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Dear Readers....

This lovely mild weather in the middle of February really makes us feel that spring is well on its way with plenty of snowdrops and daffodils peaking through - as you can see from our cover photo, it was 'blooming' lovely in Meade Park! .

It has been another busy month and we have another packed issue for you. Let us introduce you to Trolletheus - we think he is simply fabulous; turn over the page to learn about this legend!

We also highlight some superstars in our midst again in this issue. Congratulations to 16 year old Boxer Ellouise Challenger from Little Stoke who is adding multiple Championship titles to her name - read all about her on page 7. Also meet the children's nurse Steve Wiltshire who is showing us "The Difference a Day Makes" with a gruelling 24-hour run to raise funds for terminally ill children's charity Jessie May.

If you are lucky enough to still have your mum around, then don't forget to spoil her this Mother's Day - we have many advertisers in our pages who can help you with ideas, from jewellery to flowers, meals out or pampering!

We have plenty of news updates from the local schools and sports clubs too, so do sit back, relax and enjoy the read!

As usual, 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 March.

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Stokes Artists paint 'Trolletheus' – God of the Three Brooks ...& it all started with a supermarket Trolley!!

A chance encounter between Susan Hartry of the STOKES ART GROUP and Sara Messenger of the THREE BROOKS CONSERVATION GROUP last spring, sparked an idea for an Art Project.

Sara explained that just as the River Severn has Sabrina Goddess of the River, the Three Brooks Nature Reserve had a God called Trolletheus - after two rusted and battered supermarket trolleys she and the TBCG Team had dredged from the Pond some time earlier. Susan picked up on this and suggested giving Trolletheus a face, as an SAG Project Competition later in the year. Enthusiastically Sara liked the idea - and even agreed to judge it with Adoption Papers at the ready!!!

Both passionate about their respective Groups, they soon realised they greatly complimented each other; after all...Conservationists maintain our landscape, and for centuries Artists have enjoyed painting it!

The Competition Brief was structured in two parts— Part 1 to create an image for Trolletheus –



and Part 2 to create a Landscape from any scene or feature from the Three Brooks Reserve. The resulting unsigned collection was displayed at the Stokes Art Group end of year Awards Event, where Sara and fellow Conservationist Kerry selected their favourite artwork from each.

Sara was thrilled that finally Trolletheus had a 'face' - though the look of surprise on her own face when she announced the artist was Susan Hartry© - was also worthy of a prize! Inspired by features of the Reserve itself Susan's Trolletheus (pictured above), armoured with two supermarket trolleys, is based on the Turkey Oaks of Sherborne's Brake.

The winning Landscape by Stokes Artist Sue Kelly© (pictured left), taken from her own photograph, represents a typical Three Brooks woodland scene familiar to those who go off the beaten track and enjoy the diverse variety of trees, plants, wildflowers and undergrowth found right on our doorstep.

The full collection can be viewed on the Stokes Art Group website 2018 Project Page.



Susan is always keen to promote the Stokes Art Group – but also Art itself. She said too many people genuinely believe they can't do – Art: so it is more a confidence issue rather than a lack of ability that stops them even trying.

Art as a pastime suits all abilities, budgets, and in degrees the constraints of spare time. It has many facets and in any form is all absorbing so a great way to relax and de-stress, and can easily fit in to our daily lives at home, on holiday, lunch time at work, in the Park, on a Walk, even on the Bus. Tutorial Resources are also plentiful, so help is on hand whenever you need it, from attending tutored Classes, or Home Learning using art Books and Videos - to painting alongside like-minded people such as the Stokes Art Group.

The SAG is a small self-funded art Group for local artists and welcomes all abilities. For more information or to Contact the SAG to Book a FREE TASTER SESSION, visit their Website at <https://stokesart0.wixsite.com>

Sara's enthusiasm for the Three Brooks Conservation Group is infectious as she spoke of the many benefits it brings to Members, and the Community.



The ancient site, now called the Three Brooks Local Nature Reserve, is right at the heart of the Stokes and offers residents a beautiful green space for gentle walking, rambling, running, and so much more.

For Members, it gives the added benefit of working outdoors which is always good for the body and soul as a great way to exercise without thinking about it, as well as putting aside the stresses and strains of everyday life; meeting new people and making new friends; all at the same time as contributing something beneficial to the local area and Community – making a difference – having the feel good factor.

To find out more the Reserve, Membership of, and how to Contact the Conservation Group, please visit their website at <https://www.three-brooks.info>



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Local Boxing Champion has successful start to 2019

Ellouise Challenger, from Little Stoke is just 16 years old and already a 3x National Champion in her chosen weight ... STOP PRESS 4x!!!

Ellouise has lived in Little Stoke her entire life, first attending Stoke Lodge Primary School, then the Ridings Academy in Winterbourne and laterally a student at the Filton Wise college where she is currently studying sport and science and also part of the boxing academy.

Ellouise was a keen gymnast from the age of 5 until 13, when she had to give it up due to an ankle injury. Looking for an alternative sport to keep up her strength and fitness, Ellouise tried boxing. Discovering early on that this was a sport she could do well in, Ellouise really started to improve under the supervision of motivational England Coach Craig Turner at the Downend Boxing Club.

Within just a few months Ellouise had won the National Development Championships and then went on to win at first the National Championships, then the NABGC championships. She travelled to Sweden and won the Golden Girl that year and has since been to Ireland and won gold in the Wexford Box Cup too.

To date this winter Ellouise has won the National Clubs for Young People Championship held in Bridlington, with a unanimous points win over classy boxer Demi Uscroft from Hull. A week later, saw Ellouise win the inaugural England Boxing Women's Winter Box Cup in Manchester against talented Irish International Lisa O'Rourke who is the European Junior Silver Medallist. At the end of January, Ellouise was selected to represent England against Ireland at the City Hall in Bristol. She won her bout against Ireland's National Champion and European Bronze medallist Leah Gallen.

At the start of February, Ellouise flew to Sweden to compete in The 'Golden Girl' Championships again, where she had to step up a class to box older and more experience boxers, as there was no one in her own age/weight class of 69kg to compete with. Ellouise did well, winning her semi finals against an aggressive Danish girl by a unanimous decision. In the finals she faced a 17 year old who was competing as part of Thailand's national team. This girl had previously been in the World Championships twice, as well as the Youth Olympics. Ellouise boxed her heart out in the final, coming home with the Silver medal after losing out on a close split decision. Mum Nicola told us "We are so proud of Ellouise and this just shows how far she will go, to box so well like this against a world class boxer".

As we went to print on the 17th of February, Ellouise was taking part in the Youth National Championship Finals in Banbury. A win here will hopefully see her competing in the European Championships later this year. We wish her the very best of luck. **STOP PRESS: ELLUISE WON THE CHAMPIONSHIP (photo right) !!**

What a string of fantastic achievements for our local Boxing Champ!! Congratulations Ellouise.



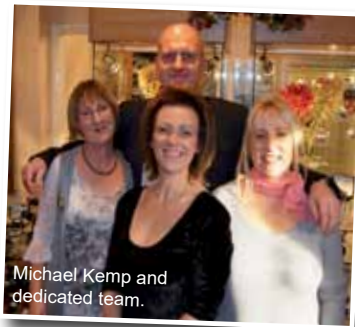
Ellouise above with her coach, Craig Turner, from Downend Boxing Club and below in action at the Golden Girl semi-finals last month against Anna Rasmussen from Denmark



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Local children's charity nurse takes on 24 hour run to raise money for terminally ill children

This July a nurse at children's hospice at home charity Jessie May is taking on a 24 hour running challenge to boost funds and raise awareness of the charity.

Local Stokes resident Steve Wiltshire, 30 (right), is one of the Jessie May Nurses who provides vital respite support to families caring for a terminally ill child in their own homes. He has worked in the Jessie May Care Team for over 2½ years and is now combining his passion for his job, and for running, and tackling a gruelling 24 hour run to raise money for and awareness of the local charity.



Steve has created his own fundraiser 'The Difference a Day Makes' to inspire donations online here (<https://uk.virginmoneygiving.com/thedifferenceadaymakes>) as he takes on the 24 Hour Conti Thunder Run on July 19th, in Walton-on-Trent. He aims to raise £3,000 – the cost of running the charity for one day – and has so-called his fundraiser 'The Difference a Day Makes' to reflect the importance of at-home support for families caring for a terminally ill child.

Steve said: "As a Jessie May Nurse, I understand the enormous difference Jessie May's support makes to families with a terminally ill child. Many rely on our respite visits and emotional support and have said they'd now be completely lost without us. This is why I want to help raise money for Jessie May - I have seen the impact we have on families firsthand. The challenge that I have decided to undertake is to run as many 10km laps as I can in 24 hours through the 24 Hour Conti Thunder Run. It's pretty extreme!

"Caring for a terminally ill child is an exhausting, 24 hour task; both physically and emotionally. This 24 hour run is quite symbolic of the 24 hour care the children require and I hope by completing the 24 Hour Thunder Run, it inspires people to talk about Jessie May, and why our support is vital to families, and make a donation through my fundraising page if they can."

One of the Jessie May children Steve supports is 2 year old Alba, who has a life limiting condition which means she cannot walk or talk, and needs 24/7 care and attention. She suffers from seizures on a daily basis, and has to take 14 types of medication each day. She has poor vision, very limited body movement, and is fed directly into her stomach through a syringe.



Alba's mum Roz said: "Jessie May is so important to us because we totally trust the nurses. They know Alba so well; they understand how she can communicate, and her needs. They can be trusted to feed her, put her to bed, and give her medication when it's required. Not many people can do all this without someone else there to support them! Knowing Alba is in safe hands means the world to us. I am amazed at what Steve's doing with the 24 hour run. We wish him luck for the day and can't wait to hear all about it."

Steve is now encouraging donations to his online fundraising page here as he trains ahead of the big day, in his purple Jessie May running vest.

He added: "It's truly an honour to run and raise money for families like Alba's. It's an honour in itself being invited into their home every month! Now I'm actually really excited for the day to come! I hope to raise as much money as possible so Jessie May can continue to support families, and also welcome additional children with life limiting conditions to our caseload.

"I will also be blogging about my training ahead of the day and sharing updates on my progress, so keep an eye on the Jessie May blog page and my fundraising page too."

To make a donation on Steve's fundraising page, visit: <https://uk.virginmoneygiving.com/thedifferenceadaymakes>.

To find out more about Jessie May, visit www.jessiemay.org.uk.

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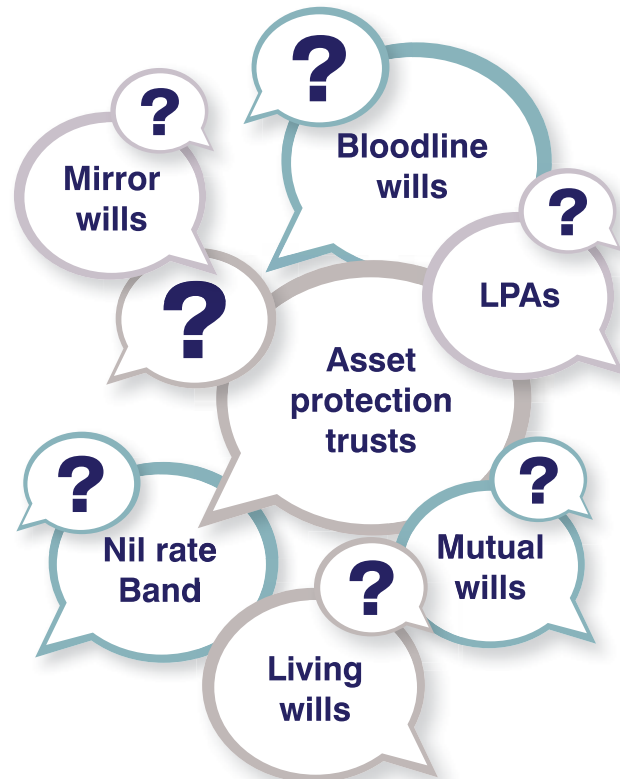
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The secret to a healthy garden – a healthy gardener!

Louise Dodds, Physiotherapist at Bradley Stoke Physio & Health shares some tips to help you enjoy the fruits of your labour

If like me you are looking forward to the lighter nights in order that you can get outside and do your gardening, you may benefit from a few tips on getting and staying fit and flexible enough to continue to garden all through the summer.

As all gardeners are aware, the months of March and April are two of the busiest with lifting, carrying, bending, weeding and digging. The knees, lower back, shoulders and arms may all feel the strain. In particular, this sudden increase in activity comes after a relatively sedate period for most people.

Even if you have a relatively active job, a gradual return to gardening is best, building up intensity and duration with time. Recent research suggested the beneficial effect of work-related exercise is often lost because they are of too low intensity or duration.

Gardening is an active pursuit, and we know that heavy lifting and sustained static postures associated with gardening increase blood pressure. The physical stress increases inflammation in the body – our sore muscles! This is actually necessary for the body to then adapt and become stronger and fitter. It is the recovery that allows the inflammation to reduce and this process to complete.



We can help our body prepare for our gardening activity, to prevent as many aches and pains. Walking is really beneficial as a way of building up our aerobic capacity. Before gardening, stretching our arms above our heads and twisting the trunk in a sitting position is helpful too, as are the exercises shown in the photos here.

These exercises performed 10-15 times, 2-3 times daily, can help keep the hips and the knees strong. These joints can appreciate a little more looking after when you're a keen gardener! As with all exercises, they should be built up gradually.

For further information about these and other strengthening exercises for the knees please see our website: www.bradleystokephysio.co.uk.

Get in touch if you'd like any more tailored advice and do let us know how you get on with your gardening!

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GEM Boccia Club - friendly, fun and welcoming to all

Who am I?

My name is Georgina (Elizabeth) Moore (GEM: Hence the Club's name). I'm 34 years old and have a neuromuscular condition. It means I'm a permanent wheelchair user and cannot weight bare. I live independently with 24-hour care in my own flat in Chipping Sodbury, South Glos.

My background is I have a degree in Marketing and then I went on to be a Primary School Teacher for a short time, but sadly could not physically continue with it. I'm not the type of person who likes to sit around not doing anything but knew I couldn't commit to working regularly. I like to try and stay as fit and healthy as I can but could only find swimming as a form of exercise.

What is Boccia?

It is not uncommon for people to say to me "What is Boccia?" when I tell them I run a Boccia Club. This highlights the lack of publicity the sport gets, which is a real shame seeing as it's a Paralympic event!

Boccia is very similar to bowls: With the fundamental aim of the game being 'get your balls closest to the jack'. The main difference being that you have to be seated when playing Boccia. This makes the sport inclusive for all. The sport can be played individually or as a team. It is played as red balls VS blue balls, with the jack being white. There is also increasingly new technology that means visually impaired people can also take part in the sport.

After watching Boccia being played at the 2016 Paralympics I decided to try and find a local Boccia Club. Much to my disappointment there wasn't a Club in the South Glos area. The nearest Club was in Henbury and was run by Access Sport. I decided to go along and give it



a try. Immediately I loved playing because it was competitive and I felt that throwing the balls was actually great exercise for me, it meant I was moving in my chair!

I continued to attend the Henbury Club weekly for a few months but the 30-minute journey there and back was tiring and expensive. I kept saying to people maybe I should just set up my own Club. After much encouragement by others and fundamental support from Access Sport, that's exactly what I did. GEM Boccia Club's first session took place in September 2017. I managed to liaise with Yate Leisure Centre to use the badminton courts, which have since been marked out as Boccia courts too. I produced my own leaflets and flyers, set up social media pages and tried to promote the Club as much as I could. My main carer, Tom, completed a Boccia Coaching Course, so he could use the knowledge and skills from that to help me deliver meaningful sessions, where members can progress over time. We were lucky to be loaned sets of Boccia balls initially as each set of 12 balls costs over £200.

The first session saw 11 people turn up and I was overwhelmed. They were a range of ages and abilities and that's the main ethos behind our Club: **Inclusive to all**. This means you don't have to have a disability to play with us. We have siblings, carers and parents all join in, although to compete in official competitions you must have a disability. The other important part of our Club is we have fun! We split the sessions into playing proper Boccia matches and also playing fun, skills games. We believe this is what keeps people coming back. To this day we are still going strong and numbers are increasing.



Future Goals

We started with no money towards the Club and that's why we charge £2 per person each week, to cover the cost of the courts. Other costs include equipment / resources, admin and training. Fundraising activities and a generous personal donation has allowed us to purchase our own balls, equipment and get t-shirts printed for our regular members. As member numbers grow we will need to purchase more balls etc, so continuous donations are always appreciated.

GEM Boccia Club recently took part in their first competition. Members who want to play competitively can choose whether to be part of the team. So 7 of us went along to Bath Leisure Centre with 4 other teams from the West of England. We all had a really enjoyable day and it was great experience for us. We are looking forward to competing more in the future.

We were also nominated for Club of the Year award as part of Boccia England's National awards. Apparently 4 different individuals nominated us, and Tom also got nominated for Coach of the Year. We were all so touched and overwhelmed by this. I personally feel honoured to be appreciated and know I'm having a positive impact on my local community.

We always encourage new members and anyone is welcome along. We are currently also looking for volunteers who could help run the Club because at the moment it is just run by my carer and myself. My family help out most weeks but we want to be able to give some responsibility to people outside the family. If you, or anyone you know, would like to join the Club as a player or volunteer then please do contact us on the details below.

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Volunteers needed (please contact above)

There needs to be more opportunities for everyone to be able to take part in a sport as well as enjoying the social side of it. I thoroughly enjoy seeing everyone on a Tuesday and playing Boccia, no matter how tired or in pain I am. It always makes me smile!

GEM Boccia Club meets every Tuesday 4pm-6pm at Yate Leisure Centre Sports Hall. Cost: £2 per session.

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The Gert Lush is the one bike ride Tour De France winner Geraint Thomas can't enter – his carbon bike is too modern! On **Sunday 19th May** The Gert Lush celebrates all things vintage in terms of bicycling, through a day of rides and a festival, and does it in true 'Bristol Fashion'. The event encourages everyone to dust off their old bikes – be they commuters, vintage aficionados, shoppers or weekend warriors, and take part – the only rule is to leave any full carbon bikes at home. Entries and further information are via the website www.thegertlush.com.

Co-founded by Emmy and Bafta award-winning film-maker Patrick Collerton with Americana musician Steve Page, the cycle-mad duo will bring their experiences to bear to make the day filled with music, surprises, old fashioned refreshments and a warm, friendly atmosphere. Bristolians already know that Gert Lush means 'really good', which is how the festival got its name.

There's a free accompanied kids' ride, plus a 30-mile and 65-mile ride to cater for all. If you don't fancy riding then meet up in the afternoon with everyone else for The Gert Lush Vintage Fete – a post ride shindig at Long Ashton Community Centre, Long Ashton where you can eat, drink, and be merry, in true vintage style. www.thegertlush.com



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Bradley Stoke 10K

As part of the Bradley Stoke Town Festival, this year's 10K race will take part on Sunday 9th June at 9.30am.

This brilliant annual event is so popular that this year it **COMPLETELY SOLD OUT** within 48 hours of entries opening!

They still need your help though - could you help Marshal?

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

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

Marshals should be able to stand down after the last runner, which is usually 90 minutes after the race starts.

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



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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.

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Laura Jane Hypnotherapy

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I hope that everyone has a happy and productive 2019.

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There expertise lie with the bespoke car adaptations
that enable people with compromised mobility
their driving freedom. My family have had personal
experience with the Motability Scheme, my dad
was severely disabled with MS. I was amazed how
the technology has come on over the years, had
the steering wheel controls that action not only
indicators and lights from the touch of a button but
also brakes and accelerator been around in my
dad's time, he would have been able to continue
driving for years longer than he did.

When my father moved to an electric wheelchair,
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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.

Start the Spring 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,

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

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

“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.

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 spring, 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**

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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@SmartHypnotherapy.co.uk
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Holy Family Dance the Night Away

Pupils at Holy Family Primary School have put on their dancing shoes once again. This year children from Key Stage Two have reaped the benefits of months of vigorous rehearsals, in preparation for the South Gloucestershire Dance Festival, held at Abbeywood Community School. The festival involves pupils across the primary and secondary sectors but the Holy Family team mesmerised the audience as they sprang into the limelight.



Each school was challenged with the preparation of two dances: one piece of the school's choice; the other based upon the festival theme – Sports for All. The music selected by the Holy Family team was clearly chosen to inspire both the performers and the audience. Any notions of nerves quickly disappeared once the beat began and feet were soon tapping, as the dance troop leapt onto the stage to a rugby themed performance based upon the New Zealand haka. The spectators were swaying in their seats and singing along, as the children went on to perform their lively interpretation of 'The Greatest Show' by Hugh Jackman and Keala Settle, for their free choice number.

The audience was full of the regular Holy Family supporters, as parents turned out to cheer on their children. All were amazed by the accuracy and enthusiasm of the stunning routines. Year Three teacher Miss Lloyd, was responsible for the organisation and training of the team. She was truly delighted with the final performance. Headteacher Mrs Summers-Breeze commented, *"They have all achieved so much and their energy has added real vitality to this presentation. I am incredibly proud of the way the teammates have supported each other, from Year 4 right the way*

to Year 6. It is so good to see the values of Holy Family School on display."

The success of the Holy Family dance company has wowed the school, meaning that younger pupils are desperate to participate in the future. *"It was so good,"* gasped Eva, Year 3, *"I am definitely joining Dance Club as soon as I am old enough."*

A Love of Literature

Pupils at Holy Family Primary School have been exploring tales from across the globe for Book Week this year, as they have studied traditional myths, legends and folktales from different cultures. English co-ordinator Miss Lloyd explained, *"Children at Holy Family represent a wide range of cultures and we wanted to share their traditional stories across the school. Book Week is a wonderful way to learn about different home countries."*



During Tuesday, the children enjoyed the opportunity of a visit from John Harris a renowned story-teller, who dazzled the whole school with a range of myths and legends. John has a huge repertoire of over 350 folktales and the children were entranced by his performances. *"The story teller was really exciting,"* declared Cee-Cee, from Year Five, *"It was so interesting hear someone tell whole stories without relying on a book. He told traditional stories but made it really entertaining."*

Book Week is always an exciting time at Holy Family. Work progressed as every class, from Reception to Year 6, selected a different tale as inspiration and then wrote their own stories, poems and letters in response. Parents also

visited classes to share stories from their own cultures and stories in their home languages. Everyone agreed it was a really motivating week.

Throughout the week, the Travelling Book Fair was open for purchases and every day featured a different event. Parents were invited in to join their children at the annual Book Cafe. This event is always hugely popular; as families settle down together with a good book and a cup of tea and a biscuit. However, two activities remain the most popular. Pupils love returning to school for a Bedtime Story. Pupils and staff share a candlelit book, in their pyjamas whilst sipping hot chocolate. More entertaining still is the eagerly anticipated grand finale of Book Week: the Holy Family staff performance. Pupils were in awe of this spectacular performance: Perseus and Medusa, and staff enjoyed the opportunity to tread the boards again.

Mrs Summers-Breeze, reflected, *"As always, it has been a fabulous week. We are so pleased by the high level of parental support for all the activities. The children have gained such a lot from these rich experiences."*

Tremendous Topics and Stupendous Stone Age

At Holy Family we are always keen to expand our horizons and organise some marvellous new experiences for our children. Our creative curriculum topics are always exciting places to start. Every term each teacher ensures that they plan a range of WOW experiences and mind-blowing trips or visitors for each curriculum focus. Many of these experiences take place within the school. For example, pupils in Year Two have a focus on the Great Fire of London so they participated in a workshop in which they met and interviewed an eyewitness from the time. Similarly, when learning about World War Two in history, Year Six pupils spent an exciting day exploring the air-raid shelters at Cardiff Castle and using a stirrup pump to put out imaginary fires during the blitz.



However, there are also lots of opportunities to supplement our classroom learning elsewhere in the south-west area. We endeavour to provide each class with at least one visit for every topic they study and the autumn term has been no exception. Already, classes have been spreading their wings and exploring all kinds of places. Children have returned to school fired with enthusiasm time and time again.

Year Three's topic on the Stone Age was no exception. A few weeks ago, they set off early to visit the world's largest stone circle at Avebury. Although it was a chilly day the children were fascinated to learn all about this prehistoric landmark. They returned to Bristol inspired by all they had seen and discovered. Teaching assistant, Michelle Daniels, reflected upon their day, *"The children were all spell-bound as they listened to the expert guides – it was a totally enthralling trip which the children will never forget."*

The impact of this visit was clear to see when the children led their class assembly as a follow up. Dressed as prehistoric people the children impressed the rest of the school and their families with their knowledge about prehistoric Britain. They also took the opportunity to share some of their family homework projects and to teach the school some prehistoric themed songs. It was obvious they had all become history experts!

Assistant Headteacher, Caroline Carter, commented, *"We are so proud of our wider curriculum at Holy Family. The learning inspired by our topics and visits is always amazing and the parental support for home learning projects has been a huge benefit for our children."*

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Puddle Ducks Spring News

Pool Focus: Winterbourne International Academy



Spring is on the way, and it's the perfect time to get your children ready for summer swimming!

Every Sunday at Winterbourne International Academy, off Flaxpits Lane, we have exclusive use to run classes for babies, toddlers and children up to age 10. There's a great family vibe as brothers and sisters of all ages can learn to swim in the same pool!

Baby and pre-school

For babies aged over three months, toddlers and pre-schoolers, our gentle, fun classes give parents and their little one confidence in the water and a chance for some precious bonding time together as they learn the fundamentals of brilliant swimming.

Swim Academy

Our school age children in Levels 1 and 2 benefit from the teacher being in the water with them as they work towards achieving their first unaided swims. Small class sizes (four children to one teacher) mean progress can be quickly made.

As children develop the skills to move up to Levels 3 and 4, they start to swim in the deep end where they will be taught from poolside, focusing on graceful, efficient strokes on their front and back.

We are swimming throughout half term until the Easter holidays, which start on 7 April.

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



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Find more information at www.swim-academy.co.uk



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

1st Little Stoke Scout Group

This term the Beaver section have been extremely busy. They are currently working towards several badges, including their Faith Badge, which will involve a visit to local church Christ the King, Outdoor Challenge Badge and their Emergency Aid levels 1 and 2.

As part of the Emergency Aid badge the Beavers had a visit from the St Johns Cadet group. They learnt about the importance of understanding what to do in an emergency, who to contact, how to put someone in the recovery position, how to use bandages. All the Beavers had the opportunity to ask questions and then act out scenarios.

Currently the Beaver leaders are busily preparing for their first ever 1st Little Stoke Beaver sleepover at the end of March. For the first time in the Section's history the Beavers group will sleep over at the Lovell Centre at Woodhouse. Around 15 excitable Beavers will spend 24 hours at a Gruffalo themed camp. During the day the Beavers, a mix of boys and girls, will be enjoying a range of activities from wide games, treasure hunts, outdoor cooking and craft activities. Then after a delicious dinner the children will settle down to listen to the Gruffalo story while drinking hot chocolate, before heading off to bed in the centres bunk beds. This camp will allow the Beaver leader to gain her overnight camping warrant, which will allow the Beaver section to plan more exciting overnight adventures.

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



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Patchway Community School

"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

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News from St Michael's Primary School by Head Teacher Mark Freeman

It's been another busy start to 2019, with lots of different events happening in school. We aim through our curriculum to inspire and engage children in their learning, with lots of trips, visits and theme days built in. Here is a selection of recent events.

Y2 China workshop

Every year at this time Year 2 enjoy a China workshop to celebrate Chinese New Year. This includes playing music, practising dragon and lion dances, as well as practising Chinese writing, singing songs and finding out lots of things about China. This year it's the year of the pig, so good luck to everyone!

Y5 Rocket Day

Y5 children were visited by a team from the Ministry of Defence at Abbeywood. They helped them build mini rockets out of drinks bottles, and these were then launched into the air using air pumps. This was a fantastic day of science and technology – these are really important aspects of learning, and we hope that children will be inspired to become engineers and scientists in the future.

Y4 trip to SS Great Britain

Celebrating our Bristol heritage is really important, and nothing does this better than a trip to the SS Great Britain. Children love learning about Isambard Kingdom Brunel and his many achievements, and the day they spend at the SS Great Britain really makes their learning come to life.



Y3 Egyptian experience

Y3 spent the day dressed as Egyptians, and had interactive workshops in school helping them learn even more about life (and death) in Egyptian times. This topic always fascinates children with all of the rituals that Egyptians practised, and children get to mummify bananas, write their own hieroglyphs, build pyramids and find out all about the gods and goddesses of those times.



Whole School Science Day

We ended Term 1 with a whole-school science day. Last year we held a really successful day focussing on chemistry; this year the theme was biology, and children throughout the school were doing all sorts of activities about plants and creatures. The highlight of the day was a visit by staff from Bristol Zoo, who talked to the children and showed them examples of how they care for animals, and why so many species are endangered.



For more information about the curriculum at St Michael's School please visit our website: www.stmichaels.co.uk

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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

Olympus schools come together to celebrate 'Curious Curriculum'

Olympus Academy Trust primary schools met together in February to put on their first 'Winter Exhibition'. The event was intended to celebrate the first year of the new 'Curious Curriculum' being taught in their schools, and the difference it has made to learning.

Children from Callicroft, Charborough Road, Filton, Meadowbrook, Stoke Lodge primary schools welcomed their families into the exhibition, kindly hosted by Patchway Community School.

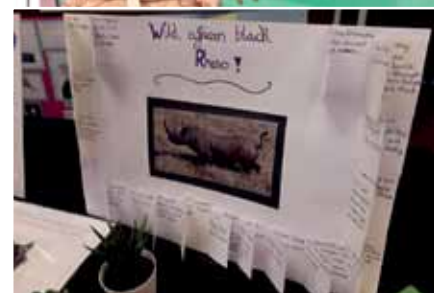
The schools launched their new 'Curious Curriculum' earlier this year, which is the brain-child of Claire Banks, Executive Headteacher at Olympus, and Professor Mick Waters, an education advisor widely known and celebrated in the education system as a leading authority on curriculum.

Through a holistic approach it encourages the development of students' physical, social and emotional well-being, which also supports their resilience and future life chances. It also instils local, national and global knowledge and understanding by providing enriching experiences, developing global citizenship, celebrating diversity and creating cultural capital. It is centered on current academic research and at the forefront of pedagogical principles.

'Our 'Curious Curriculum' is just one part of how we're working together as a group of schools to deliver a primary education that offers exceptional learning experiences for our young people. It forms part of what we refer to as 'The Olympus Way', a guide that supports teachers across the Trust in the journey to providing excellent teaching and learning experiences for all of our learners.' Claire Banks, Executive Headteacher.

"It's been incredible to witness how the children have adopted our new approach and I'm excited about how it will impact on this key part of their education journey. We need to nurture children's social and emotional growth alongside academic success, and we want to foster enquiring minds and the spirit of curiosity. 'The Olympus Way' feels like a huge step in this journey and we can already see the difference it is making in cultivating pupils as critical and creative thinkers." Jen Wathan, Olympus Teaching and Learning Lead.

The Olympus Academy Trust is a multi-academy trust which was established at the start of 2012 to support local schools wanting to develop shared approaches to school improvement. Situated within the districts of Bradley Stoke, Filton, Patchway and surrounding areas the Trust currently comprises nine South Gloucestershire schools; one all-through, three secondary and five primary academies. The Trust aims to look after business and non-education functions so that schools can focus on learner outcomes and the well-being of their school community. Olympus and its schools are state-funded and the Trust is directly accountable to the Education Funding Agency and the Department for Education. The name Olympus originates from the Olympus Concorde engine. This is significant because it was designed and produced locally and therefore links to the organisations vision of providing an excellent standard of education for all children and families in our area.



School Life at Bailey's Court

Our Eco-Story @ BCPS

Shocked and inspired by an episode of David Attenborough's 'Blue Planet 2', we decided that we wanted to make a difference at Bailey's Court Primary School. We have stepped our commitment to promoting a more sustainable environment in 2018-19 but making some changes. This is our story so far...

New Lighting in School The governors have been working very hard to secure funding from a government backed scheme to help us replace all our fluorescent lighting in school with much more efficient LED lighting. We now have a much brighter school that is illuminated by more energy efficient bulbs which use far less energy. We expect to make a 20% saving on the energy we use in school to power our lights!



Solar Panels on our School Roof! We now have brand new solar panels along the full length of the school and we have been generating our own electricity since just before Christmas! 70% of the energy that our panels generate will be directly used in the school and the remaining 30% will be sold back to the National Grid. This is great news for our school and great news for our environment.

Protecting and Improving our School Environment

Last summer, two girls in KS2 came up with the idea of creating a litter-picking team. Through their energy and commitment, we now have enough brand-new litter-picking tools, gloves and buckets to enable children in all of our KS2 classes to take a turn in maintaining our lovely school grounds. Each class will have two opportunities between now and the end of the school year to join the litter-picking team on either a Tuesday or a Thursday and keep our school looking clean and tidy. Very well done to Lois and Martha for setting up this whole project!



This system has been up and running for a couple of months now and the children are doing a fantastic job, improving our school environment and raising our awareness of the importance of behaving responsibly with our own litter.

Reducing Waste across the School On top of the recycling of paper and card that happens in each classroom, we are looking at lunch-times to reduce and manage our waste better. We are about to start using special recycling bins for the paper and tin-foil waste that is generated over lunch from packed-lunches so that it is separated from rubbish that goes to landfill. Our goal is to try and reduce the amount of waste that will go to landfill from our school. We can measure the impact of this by keeping a tally on the number of bins we are filling for collection each week. The fewer bins we fill, the more progress we are making.

An Anaerobic Digester? What is that?

We are also about to begin recycling our food waste by taking part in an initiative run by South Gloucestershire County Council which will generate energy that can be sold back to the National Grid. The waste that is left after lunchtime every day, plus the fruit skins left after break times, will be collected and taken to an anaerobic digester. Anaerobic digestion is a process which breaks down organic matter (like food waste) to produce bio-gas and bio-fertiliser. The bio-gas is burned to generate energy and the bio-fertiliser can be used as a source of fertilizer which is free from nitrates that can be used on farm land. We think this is brilliant idea!

We believe we all have a duty as members of our Bailey's Court school community to act responsibly showing that we understand how to look after and respect our local and global environment. We are keen to do as much as we can and we are always on the look-out for new ideas!



Radio BCPS Visits Bradley Stoke Radio!

BCPS have been running our own radio station since September 2018. Every class produces a radio broadcast during the school year and for the last few months a group of Y6 children have been presenting a daily lunchtime radio show. We were visited recently by one of Bradley Stoke Radio's presenters to give the children a master-class on presenting skills and we were also invited to visit Bradley Stoke Radio.

Here is an account of the afternoon, by Jess and Harri: On Thursday 7th of February, a group of Year 6 children (the radio presenters) went to visit Andy Ward (the former mayor of Bradley Stoke and a governor at Bailey's Court Primary) at Bradley Stoke Radio Station.

We all went in the minibus with Mr Lynham and Mr Telfer. When we arrived, we went around to the back of the Bradley Stoke Surgery and met Andy and Becky Ward, who greeted us at the door. The first studio that that we entered was a smaller room called Studio 2 with two microphones, which meant that only two people could record at the same time. After that, we walked down another hallway to the main recording room called Studio 1. In this room, there was four microphones and six pairs of headphones. The girls stayed in Studio 1 and the boys went into Studio 2. In Studio 1, Becky taught Taylor how to work the main board. In addition, Andy taught Jack M how to work a smaller board in Studio 2. After everyone had a go in their first recording studio, the boys and girls swapped over. Becky taught Josh to work the bigger board and Andy taught Jess how to work the smaller board. All of the twelve radio presenters had so much fun: Jess and Lois; Harri and Jack; Taylor and Megan Hartley; Samuel and Jack; Georgia and Ailsa and Josh Miles and Haris.





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**It's back by
popular demand
- 'Le Tour de
Balls Deux'
Taking place 4th -
6th May 2019**

Raising funds for 'It's
in the Bag', four pub
regulars from The Globe

in Frampton Cotterell, namely Giles Fletcher, Stuart Sharman, Kevin Ashton and Mark Chaplin, are taking part in this gruelling cycle with c25 other experienced riders. This wonderful group is made up of cancer survivors, their families, doctors and great 'It's in the Bag' supporters. The route will see them cycle 300 miles, from Bodmin back to Frampton Cotterell, in just 3 days

The event will culminate with a final ride on Bank Holiday Monday (6th May 2019) and a big party at The Globe Frampton Cotterell, when local band Elevation will be playing to greet the riders, along with bouncy castle and BBQ for all the family - all welcome!

On World Cancer Day in February the majority of the team of riders got together for a little photo shoot at The Globe (above). This was to formally launch the event and for the team to get to know each other. **The guys would love your support and more information on how to sponsor the riders can be found at: www.everydayhero.co.uk/event/LeTourdeBallsDeux**

It's in the Bag provides hands-on support for men with testicular cancer (germ cell) in the South-West, as well as raising awareness of the disease across the region and beyond. Testicular Cancer is the most common cancer in men aged between 15-45 years.



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Season Update from Little Stoke Football Club

by Ashley Coles

1st Team

The 1st team currently sit 10th in the Marcliff Glos County League. It was a slow start for the side this season with a few new faces and an unsettled squad in the early part of season which saw us only pick up a few victories. Crucial points were dropped in games we should have won, missed chances in front of goal and conceding silly goals at the other end cost us dearly in some games.

However, since November we have managed to strengthen the squad further with a couple more faces and we have enjoyed a real change of fortunes, winning 8 out of 11 games which has moved us up to a mid-table position.

We have also reached the league cup semi final and will be travelling to Stonehouse Fc on Saturday 2nd March. Everyone involved with the club is looking forward to this, it will be a tough game but if the lads play like they have been there is no reason why we can't get a result.

We are looking to finish the season strong and if we can continue to pick up results there is no reason why we can't have a good top half finish, which will be our highest in the 3 years in the league.

Hopefully we will be able to make use of the new facilities at Little Stoke Community Hall shortly, refreshments are currently being served from there but the dressing rooms aren't quite finished, hopefully in the very near future. We train there on a Wednesday evening on the 3G behind our main pitch.

Reserves

The Reserves, under the new management this season of Russ Rollings & Josh Hull, have had a very similar start to the 1st team. They currently sit mid-table in the Bristol & Suburban Division 2. They have reached the quarter-finals of the league cup and again, if they can continue with a run of good results in both the league and the cup, there is no reason why they can't have a very strong finish to the end of the season and aim for a top 4 finish.

Under 16's

The 2018/19 season seen us introduce our new LSFC Colts side which is managed by Mark Jury. The team has had a great start to the season and sit an excellent 2nd in the Avon Youth League 16's Division 2. The lads have done brilliantly and represented the club superbly in their first season. All being well they will be progressing into an Under 18's League next season and gradually getting involved with the senior teams. It's a great stepping stone for the club as it keeps local players involved with the club and breeds youth into the senior teams.

* * * * *

Good luck to all 3 teams for the rest of the season and hopefully a strong finish will be a good stepping stone for the start of next season.

We would also like to take the opportunity to thank everyone who has been involved with sponsoring the club this season whether that is clothing, kits, match day sponsors etc. Without you guys local clubs like ourselves can't keep going, so thank you!



Bradley Stoke Cricket Club: Spring Update

2018 was an encouraging season at Bradley Stoke Cricket Club, and hopes are high that 2019 builds on this.

Adult section

The Saturday 1st XI maintained their Bristol and District Senior Division status following promotion in 2017 to their highest level so far. After a challenging start a predominantly young side finished strongly to finish seventh from ten.

The Saturday 2nd XI finished fourth in Division 4 to consolidate after promotions in the last few years.

The Saturday 3rd XI finished fourth in Division 11, with not much to separate the top four teams. Their performance was rewarded with a move into Division 10 for 2019, due to a realignment following the withdrawal of some teams placed higher in the league.

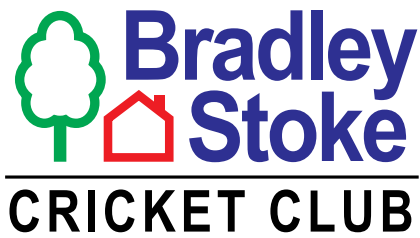
The Saturday 4th XI also finished fourth, in Division 15A, and find themselves in Division 15 for 2019.

The Sunday 1st XI were placed third in the top division of the North Somerset Cricket League, one win shy of being crowned champions.

The Sunday 2nd XI finished sixth from eight in the third tier of the NSCL. However after struggling to raise a full side towards the end of the season, this team will operate on a friendly basis in 2019.

Women's section

Following some initial training sessions in August last summer, an encouraging attendance of around 30 players means the club will be running



a women's section for the first time in 2019. The team is currently competing in a winter indoor softball competition at Winterbourne International Academy on Sunday afternoons. In the summer they will for the first time have a team each competing in both the GCB Women's Hardball league and the GCB Women's Soft Ball league.

Youth section

A record 146 different players were seen in 2018, thanks in part to All Stars Cricket being launched at the club, a national initiative aimed at 5-8 year olds. 62 signed up to this.

Squads were also run at Under 9s, 11s, 13s, 15s

and 17s age groups, all overseen by a coaching team including 3 ECB level 2 and 4 level 1 equivalent qualified coaches.

There was success on the field, notably the Under 11s reaching the semi-finals of their Bristol Youth Cricket League (BYCL) cup, and the Under 17s finishing runners up in their BYCL league play-offs.

The new net facility built at the ground during the previous winter has enhanced training sessions and thus match performances.

Three players played representative age group cricket during the 2018 summer, two for Stroud and South Gloucestershire district boys, with the club proud to have nurtured the captain of Gloucestershire Under 11 girls.

A further three players are currently taking part in the representative winter indoor training programmes following trials in late summer, making six of the club's players currently recognised in this way, three at county and three at district level.



Under 17s

In 2019, in addition to the above teams, a second Under 11s team will be run to cater for the increasing numbers in this age group.

Winter training for 2019 is at the Winterbourne International Academy sports hall. For adults this is on Sundays from 7pm to 8pm from 3rd February to 7th April inclusive. For youth it is Tuesdays 7pm to 8pm from 12th to 26th March and 7pm to 9pm on 2nd and 9th April.

Outdoor training from around mid April is at the club ground. For adults it is Wednesdays from 6.30pm, youth is Sunday mornings from 10.30am and women's is on Tuesday evenings, but not when clashing with scheduled home women's matches.

New players of all abilities and experience are welcome to come along, as are social members - the bar is open during most games and after adult training.

Further information and contacts can be found at www.bradleystokecc.play-cricket.com



Under 11s

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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



thank the NHS who saved his daughter's life.

Reverend Larry Harvey (pictured above outside HMP Bristol), a leading figure in the traveller community, was born into an English Romany Gypsy family but fell into a life of crime from an early age.

He is now full time chaplain at HMP Bristol – where he was once a prisoner – and works closely with offenders to help them build a life without crime.

His remarkable life story has been captured in a new book called from 'Menace to Miracle' and all proceeds of the sale of the book will be donated to Southmead Hospital Charity to support the neurological department at Southmead Hospital, Bristol.

Larry, who lives in Coalpit Heath, had 27 crime convictions ranging from thefts to assault. But in 1999 Larry turned

From Menace to Miracle:

Prisoner turned prison minister releases book to raise money for NHS that saved his daughter's life

A former prisoner now ordained prison minister has released a book about his life to raise money for Southmead Hospital Charity to

his life around after his 18-year-old daughter Joanne fell seriously ill, needing several ground breaking major neurological operations at the former Frenchay Hospital to relieve pressure on her brain.

Larry became a committed Christian and started to work in Ashfield Young Offenders Institution.

Menace to Miracle has been written with Hilary Field, a former BBC Radio 4 producer and volunteer chaplaincy assistant at Southmead Hospital. The book is available on Amazon as a hard copy or as a download on Kindle and an audio version is planned.

Larry said: *"For a long time I have wanted to encourage youngsters and others to know that no matter how awful their lives seem now, they can change it from a life of drugs, violence and crime to a life with a purpose and hope, just as mine was changed. So when we wrote the book, I decided I wanted the money from it to go to Southmead Hospital, where my daughter's life was saved and where my life was so dramatically changed."*

Menace to Miracle is available on Amazon at £8.99, plus postage and on Kindle £4.50

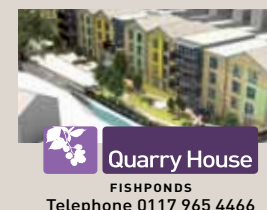
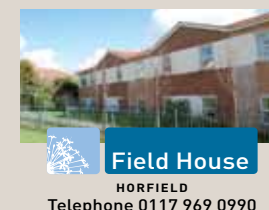
More information www.southmeadhospitalcharity.org.uk/larryharvey

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Castell Roc Festival 2019

Castell Roc announce details of the final show coming to Chepstow Castle this summer and it's been worth waiting for!

... Showaddywaddy are coming to town Friday 16th August



Living up to their title of "The Greatest Rock & Roll Band In The World" Showaddywaddy have sold over 20 million records and toured internationally for over 4 decades.

Their live show is dynamic and uplifting featuring all of their biggest hits including "Under The Moon Of Love", "Three Steps To Heaven", "Pretty Little Angel Eyes", and "Hey Rock & Roll". So come and join the 'Dancin' Party'... 'You've Got What It Takes'!

Thursday 8th of August - "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.

Friday 9th August - the most welcomed return from the incredible global superstars of



Country music "**The Shires**". The Shires first played here back in 2016, with the show both selling out and going on to be featured in the BBC documentary "The Shires: New Country", which detailed their incredible rise to fame plus footage and interviews of their impact in another little Town, called 'Nashville'. Guaranteed to sell out fast!

Saturday 10th August - "80's vs 90's Extravaganza", promising a retro Party with a huge feel good factor. Some of the biggest Artists from that era combine with visuals and support from retro DJ's. The first two Artists to be named are Spandau Ballet's Martin Kemp, plus S Club 3. Fancy dress is encouraged with prizes given out on the night by the actual Artists....

Sunday 11th August - '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 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 Tornados and Ry Cooder through to Los Lobos and even Roy Orbison. This show also features firm festival favourites Mad Dog Mcrea.

Saturday 17th August is an absolute must for all lovers of Country Music, when "**A Country Night in Nashville**" rolls into Town recreating the scene of a buzzing Honky Tonk in downtown Nashville and perfectly capturing the energy and atmosphere of an evening in the home of country music. Featuring songs from its biggest stars both past and present.

Sunday 18th August - Abba Mania 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 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 - firm Festival favourites **REEF** hit the big stage. If you want to see an iconic band in an iconic venue then this show is for you. With a superb new Album in 'Revelation' as well all the favourite songs including 'Place Your Hands', this will be a night to remember.

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

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| Fri 15th FEBRUARY  MURDER MYSTERY £35 | Fri 15th MARCH  SILENT DISCO £25 | Sun 31st MARCH  Mother's Day £25 |
| Fri 12th APRIL  Strictly Meets Doubletree by Hilton £30 | Sun 21st APRIL  Easter Lunch £25 | Sat 24th MAY  ONLY FOOLS NIGHT 3 COURSES £35 |
| Sun 9th JUNE  CHILDREN'S AFTERNOON TEA £15 | Sun 16th JUNE  Father's Day £15 | Fri 5th JULY  BARN DANCE £22 |
| Fri 6th SEPTEMBER  DAME DRAG QUEEN £35 | Sat 26th OCTOBER  MURDER MYSTERY £35 | Fri 8th NOVEMBER  PEAKY BLINDERS £35 |

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Email meetings@doubletreebristolnorth.com

Winterbourne's Medieval Barn – News & Events



Winterbourne Medieval Barn Trust (WMBT) is preparing for much of the site to go into hibernation in 2019 to allow major building and refurbishment work on the medieval barn, its two ranges (the South and West Barns), and the outbuildings. But that doesn't mean there are no community events this year! WMBT is making use of the recently renovated Cartshed to keep a programme of workshops, lectures and nature walks alive throughout 2019, and will also be developing their Education offer and expanding the Barn's volunteer team. So, keep an eye on the Events page on the Barn website or their Facebook page.

Can You Help Raise the Roof?

Although WMBT has now raised most of the £400,000 funds required to restore the various buildings on the site, they still need a little more money to support this ambitious refurbishment project. They are therefore hoping that local people will come together and help them raise £5000 to 'Raise the Roof' and ensure that the site can be used by the community for generations to come.

The Trust writes: 8,500 paniles make up the red tiled clay roof of Winterbourne's West Barn, which is currently very dilapidated and needs extensive restoration. Please could you help us by sponsoring a tile for just £5? Obviously if you would like to sponsor more than one tile we would be delighted! And if you are a taxpayer it would be wonderful if you could Gift Aid your donation so that we can increase its value at no extra cost to you. To say Thank You, everyone who sponsors a tile will be acknowledged on our website, but just let us know if you wish to remain anonymous. To make a donation and help us Raise the Roof, please visit WMBT's Localgiving appeal page or follow links from the Barn website www.winterbournebarn.org.uk/latest-news/

Events in March and April

Saturday 16 March – Wet Felting Workshop for Beginners, 10.30am–1.15pm.

Saturday 30 March – Talk: Viking Words in the English Language, 2–4pm.

Wednesday 10 April – Family Pinhole-photography Workshop, 10.30am–12.00pm.

Thursday 25 April – Illustrated Talk on Pruning, 7pm–9pm.

Saturday 27 April – Nature Challenge (part of the global City Nature Challenge), 2pm–4pm.

Bookings can be made on www.ticketsource.co.uk (apart from the Felting workshop).

Filming at the Barn! The film company (Elephant House Studios) approached WMBT in 2018 asking to film dendrochronologists from Swansea University taking a core sample from the beams in the Barn. They were filming for a new channel 5 series. Each programme is based around an on-going archaeological dig, and they film other things linked to that dig in some way. The episode which involved the Barn focuses on rural life in medieval Britain. A dig in Poulton in Cheshire unearthed hundreds of medieval skeletons, and researchers looked into the life of average Britons in the 14th century, particularly the challenges posed by famine, plague and conflict. They believe the great famine of 1315 may have been caused by exceptionally wet weather, which is recorded in historical documents. Dendrochronology (tree rings) can provide a good record of the weather, and so the timbers used to construct Winterbourne Medieval Barn in 1342 could provide clear evidence of the climate over the previous 100+ years before the trees were cut down.

The TV crew came in November 2018. The TV crew filmed the presenter and the dendrochronology expert taking a sample from the Barn's roof timbers and then studying the it in the lab. This showed clear evidence of successive unusually wet years in the early 1300s which backs up the written documents recording poor weather and crop failures.

The show 'Digging Up Britain's Past' aired the 'Peasants' episode featuring our local barn at the end of January 2019.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

Winterbourne Medieval Barn,
Church Lane, BS36 1SE



Calling all Classic Car owners



Clevedon Lions Club annual Charity Classic Car event is to be held again in 2019 on Sunday 28 April with proceeds going to the Children's Hospice. 170 cars/vans/bikes took part last year with the event again starting in Congresbury at 10.00 before a 30 mile lunch time drive to Clevedon for the afternoon public display. Alex Lovell from BBC Points West will again be waving the cars away at 12 noon.

Vehicles must be prebooked – application forms are available from clevedonlions@gmail.com or see lionsbrimar.org.uk. The event is a great family day out to see exceptionally well restored vehicles with food and trade stalls on the Salthouse Fields, Clevedon from 12.30.

Join us for our eagerly anticipated Easter Monday Family Raceday on Monday 22nd April!

As well as great horse racing, there will be plenty of FREE family entertainment on site to keep the family amused, including live music from **Little Mix and Ariana Grande tribute acts**, panic circus, fairground rides, face painting, a fire engine, go-karts, donkey rides and more!

Advance family tickets are on sale at just £25 (2x adults and kids aged 17 & under go free) which makes it just £12.50 per adult making it a great value day out!

Remember, all entertainment on site is FREE, car parking is FREE and you can also bring a picnic (no alcohol)!

Tickets will go fast so visit www.chepstow-racecourse.co.uk or call the team on 01291 622 260 to book yours.



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.

Easter Fun Crafts



Tuesday 9th April
2-4 pm at
Bradley Stoke Library

Drop in session
Suitable for 4-11 years
All children must be accompanied by a grown up.



Active Libraries

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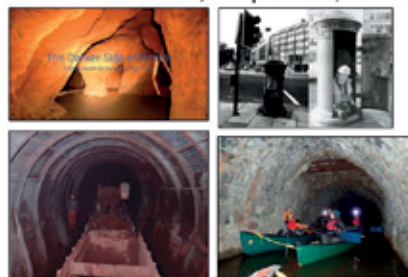


The Darker Side of Bristol

A talk by Hamish Orr-Ewing

on Wednesday 20 March 2019 at 8:00pm

in the Miners Institute (aka Coalpit Heath Village Hall),
214 Badminton Road, Coalpit Heath, BS36 2QB



Non members welcome - £2 each (Membership is £17.50 per year)

Join our annual celebration as a Walkers are Welcome Town

Chepstow Walking Festival 2019

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

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



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

BABY AND TODDLER GROUPS

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

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 CGdsII@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. puddleducktoddler@hotmail.co.uk

North Bristol Twins Group - Fridays from 10-12 noon during term time (including half terms) at Bradley Stoke Evangelical Church £3 per family, northbristoltwinsgroup@googlemail.com northbristoltwinsgroup.co.uk

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

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@btopenworld.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 ambyyoung29@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

Sevenside Ramblers - 'Friday Ambles' start in the Aldi car park on alternate Fridays at 10am. Weekend & evening walks -start in the Aztec West blue zone car park. Check site for details.www.sevenside-ramblers.org.uk

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 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

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

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

SPORTS CLUBS

Aretians Rugby Club for Cubs, Juniors and Seniors Station Road, Little Stoke www.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.bradleystokebbc.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@btopenworld.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.

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.littlestokeys.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, bradleystokeys.org.uk

Patchway Community College, Head Teacher: Karen Cornick, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com

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

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Which Conservatory Roof is Best?

by Evarooft, 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 Evarooft we have 2 high-performance solid tiled conservatory roofs to choose from;

Evarooft 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.

Evarooft 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:@Evarooft7

FaceBook: Evarooft.co.uk

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Should I replace my boiler?

Have you had one cold shower too many? Are you concerned that your boiler is not going to last another year? Then it may be time for a new boiler!

Over the past 30 years, the energy efficiency of the best new boilers has improved dramatically. Even class-leading designs from the 1990s are now left in the shade by today's A-rated condensing boilers when it comes to efficiency.

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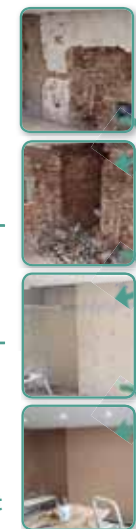
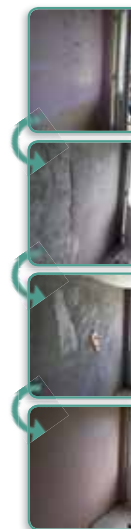
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| | | | | | |
|-------------------------------------------|-------|---------------------------------------|-------|-----------------------------------------|-------|
| Accountants/Book-keeping | | Fires / Flues - Felthams F & F | 37 | Music Lessons - Hilary | 30 |
| 1st Stop | 28 | Florest - Florel | 20 | Opticians | |
| Dunkleys Accountants | 6 | Fostering | | Harbord Opticians | 23 |
| LAC Accounting | 41 | Capstone Fostering | 30 | Specsavers | 68 |
| Bathrooms | | South Gloucestershire Council | 20,28 | Painter & Decorator | |
| 360 Services | 57 | Funeral Directors - MW Funeral | 36 | Decor8 | 60 |
| Inspired Bathroom Design | 62 | Garden Design/Landscaping/ | | GJS Painting & Decorating | 59 |
| Blinds - Harmony Blinds | 65 | Maintenance | | Keith Usher Painter & Decorator | 63 |
| Butcher - Molesworth | 45 | Almondsbury Landscaping | 56 | South Gloss Decorating | 58 |
| Builders / Building | | Alpine Landscapes | 60 | Taylor Carr Painting/Decorating | 61 |
| Ashford Building Contractors | 64 | Colour Fence | 67 | Pets - Puppy Training | |
| BluePrint Construction | 63 | Front Row Fencing | 62 | Dogs Trust | 3 |
| Fascia Lift | 58 | JDS Garden Services | 54 | Plasterer - B&D Plastering | 59 |
| RJM Design & Build | 54 | Handyman / Home Services | | Plumber | |
| Vizard and Son | 58 | Alan's Handyman Services | 60 | All Works Plumbing & Heating | 61 |
| Car Maintenance / Sales | | KP Home Improvements | 60 | Home Care Plumbing & Heating | 58 |
| BS Auto Maintenance | 42 | Hair & Beauty | | K J Barton Plumbing & Heating | 64 |
| DingMaster | 53 | Lisa Mobile Hair Stylist | 28 | Low Cost Plumbing | 62 |
| Care / Elderly | | Woody's Barbers | 36 | R H Plumbing | 56 |
| Bristol Care Homes | 43 | Hall for Hire | 35 | Stokes Plumbing Service | 64 |
| ategi Shared Home Scheme | 40 | Health, Diet & Fitness | | Property Maintenance - | |
| Career Coaching | 10 | Bradley Stoke Physio | 13 | Brunel Doors | 60 |
| Carpentry - Clive Bradford | 61 | Nuffield Health | 18 | Colour Fence | 67 |
| Carpets & Upholstery Cleaning | | Zumba Class | 5 | Paul Wilcox Property Maint | 57 |
| Bonne Fresh Clean Ltd | 62 | Hotel/Pub/Restaurant | | Repairs - | |
| Catering - Vintage Box | 36 | Aztec Hotel | 9,38 | D-CR Domestic Appliance Repairs | 62 |
| Central Heating | | Bailey's Court Inn | 15 | Roofing - | |
| All Works Plumbing & Heating | 61 | Double Tree Hilton | 46 | Evaroo - Conservatory Roofing | 55 |
| Baines Heating | 63 | Holiday Inn | 16 | Rooftech | 54 |
| Gregor Heating | 1 | House / Home | | Vizards Roofing | 58 |
| Child Care/ Preschools | | Bedlam Beds | 56 | Schools/Schooling | |
| Bright Sparks | 32 | Brunel Doors | 60 | Abbeywood Community School | 32 |
| Mama Bears | 30 | Colour Fence | 67 | Bailey's Court Primary | 34-35 |
| Children's Activities | | Dream Doors | 17 | Holy Family Primary | 24-25 |
| Fromside Gym Club | 30 | Evaroo - Conservatory Roofing | 55 | Patchway Community School | 29 |
| Puddleducks | 1,27 | Felthams Fires & Flues | 37 | St Michael's Primary | 31 |
| Total Coaching | 29 | Harmony Blinds | 65 | Security - Technisys | 61 |
| Cleaning & Domestic Services | | Technisys (Alarms) | 61 | Sewing / Alterations - | |
| Clover Ovenclean | 59 | Thornbury Stairlifts | 63 | Medway Designs | 5 |
| Oven Wizards | 64 | Insurance | | Shopping - Willow Brook Centre | 2 |
| Community Groups & Clubs 50-52 | | Ashley Rodwell Insurance | 10 | Solicitors - AMD Solicitors | 12 |
| Doors | | Jewellers - Kemps | 8 | Taxi's/Transport | |
| Brunel Doors | 60 | Locksmith | | Avanti Cars | 57 |
| Dream Doors | 17 | Dale Clements Locksmiths | 61 | South Glos Taxis | 54 |
| Electrician | | Lock Stuck & Barrells | 54 | Tiling - | |
| Bradley Stoke Electrical | 64 | Medical / Therapist | | Paul Bartley Ceramic Tiling | 59 |
| CMG Electrical | 61 | Bradley Stoke Physio | 13 | Trades & Services - | 52-65 |
| Gary Smart Electrical | 63 | Dawn Clode, Osteomyologist | 23 | Tree Surgeon | |
| Price Electrical | 54 | Just You Holistics | 20 | Collins Trees Services | 62 |
| Events - | | Laura Jane Hypnotherapy | 19 | Front Row Fencing | 62 |
| 4th Avenue / Diamon Exp | 20 | Smart Hypnotherapy | 23 | TV & Aerials | |
| Cafe Church | 49 | Stoke Gifford Medical | 22 | A1 Aerials | 64 |
| Castell Roc Music Festival | 44-45 | Mobility | | Aerial Man - Dan Grace | 29,63 |
| Easter Fun Chep racecourse | 27,49 | Brookfield Garage | 21 | M D Aerials | 54 |
| Easter Fun Day - WillowBrook | 2 | Thornbury Stairlifts | 63 | Vehicle Rental - Let's Go Rental | 52 |
| Gert Lush Cycle | 16 | Mortgage Advisor | | Weddings - | 9, 16 |
| Winterbourne Barn | 47 | Chrystal Clear | 41 | | |



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