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June 2019

Community

# Little Stoke Gifford Matters

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## Dear Readers....

We've been blessed with some lovely warm weather lately, which we hope will continue for all the wonderful summer events being planned across the Stokes. With the Annual Stoke Gifford Fete this bank holiday Monday, the popular Bradley Stoke festival and many local school summer fairs in the upcoming weeks, there is plenty to keep you busy. Chepstow Racecourse also have some fun events coming up.

Look out for us at the St Michael's Summer Fair on 22nd June where Michelle will be heading up our stall with a Family ticket for the Family Fun Day at Chepstow Racecourse in August up for grabs in our fun competitions, along with Prizes of free entry to the spa facilities at the Double Tree Hilton and Aztec Hotel.

We have a number of advertisers offering special reader discounts in this edition - so keep an eagle eye out for these and make sure you take advantage of them where you can!

There is plenty of sporting news and much to celebrate - from Cup Champions for Little Stoke FC (see over); promotion to the Bristol premier combination league for Bradley Stoke Town FC (see p55); National records broken by local finswimmers at the recent World Cup in Italy (p11); BS Judo players being selected for the European Championships in Poland later this month (p28) and other league achievements for LS Colts (p42), S Glos Hockey (p52) and BS Ladies FC (p48).

We also have lots of scouting news for you from both the Little Stoke and Stoke Gifford OSR troops; and news from some of the local primary schools too.

Thank you to all of our local advertisers and supporters who have helped make this edition what it is, we simply couldn't do it without you. Please remember to mention Bradley Stoke & Little Stoke Gifford Matters

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*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 June.*

Jaci x

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## New Community Group in Little Stoke for ages 0-100

Stay & Play or just Stay & Chat, Coffee & Cake

Having successfully set up and run first steps from Christ the King Church for several years my sister Jess Stone and I (Liz Evans) have identified a need in the Little Stoke area and are opening a new stay and play group from the Scout Hut on Little Stoke playing fields.



Happy Days Stay & Play is opening Tuesdays, Wednesdays and Thursdays from 9.30 until 2 with light refreshments available.



**EVERYONE is welcome, from birth to 100.**

This is for our community. There are toys indoors and outside in the secure garden for the children and there will be a story time and singing session through the day to give parents and carers 5 minutes to just sit and watch!!! BUT there is also a quiet area if that's not your cup of coffee/tea!!! It's a drop in group - no booking in or signing up necessary.



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## Little Stoke Football Club - Cup Final Champions

Update from Ashley Coles

**Sunday 28th April: Les James Cup Final @ Wick FC ground against AEK Boco**

The cup final was a great day for the club. This is the highest ranked trophy it's ever won and we are very proud of the players to do this within our 3rd season in the league.

It was a tough game from the start, which we expected, with a few challenges flying in early doors. I felt we created the best chances throughout the 90mins and really the game should have been over by the final whistle. We didn't however convert any of them and when it comes to penalties it's anyone's game! I felt confident after beating Frampton in the quarters on penalties and Ollie Jones in goal pulled off 2 great saves and all 4 of the penalty takers gave their keeper no chance. It was a great feeling and joyous celebrations continued back at the club after. We would like to thank our committee who laid on a great day with breakfast in the morning, coach there and back and bit of a disco back at the club after.

Big shout out to club captain Matty Price as this was his last 1st team appearance at 41 and what a way to bow out. Matty has been with the club for 10 years I believe, and was overjoyed for him and all the players to walk away from the season with a winners medal. **Proud Gaffer..... Ashley Coles**



Above: Club Captain Matt Price and Rob Boyd, owner of league sponsors boca teamwear



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## OSR Scouts go back to Cyprus for an International camp of a lifetime with 48th Dhekelia Scouts.

18 scouts, 9 leaders and parent helpers from the Old School Rooms Troop of 1st Stoke Gifford OSR Scouts have recently been on Easter holidays Camp to Cyprus to revisit the 48th Dhekelia Scout Group, make new friends and learn a little about the differences in the two countries' scouting.

The troops previously met up in 2013 after a few years of swapping troop magazines and emails.

This time the scouts travelled to Birmingham airport to make the four and a half hour flight to the island. This part of the journey took a couple of hours and the excitement in the coach was electric. Once at the airport and through the check-in and security there was some time to relax before boarding the Jet2 plane. The flight was again exciting as many of the party hadn't flown before. The time went by quickly with food and lots of chatting. At Larnaca after bags were collected from the carousel it was onto a local coach and off to the scout campsite at Dhekelia and meeting with the 48th scout troop leaders before bed.

The next morning was an early one as the excitement to see where we were and what we were going to be doing was almost making the scouts burst. All our meals were supplied by the British Army camp restaurant this giving us more time to enjoy ourselves. Then orientation of the site and local facilities plus of course meeting the local scouts. The rest of the day was spent getting to know one another and sorting our equipment.

The second day was not so early with a trip to the Trudos mountains and a monastery, we had our packed lunch at the top of Mount Olympus some 6,000 feet above sea level where the Temperature was about 17 degrees cooler than at the campsite and snow was all over the ground. During the



coach journey we had chance to see some of the island. Talking about temperature in Cyprus it was a comfortable 22 degrees Centigrade.

The next day we visited the ancient capital city of Salamis where we went through the green zone and crossed the border into Northern Cyprus controlled by the Turkish Cypriots. We went to Famagusta beach front to see the ghost town which was evacuated during the invasion by Turkish forces. The hotels are all bombed out and deserted. Then onto the main town for sightseeing and shopping for souvenirs and of course an ice cream. After an hour or two it was back through the border to the Greek territory and an evening hike to a local military cemetery and memorial to pay our respects and read some of the many child and baby graves which were the result of deaths in the Army Camp hospital.

On the Wednesday it was another early start with the whole troop travelling to Fig Tree Bay at Paralimni, half going sightseeing and the others going Scuba Diving with a PADI dive school. After a lesson in safety and diving protocols there was a quick written test and then we kitted up and went to a local bay to scuba dive in the Mediterranean Sea. What a fantastic time as we saw hundreds of fish, feeding them with bread rolls. The groups swapped over after lunch and then travelled back



to the campsite for dinner. Big Thank You to the Taba Dive School staff for giving us such a fantastic experience, also the free underwater photos and videos were a bonus. That evening was a film night with popcorn and fizzy drinks.

The fourth day we built three rafts which we intended to race around in the beautiful Bay Area in front of the campsite but it was a little rough and so we strapped 2 rafts together and did time trials instead. That evening we set the scouts challenges in 3 bases which included problem solving, pioneering and skill which needed them to communicate well and work well as a team!



On the Friday we woke especially early to go fishing and crabbing with some success then during flag break we invested into the troop our newest member Evie, a ceremony we are sure she will never forget especially in such a beautiful location. We had breakfast and then the scouts took part in an Easter Egg Hunt and later we all attended the local beach. Having taken the remaining litter picking bags and boxes of disposable gloves from our litter pick in Stoke Gifford, our intention was to do a beach clean to payback to the community, this all following a great inspirational talk last year from Anne Baker a member of the UK Expedition Challenge re plastics in the ocean. The scouts really wanted to help the environment with a beach clean and the weather was great and what a fantastic place to do it we were joined by some of the 48th Dhekelia scout troop leaders. As a reward for all our hard work we visited an air conditioned bowling alley for a few hours and the local scouts joined us and then camped overnight. Of course no camp would be the same without a camp fire plus sketches jointly with the Dhekelia troop which was terrific, learning new songs and making smores which we swilled down with hot chocolate.



Our final day was sad as we were leaving new friends and a wonderful campsite. We decamped and after lunch re-ran the skills base activities hoping the Dhekelia scouts would improve the results. We had dinner and after flag down and



a short presentation where we added to our 2013 plaque we said our goodbyes leaving for the airport and getting back to Birmingham

in the early hours. The trip back was definitely different to the outbound one and when we reached the Old School Rooms for parents to collect us, although we were all glad to see loved ones, all we wanted was our beds.

### What a fantastic camp again!

Lots of people made this happen and without the leaders and parent helpers giving up their time to support us it would never have come to fruition.

The scouts paid for the flights to and from Cyprus but all the activities and trips were paid for by a lot of hard work fundraising since the last camp and that will start all over again for a future return camp as soon as the new Summer term begins.







## What lies beneath the South Lawn at Ashton Court Estate?

### Summer opportunities to get involved in archaeological excavations

Local Bristol residents have a rare opportunity to pick up their shovels and try their hand at archaeology on an iconic Bristol landmark - Ashton Court Estate.

Members of the general public are invited to participate in the dig taking place over the summer, providing a rare chance to engage with and uncover elements of the property's long and varied history.

On a series of heritage days between 23rd June and 18th July 2019, a community archaeological investigation will be conducted to investigate the results of a geophysical survey carried out in 2018. During last year's dry summer parch, marks appeared on the South Lawn at Ashton Court, hinting at a hidden history waiting to be uncovered. A geophysical survey of the lawn identified possible archaeological remains that took the form of potential rooms.

An 18th-century engraving of the mansion reveals a wing that no longer exists but was removed during alterations to the Court, during the period that the current double frontage of the building was under construction. It is believed the South Lawn's scorch marks may identify this forgotten wing. It is also anticipated that some contemporary garden features may also be waiting to be uncovered.

Several Bristol schools have been invited to participate in the excavation as part of Historic England's Heritage Schools programme. Students will learn about the rich heritage of the grand Ashton Court buildings and have the chance to experience hands-on excavation.

The excavation is being conducted by Archeoscan ([www.archeoscan.com](http://www.archeoscan.com)) with the permission of Bristol City Council and supported by Artspace Lifespace and Historic England. All archaeology experiences must be pre-booked for a fee of £30pp per day. For more information or to participate in the excavation, please contact Archeoscan ([archeoscan@hotmail.co.uk](mailto:archeoscan@hotmail.co.uk)).

## Local Volunteer wins third prestigious Council award for volunteering

Local volunteer David Bell has won a third prestigious Council award for his volunteering. He won the South Gloucestershire Council Chair's award 2019 in the long service category for his volunteering for Shopmobility South Gloucestershire, along with his Shopmobility colleague Martin Monk, a former Chairman of the organisation. David has been a founding Trustee of Shopmobility South Glos since 2004, and is currently Vice Chairman.

David also won his award for his volunteering for Splatts Abbey Wood Conservation Group, the woods beside Cheswick Village and the MoD. Three others from the Conservation Group have won the prestigious awards from South Gloucestershire Council - Fred Hillberg (2016); Andy Ward (2017) and the UWE student volunteering group, Greenspace, which does the workdays at the local woodland helping to maintain and conserve it.

Lauren McLeron, UWE, stated "David Bell has always been a passionate volunteer and link between The Students' Union at UWE and the local community, wearing many different hats. His support established the UWE GreenSpace project and David works hard to ensure that the work of the student volunteers receives local press attention. David is a critical component in the success of Greenspace and is always willing to go the extra mile to make a difference in his community and among his peers."

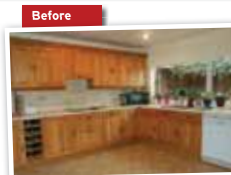
David said: - "This award is a tribute to all at Shopmobility South Gloucestershire AND Splatts Abbey Wood Conservation Group and UWE Greenspace group, and it is quite humbling when one hears what others have done to win their awards". David has been involved in the Splatts Abbey Wood Conservation Group since 2002 and has been its Chairman since 2010. He liaised with the UWE Volunteering Department in 2014 about getting students to volunteer at the woodland and they set up UWE Greenspace which has worked with the Splatts Abbey Wood Conservation Group ever since.

Splatts Abbey Wood Conservation Group can be contacted at: - [splattsabw@gmail.com](mailto:splattsabw@gmail.com)



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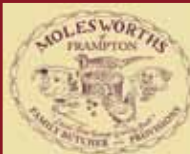
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Neptune Finswimming Club on the World Cup in Italy

## Local Girls Break National Finswim Records -

Report by Andrei Oleinik, Chairman

**For every club there is that one important event in the year for which preparation lasts the entire season. For our club this is the World Cup.**

This year the competition took place on the 23rd through 24th of March in Italy. It was the third appearance of Neptune Finswimming Club at this World Cup round. Due to school exams some of our squad members could not attend the competition and therefore we had to go with just two competitors, and the youngest team that we had ever taken to the World Cup. The two girls, Zena Yfimcev (who lives in Stoke Gifford) and Grace O'Brien, are both just 12 years old and train regularly at the Bradley Stoke pool, representing Neptune at the highest level. Along with other team members they have been successfully participating in domestic competitions achieving very solid results: Junior National Records and records in their age group.

Just a week before the trip to Italy, Neptune participated in the finswimming championship in Chester, where our club broke 11 National Records and many records in the various age groups, with significant contributions from Zena and Grace.

So far the girls have different specialities in competition. Grace is focusing on the monofin events (called surface in finswimming terminology), whereas Zena excels in bi-fins races.

In Italy Grace chose to swim 50m bi-fins, 50m surface and 100m surface, and Zena decided to go for 50m bi-fins, 100m bi-fins and 200m bi-fins.

This year the Italian round of the World Cup attracted more than 600 top level finswimmers from the countries where this sport has been practiced for more than half a century. Our girls competed in the U18 category against the best of the best. The majority of the athletes in this category were much older than our team!

The competition itself ran over two days: Saturday and Sunday. Each competition day was split in two sessions - four sessions in total. Each swimmer can only score points in 3 races.

For Zena and Grace the first session was free and they had a chance to observe how everything happened, whilst making friends with the top finswimmers from other countries.



In the second session the girls were in action for the first time with their 50m bifins. And, well, they delivered! A PB for Zena with 26.09, and Grace's 25.08 narrowly missed the National Record by several hundredths of a second.

Picking up experience of competition on such a high level, the next day the girls swam more and more confidently, which was reflected in their results. In the next session Grace swam the 100m surface with 49.07 - a National Record. Zena also followed through, setting a National Record on the 100 bifins with 56.22.

In the last session Zena and Grace flew through their distances again and broke two more National Records, this time with Zena on the 200m bi-fins with a time of 02:06.55 and Grace on the 50m surface with 20.94.

A total of 4 National Records! The girls reached the top 20 places in the U18 category, with around 50-70 competitors racing each event. Unofficially, among the competitors of their age they were in the top 3 in every race. Great achievements by two talented 12 year old girls.

The rest of the Sunday was spent at the seaside. Time to have some fun and rest before coming back home!

Now the girls, together with the rest of the team, are preparing for the Finswimming Long Course National Championship that will take place in Bath on the 29th of June. After that it is hoped to take a much bigger team to the World Cup 2020 in Italy including Zena and Grace once again.





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## The Curious Kitchen – North Bristol's new restaurant

The Curious Kitchen, at Aztec Hotel and Spa, is taking cooking back to its roots and creating homemade culinary masterpieces using traditional techniques.

The AA Rosette restaurant will open its doors under a new name on 13 May, following a two-year journey that has seen all aspects of the restaurant, its private dining areas and dining terrace refurbished, along with a new kitchen team being introduced and developed.

The brainchild of executive head chef, Marc Payne, The Curious Kitchen is perfecting the homemade culinary methods including pickling, curing and smoking produce to create the best tasting dishes. From infused mayonnaise to cured or smoked meats and fish, these much-loved practices bring out the best of the local produce and allow diners to experience beautifully delicious food all prepared by a team of skilled chefs.

*"Time is a luxury, especially in a kitchen, and while it is easier to buy in pre-made ingredients, I felt it was important that we ourselves prepared as much of our produce as possible,"* says Marc Payne.

*"It has been so interesting being able to find great flavour combinations and adapting some of the more traditional techniques to create our own styles. The pickling or bread making methods that our great-grandparents used are still the basis of the techniques we are using now, and it shows that these skills are just as important today as they have been for centuries to create good, wholesome and delicious food. The team has been enthusiastic at embracing my vision and have relished learning and developing these new skills."*

From homemade old bay butter, pickled onions and smoked ox heart, to preserved lemon and smoked jalapeño mayonnaise, diners will be able to enjoy the delicious results of the team's hard work.

Marc and his team will be running special events throughout the year, including wine dinners and tasting evenings to showcase the expertise and techniques.

The Curious Kitchen is a beautiful restaurant blending rustic design with contemporary furnishings and artwork depicting the local area. The al fresco terrace offers a beautiful outdoor dining option and the Garden Room is perfect for private dining events for up to 24 people.

### 30% DISCOUNT TO BRADLEY STOKE & LITTLE STOKE GIFFORD READERS!!

Be one of the first to sample the new Spring/Summer menu at The Curious Kitchen and enjoy a 30% discount - see advert opposite.

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## What can I do for my lower back pain?

**You may feel like resting, but activity is good. Louise, Physiotherapist at Bradley Stoke Physio & Health, shares some exercises to help your lower back pain.**

We talk about low back pain a lot – it is a very common complaint. Fortunately, lots of people can help (you'll have seen us talk about our Osteopath and Physio-led Pilates, for example), and there's much you can do to help yourself recover.

It is surprisingly difficult to damage your spine. An episode of back pain is seldom an indication that something dreadful has happened. Our spines are very strong and resilient. They're also designed to move, and all evidence suggests that the sooner you get on with doing things, the better you'll feel. Moving prevents your back seizing up and will help ease the pain.

Start with activities that don't put too much strain on your back. Try these (photos right) - see our website for my video of these exercises.

To help you keep moving, you might find it useful to use something to help control your pain. Self-help remedies include:

- 'Over the counter' pain killers, or ask your GP, Nurse Practitioner or Pharmacist for the best medication for you
- Using heat or ice on the area in which you feel pain
- Relaxation techniques

Lower back pain can take time to disappear. If you've kept moving and it doesn't settle after 3-4 weeks, it's a good idea to make an appointment with a Physiotherapist. A Physio will assess you, can use manual therapy, and will prescribe stretches and core strengthening exercises, to help treat your back. Come to us, or your GP, sooner if you are concerned.

Remember, the main message is that your pain is unlikely to be because of something serious. Keeping active, staying strong and remaining flexible is the way to tackle it.

**Find out more about treating lower back pain, and the exercises pictured here, on our website: [www.bradleystokephysio.co.uk](http://www.bradleystokephysio.co.uk).**



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## Brooks Cafe

This cafe is a lesser known gem in the heart of Patchway. When you arrive it feels like being welcomed home after a long journey. Lee and the team of volunteers pride themselves on creating an atmosphere where everyone is welcome to relax, enjoy hand-cooked food and chat over a cuppa. Bringing people together and connecting with residents is what motivates people to volunteer their time and give back to the community.

It started as an idea to enhance the community because there weren't any cafes in Patchway for people to socialise. Over the past 7 years the energy and dedication of people in the community have helped it to flourish.

Everybody volunteering helps with all the café tasks, from serving food to washing up, and gradually working up to making cappuccinos on the coffee machine.

**The team are looking for new members to volunteer their time and skills. If you fancy supporting this worthwhile project visit us, have a coffee and see what it's all about.**

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



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**Brooks Café**

## TV's favourite dance diva Oti Mabuse has high-kicked off the search for the UK's proudest glasses wearers – with a £10,000 cash prize up for grabs.

The star of Strictly Come Dancing and The Greatest Dancer showcased her own stunning specs style in a new photoshoot, as she launched Specsavers' annual search for the Spectacle Wearer of the Year 2019. Oti – who swaps her specs for contact lenses when she hits the dancefloor – says: 'I've been wearing my glasses since I was 10 and I wear them all the time. I can't live without them. I've got about 20 pairs of glasses and I love changing them to go with different outfits. There are so many styles to choose from, specs are a great way for people to express themselves through fashion. I feel more confident when I put my specs on. I wouldn't be Oti without them.'

**All glasses wearers, aged 16 and over across the Stokes, just need to share a selfie and tell Specsavers what their glasses mean to them to be in with chance of winning the prestigious accolade.** For every entry accepted, Specsavers will donate £1 to children's anti-bullying charity Kidscape. Spectacle Wearer of the Year has raised more than half a million pounds for Kidscape over the past ten years. The money raised helps support the charity in providing practical support to children and families affected by bullying. Oti continues: 'Kids used to call me "four eyes" but I always say four eyes are better than two. I believe people should be proud to wear glasses. Embrace them, they are part of who you are and you are fabulous!'

Seven finalists, plus a social media favourite voted for by the public, will attend a celebrity-packed awards ceremony in London, with one overall winner scooping the top award and cash prize. **Specs wearers should get snapping and share their selfie at [specsavers.co.uk/loveglassescomp](http://specsavers.co.uk/loveglassescomp). Deadline for entries is 30 June 2019.**




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## Helping to help keep your Feet Healthy!

After several years in the printing industry Ian Swatton has changed his career path. Having successfully qualified for his diploma studies with a distinction, including an intensive practical examination, Ian is now a Foot Health Practitioner with his own mobile foot clinic.

Ian is able to offer foot care treatments in the comfort of your own home, including: diabetic foot care, nail trimming, fungal infections, corn / verrucae treatments, callus and hard skin removal.

*"My mobile foot clinic is ideal for people who find it difficult to travel or for those who live in residential or nursing home settings. I am committed to providing a high standard level of treatment in a very professional and friendly manner."*

Wherever treatment is needed, Ian's mobile service will come out to you to make it as easy as possible for you to get treatments done. Ian is a member of the register for Foot health practitioners, fully insured and also holds a DBS certification.

Ian has always been a keen participator in local sport, *"We often take our feet for granted and we put a lot of pressure on them, especially during our sporting activities. When your feet are the main source of moving around, having healthy feet is as beneficial as a healthy lifestyle."* He is offering to hold surgeries at local sports clubs to help members keep their feet in top condition.

To find out more, or to book an appointment, call Ian on 07981 996870 or email him on: [imsfootcare@gmail.com](mailto:imsfootcare@gmail.com). You can also find him on facebook and follow him on Twitter @FootcareImS.



### Ian Swatton

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

### Coping with exam anxiety

**Nobody likes them, many people hate them and they are the cause of major stress among young people. Unfortunately, as the testing culture becomes more entrenched in schools, so the pressure of EXAMS becomes even greater.**

And yes, it's that time of year again! Exams are looming, and sadly for so many, that means exam stress rearing its ugly head.

Even the most diligent and hardworking of students can be affected.

Whether it's GCSE's, A Levels, university exams or even SATS, exam stress is real and it is hard. Not only for the kids struggling with it, but also for parents trying to support them.

Pressure can come from school, parents and peers; however all too often the biggest pressure comes from the students themselves. Concerns over the fear of failure can lead to a feeling of being out of control, causing amongst other things irritability, insomnia, anxiety and sheer panic.

**There is good news! It is possible to learn to overcome fears and anxiety, to build confidence, to feel comfortable in exam conditions and to succeed.**

I use a combination of Solution Focused Psychotherapy (talking therapy) and relaxing hypnosis to work with a wide variety of performance anxieties.

Hypnotherapy is the perfect way to release stress and create new positive study habits. Whilst there is no magic wand, I can help to break the negative thought patterns, to allow an individual to relax and take control of their emotional state, to remain focused, grow in confidence and perform at their very best.

Do remember that whilst exams are of course helpful to test our memory and ability to cope under pressure, they simply cannot measure a person's common sense, their wonderful creativity or innate kindness!

For more information on how hypnotherapy can help with anxiety and other issues, please call Laura Jane on 07807 936080 or visit [www.laurajanehypnotherapy.com](http://www.laurajanehypnotherapy.com)

#justimagine

**Laura Jane Hypnotherapy**

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## Do your terms and conditions leave your business at risk?

**Anna Sivula, Solicitor in AMD's Commercial team, explains why tailoring terms and conditions to suit your business pays off in the long run.**

For many startups budgets can be limited and it may be tempting to simply copy T&Cs from another business. Using someone else's T&Cs can have a whole host of unintended consequences, however, and I always recommend businesses to seek advice from a commercial solicitor, even if it is only to review the T&Cs before they are put to use.

It is not only embarrassing if a customer notices that your T&Cs refer to an entirely different business – you may recall the recent press coverage regarding a ferry company's T&Cs which referred to pizza deliveries! – but it can also leave your business exposed to substantial risk. I have outlined some key areas to look out for below.

### Do you provide products or services?

Although most T&Cs may look very similar at first glance, there are crucial differences depending on what a particular business does. Different rules and considerations apply depending on whether you sell products or provide services and whether you do this in a brick-and-mortar store or online.

### Who do you sell to?

T&Cs are governed by different rules depending on whether your customers are private individuals or other businesses. Copying someone else's T&Cs without understanding what rules apply to your business may mean that you will not be able to rely on your T&Cs when you most need to as they may not be enforceable.

### What are your payment terms?

Payment terms are probably the most important term in your T&Cs as it determines how and when you will be paid and what rights you have if your customer does not pay on time. Your T&Cs should set out clearly your charges, deposits (if any), timescales for payment or subscription terms and your rights to charge interest on late payments.



### Can you limit your liability?

All contracts carry some risk of liability, for example, if a product is faulty or your customer is dissatisfied with your services, or if you fail to deliver on time. Well drafted T&Cs can help manage these risks by limiting the amount of compensation your customer can recover from you. Your ability to limit liability will depend on what your business does and who your customers are, however, and your business may be left exposed if your T&Cs are not drafted carefully to reflect your circumstances.

**If you require any assistance or advice regarding terms and conditions or other commercial contracts, please do contact our experienced team of Commercial solicitors by telephone 0117 973 3989, email annasivula@amdsolicitors.com or visit our website www.amdsolicitors.com**

## Advice Making a Difference



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





## NEW PLAY EQUIPMENT!

Great to see that Bradley Stoke Town Council have installed the new play equipment at Jubilee Centre. John Rendell, Deputy Town Clerk/ Premises Manager, also told us they also plan to add a community shelter in the very near future so that parents have shelter if needed. So, good news for everyone!



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## On Sunday 5th May the OSR scouts from Stoke Gifford met up with Steven England, a local conservationist, to explore Stoke Park Estate and complete their Naturalist Activity Badge.

They learnt about edible and poisonous plants, habitats for animals and birds, shell fossils 200+ feet above sea level and plants used by the Roman legions inside their sandals to prevent and medicate cuts and blisters.

The scouts saw a kestrel hunting and found four barn owl pellets plus Steve spoke about how field mice leave ultra violet urine trails that the birds of prey use to catch them. We witnessed 5 swifts arriving after their flight from Africa.

We all learnt some local history about the Dower house and the monument to Elizabeth Somerset who died following a fall from her horse before enjoying our picnic lunch break in the sunshine. In the pond we saw tadpoles swimming around in the shallow water and a wood pigeon building a nest preparing for the start of the breeding season. There were ducklings on the bank protected by their parents and even a Canadian Goose.

Then it was into the woodland to learn about useful trees such as the horse chestnut which you can get natural soap from by mulching the leaves, plus fungi like the King Alfred burnt cake - making sure it was dead and coloured black not a red colour being still alive. This is good for firelighting and the scouts had a practical lesson in how



to build a fire using a flint and steel.

All the scouts sat around it and presented to Steve and the leaders some interesting facts they had learned during the day and elaborated from information they had researched from the internet. During the day we witnessed several areas where human management was being used to directly control the natural habits and Steve explained about the reintroduction of cattle to keep the grass short.

It was a great experience with everyone learning loads. Big THANK YOU to Steve and well done to all the scouts for completing the requirements for the Naturalist Activity badge.





## Little Stoke Scout Group's new outdoor cooking area

1st Little Stoke Scout Group have raised £2850 from the token scheme at Tesco Stores in the north of Bristol, via a grant from Stoke Gifford Parish Council and a donation from The Rotary Club. The monies have been used to provide an outdoor cooking area and campfire circle for the use of Beavers, Cubs and Scouts. The lighting inside the building has also been replaced with an eco-friendly LED lighting system.

Parents and contractors have been busy digging foundations, laying concrete and then laying blocks, topped with paving slabs to make the dual purpose area. This area will be a welcome addition to the group, providing additional experiences for our young people.

When finished the area will be used to teach young people how to cook, a life skill that will they will be able to use as they get older, especially on the residential opportunities all the sections enjoy - sleepovers for Beavers and camps for Cubs and Scouts.

Cooking will be both over gas fires and open fires giving the young people a wide range of culinary skills and experience. They will also learn how to light fires safely, without matches. The boys and girls will also enjoy evenings around the fire singing and entertaining each other with stories and discussions. Next month guests from Tesco Stores, Stoke Gifford Parish Council and the Rotary Club will be joining the group for a campfire and an American Supper to celebrate this edition to the facilities at the headquarters on Stoke Lane Park. We are extremely grateful for the support that has been shown to the young people of Little Stoke by these local organisations. We could not have provided the local children with this facility without their help.

If you have a boy or girl who would like to join the adventure in Beavers (5.9 to 8 years), Cubs (8 years to 10 years) or Scouts (10 years to 14 years) contact Tony Edmonds Group Scout Leader on 07957 880503 or email [tonyedmonds108@yahoo.com](mailto:tonyedmonds108@yahoo.com) for further information.

We are also looking for volunteers to join and lead the young people in their activities. Any adult over 18 is welcome to join the team at 1st Little Stoke. A warm welcome will await any person who comes along to join the team.



## Fundraising in shorts -

### Could you wear shorts for a whole year?

Throughout 2019 8-year old Zane Donaghy, who lives in Stoke Gifford, is doing just that! He hopes to raise £500 for Brunelcare's Deerpark care home, where his Grandad lives.

Isn't this an amazing thing to do!

Zane says about his challenge: *"My name is Zane and I have decided to wear shorts for the whole of 2019, to bed, school, football, ice skating, and anything else I go to this year. In every weather that this year brings I will be in shorts."*

*I am raising money for my Grandad and the other people who live at Deerpark Care Home in Bristol. My Grandad has dementia and falls over a lot! I would love to raise enough money to send them all on a day trip to the seaside."*

Lesley Hobbs, Manager of Deerpark care home says: *"All of us at Deerpark think this is absolutely amazing. We are very grateful for every penny raised! It will make a huge difference to helping us arrange things like day trips and other home entertainments we regularly organise for everyone living here."*

Zane is pictured here with his Grandad and, to prove that even the icy temperatures don't put him off, here is a photo of Zane taken in the snow earlier this year! Bet he is glad of the recent sunny weather!

To donate to 'The One Year Short Trouser Challenge', please see:

<https://www.justgiving.com/fundraising/zanewearshorts2019>

For more about the charity see [www.brunelcare.org.uk](http://www.brunelcare.org.uk)



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## Puddle Ducks Summer News

*Pool Focus: Winterbourne International Academy*



Summer is nearly here, which can only mean one thing – lots of fun in the water! Make sure your little one is water confident with Puddle Ducks' superb swimming lessons for babies, pre-schoolers and children up to age 10.

In your area we run classes as follows:

### Baby and pre-school

On Wednesdays and Saturdays at the toasty warm Penny Porter Hydrotherapy Pool, we run baby swimming classes suitable from birth to up to 30 months old. This lovely pool in Henbury is great for our youngest babies, with classes taught by the lovely Beth.

On Sundays, for babies aged over three months, toddlers and pre-schoolers, our gentle, fun classes at Winterbourne International Academy (with wonderful teacher Steph) also give parents and their little ones confidence in the water and a chance for some precious bonding time together.

### Swim Academy – for school-aged children

Every Sunday at Winterbourne International Academy, we run our swimming lessons for children aged 4 – 10 who are ready to brave the water without their parent for the first time. There's no need to worry though, as in Levels 1 and 2, our expert teachers are right there in the water with the children to guide them towards their first unaided swims and start developing an effortless swim style.

With our baby and pre-school classes running at Winterbourne on Sundays too, it means that brothers and sisters of all ages can learn to swim in the same pool (and we offer a sibling discount, too!).

**We are swimming until Saturday 20th July at Penny Porter and Sunday 21st July at Winterbourne.**

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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Baby and pre-school Age 0-4



## BSJC Players Selected to Fight at the 2019 Judo European Championships Being Held in Poland!

Bradley Stoke Judo Club has long proved itself to be one of the top competitive judo clubs in the UK. It's once again highlighted this fact by having FOUR of its young warriors selected to represent GB at the upcoming European championships.

In 2019, just 10 competitors from England will form part of the GB European championship cadet squad travelling to Warsaw mid-June. What is so amazing is that four of them come from our own local club - no other club had more than one player selected!

Commenting on their spectacular success, head club and junior coach, Pete Douglas, had this to say: *"The chance to compete at the European Judo Championships or the Youth Olympics is the ultimate objective for every competitive judo player. The journey to such selection is long, relentless and injuries and disappointments are very common. Three of my players: Ethan Nairne u66kg, Ryan Salman U73kg, Tatum Keen U52kg have been training*

*together multiple times every week for the past 6 years just to reach this point. Then last year, Leah Grosvenor u57kg who lives near Worcester, due to the quality of training and competition, decided to join us. These four competitors will all be just 17 when they compete and I couldn't be prouder of them."*

Their journey started last September when they all began the process of collecting points with the aim of becoming this year GB No: 1 fighter in their weight group. It's kept these young warriors busy and training to the very maximum three and four times a week, as well as competing most weekends. It has taken them to every corner of the UK including Wales, Scotland and Northern Ireland as well as into Europe, Germany, Italy, Portugal, Holland, Belgium and Slovenia.

**Congratulations and good luck to all four! Let's hope that they are also selected for the youth Olympics being held in Baku, Azerbaijan this July.**

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## Volunteers Wanted to help with the Summer Reading Challenge

South Gloucestershire Libraries are looking for friendly and enthusiastic volunteers to join the team running Space Chase, Summer Reading Challenge 2019.

Volunteers will spend their time supporting children to do the Summer Reading Challenge, talking with them about the books they're reading and helping at a range of fun activities in the library. This is a great opportunity to develop skills in communication, team working and creative projects, whilst having fun and making new friends.

Mason, who volunteered last summer said *"I've really enjoyed helping out this summer. It's been really good to develop my communication and problem-solving skills which I know will definitely be invaluable for me in the future. The excitement of reading that children still have or had gained by the end of the summer reading challenge was a joy to see, and I was glad to be a part of that".*

More than 5,000 children took part in last year's Summer Reading Challenge helped by 60 volunteers. The theme of this year's challenge is Space Chase – our super space family, the Rockets, need children's help to track down books that have been nabbed by Aliens! As children read 6 library books over the summer they collect special stickers to complete their mission.

**The closing date for applications is 30th June. Volunteers must be aged 13 or over. For more information ask a member of staff at any South Gloucestershire library, email [libraryvolunteers@southglos.gov.uk](mailto:libraryvolunteers@southglos.gov.uk) or visit [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries). Like us on Facebook [www.facebook.com/sgloslibraries](http://www.facebook.com/sgloslibraries) and follow us on Twitter @southgloslibs for the latest Space Chase mission updates.**



## Little Stoke Primary School is celebrating the results of a recent survey

Parents of children at the school were invited to complete a survey to indicate their feelings about the school and 92 parents took part.

Head teacher, Anne Sargent, said *"We are delighted with the outcome as the answers to the questions were extremely positive."*

Highlights of the survey included:

- 100% of parents said, "I am satisfied with the choice of this school."
- 99% answered, "I would recommend the school to a friend."
- 100% of parents said, "Teaching is good."
- 100% of parents agreed "The school is friendly and welcoming."
- 97% of parents stated, "My child is making good progress."

The results were professionally analysed by an outside organisation and compared with results from 45,249 parents at 232 primary schools of similar size and with similar demographics across the country. Of the 33 questions asked in this survey Little Stoke Primary was in the top quartile in 30.

Steve Wells, Chair of Governors, commented, *"The results are a great tribute to the work of everyone at the school and we are pleased that it remains so popular with parents and children alike."*

**Little Stoke Primary School is holding its Summer Fair on Friday 5th July at 3.45pm. All the school community and local residents are invited to this exciting event.**

If you require further information regarding the Fair or any other aspect of the school, please telephone the school office on 01454 866522 or visit the school website <https://littlestokeps.co.uk/>.



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**Call 01454 615 577**

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



## News from Holy Family Catholic Primary School

### Fun at Holy Family School

Year 5 children recently enjoyed a brilliant three day residential visit, to Hooke Court, in Llansteffan, in South Wales. We had been looking forward to the trip for months and it didn't disappoint. Hooke Court itself is a palatial Victorian villa, with beautiful gardens and fantastic views looking towards Llansteffan castle and the estuary.



As soon as we arrived and the children had claimed their bunks, we wasted no time in exploring the nearby coastline and with nets in hand we went looking for varying crustaceans in the many rockpools. Later in the evening, our night time walk took us to the castle, where armed with our torches, we pretended to lay siege towards the thick castle walls.



The following day was our Victorian fun day, which tied in with our topic for this term. Dressed in our Victorian finery, we enjoyed the opportunities to bake scrumptious Victorian cakes and biscuits, try our hand at cross stitching, decoupage, quilling, brass polishing, calligraphy and we also loved the skipping and playing with the hoops outside in the courtyard.

In the evening, we had our talent show and the year 5's were able to dazzle with their singing, dancing and other crazy acts.



On our last day, we all had great fun making sandcastles and we were able to judge our favourite. There were some impressive creations. The children returned tired but happy, with so many happy memories of their special visit, which will be revived at our forthcoming Hooke Court assembly to school and parents.

### Science week

Our whole school science week really sparked into life with an assembly given by the FizzPop science team, which really helped to arouse the children's interest and curiosity in all things science. Then it was straight into our crime day. Toffee, our part time school dog, had been 'dogknapped' and the children were tasked with the mission of finding which staff member was responsible.

Presented with a whole range of clues, the young detectives set to work, viewing CCTV imagery of the incident and scrutinising fingerprints, footprints, heights and handwriting samples of our suspects; twenty members of staff.

By a process of elimination, the vast majority of children successfully pointed the finger at Miss Child, who promptly owned up and 'returned' Toffee, much to everyone's delight.



The following day was Wacky Wizards' Day and the children and staff dressed up specially, ready for a brilliant day of slime making, putting



a rainbow in a jar, suspending eggs in brine and lots of other wizardly investigations.

Wednesday was our Feel The Force Day and the children loved making their own kites and paper aeroplanes, bottle rockets and their all time favourite of creating a sky high fountain of cola, after dropping in the Mentos. We also enjoyed a Fabulous Bubbles Day, where we always finish by trying to wrap a child in a bubble and then finished the week with a day of making science.

The week was organised by science co-ordinator, Mr Handley, who said, "This is the fourth science week we have done now at school and it never fails to inspire a love of science because it is all about practical, hands-on making and investigation, which really brings the subject to life for the children."



### Holy Family Choir

Our Junior aged children sang their hearts out recently at The St.Bede's Catholic Schools' choir performance. Our own choir represented school and they loved the opportunity to sing with eight other primary schools, to a packed out audience of appreciative parents.

The children had enjoyed several weeks of rehearsals with a music specialist from St.Bede's, to prepare them for the concert and we also gave a school solo performance of the soul classic, Reach Out, which was well received.

Music co-ordinator, Mark Handley said, "We were very proud of our school choir and this concert was the perfect platform to showcase their enthusiasm and singing abilities."

**Holy Family  
Catholic Primary School**

**Summer Fun Day**

**Saturday 29th June  
from 12-2pm**

**All Welcome to join in the Fun!**

 **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**

  
Good rating

 @AbbeywoodSchool

 In Partnership with  
the Olympus Academy Trust



## Cricket World Cup Family Day

The cricket season is now in full swing at Bradley Stoke Cricket Club and as part of the **Bradley Stoke festival weekend**, the club will be holding a special Cricket World Cup event which will be open to all.

If you fancy seeing how well you can hit a ball, bowl and field plus watch matches played by the youth and adults then come along on Sunday 9th June at Bradley Stoke Cricket Club, Baileys Court Activity Centre, Bradley Stoke between 10am-4pm. There will also be a Quiz (throughout the day) BBQ, Ice-Creams and the Bar will be open. The adult match is only 10 overs a side and it's all in the name of fun.

|                    |   |
|--------------------|---|
| <b>10am - 12pm</b> | <b>Youth cricket game</b>   |
| <b>12pm - 2pm</b>  | <b>BBQ, Batting, bowling and fielding competitions (Youth, Men and Women)</b> |
| <b>2.15pm -</b>    | <b>Adult cricket game</b>   |

*The best way to spend a Sunday!*



## Saturday 8th June @ the Cloisters, Winterbourne

**10:30am - 6pm**

**Winterbourne Family Fun DOG SHOW**

**St Peter's Hospice For Patients, Families and Bristol**  
Charity No: 269127

**Tickets**  
Family Ticket - 15.00  
Adult - £6.00  
Children - £2.50

**Activities and Displays:**  
 - Brass Band  
 - Nearly New Stall  
 - ... AND MUCH MORE!  
 - BBQ  
 - Raffle  
 - Gill Raddings stunt dogs as seen on TV/ FILMS  
 - Doggie Treat Stall  
 - Adrian Graham - Giant Galapagos Tortoises  
 - Small Fairground Rides  
 - Beer Tent  
 - Dog Agility Course  
 - Tombola  
 - Famous Ice-Cream Van  
 - Mr Nick's  
 - Misselchalke Gun Dog Display  
 - Avon and Somerset Police Dog Handlers

**Signs:**  
 - No Dogs (on lead)  
 - No Parking

**Strictly no parking @ the Cloisters. Please park in the local village.**

TICKETS CAN BE PURCHASED FROM WINTERBOURNE'S AJ HOMES BRANCH AND ST PETER'S HOSPICE SHOP. ALTERNATIVELY, CALL 07779570261 OR EMAIL MELPALMER.2@HOTMAIL.CO.UK



## Bradley Stoke Community Festival 7th-9th June 2019

- Arts & Craft Exhibition stalls • Children's Games & Activities • Climbing Wall • Community zone with Inflatables • Displays and demonstrations • Football Tournament • King Ramps Skate Pipe Demonstration • Local Bands & Dance Groups
- ELO Beatles Beyond tribute band
- Rides & Inflatables • 10k Race • Skate Park competition

### Friday 7th June

The Picnic in the Park for Mother's and Toddlers starts at 10.30am until 2pm at the Jubilee Centre. New for this year Van Buren presents a magic show followed by juggling and entertainment alongside a bouncy castle and hosted by BS Radio providing music and entertainment. Refreshments will be served during the morning with Face Painting also available.

### Saturday 8th June 11.30-18.00

Bradley Stoke Town Council's Youth Work team will once again be offering the popular combination of 'have a go' graffiti workshops (with professional artists) and a large portable skatepark half-pipe; provided by King Ramps. There will be regular pro rider demos (hopefully including the return of a Team GB BMXer) interspersed with 'have a go' sessions + music and Youth Work project info. Bradley Stoke Leisure Centre will be providing fitness session displays.

Music is provided by the excellent local bands; Snow Blind, Vamp, Liquor & Poker, tribute band ELO Beatles Beyond, Ragged Union, Bad wolf and a solo performance by Georgia Hinton of BS Community School.

Local dance groups will perform in between the bands and include; BS Gym Club, Yasmins, Red X Dance, Chinese Dance, Razzamataz and Stoke Gifford School of Dance along with other local clubs and associations. Fun rides for the children include trampolines, giant slides, football games, giant inflatables, Wipe Out, Bungee Run and Surf simulator, a Helter Skelter and again this year young children's Go-Karts.

A Vertical Xtreme Climbing Wall will be alongside the local BS Scouts stalls which features longbow archery and other fun activities.

An Arts & Crafts exhibition will feature a range of different arts & crafts alongside sideshows and community stalls offering a wide range of local products and novelties. The Bradley Stoke Youth Football Club Tournament for Year 1 Boys and Girls, with 14 schools and 150 children taking part at the Jubilee Centre, starts at 12.00 noon on the top field soccer pitches.

### Sunday 9th June

A 10K multi terrain race organised by the Sole Sisters starts at 09.30 am and finishes at the Jubilee Centre. 600+ Competitors are expected. The "Church in the Park" outdoor service from the BS Churches will again be held after the 10k race, starting at 11.45.

At Baileys Court the Cricket Club will be celebrating the cricket World Cup with a youth's Pairs Tournament plus a 10/10 match during the afternoon along with a lunchtime BBQ, a batting & bowling competition and skills workshop with evening entertainment in the clubhouse. The BS Bowls club will provide roll up demo's throughout the afternoon.

Bradley Stoke Town Council's Skatepark and Youth Workers will be hosting their annual Festival Skate Comp along with the addition of Kings Ramps half-pipe, regular pro rider demos and a circus skills workshop. Action takes place between 12 noon and 5.00pm.

**Taking part:** If you would like to enter a team or participate in the Football Tournament, the School Sports Competition, the Skate Board competition or book a stall, please go to the web site [www.bradleystoke.gov.uk](http://www.bradleystoke.gov.uk) or BSTC on 01454 205020.

*Information correct at time of printing, but could be subject to change*





CHEPSTOW RACECOURSE PRESENTS

# ALL SAINTS

## LIVE AFTER RACING AT LADIES EVENING

FRIDAY 12TH JULY



TICKETS ON SALE NOW!

CHEPSTOW  
RACING & EVENTS

chepstow-racecourse.co.uk | 01291 622260



### Ladies Evening returns to Chepstow Racecourse on Friday 12th July 2019

We are thrilled to announce we will have a live performance from chart-topping, BRIT award-winning girl-group ALL SAINTS live after racing!

With multiple number one hits such as Pure Shores, Black Coffee and Never Ever, it is going to be a fantastic evening not to be missed!

So get your biggest hat and best suit ready and head to the races for an afternoon and evening of great racing and brilliant entertainment.

Grandstand & Paddock tickets are £20 in advance for this meeting and Premier admission tickets are on sale for £25pp in advance, this includes the live music from All Saints after racing. These tickets will be £25 and £30 respectively on the day.

We also have a great Pure Shores admission package to get your night off to a great start, for just £29 in advance this includes a Premier admission ticket, two glasses of Prosecco and a racecard!



### Madness: The iconic group are set to play after racing on Saturday 8th June!

With great racing on the card from 6pm, Madness will take to the stage after racing at 9:15pm.

Come along and celebrate over 40 years of one of the most iconic British bands as they perform live to thousands of racegoers after racing on Saturday 8th June. With 15 top 10 UK singles including One Step Beyond, It Must Be Love and the number 1 hit House of Fun, this is an event not to be missed!



### Plus on Friday 26th July it's Caribbean Racenight with The Trenchtown Experience



**Join us for our calendar event of the year, the hugely popular Caribbean Racenight!**

Hear the sounds and feel the tropical vibes of the Caribbean at our Caribbean Racenight which, as well as the great racing on the track, boasts a great party atmosphere with the sound of steel drums in the air and the tropical Trenchtown Experience playing after racing. Grandstand & Paddock tickets are just £20 in advance for this meeting and £25 on the day. Premier Enclosure tickets are £25, these tickets will be £30 on the day.



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



## Winterbourne's Medieval Barn – News & Events



North lean-to demolished

**Winterbourne Medieval Barn is undergoing major work to conserve and redevelop the magnificent building.**

Demolition work on site is truly underway! The roofless building attached to the north wall of the Medieval Barn has been completely demolished, exposing the medieval stone work of the side wall, and the sad-looking lean-to attached to the south range has also now gone. As work progresses, Corbel Construction are cleaning and storing stone to be reused elsewhere on site.

Although the main site is closed, the Cart Shed remains accessible and is hosting a wide range of talks and workshop throughout this year.

**Thursday 13 June** – Talk: Building a Martian House, 7– 9pm.

**Thursday 11 July** – Talk: The Newport Medieval Ship, 7– 9pm.

**Thursday 13 July** – Wine-tasting evening, 7– 9.30pm.

**Thursday 20 July** – West Gallery Music Workshop.

Tickets are on sale now, and numbers are strictly limited. Further details of the events can be found on the website below.



During the school summer holidays there will be a variety of clubs and activities for children to enjoy art, archaeology, and nature-based mornings. Information will be posted on the website and Facebook page shortly.

**[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)**

You can also follow us on Facebook and Twitter.

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

## Chepstow Show

**Sat. August 10<sup>th</sup> 2019**



### At Chepstow Racecourse

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

Welsh Horse Display Team and

Ben Long Falconry

Pony Club Mounted Games

Curre & Llangibby Hunt Parade of Hounds

Grand Parade of Livestock

Woolaston Basset Hounds

Display of Vintage Vehicles

ADULTS £10 • CHILDREN (5-16) £4

UNDER 5's Free • SENIORS £8

FAMILY TICKET £25 (2 adults and up to 3 children)

**CASH PAYMENTS ONLY FREE PARKING**



**[www.chepstowshow.co.uk](http://www.chepstowshow.co.uk)**

**Chepstow Drill Hall**  
**Saturday 22nd June**  
Dedicated to the legendary  
**'fab four'**

Tickets £12.50  
from Hannah's Music  
01291 627122



**Horfield Theatre Company**

**[www.horfieldtheatre.co.uk](http://www.horfieldtheatre.co.uk)**

In September 1995 around 80 people from the Horfield area began work on a 'one off' production of 'Godspell' and in February 1996, Horfield Parish Productions performed to packed houses and received sparkling reviews and following an invitation, the group gave its final performance at Bristol Cathedral in September 1996. However, with high levels of energy and commitment remaining, **Horfield Theatre Company** was formed.

We aim to stage at least two productions every year and have successfully performed a wide range of musicals and plays as well as variety shows, youth productions, open air Shakespeare, Murder Mystery evenings, One Act Plays and rehearsed readings. Although based at Horfield Parish Church Hall, we have also staged productions at the Alma Tavern Theatre in Clifton; The Redgrave Theatre; the QEH Theatre, Wells Cathedral and The Olympus Theatre Wise Campus.



We are looking to add to our membership and there are various roles that you might be interested in...

**Directors - Musical Directors - PERFORMERS - MAKE-UP - Costumes - Props - Set Design/Set Building (painting, carpentry etc) - Lighting - Sound - Publicity - Flyer Distribution - Front of House - Tea making**

***If you'd like to know more, please come along to our Wine & Cheese Evening***

**26 June 2019 at 8pm**

**Horfield Parish Church Hall, Wellington Hill, Horfield, Bristol BS7 8ST**

To help us with catering and for any further information, please email [chair@horfieldtheatre.co.uk](mailto:chair@horfieldtheatre.co.uk) or telephone 07779 202 634

***We look forward to meeting you***



## Little Stoke Garden Society

### Open Morning

on Sunday 2nd June 2019

At the Allotments (behind Bush Avenue)

Are you interested in having an allotment? Come and take a look for yourself, or ask our gardeners for advice.

All are welcome, join us from 10.00am - 12.00noon for

- Teas and coffees
- Cakes
- Tombola
- Cards
- Plant sales



If you have any surplus seedlings or plants, please drop them in, either to the allotment shop between 10:00 and 12:00 any Sunday morning or at the Open Morning, all money collected helps fund our purchases for the allotment, ie wheelbarrows, lawn mower etc and also for our Annual Show on 31st August.

You and your family will be able to have some fun (and friendly rivalry) entering our local show which includes lots of categories; children's entries, flowers, fruit and veg, photography, baking and crafts, at the Little Stoke Community Hall. We look forward to seeing you!

Facebook: little stoke allotments

[www.littlestokegardenandallotmentsociety2018.co.uk](http://www.littlestokegardenandallotmentsociety2018.co.uk)

## Severn Vale Flower Club

Armstrong Complex Thornbury BS35 2BJ

June 3rd Practice For the Love of Roses

June 19th Outing to Rodmarton Manor Entrance, tea & cakes £14

July 1st Practice A Nursery Rhyme - interpretative

July 17th MEMBERS DAY Lunch, Entertainment & Kay Evans Competitions.  
Doors open 12 noon for 12.30 pm

For more information contact Club Secretary Jill Morgan 01454 228408 [jillmorgan36@btinternet.com](mailto:jillmorgan36@btinternet.com)

## KNITTERS WANTED!

The Stoke Gifford Branch of the Royal British Legion, (RBL) is very keen to recruit more people to knit it's famous knitted Poppies for the annual Poppy Appeal.



The knitted Poppies are very popular and raise much money for the Poppy Appeal, and the Branch can't keep up with demand!! There is no pressure to knit a certain number, any amount you can do will greatly help.

If you are interested please contact the branch at it's email address: - [rblistokegifford@gmail.com](mailto:rblistokegifford@gmail.com)

Or phone Tony Peters on - 07971242845

ST MICHAEL'S SCHOOL, STOKE GIFFORD

# SUMMER FAIR

Saturday 22 June  
13:00 – 16:00

• STALLS • TOMBOLAS • ICE CREAM  
• BBQ • BOUNCY CASTLE  
• CHILDREN'S PERFORMANCE  
• BUZZ LIGHTYEAR & PIKACHU  
• REFRESHMENTS • RAFFLE

Entry: £1 for adults, free for children

More info on Facebook  
or from StMichael's G.P.T.P.A. email.com

Parentkind  
Member Association



## Summer Ball 2019

Castle School Friends are holding a spectacular Summer Ball to raise vital funds to support The Castle School, Thornbury.

Come along on **Saturday 22nd June** to The Anchor Inn, Oldbury on Severn, where you can enjoy a fantastic and memorable evening, complete with music from well-known and loved local band Tundra.

Tickets are £50 per person, to include a delicious three-course meal and free drink on arrival.

They are selling fast, so to reserve yours, or for further information, contact [cas-enquiries.tcs@cset.co.uk](mailto:cas-enquiries.tcs@cset.co.uk) with the subject CSF, or see <https://www.facebook.com/CastleSchoolFriends>.

## BRADLEY STOKE LIBRARY

### Empathy Day

Throughout June we invite you to share your reading recommendations of books which build empathy. Write your recommendation on a label and hang it on the tree in the library, or share your suggestions with us on Twitter @southgloslibs & Facebook @sgloslibraries using the hashtag #ReadforEmpathy.

Find out more about Empathy Day at: [www.empathylab.uk/empathy-day](http://www.empathylab.uk/empathy-day)

### Rhyme Time (Term Time Only)

Monday 3rd June 10:45-11:15  
Monday 17th June 10:45-11:15  
Monday 24th June 10:45-11:15

### Bookstart Pyjamarama Story Time

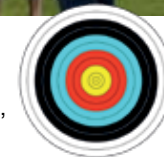
Thursday 6th June 10:45-11:15

### Volunteer Bureau Drop-in Session

Friday 14th June 12:00-14:00

South Gloucestershire Libraries: the space where people, communities and ideas grow

## Archery Taster Sessions



Cleve Archers Taster Sessions, at Up Yonder, Moorend, Hambook, BS16 1SS – on the second Tuesday of the month in June, July, August 2019 from 6-8pm (11th June, 9th July, 13th August).

Come along and try archery – booking required. For further information and to reserve a place visit <https://clevearchers.co.uk/community-sessions-2019/> (for adults and children age 7+). Cost £5 per person.

## Winterbourne Flower Club

Visiting demonstrators and hands on nights.  
Thursdays on various dates

New members are welcome

Please ring for details on 01454.776753

## DigiLocal Coding Club

Saturdays 9:45-12:15 for 8-14 year olds.

Places must be booked via email: [digilocal@hbb.org.uk](mailto:digilocal@hbb.org.uk)

DigiLocal will introduce children to computational thinking through project based activities building computer games and animations. DigiLocal is registered with and uses project guides from Code Club.

**Did you know that you can reserve and renew books online?**

You can also download eBooks, eAudiobooks and digital magazines.

Find out all that's on offer at [www.librarieswest.org.uk](http://www.librarieswest.org.uk)

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

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



## Congratulations to Little Stoke Colts FC who finished Runners Up in their first season in the Avon Youth League 2018-19 season Under 16s



## U18 PLAYERS NEEDED Little Stoke Colts FC Under 18s (September 2019-20 season)

We are looking to go into Division 1 of the Bristol U18s Combination after a very successful season 2018-19 in the Avon Youth League in Division 2.

If interested please contact manager Mark Jury on 07746 020 200. We train and have trials for free 7-8:30pm every Wednesday at Horfield Leisure Centre.

We are linked with Little Stoke FC (mens) with the aim of players eventually feeding into Reserve Team (currently in the Bristol & Suburban League Division 2) and First Team (currently in the Gloucestershire County League).

## Almondsbury Show

The Almondsbury Show committee said a huge "THANK YOU" to their supporters, advertisers and sponsors, with a supper and presentation evening at Thornbury Cricket Club. Great Western Air Ambulance and St Peter's Hospice were each presented with a cheque for £1500 from the show proceeds, all of which goes to charity.

This wonderful show was started in 1943, by David Smith senior, and has continued to be run by this local family ever since, with the help of other local supporters. We are always looking for more help with sponsorship and advertisements in our programme. If you are interested in helping in any way, please contact Jill Cyphus on 07816577634 or jillcyphus@tiscali.co.uk

**Please save the date!** This year's show is being held on Sunday July 7th and is a great opportunity to compete in a friendly atmosphere.

Our companion dog show this year, is being run by "Forever Hounds Trust" with all proceeds going to charity. All classes are fun classes, with an agility demonstration and opportunity to "have a go".

**Please come along and support us at this wonderful fund-raising event.**

## Little Stoke Pupils Inspired to Get Active

Pupils from Little Stoke Primary School welcomed British High Jumper Robert Mitchell to the school hall mid-May. Robert, who works with CIC Sports for Champions, visited the children of Little Stoke Primary to inspire students to live a healthier, more active lifestyle.



Robert led the visit by delivering a motivational talk, discussing his personal journey into sport and the obstacles he overcame, the benefits of exercise at any level and good nutrition and the physical and mental rewards of being fit and active. Pupils were encouraged to ask Robert any questions about his professional career, his top sporting tips, how they themselves can become more active and the benefits it can bring. "It was great to see the kids so excited and engaged!", Robert said following the visit, "Whether children are looking to start a new sport for fun or thinking of taking a chance on their dreams and taking their discipline to the next level, everyone can reap the benefits of exercise."

Following an inspirational talk, Robert led the whole school in a circuits class to show the pupils how anyone – no matter what their current fitness levels – can take that first step and achieve their goals. Finally, Robert gave a demonstration of their top sporting abilities, and brought medals to show the pupils.

The NHS reports that 10% of children of Reception age were classified as obese, which doubled to 20% by the end of primary school; and 84% of children do not eat the recommended 5 portions of fruit and vegetables a day\*. Ryan Griffiths, Sports Liaison Representative at Sports for Champions, comments: "With childhood obesity on the rise, there's never been a more important time to take action and inspire young people to lead a healthy lifestyle. Children today face a barrage of obstacles – from convenience food to the constant temptation of screens – which prevents them from being able to undertake and enjoy regular exercise."

Sports for Champions' mission is to visit every school in the UK with their team of professional athletes to inspire children to lead a healthy lifestyle. All athletes are unsponsored, with schools fundraising for both their athlete's visit and to invest in more sporting equipment.

Isabelle Potterton, Physical Education Co-ordinator at Little Stoke Primary, added: "It was wonderful to welcome Robert to Little Stoke. The children had already benefitted from the feeling of achievement of hard work and dedication after putting their heads together to fundraise, and we were delighted to see how they left the visit feeling energised about healthy living."

**For more information on Sports for Champions, please visit [www.sportsforchampions.com](http://www.sportsforchampions.com) or call 0151 559 2685.**



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**An Aladdin's cave for music lovers!**

**Moor Steet, Chepstow NP16 4DE  
01291 627122 [www.hannahsmusic.co.uk](http://www.hannahsmusic.co.uk)**



Adaption fitting specialist and Wheelchair Accessible Vehicle (WAV) repairer for the South West and South Wales – on our doorstep!

I recently visited the friendly team at their new Brookfield Mobility Solutions showroom, on Filton Road. I was impressed by the diverse range of mobility equipment and aids on offer. As well as an extensive range of car adaptations available, they can also organise for a stairlift to be installed in to your home, talk you through the latest range of mobility scooters on offer, and a wide range of domestic aids – from a simple yet effective gadget to assist with putting on your socks, to bath seats are available from the showroom too.

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, we were delighted to be able to have an adapted car on the mobility scheme that enabled him to drive his chair up a ramp into the back of the vehicle. Brookfield Mobility Solutions can enable all of this to happen too – for wheelchair or mobility scooter.

The great thing about having a spacious showroom is that if you wish, you can come in, have a drink and talk through your individual needs with a member of the BMS team. It is their aim to provide a bespoke solution to all their customers in conjunction with their high-class suppliers of adaptations.

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.

They can also arrange for fitments and repairs at their fully equipped workshops, they collect the vehicle and transport it to their workshops.

BMS is proud to be a **Motability Adaption Partner** and installer of adaptations available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).

## What can Brookfield Mobility bring to you?

- **Professional, friendly customer focused team with a wealth of experience in the adapted vehicle and adaption market**
- **Quick and efficient fitting and repair service**
- **Fully qualified technicians offering both mobile or workshop based services.**
- **Advice and installation of vehicle aids to include – Push-Pull hand controls, Left foot throttles, Scooter, wheel chair and personal hoists, Control aids, Electronic signalling.**
- **Advice and installation on a range of mobility aids, including stairlifts.**

For full details of BMS's services and product range, please book a visit to their showroom.

30-32 Filton Road, Bristol, BS7 0PA

Tel: 0117 239 5018

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



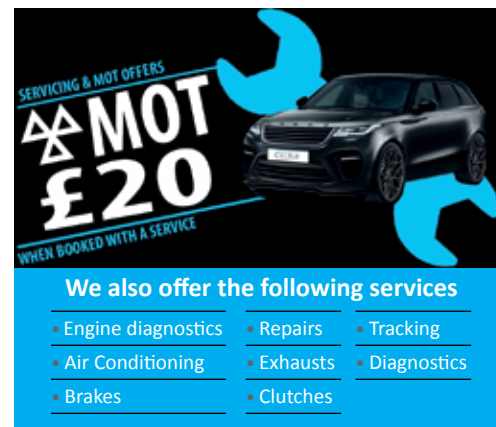
LCM Automotive MOT & Service Department which opened in August 2017 has been kitted out with the latest state of the art equipment. Our team are highly experienced and provide a professional, friendly and reliable service.

Not only do we offer the usual MOT, Servicing and Repairs, but we are also able to carry out the following services; air conditioning regas, advanced engine and electrical diagnostics, tracking, repairs including exhausts, brakes and clutches. FREE Courtesy Cars are Available (subject to availability).

Customer satisfaction is our priority and this is shown by outstanding reviews we have received from our loyal customers.

**READER OFFER: MOT only £20 when booked along with a service**

**Call 01172 399683 to book in now!**



**SERVICING & MOT OFFERS**  
**MOT £20**  
WHEN BOOKED WITH A SERVICE

**We also offer the following services**

|                      |            |               |
|----------------------|------------|---------------|
| • Engine diagnostics | • Repairs  | • Tracking    |
| • Air Conditioning   | • Exhausts | • Diagnostics |
| • Brakes             | • Clutches |               |



**Tel: 0117 239 9683**

Unit 4 Fairway Industrial Centre, Golf Course Lane, Filton, Bristol BS34 7QP

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



WITH ME, BERNIE SCOTT!

## MEDIUMSHIP NIGHT

**TUESDAY 16TH JULY 2019**  
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## £1000 donation for BRACE

The Filtones Choir has raised £1,000 for BRACE, its charity of the year, (which supports research into all forms of dementias).

Pictured right is Michael Hensman, Chairman of the Choir, presenting a cheque to Jeanne Clement, the charity's representative, at a recent rehearsal.

The Filtones choir continues to support BRACE for the coming year 2019/20 and hopes to raise even more from its next charity event, taking place on **Saturday 22nd June 2019 at 7.30 pm at St Peter's Church, The Drive, Henleaze, BS9 4LD**

The concert features a guest performance by renowned virtuoso violinist, Julia Hwang, who has played for the choir on two previous occasions to much acclaim, and who is sure to draw a large audience.

**Tickets priced at £12 can be obtained by ringing Dot Bryant on 07870 984760 or emailing [dorothy.bryant@btinternet.com](mailto:dorothy.bryant@btinternet.com) for further information.**





### THE FILTONES' 19TH ANNUAL CHARITY CONCERT

**Saturday 22nd June 2019 at 7.30 p.m.**

**At St Peters Church,  
The Drive, Henleaze, Bristol BS9 4LD**



Filtones' Charity of the Year

Featuring a Guest Performance by  
Renowned Virtuoso  
Violinist, Julia Hwang

Ticket £12 including Interval Refreshments

Can be obtained in advance by ringing 07870 984760  
or e mailing [Dorothy.bryant@btinternet.com](mailto:Dorothy.bryant@btinternet.com)



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## Bradley Stoke United Football Club

has a new home at Patchway sports centre, where all their teams will train (all year) and play their home matches.

Patchway sports centre has undergone a huge investment in upgrading its sports facilities with a new full sized, state of the art 3G pitch, improved drainage to existing grass pitches, improved Sports Hall, changing facilities and the introduction of a cafe for cold training and match days.

Bradley Stoke United football club was established in Bradley stoke in April 1998 and is an FA chartered standard football club that provides regular football training and matches for over 150 local children from 5 to 16 years old.

Our aim as a club is always to increase the number of volunteer coaches and local children involved in playing regular football. More FA qualified coaches result in more children playing good quality, regular football.

The club is wholly run and managed by 25 local volunteers, we are extremely proud of our history, our achievements and our contribution to the local sporting community.

## BRADLEY STOKE UNITED F.C

# 5 A-SIDE SUMMER TOURNAMENT 2019

U6s - u13s

PATCHWAY SPORTS CENTRE  
THE NEW HOME OF BRADLEY STOKE UNITED F.C

**SATURDAY 6TH & SUNDAY 7TH JULY 2019**

U6, U8, U10, U12 - SATURDAY 6TH  
U7, U9, U11, U13 - SUNDAY 7TH

AGE QUALIFICATIONS BASED ON SEASON 2018/19 SEASON  
NO ACADEMY PLAYERS OR SCHOOL OF EXCELLENCE SIDES PERMITTED

£25 ENTRY FEE PER TEAM

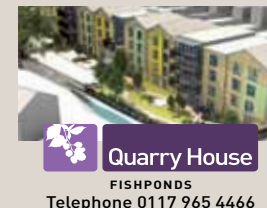
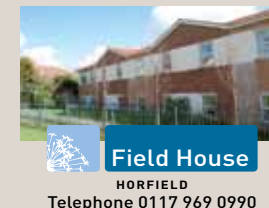



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Find out more about our family of care homes at: [www.bristolcarehomes.co.uk](http://www.bristolcarehomes.co.uk)



## The 2018/19 football season is now finished for Bradley Stoke Ladies FC

The first team had a great season, finishing 3rd place and missing out on 2nd place by just one point. Their last game was a great battle against confirmed league winners Cheltenham Town, which ended in a 0-0 draw. They were also the first team this season to keep a clean sheet against the title winners, which is a great achievement for the girls. Promotion may be on the cards, depending on how the league structure is next season, so be on the lookout for that.



The development team have worked really hard all season to ensure more girls are able to play regular football. Although things have been difficult at times, they have managed to finish the season as a team and things are looking positive for the future. Their last game was played against Cotswolds Rangers and the girls gave it their all.



**Bradley Stoke Ladies were also successful in applying for the Tesco Bags of Help grant**

**scheme for May and June.** You can support the club by putting your blue tokens in the BSLFC pot when you leave Tesco! It will go towards more funding for the club for next season, allowing girls and women throughout the area to keep playing football on a regular basis.

**You can also find the annual BSLFC stall at the Bradley Stoke Festival on Saturday 8th June.** There will be various different games and fun for all, with lots of prizes to be won. Please come and visit the stall to support the club - it is really appreciated by everyone involved.

**Bradley Stoke Ladies are looking for new players for the 2019/20 season.**

We are a friendly team with a mix of abilities and ages. You can find us training on Tuesdays at Bradley Stoke Community School, with matches played on Sundays once the season is back up and running in September. You just have to be at least 16 years of age - so why not come along to a free taster training session? Training runs throughout the summer, with pre-season friendlies TBC.

**For more information visit:** • [www.bradleystokeladies.wixsite.com/bslfc](http://www.bradleystokeladies.wixsite.com/bslfc) • [facebook.com/bradleystokeladiesfc](https://www.facebook.com/bradleystokeladiesfc) • [instagram.com/bradleystokeladiesfc](https://www.instagram.com/bradleystokeladiesfc) • [twitter.com/BradleyStokeLFC](https://twitter.com/BradleyStokeLFC)

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Thank you to everyone for your continued support.



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## Suffer with headaches? Help is here!

With local Osteomyologist expert – **Dawn Clode** Ostm, Lic MET Lic CR FAO

When I visited Dawn for one of my regular treatments recently (to keep my back and neck in good shape), we starting talking about the increase in people suffering with headaches.

We discussed the pressures of modern-day life, the stress of work or emotional life events people encounter all being contributing factors. From personal experience, I also know although the pain may be manifesting in your head, it could in fact be your jaw, or a bone in your neck or back that is out of place and causing the pain.

When a van drove in to the back of my stationary car, as well as whip-lash, I suffered with a strong headache that was thankfully alleviated when Dawn subtly re-positioned by jaw back into alignment.

Whatever the cause of your headache, they can be at best miserable and worst completely debilitating.

As an Osteomyologist, Dawn has a tool box of holistic treatments to relieve your pain. She explained to me Cranial Sacral is particularly effective in relieving headaches.

So don't suffer anymore, make an appointment with the caring, talented Dawn at her Holistic Health Practice in Little Stoke.

Other treatment modalities effectively used by Dawn include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

Dawn is happy for you to get in touch for further information.

Please call: **0795 1099 491**

Visit: [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk)

Based in Little Stoke.



As well as alleviating headaches in adults, Cranial Sacral Therapy can be of great comfort to babies.

Being born is a stressful thing for a little one, with all kind of pressures being placed on their tiny bodies. If your baby is only wanting to feed from one side or appears uncomfortable (after seeking medical advice), Cranial Sacral can be a gentle way to relieve this discomfort.

Above Dawn is pictured giving a Cranial Sacral session to my little boy Henry.

### ARETIAN'S CUBS

**Want to play rugby?**

Why not come and join the fun at Aretians RFC  
We are always looking for more juniors to join our ever developing teams.

TRAIN AND PLAY EVERY SUNDAY AT 10AM  
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PLUS A FREE HOT LUNCH EVERY TIME YOU PLAY!

Contact us on our Facebook page: Aretians Rugby Cubs  
or contact Katie Wainwright (Junior Chalk): [aretiansjuniors@hotmail.com](mailto:aretiansjuniors@hotmail.com)

All abilities welcome!  
Come and give rugby a try!  
[www.aretiansrfc.co.uk](http://www.aretiansrfc.co.uk)

### ARETIAN'S LADIES

**Looking to get into rugby?**

Why not come and join our ladies at Aretians RFC.  
We are always looking for more ladies to join our ever developing team.

TRAIN EVERY WEDNESDAY EVENING AT 7PM  
FIRST SEASON FREE!

Contact us on our Facebook page: Aretians Ladies Rugby  
or contact Sally Birchhead (Ladies Captain): 01827 934554

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





## 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

**First Steps Toddler Group** - Christ the King Church, Bradley Stoke Thursdays 10.00 am-11.30 am term times. Phone 0117 9312304

**Little Hedgehogs (0-5's)** - Wednesday mornings, 10am-12noon school term time only. Edge Church Bristol , 1160 Park Avenue, Almondsbury, Bristol, BS32 4TF. 01454 837990.

**Pre-School Rhyme time** Bradley Stoke Library Mondays 10.45-11.15am 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](http://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](mailto: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](mailto: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](mailto:info@bscsingers.co.uk) or call 07743 333837 / 07599 252176

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

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

**Bradley Stoke Rotary Club**. Breakfast club meeting 4 Fridays per month, 7.15-7.30am start, 8.30am finish, Bristol Golf Club, Blackhorse Hill, Almondsbury, Bristol. BS10 7TP. Contact the Secretary [rotarybradleystoke@gmail.com](mailto:rotarybradleystoke@gmail.com)

**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](mailto:admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](mailto: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](http://www.sevenside-ramblers.org.uk)

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

**Stokes Crafters** - Every Thursday evening 7.30-9.30pm at Poplar Rooms, North Road, Stoke Gifford. £4 charge includes refreshments. Contact via Facebook page or Zoe Coggon - [zoecoggon@gmail.com](mailto:zoecoggon@gmail.com) or 07815 662446

**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](mailto:rosalindg@tiscali.co.uk)

**Winterbourne Wind Band** - Thursdays 7.30-9.30pm at Greenfield Centre, Park Avenue, Winterbourne BS36 1NJ. Brass, woodwind, percussion, bass players wanted. Loan Instruments available. Contact Dan 01172 395210.

**Women's Institute (WI)** - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact Bev - 01454 625855.

**Women's Institute (WI)** - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

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

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

### SPORTS CLUBS

**Aretians Rugby Club for Cubs, Juniors and Seniors** Station Road, Little Stoke [www.aretiansrfc.co.uk](http://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](http://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](http://bradleystokecc.play-cricket.com)

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

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

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

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

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

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

**Bradley Stoke Youth FC (BSYFC)** – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk) or contact [mlee1@btopenworld.com](mailto: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](http://www.smobrugby.com), 01454 250489 email: [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk)

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

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrfc/](http://www.pitchero.com/clubs/northbristoljuniorsrfc/)

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

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

**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](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

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

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

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

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

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

### CHURCHES / COFFEE MORNINGS

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

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

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

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

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

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

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

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







### 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**, Head of School: Dawn Breeze, Amberley Road Patchway, 01454 866786

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

**Little Stoke Primary School**, Headteacher: Anne Sargent, Little Stoke, 01454 866522, <http://www.littlestokeps.co.uk>

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

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

**St Chad's Patchway C of E Primary School**, Head Teacher Mrs Steph Jenkins, 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](http://www.stmichaelsg.co.uk)

**Wheatfield Primary School**, Head Teacher: Phil Winterburn, Wheatfield Drive BStoke, 01454 868610

### SECONDARY SCHOOLS

**Abbeywood Community School**, Head Teacher: Dave Howe, New Road Stoke Gifford BS34 8QT, 0117 307 5660, abbeywoodschool.com

**Bradley Stoke Community School**, Head Teacher: Steve Moir, Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, bradleystokecs.org.uk

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

## South Gloucestershire Hockey Club - News Update

With winter league having come to an end, it has to be one of our most successful seasons to date! With our Ladies 1s (photo right) and Men's 2s securing promotion, our Men's 3s also finishing with the highest points in a decade! Alongside this, the Men's 1s and Ladies 2s also finished well in the top of their tables.

Some of the more recent highlights include an end of season tournament, annual tour to Newbury and our brilliant Awards night. There was lots to celebrate and we are pleased to announce that our club person of the year goes to Tim Jenkinson (photo right)! A loyal member of the club who has captained the Men's 3s for a decade and is a valued member of the committee! Well done Tim!

Summer league is now in full swing, and we have 2 Men's teams and 3 Ladies teams playing. If you are keen to get involved for summer league or thinking about joining us in September for the start of the new season, please don't hesitate to contact us; we welcome new players of all abilities.

<http://www.sghc.org.uk> Inst: Southgloshockey  
Facebook - South Gloucestershire Hockey Club



*Ladies 1s after securing their promotion!*

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- Decking
- Paving / Paths & Patios
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## BSTFC Update

by Adam Townsend



And just like that, another season is over. All in all it's been a good season for Bradley Stoke Town FC both on and off the pitch.

SUCCESS for the first team (sponsored by Bradley Stoke Matters!) who have been promoted from 3rd into the Bristol Premier Combination 1 for next season!

Manager Jon Welsh is buzzing for the new season and is excited to see the young players in the squad continue to develop. Who knows, he may even look for more playing time himself after his cameo appearance in the last game of the season – see picture above where he was also joined in the squad by Matt Burch.

The first team have also now completed the move to their new home at Patchway Community College and will be back to 2:30 kick off times for next season. Please do feel free to come along and support.

The reserves ended a difficult season with an eighth place finish in the Bristol & District division 2. Manager Matt Burch has decided to step down from his position for the coming season and the club is currently looking for his replacement.

As a club we would like to extend our thanks and appreciation for everything Matt has done over the years and we know he's now looking forward to a less stressful life watching from the side-line.

The A team, managed by George Haskins and Luke Baker managed to achieve back to back promotions, this time finishing runners up in the Bristol & District Division 4. A 3-1 win against promotion rivals Stoke Lane Athletic sealed their promotion to Division 3 with their last game of the season.

George and Luke have a really good group of young players who have a great team spirit and will no doubt be looking challenge once again next season.

Finally, the vets have finished their season mid table in the Gloucestershire FA Vets southern league. Next season they are expecting more games as the league are due to increase the number of fixtures.

Off the pitch the club has also made some big steps forward. Having Nick Potter back as the club secretary has given the committee a new lease of



life. Plans are already in place to reintroduce a B team for the upcoming season which will help bridge the gap between the youth and senior teams.

### A couple of important things to note:

- 27th June 2019 – Club AGM being held at the Jubilee centre. This is open to non-club members too and applications for committee roles are welcome
- 17th August 2019 – 6 a side summer tournament hosted by BSTFC held at the Jubilee Centre. More information will be available through our social media – everybody welcome
- If you are interested in applying for either the reserve team, or newly formed B team manager position, please contact the club via the website or twitter.
- We are yet to confirm the dates for pre-season training but again this will be available through our social media and website.

**And don't forget, Bradley Stoke Town FC always welcome new faces, be that as a player or a supporter on a Saturday afternoon. To get involved you can find us at on twitter @BSTFC, at [www.pitchero.com/clubs/bradleystoketownfc](http://www.pitchero.com/clubs/bradleystoketownfc) or at the Jubilee Centre, Savages Wood Road.**



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