. The Royal British Legion, as the National Custodian of Remembrance, has co-ordinated a very special event this summer - the Great Pilgrimage 90, (GP 90) involving people from every community in the country and from many other nations who served in the First World War.

GP90 takes place between the 5th and 9th of August and will be one of the largest in the charity's history. It marks 90 years since the original RBL pilgrimage in 1928, which saw 11,000 World War one veterans and war widows visit the battlefields of the Somme in France and Ypres in Belgium, a decade after the conflict ended. That pilgrimage culminated in a March through Ypres to the Commonwealth War Grave Commission's Menin Gate Memorial for a ceremony to commemorate the launch of the hundred days offensive and in remembrance of those who never returned.

Local legion members, Karen Falconer and John Moloney will represent the Stoke Gifford branch (which covers Bradley Stoke, Stoke Lodge, Stoke Gifford, Little Stoke, and Filton) and the local community as standard bearer and wreath layer respectively. They will tour some of the same battlefields and cemeteries visited by those on the 1928 pilgrimage. They will join more than 2,200 other legion representatives and dignitaries, including civic and military guests from the UK, Commonwealth and Northern Europe who are taking part, in marching along the original route through Ypres, to the Menin Gate on the 8th August.

Once at the Menin Gate, John will lay a wreath on behalf of the Stoke Gifford community.

John, who is the local branch Chairman, commented: "Great Pilgrimage 90 is a unique opportunity for the legion community to come together and bear our standards along the same route in Ypres taken 90



*years earlier by the veterans and widows of the first world war. The Stoke Gifford branch looks forward to proudly representing our local community at the event."*

Thanks to local Councillors, Brian Allinson, Ernie Brown, Trevor Jones and Keith Cranney, who presented the Stoke Gifford Branch of the RBL with a grant from Member Awarded Funding, (MAF), to enable them to attend this important memorial event.

### Poppy Appeal

The Stoke Gifford Branch has confirmed that its 2018 Poppy Appeal launch will take place on **Friday 26th October 2018 at 2pm** at Bristol Parkway Station. It hopes to have Scouts, Cadets, Riders, and special guests. They also hope to be live streaming the Poppy Appeal Launch on the branch Facebook page - <https://www.facebook.com/StokeGiffordRBL>

### Remembrance Sunday services

The Stoke Gifford Remembrance Sunday service is held at the Memorial on the Green in North Road Stoke Gifford at 10.15 am on Sunday, the **11th November 2018**, this is a short service, and the act of Remembrance takes place with the laying of wreaths and the 2 minutes silence.

Following this out door service St Michael's Church Stoke Gifford has their normal Remembrance Service in St Michael's Church, North Road, Stoke Gifford.

Also the Baptist church in Rock Lane off North Road also has an 11 o'clock service, which members of the RBL attend.

The Patchway RBL Remembrance Parade will be on Sunday 18th November 2018. The parade will leave Patchway Parade BS34 5TF at 10.30 sharp, down Coniston Road to Scott Park BS34 5JR, Refreshments will be available at the end of the ceremony, and all are welcome.

**WE WILL REMEMBER THEM**



## Friends of Meade Park Revived!

Local resident Jenny James and friends, have re-established a Friends of Meade Park Group with the aim of encouraging all those using the Park on Hatchet Lane in Stoke Gifford to enjoy its facilities and also help care for the precious green space we have there.

In liaison with Stoke Gifford Parish Council, who are responsible for the Park maintenance, and South Gloucestershire Council, who own the land, the Group will be organising regular litter picks and schemes to encourage even more diversity of plant life and family events.

Similar to the Friends of Forty Acres Group who undertake projects to enhance the wild life on the nearby nature reserve, the Friends of Meade Park hope to learn more about how to keep the Park a friendly and welcoming space for all those who want to use it. The Group have already delivered leaflets to houses in the immediate locality asking people what they would like to see in the Park and encouraging suggestions for improvements.

Anyone who has any ideas about what the local Park could be used for, what would make it an even better place to play, walk your dog or enjoy a bit of leisure time in the fresh air can contact the Group by email: [friendsofmeadepark@gmail.com](mailto:friendsofmeadepark@gmail.com)  
facebook: [Friends of Meade Park](https://www.facebook.com/Friends-of-Meade-Park) twitter: [@meade\\_park](https://twitter.com/meade_park)  
or old fashioned post: [c/o Jenny James, 53 Pursey Drive, Bradley Stoke BS32 8DJ](mailto:c/o Jenny James, 53 Pursey Drive, Bradley Stoke BS32 8DJ)



**1st Stoke Gifford Scouts Summer Camp** report by Andrew Phelps

Eighty members of 1st Stoke Gifford scout group have just got back from their group summer camp to Brownsea Island (the place Sir Baden-Powell held the first scout camp). The history behind this island and the beginning of UK scouting is a massive draw for scouts across the world and we met troops from Liechtenstein, Australia, Italy and several from UK scout groups.

The travelling down from Bristol took about 4 hours on Saturday then a quick ferry ride and a short walk saw the cubs and both scout troops on the very site of the first camp.

The weather was fantastic and with no natural predators the abundance of ducks, peacocks, pheasants, deer and of course red squirrels which were all well used to human close contact made for a great experience.

Sleeping under canvas and taking part in many activities run by the island volunteers ie red squirrel talk and walk, the nature reserve and environmental conservation sessions. Plus leader-lead activities such as pioneering, orienteering, crabbing, island orientation hike, swimming and shelter building to name a few.

This camp was great fun and although all were tired out on our return home on Wednesday evening with the picturesque location, hot weather and great camaraderie it was a fantastic success and we would all go back tomorrow if given half a chance.

The staff and wardens on the island were always helpful, the ferry staff well practiced in taking large groups across made transfers run like clockwork and Tesco's click and collect all made life easier for the adult leaders and minimised any time the scouts and cubs were waiting around.

On the last day we had fish and chips for lunch on Poole Quay and then on to the coach to travel home. Four hours later and we arrived on the green to waiting parents who were all thankful to have their children back. Everyone must have had a great night sleep, I know I did!

Lastly a massive thank you to all the leaders who give up their time freely to make scouting so exciting and interesting for our young people in Stoke Gifford. Many thanks to Paul our Group Scout Leader for organising such a great experience.

***If you would like to join the group as an adult leader, beaver, cub or scout please visit our website [1st stoke gifford Scouts](http://www.1ststokegiffordscouts.co.uk) and complete a contact us form.***



# Funerals from £1,895



## MW Funeral Directors

0117 950 4100

High Street  
Westbury on Trym

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



# Claim your FREE Family Guest Pass to Nuffield Health, Stoke Gifford

**Our North Bristol facility located in Stoke Gifford offers members adult and children's swimming pools, a fully-equipped, modern gym, plus personal training support.**

We also offer group exercise classes ranging from Yoga to Body Combat, while on the gym floor you'll have access to all the latest cardio and strength equipment. Parking and crèche/nursery facilities make it easy for you to find time for fitness!

Your gym membership will start with a complimentary Health MOT, giving you and our staff a good understanding of your current fitness and help them create a tailored fitness plan for you. When you become a member of our fitness centre you'll also get access to 86 other clubs across the UK.

## Have a free Health MOT on us!

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



Health MOTs help you get fitter, faster by:

- Measuring your current fitness
- Identifying potential health risks
- Defining achievable goals
- Providing a personal fitness programme
- Giving lifestyle guidance
- Tracking progress

Our members are twice as likely to stay on track with regular Health MOTs.

## How to redeem

**Simply come along to our fitness center with this page and speak to one of our helpful team. You'll be given free access to the facility for the day.**

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

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



## Watch Out for Foreign Invaders!

Chris Morton, Bristol AHAT Co-ordinator

Britain is at risk from a foreign invader – the Asian Hornet! These insects were accidentally introduced to France in 2005, where they have now established themselves in large numbers across the whole country and are expanding into Spain Portugal and Germany. They are literally just across the channel! Two outbreaks have been eliminated already in the UK.



The Asian hornet is a voracious predator of all sorts of insects, and can seriously damage the populations of our native species, not least of which is the Honey Bee! In France losses of up to 50% of honey bee colonies have been blamed on the Asian Hornet. British Beekeepers are on high alert for the pest, and we need the help of everyone in the country to spot the beast so they can be eliminated before they become established.

The Asian Hornet is very distinctive, it is almost all black, with one bright yellow band near the tail, an orange face and yellow legs. It should not be confused with the native European Hornet, which has a brown coloured front end and very yellow rear end. There is an excellent guide to identifying the Asian Hornet produced by the Non Native Species Secretariat, (part of DEFRA) which can be downloaded from several sources, including the Asian Hornet Action Team website. [http://ahat.org.uk/wp-content/uploads/2018/02/ID\\_Vespa\\_velutina\\_Asian\\_Hornet\\_2.0-2.pdf](http://ahat.org.uk/wp-content/uploads/2018/02/ID_Vespa_velutina_Asian_Hornet_2.0-2.pdf)

There is also a mobile phone app "Asian Hornet Watch" for identifying and reporting the Asian Hornet, available from both Google Play and i-tunes stores. Bristol has set up a local Asian Hornet Action Team, which will help identify hornets and work with the National Bee Unit if the hornet is found nearby. Last year there were 4,500 calls about possible Asian Hornets, of which only one was identified as the real thing, so if you do see an unusual insect that raises your suspicions, take a photograph and try to catch it, but don't necessarily kill it! Check out the identification sheets and if it really does look like the Asian Hornet, please report it to [alertnonnative@ceh.ac.uk](mailto:alertnonnative@ceh.ac.uk) or through the Asian Hornet Action Team network [www.ahat.org.uk](http://www.ahat.org.uk) if you would like some local advice on reporting or identification.



**Please help us keep this beast out of the UK, we know it is coming and we are ready to repel it, unlike the French, who found out too late. An Asian Hornet week is planned for 10th - 16th September this year, with wide publicity and asking as many people as possible to spend an hour or two watching for the hornet, however we do need to start now!**



**THE AERIAL MAN**  
TV Aerial and Satellite Specialist  
Affordable Prices - Reliable Service

- Digital Aerials
- Fully Guaranteed
- Repairs
- Sky Work
- Free Quotes
- OAP Discounts
- Poor Reception Problems
- Additional TV Points
- Humax Recorders
- TV Sales

Freesat  
Freeview  
**01454 660 046**  
**07818 413 451**  
[www.theaerialman.co.uk](http://www.theaerialman.co.uk)

Which? Trusted Trader

## PROFESSIONAL PEST CONTROL



- Rodents • Wasps • Moles Squirrels
- Feral Pigeons • Foxes • Fleas
- Carpet Moths • Rabbits etc

Call JEFF: 07745 209947 / 01454 416620

Domestic & Commercial  
CALL FOR FREE ADVICE incl WEEKENDS





# WALK FOR PARKINSON'S

Ashton Court

Bristol

Sunday 30th September 2018

Join this walk and unite with thousands of people across the UK.  
Every step will take us closer to a cure.

[parkinsons.org.uk/events/walk-parkinsons-ashton-court](http://parkinsons.org.uk/events/walk-parkinsons-ashton-court)  
#walkforparkinsons  
020 79633912

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.  
A charity registered in England and Wales (258197) and in Scotland (SC037954). © Parkinson's UK  
Created in RightMarket

## AMD Solicitors 20th Anniversary Celebration

Congratulations to AMD Solicitors who recently celebrated a 20th year milestone, marking the occasion with a drinks reception and summer BBQ at The Mansion House.

*"We are thrilled to be celebrating our 20th year and we are especially proud of our experienced legal team and expanded areas of private client and commercial practice. We would like to thank our amazing team, clients, friends and associates for their continued support"* said Grant McCall, Director.

Since AMD was formed by Tony Moore and Marian Davies in 1997/98 upon the merger of their two established and well regarded legal firms, AMD has grown to 4 offices and just under 50 employees. In the last year alone AMD has opened an additional office on 139 Whiteladies Road and been named Law Firm of the Year by Bristol Law Society (up to 15 partner category).

The firm look forward to 20 more years of upholding AMD service levels for clients in Bristol, London and nationwide.

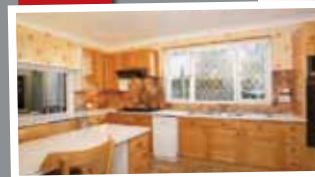
AMD Solicitors has been advertising the variety of services they offer, with us in the Bradley Stoke & Little Stoke Gifford Matters since our early black and white days - that's circa 12 years! We look forward to continue to promote them over the coming years.



## QUALITY KITCHEN FACELIFTS

Brighten up your kitchen this summer

Before



- Trusted reputation
- Huge choice of doors, worktops, appliances, sinks & taps
- Free planning & design service
- Door swaps to full kitchens - tailored to your needs

CALL FOR A  
FREE ESTIMATE:

**0117 911 6773**

[dreamdoors.co.uk](http://dreamdoors.co.uk)

Visit our showroom:  
11/12 The Promenade,  
Gloucester Rd, Bristol BS7 8AL

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

[Checkatrade.com](http://Checkatrade.com)

EST.  
1999



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



# SUMMER AT WILLOWBROOK



Relax and enjoy all the fun of the seaside by our real sandy beach complete with buckets and spades and surrounded by plenty of deck chairs. And if you're in the holiday spirit have your snap taken in our giant deckchair to complete your trip.

ANOTHER  
FREE WILLOWBROOK  
EVENT



**WillowBrookCentre**  
Great shopping in the heart of the community  
[willowbrookcentre.co.uk](http://willowbrookcentre.co.uk)



## The Willow Brook Centre brings the beach to Bradley Stoke

With the scorching sunshine ensuring the summer is in full swing, the Willow Brook Centre has brought the beach to Bradley Stoke.

As part of the 'Summer at Willow Brook', the centre has shipped in 38 tonnes of sand to its Town Square, along with dozens buckets and spades for visitors to enjoy.

The experience doesn't stop there – as dotted around the 'beach' are 45 deck chairs and one giant deck chair taking pride of place. Centre manager, Andy Wynn, hasn't stopped smiling since it all arrived at Willow Brook:

*"We've been planning our Summer at Willow Brook for several months, so to see it all come together is fantastic. As well as the square looking great, we've got a stack of activities and competitions taking place during the coming weeks."*

Taking centre stage is of course the Willow Brook Centre's very own Gromit, who'll be enjoying the sunshine with all of the other visitors. Gromit's design is based upon the movie from British filmmakers, STUDIOCANAL, called Swallows and Amazons, featuring Hollywood stars who have appeared in films such as Spectre and Harry Potter.

Adorning the blue skies at the centre are 200 brightly umbrellas, swinging high above Town Square.

**Bradley Stoke Radio will be hosting a fun day on Saturday 4th August, and the local Happy Days Nursery, will be putting on summer arts and crafts by the sandpit on Wednesday 8th August between 11am-1pm.**

Andy said: *"That's literally a sneak peak of what we've got on this summer here at Willow Brook. We can't wait to see everyone enjoying the sunshine, playing in the sand and making the most of the entertainment."*

**Prizes are being given away throughout the summer on the centre's social media by using the hashtag "summeratwillowbrook". Follow on Facebook @WillowBrookCentre, Twitter @WillowBrookCtr, Instagram @willowbrookcentre**

The team will also be sharing updates on The Grand Appeal and fundraising efforts in conjunction with their Gromit.



## Avanti Cars



- 4 & 6 seater vehicles
- Evenings out
- Local & long distance
- Lady driver available
- Airport & seaport transfers
- Friendly reliable service
- Weddings/special occasions
- Credit & Debit Cards

**Tel: 0117 931 1473 Mobile: 07973 705522**  
[www.avanticars.org.uk](http://www.avanticars.org.uk) Bakers Ground, Stoke Gifford

## 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](mailto:info@bradleystokephysio.co.uk) or call us on 01454 618 525.**



*Making you feel better*

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

## Just Imagine... Empowering YOU for Positive Change

### Breaking Habits with Hypnotherapy

#### Let's talk Booze...

Do you feel your drinking is getting out of control...?

Are you drinking more than you would like...?

When is that extra glass of wine a sign of a problem?



For some people, drinking a glass a night alone is too much and they want to curb this habit. For others the weekend of binge drinking is worrying them and they want to cut down.

For me, the nagging voice in my head had been there for longer than I care to admit. Having been a single mama for over 10 years, a glass or 2 of wine, more often than not led to a bottle, becoming my regular companion on an evening. A bad day was an excuse, a good day another excuse, a school night, or a weekend, there was always an excuse.

I did recognise that I had a problem, but couldn't seem to, or perhaps, I didn't want to do anything about it.

Hypnotherapy has helped me personally on my journey through life in so many ways. I'm absolutely less anxious, I'm definitely happier, but the most surprising indicator of its wonderful benefits, is the decision I made about a year ago to stop drinking. Maybe not forever, but for now I'm sober, and it feels great.

**For me, sober is the new black.**

I am loving life with a new found sense of inner freedom.

I have no doubt that the tools, the techniques and the mindset achieved through hypnotherapy inspired and supported me.


If this resonates for you, if you are worried by your drinking (or indeed other addictive behaviour), firstly believe that change can happen, and secondly get in touch, I'd absolutely love to help.

**There really is so much more to life than just drinking.**

#justimagine

Where there is hypnotherapy there is hope...

*just imagine* ...



**LAURA JANE**  
HYPNOTHERAPY  
*Just Imagine*

Laura Jane Woodward HPD, DFSH  
Solution Focused Clinical Hypnotherapist

Combining the cutting edge of positive psychotherapy & relaxing hypnosis, to help with issues including:

- Addiction & Habit
- Anxiety & Stress
- Pain Management
- Eating Disorders & Weight Issues
- Sleep Issues & Insomnia
- Fears & Phobias
- Confidence & Motivation

and much more ...

**07807 936080**

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



## Do you have a spare room? Can you make difference to someone's life?

### Get paid to support a vulnerable adult in your own home.

ategi South Glos are currently looking for people of all ages and backgrounds to provide care and support **in their own homes** to people who need support. If you feel you could share your life with a disabled or vulnerable person **within your own household**, we would like to hear from you.

We provide full training, ongoing support and good rates of pay when you are matched with someone who suits your circumstances and lifestyle. ategi works in partnership with South Gloucestershire Council and is registered with the Care Quality Commission (CQC)



Do you have the time, energy, motivation and a spare room to be able to support a vulnerable adult in your own home?

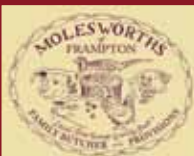


Contact the ategi Shared Lives Team for more information  
T: (0117) 332 1030 @ategiSouthGlos E: SLSSouthGlos@ategi.co.uk

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

## MOLESWORTHS OF FRAMPTON

### Family Butcher



## The BBQ Specialists!

- ❖ Prize winning sausages
- ❖ Tasty 8 week matured T Bones
- ❖ Gower Salt Marsh Lamb Koftas
- ❖ Free Range Chinese pork ribs
- ❖ Gluten-Free Range
- ❖ Butterflied legs of Gower lamb
- ❖ BBQ BOXES and more!



Molesworths Frampton  
147 Church Road,  
Frampton Cotterell BS36 2JX  
01454 777 337

[www.henleazebutchers.co.uk](http://www.henleazebutchers.co.uk)

Molesworths of Henleaze  
101 Henleaze Road,  
Bristol BS9 4JP  
0117 962 1095

## The sky's the limit for optical staff

Staff from Specsavers in Bradley Stoke took part in a skydive last month, raising more than £850 for children's cancer charity, CLIC Sargent.

Store manager Emma Smith (photo right) and contact lens optician Elaine Bush, from Specsavers in Bradley Stoke, jumped out of a plane in Swindon. Being 10,000 feet in the air, there were plenty of breath-taking views on the way back down to the ground.

*'What an amazing experience,' said Emma. 'I can't even begin to describe the fear when we were about to jump out of the plane, but once you brave opening your eyes, the incredible views and adrenaline make it all worth it. This was my second skydive but it was Elaine's first ever jump.'*

Specsavers in Cribbs Causeway, Bradley Stoke 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, employees are taking part in a number of fundraising challenges and events throughout the year.

*'It's wonderful to see team members going above and beyond to support CLIC Sargent,' says store director, Gaurav Patel. 'Not only has this challenge helped to boost our final fundraising total for the charity, it has brought the store teams closer together, which is great to see.'*

CLIC Sargent <http://www.clicsargent.org.uk/> 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.

**For more information or to make a donation, visit your nearest Specsavers store at:**  
**Willow Brook Centre, Bradley Stoke, BS32 8EF**  
**01454 275020**  
**[www.specsavers.co.uk/stores/bradleystoke](http://www.specsavers.co.uk/stores/bradleystoke)**

## NEW STANDARDS



- Intensive courses • Driving lessons
  - Motorway driving • Driving tests
- See our 5 star rating on YELL.com

**07908 425054**  
**[Skooldrive@yahoo.co.uk](mailto:Skooldrive@yahoo.co.uk)**



## MEDWAY DESIGNS for Cakes & Sewing

- |                   |                                  |
|-------------------|----------------------------------|
| Wedding Cakes     | Bridal Wear                      |
| Anniversaries     | Alterations                      |
| Birthdays         | Evening Wear                     |
| Christmas Cakes   | Day Wear                         |
| Special Occasions | Soft Furnishings & re-upholstery |

*Delivery & Collection Service Available*

**Lois Coulson**  
**0117 969 1798**

[loiscoulson@gmail.com](mailto:loiscoulson@gmail.com)

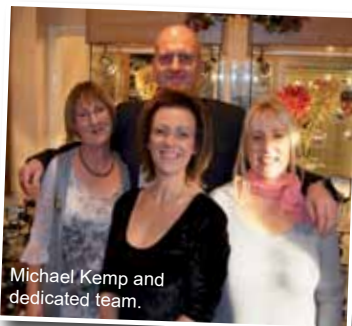
14 Watch Elm Close  
Bradley Stoke

**Call now for a friendly personal service**

# Kemps Jewellers

Established 1881

*For a professional, quality and friendly service*



Michael Kemp and dedicated team.



*Fabulous floral displays to pick from at Kemp's this summer*

*"When I need something special and different for a gift I go to Kemp's Jewellers. The staff are very professional and give me wonderful ideas to help me make my choice. They make shopping, for me, a pleasure not a task."*

S Wilkinson



*A large range of new and second hand diamond jewellery*

*Gifts for all occasions*

*Repairs & Bespoke jewellery service*

*Competitively priced*

*Professional friendly advice • Beautiful gift ideas*

**9 Carlton Court, Westbury-on-Trym**

**Tel 0117 950 5090 • WWW.KEMPSJEWELLERS.COM**

**Focus On**



**Our Local Dr of Osteomyology**  
**Dawn Clode** Ostm, Lic MET Lic CR FAO

**Dawn Clode is a warm, lovely person whose occupation as a healer both of body and mind is one that she was born to do. Luckily for us, her holistic health practice is based in Little Stoke.**

## So what exactly is Osteomyology?

If we start by breaking the word down, Osteo means bone, myo means muscle, ology is a suffix meaning 'the study and treatment of'.

The Association of Osteomyology's website states, "...Osteomyology puts aside the usual tunnel vision of rigidly trained philosophies and allows the practitioner to switch seamlessly from one bodywork protocol to another even combining some methods together, this way the practitioner is never defeated as his/her armoury is limitless".

**Treatments available.** Having so many helpful tools in her kit to call upon when treating her patients is one of the many things Dawn loves about being an Osteomyologist. A selection of the treatments she is qualified to practice include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Life Coaching, Massage, Muscle Energy Technique (MET), Neuro-Linguistic Programming (NLP) and Reflexology.

## Common pain relieved or cured.

Conditions that Dawn frequently, successfully treats include; frozen shoulder, RSI, back, neck and joint pain, depression, stress and low self esteem.

Having suffered severe back pain for over 20 years herself before discovering Osteomyology, Dawn has a strong sense of empathy with her patients. Using her tool kit of holistic therapies to help people have less physical or emotional pain makes Dawn's job a joy, "Witnessing my patient's relief of pain is like winning the lottery!".

**If you are living with pain or know somebody that is, NOW is the time to get it sorted out.**

Visit [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk) for full details, or call Dawn to book in on **0795 1099 491**.



## Clinical Hypnotherapist

**Catherine Smart DHP MNCH CHBP**

Hypnotherapy can help you:

- Stop smoking
- Stop panic attacks
- Lose weight
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety



**easibirthing**  
PERFECTING NATURE

**Based in Winterbourne**

Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts and actions you'd like to banish or acquire, or emotional suffering that is too overwhelming or has gone on too long.

Call me on: **07964 991689**

**E Catherine@hypnotherapistbristol.com**

**www.hypnotherapistbristol.com**



**HARBORD**  
OPTICIANS

Welcome to Mike Harbord Opticians - a family practice in Winterbourne Village.

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

A wide range of spectacles from NHS to handmade and bespoke frames.

Call today for an appointment

**01454 775530**

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX





# live happy!

with  
Slimming World

## Monday - Bradley Stoke

Christ the King Church.  
3.30, 5.30 & 7.30pm  
Tel Kelly: 07795 951137

## Tuesday - Bradley Stoke

Wheatfield Primary School,  
7.30pm  
Tel LJ: 07880 501200

## 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  
9.30am & 11.30am  
Tel Frankie: 07519 347243

## Saturday - Bradley Stoke

Wheatfield Primary School.  
9am & 11am  
Tel Dawn: 07905 852413

find this delicious recipe online

[slimmingworld.co.uk](http://slimmingworld.co.uk)

0344 897 8000

**Slimming**  
WORLD

touching hearts, changing lives

## JustYou Holistics

I was delighted to visit Carol Massey at her home in Little Stoke for this issue, to learn more about her and the services she can offer at **Just You Holistics**. Carol is very easy to chat to and instantly makes you feel comfortable and at ease, whilst she offers you a range of treatments from massage and reflexology to Pranic healing®, either as single treatments or combination of two within the hour appointment.

In today's hectic society, we all too often neglect ourselves and this ultimately affects our health. The answer is not always pills and potions, but just taking some time out to treat your body respectfully and appreciate it for the amazing job it does. Complementary therapies are quite often the only thing our bodies need, to put us back on track.

Carol told me that whilst she has spent much of her life working in Financial Services, she qualified a number of years ago as a counsellor, psychologist and hypnotherapist, before realising that she was missing out on the hands-on part of Complementary Therapy. "I really enjoy providing people with an holistic approach to healing their mind, body and spirit." After training to a level 5 practitioner in Pranic Healing®, she went on to train in massage and reflexology, as well as Tibetan and Indian head massage. Pranic Healing® is a simple yet powerful and effective system of non-touch, energy healing based on the fundamental principle that the body possesses the innate ability to heal itself.

When providing massage, Carol mainly uses a couch with drapes to cover the areas she isn't massaging at the time and using either massage wax or oils. If the client prefers, then she is able to massage through drapes or whilst the client is laying on their side, particularly useful for pregnant ladies and clients with different pain issues, or anyone having difficulty laying on their front or back for periods of time. Seated massage is provided on a massage chair and again provided through clothing, this is wonderful for people who only want a short, half an hour session, usually just their back, neck, shoulders and head.

I opted for the Indian head massage, which was conducted seated and fully clothed. Prior to my treatment we took the time to discuss my lifestyle and any medical conditions, along with how I was feeling on that particular day. This helps Carol tailor the treatment specifically to each client's needs. She does her utmost to cater for every one as an individual - "There is no 'one size fits all'; Everyone is unique".

The Indian head massage began with Carol spending time working on my back, shoulders and neck, before turning to my arms and hands. Even sat upright in a chair this was very relaxing. I opted to have oils used on my head, but this is a personal choice. Having your head massaged is incredibly

relaxing, as is the work on your face which completes this wonderful treatment. 40 minutes was over far too quickly and Carol had to rouse me with a glass of water!

**Carol mainly provides a mobile therapy service, which is particularly beneficial for older members of the community, busy mums and anyone with mobility issues.** Mobile treatments are viewed as a treat, especially when there is more than one person in the household who would like a treatment (husbands/wives, girls get together etc). She also has employers who book her for a regular day each month to come into the office as part of their employee welfare program (suggest that to your boss!).

So, whether you treat yourself on a regular basis, or a one off treatment, give your body that well earned bit of time out to help rejuvenate itself.

**Give Carol a call and make time Just for You!**



*"I love what I can do to help people. To me it is the best feeling the world when I have just finished a treatment and my client says to me 'That was wonderful, I feel so much better now.'"*

**Carol Massey**



(Pranic  
Healing

(Tibetan Head  
Massage

(Massage

(Reflexology

**Call: 01454 626439 / 07872 440787**  
**[www.justyouholistics.co.uk](http://www.justyouholistics.co.uk)**

## OSR Troop of 1st Stoke Gifford Scout Group Celebrates Gold Chief Scouts Awards

On 18th July this year the Old School Rooms troop of 1st Stoke Gifford Scouts attended the Pirate Bay Golf Centre to celebrate the end of term and invited the Avon County Commissioner Graham Brant along to make the presentations of 5 Gold Chief Scouts Awards.

Dan White, Matthew Coggan, Josh Nicholson-Warn, Dylan Harrison and Jack Dobie have spent the last 4 years working hard on the requirements of the top award for the scout section completing the 9 challenge awards in Adventure, Outdoors, Expedition, Skills, Craft, Teamwork, Team Leader and Promise and World plus attending camps and earning activity badges in some of the 72 available.

After the presentation and congratulations from leaders and CC the troop joined in with the celebrations with cake and drinks.

**Editor's Note: What a terrific achievement - well done to all five of you!**



## Wow What a Busy Time for 1st Little Stoke Beavers

Bjam over the May Bank holiday weekend marked the first Beaver sleepover. 10 Beavers excitedly arrived at Woodhouse for a day packed full of new experiences, which the rain could not spoil. The Beavers learnt new skills making stress balls and their very own Bjam woggles. Then they experienced backwards cooking, making chocolate cakes, and popcorn on open fires. Next it was onto some awesome outdoor activities: human table football, sumo wrestling in enormous suits (which the Beavers could only just stand up in) and zorb rolling.

After dinner with the Scouts and Cubs, the Beavers took part in a silent disco, which involved dancing with headphones on, or just dancing around. Half way through the session the leaders realised that there were two different channels to listen to, which explained all the random dance moves! Next the Beavers, Cubs and Scouts cuddled up outside to watch an amazing firework display.

Finally 8 Beavers excitedly settled down in three different tents for their first ever sleepover. I say **finally** they all enjoyed a feast and chatting before 'finally' going to sleep at around midnight!!

The weekend was finished by a wonderful cooked breakfast, cooked by the cub leader and a final flag break with the district.

14 of the Beavers later attended a Medieval Fun Day at Woodhouse (bottom two photos) on a Sunday in June where they got the chance to choose from a great range of activities. They got to experience climbing through a Cavebus with torches and helmets; archery; outdoor trails; climbing wall; bungee trampolines and many more.

They had a fun filled day and the Leaders and helpers were proud of how they represented the group.



# You've got the skills to **foster...**

you may not know it yet

**We're looking for foster carers for children of all age groups.** If you have a spare room, childcare experience and the time, we'd love to hear from you.



☎ 01454 866423  
✉ [fostering@southglos.gov.uk](mailto:fostering@southglos.gov.uk)  
[www.fostersouthglos.org.uk](http://www.fostersouthglos.org.uk)

  
South Gloucestershire  
Council



## Pawsome Walkies

*Dog walking and pet visits in  
Stoke Gifford, Bradley Stoke,  
Little Stoke, and Harry Stoke*

**07860 458669**

[pawsomewalkies.co.uk](http://pawsomewalkies.co.uk)  
[julian@pawsomewalkies.co.uk](mailto:julian@pawsomewalkies.co.uk)



## “Goodbye Auntie Rachel”



**Trinity Pre-school says a sad farewell to Rachel Troth, Manager of the group for the last 14 years.**

Rachel has given more than 18 years of service to the pre-school, held in the Holy Trinity Church and rooms, being first pre-school secretary for 2 years before becoming Deputy Manager then Manager.

A special tea party at the Pre-school and Church was attended by the present pre-school children and their parents. They sang a specially composed song using Makaton to Rachel before inundating her with cards and presents.

Rachel is well known and loved within the community and her presence at Trinity Pre-school will be missed.

The current staff and children wish her well for the future along with all the ex staff and children she has come alongside over the last 20 years.



- Bookkeeping
- Accounting
- Payroll
- Fixed Rates
- First Meeting Free

**Louise Coleman - 07977 599 670**

[louise@lacaccounting.co.uk](mailto:louise@lacaccounting.co.uk) [www.lacaccounting.co.uk](http://www.lacaccounting.co.uk)

Evening or weekend appointments also available



**“The Reception team work together effectively to plan exciting and engaging learning opportunities. The classrooms and outdoor area are well resourced, vibrant and set up to support all the areas of learning effectively. Children quickly learn to develop their imagination, independence and curiosity.”**

**Ofsted**



[www.stokelodgeschool.co.uk](http://www.stokelodgeschool.co.uk)

@Stoke\_Lodge



## Ex-Pupil Returns to Open New Play Area

As a past parent and school governor, I was delighted to be invited back to Holy Trinity Primary School just before the end of the summer term for the occasion of the ‘Grand opening’ of their new climbing equipment and EYFS outdoor area.

EYFS teacher Sarah Pope told me that the reception outdoor classroom area had been beginning to look tired and no longer considered an area conducive to learning. Therefore a complete overhaul was determined to be needed and funding found with the help of the Friends of the school. The aim was to create an outdoor learning environment with open ended resources that provided the same opportunities available in the classroom, but lending itself to a more active approach to learning. This new area is the first stage in the redevelopment of the Early years provision at Holy Trinity with an update of the inside classrooms taking place during the summer holidays.

I arrived whilst Sports Day was still in full flow and it was lovely to see the children in action. It was great to meet and chat to ex pupil Joseff Morrell who was guest of honour responsible for officially opening the new play area. Joseff is now a professional footballer for Bristol City and the under 21 captain of the Wales team. He had fond memories of his years at Holy Trinity.

The new all-weather climbing equipment which has been installed on part of the field looks fantastic (see photos). The government funding for this wonderful new feature came from that devolved to all schools to encourage and promote agility, balance and coordination opportunities that are accessible to all ages of children. Sarah told me “As part of the enhancement plans we discussed the lack of opportunities for children to be active in this day and age and sought to provide safe, stimulating opportunities to support to develop good habits. Children should be physically active every day. The children have been very excited to watch as the equipment was put in place and are enjoying being able to explore the new opportunities.”

The children were certainly very excited to be part of the opening and couldn’t wait to show me what they could do on the new equipment as the inset photos show!





## Want to become a foster carer? You Can...

- Be any age over 21
- Be married, single, divorced, or in a civil partnership
- Be gay/lesbian, bisexual or heterosexual
- Rent or own your home
- Be of any ethnicity, race, religion or culture
- Already have children or not

Capstone foster care are an independent foster care agency. Our aim is to provide excellent outcomes for children and young people – building brighter futures into adulthood. We work with our foster carers to provide safe and nurturing environments, so children and young people can thrive.

We know that many people can be hesitant to come forward and take the next step to foster and need some encouragement or re-assurance that they will receive a quick and sensitive response with answers to any initial questions they may have.

**Capstone Foster Care** needs carers for children of all ages but are particularly interested in hearing

from people able to

care for sibling groups or children over the age of 11.

Foster carers receive ongoing and regular supervision, support, training and an allowance.

Foster carers can provide care on a short-term basis whilst permanent plans are made for children to return home to birth family or to an adoptive family. Alternatively, they can provide care on a long-term or permanent basis where the child will become a part of the carer's family until they are ready to leave home, but hopefully throughout their adult life too.

**Foster carers Liz & Martin say, "Being foster carers gives us a huge sense of pride – knowing we can make such a difference, and to be part of, and share, a child's life is so gratifying".**

Contact Emily on: 01454 423820 or visit  
[www.capstonefostercare.co.uk](http://www.capstonefostercare.co.uk)  
to find out more.



## Little Stoke Primary Celebrates Ofsted and a Successful Summer Term

Ofsted visited Little Stoke Primary School on 22nd May for a one day inspection following our last inspection in January 2015. We are very pleased to let you know that we have been re-awarded a Good rating and Ofsted gave some very positive comments on the excellent teaching and learning on offer at Little Stoke Primary School, the rich and varied curriculum, the safety and well-being of our pupils and the involvement of the school community.

We are delighted that the most recent inspection has identified the excellent provision that all school staff make for pupils both academically and pastorally. The report captured the fact that pupils feel safe and well cared for and enjoy coming to school. It also noted that the significant support from parents and carers has been a key part in making Little Stoke Primary School a popular and expanding local school. As a team, we will continue to work hard to maintain this high quality provision for our pupils.

It has been a busy and successful summer term for the school and, making the most of the lovely sunny weather, we have benefitted from great outdoor learning in our extensive forest school grounds, as well as taking part in informative and enjoyable class trips off site, which are linked to their classroom learning. This term classes have visited We the Curious, the Toy Museum at Blaise Castle, Weston Beach and taken part in outward bounds trips to Woodhouse Down in Almondsbury and our Year 6 camp trip to Llangorse Lake Activity Centre in Wales.

If your child is due to start school in September 2019 and you would like Little Stoke Primary to be the school where your child can begin their learning adventure, excel academically and grow into a confident young person, please come along to one of our forthcoming Open Days.

**Open Days are scheduled for Wednesday 26th September and Wednesday 21st November 2018. Please call the school on 01454 866522 for further information.**



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

- **NURTURING** Care
- **HIGH QUALITY** Education
- **STIMULATING** Environment Inside and Out
- **EXPERIENCED**, Qualified and Caring Staff

for Children aged 6 weeks to 11  
years old subject to setting  
Government Funding Available

Call 01454 615 577

www: [brightsparkspreschool.me.uk](http://brightsparkspreschool.me.uk) or  
email: [brightsparks1234@hotmail.co.uk](mailto:brightsparks1234@hotmail.co.uk)



Celebrating  
25 Years  
of Quality  
Childcare



## Ambourne House DAY NURSERY & PRE-SCHOOL

- Private Day Nursery & Pre-School offering excellent Care & Education.
- FREE grant places for 2,3 and 4 year olds.
- Highly qualified and established staff team.
- Homely & stimulating environment.
- Two amazing outdoor play areas.

**WE ARE OPEN**  
Monday to Friday  
**7.30am to 6.00pm**  
**OFFERING**  
**FLEXIBLE SESSIONS**

Take a look at  
our web site:

[ambournehouse.co.uk](http://ambournehouse.co.uk)

And don't forget  
to follow us on...



30 hours  
**FREE**  
childcare  
funding for  
3-4 years\*

\* Subject to government guideline approval

233 Gloucester Road, Patchway, South Glos, BS34 6ND

[ambournehouse@3abcare.co.uk](mailto:ambournehouse@3abcare.co.uk)

T. 01454  
615352



# Birthday Celebrations and more at Holy Family Catholic Primary School

## Super SATS at Holy Family

Year Six pupils are celebrating this week as they receive the results of their statutory assessments or SATs. Along with every other 10 and 11 year old in the country, our Year Six class, The Ladybirds, worked at an amazing pace, throughout the year, to prepare themselves for their SATs tests. Yet again, at Holy Family, we have been struck by the amazing attitudes displayed by our eldest pupils. Despite it being a very intense time, with some challenging work, our children have shown great resilience and have been incredibly supportive of their fellow classmates.



Each day of SATs week began with the exclusive Year Six breakfast club. The class poured in each morning, with great enthusiasm, and enjoyed a large breakfast of cereal, toast, yoghurts and juice. Best of all was the last exam day, when the teachers arrived earlier still, to prepare the most delicious bacon sandwiches as an extra special treat.

Once the tests were over the children enjoyed the annual Year Six Play Day (photo top right). The classroom was transformed, as for one day only the children took over. They chose to play inside or out, with bikes and scooters littering the playground. In the classroom, music was playing as children shared their favourite board games or gave each other radical make-overs! All good fun as the class let their hair down.

After the week of tests, learning took a different turn as children work on the end of year production, creating an afternoon tea-room for the parish and The Apprentice Project for Summer Fair. The SATs results have reflected the hard work of the children and all the teachers at Holy Family. The Year Six teaching team, Miss Lloyd, Mrs Scriven and Mrs Butler, couldn't be more proud of the class. Miss



Lloyd reflected, "They have made fabulous progress and achieved a lot this year – well done The Ladybirds!"

## Birthday with Bishop Declan

The end of June saw a week of celebration at Holy Family as the school marked its fiftieth year with a series of spectacular birthday events. Everyone agreed that the highlight was our Thursday morning 50th Anniversary Celebration Mass, led by Bishop Declan himself.

The Bishop arrived early for a tour of the school and was allowed a sneaky peak at the anniversary mosaics which were unveiled later that day. Parents, staff and pupils (both past and present) were invited to join the Mass and many people returned to school to reunite with old work colleagues and classmates.

The Mass itself was a true celebration. The Bishop was assisted by our Parish Priest, Father Eugene, and the students in Year 6. The pupils at Holy Family were spell-bound by The Bishop's homily: they were truly entranced – hanging off of his every word. The hall rang out with the beautiful singing of



the congregation – a fitting tribute to our wonderful school community, past and present. The Mass ended with Year 6 pupil Valerie presenting Bishop Declan with a memorial plate to remember his visit (photo bottom left).

Following the Mass, both Bishop Declan and our other visitors joined us for refreshments, and to view old photographs and documents, in our Memory Café. The walls were covered with pictures donated by members of the parish. A group of the first pupils from

1968 returned and had lots fun finding themselves in the first class photographs and reading the original school log book. It was fabulous start to our anniversary celebrations and we were very grateful to Bishop Declan and the Clifton Diocese for sharing it with us.

## Marvellous Mosaics

At the end of May, Holy Family pupils worked tirelessly with artist in residence, David Bowers, to create two stunning pieces of art work to mark our anniversary year. Prior to the week children were



tasked with designing their own anniversary mosaic to represent the values of Holy Family Catholic School and the learning experiences they have had since coming here. Those designs were combined by David and a team from across the school into one montage.

Alongside this our Year 6 pupils created designs for a second mosaic to represent our Mission Statement values; Love and Compassion; trust and Honesty; Confidence and Self-Belief; Equality and Forgiveness. The designs were of a high standard and the best eight were chosen to become the Year 6 leaver's project.

Creating the mosaics was a week of painstaking work. Every child in the school worked on the two projects; placing tiles in the precise positions or helping to grout the finished work. All the staff contributed and the school governors also had a chance to make their mark.

The finished pieces were unveiled to parents by our oldest and youngest pupil, following the Bishop's Mass. They are truly eye-catching and make a wonderful welcoming sight as you approach Holy Family Primary School. Let's hope they will be there to mark our 100th anniversary in another 50 years!



**Need Piano, Keyboard or Classical Guitar Lessons?**  
(Children and Adults)

**Contact Hilary**  
BA Hons, CT ABRSM, DBS Certified

**0117 979 2832**  
based in Bradley Stoke





This year we have been looking at our vision and values, to make sure they reflect what we see as our core purpose as a school. We have now come up with the following statement:

### Let Your Light Shine

At St Michael's School we provide a safe, happy and inspiring learning environment based around our core values of love, joy, hope and forgiveness. We celebrate the uniqueness of every child, and encourage them to shine in all they do, preparing them for life's journey.

So what does that mean in practice for the 650 children who currently attend St Michael's? In a nutshell, we want to give them as many opportunities as possible to develop their individual talents and potential. This means having an exciting, motivating curriculum and having high standards in maths and English; but just as important, we want children to develop their creative and expressive talents, in particular through art, music, dance and sport. We employ specialist teachers and coaches in all of these areas, so that children get really high quality experiences and have all sorts of additional opportunities.

### Main School production: Beauty and the Beast

Without doubt the outstanding event of the year was our production of the Beauty and the Beast (see photos). Every year we put on a whole-school musical, allowing children across the school to come together and showcase

their talents. Following the success last year of the Lion King, we decided to put on Beauty and the Beast. The children learnt their lines and the songs; they practised for months after school and at home; costumes and scenery were prepared; and eventually everything came together for the shows. And what shows they were! The audiences were spellbound and the children excelled themselves. A selection of pictures from the show can be seen here: please visit the school website for more pictures and video clips ([www.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk))

### Song and dance

We are passionate about singing and dancing, and there are all sorts of opportunities available for children: music lessons taught by a specialist; whole class learning of instruments (ukuleles and drums); small group lessons in a wide variety of instruments; after school music and dance clubs, including Bollywood dance). In addition we also have several musical theatre clubs (one in the week and two on Saturday morning)

### Art

Children throughout the school have access to a specialist art teacher, who ensures that children learn a whole range of art skills and techniques, reaching very high standards. For examples of these see our gallery page on the website.



There are many displays around the school, and recently we completed a 'Feathers' sculpture currently on display in the Wallace and Gromit shop in the Mall. Again there are after-school



clubs such as art club and sketch club, and various whole-school themes throughout the year.

### Sport

We work in partnership with Bristol Sport to make sure that children enjoy top quality sports coaching, with a particular focus this year on gymnastics and tag rugby. We take part in a whole range of sporting tournaments and competitions, including: football; tag rugby; swimming; netball; basketball; American football; athletics. This year our big achievement was again winning the South Glos Schools' Football Cup. Whatever a child's sporting interest they are likely to find opportunities to flourish here!

In so many ways we want our children to thrive and excel: above all to enjoy their time in school and develop into happy, successful young people.



If you would like to visit the school, or find out more, visit our website <http://www.stmichaelssg.co.uk>

email [admin@stmichaelssg.org.uk](mailto:admin@stmichaelssg.org.uk) or call 01454 866781.

We look forward to hearing from you.



## Local Green Spaces Designation

South Gloucestershire Council are now reviewing responses received from the recent consultation. Over the next 12 months the Council will be reassessing those spaces that were nominated, but not designated in the Policies, Sites and Places Plan (PSP), along with any new nominations, and comments made to existing designated spaces. South Gloucestershire Council will then present the final list of spaces suitable for designation and their preferred approach for working with communities to deliver these in the draft Plan once the outcome of the Joint Spatial Plan (JSP) is confirmed.

## Little Stoke Community Hall Enhancements

Works remain ongoing in relation to enhancement works at the Little Stoke Community Hall which will see the introduction of new changing facilities, a new café, a larger meeting room, new office, along with the creation of a new entrance foyer to the building. The project remains under budget, but has faced several construction delays.

## Parks and Open Spaces

It has come to the attention of the Parish Council that matters relating to the parks and open spaces in the Parish are being discussed by residents on local social media sites. Residents are encouraged to report any issues or concerns directly to the Parish Council Offices, so that the appropriate action can be taken.

## Section 106 Funding

New machinery attachments have now been purchased to assist with key maintenance tasks across the parks and open spaces. The Parish Council has now received a significant amount of funding from this funding stream covering a range of projects in the local community. There are several other projects which have been submitted to South Gloucestershire Council for consideration in the near future.

## Network Rail Construction Works

The Parish Council has received several enquiries

from residents about the ongoing local works. Residents are encouraged to contact the Network Rail 24-hour helpline number 03457 11 41 41 available for residents to call in the event of queries or complaints.

## Community Infrastructure Levy (CIL)

The Parish Council have recently approved expenditure from CIL funding for several projects across the Parish. Forthcoming works include path improvements in both Little Stoke Park and Meade Park, new Street furniture to include bins and benches across a few parks and open spaces, new Children's Play equipment and improvements to play areas which include a new cantilever basket swing in Meade Park (photo right) and wooden surround in the tyre swing area at the Stoke Gifford Trust Ground (photo right), and improvements to the BMX Track in Little Stoke Park. A small amount of CIL funding from the previous financial year will be used to purchase a few picnic benches.



## Friends of Meade Park

Representatives from the Friends of Meade Park attended a recent Council Meeting where the Parish Council welcomed the news that this group has been re-established.

Should residents wish to make contact, they can e-mail them on the following address: [friendsofmeadepark@gmail.com](mailto:friendsofmeadepark@gmail.com) or use facebook: Friends of Meade Park or twitter: @meade\_park



DROP IN ADVICE SESSION EVERY 2<sup>ND</sup> AND 4<sup>TH</sup> FRIDAY  
10.00AM – 12.00PM

@

THE STOKES, LITTLE STOKE 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 STOKE 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](mailto: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](http://www.stokegifford.org.uk) Friday prior to the event.

# Tennis Courts

Now available for hire  
at  
**Stoke Gifford Trust  
Ground**

North Rd, BS34 8PE  
**Cost : £5 per hr**

**Booking Contact**  
**Stoke Gifford Parish Council**  
**Tel 01454 865202**  
**Email [clerk@stokegifford.org.uk](mailto: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, 9th October 2018  
Tuesday, 13th November 2018

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

**PLANNING AND TRANSPORTATION  
COMMITTEE (4th Tues of Month)**  
Tuesday, 25th September 2018  
Tuesday, 23rd October 2018  
Tuesday, 27th November 2018

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

**YOUTH COMMITTEE (4th Thurs of Month)**  
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](mailto:clerk@stokegifford.org.uk)

Website: [www.stokegifford.org.uk](http://www.stokegifford.org.uk)



## Abbeywood Community School

# OPEN EVENTS 2018

Thursday 27 September 2018  
6.00 pm - 8.00 pm

- Headteacher presentation
- Enjoy a school tour, courtesy of students
- Meet our staff and governors
- NO BOOKING NECESSARY

**Bookable Daytime Tours**

Thursday 27th September at 9.00 am and 11.15 am  
Monday 1st October at 9.00 am and 1.45 pm  
Wednesday 3rd October at 9.45 am and 1.45 pm

Bookable at: [info@abbeywoodschool.com](mailto:info@abbeywoodschool.com)

@AbbeywoodSchool

Ofsted Good Provider

In Partnership with Ampus Academy Trust



## Mama Bear's Day Nursery and Pre-school

Excellent childcare for 0-5 year olds.

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

**Baileys Court**  
Bradley Stoke BS32 8EJ  
0117 979 4190

Ofsted Outstanding Provider

**Taking registrations now for September spaces!**  
FREE pre-school places and flexible care available. Call us to arrange a show around where you will have the chance to look around our fantastic facilities and meet our wonderful staff. You can also discuss your childcare requirements, which funding options are available and register to secure your place.

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

## TJ Saracens Netball Club

Sunday, 8th July saw the end of season presentation evening for TJ Saracens Netball Club. It was an opportunity to look back on the season and celebrate many of the club's achievements and award some individuals who have played a key role in the club's success.

**The most notable accomplishment was winning the Avon League's Premier Division.**

Being the top team amongst 100 in the Bristol area was a very good feeling indeed. Next year the team will be playing netball in the South West region against teams from Wiltshire, Gloucestershire and Somerset as well as Bristol which will be a significant step up, but all the players are up for the challenge.

There was success amongst the junior teams as well with one of the U14 teams winning Division 4 of the U14 Avon League. They had all received a trophy at the Avon League Presentation evening in May and their achievement was celebrated by the club too.

There was individual success too. Most noteworthy was Lucy Taylor-Hunt who attends Abbeywood School who has been invited to train with Team Bath as part of their hub. Amelia Bombroff who attends Winterbourne Academy and Ateca Smith were also invited to become part of the County Development squads in their age groups.

There were awards for the Most Improved Player, Coaches' Player and Outstanding Player in U12, U14 and U16 age groups. Players also voted for their Players' player, the player who they felt contributed the most to the team. Hannah Eastwood was the winner of this trophy for the U16 squad and Izzy Lloyd for U14. Special mention should be given to Charlotte Jones, Sue Miles, Abby Cox and Nadine Nunn who have coached the club this year and been key in its success.

**The club is looking for sponsorship for its new kit and tracksuits for its regional team so if you would like your business to reach people across the South West, please contact Karen or Charlotte on the numbers below.**

The season had been extended by about a month owing to the bad weather, not finishing until the beginning of May. Apart from playing in Summer League, the club took a break in July with training starting back later this month.

**The club is always looking for new players at junior and senior level who want to play competitive netball.**

**Please contact Charlotte Jones on 07581 424841 or Karen Biddel on 0789 005 6287 if you are interested and would like to attend trials.**




## Fromeside Gymnastics Club

★ Pre School classes for walking age up to 4 years – mornings and early afternoons Monday to Friday.  
★ Recreational classes for school age children, 4 – 17 years – weekday evenings and Saturday morning.  
★ Men and Women's competitive artistic gymnastic squads.  
★ Over 50s fitness group, 10–11am ★ School holiday programmes

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





## Brookfield Garage

Independent Ford Specialist but any make or model are welcome for our expert car servicing and repairs.

### SUMMER OFFERS!\*

- **10% Discount on Brake Fluid service with any routine car service.**
- **Save £15 with every service and MOT combined booking.**
- **Free air conditioning cleaner and purifier with every air conditioning service.**

\*Offers valid until 31/08/18

**RAC**  
Approved Garage



To book in Tel: 0117 951 2285 • [www.brookfield-garages.co.uk](http://www.brookfield-garages.co.uk)  
140 Ashley Down Road, BS7 9JS



## Brookfield Mobility Solutions



Brookfield Mobility Solutions continues to deliver high quality customer focused service. We offer a bespoke car adaptation fitment service.

- **Push-Pull hand controls** ▪ **Left foot throttles**
- **Scooter and wheel chair hoists**
- **Control aids** ▪ **Electronic signalling**

It is our aim to provide a personalised solution to all our customers in conjunction with our high class suppliers of adaptations. BMS can fit your adaptations at your convenience either at your supplying dealer, home address or place of work. We can also fit at our fully equipped workshop.

For full details of our services and product range visit  
[www.brookfieldmobility.co.uk](http://www.brookfieldmobility.co.uk) or Tel: 0117 239 5018



**30-32 Filton Rd,  
Bristol, BS7 0PA**

## EPC changes – What Landlords need to know

### What is an EPC?

An Energy Performance Certificate (EPC) which is valid for 10 years shows information about the energy efficiency of the property to which it relates and what you can do to improve it.

EPCs are needed whenever an eligible property is constructed, sold, rented out or when certain improvements are installed.

### What is changing?

From 1 April 2018, if you are a landlord and you are granting, renewing or extending a lease of a property, it must achieve a minimum energy rating of band 'E', this means properties with a rating of F or G are non-compliant. This rule applies to both domestic and non-domestic properties.

The regulations will be phased in and will apply to continuing lettings from 1 April 2020 for domestic properties and 1 April 2023 for non-domestic properties.

If the regulation applies, landlords will need to ensure that energy efficient improvements are made to the property which raises the EPC rating to a minimum of E. However, these prohibitions on letting 'sub-standard' properties (i.e. an EPC rating of F or G) are not absolute.

### What is the risk if Landlord's don't comply?

A landlord who does not comply with MEES rules may be liable to enforcement action.

Financial penalties are based on rateable values and can be as much as £150,000 for long periods of breach.

In addition to, or in substitution, landlords found to have been in breach will be named and shamed on a public register for up to 12 months or for such longer period as is considered appropriate.

Aside from the risk of a substantial fine and/or adverse publicity, a sub-standard EPC rating can have a number of negative effects, including:



- The property may not be marketable without improvement works to bring the efficiency rating at least to the minimum standard;
- The valuation of properties may be affected if the marketability is diminished; and
- The assessment of market rent at rent reviews may be affected and there may be implications at dilapidations assessments.

### What should I do next?

Prudent landlords should be assessing their properties and preparing an action plan for managing risks to properties which are deemed sub-standard.

**Our experienced team of Bristol solicitors can help property owners with all aspects of selling, buying or letting commercial properties. To arrange an initial discussion, please contact Janine Harris, Head of the Commercial Property Department, on 0117 9733 989 or email [janineharris@amdsolicitors.com](mailto:janineharris@amdsolicitors.com).**

### Advice Making a Difference



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



# Bradley Stoke Youth FC (BSYFC) Football Festival



On Saturday 9th June 2018 the annual Bradley Stoke Youth FC Football Festival took place at the Jubilee Centre and attracted 130 Year 1 children from 12 different local schools and 20 BSYFC Year 1 and Reception children.

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



The event is connected with the club's school link program, which sends BSYFC coaches into local schools every year from February to May to encourage youngsters to become engaged and enthused by football with weekly fun football sessions involving all the Year 1 classes at their school. The school link program started way back in 2007 and has been developing and growing ever since.

The Festival itself is free of charge and it's not a tournament. All teams play four games each and the scores are not recorded. Winners are effectively determined by the coaches beforehand via a points-scoring system based upon principles such as attitude and approach by players and teachers to their football, how well prepared and organised they are each week etc



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

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



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

*(team photos run from top left down, across and up in order of awards listed)*



**Results from the Festival as follows:**

**Bowsland Green and St Michael's were the recipients of the Football Festival Teachers Award for 2018.**

BSYFC and McDonalds 10 year Anniversary Community Award - [St Michael's A & B](#)

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

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

BS Town Council School Link Coaches Award - [Bailey's Court](#)

Bradley Stoke Community Festival Respect Award - [Bowsland Green](#)

BSYFC Festival of Football Achievement Award - [St Mary's, Thornbury](#)

BSYFC Festival of Football Club School Link Winners - [Bradley Stoke Community School](#)

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

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

BSYFC Festival of Football Club School Link Runner Up - [St Mary's, Bradley Stoke](#)

McDonalds Festival of Football Winners - [Meadowbrook](#)

McDonalds Festival of Football Winners - [Iron Acton](#)

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

**If anyone is interested in joining the club: please email [mlee1@btpopenworld.com](mailto:mlee1@btpopenworld.com) or visit the web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk)**







SHOP, LESSONS, REHEARSAL ROOM  
ALL UNDER ONE ROOF!!



**An Aladdin's cave for music lovers!**  
Guitars, Amps, Brass & Woodwind, Sheet Music, Drums, Percussion etc. A wide range of musical accessories and gifts also available

**REHEARSAL ROOM with  
IN-HOUSE PA & DRUMS**



**Tuition also available:**

- Singing • Piano • Keyboard • Flute • Clarinet
- Saxophone • Drums • Ukulele • Recorder
- Guitar • Jazz Piano

**6 Moor Steet, Chepstow NP16 4DE**  
**Telephone: 01291 627122**

Call in and see us for more information, or  
check out our website  
**www.hannahsmusic.co.uk**

**Promotion extended until  
end of September 2018!**

**JOIN US FOR A  
SUMMER IN SHAPE**

**HALF  
PRICE GYM  
MEMBERSHIP\***

**Spirit**

**Join early, save more!**

Join us now for best value membership and enjoy your summer in great shape. Throughout June, July and August 2018 you can save more with our half price gym membership and the earlier you join, the more you'll save.

Our friendly fitness team will be on hand to help you achieve your summer fitness goals with motivational programmes and some fun along the way. Get stuck in with a class, feel invigorated after a gym workout and enjoy a relaxing swim in our pool. As well as looking and feeling great you'll feel energised in no time at all.

Contact us now to take advantage of our incredible offer or for more information.

Visit: [spirithalthclubs.co.uk/offers](http://spirithalthclubs.co.uk/offers)  
Call: 0117 9701462  
Email: [spirit@hibristolfilton.co.uk](mailto:spirit@hibristolfilton.co.uk)  
Holiday Inn Bristol - Filton, Filton Road, Hambrook, Bristol, BS16 1QX

\* Terms & Conditions apply. Ask in club for details.  
\*\* Gym facilities vary at each location. Visit our website for facility details.

**Spirit**

## Charity and Leisure Club form new partnership!

The West of England MS Therapy Centre based in Bradley Stoke has partnered up with Riverside Leisure Club in Little Stoke thanks to one of their members Giselle Rozzell.

Giselle was diagnosed with primary progressive Multiple Sclerosis in November 2012. Since being diagnosed Giselle has used the MS Therapy Centre and says "I do physio classes to help with balance. I also do weekly oxygen which is in a compression tank breathing pure oxygen through a face mask; this helps me enormously with fatigue, balance and posture. I wanted to include my love of water into my weekly routine so I joined Riverside Leisure Club who have been extremely supportive. I do a weekly aquafit class there and also enjoy swimming which is fantastic as it doesn't put any pressure on my joints."

Giselle saw an opportunity for the two centres to work together and introduced the MS Centres Events and Community Officer Sarah Vincent to Ali Drury, Riversides Centre Manager. The pair has since been busy forming a mutually beneficial partnership with many fundraising events in the calendar.

Sarah says "I am very excited about the partnership we have formed. Ali and his team have been amazing and I cannot wait to get some of the events underway at the Riverside. It costs us in the region of £400,000 a year to operate so relationships like this are critical to our success and enables us to continue helping those that need us."

**If you are a member of Riverside and would like to get involved in some fundraising for the MS Therapy Centre then please contact Sarah Vincent via email [sarah.vincent@mstherapybristol.org.uk](mailto:sarah.vincent@mstherapybristol.org.uk)**



Pictured in the photo left to right: Giselle Rozzell (MS and Riverside Member), Sarah Vincent (Events and Community Officer, MS Centre), Ali Drury (Riverside Centre Manager) and Alana (Riverside Class Instructor).

**Excellence in all aspects  
of general nursing and  
residential dementia care**

**Bristol Care Homes**  
providing a unique care service

- beautiful gardens
- purpose built homes with 24/7 air circulation
- spacious rooms and wide corridors
- television with DVD and telephone in each room
- wheelchair provision at no additional cost
- high technology baths and walk-in showers
- top quality chefs
- programme of interesting and stimulating activities



**Glebe House**  
ALMONDSBURY  
Telephone 01454 616116



**Beech House**  
THORNBURY  
Telephone 01454 412266



**Field House**  
HORFIELD  
Telephone 0117 969 0990



**Quarry House**  
FISHPONDS  
Telephone 0117 965 4466

Find out more about our family of care homes at: **[www.bristolcarehomes.co.uk](http://www.bristolcarehomes.co.uk)**





## FREE IT COURSES

at your local library

"I got back in touch with old friends online and met new friends on the course. I absolutely loved it!"

Would you or someone you know benefit from learning or improving their computer skills?

In a relaxed and friendly environment, with approachable and patient tutors, you will be able to learn the following skills:

- Use the Internet to search for information, shop safely online, book holidays, flights, hotels and other activities.
- Use email to send and read messages and add attachments. Create documents such as letters and posters.
- Learn about ICT safety and security when working online.

Courses start in September 2018 at the following venues:

Monday am - Winterbourne Library  
Tuesday am - Downend Library  
Wednesday am - Emersons Green Library  
Wednesday am - Bradley Stoke Library

If you would like to book or have any questions please call Ann Hawkins on **0117 909 2296** or email [ann.hawkins@sgscol.ac.uk](mailto:ann.hawkins@sgscol.ac.uk) or pop into your preferred venue and speak to a librarian.

Courses start in September and February but you can start throughout the year as long as there are spaces available.



### Wildflower Meadow Wild Picnic, with Owls!

Thursday 23 August – 12–2.30pm

An afternoon of nature based exploration at Says Court Solar Farm, with the Hawk & Owl Trust. Meet the owls, enjoy a picnic in the wildflower meadow and go bug hunting, nature spotting and more. Bring a picnic and make the most of the summer holidays in this secluded wildflower meadow surrounded by traditional farmland and solar farm. A mix of led and free play activities available. Includes a walk of approx. 1 mile.



Avon Wildlife Trust  
Reg. in England & Wales No. 1495108  
32 Jacob Wells Road, Bristol, BS8 1DB  
Reg. Charity No. 280422  
0117 917 7270  
Protecting Wildlife for the Future



### Owl Prowl – Says Court Dusk Walk

Wednesday 12th September – 6–8pm

An evening of exploring nocturnal creatures around Says Court. We will dissect an owl pellet to help us find out what they have been eating and as dusk settles head out onto the farm for a night walk. Kindly supported by the Hawk and Owl Trust who will be able to introduce you to a real native owl too. Includes a walk of approx. 1 mile. Booking essential.



Avon Wildlife Trust  
Reg. in England & Wales No. 1495108  
32 Jacob Wells Road, Bristol, BS8 1DB  
Reg. Charity No. 280422  
0117 917 7270  
Protecting Wildlife for the Future

# 2 BRITAINS GOT TALENT FINALISTS IN

## VOICES of VARIETY

FOR ONE NIGHT ONLY

Live at Bawa



**STEVE HEWLETT**  
COMEDY VENTRILOQUIST



**PAUL BURLING**  
COMEDY IMPRESSIONIST



**STACEY CHRISTOPHER**  
SPECIAL GUEST VOCALIST

**BAWA**  
589 SOUTHMEAD RD  
FILTON, BRISTOL  
BS34 7RG

**FRI OCT 5TH**  
Doors 7.00PM  
Show 7.45PM

**ALL TICKETS £12**  
**WWW.BAWA.BIZ**  
**BOX OFFICE:**  
**0117 976 8066**



# Chepstow Show

## Sat. August 11<sup>th</sup> 2018



### At Chepstow Racecourse

Main Ring programme commences 9:30 am.  
Attractions include.

The Rockwood Dog Display Team; and  
The Joseph Peace Fire Stunt Spectacular

Pony Club Mounted Games  
Curre & Llangibby Hunt Parade of Hounds  
Grand Parade of Livestock  
Woolaston Basset Hounds  
Display of Vintage Vehicles

.....  
ADULTS £10 • CHILDREN (5-16) £4  
UNDER 5's Free • SENIORS £8  
FAMILY TICKET £25 (2 adults and up to 3 children)

**CASH PAYMENTS ONLY FREE PARKING**



**www.chepstowshow.co.uk**

### Winterbourne's Medieval Barn – News & Events

There have been some marvellous events at the Barn in the last few months, including the Medieval Fayre, Frampton Shantymen and the Bristol Male Voice Choir, a Wine-tasting evening, and the opera Falstaff.

Winterbourne & Frampton Matters was delighted to attend the fantastic Medieval Fayre. We got a wonderful sense of history as we strolled around the Barn and its grounds. We particularly enjoyed The Company of Chivalry displays of life in a 14th century camp – with demonstrations of cooking, spinning, carpentry, coin-making, make-up and clothing, falconry, archery, crossbows, military drills and battles. It was interesting and relaxing to browse the vegetable garden and of course the abundance of scrumptious cake was a highlight!

There are many more fantastic performances and Open Days to enjoy at this historical venue during August and September. If you have never visited, we thoroughly recommend you attend one, you won't be disappointed.

#### August/September 2018 Events

**Sunday 12 August, 2.30pm – The Three Musketeers.** Set in 1627, this fast, funny and colourful adaptation by Ian Kennedy Productions of Alexander Dumas's famous French tale has real professional-choreographed sword-fighting, but is self-aware and relevant for an audience in 2018. One for all the family! Gates open at 1pm for visitors to picnic in the grounds if they wish before the performance in the Barn. Drinks available to purchase. Tickets £10 Adult, £8 Child (under 16yrs), online now from Ticketsource [www.ticketsource.co.uk/date/HIJMHH](http://www.ticketsource.co.uk/date/HIJMHH) or in person from Daisy's Coffee Shop from 28 July. There may be a few tickets available on the gate but this cannot be guaranteed.

**Tuesday 28 August, 7pm – 'The Winter's Tale' by Shakespeare.** This production is brought to you by The Festival Players, a professional theatre company

committed to presenting the very best in touring theatre. It is directed by Michael Dyer with music by Johnny Coppin. The Winter's Tale is an intriguing mix of drama and comedy. Gates open from 5.30pm for visitors to picnic in the grounds if they wish before the performance in the Barn. Drinks on sale beforehand and in the interval. Tickets £14 Adult, £10 Child (under 16yrs) online now from Ticketsource [www.ticketsource.co.uk/date/449672](http://www.ticketsource.co.uk/date/449672) or in person from 13 August at Daisy's Coffee Shop, or on the gate if there are any left.

#### Saturday 8 September and Sunday 9 September – Heritage Open Days, 12.00–5.00pm

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

Winterbourne Barn is an outstanding and unique building of national importance. All other surviving medieval great tithe barns were built by the monastic estates, universities, or the Knights Hospitaliers, but Winterbourne Barn was built by Thomas de Bradeston in 1342, just a few years before the Black Death first hit in England. Only three barns of this scale are recorded as built by gentry families, and Winterbourne is the only survivor. The Barn was built using the green-timber construction methods which were the cutting-edge technology of that period. It is a fine example of a raised-cruck construction and one of the largest and earliest raised-cruck barns.

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

**[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)**  
and you can also follow them on Facebook and twitter.

**Winterbourne Medieval Barn,  
Church Lane, BS36 1SE**



## Community Noticeboard

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

### Severn Vale Flower Club

Meetings held (unless stated otherwise) on the third Wednesday of each month at 2.00pm (practice classes at 1.30pm) at the Armstrong Complex, Chapel St, Thornbury, South Gloucestershire, BS35 2BJ. Tel: 01454 412060. Membership costs just £45 per year, visitors welcome to join meetings, at an entrance fee of £6.00. Practice classes are £4 for members, £6 for visitors.

#### Forthcoming Programme

**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

Barnardo's Stoke Gifford  
Unit 2a Ratcliffe Drive BS34 8UE

### Table Top Sale

Ladies, Men's & Children's clothing,  
CD's, DVD

**Sat 25th August**  
**10.30am - 3.30pm**

- Face Painting (11.30am-3.30pm)
- Cake Sale • Raffle
- Lollipop Lucky Dip (prize every time)
- Meet Robbie the Rabbit

Believe in  
children  
Barnardo's

Barnardo's Registered Charity  
216250 & SC037605

## Bradley Stoke Library

**Adult Craft Group**  
Saturday 11th Aug 10:30-12:00

### Summer Reading Challenge Craft Dastardly Disguises

Tuesday 14th August 14:00-16:00  
(Suitable for children aged 4-11 years)  
\*Adult supervision required

### Summer Reading Challenge Craft Dennis & Friends

Friday 24th August 14:00-16:00  
(Suitable for children aged 4-11 years)  
\*Adult supervision required

#### Code 4 Kids Scratch

Saturdays 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

### Willowbrook Townswomen's Guild

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

August 14th - **Charity Night**  
Sept 11th **The Really Expensive  
Chocolate Co**

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

### Little Stoke Garden Society 43rd Annual Show

**Saturday 1st September 2018, 2.30pm**  
**The Community Hall, Little Stoke Lane**  
for more information visit  
<https://littlestokegardenandallotmentsociety2018.co.uk>

### DOWNEND HORTICULTURAL SOCIETY

Present their 73rd Summer flower show on  
**Saturday 11th August at 2pm**

£2 entry with free refreshments. All sections open to  
non members staging of exhibits from 9am to 10.30am  
at Assembly rooms, Salisbury rd, Downend, BS16 5RA.  
Further info call John Parker 0117 9562858

There's a ton of fun waiting for you at a  
South Gloucestershire library this summer –  
get ready for Mischief Makers, the Summer  
Reading Challenge 2018!

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 runs in all South  
Gloucestershire Libraries until Saturday 8th  
September – it's FREE to take part.**

### Stoke Gifford Community Library

above the Old School  
Rooms Coffee Shop  
The Green Stoke Gifford



#### Opening hours

**Tuesdays 2pm-4pm**

Aug - 14th & 28th Sept - 11th & 25th  
Oct - 9th & 23rd Nov - 6th & 20th  
Dec - 4th & 18th

**Thursdays 9am-11am**

Aug - 9th & 23rd Sept - 6th & 20th  
Oct - 4th & 18th Nov - 1st, 15th & 29th  
Dec - 13th & 27th

### Bradley Stoke Youth FC U14 Whites

Hi, we are Bradley Stoke Youth U14 Whites and we  
play in the Avon Youth League Division 3. We train  
in the summer at Norman Scott Park in Patchway  
and in the winter on the new 3G pitch being built  
at Patchway Towns pitch (Norman Scott) from  
September 18.

We are looking to recruit new players that have  
played in teams before. If you are in-between teams  
and looking for a new challenge please contact Iain  
Summers - [dr.iain.summers@gmail.com](mailto:dr.iain.summers@gmail.com)

**Players must be 12 or 13 on 31st August 2018 to  
be eligible**

THE READING AGENCY AND LIBRARIES PRESENT

## MISCHIEF MAKERS SUMMER READING CHALLENGE 2018

**Fizz Pop Science Workshop**  
Friday 27th July, 10.30-11.30am

TICKET ONLY: contact your  
library to book

**Make some  
Mischief!**  
Friday 3rd August  
10.30am - 12

**Dastardly Disguises**  
Friday 10th August  
10.30am - 12

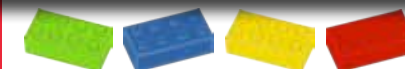
**Dennis & Friends**  
Friday 24 August  
10.30am - 12

### Winterbourne Library

**FREE** drop in fun for 4 – 11 year olds this summer

[www.mischief-makers.org.uk](http://www.mischief-makers.org.uk) For all activity details: [www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary)

READING AGENCY facebook.com/sglibraries @southglos Active Libraries



## LEGO CLUB

### Patchway Library

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

### Alternate Saturdays



**10.30-11.30**  
8th & 22d Sept  
6th & 20th Oct  
3rd & 17th Nov



It's **FREE** to come along

All children must be accompanied by a grown up

[www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary)

@southgloslib sglibraries



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

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





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

### BABY AND TODDLER GROUPS

**Beehive Baby and Toddler Group, The Old School Rooms, Stoke Gifford. Thursdays 10-11.30, term time only. Church office 0117 9692486.**

**Bouncing Babies** - Tuesdays 1-3pm at Jubilee Centre for babies under 1. Cheryl Godsell 01454 868570 CGdsll@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. puddleducktoddlers@hotmail.co.uk

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

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

### LOCAL CLUBS AND ORGANISATIONS

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

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

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

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

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

**Bradley Stoke Lions** meet every 2nd Wednesday at the Doubletree Hilton at 7.30 pm Ailsa Young, 07737 106836 [ambyoung29@yahoo.com](mailto:ambyoung29@yahoo.com)

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

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

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

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

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

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

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

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

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

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

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

**Willowbrook Townswomen's Guild** - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Ros Galleary - [rosalindg@tiscali.co.uk](mailto: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](mailto:community@mattersmagazines.co.uk) and we will do my best to put it right for you!

### SPORTS CLUBS

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

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

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

**Bradley Stoke Cricket Club** - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at [bradleystokecc.play-cricket.com](http://bradleystokecc.play-cricket.com)

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

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

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

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

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

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

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

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

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

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

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

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

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

**Stoke Gifford Short Mat Bowls Club** -Tuesday mornings and Friday afternoons. For more information please contact 0117 9791807 or email [sgsmbc@outlook.com](mailto:sgsmbc@outlook.com).

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

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

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

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

### CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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

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





## Local Schools in and around the Stokes

### PRIMARY SCHOOLS

**Baileys Court Primary School**, Head Teacher: Andrew Lynham, Breaches Gate BStoke, 01454 83820

**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**, Interim Head of School: Caroline Carter, Amberley Road Patchway, 01454 866786

**Holy Trinity Primary School**, Headteacher: Janet Dickson, 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**, Interim Head Teacher: Sharon Bishop, Three Brooks Lane BStoke BS32 8TA, 01454 868630, meadowbrookprimary.co.uk

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

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

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

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

**Wheatfield Primary School**, Head Teacher: Phil Winterburn, 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

## Useful Trades and Services for the Home

**PRICELECTRICAL SERVICES**

**Domestic and Commercial Electrical Contractors**

- New Builds • Extensions • Rewires
- Consumer unit upgrades
- Kitchen/bathroom upgrades • Inspection & Testing

**07788 55 33 04 / 01454 615014**  
[info@priceelectrical.co.uk](mailto:info@priceelectrical.co.uk)

Approved Contractor, TrustMark, Electrical Safety Register, Checkatrade.com, Business Insurance

**ACE TAXIS**  
*Of Bradley Stoke*

*Short and Long Distance  
 Station / Airport Bookings*

**01454 626 837**

VISA, MasterCard, American Express, Major Credit & Debit Cards Accepted

### Weatherite Roofing Ltd

- From Small Roof Repairs to New Roofs
- Slate, Tile & Flat Roofs
- EPDM Rubber - Solutions for Flat Roofing, proven to last for over 50 years
- Leadwork & Chimney Repairs
- Soffits, Fascias & Guttering
- Free Prompt Quotes
- Insurance Work
- Domestic & Commercial



**READER OFFER:**  
 With every new roof fitted we will include FREE fascias, soffits & guttering!  
 expires 30/09/2018



**Tel: 01454 556464 / 07759 326657**  
[www.weatherite-roofing.co.uk](http://www.weatherite-roofing.co.uk)

**Forget Credit Checks • From £250 a Month**

**LOW COST UK VAN RENTAL**

**Let's go Rental**  
*Guaranteed Vehicle Rental Service*

- ✓ Fully Maintained
- ✓ Short or long term

**WE WILL NOT BE BEATEN ON PRICE**

**Great Deals for Builders & Tradesmen**

**01179 612233**  
 Follow us on Twitter @RentalGo

**info@lets Gorental.co.uk**  
[www.lets Gorental.co.uk](http://www.lets Gorental.co.uk)

**FELTHAMS FIRES & FLUES LTD**

132 GLOUCESTER ROAD  
 PATCHWAY  
 BRISTOL  
 BS34 5BP

Website: [www.firesandflues.com](http://www.firesandflues.com)  
 Email: [felthamsfiresandflues@hotmail.co.uk](mailto:felthamsfiresandflues@hotmail.co.uk)  
 Facebook: Felthams Fires and Flues  
 TEL: 0117 9093300

**Feltham & Sons is a family business trading locally since 1989.**

We sell stoves, spares for stoves, (both wood-burning stoves and multi-fuel stoves), and a full range of flue pipe. We also give stove related advice and after-sales support for new and regular customers.

We offer a complete package from builder's works, installation, supplier installers, multi-fuel wood burning stoves

Why not pop in and see us in our show room  
 132 Gloucester Road, Patchway?

**HETAS** (Approved Installer), **THE GUILD OF MASTER CRAFTSMEN**, **FSB** (Federation of Small Businesses - The UK's Leading Business Organisation)





## Useful Trades and Services for the Home



- Free local delivery
- Free assembly
- Free disposal of your old bed

**Mobile Viewing Service  
for the Elderly and Housebound**

Divans / Mattresses / Bunk Beds / Wall Beds / Pine  
Beds / Ottoman beds / Beds Made to Measure /  
Memory Shaping & Latex Mattresses

**Open Mon-Fri 9am-5pm & Sat 10am-3pm**

**Visit our showroom:**

The Old Post Office, 26a Gloucester Road,  
Rugdey, Bristol, BS35 3RY

**01454 617277 / 07887 853479**  
enquiries@bedlambeds.com

## R H PLUMBING & HEATING HEATING & BATHROOM SPECIALIST

- Central Heating
- Gas Work
- Complete Bathroom Refurbishments



Reg No 213960

**RICK HARDING**

PHONE: 01454 618009

MOBILE: 07711 225095

E-MAIL: alric.harding@hotmail.co.uk  
www.rhplumbingandheating.co.uk

## Useful Trades and Services for the Home



**MD Aerials**

Call Michael Dagger

**T: 01454 418 341 M: 07817 304 236**

All types of aerial and satellite work undertaken including:



mike@mdaerials.co.uk www.mdaerials.co.uk



## RJM Design and Build Carpentry Ltd

- Extensions • Conversions • Kitchens
- Refurbishments • New Builds
- Plans to Completion

Contact Rich Manning

**0796 629 5055**

www.rjmdesignandbuild.co.uk



**Emergency number: 07798 905 337**

Keep it in your mobile

## Lock Stuck and Barrels

*The complete door and window service*

**Locked out?**

**Need to replace or  
change your locks?**

- Swift LOW cost emergency service to all home/commercial lock outs.

- Non destructive methods gaining entry quickly and efficiently from the initial call.

- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.

**ALSO: LOW cost Repair / replacement of UPVC / ALUMINIUM WINDOW and DOOR: LOCKS, HINGES, HANDLES AND MISTED UP / BROKEN DOWN DOUBLE GLAZED UNITS.**

Full explanation and costs given before any works carried out. All work fully guaranteed. No call out fee

**Call Dave on 07798 905 337**

www.thebristollocksmith.co.uk  
Based in Frampton Cotterell



# Almondsbury Landscaping

**Creative Professional Service**

**Patios • Paths • Block Paving Driveways • Tarmac Driveways  
Ponds & Water Features • Fencing • Turfing • Decking • Pergolas • Planting  
Brick and Stone Walls • Shed Bases • Complete Design & Build Service**

Call Nick for a free quote  
**0117 9870959**  
**07545 867348**  
almondsburylandscaping@outlook.com  
almondsburylandscaping.co.uk

From a single tile to a whole roof, all build and roof works undertaken, pitched and flat.

**ROOF-TECH Bristol**

We have over 20 years experience are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey, just give us a call.

Office: **01275 540952** Mobiles: **Ben Peters: 07724 681620 or Steve Coles: 07724 639830**  
E-mail: **roof-tech@hotmail.com**

## JDS GARDEN SERVICES

**'FOR ALL YOUR GARDEN NEEDS'**

We are a local business that offers a fast, reliable and quality service for all your garden requirements. Our services include:

- Hedge Trimming/Pruning
- Decking
- Turfing/Seeding
- Paving / Paths & Patios
- Ponds & Water Features
- Raised Beds
- Shed Bases / Erection
- Complete Design & Build Service
- Fencing / Trellis

Call John on: **0117 9143810** or **07846 430 212**  
Fully Insured / Free Written Quote / All Work Covered by our "Workmanship Warranty"



## CPH PLASTERING

**Local - Competitive - Reliable  
Fully insured**

Internal plastering and painting work undertaken

**Call Chris on:**

**07557 118462 / 0117 9564371**



## Useful Trades and Services for the Home



**D.R. VIZARD and SON**  
Tel. 01454 416948  
Registered with Age UK

### ROOFING SERVICES

- UPVC Soffit
- Fascia & Guttering
- Stonework
- Re-Roofing
- Chimney Repairs
- Roofing Repairs
- Flat Roofer
- House Maintenance

**RELIABLE LOCAL BUILDERS**

### South Gloss Decorating

Painters & Decorators

Interior and Exterior  
Affordable, Reliable, Professional

Dave Beauchamp

0117 956 9932

07739 382 524

[www.southgloss.co.uk](http://www.southgloss.co.uk)

[www.facebook.com/southgloss](http://www.facebook.com/southgloss)




• PVCu Fascia Boards  
• GUTTERING  
• SOFFITS  
• CLADDING

**01454 269011**  
**07813 006950**  
[matt@fasciabristol.co.uk](mailto:matt@fasciabristol.co.uk)  
[www.fasciabristol.co.uk](http://www.fasciabristol.co.uk)

## HOME CARE

### Plumbing & Heating Ltd

- For all your plumbing needs
- Free quotes
- Family run
- Local business
- Boiler repair specialists
- Up to 10 years guarantee on Worcester boilers

**01454 414438 / 01173 035179**

[www.homecare-plumbing.co.uk](http://www.homecare-plumbing.co.uk)  
Established over 17 years




Clover Ovens Clean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system

Call Heath on 07943 870400  
[www.cloverovensclean.co.uk](http://www.cloverovensclean.co.uk)

**Professional Oven Cleaning Services**

### Paul Bartley

#### Ceramic Wall & Floor Tiling

Over 30 Years Experience  
Based in Bradley Stoke  
Free Quotations

Tel: 01179 799 882

Mob: 07971 923 834

E: [paulbartleytiler@gmail.com](mailto:paulbartleytiler@gmail.com)



## GJS

Painting, Decorating,  
Property Maintenance  
& Refurbishment

- Full Interior & Exterior Decorating Service
- Refurbishments and Alterations
- Domestic and Commercial
- Fully Insured
- City & Guilds Qualified
- Over 25 years experience

For a free estimate please call Gary on

**01454 604121**

**07785 917 090**

email: [gjs.paintinganddecorating@googlemail.com](mailto:gjs.paintinganddecorating@googlemail.com)



Ben and Dave from B&D Plastering have over 20 years combined experience in damp proofing and plastering with additional experience in the building industry as a whole.

Based in Patchway and the Stokes they can help with all aspects of your plastering, damp proofing and rendering needs.

They have photos and a portfolio available to show the high standard of their work. You can also read reviews and see photos of B&D Plastering on Facebook - just search for "b&d plastering".

For more information or to arrange a free quotation, give Ben or Dave a call on **07754 246 461** and they will be pleased to help.



**KEEP CALM AND B&D PLASTERING**

- Damp Proofing Specialist
- All Aspects of Plastering & Rendering
- Reliable, Efficient & Tidy

T: 07754 246461 E: [BDplaster@hotmail.com](mailto:BDplaster@hotmail.com)



## Useful Trades and Services for the Home



**Alpine LANDSCAPING**

Established Family Firm with 25 years experience

- ❖ **Senior Citizens Special Rates**
- ❖ Garden Clearance - Regular or One Off
- ❖ Patios ❖ Fencing ❖ Tree Work ❖ Turfing
- ❖ Hedgecutting Planting (Shrubs etc)
- ❖ Organic Manure Delivered - Also applied
- ❖ Professional and Guaranteed Work
- ❖ Brick & Blocklaying

Call Joe for a Free Quote  
**0117 959 2143**  
**07891 253 122**

**25% Off**  
with this advert!

[www.alpine-landscaping.co.uk](http://www.alpine-landscaping.co.uk)  
 79 Falcondale Road, Westbury-on-Trym



**KP Home Improvements**

*Making your house into a home*

Call Kev for a free, no obligation quote  
**07501 042880**



**DECOR8**  
PROFESSIONAL DECORATING SERVICES

FOR ALL YOUR DECORATING NEEDS  
 CALL ANDY TODAY FOR A FREE QUOTE  
**07779 321 228**

[www.decor8-bristol.co.uk](http://www.decor8-bristol.co.uk) | [decor8-bristol@hotmail.com](mailto:decor8-bristol@hotmail.com)

**Garage Doors**

Installation | Maintenance | Repairs  
 Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors




**BRUNEL DOORS**

Call Brunel doors for your free no obligation quotation  
**01454 882212**

Visit our website: [www.bruneldoors.co.uk](http://www.bruneldoors.co.uk)

**Alan's Handyman Services**

Professional Handyman Services for the Bristol Area

Have you got...

- a to-do list that keeps growing?
- something that's broken or bodged that you're just living with rather than getting it fixed?
- jobs around the house or garden that you can't do?
- too many tasks to do before or following a move?

If any of these are true, let me do those jobs for you, leaving you FREE to do the things you want!

For a professional job at a reasonable price please contact me on:  
**0775 262 9188 | 0117 979 8385**

[www.alanthehandyman.co.uk](http://www.alanthehandyman.co.uk)  
 Ratcliffe Drive, Stoke Gifford

## Useful Trades and Services for the Home

**DOUBLE GLAZING REPAIRS & LOCKSMITH**

**Dale Clements**

24-hour Locksmith Service (all types of doors)  
 Locks, Handles and Hinges Repaired  
 Misted and Broken Glass Replaced  
 Realign Dropped Doors and Windows

**01454 740446 / 07970 019830**

**NO CALL OUT FEE**  
**FIXED PRICES**

**Which?** Trusted trader

[www.daleclements.co.uk](http://www.daleclements.co.uk)



**Home alarm systems**

- Installation of wireless & wired alarms
- Repairs & Servicing
- New bell boxes, detectors and door contacts
- CCTV and Intercoms

**0117 9075709 - 07938 861504**  
[www.technisys.co.uk](http://www.technisys.co.uk) - [info@technisys.co.uk](mailto:info@technisys.co.uk)  
 Based in Stoke Gifford

**LOOKING FOR AN ELECTRICIAN?**



Local Stoke Lodge based family-run domestic and commercial electrical business.

**NAPIT registered with 30 years experience**

All types and sizes of electrical work undertaken from complete rewires to additional sockets and Third Party certification.

Free advice and quotations.  
**Call Carl on 07986 736951**  
 Email: [cmg.electrical@virginmedia.com](mailto:cmg.electrical@virginmedia.com)



Over 20 years' experience

**ALL WORKS BRISTOL LTD PLUMBING & HEATING**

- Gas Safe Registered
- Specialist Boiler Servicing, Repair and Installations
- Up to 10 year warranty on new Worcester boiler installations
- Accredited installers for Worcester and Vaillant

**ALL WORKS BRISTOL LTD BATHROOM INSTALLATIONS**

- Professional, fully qualified and experienced
- Complete Bathroom Installation
- Bathrooms
- Wet Rooms
- All Plumbing Works
- Tiling and Flooring

[www.allworksplumbingandheating.co.uk](http://www.allworksplumbingandheating.co.uk)  
[www.allworksbristoltd.co.uk](http://www.allworksbristoltd.co.uk)

Enquiries **01454 279162**

**WORCESTER** Bosch Group Accredited installer  
**BRITISH INSTITUTE OF KBB INSTALLATION** MEMBER  
**SAFE** 532573

**CLIVE BRADFORD**

**Carpentry & Joinery**



- Specialist in kitchen & worktop fitting
- General domestic carpentry
- Solid oak flooring

**Tel: 0117 979 2760**  
**Mobile: 07788 453378**  
 10 Stean Bridge Rd, Bradley Stoke, Bristol

**TAYLOR CARR PAINTING & DECORATING SERVICES**

PROFESSIONAL PAINTING AND DECORATING  
 ALL ASPECTS OF DOMESTIC WORK UNDERTAKEN

**07713691232**  
**TCARRPAINTING@YAHOO.COM**



## Useful Trades and Services for the Home

**BonneFreshClean**  
Carpet & Upholstery Cleaning Specialists



Professional carpet, upholstery and leather cleaning carried out with care by an all-female team

For a free no obligation quotation call Karen on  
**01454 436001 or 07774 908410**

[www.bonnefreshclean.co.uk](http://www.bonnefreshclean.co.uk)

44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ



**COLLINS  
TREE SERVICES**

Free quotes Fully insured

Pruning Hedge Trimming  
Felling Stump Grinding Planting

All work considered All waste recycled  
Friendly and professional service

**0752 591 6882 0117 965 8399**  
[info@collinstreeservices.co.uk](mailto:info@collinstreeservices.co.uk)

## Inspired Bathrooms

Design & Installation

- Bathrooms
- Wetrooms
- Tiling
- General Plumbing
- Workmanship guaranteed
- Portfolio and references available on request

Call us on  
**01173 307 537 or 07853 069 280**

[www.inspiredbathrooms.net](http://www.inspiredbathrooms.net)

[inspiredbathrooms@hotmail.co.uk](mailto:inspiredbathrooms@hotmail.co.uk)

Inspired by you, designed & installed by us



**All aspects of garden and landscaping work undertaken:**

- \* Fencing and gates \* Patios \* Decking
- \* Tree Surgery (Qualified) \* Block Paving
- \* Garden Maintenance, Design, Makeovers and Clearing \* Hedge and Grass Cutting.
- \* Turfing and Artificial Lawns.
- \* Building / Designing of Timber Structures e.g raised planters, pergolas, summerhouses, sheds

**No job too big or too small, all our work is insured and guaranteed**

**Call Ben:**

**07506 475402 / 01454 416695**  
**or email [f.r.fencing@outlook.com](mailto:f.r.fencing@outlook.com)**

Qualifications held in Garden Design, Horticulture, Sports Turf Maintenance (Natural and Artificial), PA1 and PA6  
Pesticides tickets and also a qualified Arborist.

## LOW COST PLUMBING



- Taps, Washers ✓
- Toilets, Cisterns ✓
- Leaks, Blockages ✓
- Tanks, Overflows ✓
- Lead Pipes, Stopcocks...etc... ✓

**OAP DISCOUNTS and NO VAT**

**0117 957 5092**

**D-CR  
DOMESTIC  
APPLIANCES**

**DOMESTIC APPLIANCE  
SALES AND REPAIRS**

- WASHING MACHINE
- TUMBLE DRYER
- DISHWASHER
- FRIDGE FREEZER
- COOKER
- HOB OR HOOD

**Tel 01454 850522 or 07917441539**

EMAIL: [d-cr@live.co.uk](mailto:d-cr@live.co.uk)

**[www.d-crdomesticappliances.co.uk](http://www.d-crdomesticappliances.co.uk)**



## Useful Trades and Services for the Home

### Keith Usher

Painting, Decorating & Property Maintenance  
Established 1991

Interior / Exterior / Insurance Work  
Free Quotations / Advice  
with no obligation



**Tel: 0117 979 0536**

**Mob: 07778 536 780**

235 New Road, Stoke Gifford, Bristol, BS34 8TQ

### Thornbury Stairlifts

**SALES SERVICING & REPAIRS**



- New & Re-conditioned Stairlifts & Warranty
- Removals & Relocations
- Free Surveys & Quotes – No Obligation
- Rentals for Straight Stairs
- Independent, Professional & Friendly Advice
- Over 24 years practical experience



*Independent Stairlift Specialist*

**01454 413 748 • 07833 318 722**

[www.thornburystairlifts.co.uk](http://www.thornburystairlifts.co.uk)



For all your General Building, Property Maintenance and Landscaping requirements

[www.blueprintbristol.co.uk](http://www.blueprintbristol.co.uk)

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

Neal: 07733 326 437

Office: 01454 612220

## GARY SMART ELECTRICAL

**Domestic, Commercial and Industrial Installations**

All electrical work undertaken ...

- Rewiring • lighting • bathroom showers • kitchens
- garden and garages etc

Safety inspections, Periodic Testing,  
Fault finding and Repairs

Fully qualified City & Guilds

Electrician 17th Edition Part P Registered

**07805 070 947 • 0117 987 1437 • [garysmart@sky.com](mailto:garysmart@sky.com)**

All backed with a 6 year Niceic insurance policy



- **Boiler Breakdown & Servicing**
- **Landlord Safety Checks**
- **Worcester Bosch Approved Installer**
- **10 Year Guarantee**
- **Gas Safe Registered 549988**

**07825 999510**

**01454 279732**

[www.crbainesheating.co.uk](http://www.crbainesheating.co.uk)



549988





## Useful Trades and Services for the Home

**Ashford**  
BUILDING CONTRACTORS

Design & Build - Extensions  
Renovations - Kitchens  
Plastering - Roofing

Call for a free no obligation quote  
**01454 610256 / 07974 199 680**  
AshfordBuilding@aol.com  
www.AshfordBuilding.com



**Oven Wizards**  
We clean your oven...  
so you don't have to!

Call today to have your oven, hob, extractor  
or Aga professionally cleaned

Clive Perrett  
**01179 612 453 / 07800 529450**  
www.ovenwizards.com

**K.J. BARTON**  
PLUMBING & HEATING  
SERVICES

**24 HR EMERGENCY SERVICE**

**MOBILE 07831 471000**  
01454 616972

• BATHROOMS • KITCHENS  
• HEATING • DRAINS  
• BURSTS

**NO VAT**

**FREE ESTIMATES**  
**GUARANTEED WORK**  
**BASED IN BRADLEY STOKE**

**BS**  
Bradley Stoke Electrical LTD

Your trusted electrical contractor serving  
Bristol & the surrounding area.  
Providing a comprehensive range of  
Domestic & Commercial Electrical services.  
*Don't be shocked when we turn up on time!*

**CALL TODAY**  
For Your **FREE** estimate

Domestic  
Commercial  
EV Charging



**www.bradleystokeelectrical.co.uk**  
**T 01173327200 M 07443476097**  
**E info@bradleystokeelectrical.co.uk**

**Plumbing & Heating  
Solutions  
For Your Home**

**STOKES**  
Plumbing Services

• Local • Professional • Reliable  
Competitive Rates  
30 Years' Experience

call **07812 350377**  
tonyfuller.0325@gmail.com



**A.1. AERIALS**

- Digital TV Aerials
- Sky Digital / Freesat / FreeviewPlay
- Repairs
- Extra TV Points
- Phone now for Free Quotation

**07956 491495 / 01454 318873**  
**www.a1aerialsbristol.co.uk**



# Harmony

## Blinds of Bristol

Visit us at  
BS34 5PA  
Unit 10 Smiths Ct, Patchway  
BS32 8EF  
Willow Brook Ctr, Bradley Stoke

- ✓ Buy **DIRECT** from the manufacturer
- ✓ We measure, make and fit **ALL** types of blinds
- ✓ Shutters in just 4 **WEEKS**
- ✓ 5 Year no quibble guarantee

**25** 1992  
2017  
Years Of Excellent Service



**01454 616848**  
**0117 9314141**  
**07970 803137**  
**www.harmonyblindsofbristol.co.uk**

**SPECIAL OFFER**  
Buy 2 Blinds and  
get a 3rd one  
**FREE**



## INDEX OF LOCAL ADVERTISERS

### Accountants/Book-keeping

LAC Accounting 24  
Dunkleys Accountants 4

### Bathrooms

All Works Bathrooms Installations 57  
Inspired Bathroom Design 58

### Blinds

Harmony Blinds 61

### Butcher -

Molesworth of Frampton 16

### Builders / Building

Ashford Building Contractors 60  
BluePrint Construction 59  
Fascia Lift 54  
RJM Design & Build 53  
Vizard and Son 54

### Cakes -

Medway Designs 17

### Car Maintenance / Sales

Brookfield Garage 36  
BS Auto Maintenance 1

### Care / Elderly

Bristol Care Homes 41  
ategi Shared Home Scheme 16

### Carpentry

Clive Bradford 57

### Carpets & Upholstery Cleaning

Bonne Fresh Clean Ltd 58

### Central Heating

All Works Plumbing & Heating 57  
Baines Heating 59  
Gregor Heating 1

### Child Care/ Preschools

Ambourne House Day Nursery 27  
Bright Sparks 26  
Mama Bears 34

### Children's Activities

Fromeside Gym Club 35

### Cleaning & Domestic Services

Clover Ovensclean 55  
Oven Wizards 60

### Community Noticeboard 46-47

### Community Groups & Clubs 48-50

### Dog Walker/Pet Sitter

Pawsome Walkies 23

### Driving School

New Standards 17

### Electrician

Bradley Stoke Electrical 60  
CMG Electrical 57  
Gary Smart Electrical 59  
Price Electrical 51

### Events - 42-47

Avon Wildlife Trust Events 42  
Chepstow Show 45  
Christmas Parties, DT Hilton 63

### Events cont - 42-47

Festival Football 38-39  
Free IT courses 42  
Voices of Variety 43  
Walk for Parkinsons 10  
Willow Brook Cente Activities 13  
Winterbourne Barn events 46

### Fires / Flues

Felthams Fires & Flues 51

### Fostering

Capstone Fostering 26  
South Gloucestershire Council 22

### Funeral Directors

MW Funeral Directors 6

### Garden Design/Landscaping/ Maintenance

Almondsbury Landscaping 52  
Alpine Landscapes 56  
Front Row Fencing 58  
JDS Garden Services 53

### Handyman / Home Services

Alan's Handyman Services 56  
KP Home Improvements 56

### Health, Diet & Fitness

Bradley Stoke Physio 14  
Nuffield Health 8

### Hotel/Restaurant

Aztec Hotel 2  
Double Tree Hilton 63

### House / Home

Bedlam Beds 52  
Brunel Doors 56  
Dream Doors 11  
Felthams Fires & Flues 61  
Harmony Blinds 61  
Technisys (Alarms) 57  
Thornbury Stairlifts 59

### Jewellers

Kemps 18

### Library

46,47

### Locksmith

Dale Clements Locksmiths 57  
Lock Stuck & Barrells 53

### Medical / Therapist

Bradley Stoke Physio 14  
Dawn Clode, Osteomyologist 19  
Just You Holistics 21  
Laura Jane Hypnotherapy 15  
Smart Hypnotherapy 19

### Music/Music Lessons -

Hannah's Music 40  
Hilary, Music Lessons 29

### Opticians

Harbord Opticians 19  
Specsavers 17,64

### Painter & Decorator

Decor8 56  
GJS Painting & Decorating 55  
Keith Usher Painter & Decorator 59  
South Gloss Decorating 54  
Taylor Carr Painting/Decorating 57

### Parish Council

32-33

### Pest Control

Jeff Lamb 9

### Plasterer

B&D Plastering 55  
CPH Plastering 53

### Plumber

All Works Plumbing & Heating 57  
Home Care Plumbing & Heating 54  
K J Barton Plumbing & Heating 60

### Low Cost Plumbing

R H Plumbing 52

### Stokes Plumbing Service

60

### Property Maintenance -

Brunel Doors 56

### Repairs

D-CR Domestic Appliance Repairs 58

### Roofing -

Rooftech 53  
Vizards Roofing 54  
Weatherite Roofing 51

### Rooms/Facilities for Hire

### Schools/Schooling

Abbeywood Open Days 35  
Holy Family RC Primary 28-29  
Holy Trinity 25  
St Michael's Stoke Gifford 30-31  
Stoke Lodge Primary 24

### Security -

Technisys 57

### Sewing / Alterations -

Medway Designs 17

### Solicitors -

AMD Solicitors 11,37

### Taxi's/Transport

ACE Taxis 51  
Avanti Cars 13

### Tiling -

Paul Bartley Ceramic Tiling 55

### Trades & Services -

50-61

### Tree Surgeon

Collins Trees Services 58  
Front Row Fencing 58

### TV & Aerials

A1 Aerials 60  
Aerial Man - Dan Grace 9,59  
M D Aerials 53

### Vehicle Rental

Let's Go Rental 50

### Vocation Coach

Lisa Hicks 3



Celebrate in style  
CHRISTMAS 2018

## Merry Christmas & Happy New Year!

DoubleTree by Hilton Bristol North  
Woodlands Lane | Bradley Stoke  
Bristol | BS32 4JF

### ALL INCLUSIVE PARTY NIGHTS

*Back by popular demand, our all-inclusive party nights are the simplest way to party. All-inclusive bar opens from 7.00pm in the Redcliffe Suite, followed by a delicious set three-course meal served at 8.00pm.*

*Dress Code: Smart casual.*

### STARTER

Roasted parsnip and apple soup infused with Asian spices served with mini poppadoms (v)

### MAIN COURSES

Roast turkey paupiette wrapped in streaky bacon, stuffed with cranberry and sausage meat, roasted potatoes, seasonal vegetables, rich red wine jus

**OR** Brie and cranberry wellington served with white wine cream sauce, creamy mashed potatoes, seasonal vegetables (v)

### DESSERT

Duo of desserts – mini chocolate brownie délice and mini passion fruit and mango torte, Chantilly cream, seasonal berries

**TERMS:** Inclusive bar available on all house spirits, mixers, house wine, house draught lager, bitter and cider and draught soft drinks. Please note that premium brands are excluded.

DoubleTree by Hilton Bristol North supports and promotes the responsible drinking campaign and we ask all our guests to drink responsibly - drinkaware.com

Please note that the bar will close during meal service. However, wine and beer will be served on the tables.

For those with special dietary requirements or allergies who may wish to know about the ingredients used, please ask to speak with one of our team members.

Friday 30th November  
Thursday 6th December  
Friday 7th December  
Thursday 13th December  
Friday 14th December  
Thursday 20th December  
Friday 21st December  
£59.00 per person

Saturday 1st, 8th, 15th, 22nd  
December  
£65.00 per person

Sunday 2nd, 9th, 16th  
December  
£55.00 per person

*Package includes a set three-course meal, inclusive bar, festive novelties and disco.*



FOR MORE INFORMATION T: 01454 893437

E: [events@doubletreebristolnorth.com](mailto:events@doubletreebristolnorth.com) [www.doubletreebristolnorth.com](http://www.doubletreebristolnorth.com)

**2 for 1:** Cannot be used with other offers. Second pair from £69-£169 ranges, to same price range or below and to same prescription. **£69-£169 ranges:** 1.5 lenses. Single vision: included in both pairs. Varifocal/bifocal: you pay for the lenses in your first pair only. **£169 Fineform and Rimless ranges:** 1.6 lenses. Single vision: included in both pairs. Varifocal/bifocal: you pay for the lenses in your first pair only. **All lenses** scratch-resistant. Extra Options available at additional charge on both pairs. Excludes safety eyewear. SKU 30265189. ©2017 Specsavers. All rights reserved.

Book an  
eye test  
online

2 for 1 from £69

£10 eye test voucher



Bradley Stoke The Willow Brook Centre. Tel 01454 275 020



Valid for one test on or before 30 September 2018 at discounted price of only £10. Present voucher at time of test. Cannot be exchanged for cash, used with other vouchers or eye-health clinic appointments, or redeemed by customers already entitled to a free NHS-funded eye test. One per person, at named Specsavers stores only.

