



Telephone 01454 300 900

Jan/Feb 2019

Community Bradley Stoke Matters

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

HAPPY
NEW YEAR
2019



NEED A NEW BOILER?

Save up to £300 per year on your energy bills* with 10 year guarantees on selected Worcester Bosch boilers.

Flexible payment solutions available.
0117 935 2400 | gregorheating.co.uk
Your local choice for smarter heating solutions.

 **Gregor**
Heating, Electrical & Renewable Energy



The Perfect
IntroDUCKtion
to
Swimming

Swimming
Lessons for
Babies & Children
0 - 10 Years

Call: 0117 9717165

Find your nearest class at puddleducks.com



As seen on
TV

In the Community for the Community since 2005

THE NEW YOU... POWERED BY LIVINGWELL

JOIN NOW AND GET
ONE MONTH FREE*

LivingWell.com/FreeMonth

*Terms and conditions apply.

LivingWell Health Club,
DoubleTree by Hilton
Bristol North, BS32 4JF

01454 893420

Dear Readers....

Wishing you all a very happy New Year, I hope 2019 is a great one for us all.

After all the indulgences of Christmas and the craziness in the run up to it, in this issue we encourage you to take some time for yourself, and get yourself into good shape for the year ahead. Whether this be joining a local gym (both Livingwell and Nuffield Health have offers for you this issue), visiting a local therapist to treat that niggling pain you have been living with for so long, helping your mental health by taking time out to relax, enjoying a massage, trying something new like hypnotherapy, or taking up a new sporting hobby – we have a resource of local business/groups that are ready to assist you get into great shape – both in body and mind.

We have some new British Champions in our midst!! Congratulations to Bradley Stoke Judo Club who are celebrating member successes following the Championships in early December (read more overleaf).

The circus comes to town on pages 10-11 and we have a reader competition for a family ticket up for grabs - better get your entry in quick!

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 in 2019 and help our local community thrive!

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 12th February.

Don't forget you can keep up with each edition of your favourite community magazines via

www.bradleystokematters.co.uk



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Contact Us :

01454 300 900

sales@mattersmagazines.co.uk

community@mattersmagazines.co.uk

www.bradleystokematters.co.uk

Matters Magazines Ltd, 130 Aztec West, BS32 4UB
Co Regn No: 8490434

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

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

All artwork created by us must not be published in any other media without our permission. © Matters Magazines Ltd 2005..2019

MEDWAY DESIGNS Sewing & Alterations

- Bridal Wear • Alterations
- Evening Wear • Day Wear
- Soft Furnishings & re-upholstery

Ask about sewing lessons

Delivery & Collection Service Available

Lois Coulson

0117 969 1798 /

07950 396064

loiscoulson@gmail.com

14 Watch Elm Close
Bradley Stoke

Call now for a friendly personal service



Bradley Stoke Strikes Gold at the British Championships

Over the weekend of the 1st and 2nd of December, Bradley Stoke Judo Club sent a team of 12 players to Sheffield for under 15s and 18s to compete against the UK's best at the British Judo Championships.

Over the past couple of months the judoka have been fine tuning their preparation to ensure that they were in top condition for what is the pinnacle of the British Judo calendar.

First up on the Saturday it was the boys under 18 (cadets) and under 15 girls (pre-cadets) chance to take on all comers.

In the cadet boys we had brothers Alex and Ryan Rijkssen Salman, Ethan Nairne, Ozzy Gowen and Axel Hailstone. In the under 60kgs category Alex showed why he is one of GB's best in this group, quickly notching up his first win by ippon in an amazing 5 seconds. From there Alex never looked back and won his next 3 to progress to the final where he would meet the British no 2. In a tense final Alex seemed to have gained the upper hand and was starting to dominate the fight. Despite being close to scoring it was Alex's opponent who drew first blood by throwing Alex for a wazari score (7 points). As Alex continued to try and pull back the score he unfortunately he got caught again for another wazari which meant that the fight was ended and had to settle for a fantastic silver.

In the under 66kgs we had Axel, Ozzy and Ethan. All made a good start by winning their first fights. Axel then lost his next and dropped into the repochage where he would have another couple of impressive wins before losing against a very experienced player and claiming a 9th place. Axel was one of the youngest in the group but will be well placed for a title assault next year. Ozzy was producing some great judo and had progressed to the quarter finals where he suffered his 1st defeat. Ozzy picked himself up and won his next couple of fights to earn the chance of the bronze. In the bronze fight it was nip and tuck all the way through and was all square at the end of the standard 4 minutes which meant it would go into golden score. It was again tense in golden score with both fighters getting close to achieving the decisive blow until Ozzy's opponent finally managed to find enough to earn the win. Though naturally disappointed Ozzy earned a fantastic 5th Place. Ethan also looked dominant in his fights and had progressed to the

semi-finals before unfortunately losing narrowly. This meant that Ethan dropped into the other bronze fight. Ethan was always in control and took the win to earn a well-deserved championship bronze.

Ryan was last up in the cadets under 73kgs category where he came in as the number 1 ranked player. Ryan didn't disappoint and eased into the final, comfortably winning his fights. Again in the final Ryan dominated with his opponent being limited to very few scoring opportunities. Despite his dominance Ryan sealed victory in the last few seconds of the fight when he got his opponent into a hold down where he was forced to submit. **This meant Ryan had earned the gold and title of British Champion.**

In the afternoon it was the turn of Charlie Whitfield and Madeleine Young in the girls under 15 category. Charlie in her first national championships in this age bracket was fighting in the under 44 kgs group. It is a big step up to fight in these championships and Charlie looked a bit nervous and unfortunately lost her first fight. After some encouragement and advice from the coaching team Charlie hit back to win her next 3 fights looking dominant to earn the chance to fight for bronze. In the bronze fight Charlie started well but unfortunately came up against an older player whose experience finally told. Charlie took a great 5th place and will build on this experience for next year.



In the under 52 kgs category Madeleine (shown in action above) started well, winning her his fight in dominant style. In her second fight she again looked dominant only to get caught on the ground and get held down. Madeleine gathered herself and won her next 2 fights with some great judo to earn the chance to fight for the bronze medal. In the



bronze fight Madeleine was straight on the attack scoring a quick wazari and then following up almost straight away with another to end the fight and claim the bronze medal.

It was a fantastic day one for BSJC where we ended with 1 gold, 1 silver, 2 bronze, 2 fifth and 1 9th place. (Top photo shows Saturday's medal winners)

Day 2 was the turn of the cadet girls and pre-cadet boys where we had Leah Grovsenor, Tatum Keen, Terri Gough, Ben Moore and Scotty Bedford competing for honours.

First up were the cadet girls where we had Tatum in the under 52kgs category and Leah and Terri in the under 57kgs group. In the under 52s Tatum came in as the current British Champion and the number 1 ranked player. Tatum performed at her usual high level with her dynamic judo dominating the group to ease into the final. In the final Tatum made light work of her opponent within the first minute of the fight to take the gold. **This British title is Tatum's 4th successive one and confirms her dominance of the British judo scene in her age group.**

Next up was Leah and Terri. Leah lives in the Kidderminster area and recently joined the club having trained with us previously over the last year. Leah also went into the championships as the number 1 seed. Leah like Tatum showed her dominance of the weight group with her superior judo and eased into the final. **Once again she asserted her superiority and won the final within a minute to become British Champion.**

Terri weighed in right at the bottom of the weight group so was giving up to 5kgs in weight on some of her opponents. Terri made a great start winning her first in style but unfortunately lost her second which meant she would drop into the repochage to earn the right to fight for bronze. Terri won her next 3 fights in style and earned her spot in the bronze medal

fight. Unfortunately the weight difference against her opponent told, and Terri had to settle for 5th place. It was a great effort by Terri and will set her up for next year's competition season.

In the afternoon it was the turn of Ben and Scotty in the pre-cadet boys group. Scotty was fighting in the under 38kgs after only returning recently after illness had ruled him out for a couple of months. Scotty performed well winning his first but then lost his second. He went on to win another couple of fights before losing his next and going out of the competition. Scotty had ended with a 9th place but his coaches are sure success is only just round the corner as he regains full fitness.

Last up was Ben Moore in the under 55kgs category. Ben was on fine form going into the championships after becoming both the Welsh Open and Closed Champion. Ben started well winning his first in style and he never looked back, winning all his fights to advance to the final. **Again Ben proved his class against a tough opponent to take the gold and become BSJC's latest British champion.**

This brought to end another successful day which capped off a fantastic weekend for the club where we ended with 4 golds, 1 silver, 2 bronze, 3x 5th and 2x 9th places.

Not only did Bradley Stoke Judo Club prove once again it is Bristol's and the South West's premier judo club but it also finished top of the British medal table!

CONGRATULATIONS EVERYONE!

(Photo below shows Sunday's gold medallists)





A New Look at the Baileys Court Inn

The Baileys Court Inn in Bradley Stoke unveiled its new look at the latter end of 2018 after closing in the autumn 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 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 new menu offers some fantastic deals for every night of the week, which includes a free drink with your meal on specified nights, from Pie night (Tuesdays) to Grill Night (Thursdays), Fish on Fridays or Burgers on Wednesdays, there is something for all the family on the menu at Baileys Court Inn! Check out the website www.baileyscourtinnpub.co.uk/offer for more information.

There is always something going on at the pub from the 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.

Keep in touch!

Follow us on Facebook – Baileys Court Inn and Twitter @inn_court



Baileys Court Inn

Fantastic Menu Offers Every Day Of The Week!

- Hen House Mondays • Pie Town Tuesdays
- Burger Bliss Wednesdays
- Grill Thrill on Thursdays • Fish Shop Friday

Check Out The Website For More Information

0117 923 6486

www.baileyscourtinnpub.co.uk/offers

Avanti Cars



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

Tel: 0117 931 1473 Mobile: 07973 705522

www.avanticars.org.uk Bakers Ground, Stoke Gifford

Human Writes: A Celebration Of Young Poets In South Glos

On 24th November Patchway Library played host to three young poets from the Human Writes Projects. The poets are South Glos students Megan Eyres, Katie Welch and Sophie Wembridge chosen from Abbeywood Community School, Patchway Community Academy and Bradley Stoke Community School.

In 2017 the three young poets were chosen by the Arts Council funded Human Writes project run by S Glos and BANEs libraries and Bristol based cultural company boomsatsuma to find the next generation of young poets. For the last year they have been commissioned to write on topics such as Black History Month, Human Rights and Love in the 21st Century. They have been mentored by national renowned poet and spoken word artist Joelle Taylor.

Following a morning spot on BBC Radio Bristol's Ali Vowels show, where they discussed the project and performed some poems, an anthology of their work was launched. The young poets performed their work in various areas of the library and to a crowd of guests, many of whom purchased the anthology.

Katie Welch entered the 2017 SLAMBassadors competition run by The Poetry Society and was highly commended for her writing. Fellow Human Writes poet from Bath and North East Somerset, Chelsea Stockham, was announced as a winner with work being submitted for publishing. This has led to Chelsea performing her poetry at various events in London including the 'Dark Bones Anthology' launch. Chelsea's poem 'Grenfell' was written as part of the Human Writes project and was included in the publication.

Earlier in the year South Glos schools planned and ran an interschool poetry SLAM at Patchway Library with all young poets performing as single entries and then each school offering a group performance. Joelle Taylor was the MC and one of the judges. The young poets all brought teams of students, arranged for musical performances during the interlude and celebrated their work on the project.

All YPLs recorded a poem and recited them



for World Poetry Day. These were released on the day and shared online with all schools.



<https://www.boomsatsuma.com/blog/2018/3/21/world-poetry-day>

LET IT MOVE YOU™

THERE ARE A LOT OF WHAT-TO-DOES OUT THERE... JUST MORE FUN. JOIN THE ULTIMATE PARTY THAT BEATS YOUR HEART RATE.

ZIN® Member Helen Allen, Zumba® Fitness Class
T: 0777 8588 725
www.helenallen.zumba.com
 Bradley Stoke Community School, Fiddlers Wood Lane, Bradley Stoke, BS32 9BS
6.30PM - 7.25PM EVERY TUESDAY

Suitable for everyone, this class offers a high impact workout. Come along and join me for a fun packed class, filled with fantastic music and fun. £5 per class. **ZUMBA.COM**

Digital Bells – an Appealing option for St Michael's Church Stoke Gifford

After decades of silence the sound of church bells will once again ring out across the village green at Stoke Gifford.

Reverend Canon Simon Jones, of St Michael's Church, commented: *'The installation of a digital bells system is a unique marriage of a medieval structure and 21st century technology. We will now be able to call parishioners to worship, celebrate weddings, mark funerals and herald local and national celebrations in a quintessentially time-honoured fashion.'*



Three years ago local residents were told that the existing bells, one of which dates back to 1450, were unsafe and beyond economic repair or renovation and were invited to hear a trial of electronically-reproduced bell sounds from the church tower. The feedback from this trial was overwhelmingly positive.

The church authorities are taking a great interest in the project as St Michael's is the first church in the Bristol Diocese to install such a system. It has, therefore, taken time to gain the various ecclesiastical permissions, to make safe and preserve the original three bells and to evaluate a modern, state of the art, digital sound system, which will be installed in the newly re-roofed and refurbished church tower.

Once the system is in place (4th December) there will follow a 15-month appraisal period, after which an application can be made to retain the system permanently.

Rev. Jones added: *'The new digital bells will be in operation in time for our annual Carols on the Green service, when the hundreds of people who attend this popular event will be able to hear – many for the first time – the sound of bells ringing out across The Green.'*

The digital bells system will take a few days to install and commission. Over this period they will be tested at various times in order to perfect the sound and decide which of the many available peals will be appropriate for St Michael's Church. Among the many advantages of digital bells is that they are relatively inexpensive, easy to operate, virtually maintenance free, faithfully reproduce pre-set peals – and do not require bell ringing practice sessions!

For any further information please contact St Michael's Church office, telephone 0117 969 2486.

Flowers for Every Occasion

Click & Collect service
available

Same day delivery within
5 miles of Bradley Stoke

0117 244 0085

www.florel.co.uk

Vantage Office Park, Old Gloucester Road, BS16 1GW



Chris Ridgway
Mortgage Advisor



0117 931 4423 / 07771 888 792

13 Brake Close, Bradley Stoke, BS32 8BA

chrisridgway@ccfpm.biz
www.localmortgage.co.uk

Partners: M Jones, D Jones, F Meadows.
Martin Jones Financial Planning Consultants, Boughrood Castle Farm,
Boughrood, Brecon, Powys, LD3 0YH Tel: 01874 754476



Could you make a difference to the life of a Chernobyl child?

We are appealing for local, caring families who are able to give children the opportunity of a lifetime in summer 2019.

Do you remember the 1986 Chernobyl disaster? The population of Belarus will be forever affected by the legacy of the world's worst nuclear accident - the radioactive fallout from which was 400 times greater than that of Hiroshima & Nagasaki combined. The World Health Organisation has classified 500,000 of the children in Belarus as being "at risk". Only 6% of them are considered to be healthy.



Each year our charity helps the unfortunate children whose lives are affected in some way by the after-effects of the Chernobyl disaster. We raise money to enable the children to travel to Bristol for a four-week stay with host families, providing a much-needed respite break away from the severely contaminated environment in which they live every day.

Could you share your home with two 11 year old children, for just two weeks? We provide a comprehensive network of support for host families - so you would not be on your own! There will also be two interpreters with the group who are on hand around the clock giving advice and assistance to hosts.

The children take part in a large number of planned activities that the charity organises- this minimises the impact on a host family's home life, as well as providing the children with experiences that are simply not available to them in their daily lives. These range from sports to the arts, educational activities, and even trips to the seaside. We also provide a dental check-up and eye test.

At the end of the trip, our children return home with a rejuvenated immune system and many wonderful memories of the time spent with their friends in Bristol. Host families also find it a rewarding experience, providing a "hands-on" opportunity to contribute directly to improving the lives of children in one of Europe's poorest countries.

Find out more by visiting www.ccll.org.uk/bristol or our Facebook page @ccllbristol You can also speak to Andy March on 07812 159942 or email chair.bristol@ccll.org.uk

Alternatively, if you are looking for a speaker for your charitable group or workplace, we would be delighted to give an informative and entertaining presentation about our charity's work in Belarus. Contact James Hyden on 07914 448358 or vicechair.bristol@ccll.org.uk

Chernobyl Children's Lifeline (To help children suffering from the after effects of the Chernobyl disaster and economic situation)
Registered Charity in England and Wales 1014274,
Scotland SC040136 www.ccll.org.uk



Roll up Roll up!

All the fun of the circus comes to Bradley Stoke Jubilee Centre on Sunday 3rd February at 2.30pm when the laughter-packed stage show "Cartoon Circus Live" combines the comedy of pantomime with the thrill of the circus.

The 80 minute family show features some of Britain's funniest clowns, traditional slapstick comedy, magic, illusions, balancing, high flying diabolos, cartoon characters, plate spinning, an acrobatic human slinky, puppets, prizes and surprises.

There is even a performing piranha.

All tickets are £7.

TICKETS ONLY £5 FOR GROUPS OF 10 OR MORE!


Box office: 01384 423496

Enjoy the Show!!



READER COMPETITION

Bradley Stoke Matters has a family ticket (2 adults / 2 children) to give away for the BRADLEY STOKE show on Sunday 3rd February.

To be in with a chance of winning,  our facebook page <https://www.facebook.com/BradleyStokeMatters/>

look for the **Cartoon Circus** competition post and comment with 'Bradley Stoke', then

 and share.

If you are not on facebook you can also email Community@MattersMagazines.co.uk with **Cartoon Circus** in the subject and again stating 'Bradley Stoke'.

Winners will be drawn on Monday 14th January and notified via facebook or email, according to how you entered.



Life changes in the heart of the community

WillowBrookCentre

willowbrookcentre.co.uk



Healthy living in the heart of the community

WillowBrookCentre

willowbrookcentre.co.uk



Beginners' Course in Photography

It's a New Year with New-Year resolutions and an opportunity to learn new skills. Have you ever looked critically at the average snaps posted to social media. More to the point, have you ever wondered how you could do better?

You can. Easily!

2019 is the 50th anniversary of the founding of Thornbury Camera Club and, as part of the celebrations, the club has decided to share its knowledge and experience by running a beginners' photography course.

You will learn:

- how to choose a camera;
- how to use your camera once you have bought it;
- how to look critically at an image.

After the course you will no-longer be bamboozled by words such as focal length and aperture. In particular, you will have all the skills needed to take better pictures.

The course will run for six Tuesday evenings from 5th February to 12th March in the Games Room at Turnberries. If you are interested please contact the secretary Andy Gillingham on **01454 415015** or by email to secretary.thornburycameraclub@gmail.com.

The cost of the course will be £75 and includes membership of the camera club until the end of the season on 31st August 2019.



Better Health & Fitness in 2019? - Let Us Help!

Claim your FREE Family Guest Pass

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

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

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



Health MOTs help you get fitter, faster by:

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

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

How to redeem

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

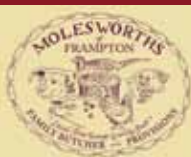
If you'd like to book a free health MOT please contact the club first to pre-book - call us on **0117 9749740**

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



MOLESWORTHS OF FRAMPTON

Family Butcher



The Game Specialists

- Fresh Local Game
- Game Pies
- Rabbits
- Pheasant Parcels
- Wild Boar and Venison



from field to shop!

Valentines: A Romantic Night In!

Top Quality,
Lovingly Prepared by
YOU
for YOUR Special
Person



- ♥ Mature Steaks ♥ Beef Wellingtons for Two
- ♥ Pork of Venison Valentine Steaks
- ♥ Pheasant En Croute

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

www.henleazebutchers.co.uk

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



THE GREAT BIG WEDDING WEEKEND

Not your ordinary wedding fayre

SATURDAY 26 JANUARY | 10:00 - 17:00

SUNDAY 27 JANUARY | 10:00 - 15:00

DAY 01

10:00-17:00 DROP IN SATURDAY

Drop in to meet our Wedding Coordinators and to see our Wedding suites set up

DAY 02

10:00-14:00 THE MAIN EVENT

Drinks, canapes and a goody bag for every couple on arrival. Take a tour of our Wedding areas and meet our preferred suppliers and take part in interactive workshops

Call Natasha Abraham on 01454 201 090 or email natashaabraham@aztechotelbristol.co.uk for more information
AZTEC HOTEL & SPA, ALMONDSBURY, BRISTOL, BS32 4TS



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 and New Year 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

Kemps Jewellers

Established 1881

For a professional, quality and friendly service



Michael Kemp and dedicated team.



Find the perfect gift for your loved one this Valentine's Day at Kemp's

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

S Wilkinson



A large range of new and second hand diamond jewellery

Gifts for all occasions

Repairs & Bespoke jewellery service

Competitively priced

Professional friendly advice • Beautiful gift ideas

9 Carlton Court, Westbury-on-Trym

Tel 0117 950 5090 • WWW.KEMPSJEWELLERS.COM

Just Imagine... Empowering YOU for Positive Change

New Year... New Start for 2019...

Let's do this!



Do you want to lose weight, quit smoking, reduce your alcohol intake or perhaps simply find an inner peace; a calmer, less stressed, more confident, less anxious, happier you this New Year?

Is 2019 the year when you finally overcome your fear of flying and head off to that dream destination? Maybe you want to change your life completely, to start to investigate a new, more positive and rewarding career path?

If the answer to any of these questions is YES; you may find Solution Focused Hypnotherapy to be a very useful tool in your transformation towards a new you!

Solution Focused Hypnotherapy harnesses the power of positive thinking to create change. We don't have to dwell on past events; instead we look forwards, towards a better future.

I am a fully qualified and insured Solution Focused Hypnotherapy practitioner, based at the Willow Brook Clinic in Bradley Stoke BS32, and also a private practice in Thornbury BS35. I can also offer online sessions, if anyone, for whatever reason, finds this more practical.

Therapy starts with an initial consultation to explain how Solution Focused Hypnotherapy can help you in achieving your goals. I can help you discover the small steps you can take to accomplish whatever it is you want in your life, and what you can do to change your future for the better.

If 2019 is your year to stop smoking, and you have the drive to quit, I can help you achieve that aim, usually within one or two sessions. If you are looking for help with weight management, then I tend to work with a client for a number of sessions so they can gain control over their eating, and so look forward to a healthier future.

Solution Focused Hypnotherapy can help in a variety of areas including reducing stress; improving sleep and gaining freedom from fear.

Solution Focused Hypnotherapy can literally transform people's lives, to help them to become calmer, more relaxed and confident in their personal and professional lives. #justimagine xx

Laura Jane Hypnotherapy

07807 936080

justimagine@laurajanehypnotherapy.com

www.laurajanehypnotherapy.com

I hope that everyone has a happy and productive New Year.

just imagine ...

LAURA JANE
HYPNOTHERAPY
Just Imagine

Laura Jane Woodward HPD, DFSH
Solution Focused Clinical Hypnotherapist

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

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

and much more ...

07807 936080

www.laurajanehypnotherapy.com

Cafe Church is a fun, family friendly alternative to church.

For parents who enjoy sausages baps, cake and proper coffee!

For kids who enjoy games, crafts, videos and drama. We meet 10am on third Sundays of the month at Christ the King, Mautravers Close, Bradley Stoke, Bristol BS32 8EE.

Our next gathering is Sunday January 20th at 10am. Remember we've got breakfast covered!



Lisa hairstylist
Mobile Hairdresser

30 years experience
Daytime appointments only

07919 527 411

Cafe Church

10am third Sunday of every month.



**Mautravers Close,
Bradley Stoke, BS32 8EE.**

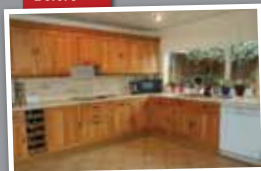
Bring the family for
games, live music and
encouraging talks.

**With free cake, coffee
and sausage baps.**

**QUALITY
KITCHEN
FACELIFTS**

**START THE NEW YEAR WITH
A NEW KITCHEN**

Before



- From doors to a complete kitchen
- Large choice of doors, worktops, appliances and accessories
- Free planning & design service

CALL FOR A
FREE ESTIMATE:
0117 944 3223
dreamdoors.co.uk



EST.
1999

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Checkatrade.com
Where reputation matters



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

Welcome to
Stoke Gifford
Medical Centre

**Stoke Gifford
&
Conygre Road
Medical Centre**

0117 97 99 430



Do I NEED to see my GP?

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

Winter is by far our busiest time. We do not have additional capacity that we can supply over this period and so everyone has to work a lot harder and on some days we have to prioritise time to those patients with urgent medical needs. It may be frustrating to find that we have fewer routine non-urgent appointments when you call but please appreciate that our staff are working hard to do their best to help you.

Please help us by considering these alternatives to seeing a GP:

Chest pain, suspected stroke, uncontrolled bleeding or other life threatening emergencies – ring 999

A&E ONLY for head injuries, loss of consciousness, suturing (stitches), foreign bodies, suspected broken bones or heavy blood loss, persistent chest pain or difficulty breathing, overdose or poisoning

Medical advice? – call 111 or visit www.nhs.uk/conditions/

Morning after pill? – local pharmacy or family planning clinic

Common conditions? – see our, or NHS website for very useful information and advice

Dental problems? – see your dentist, GPs are advised NOT to treat patients with dental conditions. If you are not registered with a dentist, you can ring NHS 111 for more information on your nearest dental surgery.

Accident or injury, or think you may need an x-ray? Minor injuries unit at Southmead or Yate

*Minor ailments? – Skin conditions, coughs and colds, minor cuts and bruises, constipation, haemorrhoids, aches and pains, indigestion, period pain, thrush, warts, verrucas, mouth ulcers, cold sores, athlete's foot, nappy rash, teething, **GO TO YOUR LOCAL PHARMACY**, they will advise if GP input is necessary but more often than not can help you with these minor ailments and are often open late in the evening and at weekends.*

Your local doctor or GP is your first point of contact for non-emergency and preventative medical care. Your GP is also the best person to coordinate your overall healthcare if you are seeing multiple healthcare practitioners for either the same or different health issues.

Typical services provided by a GP include:

- diagnosing and treating disease, pain and other conditions
- vaccinations
- mental health advice
- family planning advice
- wound care
- prescribing medication
- writing referrals for tests or scans
- referring you to specialists.

Thank you for thinking carefully before phoning your GP.

Community choir aim for download chart success with song celebrating the NHS

A song celebrating the NHS in its 70th year has been released in the charts by a Bristol choir to raise money for their local hospital.

'We Are The Same Inside' by 'Melody Makers Choir and Horfield Primary School Choir for the NHS' is available to download on all digital download sites from. Money raised from downloads will be donated to Southmead Hospital Charity to support patients and fund medical research and new equipment at North Bristol NHS Trust.

The 80 strong-choir is made up of people from communities surrounding Southmead Hospital, including many former patients, NHS staff as well as children from Horfield C of E Primary School. Lead vocalists are Sarah Villaraus, Rebekah Brown and 11-year-old Nathan Hughes, now a pupil at Colston's School. Composed and written by Melody Makers Choir leader, Natalie Veal with lyric support from choir member Natalie Sital-Singh, 'We Are The Same Inside' captures the ethos of an inclusive and dedicated health service.

Natalie Veal, a choir leader from Henleaze, said she wanted to bring together her love of music with her gratitude for the NHS. She said: "Every member of the choir - the musicians, the children of Horfield Primary School and myself - have put a lot of love into this song; it's our way of thanking the hospital staff and giving back to our community. In writing the song we really thought about what the NHS means to us and the work that NHS staff do. We are all hugely excited about the fundraising this will bring to the charity and I'm so proud of the choir's achievement and their infectious enthusiasm throughout this project. We've loved singing with the children, who've added a sprinkle of magic to our song."

Melody Makers have been regular and popular performers at Southmead Hospital Charity's Great Brunel Buskathon events in the summer and at Christmas.

This Christmas and New Year the charity 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.



Adrian Brown, corporate and community manager for Southmead Hospital Charity, said: "When Natalie approached us with the idea of releasing a song to raise money we were delighted – it is a unique, creative and inspired way to fundraise and we are so grateful for the time and efforts that everyone involved has dedicated to it. The message in the song is a powerful one that really conveys the strength of feeling that people have for the NHS and for its staff."

"We hope everyone in Bristol, and beyond, will download the song this Christmas to celebrate our NHS – it's a small thing but it can make a big difference to healthcare now and in the future."

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

We Are The Same Inside was recorded at St George's Bristol, BIMM (British and Irish Modern Music Institute) and Invada studios in Bristol. It was produced by Guy Britton, with Natalie Veal on piano, Toby Partridge on drums, guitars by Alex Rudhall and bass guitar by Ed Holland.

Start the New Year Pain Free!



Book in with local Osteomyologist expert – Dawn Clode Ostm, Lic MET Lic CR FAO

Many of us live with pain of some sort – aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier,

healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

From her Holistic Health Practice in Little Stoke, Dawn treats people of all ages, suffering with numerous different types of physical or emotional pain.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

For some people one session is enough to rectify their pain completely; for others a few sessions are

required. Dawn told me, "The ideal is to balance the patient, get them moving in tune with themselves,

and then see them every 4–6 weeks for a half-hour, check up to ensure that they are on track!".

Make a positive change in 2019!

Is pain holding you back from taking part in hobbies you love? Or do you suffer on a daily basis simply trying to get through your day?

Take action now and make a positive change this New Year, book in for an appointment with Dawn and take your first steps to living pain free!

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491**

Visit: www.life-and-soul-empowerment.co.uk Her holistic treatment room is in Little Stoke.

"Numerous visits to various chiropractors and physiotherapists had failed to resolve or ease my pain in any way.

I was referred to Osteomyologist Dawn, and to my utter astonishment just ONE treatment from her not only identified the underlying problems but returned my back to near-normal function.

I went in to Dawn's clinic contorted and unable to straighten up and an hour later was walking out normally! I cannot recommend her highly enough."

Rae Elson.

Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

Hypnotherapy can help you:

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



Easibirthing

Based in Winterbourne

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

Call me on: **07964 991689**
E Catherine@hypnotherapistbristol.com
www.hypnotherapistbristol.com

HARBORD
OPTICIANS

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

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

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

Call today for an appointment

01454 775530

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX



live happy!

with
Slimming World

Monday - Bradley Stoke

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

Tuesday - Winterbourne

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

Wednesday - Little Stoke

Little Stoke Community Hall.
9.30am
Tel Hatty: 07729 018189

5pm & 7pm
Tel Sharron: 07947 064711

Wednesday - Patchway

Coniston Community Centre, The
Parade, Coniston Road
5.30pm
Tel: Amber: 07500 113000

Thursday - Little Stoke

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

Thursday - Patchway

Coniston Community Centre, The
Parade, Coniston Road
5.30 & 7.30pm
Tel Janice: 07860 444647

Thursday - Stoke Gifford

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

Friday - Bradley Stoke

Holy Trinity Church
9.30am & 11.30am
Tel Frankie: 07519 347243

Saturday - Bradley Stoke

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

find this delicious recipe online

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)

0344 897 8000



Local weight loss experts share 50 Years of Golden secrets!

To celebrate the start of 2019, and 50 Years of Slimming success experts from North Bristol are sharing their golden nuggets for successful slimming to help local people make their healthy New Year's resolutions a reality.

Dawn, Frankie, Amber, Janice, Sharron, Kelly and Hatty run the Slimming World groups in North Bristol and are welcoming people into their groups who want to make small changes to their lifestyle and help them feel healthier in the New Year.

Lots of people will be making resolutions to lose weight and improve their health this New Year. Successful weight loss isn't just about losing weight, it's about keeping it off too. Making temporary changes and going on a 'diet' that's unsustainable in the long-term will only ever be a quick fix, meaning you'll sadly be bound to regain any weight you lose – and maybe more – as soon as you go back to your normal eating habits. If you really want to live happy for the long term, the key is to make healthy, realistic changes to your lifestyle that you can keep up for the rest of your life.

Most people who embark on New Year diets fail within days or weeks because they follow plans that are too restrictive and leave them feeling hungry or deprived so they're absolutely impossible to keep up. In contrast, Slimming World's fabulous Food Optimising programme is flexible and generous, with members able to satisfy their appetite on hundreds of healthy, everyday foods like fruit and veg, pasta, rice, potatoes, lean meat, poultry, fish, fat-free dairy, eggs and more without weighing, counting or measuring.

Slimming World's Golden Anniversary may have been 50 years in the making, but there's been gold running through the company since its earliest days.

At Slimming World we believe that the burden carried by overweight people is two-fold. There is excess weight, but there is a far heavier burden to be lifted - that of guilt, self criticism and poor self esteem.

Forty million people in the UK and Ireland are suffering with the burden of excess weight and the numbers are growing. If you are unhappy and want to make 2019 your golden year too then come and join us. We have a beautiful new member pack waiting for you too.

Here's to a healthier, happier you in 2019!

What did the Anglo Saxons ever do for us?

from Upper Key Stage 2 at Bowsland Green Primary

During the Autumn term, Year 5 and 6 at Bowsland thoroughly enjoyed learning about the Anglo-Saxons.



We took part in an Anglo-Saxon day where we learnt some amazing facts about daily life, battles and burials, as well as inviting our Parents/ Carers into the classroom to help us in making Anglo-Saxon bread.

Earlier in the term, we also took part in an exciting Maths and Science day, deciding upon who would be the next person to go into space, using some very challenging maths skills!

We look forward to finding out what is next!



Meadowbrook Primary School
Inspiring successful learners

"The exciting and interesting indoor and outdoor environments that invite children to engage in rich and varied activities to develop a range of skills.

Children make a good start in Reception, developing their knowledge, understanding and skills well."

Ofsted, October 2017



In Partnership with
Olympus Academy Trust

Puddle Ducks Winter News

All the latest from your local swim school

A happy new year to everyone from Puddle Ducks Bristol & Bath, one of the region's longest-established swim schools, teaching 1,200 children to swim beautifully every single week! We have some exciting announcements this month:

Additional Swim Academy teacher for Winterbourne classes

We are really excited to tell you that, due to the popularity of our classes, we've expanded our teaching team at the Winterbourne International Academy pool.

New Swim Academy teacher Jodie joined the team just before Christmas and will work alongside lovely Tasha teaching our swimmers aged 4 and over every Sunday.



You can also bring your babies or pre-schoolers to Winterbourne on a Sunday for our gentle, fun classes that are designed to give you and your little one confidence in the water. At weekends it's a great mix of mummies and daddies in the pool with their Puddle Ducks – a fantastic opportunity for some precious bonding time during the cold winter months.

Penny Porter pool – great for small babies

For small babies, our Wednesday and Saturday classes at the gorgeously warm Penny Porter pool in Henbury, a 15-minute drive away, could be the right fit for you. Taught by our wonderful Beth, they are a brilliant way to start your swimming adventure.



The perfect introDUCKtion to swimming

Have you spotted our new television adverts on ITV or Sky? It was a very proud moment for us to see Puddle the Duck on the small screen! If you've missed them, you can check out the ads via our Facebook page.



Puddle Ducks classes restart from Monday 7th January 2019

For more information, call our friendly team on 0117 971 7165, or check class locations and times at www.puddleducks.com/local-teams/bristol-bath

Swimming Lessons
ages 4-10

SWIM ACADEMY

Brought to you by the experts at Puddle Ducks

So, you want your child to learn to swim. Let's help them learn the right technique, in the right environment, with the best people. Let's give them the courage to be fearless, make friends, swim strongly and have fun. Then let's see where those skills might take them.

Let's do this.

t: 0117 971 7165
bristolandbath@puddleducks.com
Find more information at www.swim-academy.co.uk

Tockington welcomes 'The Sound of Music'

It's time to book your tickets for Olveston Parish Players' energetic and colourful 2019 production of 'The Sound of Music', which comes to the Parish Hall in Tockington for February half term.

The musical is based on Maria Von Trapp's book 'The Story of the Trapp Family Singers', a true love story set shortly before the Second World War in Austria.

We meet Maria, a postulant nun, as she leaves her convent in Salzburg to become a governess to the seven children of widower Captain Von Trapp. Although intended to be a temporary arrangement, events take a different course!

We follow the Von Trapp family as they are caught up in Austria's struggles with the Nazi regime, and have to choose whether to try and escape with their lives, and leave their beloved homeland forever.

The last of Rodgers & Hammerstein's fantastic scores, and possibly the best known and most loved, 'The Sound of Music' was first performed on Broadway in 1959, so 2019 is its 60th anniversary year. Come along to enjoy its many memorable songs, including 'Do, Re, Mi', 'The Lonely Goatherd', 'So Long, Farewell', 'Edelweiss', 'My Favourite Things', 'Climb Every Mountain' and, of course, 'The Sound of Music'.

Linda Evans' skilful guidance as Director, combined with Chloe Allsopp-Jones' talent as Musical Director and Jill Harris's experience as Choreographer, will once again create an evening that you are sure to remember.

Sarah Wiggins plays Maria, and Dan Phillips takes the role of Captain Von Trapp, whose family is played by talented local children, many of whom are now seasoned performers with the Company.

Everyone involved is looking forward to a joyful show week in February. Make sure you are there to enjoy it too!

The Sound of Music takes place during half term week on Wednesday 20th to Saturday 23rd February, at the Parish Hall, Tockington: curtain up at 7.30pm.

Tickets go on sale on Saturday 5th January, at 9.30–11.30am, in Olveston Stores. Prices: £10 for adults, £7 for children and £12 for premium seats.

From 6th January, tickets are available from 01454 202011. Don't delay, they usually sell quickly! Follow the Parish Players on Facebook at www.facebook.com/OlvestonParishPlayers



"Olympus has brought much needed support in crucial areas and there is recognition that this is already making an impact."

**School Improvement
Advisor Nov 2017**

- £4 million pound investment into the buildings
- Brand new floodlit all weather pitch with major improvements to the Sports Centre
- Ongoing building refurbishment programme designed to deliver a high standard of facilities

Patchway Community School, Hempton Lane
Almondsbury, Bristol BS32 4AJ

Tel: 01454 862 020 enquiries@patchwaycc.com

📧 @PatchwayC_C www.patchwaycs.org.uk



In Partnership with
the Olympus Academy Trust



World Premiere Pantomime comes to Thornbury

Award winning Thornbury Musical Theatre Group is proud to bring to you the world premiere of a brand new pantomime with its central themes based in the realms of the Arthurian legend.

'King Arthur The Pantomime' will be performed at the Armstrong Hall in Thornbury from Wednesday 20th to Saturday 23rd February with two matinées.

Written by our very own Richard Prior and directed by Mark Collins, 'King Arthur The Pantomime' is a traditional family pantomime full of fun and frolics, audience participation, hilarious comedy, catchy music, drama and romance. It is sure to be a family favourite!

Arthur, a lowly squire in the court of King Pellinore, longs for the love of the beautiful Lady Guinevere, and Merlin, the time travelling wizard, aims to enlighten us with his edification and delights of the modern worlds, whilst arming Arthur with the skills to defeat all evil. Arthur's love for Guinevere takes him on a journey fraught with danger, bringing him into the path of the villainous Mordred and his wicked mother Morgan Le Fey (the wicked witch).

Performances are 7.30 pm nightly and matinées at 2.30 pm on the Friday and Saturday. Tickets are bookable online at www.tmtg.org.uk with no booking fee. Adults £12.50, Senior Citizens £11.50 and Children £10.50. Family tickets £40. For enquiries call Angie at the Box Office on 07516 270140.

For more information about 'King Arthur The Pantomime' and our group generally, take a look at www.tmtg.org.uk. You can also follow us on Facebook.

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](https://twitter.com/ategiSouthGlos) E: SLSSouthGlos@ategi.co.uk
www.ategi.org.uk



BSCS Students go the extra mile to help others

Ellie is a Post 16 Student and in her final year at Bradley Stoke Community School Post 16 (BSCS). She was involved in the Samaritans Purse Shoebox Appeal last year and collected 44 shoeboxes from family and friends. These were all destined for underprivileged children who have next to nothing, be it in a war zone, due to extreme poverty or simple underdevelopment. These shoeboxes are likely to be the only treat that these children would receive all year, let alone for Christmas.



This year, despite the additional work of being in her final year, she was once again committed to helping children much less fortunate than herself. Ellie is driven by compassion and has an enormous capability for really feeling for others. With this in mind Ellie was determined to better last year's total.



Ellie began to spread the word about the shoebox appeal by creating posters, videos and using social media. Having done this the shoeboxes started arriving. We asked Ellie to deliver an assembly to the primary school next door. Ellie rose to the challenge and delivered the presentation and the students were excited to get involved. Soon after the boxes were coming in thick and fast and with the deadline fast approaching, Ellie ramped up her badgering to good effect. The day arrived for the shoeboxes to be collected from school. We loaded up a total of 80 shoeboxes to the awaiting van! Ellie was delighted, having nearly doubled her efforts from the previous year. From first getting to know Ellie when she started at BSCS as a year 7 pupil, we saw something different and special. As she progressed through school we realised that Ellie was a truly compassionate and caring individual. She has remained popular and well liked throughout her time at BSCS, with both students and staff.

Billy is also a Post 16 student in his final year at BSCS. He began volunteering for the Royal British Legion Poppy Appeal when he was just 5 years old and has continued to do so ever since. Having learned of the impact the poppy appeal has on serving men and women, and veterans, Billy set himself a target of beating what he has raised each year. In his first year he collected £75 by collecting in his street and this grew to over £3,600 last year, involving collections at Cribbs Causeway and local schools. Billy also started organising the poppy collections at BSCS when he joined in year 7 and has helped to organise our WW1 centenary events this year.

Earlier this year, after local Poppy Appeal organisers decided to retire, Billy volunteered to take on the organisation for both the Almondsbury and Patchway Poppy Appeals, making

him the youngest Poppy Appeal Organiser in the country! This involved delivering poppy boxes to many shops, pubs etc. and organising the Poppy collections at the Mall and three local supermarkets.

In order to get enough volunteers to run the 4 poppy stands all day for two weeks, Billy used various campaigns on social media and in local community magazines which had loads of responses from some very kind people!

This year, Billy has been responsible for raising a massive £40,000+ for the Poppy appeal, a far greater figure than he'd ever thought he could achieve when he started many years ago.

Here at BSCS we are incredibly proud of Ellie and Billy for all their voluntary work and fundraising in the community. They typify the attitude of our students which is to think about others who are less fortunate than themselves.

You've got the skills to foster...

you may not know it yet

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



Brian, Foster Carer

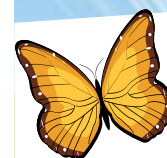
01454 866423
fostering@southglos.gov.uk
www.fostersouthglos.org.uk

South Gloucestershire
Council



Mama Bear's Day Nursery and Pre-school

Excellent childcare for 0-5 year olds.



Great Park Road
Bradley Stoke BS32 4RU
01454 617111
"We offer flexible care."

Baileys Court
Bradley Stoke BS32 8EJ
0117 979 4190



"We are rated as Outstanding."

Up to 30 hours a week free childcare including home-cooked meals and snacks!

At Mama Bear's we offer the government funded hours completely free with no hidden charges. We have spaces available now and would love for your family to become part of ours.

www.mamabear.co.uk

Bright Sparks

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

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

for Children aged 0-5 years old,
subject to setting

All work based vouchers and Nursery
Education Grant hours accepted

Call 01454 615 577

www: brightsparkspreschool.me.uk or
email: brightsparks1234@hotmail.co.uk



A Winter Term of Communication, Compassion and Decorating for 2nd Stoke Gifford Rainbows and 1st Stoke Gifford Brownies!

Building on our previous work in the community we are happy to announce that together we have donated 28 advent calendars to the North Bristol Food Bank, and a selection of toys to the Salvation Army toy appeal. With the support of our girls' families we are achieving so much and I'd like to thank them for all the help they give us.

The Stoke Gifford Toy Library has been going very well, with 5 changes of decoration – Brownies and Butterflies, Pumpkins and Bats, Poppies for Remembrance, Spots for Pudsey and finally, our advent calendar which we are very excited about. Every girl in our units has made one of the pictures revealed during December. Lots of people have been borrowing and donating toys, and we even had a thank you card from one of our regulars!



We have also been busy working on the exciting new Girlguiding programme, focussing on Skills for My Future, and Express Myself badges – we've had lots of fun decorating rooms, designing zoos and learning how to communicate. We also did our now annual trip to see Santa at Avon Valley Railway, and 6 lucky Brownies got to sleep over at We the Curious which was out of this world! We also laid 2 wreaths at the Remembrance service, and made clay poppies which were placed on the Cenotaph.

As always, we're always planning to get more involved in the local community so look out for the little Rainbows and big Brownies around the village – and if you're planning an event that would benefit from some support please think of us.

There are 5 Girlguiding Units based in Stoke Gifford, ranging from Rainbows up to Guides so if you're interested in finding out more please get in touch - @2ndSGRainbows on Twitter, or 2ndstokegiffordrainbows@gmail.com and we can pass you on to the right people.

Girlguiding is the leading charity for girls and young women in the UK, with over 500,000 members.

Thanks to the dedication and support of over 100,000 amazing volunteers, we are active in every part of the UK, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities.

We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

We run Rainbows (5–7 years), Brownies (7–10 years), Guides (10–14 years) and Rangers (14–18 years).



Abbeywood Community School

"Senior leaders continually seek improvements in teaching and learning. Pupils feel safe and well cared for in school, they welcome and accept each other regardless of their background and so the school is a friendly, orderly environment." Ofsted 2018

Ofsted
Good rating

@AbbeywoodSchool

In Partnership with
Olympus Academy Trust



School Life at Bailey's Court Primary

Year 1's Visit from Bristol Zoo

To kick off Year 1's first topic, 'All About Animals', Bristol Zoo came into school at the start of the school year to provide the children with a Rainforest Experience. Each class had an hour long session with Becky and began by role playing what it would be like to be in a Rainforest. They were then able to explore lots of real biofacts such as skins, skulls and smell pots. We were then introduced to 3 live animals: hissing cockroaches, Kylie the stick insect and a snake called Kapooha. We were able to stroke and hold them if we wanted to. The children found the whole experience very exciting and it has already inspired the children to have discussions, create artwork and write about different rainforest animals



Film Crew at Bailey's Court! by Daniel and Harry



This visit built on some previous science learning all the children in Y6 had taken part in last year. As Y5 children, they had built microbial fuel cells and learned how energy can be generated from bacteria. This is project that has been running at Bailey's Court for over 5 years now and we were very happy to be part of this film.

On Tuesday 11th September, UWE (The University of the West of England) came to visit Bailey's Court Primary School to film a science documentary for their website. As we were arriving at school, a man called Adam was filming us as we entered our classroom. We all sat down and waited for the film crew and the UWE visitors to begin. Sandra (a

visitor from UWE) was teaching us about bacteria as Adam was filming us. He was quite fussy about his filming because he would often ask us to say the answer to a question again so that he could get it on camera!

Next, we learnt about genetic codes and using a genetic code table, we figured out how to build our own 'Probots' out of Lego. There were six types of probots that we could build and even a small change in the genetic code would make them look different. After we finished, a few people were held back to be filmed separately from the class.

We had an amazing time with the UWE film crew, and we learnt lots of interesting facts about bacteria and genetic codes.

Year 4: Energy Saving Educational Day

Y4 children recently enjoyed an 'energy saving day' as part of a project funded by the Bristol Community Energy Fund. The children explored the general idea of energy in its many forms and the different ways that electricity can be produced. This idea was then expanded to look at the ways energy is used in the home and at school, why it's good to use less energy and we were given some tips and tricks for reducing energy use.

This is the children's view of their day:

On Tuesday the 9th October Year 4 learnt about energy saving. Two ladies came to our class, and we started by doing a QUIZ!! The questions were quite tricky but some were very easy. After the quiz, we went through the answers and learnt what they meant. We listened to some facts which the ladies told us. For example: an oven uses more energy than a microwave and a bath takes up more water than a shower.

Class 15 then did a challenge where we had to design our own wind turbine blades. The winning team was the Terminator Sharks and they got a wireless energy monitor. After that, we made up our own character called Dave Cookie. We had to help him to use less energy by answering questions like does he need to turn the lights off when going out. The children who answered the questions got a L.E.D light bulb.

Class 16 designed their own energy promise. They also made up their own character called Ella

Pigglesnout. They did a few challenges too and got the same prizes as class 15. They also did 2 quizzes!

Restart-a-Heart Day 2018 by Jen and Sam

On 16th October year 6 took part in the first worldwide "Restart a Heart Day" where two Life-Savers from the NHS came and taught us about heart attacks, choking and how to stop it by using CPR.

Firstly, we learnt about how to stop choking. Choking is where something gets blocked in your airway and stops you from breathing. To combat this, we learnt what to do when this occurs - you tell the person that you are going to help them by hitting the back of their neck firmly five times but every time you need to check if the airway has become clear. We learnt that if this does not work you must put your pinky finger into their belly button using your right hand. You then wrap your left hand around your right hand then slowly roll your fist up five times. If it is not successful try these steps again and again.

As well as this, we were taught how to save someone if they are having a heart attack. They told us how to recognise someone who is having one or who is unconscious. When this takes place, you should always check if they are breathing before you start doing compressions. If they are not, you should act calmly and start by calling someone or, if they are near a defibrillator, you should call 999 and they should tell you the code to open it. You will be given simple instructions on what to do. A defibrillator is a machine that sends volts of electricity into your heart to jump-start it again. The device can usually talk so that it can make sure you do things correctly. If the person is unconscious, you should put them into the recovery position and open up their airways. Next, you call for help on your phone, dial in 999 again but if you do not have a phone shout to get someone's attention but you must not leave the victim alone. If nobody responds, you have no choice but to go and find help. They will call the ambulance and it will be on its way. If an ambulance is more than 10 minutes away, you must start performing compressions (CPR). CPR stands for Cardiopulmonary resuscitation. It is where you put pressure on somebody's chest and push down

again and again. It is only used for people who are actually having a heart attack otherwise you could seriously hurt them.

Year 6 really enjoyed this learning experience and it has given us life skills that could save someone's life in the future!

St. John's Ambulance First Aid Day

We had a very informative and interesting afternoon just before the half-term break with an experienced member of the St. John's Ambulance service. Sue spent half the morning with the children in Y6 and the afternoon with children in Y5. Sue brought along some torsos both for demonstrations and for the children to practise their skills on, which included CPR.



Y6's sessions (which lasted for an hour with each class) were based on developing children's responses to a first-aid situation with a particular focus on resuscitation. They discussed a number of different scenarios and then each child had an opportunity to test out their newly-learned skills with the torsos.

Y5's sessions followed a similar pattern with the focus on recovery. The children learned about DRABC which stands for:

- Danger - If someone needs help, before you go up to them check – is it safe?
- Response - Do they respond when you ask them: 'Are you alright?' or if you say: 'Open your eyes!'
- Airways - Is their airway open and clear?
- Breathing - Are they breathing normally? You need to look, listen and feel to check they're breathing
- Circulation - Are there any signs of severe bleeding?

Again, all the children had a chance to try out their skills. It was an enjoyable day and the children were able to learn some very important life skills.

Spinathon marks opticians final fundraiser of the year

A member of staff from the local Specsavers took part in a spinathon to raise funds for children's cancer charity, CLIC Sargent, as part of their pledge to support the charity in 2018.

The teams from Specsavers in Cribbs Causeway, Bradley Stoke and Filton have all been taking part in many fundraising events for the charity during 2018. The spinathon at Bradley Stoke saw store trainer, Julie Rafferty (pictured right), pedal for a whopping three hours without a break, raising more than £70.

The stores have been hosting a variety of fundraising events for the children's cancer charity this year, including a sky dive, marathon and Tough Mudder to name a few. *'We thoroughly enjoyed the spinathon and were pleased to see lots of friendly faces supporting our final fundraiser of the year for such a worthwhile cause'* says store director, Ed Stanleigh. *'While CLIC Sargent is a national charity, they also have a presence in Bristol so there is a local link too. CLIC offers tremendous support to youngsters who have been diagnosed with cancer, as well as their families, during what can be a frightening and challenging time. We hope to raise lots of money for the charity from all of our fundraising events this year.'*

CLIC Sargent provides practical, financial and emotional support for children and teenagers who have been diagnosed with cancer or leukaemia. To find out more about the charity, visit <http://www.clicsargent.org.uk/>.

For more information or to make a donation, you can find your nearest Specsavers store at The Willow Brook Centre, Bradley Stoke, BS32 8EF, T: 01454 275020, W: www.specsavers.co.uk/stores/bradleystoke



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

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

Contact Hilary
BA Hons, CT ABRSM, DBS Certified

0117 979 2832
based in Bradley Stoke

SOUTH GLOS TAXIS

01179

777 777

 **Fromeside Gymnastics Club**

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

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

Place Your Advert Here to reach 15,000 homes for less than £25/month*

Call **01454 300 900**
to be in our next edition!

*price based on annual booking and subject to VAT

 **LAC ACCOUNTING**
CHARTERED MANAGEMENT ACCOUNTANT

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

Louise Coleman - 07977 599 670
louise@lacaccounting.co.uk www.lacaccounting.co.uk
Evening or weekend appointments also available

The Vintage Box
Big Enough to Deliver, Small Enough to Care

- Festival and Mobile Event Catering
- Vintage afternoon Tea • Weddings and Events

info@thevintagebox.co.uk **07526 727181**
Twitter: @TheVintageBox www.thevintagebox.co.uk

CHEPSTOW

ANNUAL WASSAIL AND MARI LWYD

Saturday

19th Jan

1pm until 11.30pm

JUICE CEILIDH BAND at THE DRILL HALL

Mari Lwyd at **The GreenMan Backpackers** 1.00pm

Apple Tree Wassail at **The Castle Dell** 2.30pm

Grand Mari Pageant at **The Drill Hall** 4.00pm

Meeting on the Border. **Old Iron Bridge** 6.15pm

Grand Mari Lwyd outside **The Museum** 7.15pm

Country Dance Ceilidh at **the Drill Hall** 8.00pm

Morris Dancing and Music throughout the event

Food Vendors - Crepes - Burgers - Hot Dogs - Soup

★ for program and further details please contact us below ★

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

website www.chepstowwassailmari.co.uk

SEE THE ACTION
ON THE BIG
SCREEN



Ceilidh
Tickets £6.00
Under 16's £3.00



With NO BRIDGE TOLLS to deter you, why not try something a little bit different this month ...

SATURDAY, 19th JANUARY 2019:
THE NEWEST OLD TRADITION IN WALES
(OR IS IT THE OLDEST NEW TRADITION IN WALES?)

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

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

Gather at Beaufort Square for dancing, music and daft capers from around 12.15pm

- 1.00pm** Mari Lwyd Ceremony at the GREENMAN BACKPACKERS, Beaufort Square, Chepstow Town Centre. **BAR AND FOOD**
- 2.30pm** Meet at the Castle Dell car park for the Wassail of The Castle Dell apple trees. Your Wassail Butler this time Mr Robin Burton. Lots of singing, dancing, toast cider and party poppers. Followed by morris dancing and music.
- 4.00pm** Drill Hall - Mari Lwyd Pageant. As many as 30 Mari Lwyd's from all over Wales plus other horse traditions including creatures from Nottingham, Cornwall, Shropshire and beyond. Food vendors and a bar plus our stall selling event merchandising. **BAR AND FOOD**
- 5.30pm** Riverbank for more Morris Dancing, Music and Noise in Preparation for the Famous "Meeting on the Bridge". Food vendors and merchandising stalls.
- 6.15pm** Meeting of the English and the Welsh in the Middle of the Old Iron Bridge. *"It's like going to War and then all Peace breaks out!"* **SEE IT ON THE BIG SCREEN**
The centre bridge meeting filmed and beamed to a large view screen on the riverbank!!
- 7.15pm** GRAND MARI LWYD Performed outside the Chepstow Museum.
All Floodlit, Great for Viewing, Join in the Singing and Rumours of Hot Mulled Cider!
MARI AND WASSAIL SOUVENIR T-SHIRTS AND BADGES FOR SALE
- 8pm** Ceilidh at the Drill Hall with Excellent Ceilidh Band JUICE £6/£3 Concs Under 16's. Dance the Night Away or Just Watch, Listen and Enjoy.

**Morris Dancing and Music throughout the whole event,
Food Vendors include Crepes, Burgers, Hot Dogs, Soup**

EVENT MERCHANDISING AT THE DRILL HALL

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





SHOP, TUITION, REHEARSAL ROOM
with IN-HOUSE PA & DRUMS
ALL UNDER ONE ROOF!!



An Aladdin's cave for music lovers!

Moor Steet, Chepstow NP16 4DE
01291 627122 www.hannahsmusic.co.uk

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



Music Classes for ages 4+

Have fun playing the violin or cello in
a group

Learn to read music and play with
other children

Lessons are delivered by a
professional string player who is also
a qualified primary school teacher!

No experience necessary and an
instrument will be available to use

Visit our facebook page @South
Gloucestershire Music Hub for more
information

Lessons start in January 2019 on
Saturdays at 11am.



Supported using public funding by



ARTS COUNCIL
ENGLAND



Castell Roc Festival all set for a spellbinding 2019

Castell Roc Festival attracted more than 14,000
avid fans to enjoy the brilliant shows at Chepstow
Castle in August 2018, attracted by the wonderfully
varied line-ups and of course a stunning Castle as
the perfect 'somewhere special' Venue.

We caught up with organizer Carol Mutlow from
Hannah's Music Shop in Chepstow, who is already
busy putting acts together for 2019 and, with the line
up near completion, was able to reveal the dates for
next year which will be from **8th-26th August** with
4 shows on each weekend and also announce the
first 5 shows for this eagerly awaited festival:

Thursday 8th of August 2019 is "**Legends Of
Roc**", featuring three of the finest UK tributes to
'The Police & Sting', Dire Straits & U2 performed
meticulously by 'Police Synchronicity', 'Dire Straits UK'
and 'U2UK' respectively.

Sunday 11th August is '**Big Girls Don't Cry**'
showcasing the amazingly talented Frankie Valli &
The Four Seasons. This theatrical masterpiece will
be enjoying its 10th anniversary and The East Coast
Boys with a full live band will be will be authentically
recreating Sherry, December 1963 (Oh What a
Night), Walk Like a Man, Rag Doll and Big Girls
Don't Cry, Grease, Let's Hang On, Working My Way
Back to You, Beggin', I've Got You Under My Skin,
Who Loves You and many more.

Thursday 15th August will see Chepstow Castle
become 'el Cantina', (complete with Taco's, Tequila
and thigh slapping tunes) when one of the UK's
most popular touring bands '**Los Pacaminos**' rides
in to Town. Featuring non-other than 80's superstar
Paul Young the Stetson wearing band will play the
very best in Tex Mex Border music, from The Texas
Tornadoes and Ry Cooder through to Los Lobos
and even Roy Orbison. This show also features firm
festival favourites Mad Dog Mcrea.

Saturday 18th August - **Abba Mania** comes to
Chepstow Castle. From London's West End, Abba
Mania has been delighting audiences since 1999!

Thursday 22nd August is a night for the lovers of
reggae and ska as the infectious '**Dualers**' roll

back in to Town, supported
by The Navarones. The nine
piece Jamaican Rhythm &
Blues band from South-East
London were an undeniable
highlight show of 2018 and the
Organisers have been quite
simply been inundated with fan
requests to bring them back, so
they have!

Friday 23rd August is a chance
to see two full shows for
the price of one, firstly with
'**Fleetwood Bac**' the world's
first and best Fleetwood Mac
Tribute Band. A band that are
proudly endorsed by Big Daddy
himself, Mick Fleetwood.
Rounding off the night and
being performed by The
Bohemians is a high energy
roller coaster ride of a concert,
featuring the back catalogue of
one of the world's most popular
and iconic rock acts of all time,
Queen.

Saturday 24th August sees '**A
Country Night in Nashville**'
starring **Dominic Halpin** and
the **Hurricanes**. Transporting
you on a musical journey through the history of
country featuring songs from the biggest stars past
and present.

Sunday 25th August - back by incredible popular
demand after his 2017 performance, the No1 Elvis
impersonator **Ben Portsmouth** returns with his
show, **Taking Care of Elvis**.

Tickets available to purchase from the Festival
Box Office at Hannah's Music, Chepstow (01291
627122) or online via www.castellroc.co.uk

MORE ACTS TO BE REVEALED SOON.

We are here to help protect you and your family for the future

As specialist accountants, we have the expertise to support you and your family through challenging times. Our team is here to help you with:

Wills Creation to give you the comfort of knowing that all the proper provisions are in place

Tax and Estate Planning to protect your wealth

Lasting Power of Attorney to appoint the people you want to help you make decisions on your behalf further down the line

Trust Planning to help you take full advantage of the opportunities available

Probate administration, support and advice following the death of a loved one

Dunkley's

Chartered Accountants
& Statutory Auditors

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

The UWE Student Greenspace group has had a busy start to the 2018/19 academic year at local Stoke Gifford woodland - Splatts Abbey Wood, which is near the MoD and Chewick Village.

They undertook their training session for new volunteers and then took part in a mid term Management Plan review with Ecologist Rupert Higgins reviewing the woodland and its future needs. The Greenspace group has been working with the Splatts Abbey Wood Conservation Group and South Gloucestershire Council.

Senior Greenspace Project leaders Curzio Potenza and Bennta Ciu have been very active with other project leaders in organising the work schedule for the 2018/19. Curzio said: -

"It is so great to be working on a practical project on a local community site. The positive impacts are directly visible and the skills we are learning are hands on and applied to the world of forestry which has been forgotten within the majority of the population. Having this opportunity and support from both UWE and the Splatts Conservation Group has been vital to training us as project leaders, and more importantly for making the woodland healthy and accessible for more peoples."

The woodland is a valuable resource in an area of increasing development.

David Bell, Chairman of Splatts Abbey Wood Conservation Group, and member of the group since 2002, said - *"Splatts Abbey Wood is a local treasure, and we hope that the local community will continue to use and value it. The committee would like to thank all those who have done such great work at the historic woodland over many years."*



This year, 2018, the UWE Student Group GreenSpace won the prestigious South Gloucestershire Council Chair's award for their volunteering at the Splatts Abbey Wood and Sims Hill woodlands.

Local Bradley Stoke residents and Splatts Abbey Wood volunteers Andy Ward, 2017, and Fred Hillberg, 2016, have both also won the Council Chair's awards for their volunteering for the Splatts Abbey Wood Conservation Group.

The group wants to recruit more volunteers from the community, and is currently very keen to recruit more committee members to help strengthen the group.

If you are interested in volunteering for the Group please email the group at - splattsabw@gmail.com

BS AUTO-MAINTENANCE
of Bradley Stoke

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

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

CALL 01454 884 486

M: 0777 0941 198 E: nickellsjohn@gmail.com



FREE COLLECTION / DELIVERY SERVICE*
*subject to prior booking
ALL MAJOR CREDIT CARDS ACCEPTED

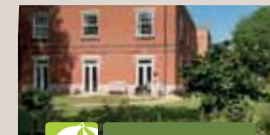
**Excellence in all aspects
of general nursing and
residential dementia care**

Bristol Care Homes
providing a unique care service

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



Glebe House
ALMONDSBURY
Telephone 01454 616116



Beech House
THORNBURY
Telephone 01454 412266



Field House
HORFIELD
Telephone 0117 969 0990



Quarry House
FISHPONDS
Telephone 0117 965 4466

Find out more about our family of care homes at: www.bristolcarehomes.co.uk

Funerals from £1,895

**MW
Funeral
Directors**

0117 950 4100

High Street
Westbury on Trym

www.mwfuneraldirectors.com



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.buoyourbase.com

THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

• Digital Aerials

• Sky Work

• Poor Reception Problems

• Freesat

• Fully Guaranteed

• Free Quotes

• Humax Recorders

• Freesat

• Repairs

• OAP Discounts

• Additional TV Points

• TV Sales

01454 660 046
07818 413 451

www.theaerialman.co.uk

DingMaster Opens New Premises in Bradley Stoke

DingMaster started more than 12 years ago offering a mobile service repairing dings and dents.

Today DingMaster have expanded to 16 mobile vans covering the South West and now have two repair centres based in Frampton Cotterell and their new unit in Bradley Stoke.

Not only can DingMaster repair dings and dents but many other types of 'smart repairs' including: alloy wheels, bumper scuffs, stone chips, scratches, windscreens, interiors including leather, dashboards - just about anything to get your car back to new!

PLUS YOU CAN NOW USE THEIR ONLINE SERVICE TO GET A QUOTE!

- 1 - Take a photo of your dent via the online form
- 2 - DingMaster review your damage
- 3 - DingMaster will contact you with a quote

It really is THAT simple!



DingMaster is also insurance approved!

This means they are trusted to provide a perfect finish...every time! Yet they will still beat most competitors prices!

- Paintless dent removal specialists
- Dent, ding & scratch repairs
- Alloy wheel repairs
- Commercial Vehicle Repairs
- Interior Repairs
- Non Fault Accident

Contact DingMaster for a quote today -

To celebrate the opening of the new workshop in Bradley Stoke, they are offering local residents a 10% discount until the end of March 2019!!

www.dingmaster.co.uk | 01454 617721

Follow DingMaster on:
Facebook **DingMasterUK**
Twitter **@Ding_Master**

Dingmaster are based just off the Aztec West roundabout next to the Hilton hotel at

Unit 1, Orpen Park, Ash Ridge Road, Bradley Stoke
BS32 4QD 01454 617721

**PAINTLESS DENT REMOVAL
& VEHICLE COSMETIC REPAIRS**

www.dingmaster.co.uk

01454 617721

Find us next to the Hilton Hotel,
Unit 1, Orpen Park, Ash Ridge Road BS32 4QD

South Gloucestershire Hockey Club

2018/19 Half Season Update

As the first half of the season draws to an end, South Glos are able to reflect on some highlights. Across our six teams, we have scored an impressive total of 151 goals (68 more than this time last season) and have won 29 of our 46 matches (18 more than this time last year). Three of five teams are finishing the first half of the season at the top of their League tables. South Glos have continued to go from strength to strength and we owe this to our players' commitment and dedication to the sport and the club.

England Hockey Mixed Championship

On Sunday 25th November, South Glos' First Mixed Team, and their dedicated supporters, travelled to Worcester in the first round of the EH Mixed Championship.

Worcester had a strong start putting pressure immediately onto South Glos' defence who battled hard to keep them at bay for a short while. However, by half time Worcester were 2-0 up. South Glos fought back scoring 2 goals (one from a short corner); although this was not enough as Worcester put another 2 past the South Glos keeper securing them the win. South Glos' efforts were not in vain as they will now move into Tier 2 of the Mixed Championship. We are looking forward to facing Newent's Mixed Team in the New Year.

New Year's Resolution?

Have you always thought about trying hockey? Try us out in the New Year. Training restarts on Tuesday 8th January at Bradley Stoke Community School from 8pm to 9:30pm.

The League restarts for the men on the 12th January and on the 19th January for the ladies. We can't wait to see what the next half of the season brings for the club.

Find out about our fixtures, results, match reports and Member Mondays at:

Website: www.sghc.org.uk

Facebook: [SouthGloucestershireHockeyClub](https://www.facebook.com/SouthGloucestershireHockeyClub)

Twitter: [Southgloshc](https://twitter.com/Southgloshc)

Instagram: [southgloshockey](https://www.instagram.com/southgloshockey)

Or if you want more information, please get in contact at info@sghc.org.uk



At South Glos, we have many friendly umpires who commit lots of their time umpiring on a Saturday. This is Adrian, our newest qualified umpire.



'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

Making you feel better



01454 618 525
info@bradleystokephysio.co.uk
www.bradleystokephysio.co.uk



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.



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 New Year.



As always, we would like to thank Bradley Stoke & Little Stoke Gifford Matters for their continued support and wish everyone a Happy and Healthy 2019.



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.

Bright Sparks Toddler Group Monday afternoons 1-3pm term time only All new families welcome phone : 01454 615577

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@btpopenworld.com

Bradley Stoke Community Singers - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all info@bscsingers.co.uk 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 Gallear - 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@btpopenworld.com

Bradley Stoke Youth Rugby at St Marys Old Boys Rugby Club for Minis, Juniors and Seniors - Trench Lane, Almondsbury website: www.smobrugby.com, 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.stmichaelsg.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



Ashley Rodwell Insurance is a brokerage providing bespoke insurance solutions for clients across Bristol and the surrounding area.

The company began life in 1983 and although the original principals have now handed over the reins, the company has continued to go from strength to strength under the stewardship of Sev Singh-Digpal ensuring the underlying values clients have come to expect over the years are retained.

Your home, your personal possessions and your car are all very important to you, which makes them very important to us. Over 90% of our personal insurance policies are renewed so we are confident that we offer products that provide the protection you need at sensible prices.

Ashley Rodwell make no apologies for offering an old fashioned personal service whilst implementing the best features of the modern technology available. We concentrate all our efforts in building strong, lasting relationships with our clients, who are able to talk to their account handlers all the way through the policy year, not just at inception or renewal.

Cheap products don't always offer the best cover or provide you with the financial security and support you need when the worst may happen. We work closely with the best insurers to ensure the products they provide are at the best possible price with the cover that you really need and the service you deserve, should you ever need to make a claim.

When all is said and done, insurance is only a promise on a piece of paper.

It's who makes the promise that counts!

Call us for a no obligation quote now on 0117 9604 101 or alternatively come and visit our new offices at Dorset House, Downend Road, Kingswood, Bristol, BS15 1SE



Providing the cover you need with a service you deserve.



Your home, your personal possessions and your car are all very important to you, which make them important to us.

When all is said and done, insurance is only a promise on a piece of paper. It's who makes the promise that counts!



For a competitively priced quote please call one of our team on 0117 9604 101 or alternatively come and visit our new offices at Dorset House, Downend Road, Kingswood, Bristol, BS15 1SE

GAROLLA
ROLLER SHUTTER DOORS

Great for:
Space Saving
Kerb Appeal
Easy To Use

THERMALLY INSULATED ELECTRIC GARAGE DOORS!

GAROLLA can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - was £1354
NOW ONLY £895
inc.VAT, Fully Fitted!
MADE TO MEASURE, CALL US TODAY

SAVE £459!

0117 369 1061 **07537 149 128**
Phone lines Open 7 Days a Week
- offer valid for openings up to 2.6m wide & inc: 2 remote keys, 55mm white slats, internal manual override -

Approved
Acoustic & Thermal Insulation
Brush Sealed Rails & Thermal Insulation
No Deposit, Pay on Completion
18 Colours Available

FREE DISPOSAL OF OLD DOOR!



Useful Trades and Services for the Home

FELTHAMS FIRES & FLUES LTD

132 GLOUCESTER ROAD
PATCHWAY
BRISTOL
BS34 5BP

Website: www.firesandflues.com
Email: felthamsfiresandflues@hotmail.co.uk
Facebook: Felthams Fires and Flues
TEL: 0117 9093300

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

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

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

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



Federation of Small Businesses
The UK's Leading Business Organisation

Forget Credit Checks • From £250 a Month

Let's go **Rental**

Guaranteed Vehicle Rental Service

✓ Fully Maintained

✓ Short or long term

WE WILL NOT BE BEATEN ON PRICE

Great Deals
for Builders
&
Tradesmen

0117 456 7975 info@letsgorental.co.uk

Contact: 01291 630063
evaroof.co.uk

TRANSFORM YOUR CONSERVATORY IN TO THE USABLE SPACE THAT YOU DESERVE

A CONSERVATORY THAT YOU CAN USE ALL YEAR ROUND

When you specify your new Evaroof you are set to benefit from a highly energy efficient roofing system that has been specifically designed and tested to create your dream living space.

Many customers choose to remodel their conservatories internally by plastering the walls and decorating to give the feel of a true lounge.

LABC
APPROVED REPLACEMENT ROOF SYSTEM

BUILDING CONTROL APPROVAL AVAILABLE WITH EVERY REPLACEMENT ROOF

"FREE Conservatory Frames with every Evaroof installed in January and February"
So call now for a quote!

Which Conservatory Roof is Best?

by Evaroof, The Solid Tile Roof System

With so many options to take your fancy in today's conservatory roof replacement industry, we can completely understand how homeowners in the South West can get confused and frustrated attempting to decide on which conservatory roof is best for their home and their lifestyle. But don't despair! We're here to clearly explain which type of conservatory roof is best for you, your budget and your property.

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.

Solid Tile Conservatory Roof: Suits: Most budgets and all types of property. Solid tiles also provide the best of both worlds, as you can opt to incorporate both glazed and tiled panels side by side and/or skylights.

At Evaroof we have 2 high-performance solid tiled conservatory roofs to choose from;

Evaroof Premium Suits: Any size conservatory; homeowners looking for a year-round useable space, the ultimate weather protection via soffit detailing, comfortable temperature balance, 10-year guarantee & 60-year life expectancy.

Evaroof Eco: Suits: Homes with limited space, e.g. a lean-to conservatory. Homeowners on a budget looking for economical size and energy consumption qualities, comfortable temperature balance, 10-year guarantee & 60-year life expectancy.

For more information give us a call on 01291 630063.

Twitter: @Evaroof7 Facebook: Evaroof.co.uk Tiled Conservatory Roofs

Let people know you saw them in Bradley Stoke & Little Stoke Gifford Matters!

Useful Trades and Services for the Home



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

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

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

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

Visit our showroom:

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

01454 617277 / 07887 853479
enquiries@bedlambeds.com

R H PLUMBING & HEATING HEATING & BATHROOM SPECIALIST

- Central Heating
- Gas Work
- Complete Bathroom Refurbishments



Reg No 213960

RICK HARDING

PHONE: 01454 618009

MOBILE: 07711 225095

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

Useful Trades and Services for the Home



T: 01454 418 341 M: 07817 304 236

All types of aerial and satellite work undertaken including:

- Digital aerial installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up & tuning
- Free quotations

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

RJM Design and Build Carpentry Ltd

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

Contact Rich Manning

0796 629 5055

www.rjmdesignandbuild.co.uk



Emergency number: 07798 905 337
Keep it in your mobile

Lock Stuck and Barrels

The complete door and window service

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

- Swift LOW cost emergency service to all home/commercial lock outs.
- Non destructive methods gaining entry quickly and efficiently from the initial call.
- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.

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

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

Call Dave on 07798 905 337

www.thebristollocksmith.co.uk
Based in Frampton Cotterell



Almondsbury Landscaping

Creative Professional Service

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

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

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

ROOF-TECH Bristol

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

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

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

ACE TAXIS

Of Bradley Stoke

**Short and Long Distance
Station / Airport Bookings**

01454 626 837

VISA MasterCard American Express Major Credit & Debit Cards Accepted

JDS GARDEN SERVICES

'FOR ALL YOUR GARDEN NEEDS'

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

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

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

PRICE ELECTRICAL SERVICES

Domestic and Commercial Electrical Contractors

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

07788 55 33 04 / 01454 615014
info@priceelectrical.co.uk

TRUST MARK Approved Electrical Contractors

Useful Trades and Services for the Home



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

ROOFING SERVICES

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

RELIABLE LOCAL BUILDERS

South Gloss Decorating

Painters & Decorators

Interior and Exterior
Affordable, Reliable, Professional

Dave Beauchamp

0117 956 9932

07739 382 524

www.southgloss.co.uk

www.facebook.com/southgloss




• PVCu Fascia Boards
• GUTTERING
• SOFFITS
• CLADDING

FASCIA lift

01454 269011
07813 006950
matt@fasciabristol.co.uk
www.fasciabristol.co.uk

HOME CARE

Plumbing & Heating Ltd

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

01454 414438 / 01173 035179

www.homecare-plumbing.co.uk
Established over 17 years




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

Call Heath on 07943 870400
www.cloverovenclean.co.uk

Professional Oven Cleaning Services

Paul Bartley

Ceramic Wall & Floor Tiling

Over 30 Years Experience
Based in Bradley Stoke
Free Quotations

Tel: 01179 799 882

Mob: 07971 923 834

E: paulbartleytiler@gmail.com



GJS

Painting, Decorating,
Property Maintenance
& Refurbishment

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

For a free estimate please call Gary on

01454 604121

07785 917 090

email: gjs.paintinganddecorating@googlemail.com



B&D Plastering is based locally and can help with all aspects of your plastering, damp proofing and rendering needs. Photos and a portfolio is available to show the high standard of their work. You can also read reviews and see photos of B&D Plastering on Facebook - just search for "b&d plastering".

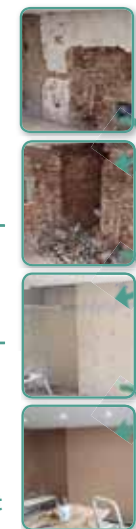
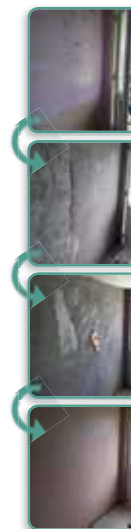
For more information or to arrange a free quotation, give Dave a call on **07754 246 461** and he will be pleased to help.



KEEP CALM AND B&D PLASTERING

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

T: 07754 246461 E: BDplaster@hotmail.com



Useful Trades and Services for the Home



Alpine LANDSCAPING

Established Family Firm with 25 years experience

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

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

25% Off
with this advert!

www.alpine-landscaping.co.uk
 79 Falcondale Road, Westbury-on-Trym

KP Home Improvements



Making your house into a home

Call Kev for a free, no obligation quote
07501 042880

DECOR8
 PROFESSIONAL DECORATING SERVICES

FOR ALL YOUR DECORATING NEEDS
 CALL ANDY TODAY FOR A FREE QUOTE

07779 321 228

www.decor8-bristol.co.uk | decor8-bristol@hotmail.com

Garage Doors

Installation | Maintenance | Repairs

Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors




BRUNEL DOORS

Call Brunel doors for your free no obligation quotation
01454 882212

Visit our website: www.bruneldoors.co.uk

Alan's Handyman Services



Professional Handyman Services for the Bristol Area

Have you got...

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

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

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

www.alanthehandyman.co.uk
 Ratcliffe Drive, Stoke Gifford

Useful Trades and Services for the Home

DOUBLE GLAZING REPAIRS & LOCKSMITH

Dale Clements

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

01454 740446 / 07970 019830

NO CALL OUT FEE
 FIXED PRICES

Which?
 Trusted trader

www.daleclements.co.uk

TS Technisys SECURITY

Home alarm systems

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

0117 9075709 - 07938 861504
www.technisys.co.uk - info@technisys.co.uk
 Based in Stoke Gifford

LOOKING FOR AN ELECTRICIAN?

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

NAPIT registered with 30 years experience

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

Free advice and quotations.
Call Carl on 07986 736951
 Email: cmg.electrical@virginmedia.com

www.allworksplumbingandheating.co.uk



ALL general plumbing work undertaken

ALL WORKS BRISTOL LTD PLUMBING & HEATING

Enquiries
01454 279 162

For all your Plumbing & Heating needs call your local, friendly professionals

Accredited installers for Worcester Bosch and Vaillant

- ✓ No callout charge
- ✓ Boiler Servicing/Repair and Full Installation

There is no limit to our expertise!

OFTEC 101625 **safe** 532573

All major credit & debit cards accepted

CLIVE BRADFORD
Carpentry & Joinery



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

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

TAYLOR CARR PAINTING & DECORATING SERVICES

PROFESSIONAL PAINTING AND DECORATING

ALL ASPECTS OF DOMESTIC WORK UNDERTAKEN

07713691232
TCARRPAINTING@YAHOO.COM

Useful Trades and Services for the Home

BonneFreshClean
Carpet & Upholstery Cleaning Specialists



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

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

www.bonnefreshclean.co.uk

44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ



**COLLINS
TREE SERVICES**

Free quotes Fully insured

Pruning Hedge Trimming
Felling Stump Grinding Planting

All work considered All waste recycled
Friendly and professional service

0752 591 6882 0117 965 8399
info@collinstreeservices.co.uk

Inspired Bathrooms

Design & Installation

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

Call us on
01173 307 537 or 07853 069 280

www.inspiredbathrooms.net

inspiredbathrooms@hotmail.co.uk

Inspired by you, designed & installed by us



All aspects of garden and landscaping work undertaken:

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

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

Call Ben:

07506 475402 / 01454 416695
or email f.r.fencing@outlook.com

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

LOW COST PLUMBING



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

OAP DISCOUNTS and NO VAT

0117 957 5092

**D-CR
DOMESTIC
APPLIANCES**

**DOMESTIC APPLIANCE
SALES AND REPAIRS**

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

Tel 01454 850522 or 07917441539

EMAIL: d-cr@live.co.uk

www.d-crdomesticappliances.co.uk



Useful Trades and Services for the Home

Keith Usher

Painting, Decorating & Property Maintenance
Established 1991

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



Tel: 0117 979 0536

Mob: 07778 536 780

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

Thornbury Stairlifts

SALES SERVICING & REPAIRS



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



Independent Stairlift Specialist

01454 413 748 • 07833 318 722

www.thornburystairlifts.co.uk



For all your General Building, Property Maintenance and Landscaping requirements

www.blueprintbristol.co.uk

email: blueprintbristol@hotmail.co.uk

Neal: 07733 326 437 Office: 0117 910 9453

GARY SMART ELECTRICAL

Domestic, Commercial and Industrial Installations

All electrical work undertaken ...

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

Safety inspections, Periodic Testing,
Fault finding and Repairs

Fully qualified City & Guilds

Electrician 17th Edition Part P Registered

07805 070 947 • 0117 987 1437 • garysmart@sky.com

All backed with a 6 year Niceic insurance policy



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

07825 999510

01454 279732

www.crbainesheating.co.uk



549988



Useful Trades and Services for the Home

Ashford
BUILDING CONTRACTORS

Design & Build - Extensions
Renovations - Kitchens
Plastering - Roofing

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



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

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

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

K.J. BARTON
PLUMBING & HEATING
SERVICES

24 HR EMERGENCY SERVICE

MOBILE 07831 471000
01454 616972

• BATHROOMS • KITCHENS
• HEATING • DRAINS
• BURSTS

NO VAT

FREE ESTIMATES
GUARANTEED WORK
BASED IN BRADLEY STOKE

BS
Bradley Stoke Electrical LTD

Your trusted electrical contractor serving
Bristol & the surrounding area.

Providing a comprehensive range of
Domestic & Commercial Electrical services.

Don't be shocked when we turn up on time!

CALL TODAY
For Your **FREE** estimate

Domestic
Commercial
EV Charging



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

**Plumbing & Heating
Solutions**
For Your Home

STOKES
Plumbing Services

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

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



A.1. AERIALS

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

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



Harmony

Blinds of Bristol

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

- ✓ Check website for **EXTRA SEASONAL OFFERS!**
- ✓ We measure, make and fit **ALL** types of blinds
- ✓ Shutters in just 4 WEEKS
- ✓ 5 Year no quibble guarantee

25 | 1992
2017
Years Of Excellent Service



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

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

INDEX OF LOCAL ADVERTISERS

Accountants/Book-keeping

LAC Accounting 35
Dunkleys Accountants 40

Bathrooms

All Works Bathrooms Installations 61
Inspired Bathroom Design 62

Blinds - Harmony Blinds

Butcher - Molesworth 12

Builders / Building

Ashford Building Contractors 64
BluePrint Construction 63
Fascia Lift 58
RJM Design & Build 57
Vizard and Son 58

Car Maintenance / Sales

BS Auto Maintenance 42
DingMaster 45

Care / Elderly

Bristol Care Homes 43
ategi Shared Home Scheme 26

Carpentry

Clive Bradford 61

Carpets & Upholstery Cleaning

Bonne Fresh Clean Ltd 62

Catering - Vintage Box

Central Heating 35

All Works Plumbing & Heating

Baines Heating 63
Gregor Heating 1

Child Care/ Preschools

Bright Sparks 30
Mama Bears 29

Children's Activities

Fromside Gym Club 34
Puddleducks 1,25

Choir

Melody Makers 15

Cleaning & Domestic Services

Clover Ovenclean 59
Oven Wizards 64

Community Groups & Clubs 50-52

Doors

Brunel Doors 60
Dream Doors 18
Garolla Doors 52

Electrician

Bradley Stoke Electrical 64
CMG Electrical 61
Gary Smart Electrical 63
Price Electrical 57

Events -

Cafe Church 18
Cartoon Circus 10-11
Castell Roc Music Festival 39
Chepstow Wassail/Mari Lwyd 36-37
Show / Panto 26,27
Wedding Weekend - Aztec Hotel 14

Fires / Flues

Felthams Fires & Flues 54
Florest - Florel 8

Fostering

Capstone Fostering 24
South Gloucestershire Council 29

Funeral Directors

MW Funeral Directors 43

Garden Design/Landscaping/ Maintenance

Almondsbury Landscaping 56
Alpine Landscapes 60
Colour Fence 67
Front Row Fencing 62
JDS Garden Services 57

Handyman / Home Services

Alan's Handyman Services 60
KP Home Improvements 60

Hair & Beauty

Lisa Mobile Hair Stylist 18

Health, Diet & Fitness

Bradley Stoke Physio 47
Livingwell at DT Hilton 2
Nuffield Health 13

Slimmingworld

22-23

Zumba Class

7

Hotel/Pub/Restaurant

Aztec Hotel 14
Bailey's Court Inn 6
Double Tree Hilton 2

House / Home

Bedlam Beds 56
Brunel Doors 60
Colour Fence 67
Dream Doors 18

Evaroo - Conservatory Roofing 55
Felthams Fires & Flues 54
Garolla Doors 52
Harmony Blinds 65
Technisys (Alarms) 61
Thornbury Stairlifts 63

Insurance

Ashley Rodwell Insurance 53
Jewellers - Kemps 16

Locksmith

Dale Clements Locksmiths 61
Lock Stuck & Barrells 57

Medical / Therapist

Bradley Stoke Physio 47
Dawn Clode, Osteomyologist 21
Just You Holistics 6
Laura Jane Hypnotherapy 17
Smart Hypnotherapy 21
Stoke Gifford Medical 19

Mortgage Advisor

Chrystal Clear 8

Music Shop/Music Lessons -

Hannah's Music 38
Hilary, Music Lessons 34

Opticians

Harbord Opticians 21
Specsavers 34,68

Painter & Decorator

Decor8 60
GJS Painting & Decorating 59
Keith Usher Painter & Decorator 63
South Gloss Decorating 58
Taylor Carr Painting/Decorating 61
Plasterer - B&D Plastering 59

Plumber

All Works Plumbing & Heating 61
Home Care Plumbing & Heating 58
K J Barton Plumbing & Heating 64
Low Cost Plumbing 62
R H Plumbing 56
Stokes Plumbing Service 64

Property Maintenance -

Brunel Doors 60
Colour Fence 67

Repairs

D-CR Domestic Appliance Repairs 62

Roofing -

Evaroo - Conservatory Roofing 55
Rooftech 57
Vizards Roofing 58

Schools/Schooling

Abbeywood Community School 30
Bailey's Court Primary 32-33
Bradley Stoke Community 28
Bowsland Green Primary 24
Meadowbrook Primary 24
Patchway Community School 27
Security - Technisys 61
Sewing / Alterations - 3
Medway Designs 3
Shopping - 3
Willow Brook Centre 10-11
Solicitors - AMD Solicitors 41
Taxi's/Transport 57
ACE Taxis 6
Avanti Cars 34
South Glos Taxis 34
Tiling - 59
Paul Bartley Ceramic Tiling 59
Trades & Services - 52-65
Tree Surgeon 62
Collins Trees Services 62
Front Row Fencing 62
TV & Aerials 64
A1 Aerials 44,63
Aerial Man - Dan Grace 57
M D Aerials 57
Vehicle Rental - Let's Go Rental 54



ColourFence

Professionally installed fencing, gates & railings

Get in touch for a FREE, no obligation quote & survey



ColourFence

- Made from Colorbond Galvanised Steel
- Virtually maintenance free
- Variety of colours and sizes
- Withstand winds of 130mph
- 25 year guarantee*



ColourRail

- A cost effective alternative to wrought or cast iron railings
- Variety of finishes & colours
- Bespoke sizes available
- 10 year guarantee*
- Virtually maintenance free



ColourGate

- Made from Colorbond steel
- Available in plain or in lattice top finish
- Heights up to 2.1m
- Perfect solution for privacy
- Automated option available

For a FREE, no obligation quote & survey

Contact us on T: 0800 644 4113

or visit colourfence.co.uk



*full terms & conditions on website or on request.

Should've gone to Specsavers? You still can

We welcome prescriptions from all opticians



Bradley Stoke The Willow Brook Centre. Tel 01454 275 020

