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December 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



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& cosy Christmas



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Come and join the Spirit Health Club Bristol this festive season!

Why wait until January to start your fitness journey when you can join today and get the rest of 2018 free of charge on your membership*.

Looking for a bit of motivation? There's nothing better than a new personalised workout routine to boost your levels. Let our fully qualified fitness team inspire you with something new and enjoy getting back into shape. You can focus your time in the gym, add in a swim, relax in the sauna or mix it up with a fun range of classes.

Call now on **0117 9701462** to speak to one of our friendly team. We'd love to help you reach your health & fitness goals.

**Terms apply. Ask in club for details.*



Spirit Health Club is part of the Holiday Inn Bristol Filton, Filton Road BS16 1QX (by UWE)

Dear Readers....

'Tis the season to be jolly' and there is certainly plenty going on across the Stokes to get you into the festive spirit this month!

Need a Christmas tree? The Friends of Bowsland Green are raising funds for the school by selling Christmas trees this year. See overleaf on how you can support them and order yours.

Love the Christmas lights? See page 11 for a local couple who have already decked their whole house in a huge array of Christmas lights, to raise much needed funds for St Peter's Hospice. Do visit and support them if you get a chance

We have pages of Christmas events, services, fairs, opportunities to sing along at carol services or just listen to the choirs. See pages 36-42 for a selection of these and other festive events/. Others are interspersed throughout our pages so you will have to have a good read through to make sure you don't miss a thing!

We are pleased to welcome many new advertisers on board with us this issue - do look out for them, we hope you enjoy reading about what they can offer. We couldn't bring you all the community news and events without the support of our fantastic advertisers, so a big shout out of thanks to them. Please do return their support by utilising their services where you can - and don't forget to mention Bradley Stoke & Little Stoke Gifford Matters too so they know where you saw them. **Keep it Local this Christmas and help our local community thrive!**

Have a fantastic Christmas and New Year, however you chose to celebrate. **Jaci x**

If you are a business looking to promote your services across the Stokes do get in touch with us and we will be happy to help. Deadline for the next issue is 30th November.

Don't forget you can keep up with each edition of your favourite community magazines via www.bradleystokematters.co.uk



Contact Us :

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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.

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Record Turnout for Remembrance

Report from the Stoke Gifford Branch of the Royal British Legion

Hundreds of people attended the Remembrance Sunday Commemorations in Stoke Gifford on Sunday 11th of November 2018, (also Armistice Day).

It is thought this was the biggest crowd ever at the War Memorial on the Green in North Road, Stoke Gifford, beside St Michael's Church.

There was a service with local ministers and the traditional Act of Remembrance with the Exhortation; the Last Post; the two minutes silence; Reveille and the reading of the very moving Kohima Epitaph taken from the Kohima 2nd Division Memorial, and originally written by John Maxwell Edmonds (1875 -1958).

There was a great crowd at the Remembrance service, including many young people from youth groups such as the Scouts, Cubs, Beavers, Guides, Brownies and Rainbows. Children from St Michael's Primary School placed wooden Remembrance Crosses at the war Memorial. The children of St Michael's school were asked by Stoke Gifford RBL Chairman John Moloney to represent all the countries that sent men to help out in WW1 and also to place the Thank You message wreath at the memorial, which they did.

Rainbow and Beavers were the group that made the clay poppies around the field of remembrance.

Wreaths were laid by many organisations including the Police, the Parish Council, and the Stoke Gifford Branch of the Royal British Legion.

People then attended the two Remembrance Services at St Michael's Church and at the Baptist Church in North Road, Stoke Gifford.



Christmas Tree Sale

Go all out this year with a freshly cut Nordman Fir from the Friends of Bowsland Green School. Just complete the order form and collect from the school on Saturday 8th December

We have partnered with The White Christmas Tree Farm and are offering a variety of sizes to suit all budgets

Luxury Nordman Non-Drop Fir

A premium tree with a full dense shape

4.9ft - 5.7ft- only £35

5.7ft-6.5ft-only £40

6.5ft-7.3ft-only £45

Standard Nordman Non-Drop tree

Slightly less full and even tree but very popular

5.7ft-6.5ft-only £30

We can also offer delivery within "The Stokes" for a small £3 fee.

We are asking for deposits of £10 per tree with the order form to secure the tree, then just pop down on the day and pick one to take home!

Email FOBowslandGreen@gmail.com



Not just shopping in the heart of the community

WillowBrookCentre

Great shopping in the heart of the community
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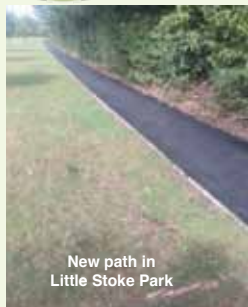
WillowBrookCentre

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willowbrookcentre.co.uk



STOKE GIFFORD

PARISH COUNCIL



New path in Little Stoke Park



New Springer Play Equipment in Little Stoke Park

Investing in Parks and Open Spaces

The Parish Council continues to invest in the local parks and open spaces with funding from the Community Infrastructure Levy (CIL) and the Precept towards new children's play equipment, new paths and new street furniture.

Other improvements to play areas have recently been approved by the Parish Council, along with a further section of new path running from the Little Stoke Community Hall towards the children's play equipment at the back of Little Stoke Park. The new outdoor fitness equipment that will be located near to the Community Hall will be installed soon.



A new path in Cotswold Golden Stone has been laid to the rear of Meade Park (photo right).

Parish Council Grant Funding

The Parish Council continue to allocate grant funding for local initiatives and organisations.

Grants in the current financial year have been given to the Children's Summer Play Scheme (£5,500), the Stoke Gifford Trust Ground Village Fete (£1,000), Four Towns Community Transport (£1,000), the Volunteer Centre (£500), the West of England MS Therapy Centre (£300), and the 1st Stoke Gifford Guides (£240).

Parish Council Office Public Access Times

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

MONDAY : 9am – 12 noon & 2pm – 4pm

TUESDAY - FRIDAY : 9am – 12 noon

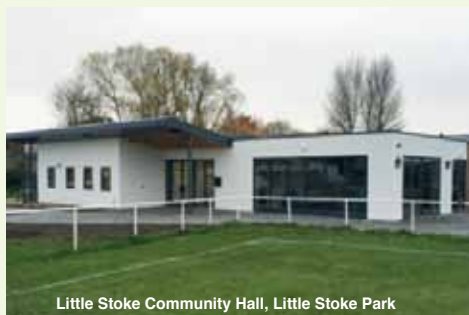
Telephone: 01454 865202, or Email: clerk@stokegifford.org.uk

Website: www.stokegifford.org.uk

Local organisations looking for grant funding should refer to the Parish Council website or contact the Parish Office for further information and an application form.

Little Stoke Community Hall Enhancements

The building works at the Little Stoke Community Hall are nearing completion. These works have included the introduction of a new café area, 4 sports changing rooms, a larger meeting room and a Parish Council Office. The Council are now looking at options as to how best to progress with the community café, and welcome interest and ideas from the local community.



Little Stoke Community Hall, Little Stoke Park

Trees donated to the Parish Council

The Parish Council were fortunate to have a couple of walnut trees donated by residents as they were about to outgrow their plant pots. The trees have now been planted in Meade Park, Stoke Gifford, to replace mature trees recently felled due to storm damage.



New Nursery at the Stokes

Robins Nursery and holiday club (see poster over) opened at The Stokes this autumn offering flexible, affordable childcare.



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

@

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

Robins Nursery and holiday club.
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8am-6pm



HALL FOR HIRE



RATE FOR 3-HOUR CHILDREN'S PARTIES IS £64.00



FACILITIES AVAILABLE:

LARGE SPORTS HALL, KITCHEN, ENTRANCE FOYER WITH POOL AND FOOTBALL TABLES (FREE OF CHARGE)
BOUNCY CASTLE (SMALL ADDITIONAL CHARGE REQUIRED)



VENUE: THE STOKES YOUTH AND COMMUNITY CENTRE, LITTLE STOKE LANE, LITTLE STOKE, BS34 6HY.

PLEASE CONTACT THE PARISH COUNCIL FOR MORE DETAILS

FORTHCOMING PARISH COUNCIL MEETING DATES 2019

All meetings to take place at 7pm at the Little Stoke Community Hall (BS34 6HR) unless stated but may be subject to change. Please refer to noticeboards and Parish Council Website.

FULL COUNCIL (2nd Tues of Month unless stated)

Tuesday, 8th January 2019

Tuesday, 12th February 2019

Tuesday, 9th April 2019

Tuesday, 14th May 2019 (Annual Meetings)

Tuesday, 11th June 2019

Tuesday, 10th September 2019

Tuesday, 8th October 2019

Tuesday, 12th November 2019

FINANCE & GENERAL PURPOSE (2nd Tues of Month)

Tuesday, 11th December 2018

Tuesday, 12th March 2019

Tuesday, 9th July 2019

Tuesday, 10th December 2019

PLANNING AND TRANSPORTATION COMMITTEE (4th Tues of Month)

Tuesday, 22nd January 2019

Tuesday, 26th February 2019

Tuesday, 26th March 2019

Tuesday, 23rd April 2019

Tuesday, 28th May 2019

Tuesday, 25th June 2019

Tuesday, 23rd July 2019

Tuesday, 24th September 2019

Tuesday, 22 October 2019

Tuesday, 26th November 2019

RECREATION & LEISURE (3rd Tues of Month)

Tuesday, 19th March 2019

Tuesday, 16th July 2019

Tuesday, 19th November 2019

YOUTH COMMITTEE

(held at The Stokes Youth & Community Centre)

Monday, 18th February 2019 (4pm)

Monday, 20th May 2019 (4pm)

Monday, 16th September 2019 (4pm)

Stoke Gifford Parish Council, Little Stoke Community Hall
Little Stoke Lane, Little Stoke, BS34 6HR
Tel: 01454 865202



Floreli The New Florist for the Stokes

Little Stoke Gifford Matters was delighted to meet up with new business owner Emily Vaughan who is realising a dream by establishing her own local floristry.

Having worked alongside highly skilled florists for the past 8 years in Herefordshire, Emily decided it was time to bring her passion for flowers to the Stokes.

A sense of creativity and desire to create imaginative and memorable arrangements are the foundations of Floreli. Emily is heavily involved in the running of Floreli dealing with almost every order herself, picking the finest quality flowers, personally hand-making your bouquet and wrapping each creation. Believing that the freshest flowers produce the most impressive displays, Floreli are proud to provide the finest quality flowers and a personal service from start to finish.

Floreli is an online florist, you can place an order through their website or if you would prefer a more personal service you can call Emily direct and place your order over the 'phone. There aren't many florists that offer a click and collect service, but Floreli can offer this, along with same day delivery within 5 miles of her base in the Vantage Office Park. Floreli can also offer a service beyond the 5 mile radius - even to Australia! however these orders need to be phoned through and not ordered via the website.

If its a Birthday Bouquet with Chocolate or a Teddy you're looking for, or maybe you just want to brighten someone's day with a bouquet of scented blooms then go to www.floreli.co.uk or find them on Facebook and Instagram 'Flowers by Floreli'.

Emily knows it can be difficult making arrangements for flowers at a time of loss, and it is reassuring to know that she is on hand to help guide you. You may like just a simple token to mark your respect, or prefer a special, more bespoke design; either way you can be rest assured that Emily will help you choose the perfect tribute to best reflect your loved one.

Little Stoke Gifford Matters has been delighted to help launch Floreli on social media by promoting a competition to win free bouquet of flowers worth £25.

Congratulations to the very lucky winner Carol Rowley who was drawn by Emily back in September. We hope you enjoyed your flowers Carol!



Recent Review:

"I would like to say thank you for your wonderful service, I made a spur of the moment decision to send my friend some flowers and you were more than helpful. I even made a couple of special requests which Emily honoured. They were delivered the same day, the arrangement was lovely and my friend was over the moon!! I will definitely be using you again!"

Flowers for Every Occasion

Click & Collect service available

Same day delivery within 5 miles of Bradley Stoke

0117 244 0085

www.floreli.co.uk

Vantage Office Park, Old Gloucester Road, BS16 1GW



Charity Christmas Fair

On Sunday 2nd December the West of England MS Therapy Centre are holding our Christmas Fair from 12pm-4pm; all proceeds will be coming direct to the MS Therapy Centre.

Our members and volunteers will be running the stalls, many of which will be hand crafted items so the perfect chance to stock up on those stocking fillers and presents.

Our Oxygen Chamber will become Santa's Grotto so bring the kids along to meet Santa and some of his Elves who will give out a little Christmas gift.

Why not try out our Wine or Water stall, this one is always good for a giggle, or for a sweeter tooth try our chocolate tombola. Pick up some books, gift sets, Christmas crafts, Bric a Brac, jewellery and enter our raffle. After all of that why not sit down and enjoy some well-deserved tea and homemade cakes!

We also have Christmas carols performed by local girl Abbi who attends Patchway Community School and some Line Dancing performed by Sarah's Side Kicks.

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

It costs around £380,000 to keep the Centre running every year and currently less than 1% is received from statutory funding so events like this are essential for the continued success of the centre.

Grab your family and friends and join us in the festive fun on Sunday 2nd December from 12pm-4pm at The West of England MS Therapy Centre, Wheatfield Drive, Bradley Stoke.





SUNDAY 2ND DECEMBER

Christmas

FAIR

12 noon until 4 pm

STALLS | CRAFTS | RAFFLE | LIVE MUSIC

FREE ENTRY | HOMEMADE REFRESHMENTS

The West of England MS Therapy Centre, Wheatfield Drive, Bradley Stoke

Registered Charity No: 801155

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THURSDAY 27TH DECEMBER

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Watch Elm Close Christmas Lights *Raising funds for St Peter's Hospice*

Terry James and Mike Checkley have again transformed their home in Bradley Stoke into a Christmas wonderland to raise money for St Peter's Hospice. This year's display has over 30,000 lights and is now one of the biggest displays in the whole of Bristol and South Gloucestershire.

New additions for 2018 include a herd of 12 reindeer, a new Merry Christmas silhouette, a new penguin silhouette; and two new Santa silhouettes. In addition, the display for 2018 will include a large Ho-Ho-Ho silhouette and a Santa Please Stop Here silhouette together with an additional 4,000 bulbs on string and icicle lights.

Mike told us, "We decided to raise money again for St Peter's Hospice as they are a charity very close to our hearts. Most people know that they are a Bristol charity caring for adults with life-limiting illnesses both in the Hospice and at home, but they also support families and friends and teach other healthcare professionals about how to care for people at the end of their lives". He added that "All of St Peter's care is provided free of charge, but it costs around £20,000 a day to provide that care. In addition, St Peter's 'Room to Care' Appeal is aimed at developing their new Inpatient Unit to meet the complex needs of patients in the 21st Century".

Terry and Mike, with the invaluable help of their window cleaner Kris, spend nearly four weeks putting the display together. "It's a big task" said Terry. "We still aim to keep the display 'A Classic Christmas'. People come from across Bristol and South Gloucestershire to see the display and last year we also had people from Devon, Somerset and The Midlands visiting. The oldest person visiting last year was a very proud 97-year-old grandmother!"

Last year the couple set themselves a target of £2,000 but this was smashed with £3,022 being the final total. For 2018, Terry and Mike have decided to set themselves a stretch goal of £4,000. To help achieve this, several local businesses have been approached to make a donation of £50 and the names of those business who have donated can be seen on banners displayed on the driveway. There will be collecting buckets out every night for donations from visitors who come to see the lights and donations can also be made online via a My Donate page:

<https://mydonate.bt.com/fundraisers/watchelmchristmaslights>



The Christmas lights are at 10 Watch Elm Close, Bradley Stoke, BS32 8AN and will be on every night from 5pm to 9pm, 1st December 2018 to 1st January 2019



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



Celebrate in style
CHRISTMAS 2018



*Merry
Christmas
& a Happy
New Year*



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

FOR MORE INFORMATION

T: 01454 893437 E: events@doubletreebristolnorth.com www.doubletreebristolnorth.com

★ SUNDAY LUNCH WITH SANTA ★

Sunday 2nd, 9th, 16th December

Spend the afternoon enjoying a sumptuous lunch with family. Then top it off with a visit from 'You Know Who' and a children's disco to keep the little ones entertained while you sit back and relax.

Join us in the Redcliffe Suite – arrival from 12.30pm, food served at 1.00pm, children's disco until 4.30pm.

£30.00 per adult £15.00 per child (age 5-12)
£7.50 per child (age 2-4) Under 2's Free

Package includes three-course menu (pre-orders required, children's menu available), gift from Santa for all children (up to age 12), one family photo per booking and children's disco until 4.30pm.

★ AFTERNOON TEA ★

Enjoy an afternoon treat with your best friend, your mum and dad or your work colleagues.

Served Monday-Friday from 12.00pm-5.00pm

£15.00 per person

Dates available on request and subject to availability.

Package includes a festive themed afternoon tea with a selection of teas.

NEW YEAR'S EVE FAMILY FRIENDLY PARTY

The best times are always found when family and friends gather round. Back by popular demand, celebrate with the whole family and enjoy our family friendly event centred around you and your little ones.

Dress Code: Smart casual. Children's fancy dress is optional.

Monday 31st December

£55.00 per adult

£25.00 per child

Under 2's free

Package includes arrival drink (non-alcoholic option available), 3-course buffet-style dinner (including children's options), DJ and disco with children's games.



Stokes Singers "Sing Noel" Christmas Concert 8th December

Following a busy year where we performed at 25, mainly charity, events to consolidate our 25th anniversary, we are now well into our Autumn/Winter schedule. This has us rehearsing at a fast and furious pace with our Musical Directors, Sian Walters and Philip Lawrence, who are putting us thoroughly through our paces. We hope our Christmas Concert audience will enjoy some old Festive favourites and interesting new arrangements.

This years Christmas "Sing Noel" concert will be held on the 8th December at the Church of Christ the King, at 7:30pm, until 9:45pm.

We will be also welcoming the Oldland Brass Ensemble, who will accompany us with some carols and add some of their own festive music. Founded in 2002 the ensemble is led by Bob Lavis and comprises Cornets, Flugelhorn, Tenor-horn, Euphonium and Bass and we look forward to welcoming the Ensemble.

The proceeds from this years refreshments will be donated to Parkinson's UK.

Our summer concert was a sellout so please ensure you have your tickets early, these may be purchased from any Choir member or direct from Liz on 01454 614148.

Tickets are £5.00 in advance for Adults and £2.50 Children between 5-16 years and we look forward to seeing you on the night.

For further information please consult our website: www.stokessingers.org.uk.

Here we are preparing for our Christmas Concert with a little sparkle from our Lantern!

Chris Ridgway
Mortgage Advisor



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Book a Traditional or Gentleman's Afternoon Tea (priced at £23pp) and get £5 off per person with this voucher.
Call the sales office on **01454 201 090** to book.
Ts & Cs - subject to availability, can be used for up to 6 people at a time.
Voucher Code CORP71290, Expires 31/12/18



20% OFF SATURDAY BRUNCH

Book a Saturday Brunch and receive 20% off the total booking. Brunch Price is £15 per person.
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Ts & Cs - subject to availability, can be used for up to 6 people per voucher.
Voucher Code FUEV71320, Expires 31/12/18



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



20% DISCOUNT OFF ANY CHOSEN SPA TREATMENT

Call The Aztec Spa on **01454 201 019** to book.
Ts & Cs - subject to availability. Voucher Code SPA71030 Expires 31/12/18

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Community choir launches in the Stokes

Melody Makers Choir has been running for almost three years in the BS9 area of Bristol and in January 2019, Choir Leader, Natalie Veal, is looking forward to starting a new choir for the Stokes community at the newly renovated Little Stoke Community Hall.

The choir, starting on Monday 14th January, will run every Monday morning (10:30am - 12:00pm) during term time and is available for men and women who love to sing pop and rock music. *"January is the perfect time to start something new and it's been proven that singing is incredibly good for our well being, our health and a fantastic way to make new friends. Even if you've never sung in a choir before, I thoroughly recommend that you come along for a free taster rehearsal to experience an hour and a half of uplifting singing."*

Melody Makers Choir regularly performs with a live band for their gigs and Natalie is passionate about live music with real musicians. *"The excitement and the energy that surrounds live performance is such an uplifting experience. The joy of creativity, the friendships that come with collective music making and the feeling of singing together to create one voice is like no other"* she told us.

The choir have just launched their first single which is now available for download. The song **'We Are The Same Inside'** celebrates the NHS in it's 70th year and has been released in the charts to raise money for the Southmead Hospital Charity. Money raised from downloads will support patients and fund medical research and new equipment at North Bristol NHS Trust. Composed and written by Melody Makers Choir leader, Natalie Veal, with lyric support from choir member Natalie Sital-Singh, the song captures the ethos of an inclusive and dedicated health service. Natalie said: *"We are all hugely excited about the fundraising this will bring to the charity and I'm so proud of the choir's achievement. We've loved singing on the track with the children at Horfield Primary School, who've added a sprinkle of magic to our song."*

This Christmas the charity and choir is asking everyone to download the song for



just 99p on iTunes or across other download sites to support the hospital, its patients and help fund projects that improve the NHS for future generations.

Find out more about the song and watch the video at www.southmeadhospitalcharity.org.uk/ song. Download on iTunes or listen on Spotify.

If you'd like to be part of the new Melody Makers Choir at Little Stoke Community Hall, book in for the first, no obligation, free taster rehearsal on Mon 14th January by visiting www.melodymakerschoir.co.uk.

NEW POP CHOIR OPENING
BS34 JANUARY 2019



Melody Makers Choir

SING : ENERGISE : SOCIALISE

BOOK A FREE TASTER REHEARSAL

MONDAYS TERM TIME ONLY

Starts 14 January 10:30am-12:00pm

Little Stoke Community Hall. BS34 6HR



www.melodymakerschoir.co.uk

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S Wilkinson



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A New Look at the Baileys Court Inn

The Baileys Court Inn in Bradley Stoke unveiled it's new look last month after closing for the early part of October for a top-to-toe refurbishment. So far community feedback has been very positive and locals are loving the new pizza kitchen (which stays open late on Friday and Saturday nights) with the hand-stretched and stone baked pizzas proving popular.

Sunday roasts are now made to order from the kitchen rather than from the carvery deck, which allows the Sunday lunch period to run longer than previously and still uses the same great ingredients used on the Carvery.

The pub will continue to offer live Music, Sport and Entertainment but now we are also able to offer an inviting atmosphere to eat with the family.

Christmas Day is filling up fast! We have 2 sittings with one at 12 midday and the next at 3pm with 4 courses for £39.99 and when booked you receive a £20 voucher to use in the pub during January.

There is always something going on at the pub with our Sunday General Knowledge quiz, Monday Music quiz, Tuesday night Ale club, Wednesday Wine club, Thursday Poker night, DJs the Last Friday of every month and Live music on every Saturday.

Through December we will have a DJ every Friday alongside the live band every Saturday. Tickets are also available for NYE where we will have a DJ playing until late, The pub will be open until 1am on this day.

Come along and check us out, and make sure you follow us on Facebook – Baileys Court Inn and Twitter @inn_court



Baileys Court Inn

Festive Menu available until 4th January

OUR GIFT TO YOU

Book your 4-Course Christmas Dinner

for just £39.99 and receive a

FREE £20 Voucher to spend with us in January!

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marstons.co.uk

Baileys Ct Rd, Bradley Stoke



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Back on Track, thanks to Dr of Osteomyology

Dawn Clode Ostm, Lic MET Lic CR FAO

As an editor of *Matters Magazines*, I have been visiting Dawn to keep me pain-free for the last 6 years. I originally saw Dawn to assist with lower back pain, tight shoulders and repetitive strain in my arm, all largely caused through too many hours sat at the laptop, often working into the early hours. Every couple of months or so (typically after meeting a deadline), I would visit Dawn for a session to keep me on track, and pain free.

Since first meeting Dawn, I still produce monthly magazines but have since been married and now have two little boys, age 2 and half and 8 months. Gorgeous bundles of fun my boys may be but, as most parents experience I am sure, they have contributed to some extra strain on my body – lots of lifting and carrying of them both at awkward angles, and falling asleep in the early hours with a cricked neck after feeding. This, along with the general impact being pregnant has on your body, has at times left me feeling a bit broken! But always prioritising the boys and work with my time, I ignored my niggling pains.

Well, over the summer, my body came to a stand-still, pain travelling from my lower back into my neck and jaw creating terrible headaches and nausea. The good news is, after putting in a call to Dawn an immediate appointment was made (Dawn understands pain and will always see you as soon as she can). I emerged from the hour session with her (involving some serious massage of various muscles and my back being manipulated back into place where needed) feeling instant relief from the pressure in my head, and a day after the session I felt like a new woman all over.

I write this to urge mums, dads and everyone who is working too hard or who never put themselves first, to make some time for your well-being. You are much better at what you do when you are pain-free. If you live with pain long enough you forget what it is like not have it, I have certainly learnt my lesson and will be back to more regular visits with Dawn, I need to stay strong for my family, job – oh and me!

Take action today, visit www.life-and-soul-empowerment.co.uk for full details, or call Dawn on **0795 1099 491** to book in to her locally based treatment room.

Dawn outside her peaceful treatment room



Just Imagine... Empowering YOU for Positive Change

Christmas is coming, whether we like it or not...!

For some, and especially according to the media, ... *it's the most wonderful time of the year ... a time for giving, a time for joy.* But for many people the 'season of goodwill' brings nothing more than feelings of dread, of stress and of anxiety.

Many of us struggle to cope with the pressures and high expectations of the holiday season associated with having a great time, managing finances and the demands of family. For others this time of year only worsens feelings of isolation, depression and loneliness, which can lead to or exacerbate symptoms including headaches, excessive drinking, comfort eating, insomnia, trouble concentrating, mood swings, fatigue and tearfulness.

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If you're someone wishing to feel lighter, brighter and more positive this Christmas, why not try this 20 day Mental Wellness Challenge...you can join me and share your stories on my Facebook page www.facebook.com/laurajanehypnotherapy.

20 Day Mental Wellness Challenge : You'll never change your life until you change something you do every day. The secret of your success is found in your daily routine.

- Day 1: Go to bed an hour earlier than usual
- Day 2: Journal 10 things you're grateful for
- Day 3: Take a walk outdoors
- Day 4: Call someone you love
- Day 5: De-clutter your room or desk
- Day 6: Take a social media sabbatical
- Day 7: Make a list of short term goals
- Day 8: Make the most creative salad you can think of
- Day 9: Slow down, sit & watch the sunset
- Day 10: Get rid of 5 things you never use
- Day 11: Enjoy the sun, eat lunch outdoors
- Day 12: Unsubscribe from unnecessary emails
- Day 13: Send an encouraging text to 5 people
- Day 14: Wake up 30 minutes earlier to meditate
- Day 15: Plan a tea/smoothie date with a friend
- Day 16: Go the entire day without complaining
- Day 17: Buy yourself flowers
- Day 18: Make time for a wholesome breakfast
- Day 19: Do one thing you've been putting off
- Day 20: Don't overthink, practice being present



I hope that everyone has a happy, productive and joyful season, and a wonderfully strong New Year.

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10 INSIDER TIPS I BET YOU DIDN'T KNOW ABOUT YOUR GP

Debbie Grant, Patient Services Manager Stoke Gifford & Conygre Medical Centre

1. Your Doctor would like to give you more time

Most GPs provide just 10 minutes for an appointment. Although this might not seem very long you must remember that this has increased over the past 20 years from a typical 7.5 mins per appointment. Depending upon your reason for attending, 10 minutes might be more than enough time, or woefully inadequate. Got a sore throat? You might be in and out in 5 minutes. Hearing voices and suicidal? You might be in there for half an hour, or probably longer. You can help by understanding how long your appointment is, and working with your doctor to get things done in the time allowed.

2. Your Doctor does not like lists

Let me clarify this. Your Doctor would advocate you knowing what you are coming for, and if writing this down in advance will help you, then I would suggest you do so. However, bearing in mind point one above, if you only have 10 minutes and you pull out a list of 5 problems this is pretty stressful for your GP. Be realistic. Prioritise what you want from your doctor.

3. If you arrive 10 minutes late, you have missed your appointment

What this means is if you are 10 minutes late (or more), then you are not just late, but your appointment slot has come and gone. The next patient is now due. Remember that the impact of being late is not just on your doctor. They may be prepared to finish their surgery late in order to see you, but other patients probably won't!

4. Your Doctor is not telepathic

Some people think their GP will know what they are worried about, which of their problems is a priority for them and what their hidden fears are. Be up front about what is on your mind. If you are worried because you think your rash or lump might be cancer, then say so.

5. Your Doctor is a specialist

They have just specialized in being a generalist! Don't make the mistake of thinking that there is a hierarchy of doctors, with GPs at the bottom and hospital consultants at the top. Your GP will have spent a minimum of 5 years in training AFTER medical school. Sometimes people think that going to A&E means you get to see a 'proper

doctor' – remember that the junior doctor in A&E is likely significantly less experienced than your GP. If you are concerned that you might need to see a specialist, then talk this through with your GP.

6. Your Doctor is self-employed

GP partners own the business of the practice and are 'independent contractors' to the NHS. Many members of staff at the surgery, including some of the doctors, will be employed, but by the surgery not by "the NHS",. This has a number of implications:

Your GP receives a set amount of money per patient per year to provide all of their care. It doesn't matter whether you see your GP every week all year, or don't attend for 5 years; your GP gets the same amount of money for looking after you.

Your doctor's surgery is contracted to provide certain things, and not others. This is why you will sometimes be asked to pay for things. In simple terms your GP is contracted to provide medical care, but not to do things outside of this such as the multitude of letters they are asked to sign.

The payment GPs receive is not affected directly by referrals or prescribing – the costs for this are in a separate budget.

Because they are small businesses, they bear any increasing costs themselves. Rising indemnity fees (insurance against being sued) have to be paid by the doctor themselves. A doctor working only 2 days per week can be paying £6,000 per year on indemnity insurance.

7. Your Doctor wants the best for you

If your GP decides not to refer you on, or not to prescribe anything, or not to investigate you it is not because they are trying to be difficult or just trying to save money (don't forget, their take home pay is not affected by these things). It's usually because they don't feel you need any of the above.

8. Your Doctor is not taking part in a medical drama

When you watch the TV, I bet, 9 times out of 10, doctors get the diagnosis right, first time. I'm afraid this is not real life. Many conditions are not at all obvious, and time is the only sensible way to start to differentiate between them.



In reality, serious illness often initially presents the same as mild, self-limiting illness.

9. Your Doctor might play golf, but probably not in their lunchbreak!

Most GPs see/speak to 18-20 patients in morning surgery, followed by visits, and then a further 18-20 patients in the afternoon. In addition to these face to face consultations, there will be phone calls and paperwork. Paperwork is an essential part of patient care, but takes time. It consists of looking through the results of the investigations that have been ordered, reading letters from consultants, acting upon these letters, signing prescriptions and arranging the investigations and referrals from the previous surgery. The waiting room may be empty, but that doesn't mean the GPs are all putting their feet up. That's a lot of patients seen, and a lot of decisions made. If you are waiting for the results of an investigation, this can be stressful, and you quite rightly will want the results as soon as possible. Here are some things you should consider:

If the test was arranged by your hospital consultant – that's who you should go back to for the result. Ring the consultant secretary and ask when the consultant is going to convey the results to you.

If your GP did arrange the test, the smart thing is to make sure you know from the outset when and how you should expect to get the results.

10. Your Doctor has entrusted their reception staff with an important job

And that job is not just to make things as difficult as possible to make an appointment! The receptionist's main job is to deal with enquiries, book appointments and generally ensure all is running smoothly. They are not medically trained, but they will have a really good understanding of the services on offer. Entrust them with a rough idea of the problem that you have. This way they are able to direct you to the most appropriate course of action. Don't forget that everyone who works in the surgery is covered by the same confidentiality clauses.

If you are polite and friendly to reception, they will be polite and friendly to you. They are not trying to be obstructive, they are just doing their job – you might be anxious and stressed, but try to keep calm. The receptionist can be key in getting the right help as quickly as possible – just remember, that help might not be the GP.

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Tuesday - Winterbourne

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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

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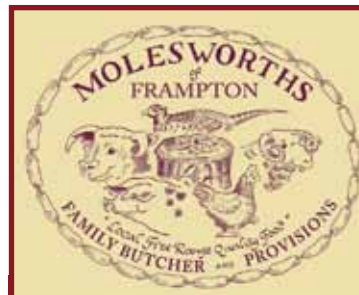
'Tis the season to sparkle!

Slimmers in South Gloucestershire know a little preparation goes a long way and that's why they've been spreading some festive cheer ahead of schedule.

Christmas is a magical time of year and the weeks running up to it are often full of fun celebrations. If you're feeling unhappy with your weight though, it can also be a very challenging time – from hating the way you look in every party outfit to feeling uncomfortable at events, if you've already embarked on your journey, you might worry that the busy run-up to Christmas, temptations of the next month, and the cold weather that often means we're less inclined to be active, could derail your weight-loss campaign and you'll end up reaching January struggling even more with your weight.

SlimmingWorld members won't have to miss out on the magic of the season! Come and join us - men and women are all welcome, and each week in our groups we'll share recipes, advice and ideas for coping with potential challenges, from Christmas parties to shopping trips, and generally help one another to enjoy the fun of the festive season while still achieving our dreams.

So join SlimmingWorld now - we have the motivation to support you so you could be a stone lighter before Christmas! See opposite for a local class time to suit you.

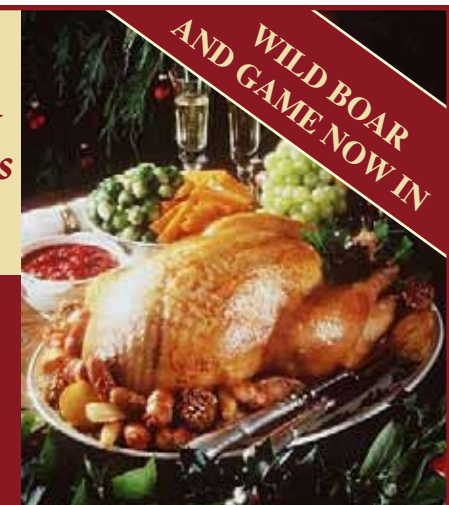


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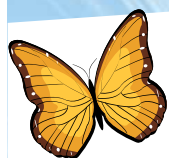
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Puddle Ducks December News

All the latest from your local swim school



Hooray, it's almost the holidays! We are really excited about Christmas and New Year, and so are our swimmers. Keep an eye on our social media to take part in our Christmas colouring competition, with some free lessons on offer as prizes, and some other special Christmas giveaways too.

As one of the areas longest-standing swim schools – 2018 has been our 10th anniversary – we teach 1,200 babies and children to swim beautifully, and independently, every week! Our classes are the perfect introDUCKtion to swimming!

What makes us different is that you can:

- Join our classes at any time, no need to wait for the start of term
- Stay with us from baby to age 10
- Use courtesy catch-up classes when you can't make a lesson
- Pay monthly and track your child's progress with your online MyPuddleDucks account.

Make swimming your new year's resolution!

New Year is when lots of families choose to start swimming with us. If you've been thinking about bringing your baby or child along for lessons, why not give our friendly team a call (number below) for an informal chat about which class would be best for your little one?

In your area we teach all day on Sundays at nearby Winterbourne International Academy. You can start swimming with your baby at this venue from six months old, all the way up to 10 years of age.

For small babies, we recommend our Saturday classes at the gorgeously warm Penny Porter pool in Henbury, a 15-minute drive away. These lessons offer a great opportunity for mummies and daddies to bond with their little ones while you all develop your confidence together in the water.

Christmas shopping

If your child or grandchild enjoys time in the pool, why not check out the Puddle Ducks online shop for some lovely gift ideas? Alternatively, our gift vouchers are perfect for that last-minute present as you can order them online for delivery directly to someone's inbox!

Merry Christmas everyone, and Happy New Year!

Classes start again on Monday 7th January 2019.

To find out more, call Puddle Ducks on
0117 971 7165, or check class locations and times at
<https://www.puddleducks.com/local-teams/bristol-bath>





Wonderful Welcome for Reception Parents

October 17th was an exceptionally busy day at Holy Family, as the school was open for potential new parents to take a first look around. As Holy Family Primary School goes from strength to strength, demand for places in the foundation stage has never been higher and we were pleased to welcome a record number of families to share in a guided tour of our splendid school.



Open Day means a great deal of extra responsibility for our new Year Six pupils, as they are wholly responsible for guiding parents around the school and grounds. The children work in pairs to escort parents, explaining all they know about Holy Family School: from teacher's names and facilities available - to who studies what in the school curriculum. Parents can then stay for a cup of tea and have chat with members of the teaching team to answer any questions which may arise.

Head of School, Caroline Carter, was very pleased with the over-whelming response to this year's first Open Day. *"It was so exciting to have so many people to look around our lovely school. I was especially proud of*

our Year Six pupils, who were very articulate and spoke with such confidence. They were super representatives of our school and did an amazing job of showing our guests around."

Holy Family will be holding a second Open Day and the date has been arranged for Monday 27th of November. However, if you were unable to attend either, appointments can still be made to view the school by telephoning on 01454 866786. As this year's Reception is currently full we anticipate high demand for places in 2018. **Don't forget applications must be in by January 15th at the very latest.**

Learning Through the Decades

Were you a child of the 60s? Did you wear flares and flowers in the 70s? Or were you dancing to Duran Duran in your Ra-Ra skirt in the 1980s? If so, you would have enjoyed the end of Term One at Holy Family Primary School, as the children went back in time in our featured Decades Week.

This innovative approach to learning involved each class as they selected a different era to study, from the war-torn 1940's to the modern-day Noughties.

Pupils used the internet to research historical events from their particular decade before producing their own newspaper front pages. They also wrote biographies of people who hit the



headlines at that moment in time. Class teacher Mark Handley said, "the pupils were really inspired by real-life events and wrote some fabulous articles."

Creativity was also encouraged through the arts as pupils learned popular songs and produced art work related to their decade. Year 2 pupils enjoyed listening to Space Oddity by David Bowie and recreated Bowie's famous Ziggy Stardust face painting. Year 6 were inspired by their study of The Blitz to write some thought-provoking poetry, which they shared in a very moving class assembly. The art work from across the school is now proudly displayed in the school hall for parents and other visitors to enjoy.

The week finished in spectacular style with everyone dressing up in vintage clothing – even the teachers (main photo)!

Diwali Delights

Every year children from Holy Family participate in the summer Patchway Festival but this year there has been a new opportunity for schools in the local community to come together to celebrate the festival of Diwali. Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. The festival, which coincides with the Hindu New Year, celebrates new beginnings and the triumph of good over evil, and light over darkness. This year, Diwali began on 5th November and lasted for five days.

For Holy Family the project began with a visitor to assembly to teach the whole school about the meaning of Diwali. Following this, Year Three children at Holy Family were privileged to participate in the new community festival project. A visiting artist spent a day in school. The children showed their teamwork skills as they worked in pairs to design and create a Diwali lantern. After a



hard day's work, thirty lanterns were finished and ready for the festival.

As darkness fell on the 6th November, Year Three children gathered with their parents, Assistant Headteacher, Caroline Carter and Year three class teacher, Sian Lloyd, at Coniston Community Centre. With their Diwali lanterns lit, they joined with children from other local school in a Festival of Light parade through the streets of Patchway.

The children all agreed it was a great celebration and they particularly enjoyed the traditional foods on offer following the parade. Yummy!



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Odd Socks marks the start of Anti-Bullying month at Stoke Lodge Primary School

Anti Bullying Month kicked off to a fantastic start at Stoke Lodge Primary School with the children designing 'Odd Socks' in support of Odd Socks day on Monday 12th November.

All of the children's designs were displayed in the anti bullying section of the main corridor with the children all receiving a certificate from the Anti Bullying Alliance and an anti bullying badge for their hard work. Staff and children also wore Odd Socks to school on Odd Socks Day – there were some great creations!

The theme chosen by the Anti Bullying Alliance for Anti Bullying Week this year was Respect and on the display board was lots of information about Respect; from respecting others to ourselves. The children had assemblies about respect and anti bullying as well as cyberbullying in support of Cyberbullying day on Thursday 15th November, which was a new event this year organised by the Anti Bullying Alliance.

All classes across the school were given new reading books that concentrated on anti bullying themes such as friendship, sharing, bullying, inclusion and acceptance. In most classes the children had these books read to them as their class story and were all able to take them home and read them at their leisure.

Our 'Help Me Box' was reintroduced to the children during Anti Bullying Week, again in the anti bullying section of the main corridor. It is a safe place that the children can leave a message in if they feel that they are being bullied and are not happy about something. The Anti Bullying Co-ordinator checks it three times a week and if a message has been left will bring this to the teachers attention or deal with it in their absence.

During term one our Anti Bullying Ambassadors were voted in, in readiness for anti bullying month. We have two children in each class in both KS1 and KS2 who are voted for by their classmates. The only class that we don't have this in is Reception who have regular lessons about friendship, bullying and inclusion with their class teachers.

The role of an Anti Bullying Ambassador is to make sure that they listen to and help any of their classmates at break times and lunchtimes. Anti bullying Ambassadors help their classmates if they are upset and have nobody to play with - they play games with them, talk to them and introduce them to other children. If someone in their class thinks they are being bullied they try and help them by listening to them and encourage them to tell an adult. They can also write their name in the 'Help Me' box and the Anti Bullying Co-Ordinator will go and help them if they have come across an issue that feel they need help with. The Anti Bullying Ambassadors have regular meetings and training with the Anti Bullying Co-Ordinator each term.

Anti Bullying Month is a great addition to the school calendar and the children thoroughly enjoy getting involved. These are all things that we use to work towards gaining the BIG Award for Anti Bullying which we have achieved for the last years and are very proud of.

Written by Claire Bruford, Stoke Lodge Primary School Anti Bullying Co-Ordinator



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FRIDAY 7th DECEMBER 6 - 8pm

(from 5.30pm for refreshments)

ALL
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Enjoy hot refreshments & festive snacks, as well as delicious cakes.

We will be running our popular **"COLOUR HAMPER RAFFLE"** again this year! To win one of the colour-themed hampers, raffle tickets can be purchased before the event from the school office, or on the night.

The raffle will be drawn at 7.30pm.

For more information call **01454 612517** or email almondsburyschoolpa@gmail.com

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News from St Michael's

Owl Day: September 2018

In September each year we celebrate the feast day of St Michael, our patron saint, and this year we had a special event centred around the owl, which is the school emblem.

First we had a visit from Ian Maguire and one of his owls. The children were fascinated to find out all sorts of information and facts about owls, and to see a real barn owl up close and watch it fly through the hall.

Following the visit, children worked with a partner from a different year group to create lots of different owl artworks. These included paintings, drawings, models, collages: see the gallery here for just a few examples.

Theme Days and Curriculum Enrichment

Throughout the year we hold a number of theme days and occasionally theme weeks. These allow children to come together as a whole school and focus on something altogether.

We have just finished a theme week centred on the local environment, the highlight of which was a theatre performance of 'The Selfish Giant'. As I write this, our next project is a day looking at Remembrance and 100 years since the end of the first world war: children will be involved in creating lots of different poppies in a variety of media and styles.

After that will be a Christmas theme day, and in the new year a science day. Later in the school year there will be a week where we celebrate song and dance.

We want our curriculum to be fun and inspiring for children, which is why we also have regular trips and visitors linked to our topics, and lots of practical activities to engage in.

STEM

We will be building more STEM activities (Science, Technology, Engineering and Maths) into our curriculum as well over the course of the year. There are already a number of topics studied by the children which focus on these areas (such as 'robots' in Year 6), and we held a really successful science day last year where children were given demonstrations of different scientific processes by a member of the Bristol University Science faculty.

We are looking to develop more links with local businesses to encourage children to be inspired by the opportunities available in these areas. If you can help in any way, please contact the school.



Exclusive to Nuffield Health

Get a FREE Health MOT

Nuffield Health, Stoke Gifford are opening up their doors and offering their exclusive Health MOT service to everyone until 2019!

Get your results explained by an expert within the hour!

12 Point Health check-up includes:

- Blood Pressure
- Blood Sugar
- Cholesterol
- BMI
- Aerobic Fitness



To book a free visit + Health MOT check please call the club on 0117 974 9740 or email alex.pascoe3@nuffieldhealth.com

Club located on Hunts Ground Road, Stoke Gifford, BS34 8HN

*valid for 1 visit per person until 31 December 2018. Members receive a Health MOT every 3 months as part of the membership package.

Little Stoke Primary School - Big Changes, Learning Opportunities

Every day is an opportunity for learning for the staff and children at Little Stoke Primary School. This was even true when attention turned to the departure of the Head Teacher, Scott Howes, who was leaving the school in November after six happy and successful years at Little Stoke Primary, to take on a new job in Northern Ireland.

"Learning how to deal with goodbyes is an important life skill that we've been able to share with the children as Mr Howes leaves," said Anne Sargent who will be taking over as Head Teacher having previously worked alongside Mr Howes as Deputy Head. "We have talked to them about change and about looking forward to the next chapter of our learning adventure at Little Stoke."

In his final week, staff and pupils turned their well wishes into personalized songs, videos and other activities during assemblies that created special memories for everyone involved. As part of these celebratory activities Mr Howes received a number of gifts and presentations from the children which reflected the warm feelings of the whole school community. These included a beautiful framed 'fingerprint tree' which every child contributed to and a very special coat of memories adorned with written memory stars from every child and member of staff.

The school also celebrated by holding a quiz for Mr Howes to test his knowledge about the teaching team. For example, asking which teacher also had their glider licence? His correct answers resulted in winning tools that would help him complete tasks at the end: painting a self-portrait, building a tower from spaghetti and marshmallows and decorating a cake. The children, of course, found this very amusing!

Stephen Wells, Chair of Governors, thanked Mr Howes for being such an important and lasting positive role model for the children and a person who would be long remembered by those at the school.

Scott Howes joined the school six years ago at a time when it had falling pupil numbers. Since then he and Mrs Sargent have made a number of significant changes resulting in the school becoming popular with parents and being rated "Good" by Ofsted.

"I have very much enjoyed my time at the school and will take away many happy memories" said Mr Howes.



Anne Sargent presenting Scott Howes with the framed 'fingerprint tree'

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

ategi South Glos are 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.

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

Shared Lives Scheme
South Gloucestershire
"Supporting people to live their lives"





1st Little Stoke Scout Group

Wow what a busy start to the Autumn term for the Beavers and Cubs.

At the start of September the Beavers visited Cattle Country as part of a Brunel District meet up. The children got off to a bit of a bumpy start as the coach broke down on the way and the other coach had to return to rescue them!

Once they finally arrived the Beavers all enjoyed burning off steam running around the varieties of soft plays, feeding and meeting animals, ranging from rabbits to cows, finishing the day with a tasty ice cream.

In October the Beavers visited Patchway Firestation. The children all learnt about the importance of fire safety in the home and what to do in the event of a fire. They learnt about all the different situations the Fire service would be called to assist people. Finally they had a tour of the fire engine, investigating what all the equipment does, how important it is for everything to be stored correctly, and how the fire fighters clothes are left attached to their boots for them to get ready quickly.

The evening was finished off with the opportunity for all the children and adults to shoot the water hose at the cones. All the Beavers agreed that this was 'epic'.

Stormy weather didn't stop our Cubs from Blasting off to Space camp!

The Cubs first camp of the year almost didn't make the launch pad due to stormy weather and high winds, but quick thinking from the leaders and a change of venue, from Bitton in tents to the Scout hut meant Space Camp was a success.

Over 20 Cubs excitedly arrived at the Scout hut, which had been transformed into Space base camp. On arrival each Cub was given a new Space Neckerchief, created by the wonderful leaders.

The weekend included a range of Space themed activities ranging from Planet racing, transferring rocket fuel, space cake pops, creating their own space themed lighting and fizzy pop rocket launchers. On the Sunday the Cubs all headed for Jump, as the original activity of grass sledging was no longer possible at the alternative venue.

The weekend was a brilliant success with the Cubs learning new skills and having an amazing time.



If you would like any more information on getting involved with 1st Little Stoke Scout Group, please contact Group Scout Leader Tony Edmonds on 07957 880 503 or email tonyedmonds108@yahoo.com



The Vintage Box

Big Enough to Deliver, Small Enough to Care

We are a local catering company, founded by partners Sam and Rachael. Our dream was always to make other people's come true, applying a caring and personnel touch to everything we do, with quality always at the forefront. We're surrounded by some of the finest produce here in the South West, and using local sourced ingredients, ensures not only can we give back to the local economy around us, but deliver the best food available to our clients.



Vintage afternoon Tea

We offer a delivered afternoon tea, complimented with vintage crockery. We can offer a fully managed service with waiting staff, who will wait on you for the day. Or you can opt for a delivered service - we drop everything to you in the morning of your event made fresh, and collect the washing up later! We even do a Gin and Tonic reception too! Prices Start from just £12.50 per person.

Weddings and Events

We will work closely with you to help create your special day, offering bespoke packages that are tailored to you. Or we can simply come along with our lovingly converted bar horsebox to just look after the bar and reception drinks. We also have our lovingly converted kitchen horsebox, and can help provide anything in particular you would like to feature on your day, or we can suggest options. Enquire now for a complimentary consultation and quote.

Festival and Mobile Event Catering

We have two converted horseboxes: our gin bar, which can also double up as a full bar with draught, and serves many other premium products too; and our duck box, serving shredded duck wraps or salad. Both have been a popular hit already with dates already going quickly for 2019!

• www.thevintagebox.co.uk • 07526 727181 • info@thevintagebox.co.uk

• Follow us on twitter @TheVintageBox2



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**Big Enough to Deliver,
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This message is an invitation to our Christmas celebrations, arriving with my prayers that Christmas will be a time of hope as our community moves into 2019.

If I had a £1 each time someone asked me, "what do you hope for this Christmas?" I'd be a rich man!

Hope is assumed to be a wishlist of things we'd like. I hope I win the lottery!

*Whenever the word **hope** is used in the Bible it carries a more certain meaning. **Hope** is a confident expectation that God is worth trusting. That he has our best interests at heart.*

That he came in Jesus with a rescue plan. Hope in God doesn't mean, "cross your fingers." It means, His fingers on the cross.

The first Christmas came about because God loves bringing hope to the world. He absolutely wanted to make a change. It was His plan to give us hope, to help us find a way out of whatever horrible situation or brokenness we might find ourselves in. Because of that plan, He gave Himself in the most unlikely places at the most unlikely of times.



It was a special ops mission that would forever change the course of world history.

"May the God of Hope fill you... so that you may overflow with 'hope' ". (Romans 15:13)

When we invite Him, Jesus brings hope into our lives. When I welcome the Hope of God, I am more likely to 'overflow' with hope.

The world can become more hopeful one person at a time.

Have a lovely, hopeful Christmas time.

Revd Canon Simon Jones
St Michael's Church, Stoke Gifford

Christmas Craft Morning Saturday 1st December 10am-12pm

You are invited to kick-start the Christmas season by joining us for a morning of craft and festivities, with stalls selling home-made gifts and cards in plenty of time for Christmas.

There will be an opportunity to learn how to make your own Christmas wreaths* or just sit back and relax in the cafe with a mince pie and festive hot chocolate.

The wreath making is for adults only, but the cafe is open and welcome to all. We have plenty of other family events later in the month - take a look at our website for further details.

**This activity will require a small donation to cover costs.*

CAFE CHURCH BRISTOL
4A Amberley Road, Stoke Lodge, BS3 6BU
0117 979 8586
www.cafechurchbristol.co.uk



Comedians and Carols

Saturday 15 December

£10 (£8 Concessions)



Four of the UK's best comedy acts with their take on the Christmas Story in an evening of Festive entertainment!

Enjoy this feelgood mix of stand up comedy and sing-a-long Carols in this unique show!

St Michael's
Centre Events
stmichaelsbristol.org/smcevents

HOPE IS BORN

Christmas at St Michael's, Stoke Gifford

Thursday 6 December
Cheswick Community Carols
6pm Wallscourt Farm Academy, Cheswick

Saturday 8 December
Carols on the Green
6.15pm The Green, Stoke Gifford

Sunday 9 December
Children's Nativity
10.30am - St Michael's Centre

Saturday 15 December
Comedians and Carols
7.30pm - St Michael's Centre
Tickets £10/£8 from stmichaelsbristol.org/smcevents

Sunday 16 December
Carol Services
4pm & 6.30pm - St Michael's Church

Sunday 23 December
9am Holy Communion - St Michael's Church
10.30am Family Celebration - St Michael's Centre
6.30pm Evening Celebration - St Michael's Centre

Christmas Eve
3pm Crib Service - St Michael's Centre
11.15pm Midnight Communion - St Michael's Church

Christmas Day
10am Family Communion - St Michael's Centre

New Year's Eve
8pm Big New Year's Party - St Michael's Centre



Come along for some festive aerobics, burn off some calories, and earn yourself an extra mince pie or two ready for Christmas Day. In this busy Christmas period take a bit of 'you' time to have a laugh and de-stress with some light-hearted exercise, dancing along to some Christmas tunes.

Grab your tinsel, Christmas jumper and trainers, and come along for a bit of fun!!

Christmas Aerobics

WEDNESDAY 12TH & 19TH DECEMBER

7.00pm - 8.00pm

CAFE CHURCH BRISTOL
4A Amberley Road, Stoke Lodge, BS3 6BU
0117 979 8586

Winterbourne's Medieval Barn – News & Events



Over a 1,000 members of our community came together to celebrate a wonderful Orchard Harvest Day, this October. Everyone made the most of the and warm dry weather. From the comments left, people really enjoyed the historic barn, the food and drink, the music and entertainment, and all the different activities and stalls.

There are a few more festive events still to come in 2018 (plus the free lectures which are already fully booked!) – a Christmas Craft workshop using beeswax and herbs, Wreath Making and the annual Carols in the Barn.

Christmas Gift Making Workshop takes place on **Saturday 8 December**, 11.00am–1.00pm. Immerse yourself in Christmas crafts, family fun and enjoy the opportunity to make some natural, ethical festive gifts.

Please note, the December *Christmas Wreath Making* workshop is now fully booked.

Carols in the Barn – These much-loved community performances take place on 15 and 16 December, 3.30–5.00pm.

The events start with mulled wine and warm mince pies, followed by everyone singing carols as they

watch the Christmas story unfold – dramatised by St Michael's Church 'players'.

Apple Grafting in 2019 – Looking ahead to the new year, there will be another apple-grafting workshop in early March, for which bookings are now open. This well-received and popular workshop will be run by Ben Raskin, Head of Horticulture at the Soil Association, a very experienced horticulturist and an excellent tutor. For those green fingered people who are difficult to buy for, this course makes an excellent Christmas present.

For further booking/price info on all of the workshops/events mentioned, please visit our website or Facebook page.

We would like to thank all of you who have supported the Barn this year and wish you a wonderful Christmas.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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



Sundays

WE DO CHURCH,
BUT NOT AS YOU KNOW IT!

SUNDAY 9TH DECEMBER
REAL LIFE ANIMAL NATIVITY

10:00 am – 2:00 pm
Follow the Christmas story to complete our nativity trail, get a free prize, and meet the animals of our real-life nativity petting zoo - donkey, pony, lambs, pygmy goats - they will all be there! Our café will be opened, selling light refreshments for the whole morning.

10:00 am – 11:30 am
When you've had enough of saying hello to the animals, why not come inside for a free continental breakfast.

11:30 am - 12:00 pm
Gather with us and the animals for some carols and hot chocolate.



Our other Sunday events this December...



SUNDAY 16TH MESSY CHURCH

Come and join us as we let craft activities tell the Christmas story. There will be a free continental breakfast from 10:00 am and Messy church will start at 11:00 am, followed by coffee and cake.



SUNDAY 23RD FAMILY CAROLS

Starting at 5:30 pm, this event is like no other! No need to worry about keeping your kids quiet here - they are going to love it! Interactive Christingles, story time, videos, carols, candles, mulled wine - we've got it all covered. Bring the whole family.



TUESDAY 25TH CHRISTMAS DAY SERVICE

From 10:30am - 11:15am. Leave the turkey cooking slowly in the oven, forget about the Christmas presents, just for a while, and come and celebrate Christmas with us - the children don't need to leave their presents behind - they can come and show us what they've been given.



**CAFÉCHURCH
BRISTOL**

4A Amberley Road,
Stoke Lodge,
Bristol BS34 6BU

www.cafechurchbristol.co.uk
01179 798586



@caféchurchbristol



Forthcoming Events at Bradley Stoke Community School

Bradley Stoke Community School has some exciting events coming up this Christmas time, the first of which is our Annual **"Winter Live Lounge"** concert showcasing the musical talent we have here at BSCS.

The show takes place over two nights on **November 29th and 30th.**

Tickets are £3 for students and £4 for adults and are available from the BSCS reception.

Monday 3rd December 7pm-9pm Shopping and Pamper Evening

Lots of stalls selling beauty, fashion and Christmas gifts, as well as pamper treatments bookable on the night such as gel nails just in time for the festive party season!

Bar offering a variety of festive refreshments

Amazing raffle with some great prizes from local businesses and hotels – tickets sold on the night.

Tickets £1 are available from Secondary school reception or can be bought on the door on the night.

For more information visit www.bradleystokecs.org.uk or email friends@bradleystokecs.org.uk

All profits going to FRIENDS@BSCS

Carol concert 11th December 7-9pm

Our Christmas themed concert features our community choir **"The BSCSingers"** who always bring the Christmas cheer with a selection of festive favourites as well as our own student orchestra led by Mrs Hopkins-Edwards.

Tickets for this event are £3 for students and £5 for adults and can be bought from the School office.

CHRISTMAS SERVICES

Bradley Stoke Evangelical Church

Sunday 16th December

10.30am All Age Christmas Celebration

Sunday 23rd December

10.30am All Age Christmas Celebration

Christmas Eve

6pm Carols by Candlelight

Christmas Day

Christmas Day Service 10.30am

Christ the King & Holy Trinity Churches, Bradley Stoke

Sunday 16th December

6.30pm Carols at Christ the King

6.30pm Carols at Holy Trinity

Sunday 23rd December

10.00am Shared service at Christ the King

Christmas Eve

3.00pm Crib service at Christ the King

4.30pm Christingle at Holy Trinity

11.15pm Midnight Communion at Holy Trinity

Christmas Day

10.00am All Age Christmas Communion at Christ the King

10.00am Christmas Celebration at Holy Trinity

Sunday 30th December

10.00am Shared service at Holy Trinity

Holy Family Catholic Church

Christmas Eve

6.00pm Christmas Family Mass

11.15pm Hymns and Readings to welcome Christmas

Christmas Day

12.00am Christmas Mass at Midnight

9.30am Christmas Mass

11.00am Christmas Mass

www.holyfamilyrcchurchpatchway.co.uk



Community Carol Service

at the Willow Brook Centre

Wednesday 19th December

Music from 6pm with

Carol Service to follow at 6.30pm
(organised by local Churches)

Come and Celebrate the Reason for the Season!

Wrap up warm and enjoy local school choirs,
a festive brass band, traditional readings and
carols, refreshments and plenty of
Christmas spirit
- All For FREE!



Monday 3rd December 2018

Bradley Stoke Community School

7:00pm – 9.00pm

Tickets - £1.00



- * Raffle *
- * Festive refreshments *
- * Treatments *
- * Beauty, fashion & gift stalls *

For more information visit www.bradleystokecs.org.uk or
contact friends@bradleystokecs.org.uk

Tickets can be purchased in advance from the School Office.



Gifted drama group presents:
JM Barry's magical Peter Pan

in association with Circomedia.

Saturday 15th December 10.30am
Holy Trinity church, Bradley Stoke

Features live theatrical flying!

FREE ENTRY

with Retiring Collection and
Tea/coffee and cake from 9.30am thanks to the church
pastoral fund.

Sunday Evenings 7:15-9:15pm



The Trust Hall
North Road
Stoke Gifford
BS34 8PE

For enquiries please contact 07528 172228 or email
sgphilharmonia@gmail.com
southglosphilharmonia.wordpress.com

Grade 7 and above preferable

St Michael's Church
Stoke Gifford

Carols on the Green

Saturday 8 December 6.15pm

The Green, Stoke Gifford

Brass Band Mulled Wine
Hot Dogs Festive Fun

sthopelsborn stmichaelsbristol.org

A collection will be taken for
Caring at Christmas and Bristol Churches Winter Night Shelter
Registered Charities 1151645 & 298528

Christmas Fun

Drop in craft activities
Bradley Stoke Library

Thursday 20th December

3:30 – 5:30pm
Free!

Suitable for children aged 4-11yrs
All Welcome
Children must be accompanied by an adult

facebook.com/sglibraries @southgloslib
www.southglos.gov.uk/childrenslibrary

South Gloucestershire Council Active Libraries

AZTEC
HOTEL & SPA

Christmas Market

HANDMADE GIFTS
LOCAL SUPPLIERS
PRIZES TO BE WON
SPECIAL OFFERS
MULLED WINE & FESTIVE SNACKS

6 December

16:30-20:00

Stoke Gifford Community Library
above the Old School Rooms Coffee Shop
The Green Stoke Gifford

Opening hours

Tuesdays 2pm-4pm

4 & 18 December, 15 & 29 January (2019)
(closed Tuesday 1 January)

Thursdays 9am-11am

Thursdays fortnightly 9am – 11am
13 & 27 December, 10 & 24 January (2019)

Weekly sing-a-long group Goldies
will be opening their Christmas Song Book on

Tuesday 4th December
Tuesday 11th December
Tuesday 18th December
(all at 2pm- 3pm)

Goldies runs at the Old School Rooms, Stoke Gifford
every Tuesday from 2.00-3.00pm.

Weekly costs are £2 per person. All are welcome!

For more information you can call Adele on
0117 979 0029 or email adele@golden-oldies.org.uk

THE FILTONES CHOIR

Invites you to share a Festive Evening of Songs and
Carols at its

CHRISTMAS CRACKERS CONCERT

FRIDAY 14 DECEMBER 2018

At 7.30 pm
EDEN GROVE METHODIST CHURCH
EDEN GROVE, HORFIELD BRISTOL BS7 0PQ

TICKETS £7.50

IN ADVANCE FROM DOT BRYANT 07870 984760
MEMBERS OF THE CHOIR
OR AT THE DOOR

Raffle and
Retiring
Collection
in aid of:-

BRACE
Together we help Defiant Elements

Christmas Fun

Drop in craft activities
Patchway Library
(Rodway Road)

Saturday 22nd December

10.30-11.30am
Free!

Suitable for children aged 4-11yrs
All Welcome
Children must be accompanied by an adult

facebook.com/sglibraries @southgloslib
www.southglos.gov.uk/childrenslibrary

South Gloucestershire Council Active Libraries

CAFÉ CHURCH
BRISTOL

Film Nights

SATURDAY 8TH DECEMBER
POLAR EXPRESS

SATURDAY 15TH DECEMBER
ELF

SATURDAY 22ND DECEMBER
A CHRISTMAS CAROL
...FOLLOWED BY A CHEESE & WINE SOCIAL
6.30pm-7.30pm

FREE ENTRY
doors open at
3.30pm film starts
promptly at 4pm

Popcorn and other
refreshments
available to purchase

CAFÉ CHURCH
BRISTOL
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BS3 6BU
0117 979 8586

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

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

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F 01454 619911 www.dunkleys.accountants

Woodlands Grange Woodlands Lane Bradley Stoke Bristol BS32 4JY

Does your business need a shareholders' agreement?

Anna Sivula, Solicitor in AMD's Commercial team, explains how Shareholders' Agreements ('SA') should be a key consideration for any private limited company with 2 or more shareholders.

In the absence of a SA, a company's internal affairs will be regulated by the Companies Act 2006 and the Articles of Association. For a lot of SMEs, the Articles are taken from an incorporation agent or based on the 'model' articles which contain standard provisions. Standard Articles may be suitable for a 1 person company or a small business that is just starting up but they may not be appropriate for a growth business or one with a more complex share structure.

Unlike the Articles which are a public document, a SA is a private contract between the shareholders of a company which does not require registration at Companies House.

A SA is therefore a flexible way of regulating a company's affairs and allows for bespoke drafting, tailored to the specific objectives of the shareholders.

Some of the key considerations in a SA include:

- Decision-making – directors have control of most of the Company's decisions but a shareholders' agreement can reserve certain key decisions for the shareholders or a majority percentage.
- Share transfers – shareholders may want the freedom to sell their shares but the remaining shareholders may want to ensure they have some control over who becomes a shareholder in their company. A SA can balance these objectives by providing a clear procedure for share transfers during life and on death.
- Shareholder dilution – a shareholder will not want to find out their share percentage has been diluted without their consent. A SA should contain anti-dilution protections, particularly to protect a minority shareholder.



- Bad leavers – a SA can set out clear guidance on what should happen to a shareholder who commits a serious breach whilst they are a shareholder. Whilst employment law regulates the actions of employees, the SA can regulate how shares are dealt with in the event a shareholder/employee leaves the business as a bad leaver. For example, this could include returning shares to the Company at a discounted rate.

There is no legal requirement to have a SA but companies with two or more shareholders should consider having one in place. In our experience, trying to resolve shareholder disputes without a SA will always prove more problematic. It stands to reason that there is less potential for conflict between shareholders when their roles and responsibilities are discussed and clearly recorded from the outset.

If you would like to discuss how a shareholders' agreement can benefit your business, please do not hesitate to contact our experienced Commercial solicitors by telephone 0117 9733 989 or email annasivula@amdsolicitors.com.

Advice Making a Difference



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

Bradley Stoke Bowls Club AGM

On the evening of the 25th October over fifty members of the Bradley Stoke Bowls Club met for the AGM at the Baileys Court Centre.

The chairman, Robert Bertram conducted proceedings with his usual calm efficiency, after paying tribute to the outgoing Captain Bob Wilkins and his wife Janet, standing down as Membership secretary, he regretted that a few posts had not been filled, and hoped that they would be before the start of the 2019 season. Robert also expressed the Club's good wishes to John and Doreen Pope who are leaving the district after serving the Club so well.

The usual business of such events ran smoothly, showing that the Club is financially sound and socially and sportingly active. The membership of 107 (69 men and 38 ladies) had been augmented by 21 new players, 13 entirely new to the game. A new member praised the club for its friendly and supportive atmosphere.

References was made to the successful Captains' and President's days, the social events and Club Tour to Bournemouth, all of which were well received by the members.

Special mention was made regarding the effectiveness of the new sprinkler system which maintained the green in first class condition during the heatwave and the subject of much admiration by visiting bowlers.

In spite of the absence of any special charity effort this year, two fine Charities were able to share more modest donations; the Milestones Trust (£170) and CLIC Sargent (£147).

Club members approved the giving of honorary membership to two worthy members, Val Nicholls and Bill Plank and learnt that Sanjaye Somaroo, is to be next year's President of the Bristol City and County Bowling Association. As is customary, the President's Club has the honour of playing a game against the Association next season.

The most significant business of the evening, was the decision by the members to incorporate the rink fees into the annual subscription. In this way each member will pay the same amount towards the running of the Club.

Towards the end of the meeting it was the pleasant duty of the Competitions Secretary, Dennis Overton, to present the various trophies to most of the winners.



Dennis is seen in the photo carefully guarding his treasures before parting with them. The chairman thanked Dennis for his work over many years and was delighted that Sanjaye Somaroo had volunteered to take over this role next year.

The meeting drew to a close with reports of embryo plans for next season, including a visit to the Isle of Bohemia (in the middle of the Thames at Reading), and a possible overseas tour - to the Isle of Wight!

In conclusion, the Club President, Brian Newman articulated the wishes of all members by thanking all office bearers and helpers for their good works during the past season.

NEW STANDARDS



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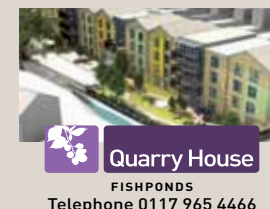
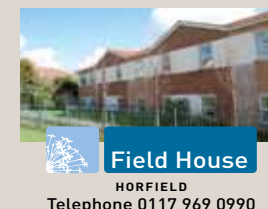
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Great Western Air Ambulance Charity takes up Tenancy in New Air Base

Great Western Air Ambulance Charity (GWAAC) have taken up tenancy of a new air base in Almondsbury. The charity will share the facility with the National Police Air Service (NPAS), and currently have a ten year tenancy agreement. Their helicopter took off from the new base for the first time at the end of October, taking the medical team to a critical incident.

The move is a huge milestone for the charity, who have been operating from a hangar on Filton airfield which was one of the oldest in the country.

In a move which would ensure stability for the life-saving charity, the landlords of the new base have offered GWAAC the opportunity to purchase the facility at a significantly reduced price.

GWAAC Chief Executive Anna Perry explains: "We're thrilled to have moved into the new air base at Almondsbury, however with our current tenancy agreement we could be asked to leave again after ten years. This could be extremely disruptive to our service. Owning our air base will ensure we can continue to carry out our life-saving work well into the future. It's unlikely we will have the opportunity to buy a facility like this again."

Russ Woolford, Assistant Operations Director for the National Police Air Service (NPAS) said: "We are delighted that NPAS Almondsbury is now operational. The state-of-the-art air base, including a 520m lit Final Approach and Take Off (FATO), is a great addition to our national network of bases. NPAS Almondsbury is operational 24/7/365 and our crews will regularly support police colleagues on the ground to find missing people and search for suspects. Air support is a vital tool available to police forces and flying at average speeds of 138mph crews will also help bring many other 'crimes in action' to an end, to help keep communities safe. NPAS Almondsbury replaces the existing NPAS Filton site which is now under redevelopment for housing."

Earlier this year, GWAAC launched an urgent appeal to help them raise the additional £1.25 million needed to fund the purchase. They are half way towards their target, but still have a long way to go.



As a charity they rely on generous donations from members of the public to stay operational. Excitingly, if they can raise another £315,000 then a generous local organisation has pledged to double this money!

GWAAC Lead Critical Care Doctor Ed Valentine continues: "The whole crew are really pleased to have moved into our new hangar, which is warm, dry, and has all the facilities we need to train for and deliver our service. We operate at the forefront of pre-hospital emergency medicine, and are here for every single person across the region. Owning this base would mean that we can continue to expand and continue our work long into the future. We're extremely grateful to everyone who has donated so far, and would urge anyone who is able to contribute to the Buy Our Base appeal to do so."

To make a donation visit www.buyourbase.com

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With the festive period nearly upon us why not get your taxi booked in early. Whether you're organising your Christmas party or celebrating New Year in style and need to book taxis then we can help.

If you require taxis for your business and don't want to pay by cash then we also offer an priority account function to make your life easier.

Whatever your taxi requirements, please contact our friendly team who are on hand to hear from you 24/7.

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South Gloucestershire Hockey Club

The club we know today as South Gloucestershire Hockey Club started its life in July 1946 and since then has continued to grow with three mens teams, two ladies and a mixed team.

We moved to Bradley Stoke Community School in 2013. Not only do we love playing hockey we are a social club on and off the pitch enjoying a few post match drinks and regular socials.

The clubs biggest achievement is earning not one but two world records!

In May 2011 the club set a new world record for the longest single hockey match – 31-hours – raising thousands of pounds for charity in the process.

Although the club lost their title in 2013 to Holcombe hockey club, in May 2015 South Glos played non-stop for a staggering 50 hours, raising thousands for the Bristol-based Cots for Tots charity.

2018/2019 Season Update

With the first quarter of the season completed, South Glos Hockey club are off to a flying start with a total of 89 goals scored across the club! With 4 out of the 5 teams currently sitting within the top spots of their leagues, South Glos are continuing to go from strength to strength.

So far this season, we have welcomed 15 new members to the club who have got stuck in and enjoyed training, playing matches, mixed hockey, pub golf and a spooky Halloween social. Some of these have never picked up a stick before whilst others have been playing for many years.

We have lots to look forward to including our Christmas tournament and Social where we will enjoy some food, drinks and dancing!

Fancy Playing Hockey?

Our club welcomes players of all abilities, whether you're a little rusty or never picked up a stick please feel free to come along. We train on Tuesday evenings at Bradley Stoke Community School 8pm-9.30pm with league games played on Saturdays and mixed on Sundays.

If you want to find out more information please check out our website

<http://www.sghc.org.uk>

Facebook - South Gloucestershire Hockey Club

Instagram - Southgloshockey



'The key for any team is communication, timing and always being prepared- at South Glos we are always on point!'

The truth about lower back pain

Hannah, our Osteopath at Bradley Stoke Physio & Health, answers some common questions about lower back pain.

Why have I got lower back pain?

Lower back pain can be caused by a specific event, such as a fall, or lifting something awkwardly. Most often though, it starts for no obvious reason, or from a simple movement like bending to pick something up. The demands on our bodies can build up, then bending is the 'final straw', resulting in pain. Poor sleep, stress or worry, long sedentary working hours, and changes to exercise habits, can all contribute.

What is causing my lower back pain?

Local nerves (called nociceptors) sense the injury or strain and send messages saying 'something has happened here' to the spinal cord, which passes them on to our brain. The brain then weighs up the situation using lots of information, including our thoughts, beliefs and experiences, to decide whether pain is felt and how much. This tells us that pain is a unique experience, and that pain is not always an accurate measure of the amount of damage. Although unpleasant, pain can help protect us from further damage, or prompts us to do something differently to look after ourselves.

Will my back pain get better?

Lower back pain is rarely serious and gets better in most cases. Even when there is a great deal of pain, the body does a great job of repairing and healing. You may or may not get a flare up once in a while or with certain activities, but this doesn't mean your back is damaged, more that it might be sensitive now and again.



However, if your pain won't go away, see your GP, an osteopath, or physiotherapist.

What can I do to help my back pain?

My top tip is to try to keep moving, even if it is uncomfortable. Taking painkillers could help you to stay active and to get a good night's sleep, which will aid your recovery. When you feel up to it, regular exercise such as walking, yoga, swimming, running, cycling - whatever you enjoy - will help keep your back strong and healthy.

How can osteopathy help?

As an experienced osteopath, I have a toolbox of techniques and strategies to help ease your pain and improve your movement. If pain is stopping you from doing the things you need and love to do, or is worrying you, or is not settling as expected, I would be happy to help you on the road to recovery.

Call us on 01454 618 525 to book your osteopathy appointment with Hannah.

More information can also be found on our website at www.bradleystokephysio.co.uk

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BSTFC: Seasonal Update & International Fame!

Report by Adam Townsend

Bradley Stoke Town FC have had a very busy few weeks, both on and off the pitch.

Not only have we played a combined total of 17 games since our last update, we've also had a media storm surround the club. You may have seen our new recruit **Bradley Stokes** (photo right) making waves through social media all around the world, being covered - not just by Bradley Stoke Matters and BSfm - but by the likes of BBC Sport, BBC Radio 1, Talksport, all due to an innocuous tweet by BSMatters' assistant editor, Nick Tanner, to local journalist Neil Maggs, to help raise the profile of BSTFC - it certainly worked!

On the pitch, the **First team** has continued their solid start to the season by winning 5 and scoring thirty goals within their seven games. Results include a hard fought win against Cribbs A, a 5-1 Cup win against AFC Mangotsfield Reserves and a dominant display to beat local rivals Patchway Town Reserves 8-0. Manager Jon Welsh has been especially impressed with the number of goals being shared throughout the team meaning we are looking dangerous across the whole pitch.

The next month sees the first team return to mostly home fixtures at the GFA headquarters in Almondsbury with games against unbeaten Nicholas Wanderers, Made For Ever and Wick (Saturday) Reserves in the next round of the GFA Junior South cup.

The first team currently sit 3rd in the Bristol and District Senior division.

The **Reserve team**, managed by Matt Burch has had a more disappointing month with a number of key players missing, whilst having to manage squad selection based on the first team's needs and player availability. Despite this the team still remain mid-table with a positive feeling that such a strong group of players can turn it around and begin to climb the table.

The lead up to Christmas will be an important period for the team as they take on a number of teams around them in the league, including a home tie against Hambrook Reserves before two away games against Hartcliffe First and then Rangeworthy Reserves.

The reserves currently sit 7th in the Bristol and District Division 2.

As always, we would like to thank Bradley Stoke & Little Stoke Gifford Matters for their continued support and wish everyone a great festive period however you choose to celebrate.



The **A team** have certainly settled well into life in Division 4 due to the large squad and recruitment of a number of new players. Managers George Haskins and Luke Baker have done a great job at building a solid foundation for the club whilst also seeing a number of players promoted up to the reserves.

The run up until the Christmas break sees the A team playing three games at home after their away trip to Yate Athletic. They welcome Pucklechurch Sports reserves and Crosscourt United before seeing top of the table Shaftsbury Crusade Reserves arrive at the Jubilee Centre.

The A team currently sit 4th in the Bristol and District Division 4.

Bradley Stoke Town Vets team who play in the Gloucestershire FA Veterans League South Division have only played a single fixture this season following two games being cancelled last minute. The solitary game saw them run out 5-1 winners against Bristol North Vets. Manager Phil Ashton is pleased to see a number of new faces this season and believes he has a strong enough squad to really mount a challenge and win the league. **Next fixture is against Stoke Gifford United Veterans on the 9th December at 10am.**

Bradley Stoke Town FC always welcome new faces, be that as a player or a supporter on a Saturday afternoon. To get involved you can find us at on twitter **@BSTFC**, at **www.pitchero.com/clubs/bradleystoketownfc** or at the **Jubilee Centre, Savages Wood Road.**



Bradley Stoke Ladies Football Team

We are now just 7 and 8 games into the season in the Gloucestershire County Women's Football League and the Bradley Stoke Ladies First Team sit in 2nd position with a record of Played 7, Won 6 Lost 1.

The Bradley Stoke Ladies Development Team sit in 10th position with a record of Played 8, Won 2, Lost 6. The difference being the First Team have managed to retain an established team through every match whereas the Development Team have been in constant change due to injuries, shift working and holidays. We are confident results will improve when they can field a constant stable squad over the next upcoming games. This year was always going to be a learning one for the team, and their attitude, positivity, team spirit and effort in each game needs to be praised. The purpose of running two teams this season was to give more female players the opportunity to play football, so it is great to see two Bradley Stoke Ladies teams playing every week and being competitive.

The First Team are into the Quarter Finals of the GFA Women's Challenge Cup and the Development Team are into the Quarter Finals of the Gordon Perrett League Cup, so hopefully both teams will progress further.

The Development Team are currently now wearing their new Nike kit which is part of the grant provided to the club from the Football Foundation Grow the Game. We have also been successful in our application for the South Gloucestershire MAF funding supported by Councillors Paul Hardwick and Roger Avenin. Of course we are still wearing our lovely jackets to each game provided by Bradley Stoke Matters! The newly refurbished Baileys Court Pub provides after match food for both teams each week. We would like to pass on our thanks to all for helping and supporting the Bradley Stoke Ladies Football Club.

The club is still driving forward with its target of getting more females involved in football and the management committee is currently at 83% female representation. The club is supporting players to go and obtain their FA Level 1 coaching badge and we currently have one female manager at the club. We want to continue this positive trend of females being involved in the running of the club.

We are looking forward to our Club Xmas Party which will be held at the local Hilton DoubleTree Hotel where we can all get together and have some nice food, quality entertainment, lots of fun and many presents.

If anyone is interested in joining or knowing more about the teams please contact Martin Lee at mlee1@bopenworld.com or visit the web site at <https://bradleystokeladies.wixsite.com/bslfc>.

Bradley Stoke Ladies wishes everyone a Happy Christmas.





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

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.

Messy Me (0-5s) - Christ the King Church, Monday and Tuesday mornings 10-11.30am

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

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

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

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

LOCAL CLUBS AND ORGANISATIONS

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

1st Little Stoke Scouts - 1st Little Stoke Scout Group, Beavers, Cubs and Scouts. To enquire about your child joining or to volunteer call Tony Edmonds (Group Scout Leader) 07957880503, or email tonyedmonds108@yahoo.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Willowbrook Townswomen's Guild - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Ros Gallar - 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 7.30.pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

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

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

SPORTS CLUBS

Aretians Rugby Club for Cubs, Juniors and Seniors Station Road, Little Stoke www.aretiansrfc.co.uk

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.bradleysstokebbc.com. Val Nicholls 0117 9311203

Bradley Stoke Cricket Club - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at bradleystokecc.play-cricket.com

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

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

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

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

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

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

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

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

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

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

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

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

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

South Glos Hockey Club Trains Tuesday evenings at Bradley Stoke Community School 8pm-9.30pm with league games played on Saturdays and mixed on Sundays. <http://www.sghc.org.uk>, Facebook - South Gloucestershire Hockey Club

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

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

Stoke Gifford Short Mat Bowls Club -Tuesday mornings and Friday afternoons. For more information please contact 0117 9791807 or email 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 or email Club Sect 'steve' pspayne@blueyonder.co.uk or Club Mobile 07972 039413

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

CHURCH CONTACTS AND COFFEE MORNINGS

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

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

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

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

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

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

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

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

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



PRIMARY SCHOOLS

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

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

Bowlsland Green Primary School, Head Teachers: Faye Kitchen/ Michelle Engley, Ellicks Close BStoke, 01454 866766, bowlslandgreen.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: Anne Sargent, Little Stoke, 01454 866522, <http://www.littlestokeps.co.uk>

Meadowbrook Primary School, Head Teacher: Nicola Bailey, Three Brooks Lane BStoke BS32 8TA, 01454 868630, meadowbrookprimary.co.uk

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

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

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

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

Wheatfield Primary School, 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



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There are 4 main types of conservatory roof currently available on the British renovation market; polycarbonate, glass, slate tiles and solid tile roofing. Which one is best for you? Let's explain!

Polycarbonate Conservatory Roof: Suits: Homeowners on a budget, who want a naturally lit conservatory. **Not suitable for:** Homeowners looking for decent insulation and soundproofing qualities.

Glass Conservatory Roof: Suits: Homeowners who want a crystal clear, naturally lit conservatory. Effective insulating & soundproofing qualities can be achieved by installing certain types of glass, eg double glazing. **Not suitable for:** Homeowners with limited access, *as the roof can become difficult to clean, and homeowners who wish to avoid the glare & heat of the sun**. *self-cleaning glass can be utilized here. ** tinted glass can help here.

Slate Conservatory Roof: Suits: Homeowners looking for hard-wearing, impressive insulating qualities that will provide year-round protection. **Not suitable for:** Homeowners on a budget, unstable/flimsy conservatory structures (due to the weight of the tiles) and those who want a naturally lit conservatory.

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