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Dear Readers....

Our 'autumnal nudes' cover photo this month was sent in by local Bradley Stoke reader Arthur Allen of his garden statues - Thanks Arthur!

We have a very busy issue for you again this month with lots of updates from our local community groups and sporting clubs. On the centres pages we share with you the once in a lifetime experience of some local young people, who took part in the 2019 World Scout Jamboree in West Virginia. If you have a child starting school next year, we also have many of the local schools promoting their forthcoming open days.

You can also read about me 'Taking the Plunge' in Portishead Docks recently, to raise funds for our local MS Therapy Centre. A cause close to our hearts. We hope you enjoy reading about the experience of being rescued by a giant Newfoundland dog and the incredible amount raised by all the participants. Nick has also been out and about sharing some sporting training tips with the children of St John's on the Hill. Also inside we have the dates and information of local Remembrance Services taking place across the Stokes and ... Remember Remember the 5th November? We also bring you notice of the local fireworks nights (neither of which is taking place on 5th November!!)

Dare we mention Christmas? Do take a moment to see some of this season's events planned at our local hotels - Aztec Hotel & Spa and Double Tree Hilton.

Thank you once again to all of our local advertisers and supporters who have helped make this edition what it is, we absolutely couldn't do it without you. Please remember to mention Bradley Stoke & Little Stoke Gifford Matters whenever you can and keep liking and sharing our posts on facebook. It really does help!

Don't forget to keep an eye out for the many businesses offering Reader Discounts in this edition

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to make sure you don't miss out on a saving! Enjoy the read ...

Jaci x

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2019

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The mighty Thor leaping into rescue Bradley



Stoke Matters editor Jaci from the Portishead Marina



Taking the Plunge!

Over £13,000 raised for the MS Therapy Centre

I was thrilled to be invited along by The West of England MS Therapy Centre (now renamed as the Brightwell Centre) to join them in their fundraising initiative to 'Take the Plunge' on Saturday 14th September. Volunteers were to be joined at Portishead Quay Marina by the lovely people of Newfound Friends to be rescued from the harbour waters by a huge Newfoundland dog.



With a typical body weight of around 75-90 kilos, a double waterproof coat and a full set of webbed feet, these gentle giants are as much at home in the water as they are on dry land and their life saving skills have been commended by The Royal Life Saving Society. Each dog is individually owned but, recognising how much the dogs love to be in the water, owners join the Newfound Friends so that their pet can be fully trained and join in with regular, fun training sessions and hence charitable fundraisers like this one.

A variety of participants, including Centre users, Laura Moon from Wheatfield School, Adele Cobain from Bradley Stoke Radio, Jamie Lowe from Bristol TV

and me, Jaci Crocombe, from Bradley Stoke Matters, were individually whisked from the quayside by boat where we then jumped (or slid), into the water where the dogs showed off their famous lifesaving skills. You can see my gorgeous canine hero Thor leaping in to save me in the photos above, and towing me back to the safety of the quayside. As well as raising much needed funds for this amazing local resource, this was an immensely fun thing to do - I couldn't stop smiling! Thor was amazing and a total gentle giant - I couldn't thank the owner enough for sharing their beloved pet in this way.

This is the 9th year that the event has been organised, with the kind help of Newfound Friends and Portishead Quay Marina, to raise funds for The Brightwell, which receives no external funding. The centre provides treatments, therapies and support to not only those who have Multiple Sclerosis but also many other neurological conditions with the aim of helping their members to remain fit, active and maintain an independent lifestyle for as long as possible.

For more information on The Brightwell -
www.thebrightwell.org.uk 01454 201686

Event organiser Claire Wingate with her daughter River, with centre user Roger Forbes, who was later rescued for a second time, this time with his son!

Your Thoughts Matter

The Brightwell in Bradley Stoke will be hosting an MS Focus Group on

14th November from 11:30 am to 2:30 pm

Please come along and join the discussion on your local MS Service. All welcome. Refreshments will be provided including a buffet lunch.

Please book by the 7th November 2019.

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Three Brooks Nature Conservation Group

update by Sara Messenger

We've had a very busy last couple of months but we have at last seen our Savages Wood paths project completed.

The contractors that completed the work are called Greenfields and we think it all went well, although I'm not sure their lads would all agree!

It wasn't all plain sailing, a new ramp was added at the last minute, a lorry broke all our paving slabs and there was quite a bit of head scratching at how to install the new disabled access gate. (A big thank you to The Disabled Ramblers group for all their help). I think Jack felt he'd dug more holes than an entire family of moles, as both gate posts were moved several times and then the main gate was vandalised requiring them to return and replace the posts yet again. However I think we are all in agreement that it's been worth the effort as now not only can wheelchairs access the woods but also those with pushchairs and those not quite so steady on their feet, as well as our usual dog walkers, runners and cyclists both young and slightly older.

Our new slow worm refugia have also proved to be an asset. Last year a few hundred were translocated from a building site onto the reserve and we agreed to survey the population to see if it was successful. Refugia have been put in place around the reserve to monitor the slowworm population, we're very pleased to see that it appears to be thriving and in area's that we weren't previously aware we had slow worms. They are a protected species so if you find a refugia please don't disturb it as slow worms can, when they feel threatened, shed their tails. A slowworm is a legless lizard not a snake, the most obvious difference is that they, unlike snakes, have eyelids and flat black tongues. They will be fully grown after 6 – 8 years although the females can breed from 4 – 5 years and I'm told they can grow up to 50cm although I have yet to see one of ours half that size.

Despite back in February SGC imposing a blanket ban on either group working in or near water, we do seem to have won the battle of the balsam this year! Although quite an attractive plant, it is very invasive and is no good for



wildlife so a good part of the year is spent clearing it from the reserve. Although it can grow to 10ft it has a small root ball so is easily pulled up by even the youngest helper and I'm very fond of telling them that if you stamp on it, it sounds like dead men's bones! Each year we have less and less balsam and that's purely down to the hard work of our dog walkers pulling their '10 a day' and to our



volunteers both on workdays and on odd free evenings when they can be spotted prowling through the undergrowth. I genuinely think they get more excited at finding a balsam stalk than they do at finding a £5 note.

In July, 8 members of the group (above) gave up another day to attend a weekday training session on working on water and although David didn't get to share his birthday pressies we still had a good day. Although to borrow a phrase, 'on this quite contentious issue we've seen more U-turns than you'd see on a boxed set of Top Gear DVDs' we are hoping that finally after



many months we have reached an agreement and can get back to doing what we need to do to look after the reserve and to retain our licences.

Our bat walks have again proved popular and this year our 3 walks were run by Avon Bat Group member Laura Mulholland. We mostly detected common pipistrelle but also encountered a few daubenton's and noctule bats although we have yet to locate the new noctule roost. If you've missed our walks you can always borrow for free one of our bat detectors that we have at Bradley Stoke library, just don't forget to tell us if you find anything interesting.

We also had a hugely popular Foraging walk (photos right and top right) with Bristol's wildlife ambassador Steve England, we've had foraging walks before but Steve's 'cook out' at the end made this one stand out and we are very much looking forward to his next walk with us in October.

All our walks / events / workdays are free to the public. This is only made possible by our Service Level Agreement with Bradley Stoke Town Council and the conservation group gratefully acknowledges their support.



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Thursday 5th, 12th and 19th December - £62 per person

Friday 29th November, Friday 6th, 13th* and 20th December - £68 per person

Saturday 30th November, Saturday 7th, 14th and 21st December - £68 per person

Sunday 8th and 15th December - £58 per person

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

*Murder Mystery all-inclusive night.



Sunday Lunch With Santa

Spend the afternoon enjoying a sumptuous lunch with family. Then top it off with a visit from "You Know Who" and a children's disco in the lounge area to keep the little ones entertained while you sit back and relax. Join us in Brunel's Hat Restaurant – arrival from 12.30 and childrens disco until 4.30pm.

Sunday 1st, 8th and 15th December

£30 per adult, £15 per child (age 5-12), Under 5s free

Package includes Sunday Carvery, gift from Santa for all children (up to age 12) and children's disco until 4.30pm

FOR MORE INFORMATION: 01454 893448 | meetings@doubletreebristolnorth.com | www.doubletreebristolnorth.com



BOWLS CLUB NEWS

We start on a sad note reporting the sudden death of a well-known, keen member Ron Maggs, whose memory has been recognised at recent events by appropriate periods of silence.

On a much brighter note we are delighted that both teams of men won their respective leagues.

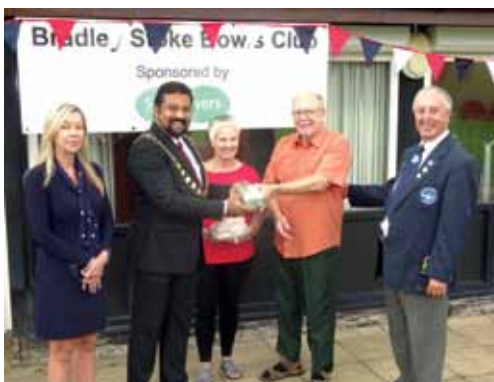
The Bristol and District team, captained by Steve Lee, can now look forward to playing in the Second Division and visiting Imperial, Avonvale, Canford and Frys Greens.

Our Bristol North East team, captained by Steve Woodruff, will be in the First Division, visiting Olveston, Bristol St Andrews and Bristol St George.

The ladies team also did well just missing out on a second place in their league.

Great Western Air Ambulance Charity Day

The Charity Day, on Wednesday 28th August



was a great success involving the usual fancy dress and fun games.

This event was graced by the presence of three important visitors, Cllr. Tom Aditya, Mayor of Bradley Stoke, Julie Rafferty from Specsavers and Joe Hughes (right) representing our charity.

Each visitor gave short talks during a buffet lunch expressing their interest in and thanks to the Club. The Club President Brian Newman thanked them for their support and also that of the various members who had given their time to organise the event. The final sum raised for the charity will not be known until the end of the season.



For more information about the Club see bsbc.webs.com

Photos: Top - Julie Rafferty of Specsavers greets the various club captains and president Brian Newman

Bottom left - The Mayor congratulates Linda Woodruff and Steve McMillan on winning at the Charity Day

Mid-right - Joe Hughes tells about Gt Western Air Ambulance

Happy 20th Anniversary Four Towns and Vale Link Community Transport

What a wonderful day was had by all who attended the Four Towns and Vale Link 20th Anniversary celebrations, on Friday 2nd August. Over 70 guests attended including members of the charity, local councillors, local community groups as well as Four Towns employees both past and present, who all came along to help celebrate 20 years of the charity having been in operation.

Four Towns started in 1999 in a small office in St Peter's Church, Filton. Volunteer car drivers used their own cars to help transport people to clubs, medical appointments and on shopping trips. They eventually got enough funding to be able to purchase their first ever minibus. Four Towns has flourished ever since, now being based in Frampton Cotterell with 28 vehicles in their current fleet and a work force of over 30 employees including many drivers, PA assistants, management, office staff, volunteers and trustees.

Dennis Rogers chair of Four Towns and guest of honour Shirley Holloway opened the celebrations with a speech on their own time spent working within the organisation over the years.

Shirley Holloway Spoke of the early days regarding Vale Link. To summarise Vale Link came into being in late 1997 when Vale Link was nothing more than an idea that came into the minds of four people. They were successful with their bid and funding became available. This was distributed between Four Transport charities, with Vale Link Community Transport scheme being one of them. This enabled them to hire staff, and they were fortunate then to be gifted a bus by another Community Transport company. Their fleet began to grow from one bus to three. Soon after there were talks to merge. They then eventually amalgamated with Four Towns who were based in Patchway to become Four Towns and Vale Link Community Transport. Shirley then went on to become Chair of the charity for 7 years from 2005-2012 and has been a great support to the charity ever since.



Chair Dennis Rogers then went on to explain about the more current history behind the charity and the many ups and downs they have faced over the years in the time he has spent working with them.

The event then continued with both Dennis and Shirley (pictured right) cutting the cake, that was especially made for the occasion. There was also a chance for guests to learn more on the history of Four Towns with a display featuring many key moments and interesting facts captured throughout the years, as well as learning more about the many great people who have contributed their work within the organisation over time and became part of the history that has helped create what Four Towns is today.



It was lovely to celebrate the achievements of the charity and share great memories and experiences from everyone involved. We would like to say a massive thank you not only to our guest of Honour Shirley Holloway and Chair Dennis Rogers, who presented such wonderful speeches but also to South Gloucestershire Council for all their continuous support.

We would also like to say huge thank you to all who attended to help celebrate 20 years of Four Towns and Vale Link Community Transport and very special thank you to Win Williams (the very first ever Co-ordinator of Four Towns) who attended the event.

Here's to 20 years of providing accessible transport for people within the local community and to many more.

Four Towns provide friendly, affordable and accessible transport for people in the community who have an access need. For further information regarding our services please call 01454 250 500 or you can visit the website: www.4tv1.or.uk



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Touch is a healing power

Patients recover better when they are treated with hands-on therapies. Louise Dodds, Physiotherapist at Bradley Stoke Physio & Health, explains...

Remember your Mum or Dad rubbing your knee after you fell over when you were little? Or how you intuitively held a painful injury? Didn't your injuries hurt less as a result?

These natural reactions to pain are hard-wired into us as humans. We react in this way because of how we were personally treated when in pain and also because we are human. People in pain instinctively show a desire for, and actively seek out, touch-based interventions.

In addition, the sense of touch is emotional, and to be human is to feel. Touch is crucial for our understanding of the world around us: nursing her baby, a Mum tells the baby she is loved; a reassuring touch on the arm can show us we are safe; shaking hands shows someone they are welcome.

Interestingly, the phenomenon of touch has been largely ignored by the medical research world. Touch is considered a non-evidence based treatment. However, much of modern medicine's understanding of pain stems from the generally held belief that sensory signals stimulated by touch and pressure get preferential treatment over pain signals in the brain.

At Bradley Stoke Physio & Health, we believe that the mix of human instinct, a person's



emotional response to pain, and the brain's positive response to touch, play a significant part in the speed at which someone can recover from pain and injury.

To show that our approach works, we collect data to see how our use of hands-on therapies - mobilising a joint, stretching muscles or tendons, and massage, for example - help our patients. Benchmarked against the national data, we see that our patients get better more quickly when we use therapeutic touch as part of the treatment plan.

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Autumn and keeping the light within...

As we move towards shorter hours of daylight, we look towards ways of highlighting our strengths, our skills and our resources.

We often rely on a sunny day to lift our mood, assuming that it's this external force that cheers us, when actually it's our reaction to the sunny day that makes the difference.

It is actually a choice, our own choice to spend time outside, perhaps meeting up with friends or enjoying reading a book in the garden that has created that moment of happiness.

The sunny day may have hinted possibilities to us, but we took them, we made a plan and we did something that nourished us, something that synthesised happiness.

It is easy to forget that we can create happiness for ourselves.

One of the simplest ways of doing this is to build resilience. Think of resilience as a muscle, we build it by creating space in our day to synthesise our own happiness.

I often think of the phrase 'guilty pleasure' with some confusion. When we use it, we are often referring to doing something that creates happiness but that we feel bad about placing value upon.

Do you have simple pleasures that you feel you should resist and you should do something more productive with your time instead?

Do these simple pleasures nourish you and create a feeling of wellbeing?



If the answer to the above is YES then make time in your life for them. Do them with a smile on your face; you have chosen to value yourself and to synthesise some happiness for yourself.

Autumn is a time for change, we adapt to less light, we adapt to the colder temperatures and we adapt our ways of finding joy.

What will you choose to enrich your autumn days?

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



Although we were delighted to welcome some newbies to our team, Kamil, Kelly, Suzanne, Stevie and Tom, as soon as they started we entered the holiday season and we all took some well earned time off. We haven't been completely slacking off though as in one week we managed to take part in a SGC 'working in water' training day, run a volunteers day, present prizes for a decoy duck competition, be interviewed by the BBC and be judged by the RHS!

In between showers we've also managed to replant our welcome planters, we appreciate they are not as showy as Thornbury's but we are a much smaller group. Neither do we have the luxury of having them watered by council staff, so we keep ours more low maintenance and sustainable. We did though have time to oil the welcome and herb garden planters themselves and before winter sets in we hope to add another coat if only we can find a dry spell long enough! The Aztec triangle also took a long while to weed and dead head all the flowers that had gone over but it looks so much better for it, and we managed to get in a few autumn flowering plants too.

At the Common East pond our decoy ducks (bottom left) were vandalised and, although they were replaced (the new ones were 'launched' by Cllr Paul Hughes when he delivered our Bees Needs award) we decided the new ones should have new names, so the Friends of Wheatfield School ran a small competition to choose new names for them.



Connor won with Daisy & Donald although Isabelle's suggestion of Suki & Rocket was a close second. We really hope Connor and Isabelle enjoyed their small duck 'thank you's' and that everyone appreciated their certificates.



When we were interviewed by the BBC, it was all about Debbie and her friends and their unwanted adventures of which they do seem to have rather a lot of, mostly on bank holiday Sundays. The interviewer was most impressed that we hadn't just given up and removed everything but, as we said to the RHS judges, we feel that this display (top) has given Bradley Stoke its heart. We've had more posts and had more questions about Debbie and her roundabout than all the other sites put together!

Debbie is looking a little tired by all her adventures and we are thinking that maybe, as with all cows, she should not be left outside in the cold rain all winter so don't be surprised if one day soon she leaves the roundabout although we promise she will reappear in the spring.

Myself and Ceri both dashed home from work to meet Guy Rawlinson who was our RHS 'In Your Neighbourhood' judge this year. It was expected that we would show Guy and his charming wife three of our sites in just over an hour, however we all seemed to find much to talk about and, more than two hours later, they departed in good humour and just in time to catch a film with friends. The RHS results are given at their main awards presentation event in

October, which this year is being held in Newquay, so until then we shall keep our fingers crossed!

We have been helping out with the wildflowers strips on Brook Way, mainly removing weeds such as rape seed oil plants so we were just a little surprised one day to see that the grass had been cut and left but the wildflowers had been cut and removed. We have always been told to cut and then to leave the arisings for a while so that all the seeds can drop, we contacted SGC to ask why the change in method and it seems they have a new contractor.

Although it seems so long ago now, we were delighted to be asked by the company Lionbridge if they could help out so we decided on continuing Green Gym's work on Primrose Bridge. Although it was a very hot day, their 14 staff buckled down and managed to remove much bramble which was replaced with more bee and butterfly friendly plants. Although being south facing the bank is an ideal spot, the ground was too tough to dig, so we used a battery operated drill with an auger attachment. It may not be orthodox but it certainly worked! After a break for lunch with several delicious homemade cakes supplied by Liz, we also put up several butterfly boxes which will provide a place for butterflies to over-winter and the local Girl Guides are busy making us some butterfly displays to mark out the area as a butterfly garden.

I had been approached by someone who was concerned at the state of a rapidly drying out fish pond, sadly it wasn't one we managed. We did try to find out who did manage it but with no one wishing to accept any responsibility and with several fish already dead we decided not to wait any longer and removed 85 goldfish from what was not much more than a puddle. They are now being cared for in a friend's garden pond, although we hope that they can at some point be returned.

We were delighted to be told that we had been nominated by a friend to join up with the company Carbon Footprint to take part in their UK Tree Planting Project where commercial partners sponsor trees to be planted around the UK to support biodiversity, enhance the UK's natural landscape and to offset the sponsor's carbon emissions. We have several areas where we wish to plant more trees, but we would be open to any suggestions if you know of an area in need of a little greenery.

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In the Community:

Inspired Through Sport, with Matters Magazines ex-pro' footballer Nick Tanner

Pupils of a Chepstow school were really put through their paces on Tuesday 17th September as they took part in a very special Inspired Through Sport day.

Morning assembly at St John's on-the-Hill School was taken by triathlete Chris Silver (photo right), who introduced them to the principles of having a growth mindset, before taking various year groups on warm-ups, sprints and fitness sessions.

At the same time, ex-Liverpool and Bristol Rovers footballer (and Bradley Stoke Matters' very own sales and marketing guru) Nick Tanner led other year groups in passing drills straight from the Anfield pitch.

Nick is pictured far right with Year 6 pupils Carrie and Alfie, who he chose as the two with the best attitude and skills, and presented them with signed copies of the book of his own story "From A Field to Anfield".

Nick commented: "It's been a great morning, I love being involved in the community like this - the children were brilliant and I hope to return soon to see how much their football has improved!"

In the afternoon, the pupils were then treated to an inspirational session with author Tom Palmer (photo right), who is responsible for the re-boot of Roy of the Rovers, as well as books on the upcoming Rugby World Cup in Japan. Such was the success of his visit, he completely sold out of signed books and more are on order!

Tom told us: "It was the perfect author visit. The children and staff were completely engaged - it was real Roy of the Rovers stuff!"

Finally, the pupils took part in a whole-school exercise burst, courtesy of you-tube and internet fitness guru Joe Wicks.

Mr Andy Downie, Head of English at the school, which is rated as 'excellent' by the ISI, said: "It was a brilliant day, which was about so much more than just doing sport. The children were inspired by our special guests, learnt about resilience, new skills, passion and determination and then went home and got their heads firmly stuck into a book."

Matters Magazines loves being 'in the community for the community' and was pleased to support this initiative at St John's School - it's the best part of the job!





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Bradley Stoke's Own Judo Super Coach!

What makes Bradley Stoke Judo club so successful is the commitment and dedication of its coaches, but particularly their 56-year-old head junior coach Pete Douglas.

You probably expect to hear that Pete was a natural superstar player, but he wasn't! At 17, like many other young men, Pete focused his attention on his career and had to put judo on the back burner. He only returned at the age of 36 when he introduced his young son to the sport.

For the second time, Pete became addicted and a judo junkie. He held a blue belt, but soon became competitive again and started to work his way up the judo grading process and gained his black belt at the age of 39. Incidentally, this was the point when he started coaching seriously, and by the age of 49, he had achieved his 5th Dan.

Pete's achievements are too many to list here, although he has been the British Masters champion 5 times, as well as 5 times European Metropoli Masters champion. He has also received numerous awards for his dedication to coaching and the champion players he has helped to produce for team GB.

Parent, Kevin Nairne, from Weston Super Mare brought his two children to BSJC approximately seven years ago simply because his daughter Lele, (who won a European championship silver medal last November in Hungary) couldn't find the level of training or competition she required to take her career to the next level. This what Kevin had to say about coach Pete:

"We were told by everyone that Bradley Stoke judo club would be brutal, but that was always by non-competitive players. Right from the first evening my daughter Lele, (then 14) and coach Pete started to form a strong mentoring bond, and she came away from the session both exhausted and buzzing. The commitment to join BSJC was an easy one to make and we have never regretted it, as it was obvious that Pete, as well as the other coaches, were 101% committed to the success and development of all their players. As a result, Lele started winning big and soon made a name for herself in the sport. At the same time, my then 9-year-old son Ethan started at the bottom end of the club. Pete and the other coaches have nurtured him through every stage of his judo development, and this year he has been selected with the honour of representing Team GB at the European Championships in Warsaw Poland as well as at the youth Olympics in Baku Azerbaijan. Pete has a great style of coaching, is always fun but also focused and hard and no-nonsense when he needs to be, although always understanding and supportive.

What differentiates BSJC from other clubs is that it is competitive rather than recreational, and every member competes regularly and could be compared to a pride of lions."



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Updates from Bailey's Court Primary School

We welcomed everyone back to another exciting new year at Bailey's Court Primary School following the summer break. The children came back full of smiles and stories about their summer holidays and it was really pleasing to see how they have settled back into their learning and we are delighted with how at home our new reception children look already. Last term was another very busy term with many events and successes to celebrate. Here is a sample of some of the things we were involved with during the summer terms of 2019.

Evacuation Day for Y3 at Avon Valley Railway



When Year 3 were on the bus to Avon Valley Railway Station, we were very excited. We knew we were going to learn a lot of history about World War 2. Our teachers told us to dress up as an evacuee child to give us the full experience of being an evacuee. After half an hour, we got there and we sat down in the seating area. Then the staff introduced themselves and told us all the safety rules. We were split into groups, and after we went on the steam train. We got many fun things to do for example, colouring, quizzes and word searches. After that, they told us a lot of information about WW2 such as, it started in 1939 and ended in 1945. Next, we did a handful of activities and a man told us his story of when he fought in the war. He had also brought some items from the war. Finally, we went back to school, and we all agreed we had an awesome day!

Cogginus the Roman Comes to School!



Year 3 were visited by a Roman soldier! Cogginus the Roman was invited to school to show us what life was like as a Roman soldier. The first thing he did was to teach us how to say hello in Latin "Salve!". He also taught us the different parts of the armour and what they were used for, we were

also able to learn when the Romans invaded Britain (AD43).

After we had learnt all about life as a Roman soldier, he wanted to find out if we would be good recruits for his army. He taught us how to march in step by shouting "Sin" (left) and "Dex" (right). We also learnt how to turn to the left and right and spin on the spot.

After break, we collected our shields and learnt how to march as a Roman century, it was very tricky to stay altogether, we even got to throw 'pilum' at Mr Potter! Cogginus also taught us how to make a huge testudo and the teachers surprised us by throwing tennis balls and dodgeballs to see how effective our testudo was!

While we were practising KS1 came outside to see our Roman formations, Cogginus said that we were going to scare them so we formed ourselves into a line and we pretended to charge them when we were given the command! We then formed a 'wedge' and marched towards them like Roman soldiers.

We then went back into the learning studio and were able to hold all of the different pieces of Roman equipment. It was a really amazing day and we all learnt a lot!

Year 5 Camp 2019

In the summer term our Year 5 children took part in our overnight camping experience on the school field. They spent the Friday of the camp making their own shelters; the main challenge was to make them as waterproof as possible in case it rained!

At the end of the day the children disappeared home for a short while only to return at 6 o'clock to pitch their back up tents and to spend the first part of the evening treasure hunting and taking part in a very competitive game of 'It's a Knockout'. This was followed by a delicious barbeque and a huge camp fire, around which the children took it in turns to sing songs, tell jokes and demonstrate some of the many talents that they had. At approximately 11pm, the children settled down in their shelters for the night, or more accurately, started their midnight feasts. Having eaten their fill, one by one the children started drifting off to sleep and by 4.00am the school



field was finally quiet as the last few children drifted off.

Saturday morning started quite early (at 4.07am more precisely) when the first few individuals woke up and within no time at all, everyone was up collapsing their tents and trying to find their belongings and repack them back into their bags. Soon after it was time for breakfast: bacon sandwiches and rounds of toast which were greatly appreciated by all! The children had a few moments to run around outside before parents began to gather at the gate and it was time for the children to depart for home.

The overnight camp was very successful and we would like to comment as a school, how proud we were of the children who were full of fun and displayed exemplary behaviour throughout the camp. We would like to say a huge thank you to all of the staff of the school who very kindly gave up their time to help look after the children over Friday night – thank you.

Year 5 Microbial Fuel Cell Project 2019

Five staff members from the University of the West of England came into school to help the Year 5 children build MFCs - Microbial Fuel Cells. The children worked in groups of 6 to construct the fuel cells and then they went into the school grounds to collect soil containing bacteria.



Over the next 4 weeks, the children fed and watered the fuel cells, enabling the bacteria to multiply. The cells then produce energy from the bacteria and each day the children measured the voltage generated. Through this project, the children learn the importance of finding new and sustainable ways of producing electricity and by the end of the project, their cells actually light a small light bulb! An exciting end to the project is a visit to UWE where the children got the opportunity to share their learning with academics from the university and visit their Robotics Department.

A poster for Filton Hill Primary School Open Events 2019. It features a large photo of a young girl in a red school uniform. The text on the poster includes the school name, the event title, a list of activities (school tour, results, staff meeting), the dates and times (Wednesday 20 November 6:00 pm, Thursday 28 November 9:15 am), and logos for Ofsted and the University of the West of England.

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Open Events 2019

- Enjoy a school tour
- Ask us more about our impressive results
- Talk to our staff, students and governors
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Wednesday 20 November
6:00 pm

Thursday 28 November
9:15 am

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Thur 10th Oct 1.30pm - 2.30pm
Tues 5th Nov 9.30am - 10.30am
Sat 23rd Nov 10am - 12noon
Wed 8th Jan 9.30am - 10.30am

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Open Events 2019

Monday 23rd September
at 2:00pm

Friday 27th September
at 9:30am

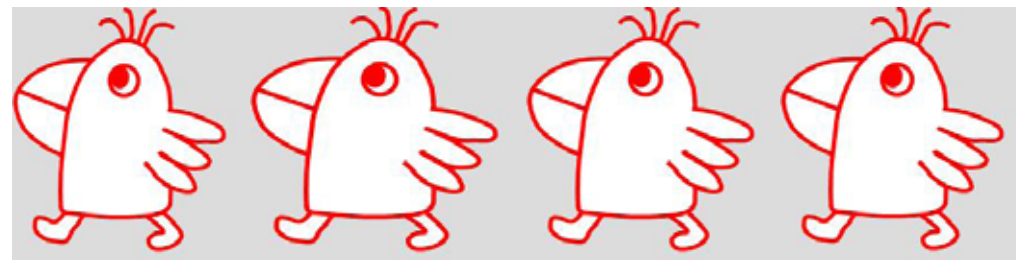
Thursday 17th October
at 9:30am

Wednesday 13th November
at 9:30am and 2:00pm

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You don't need to book to visit us, simply pop in at 9.15 am on any of these dates:

Thursday 3rd October

Thursday 10th October

Thursday 7th November

Bradley Stoke Judo Club Has Much to Celebrate in its 20th Anniversary Year

In its 20th anniversary year, Bradley Stoke Judo Club has had plenty to celebrate and this showed no signs of slowing down over the summer period.

Whilst most judo clubs across the country were on summer shutdown, it was still all go at the club. At the start of the summer Ethan Nairne, Leah Grosvenor, Ryan Rijksen-Salman and Tatum Keen were selected by Great Britain to fight at the European Cadet Championships in Poland at the end of June. This was a great achievement by the club as the BSJC contingent made up over a third of GB team. Whilst they all missed out on podium places their performances in the championships drew many admirers and they were a credit to their parents, club and country.

Following on from the great news of the selection for the European Championships, 3 of the 4 were selected by the GB Olympic organisation to fight for GB at the European Youth Olympics in Baku, Azerbaijan in July. The three selected were Ethan, Ryan and Tatum but we are sure Leah would have been selected as well if it hadn't been for a knee operation that she underwent earlier in the year which impacted the first half of the year. An extra honour was bestowed on Tatum (pictured above) as she was chosen to be the GB flag bearer at the opening ceremony. In the competition Tatum produced some great judo to claim a great 5th place narrowly missing out on a bronze medal. Tatum finished the highest placed GB judoka. It proved to be great experience for the three and will hopefully just be the start of things to come for them.

Just when we thought it couldn't get any better, Lele Nairne (Ethan's' sister, pictured right) was selected by GB to fight at the Senior World Judo Championships in Tokyo, Japan. Lele had only



made her senior debut on the grand prix circuit the month before and because she had made such a promising start to her career at the highest level, Lele was offered the chance to compete against the greats of the Judo world. She did herself proud and won her first fight with a spectacular throw which went viral worldwide on social media! The throw also made it into the tournament's official video of the top 20 Ippons coming in at number 11.

Unfortunately for Lele she dislocated her elbow in her next fight and had to withdraw.

On the domestic front BSJC continued to perform well at several competitions. At the Western Area Open the club achieved the following:

Gold: Ashlie Whitfield, Holly Morris, Josh Shipp and Madeleine Young

Silver: Charlie Whitfield

Bronze: Freddie Allen and Owen Davis

At the Northern Home Counties in Hatfield, Hertfordshire we took a smaller team but still achieved some fantastic results. On the Saturday in the under 18 category making their debuts were, at 14 years old, Madeleine Young and Ben Moore. Both fought very well against more experienced fighters and both just missed out on bronze medals

with them having to settle for great 5th places. Holly Morris put in an excellent performance to take a fantastic silver. In his new weight group Axel Hailstone dominated the competition to win gold. On the Sunday Freddie Allen won a great bronze in the under 12 category. A great result for Freddie who stepped up to a higher level of competition for the first time. In the senior age group Steph Walker narrowly missed taking gold due to a score not been given so had to settle for silver.



In the first week of September the club took 23 players ranging from age 8 to 22 to a 3 day training camp in Belgium (photo above). This was a tough camp with many top judoka from across Europe. It proved valuable for many of the younger ones in the team to see how the more experienced trained and what was needed to compete at higher levels. Also as part of the trip we took in a local competition and finished with the following excellent results:

Gold: Leah Grosvenor, Elle Young, Maddie Young, Josh Shipp, Ryan Rijksen-Salman, Ben Moore and Freddie Allen

Silver: Owen Davis, Annabelle Fowler and Nathan Atkinson

Bronze: Louis Fowler and Holly Morris

At the same time as Belgium training camp, Charlie and Ashlie Whitfield travelled to Portugal for a 5 day training camp.



As if all that had gone on over the summer hadn't been enough, the club was notified that it had made the final 3 for Top Performance Club of the Year, and Pete Douglas had made the final 3 for Top Performance Coach of the Year!

Editor's Note: Congratulations BS Judo, we look forward to hearing where you are placed at the British Judo Awards in November!



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Tuesday 8 th October	6.30pm to 7.30pm
Wednesday 16 th October	11.00am to 11.45am
Thursday 7 th November	11.00am to 11.45am
Monday 18 th November	11.00am to 11.45pm



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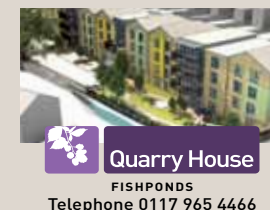
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Every 4 years scouts from all around the globe travel to meet up with each other and share their cultures and become friends. Since the start of scouting there have been 24 of these world scout Jamboree's held in 16 different countries. The last of which was in July 2019 at Summit Bechtel Reserve, West Virginia, USA. Hosted by USA, Canada and Mexico.

The UK Contingent sent 100 units to America, and Avon Scouts, which consists of North Somerset, BaNES, Bristol and South Gloucestershire, were lucky to have 2 units allocated. Each unit consisted of 4 adults and 36 Explorer Scouts (male and female).

In July 2017 the leaders attended a selection day where they were tested on various team building and scouting skills with some problem solving and leadership tasks. They were interviewed and later that same day informed of the decision to include them in the units. Similarly in October that year any scouts wishing to attend were similarly tested by each of the 9 districts in the County. The cost of this trip for each participant was £3,495 which everyone had to fundraise for themselves. Some of this money going into an international fund for less well off countries so that they could attend.

"Avonation" Unit 70 was formed (consisting of Avon which was traditional and a sense of magnitude as this would be the largest WSJ ever in its history). Unit colours were chosen (Royal Blue and Gold which are the WV state colours) and a Unit neckerchief which is worn around your neck (the unit members wanted pink and orange). Even a Unit Badge was designed to represent our identity. The UK Contingents "Tea Bear" was turned into a balloon flying over the Blue Ridge Mountains of Virginia (depicting the ballooning famous in our region of the UK).

Avonation met every month and undertook hikes, orienteering, camps, sleepovers, cooking, fundraising, bowling, first aid training and meals out. Gradually the

young people formed friendships and strong bonds with one another. Patrols were formed Llamas, Stags, Buffalos and Panthers. Each had a patrol leader and an assistant and 7 patrol members.

The hard work of all this preparation would hold us in good stead during the 21 days the unit would be away!

Final fair wells were done at Keynsham scout HQ on Friday 19th July and the unit headed off to Heathrow early the next morning, flying to New York for 22 hours of sightseeing. Avonation had pre booked an open top bus tour which was a great way to see all the main attractions and get a feel for just how big Manhattan is. Hopping on and off to walk across the Brooklyn bridge, visit the 911 memorial, see Time Square, The Empire State Building to name a few. A ferry ride to see the Statue of Liberty before a long coach journey to West Virginia and onto the Summit Bechtel Reserve site where 45,000 people attended.



Each of the 6 sub camps had different coloured tents all provided for by the organisers. That evening was the opening ceremony and every scout in their national uniform was in the arena. What a sight it was (aerial photo below right), opened by the Mexicans with



guest speaker Bear Grylls abseiling from the ceiling. The atmosphere was electric and then came the entertainment to finish off the evening and a drone show.

The next 8 days comprised of every activity you could possibly think of all manned by volunteers (international service team members) who had paid to attend and work on site to provide the best possible experience for the younger explorer scouts. There were food houses from countries all around the world, shops, information and technology tents, water sports, aerial activities, you name it, it was there and to help with queuing there was an app on every ones phone giving times etc.

Food was provided in large shopping markets and brought back to camp by the duty patrol that entertained visitors and cooked so that the others had more time to fit everything in. On culture day we taught foreign scouts how to morris dance to John Smith and cloaked them in our tatter jackets bashing sticks we had brought with us. Of course we had cups of Tea and cheese and biscuits.

During the middle of the jamboree was another gathering, this time for the Canadians to introduce themselves and again entertainment to finish off the night.

The last evening was the closing ceremony held by the USA and finished with a massive fireworks display and band. This was the end of the camp, but not the end of the experience for Unit 70. The next day it was decamp, get into a coach and travel back to Washington DC.

The unit spent 3 days in the Capital travelling on the Metro and seeing all the sights. The leaders went to Arlington Cemetery and paid their respects as well as seeing the White House and other monuments. The



final day in Washington saw all 4000 UK scouts attend the Baltimore Orioles stadium where the blue jays from Toronto were visiting the home team (middle photo above). In front of the Contingent was an outfielder called Anthony Santander. He became the focus of the massive UK following and everything he did the stands would erupt into applause so much so it was shown on ESPN and written about in the Washington Post. Anthony Santander said it was the best day of his life and he would never forget it!

The next day was the longest so far which saw the Avonation unit travel to Canada, Ottawa in particular and a small town west of Toronto called Woodstock. There they joined 9 other units and some Canadian scouts to camp for 3 more days (photo top right). An opening ceremony with native first people and lots of Maple Syrup. We took part in lots of games and activities and on the third day travelled into Niagara Falls to experience a boat trip and magnificent scenes. A unit meal in the Hard Rock Cafe was a treat. On our return we had a closing ceremony and then the drive back to NY for the flight back to Heathrow and home.

What a fabulous 3 weeks and so so many memories but the most important thing was the unit had become like a family all looking out for one another and when we finally said good bye at Keynsham Scout HQ there were tears and a sense of finality. The unit had come so far, done and seen so much. The bond of brother and sisterhood so strong, lifetime friendships forged and this was exactly what Lord Baden-Powell had wanted all the years before. Of course the unit members will be meeting up again soon!

The unit would like to say a big Thank You to all the companies and individuals that helped us on the run up to the WSJ, Kingston's by design, Downend Roundtable, Tesco's, Aviva, Ballyhoo, Winterbourne Down morris dancers, Patchway Judo Club, Peaks, all the scout groups that offered meeting places plus many individuals - you know who you are!

If you would like to go on a world scout jamboree then join your local scout group the next one in 2023 is in South Korea. Maybe some of Avonation Unit 70 will see you there!

Bradley Stoke Cricket Club: End of Season Report

The league season finished on the 31st August and Club Secretary Simon Page said he was extremely happy with the way the club was progressing, with a number of positives and high-lights throughout the season.

The first team captained for the first time by Ash Baber won the Tony Hitch Bristol and District 20 Over Knockout Cup beating YMCA in the final on a fantastic day in early August (see separate report overleaf on this achievement) and finished fourth in the senior division of the Bristol and District league. This is only the second season in the top division for the team so it was very pleasing to do so well with such a young team. Tom Laver, the opening bat, finished top run scorer in the division with 733 runs a great achievement. Hopefully the team can push on next season and challenge for promotion.

The second team captained by Shahbaz Hussain finished 7th in division 4 avoiding relegation by winning the last game of the season in a very tight division.

The thirds captained by Matt Winward finished 4th in division 10, winning 6 and losing 8 of their games. Hopefully next season they can challenge for promotion.

The fourths captained by Thom Goodwin finished 4th in division 15. It was a frustrating season as many of the opposing teams conceded games. The team did beat the top two teams so that was pleasing.

Other high-lights of the season were setting up a women's section for the first time, a successful tour of Scotland and the continuation of a fantastic youth section. The club is in a really strong position at the moment and this is down to the hard work of the committee and the dedication of the players. Long may it continue.

A busy youth season at BSCC is over, with 80 matches played across all age groups.

All Stars Cricket was run for a 2nd year for 5 to 8 year olds, during May, June and July. 58 budding young cricketers registered for the Friday evening sessions. Radio Bristol's Geoff Twentyman visited one session to see the organised chaos in operation, and to interview players, coaches and parents.

The Under 9s attended 6 Sunday Kwik Cricket events, and were finalists in one, and third in another. At the start of the season the lead coach



U15 squad

became the 4th holder in the club of the ECB level 2 coaching certificate.

The Under 11s squad was large enough to field 2 teams for the first time, a traditional 11 a side and a new 8 a side pairs cricket team, designed to introduce inexperienced players to hardball cricket. The 11 a side team finished 4th from 7 in their Bristol Youth Cricket League (BYCL) section and were BYCL cup quarter finalists. The strength and depth of their bowling was demonstrated by bowling sides out for just 17 and 26 along the way. The 8 a side team finished joint 3rd from 7 in their respective BYCL section.

The Under 13s had a strong season, finishing 2nd from 9 in their BYCL section with just 1 defeat, thus 1 win from qualifying for the semi finals. They reached the quarter finals of the BYCL cup and the South Gloucestershire area semi finals of the National Cup.

In addition, a combined Under 11s/13s 6 a side team won a charity tournament hosted by Winterbourne CC.



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Under 11s/13s 6 a side team at the Winterbourne charity tournament

The Under 15s, predominantly made up of Under 14 players, finished an encouraging 4th from 7 in their BYCL section, though lost their first game in both the BYCL and National cups.

The Under 17s relied heavily on the Under 15s to field a team, and did not manage to win a game, though coming close on occasion, but it is hoped the experiences will stand the Under 15s in good stead for the next couple of seasons as they become Under 17s in their own right.

Overall, including All Stars, 152 players were seen, 134 registering as members.

The club were delighted to be asked to host Gloucestershire Boys Under 10s vs London Schools Under 10s at the end of the season, the Gloucs team including two of their own players. In total, six club members represented either the county or district during the season.

The season closed with the now traditional youth player and parent/carer fun double wicket competition on August Bank Holiday Monday, and the season review and presentations in the clubhouse on the following Friday, which included a quiz and raffle.

There is not much time to rest however, as the Under 12s are again, from late September, playing in the Saturday afternoon DFCA indoor league at the Gloucestershire County Ground sports hall, in pre and post Christmas competitions. They will look to improve on their plate competition win in last season's post Christmas event. And the Under 15s have secured a place in a new equivalent competition at the Orchard School, Filton. A great way to maintain interest, skills and camaraderie, ahead of the 2020 summer campaign.

New members are always welcome, boys and girls; all contacts can be found at bradleystokecc.play-cricket.com



Bradley Stoke Ladies Cricket


Our Bradley Stoke Ladies Cricket teams first year has been an absolute great success. We welcomed lots of ladies who were new to cricket or played many years ago but training every week with a great coach we became a really strong team. We finished 3rd in the league table which we are all proud of.




We are looking forward to indoor training after Christmas and entering the indoor softball league and hope to do well.

We always welcome new ladies to come and join us whether that be new to cricket or played before but for more information see our Bradley Stoke cricket club website bradleystokecc.play-cricket.com or our 'Bradley Stoke Women's Cricket' Facebook page.



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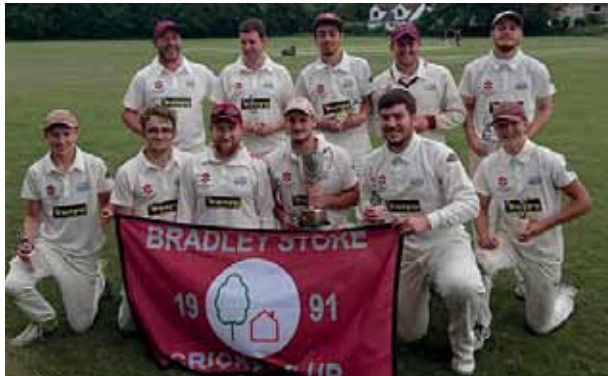
BSCC Win the Tony HitchCup!

In the short history of Bradley Stoke cricket club, a club that was only founded in 1991, Sunday 4th August will go down in the record books.

The first team who play in the senior division of the Bristol & District Cricket League appeared in the Tony Hitch Cup Final, a 20-over knockout competition for clubs in the top four divisions of the league. Club Secretary Simon Page said just to get to the final was a fantastic achievement, to go on and win it was unbelievable!

On the morning of the game the players met at Vee's Cafe, one of the club's sponsors, in Bradley Stoke for a pre-match breakfast. The team then travelled to Cleve Cricket Club in North Somerset for the final against Bristol YMCA. After an extensive warm up, Ash Baber first team captain won the toss and elected to bat first. Bradley Stoke scored 128-5 off their 20 overs, with good contributions from Tom Laver 30, Matt Peach 24 and Ash Baber 20.

In reply YMCA scored 99 all out in 18 overs. Wickets fell at regular intervals and every



dismissal was greeted with a loud cheer from the large contingent of Bradley Stoke supporters. The man of the match award was presented to young bowler Dan Laver for his 4 wickets for 21 runs. The fielding and catching from the young Bradley Stoke team was of the highest quality and certainly was one of the main factors in winning the cup.

After being presented with the cup, the players and supporters had a few beers at the ground before returning to their base at Baileys Court to continue the celebrations. These celebrations lasted long into the night.

Reflecting on the day, club Secretary Simon Page said he was extremely proud of the team, who had an average age of 24 and included 8 former members of the club's youth section. It was a great day never to be forgotten and has put the club firmly on the local cricketing map.

Hopefully with all the hard work put in by the committee, members and players, the club will continue to progress over the next few seasons.

Another new season, a lot of change at BSTFC

Update by Adam Townsend

BIG congratulations to the First team who have now been promoted to the Bristol Premier Combination league and also the A team who have achieved back to back promotions and will now play in the Bristol and District Division 3.

The first team also managed to win back to back GFA summer leagues, meaning they have now won three of the last four.

As well as all the success on the field the club has also managed to grow by adding a new B team for the new season.

Changes off the field has seen George Haskins move up to become the new Reserve team manager after two consecutive promotions with the A team. George will be replaced by Chris Evans who joined the club last year as a player but now wants to focus on the coaching side of football. The new B team managerial role has been filled by Ratib Ahmed who is new to the club but full of energy and ambition. Jon Welsh will continue to manage the First team.

The First team will take the step up to the Bristol Premier combination where they will be looking to show that they can compete at a higher level. Now playing all home games at Patchway Community College where they expect to take advantage of the new artificial playing surface.

The Reserve team, will compete again in the B&D division 2 after finishing mid table last time out. New manager George Haskins feels he has a team that can really thrive in the league as he welcomes some fresh new faces into his squad. The Reserve team will also play their home games on the new pitch at Patchway Community College.

The A team will begin their new season in the B&D division 3 with new manager Chris Evans looking to get the team playing attractive football. Having played at a higher standard previously Chris is hoping his experience can help the younger players develop and cause some headaches for the managers above him.

Ratib will look to establish the new B team into the football league by starting in B&D division 5. The plan for the B team is to help bridge the gap between youth and adult football by bringing through and helping to develop the younger



players. Ratib is full of energy and has great enthusiasm so the committee were very happy when he accepted the role.

Both the A and B team will continue to play their home games at the Jubilee Centre on Savages Wood Road.

We will also continue to run a fully licenced bar on Saturday afternoons at the Jubilee centre from 4pm onwards where you can warm up, watch the football league results come in and share the afternoons experiences.

Bradley Stoke Town FC would like to take this opportunity to thank everyone involved in the club and also our club sponsors:

First team kit sponsor – Bradley Stoke Matters Magazine

Reserve team kit sponsor – BSCL Limited

A team kit sponsor and club kit supplier – Harris Sports

B team kit sponsor – Raj Bari curry house

For all club information, fixtures and results please visit www.bstfc.co.uk

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NEW SEASON JUST AROUND THE CORNER

As this edition goes to print, **South Glos Hockey** are eagerly anticipating the start of the 2019/2020 hockey season which starts on Saturday 28th September. Across the club we want to build on the successes of last season where we had two of our teams promoted and a grand total of 327 goals scored across our five league teams!

About us

We are a local, Bristol hockey club based at Bradley Stoke Community School. We have three mens teams and two ladies teams, with the hope of starting a third ladies team in the near future, as well as a friendly mixed team. Training takes place on Tuesday evenings from 8pm to 9:30pm. Our ladies and mens teams play matches on a Saturday and our mixed team plays on a Sunday. The season stretches from September 2019 to March 2020 – so there is plenty of hockey to go around! We're a friendly sociable club off the pitch as well, throughout the season there are plenty of social events and get-togethers, including the much anticipated end of season awards dinner!

Fancy giving hockey a go?

We are always welcoming new members. Come along to one of our training sessions on a Tuesday evening and try us out. No previous hockey experience needed. We even have sticks you can borrow. The only thing you would need to bring with you is shin pads, a gumshield and enthusiasm.

England Hockey Championship

Once again, our mixed team will enter the England Hockey Championship tournament which begins at the end of October. This year, we are also entering a ladies and mens team into their own Championship competitions. Watch this space for updates and highlights on how we progress through the competitions.

NEW: Hockey Heroes

This season we have joined England Hockey's new youth initiative – Hockey Heroes. The Hockey Heroes programme is a fun and welcoming introduction to hockey, for children aged 5-8. It is aimed at beginners and will develop the physical skills to play the sport, such as dribbling and passing. It also places emphasis on character development superpowers such as teamwork, communication, perseverance and respect.

Key details

- The cost of the programme with us costs £32, which covers 10 sessions running from 29th September – 1st December. We will also be running Hockey Heroes again in the New Year with dates and information to be confirmed.
- Parents must sign up for this through the England Hockey website. You can find a link to the sign-up page on our website www.sghc.org.uk
- Where: Bradley Stoke Community School astro turf pitch (BS32 9BS).
- When: Sunday mornings, 10am – 11am.
- What you will need: England Hockey will provide sticks once you are signed up, so please bring them along with you. Children must also wear suitable sports clothing and trainers (no studs allowed).

NEW: Junior Hockey

We are also running our very own Junior Hockey sessions this year for children aged 8-11. Our coaches will aim to develop the children's physical and character development skills as they grow with the sport and ultimately have fun playing hockey!

Key details

- This costs £40, which covers 20 weeks of coaching sessions.

- These run in two 10-week blocks: 29th September – 1st December and then 26th January – 29th March.
- Parents must sign up through the www.membermojo.co.uk/southglosjuniors
- Where: Bradley Stoke Community School astro turf pitch (BS32 9BS).
- When: Sunday mornings, 10am – 11am.
- What you will need: Children must bring their own gum shields and shin pads. They must wear suitable sports clothing and trainers (no studs allowed). The club will provide sticks although if you have your own, please bring it along with you.

Check us out

Website: www.sghc.org.uk

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

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

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

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



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Prevention is better than cure

It is common that many promising business ventures are cut short due to internal conflict. Although changes in the economy and trade are a catalyst of these conflicts, more often than not they arise when parties have differing expectations from the business.

For anyone looking to set up a limited company, enter into a joint business venture, trade as a partnership or if you are already a shareholder or partner, one of the most important things that you should consider is a Shareholders or Partnership Agreement.

Early investment in a bespoke Agreement will ensure the agreed terms between the business owners are documented at a time when there is consensus on key decisions. Trying to agree terms when the owners are no longer of the same mind is far more problematic.

The main benefit of a written agreement is therefore to avoid the risk of substantial disruption later down the line and to avoid the potential of the owners putting the business at risk due to a misunderstanding or a change of contributions.

In the case of a limited company, unlike the articles of association, a Shareholders Agreement is a private document that only the shareholders are party to.

For most SMEs, the main areas that need to be covered in a Shareholders' Agreement are:

1. How the business shall be managed on a day to day basis and on what terms;
2. How material decisions of the business will be made, for example, whether unanimous consent is needed;
3. What happens when a shareholder dies or wishes to leave the business;
4. What happens if a shareholder falls foul of the Agreement and needs to leave the business;



5. How shares can be sold;
6. The need for offering shares to existing shareholders before making an offer to an outside party;
7. How disputes between shareholders will be resolved; and
8. The process of valuing shares.

For businesses trading as a partnership, a Partnership Agreement sets out the key terms of how the partnership will operate. The issues listed above operate in a similar way for partners trading under a partnership structure and for the parties to a Joint Venture Agreement.

Here the maxim 'prevention is better than cure' has never been more appropriate.

For further advice and information upon legal issues for businesses (including a free 30 minute consultation) get in touch with Grant and our Company Commercial Team.

Email grantmccall@amdsolicitors.com or telephone 0117 9733 989.

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THE ROYAL BRITISH
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The Stoke Gifford Branch of the Royal British Legion, (RBL), is having another good year with the Poppy Appeal, which runs from the 1st of October 2018 to 30th September 2019. To date we have raised over £50,000 for the Poppy Appeal,

The Branch would like to thank the public, branch members and volunteers, businesses and other organisations for their help and generosity throughout the Appeal. And of course thank Bradley Stoke & Little Stoke Gifford Matters who do so much to help us raise so much money and help us raise the profile of our welfare work so we can reach more people who need our help.

The Branch celebrates its volunteers, and holds an annual Thank You dinner for its volunteers.

HELP REQUIRED:

The Branch puts Poppies and collecting tins around the area in Shops, Businesses and UWE. And it puts tables with poppies and collecting tins in larger stores, but it needs more volunteers to man these stalls during the Poppy Fortnight from 26th October until Remembrance Sunday on 10th November. If you can help we would love to hear from you!

- To volunteer in Sainsbury's, Stoke Gifford or the Willowbrook Centre, Bradley Stoke please contact John Moloney: 07802 53 55 91
- for Cribbs Causeway or the Willowbrook Centre, Bradley Stoke please contact Billy Wilde: 07874 895993
- for ASDA, Abbey Wood, Filton - please contact Tony Peters: 07971242845
- and for volunteering in Morrisons at Cribbs Causeway please contact Craig Webb: 07450 969 957

The popular Poppy Appeal Launch for the 2019/20 fundraising year will be on Friday 25th October, 2019 in Bristol Parkway Station at 2pm with local uniformed groups, cadets etc.

You can follow the local branch on facebook - **StokeGiffordRBL**

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VOLUNTEERS - PARADE AND CEREMONY TIMINGS MAY VARY ON THE DAY



Remembrance: -

The **Stoke Gifford Remembrance** Sunday service will be held at the Memorial on the Green in North Road Stoke Gifford at 10.15 am on Sunday, the 10th November 2019, this is a short service, an Act of Remembrance takes place with the laying of wreaths and the 2 minutes silence. Following this out door service, the usual Remembrance Service takes place inside St Michael's Church.

The Baptist church in Rock Lane off North Road also has an 11 o'clock service.

The **Filton Remembrance** Sunday Service will be held at St Peter's Church, Filton. There will be a service in the church starting at 10am with a service at the War memorial in the church cemetery at 11am. There will also be a short service at the war memorial at 11am on Remembrance Day itself (Monday).

The **Patchway Remembrance** Parade will be on Sunday 17th November 2019. Muster point for the start of the march will be at Patchway Parade next to Coniston Medical Practice BS34 5TF this will leave at 10.30 sharp, and pressed down Coniston Road to Scott Park BS34 5JR, early attendance is recommended at the muster point.



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

Community Noticeboard

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Performances will be at 7.30pm every night and also a matinée on the Saturday at 2.30pm. For tickets (priced from £10.50) go to www.tmtg.org.uk or contact the Box Office on 07516 270140.

For more information about 'Barnum' go to our website www.tmtg.org.uk or follow us on Facebook, Instagram or Twitter.



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Wed 30th Oct 10.30-11.30am

Filton Library
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Bradley Stoke Jubilee Centre

•Gates open at 4.30pm

•Hot food will be served from 4.45pm

•Fireworks display starts at 6.00pm

NO ENTRY FEE, there will be various collection points in aid of the three Mayor's Charities: Great Western Air Ambulance Charity, National Autistic Society (South Gloucestershire Branch) and NHS Blood & Organ Donation Campaign (under the auspices of Bristol Multi-Faith Forum)



No Alcohol
No Sparklers



BRADLEY STOKE LIBRARY

Rhyme Time (Term Time Only)

Mondays 10:45-11:15:
7th, 14th, 21st October
4th, 11th, 18th, 25th November

International Rhyme Time (Term Time Only)

Tuesdays 11:30-12:00:
1st, 8th, 15th, 22nd October
5th, 12th, 19th, 26th November

Lego Club

Friday 25th October, Friday 29th November-advance booking essential due to limited places. Join us for theme-based creative building fun for primary school aged children. Free activity. All children must be accompanied by a grown-up.

Book online at: bit.ly/BSlego

See our Facebook page for details or www.southglos.gov.uk/childrenslibrary

Children's Half-term Craft Activity

Monday 28th October Autumnal Crafts

Drop-in event 14:30-15:30 (Suitable for children between the ages 4-11) *Adult supervision required

Volunteer Centre

Information Drop-in 12:00-14:00
Thursday 10th October
Thursday 14th November

DigiLocal Coding Club

Saturdays 9:45-12:15 for 8-14 year olds. Places must be booked via email: 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

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

COUCH TO 5K

NBRG are pleased to announce their next couch to 5K course starting Friday 18th October for 7 weeks. There will be a Wednesday night homework night which will run from the GP Surgery.

It's a great way to get into running or if you just want to lose weight / get fit. It is also good for your mental health to help out all the stress behind you and jog with a friendly group of runners. The price of the 7 week course is £10.

To join in please message Alan Wilcox on 07890 182 387 or email

AlanWilcox@tiscali.co.uk, or you can leave a message on their facebook page -

North Bristol Running Club

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

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



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

BABY AND TODDLER GROUPS

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

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

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

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

Bradley Stoke Book Club 'Bookaholics' meet at Soho Coffee in Bradley Stoke Leisure Centre on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 geoffrey.stobbart@btinternet.com

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

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

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

Bradley Stoke 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

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

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

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

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

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

Severnside 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.severnside-ramblers.org.uk

Stokes Art Group - All ability Painting Sessions held at Christ The King Church, Bradley Stoke on Tuesday evenings & Thursday mornings. E: stokesart2@gmail.com W:stokesart0.wix.com

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 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

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

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

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

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

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

SPORTS CLUBS

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

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

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.bradleysstokebbc.com. Val Nicholls 0117 9311203

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Stoke Gifford Short Mat Bowls Club -Tuesday mornings and Friday afternoons. For more information please contact 0117 9791807 or email sgsmbc@outlook.com.

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

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

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

CHURCHES / COFFEE MORNINGS

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

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

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

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

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

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

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

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

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





PRIMARY SCHOOLS

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

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

Bowsland Green Primary School, Head Teachers: Faye Kitchen/ Michelle Engley, Ellicks Close BStoke, 01454 866766, bowslandgreen.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

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

Your Autumn and Winter Garden – Tips from Iron Acton Garden Centre

October is a wonderful time of year. The leaves are turning an assortment of beautiful colours and the days are getting cool and crisp. Nature looks beautiful right now and your garden can be just as stunning.

Autumn flowering plants can be added to your borders, hanging baskets and containers to make your garden colourful. Pansies, violas and cyclamen are all great for striking floral displays. Late flowering perennials include Sedums, Asters and Japanese Anemones – perfect for filling out your garden with colour and interest.

Autumn is also the ideal time to plant hedges, trees and shrubs. Whether you need to move them within your garden or if you would like new plants, now is the time to get them. This allows the plants to establish themselves before spring and summer, so you will have fantastic displays. So if you have always wanted that fruit tree or ornamental shrub, you have the perfect excuse to invest in your garden!

Your pruning skills will be used a lot at this time of year. There are a number of plants which will need to be cut back, including climbing and rambling roses or perennials which have started to die back. Evergreen plants will also need some care, this will be their final trim of the year. Taking time to get them looking great now will make sure they look perfect all winter.

Don't forget to stock up on garden fleece. Once the frosts start, you can cover your younger or less hardy plants with fleece overnight to help protect them from the cold weather. Fleece will also protect plants from wind and hail, and is a must have in your garden over the cooler winter months.

Lastly, think about your garden next year. If you would like to help our pollinators next year you should be sowing your wildflower seeds now. Sow them directly in to the ground before it freezes ready for stunning displays the bees and butterflies will appreciate next year.

Looking ahead to winter, you may be thinking about wreaths for your door. A live wreath is a great way to make the most of the plants

already in your garden. You can make stunning Autumnal wreaths, which then can be changed in to Christmas wreaths.

Wreaths can contain all sorts of plants, from traditional evergreen foliage and holly berries to sedums and fresh herbs! The lovely thing about a homemade wreath is you can customise it to your style.

It is best for a wreath to be cool and not in direct sunlight, this will help the longevity of the cut plants. Mist the front and back of the wreath with water every 2-3 days to help the cut stems have water to drink. A live wreath should last 2-3 weeks inside, and longer if it is cool outdoors. You can even make it ahead of time and keep in the fridge or garage ready to display!

If you would like any help or advice with your garden come in store and have a chat with us. We are happy to help.

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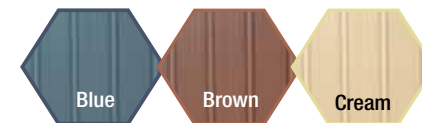
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