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January 2020

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Over the course of the weekend we will also  
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## Dear Readers....

A Very Happy New Year to all our Readers and Supporters and a huge thank you to everyone who has interacted with us throughout 2019.

**We absolutely couldn't do it without you.**

Amazingly, 2020 sees us entering our 15th year of supporting local businesses, community groups and providing local news and information across the five Stokes area directly into your homes. Where did those years go!!!

To start the New Year off Aztec Hotel have a great fundraising weekend planned - see opposite and be sure to enjoy the fun and support where you can! Congratulations to the BSCS Community Apprentice team who were announced winners at the final pitching challenge just prior to Christmas (you can read about this overleaf). BSCS were supporting the local MS Therapy Centre (the Brightwell) and they are launching two new initiatives in this edition. 'Time to Talk' starts in February (see p11) and Challenge 35 where they are looking for teams from local businesses and the community to take part (see p17). If your New Year's Resolution needs a goal - Paul's Place are looking for entrants to take on the Bath Half for them (p51). We also bring you the latest winners of the local Stoke Artists Jam Jar challenge (p12-13). With more from our local schools (including 2 ofsted updates) there is plenty to look at throughout this issue - we hope you enjoy the read!

**Wishing you all a Very Happy & Healthy  
2020!**  
**JaCi x**

*PS: 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!*

## Contact Us :

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**If you are a business looking to promote your services across the Stokes in 2020 do get in touch with us and we will be happy to help.**

**Deadline for the March edition is 12th February.**

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## BSCS Students win Envisions Community Apprentice 2019

In October 2019, the West of England MS Therapy Centre pitched alongside 3 other charities to Year 10 students from 5 local secondary schools at the launch of the Community Apprentice 2019 Programme, led by Envision.

The West of England MS Therapy Centre was very humbled to be chosen by all 5 schools and has been working with all the students. The schools involved were Bradley Stoke Community School, Patchway Community School, Abbeywood, Digitech and Brimsham Green. "It's been a real privilege

to work with all the students and help them raise awareness of the Centre, and support them in planning their fundraising activities" Claire Wingate, MS Therapy Centre told us.

Community Apprentice is, as the name suggests, a practical learning experience for young people. It is delivered by organisations and volunteers drawn from the local community - schools, businesses and local charities, brought together by Envision. They invest in young people. In return young people invest their time back into the community.

All activities in the 13-week programme are designed and facilitated to develop self efficacy, social confidence and an ability to work with others. This is achieved through a structured combination of challenge and support over three challenges. The Awareness-Raising Challenge starts to build confidence in a familiar environment, by requiring young people, who don't necessarily know each other at this point, to come together as a team to promote their chosen charity in their own school. They are supported to come up with a creative idea and work against the clock to make it happen.

For the Fundraising Challenge each team is partnered with a local business which gives them the opportunity to raise funds in their workplace. This challenge is designed to build participants' social confidence and communication skills. Teams have to prepare a formal presentation about their charity and initiate conversations with individuals during a fundraising activity. The young people take responsibility for coming up with the ideas for this activity, which they must organise themselves.

The programme culminates in the final Pitching Challenge which brings all teams together to share

their achievements. **This took place on Tuesday 10th December at Aerospace Bristol.** Each team gave a formal presentation about why their charity matters to them, what they have done to make a difference and how they have developed themselves. Judges then gave points for their presentation which is added to other criteria, such as the number of personal skills challenges completed by each team.

**The team from Bradley Stoke Community School (pictured opposite) was delighted to be announced the winners of the Envisions 2019 Community Apprentice competition.**

Paula Warren from BSCS commented "We are hugely proud of them for their commitment over the last 12 weeks and all their awareness-raising and fundraising for the MS Therapy Centre. A massive thank you to our incredible Business Mentors from Womble Bond Dickinson, whose support throughout has been fantastic."

Many thanks to all the local businesses for supporting this year's schools: Warburtons, Direct Line, Womblebond, Magnox and TLT.



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## 2nd Stoke Lodge Brownies: GWAAC Challenge!

It was lovely to be invited along to 2nd Stoke Lodge Brownies at the Jubilee Centre in Bradley Stoke to hear about all the different activities they had been up to in order to gain their Great Western Ambulance Challenge Badge and also raise some much needed funds for the GWAAC as well.

The brownies couldn't wait to tell me some of the things they had been busy doing all term and how this fitted in with their Challenge Badge:

**Section 1: Aviation** - "We made some helicopters and also a helicopter badge"; "We made aeroplanes out of lollipop sticks and flew them outside"

**Section 2: Medical** - "We learned how to put people in the recovery position"; "We learned about first aid, what DR-ABC means and also how to call 999"; "We learned about looking for dangers"

**Section 3: Charity** - "We sewed felt hats for Charlie" - One of the given ideas was to buy a Charlie bear and then make different hats for him to wear! Another idea was to contact your local community magazine and get them to include an article to raise awareness - (hmmm I guess I see where I fit in now!!)

**Section 4: The Five Counties** - learn about your area - "We learned about some famous people who have lived near us - J K Rowling, Banksy, Nick Park, Isambard Kingdom Brunel"

**Section 5: Our Crew** - Taking critical care of Charlie. Brownies took it in turns to take home mini "Charlie Bear" (inset left shows Molly with



Above and inset - Brownies made helicopter treats as part of their challenge badge

CB) and write up their adventures in a group diary (whist making sure he made use of his assortment of hats of course).

**Section 6: Fundraising** - Collectively the brownies managed to raise a fantastic amount for GWAAC!

As can be seen in the main photo, each brownie covered a picture of the rescue helicopter with 20p coins, with individual brownies going above and beyond with some of their efforts.

Megan held a cake sale at Bradley Stoke Community School, raising nearly £50 with help from mum who baked the cakes and dad who helped her with selling them - they did really well "even in the rain" Megan told me! Ellie (pictured right with Molly) raised £15 by making and selling loom band bracelets



on a stall outside her house, helped by her friend Ollie and younger sister Pippa.

**At the final tally, the brownies collectively raised a whopping £185!!**

As this is a cause close to our hearts, Bradley Stoke Matters was pleased to add to this amount by rounding up the total fundraising to £250!

A cheque was handed over to the GWAAC at the end of November, when representatives from GWAAC came along to speak to the brownies. (Brownies pictured right with Richard from GWAAC).

"We're so amazingly grateful to the 2nd Stoke Lodge Brownies who've done such a good job on our GWAAC Girlguiding Challenge Badge. They've been busy making edible helicopters, learning first aid, researching what it takes to become one of our critical care crew, and, crucially, they've fundraised an extraordinary amount of money for their local air ambulance! A massive thank you to this amazing group of life-savers" Joe Hughes, Community fundraising coordinator

**Well done everyone, I think you definitely earned your Challenge badge!**



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## St. Mary's OB RFC (Bradley Stoke)

St. Mary's OB RFC, or SMOB as known within the club, is a local Rugby Football Union affiliated club based on Trench Lane, close to the town of Bradley Stoke. Founded in 1900 for former pupils of St. Mary on the Quay, it has grown over recent generations into an inclusive and diverse club offering more than the core values of the game. In 2020 the club is now a multi-sports facility with 20 acres of landscaped grounds, 5 distinct sports pitches, changing facilities, a fantastic family friendly clubhouse, members gym and a soon to be launched all weather surface. This is all supported by lots of off road parking. The site hosts the traditional games of Men's & Women's, Boys & Girls Rugby. To keep those fitness levels up all year round this is complemented by non-contact Touch Rugby and (in conjunction with Bristol Bears Community Foundation ) Fully Inclusive Mixed Ability and Walking Rugby. In addition we also host Local Football Clubs (Bradley Stoke Youth & Stoke Lane Juniors) and Gaelic Football during their respective seasons.

Boys and girls rugby is available for children from the age of six through to eighteen with a combination of midweek training and friendly

Sunday morning training or games against local opposition. There are local festivals to attend and an annual tour (generally to the seaside) along with many family social events through the year. Being a spectator or volunteering is actively encouraged, and we support parents wishing to help in any capacity from coaching to the kitchen or kit-shop. All our coaches are RFU qualified and disclosure checked to provide that safe environment. Membership fees are very competitive and attractive. ***Come along and try rugby for free with our trial period offering. For further details email contact@smobrugby.co.uk or come along (opening times below).***

Our senior men's side competes in the local Gloucester Premier League, with a strong seconds and thirds in the Bristol social leagues. The very successful ladies side travels further and is pressing for the national leagues. They are also running a social playing side for the more relaxed of you. ***There is always something exciting happening on a Saturday or Sunday - come along and watch a game.***

For those requiring less physical contact Touch Rugby (Sponsored by O2) is available at St Mary's for the summer season, and at Bradley Stoke Community School over the winter. There are also tournaments to lift the competitor in you. Walking rugby runs from Feb/March until the autumn, with the all-inclusive indoor sessions running all year round. See the Bristol Bears Community Foundation website for more details.



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The clubhouse is a great location for that family party. Ideal for groups of up to 160 persons, and also feeling comfortable for smaller parties. The bar is fully stocked with popular brands and we have space for a disco and dancing. Room hire is very competitive with rebates when bar spends meet certain levels. Being close to the major roads and motorway network we also present a convenient location for funeral wakes and family gatherings.

**For enquiries or bookings please contact [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk) or ring on 01454-250489 (please leave a message if un-attended).**

**If you wish to pop up the club is open Tuesday, Wednesday and Thursday evenings, most Saturday afternoons and all day Sundays.**

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## Welcome to Scamps and Champs Bristol!

Hi, I'm Anne and I run the Bristol branch of Scamps and Champs dog walking and pet care services. I am delighted to be able to offer you high quality pet care to suit your needs.

I have always been around animals since childhood. Our pets have included dogs, cats, gerbils, hamsters, guinea pigs, a parrot and even two pet lambs. I have fond memories of all the good times spent with each of them and understand how important it is to be able to trust others to care for them. For the last few years I have been very lucky to have found someone who has home boarded my border terrier so that the rest of the family can go away on holiday. Knowing that Oscar is so well looked after when I am unable to be with him is essential. I absolutely love animals and know how important it is to provide the best care that they deserve, by the best possible individuals.

I have a background working in the NHS, but have taken the opportunity to be part of the Scamps and Champs family providing top quality pet care services to pets and their families in Bristol.

I have a fantastic team of pet carers able to provide all the undivided love, care and attention your pet deserves. Please get in touch to discuss how we could help with your pet care needs.

We are pleased to **offer readers a 10% discount as new clients** and **10% NHS discount applies to your first 3 service bookings**. So do get in touch soon!

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## A Time to Talk ...

Living with a neurological condition can create a range of challenges. There are so many questions to ask, and feelings to cope with, it can be difficult to know where to turn. That's how 'Time to Talk' aims to help. A monthly get together at The Brightwell, a centre for neurological wellbeing, will provide support and information and a place to share experiences and ideas. Each session will focus on a different topic, ranging from treatments and therapies, to diet and exercise.

Helen, diagnosed with MS three years ago, has found it really helpful to visit the Centre and talk about her condition. She said *"When I first started noticing my symptoms, I didn't know what was happening. It was so difficult to describe to anyone how I was feeling, so it was a real comfort to find a place where people understood what I was going through. More recently, I have been given the choice of a variety of treatments, and have no idea which option to choose. I'm hoping that 'Time to Talk' will give me the chance to talk to other people about the treatments they are taking, and how they arrived at their decision."*

The Brightwell Centre Manager, Doro Pasantes, is looking forward to launching 'Time to Talk' to provide a relaxed and informal opportunity for people to meet. She said *"This will be a fantastic space for people to share their life experiences, how they manage their symptoms and deal with the challenges that anyone living with a neurological condition faces day to day. This can be a great support to those people coming to terms with living with a long term neurological condition"*.



## 'Time to Talk'

Starts Tuesday 11th February 2020 at 2pm, and will continue every second Tuesday of the month at the same time.

It's open to anyone with a neurological condition and their carer's.

To find out more contact:

**The Brightwell, Bradbury House,  
Wheatfield Drive, Bradley Stoke, BS32 9DB.  
t: 01454 201 686  
e: [hello@thebrightwell.org.uk](mailto:hello@thebrightwell.org.uk)**

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## The STOKES ART GROUP end the year with a JAM JAR !

Once again this year the Stokes Art Group have been busy painting for their annual Awards Evening Event, which includes their much coveted Jam Jar Prize & Autumn Project Competition.

The Event, now in its eighth year, encompasses all the very best local amateur art has to offer - giving members an important opportunity to display their work, a chance of winning an award or two - and, not least, for all members to get together.

This year the Stokes Artists were joined by members of the Patchway Watercolourists group, who were invited to take part in the Autumn Project competition in memory of Roger Smith, a much liked and respected member of both groups who died earlier this year.

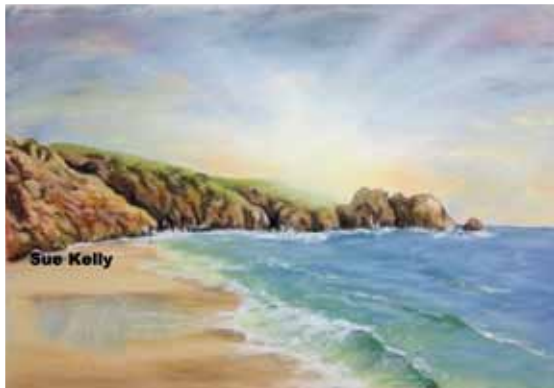
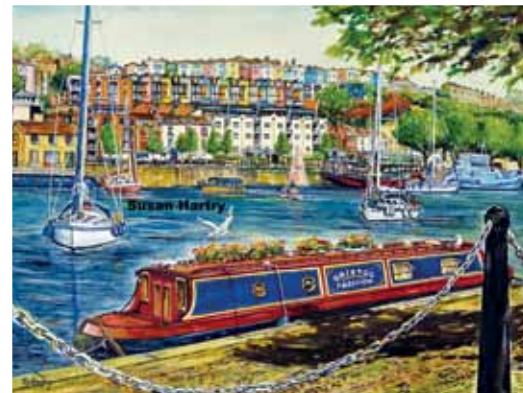
All enjoyed viewing the two displays of over 80 artworks; and Roger's daughter Tanya Chandler was pleased to act as Guest Head Judge selecting the winning artworks, with the following results:

### JAM JAR PRIZE

1st Place Winner: Pink Poppies by Susan Hartry

JJP 2nd Place: Sunrise by Sue Kelly

JJP 3rd Place: Bristol Fashion by Susan Hartry



## AUTUMN PROJECT 'After R Smith'

1st Place Winner: St John's Arch, Bristol by Steve Hatherell

Project 2nd Place: Stourhead by Sue Kelly

Project 3rd Place: Pansies by Ann Mitchell

### Other Awards presented were:

Jam Jar Category Winners Stokes Artist of the Year - Paula White;

Highly Commended Stokes Artist of the Year - Sue Kelly;

SAG Project Artwork of the Year - Final Furlong by Steve Hatherell;

and SAG Highly Commended Project Artwork of the Year Flowers for Mother by Ann Mitchell.

The **STOKES ART GROUP** is a small non-tutored informal group of artists, who simply meet to paint together on Thursday mornings from 9.00am to 12.30pm, at Christ the King Church, Mautravers Close, Bradley Stoke.

The next Series of 11 Painting Sessions start on Thursday 9th January 2020 @£32.50 (includes a £5 annual membership fee).

All abilities welcome.

Free Consultations for anyone wanting to enjoy art as a hobby - but don't know where to start.

To find out more or to view the entire Gallery of Jam Jar & Project Entries visit their website <https://stokesart0.wix.com/stokes-art-group>

To book a January Taster Session - send an email to [stokesart2@gmail.com](mailto:stokesart2@gmail.com)

### The PATCHWAY WATERCOLOURISTS

meet every Tuesday & Thursday from 2.00 to 4.30pm at Coniston Community Centre - The Parade, Coniston Road, Patchway.

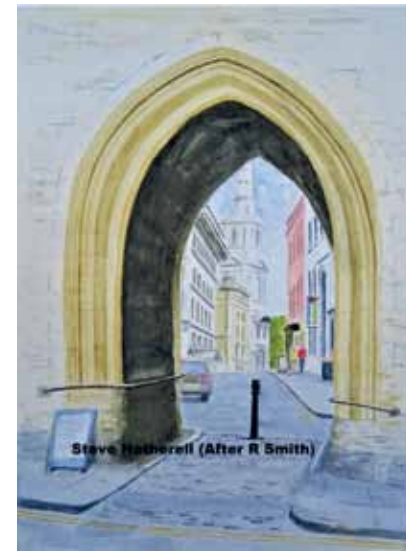
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*To all local Artists we wish you a Very Happy Painting New Year !!*





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

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

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

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

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

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

### Make a positive change in 2020!

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

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

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

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## Challenge 35 at The Brightwell

2020 sees The West of England MS Therapy Centre celebrate their 35th anniversary and to mark the occasion they are encouraging local businesses and the community to take up 'Challenge 35'.

The idea is a simple one; teams of up to 10 people will each be given £35 by the charity, yes, you read that right, they are going to give you money.

Your team can be made up of anyone, whether from the office, the sports ground or some mates from the pub. The MS Therapy Centre is more than happy for all kinds of groups to give 'Challenge 35' a go.

Over 35 days, from 1st April 2020, each team will compete to raise the most amount of money with the winner being awarded the Brightwell Cup at a big birthday bash in May.

The MS Therapy Centre first opened its doors in Nailsea but moved to their purpose built premises in Bradley Stoke in 2012 and over the past 35 years the charity has helped to improve the lives of over 3,500 people through the provision of more than 150,000 hours of therapy specifically tailored to benefit people living with long term neurological conditions, such as Multiple Sclerosis.

It's a sad truth that neurological conditions are becoming more common with each local health authority having, on average, 59,000 patients. Research carried out by NHS England shows that those patients have the lowest quality of life of any long term health condition.

It's for this very reason the Centre is asking you to compete in 'Challenge 35' for the harder you strive, the more their members will continue to thrive.

To find out more and to sign your team up visit

<https://www.thebrightwell.org.uk/challenge35>



# CHALLENGE 35

YOU STRIVE, WE THRIVE

The West of England MS Therapy Centre was founded in 1985 and over the last 35 years we have improved the lives of over 3,500 people living with chronic neurological conditions. We have provided in excess of 150,000 hours of therapy, including more than 40,000 sessions of oxygen therapy. By competing in 'CHALLENGE 35' you will be a big part of the reason our members will continue to thrive.

**Thank you**

**MS Therapy Centre**  
The Brightwell  
Bradley House  
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**The team that raises the highest amount will be awarded the Brightwell Cup at our Birthday party in May 2020**

# CHALLENGE 35

YOU STRIVE, WE THRIVE

**lowest** quality of life of any long term health condition

**35%** more likely to be premature

**59,000** patients living with a neurological condition

The MS Therapy Centre has been improving the quality of life for people living with neurological conditions, like multiple sclerosis, fibromyalgia or brain injury for 35 years.

We work with our members to:

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- manage their mental wellbeing

There are over 600 types of neurological condition, many of them are life changing. For our members we are the only long term support available. With your help we could offer that support to so many more.

**SIGN UP TO CHALLENGE 35**  
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**Over £800 raised for #StandUpToCancer**

Report by Phil Ashton

The 'Steve Guest' Bradley Stoke Veterans V Old/New 501's charity match held on Sunday 17th November raised over £800 for #StandUpToCancer.

The much anticipated event finally arrived and it was a good natured game with both sides giving their all. First half was very even and some tasty challenges going in! Kevin Pearce and Mark Esteban Pedro Caswell-Brown especially!

We took the lead when a 501's player who will stay nameless finished coolly into his own net! Never mind Alexander Rehm.

501's equalised when the ball hit Mark Brown and beat Mike Tait from close range.

First half 1-1

The second half saw lots of changes and the game was a bit scrappy, 501's took the lead following a break away but Bradley Stoke hit back quickly with Jake Drew equalising. Two further goals were scored by Aaron Bundy to leave the result at 4-2 to Bradley Stoke.

Then it was back to the Jubilee centre for some refreshments, food and a raffle. There was a really good turnout and I know Steve Guest really appreciated it.

**Many thanks to all who came and helped.**



**Enjoy an exciting afternoon of top Welsh sport at Chepstow Racecourse this February, with our Six Nations Raceday!**

We've got an exciting afternoon of jump racing to look forward to on Saturday 22nd February, featuring some of the best in the sport, followed by watching Wales vs France in the Six Nations on the big screen. Tickets are an incredible £10 in advance, with two-admission packages starting at £20.

You'll also be able to sample a range of extra beers on sale exclusively at this meeting as you watch Wales hopefully on their way to claim another Grand Slam!

The racecourse gates open at 11.55am and the first race starting at 1.55pm. The last race is 5.20pm.

The rugby kicks-off at 4.45pm and will be shown in all bar areas and marquees until the end of the match, as well as on the trackside big screen.

Our beautiful onsite restaurant, The View, is offering a three-course lunch package for £75 per person. To book, call 01291 622260. Parking is free of charge and we'll be operating our race day bus service from Chepstow and Newport Railway Stations.

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### Sikh Education

Last term, we had a wonderful visit in school from Mr Harikirat Singh who is a Sikh Education Officer. He spent the whole day in school with us and led a very enjoyable and interesting assembly for all our Key Stage 2 children (aged 7-11). They all came out of the hall with big smiles!

Following that, Mr Singh presented workshops to four classes for an hour each (Y5 and Y6) and, as you can see from the picture, the children really enjoyed that too. Mr Singh was terrific with the children and they learned a great deal about the Sikh religion. We will be seeing Mr Singh again in the future and he will be helping us to arrange a visit to one of Bristol's gurdwara (a Sikh place of worship).



### Bailey's Court Remembers the 'Christmas Truce'

We had another memorable Remembrance Day football match at Bailey's Court Primary this year which takes place each year between a team of Y5 children and team of Y6 children. Our very good friend, Brian, from the Stoke Gifford British Legion joined us to watch the match and present our Remembrance Trophy - to both teams this year as the result was a draw!

We play the game each year to mark the famous football game that took place between the British and German armies at Christmas time in 1914. The match became known as the 'Christmas Truce'. Playing the game helps us all to reflect on the courage of the armed forces, past and present.

### £938 Raised for the Wallace & Gromit Grand Appeal!

We were all very proud to present a cheque for £938 to the Grand Appeal for the Bristol Children's Hospital recently. Every class in school created an enterprise event which had raised money. 50% of the money raised by each class was spent on an exciting educational experience and the other 50% of the money we all agreed to collect for the Grand Appeal. All 14 classes worked very hard with, for example, their Easter Fairs or Sponsored Marathon Runs and, by the end of Term 1, we were finally able to make our donation. Steph from Wallace and Gromit Appeal came to our school to collect the cheque and thank the children.

We all feel very proud of the contribution we have made.



### Fuelling the Foodbank

At Bailey's Court we have been working with the North Bristol Foodbank again this year.

Our Harvest Assembly at school generated over 350 kg of food for the local foodbank. Just to give you an idea of what that represents, two reindeer (one male and one female) standing together on the scales would weight about 350 kg. You could also image 350 bags of sugar!

We also collected a fantastic amount of Christmas food for the Foodbank Christmas Hamper Appeal. Thank you to all our families who have once again been very generous.



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### ISI Inspection Report 2019

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## Children in need at St Mary's Reported by Greta and Oscar C:

Throughout the month of November, school council with Mrs Power and Mrs Hodges, led a number of fundraising events for Children in Need. **We collected a grand total of £1877; the whole school is very proud!**

These are some of the events:

### Dress up movies

On Friday 22nd November the whole school dressed up as movie characters. There were a number of costumes from Disney Princesses to Marvel Superheroes. It was great fun seeing each other as different characters.

### Coffee Morning

Coffee morning was a big success; we had many parents come and join us for coffee, cake and tea with their children. Not only did they enjoy their food, they also had a good time talking with one another.

### Old Toy Sale

Many families kindly donated 'as good as new toys' to a toy sale on Friday the 8th of November. Most of the toys were sold, however the toys that were left on the stall were given to another school for them to use in Christmas toy hampers.

### Fill in Pudsey Sheets

Over the half-term, School Council gave out Pudsey sheets to every child in the whole school. The children were asked to fill them in with coins that would then be donated to charity. We managed to collect lots of money with this activity.

### Friday Fun Day!

Reported by Greta, Isabella and Caoimhe:

On Friday 22nd November, St. Mary's dressed up as movie characters from our favourite movies. There was a range of different characters and some of them made us all laugh! Mrs Burden said the playground looked like a movie set. That day we also had a sponsored Walkathon, where all the classes took it in turns to have a jolly walk around the neighbourhood.



At the same time, when year 6 and reception had their turn, they posted the poems that the whole school had published to the various houses around the local community. Although it was a very wet day we still had lots of fun.

Reported by Adam and Hector:

On Friday 22nd November, after school, The Secret Life Of Pets 2™ came to St. Mary's. We all had great fun and enjoyed the movie, whilst eating delicious popcorn and drinking vibrantly flavoured juice. Everyone enjoyed it and can't wait until the next one. Hopefully we also raised lots of money for Children In Need. We would like to thank Mrs Hodges and Mrs Power for organising it and all the other staff and parents who stayed behind to help.

### Dogs Trust

By Lorenzo.R and Abhiram.S:

The whole school were lucky enough to have a visit from the Dogs Trust. Helen, a representative visited all Key stage 2 classes and led us in workshops about different scenarios e.g.: when the dog did not get enough time with their owner, if the dog is too hard for the owners to take care of or if the owner had a



disability and did not want to keep the dog. After each scenario we heard a happy ending about each of the dogs. We also carried out an investigation about which dog hurt a child and who was responsible for it. Helen taught us how to show care to dogs and how to understand their feelings. She also taught us how to not disturb them and let them have time on their own when they want it.

### KS1 Nativity

Reported by Alphons and Holly:

On 10th December Yr 5, were lucky enough to have a sneak preview of the KS1 nativity before the main performance later in the week. We were all invited to watch their show which was clearly well-rehearsed.

The singing was lovely, voices clear and their costumes really brought out the characters they were playing. The lights, music and especially the stage back drop all added to the Christmas spirit.



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## Update from the OSC Scouts

report by Andrew Phelps

### Christmas sees the end of another busy term for the OSR Scout troop in Stoke Gifford.

We worked on the Poppy Badge with talks and volunteering with the RBL and family research from World War 2.

We've received our Bronze Crest Award certificates for forensic science (fingerprinting) and have invited a Scenes of Crime Officer in for the new spring term to go through his work and how it ties in with crime fighting.

We've been caving under the mendips at Goatchurch cave system and were greeted back at the car park by a small herd of bullocks!

We've had an evening cooking a 3 course meal as preparations for the County Cooking Competition next year with some tasty food.

Plus we invited in the Black Dog from Bristol University to talk about anxiety, stress and depression and Sam, a church worker from St. Michael's Centre, to explore our beliefs, attitudes and values. Grace received her Gold Chief Scouts Award after 4 years of hard work.

We had a Christmas crafts evening where the scouts made table centre decorations for their families. Dried out logs with drilling and chiselling plus candle making and then decoration of holly and ivy, spray snow and tinsel. They looked fab.

We had our final evening at the Bristol Hippodrome pantomime which was very good. We had a shout out from Shane Ritchie and at the end of the show and one of our new scouts was presented with his Silver Chief Scouts Award by a cub leader who joined us. Congratulations to Charlie.

Early next term we have model making with the Warhammer store in the Mall plus lots of problem solving, fun and games.



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## Holy Trinity Primary School Ofsted Inspection

Holy Trinity (Church of England / Methodist) Primary School in Broad Lane, Bradley Stoke are celebrating after receiving a 'Good' grading from Ofsted in an inspection which took place on 24th and 25th October. They were the first primary school in South Gloucestershire to have a short section 8 inspection under Ofsted's new framework, which came into force at the beginning of September 2019.

Under the new Ofsted framework, the focus is much more on providing a broad and balanced education, with the introduction of the new 'Quality of Education' judgement. The other areas being judged under the new framework are 'Behaviour and Attitudes', 'Personal Development' and 'Leadership and Management.'

Headteacher, Janet Dickson who became the new Headteacher at the school in September 2017 said:

*"I am really pleased with the comments that the inspector made about the quality of the education that we offer to our children as it has always been our aim to ensure that our children receive a wide range of experiences in order to enable them to become happy and successful adults. Our broad, exciting curriculum and wide range of extra- curricular learning opportunities give children a fantastic opportunity. I also feel very privileged to work with such a talented, committed staff team and board of governors who always go the extra mile to make sure that we do the very best for all of the children at our school."*

The Ofsted lead inspector, Susan Aykin said in her report that the school is, "a friendly and welcoming school," where pupils "are kind and supportive of each other," and have "positive attitudes to learning and want to do well." She also said that a strength of the school is that "pupils are well prepared for life in modern Britain." She also said that "Parents appreciate the high standards and pastoral support at the school."

When examining the quality of teaching, she said that "Teachers plan exciting lessons that ignite pupils' curiosity" and that "the teaching of reading in all year groups is well planned" and that they "learn to read well because the teaching of phonics is effective." On the teaching of mathematics, she said that "Pupils use a wide range of resources to help them understand complex concepts in mathematics." She also said that "Pupils with special educational needs and/or disabilities (SEND) receive tailored support" The breadth of opportunities available for children was also noted as the report states that "Pupils have many opportunities to enrich their learning."

In a letter to parents, Chair of governors, Leah Head, said that the report was testament to the strong leadership in the school and thanked all the people who make our school such a positive environment for the children. She noted that the areas for development; further developing children's vocabulary and providing more consistent scaffolding of learning in maths, are areas which have already been identified by the school and actions have already been put in place through the school's development plan.



photo of Head Teacher Janet Dickson from Dec 2018

**"A friendly and welcoming school,"**

**"Teachers plan exciting lessons that ignite pupils' curiosity"**

**"Pupils with special educational needs and/or disabilities (SEND) receive tailored support"**



## New Football Players and Coaches Wanted

Bradley Stoke United, an FA chartered status football club are looking to recruit new Hanham Minor League teams for the 2020/2021 season. We plan to launch new teams at U8s through to U11s, current school years 3, 4, 5 and 6.

If you have a son or daughter who would like to get into football and play regularly, please do get in touch. We plan to hold weekly training sessions to start these new players off, with the aim of entering new teams into local leagues for the 2020/2021 season. Part of this training will include friendly matches prior to next season starting.

A key element of the player recruitment will also be attracting new coaches. For any grassroots football club we are reliant on volunteers stepping forward and getting involved in coaching of young players. This is a hugely rewarding role to undertake, not only providing local children an opportunity to play football but also helping to develop other skills, such as teamwork, health, fitness and social development.

All new helpers will be introduced gradually to the teams and coaching aspects of the club, with ongoing support from existing qualified coaches. Bradley Stoke United encourage all of its helpers to enrol on the FA Coaching Courses, which are fully funded.

If you have a child interested in trying out for the club or if you fancy getting into coaching please contact [playfooty@bsufc.co.uk](mailto:playfooty@bsufc.co.uk) to find out more.



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## Ambourne House Day Nursery & Preschool now offering the Montessori approach to child-care

Ambourne House Day Nursery is a long-standing nursery within our local community, having been caring and educating children in the 'Blue House' on the A38 since 1991.

Following the Early Year Curriculum to teach and plan activities for the children in our care, in April 2019 we also introduced the Montessori approach to teaching.

Montessori is a child-led form of education, focusing on the individual child; the materials are specifically designed to meet each child's developmental needs and interests. The Montessori curriculum is separated into areas of learning such as Practical Life, Maths, Culture, Language and Sensorial. We know that children develop at different rates, and within our practice we present the children to a piece of Montessori apparatus and demonstrate how to use the equipment on a one-to-one basis or within a small group. Once the children have been shown this, they are then free to explore the environment and have full access to the Montessori equipment throughout the whole day at their leisure or within a planned activity.

As with all improvements within our setting we are truly led by the children, reflecting constantly and changing the environment to meet their needs and interests. Reviewing the first 6 months of Montessori, we believe the impact measured has been immense. For example; one parent has noticed the improvement in their child's core stability that has led on to her development in writing skills and hand and eye coordination.

### Why not come in and see for yourself what we are offering?

Up until Christmas we will be holding 'Welcome Wednesdays' when families can come in and look around our setting without prior appointments.

**Are you looking to work in a nursery/pre-school environment?** We are currently recruiting for a Level 3 qualified person as well as a trainee. Ambourne House is a supportive learning environment and will help with training costs for the right individual. Please email [ambournehouse@3abcare.co.uk](mailto:ambournehouse@3abcare.co.uk) if you are interested in applying.



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## Local Nursery Runs Life-Saving First Aid Course for Parents

A Bradley Stoke nursery has provided a first-aid course for parents offering the chance to learn basic lifesaving skills while raising money for a mental health charity.

The Mama Bear's Day Nursery and Pre-School on Great Parks Road, Bradley Stoke ran the course in partnership with Akesis Medical Services - the company which provides training for the nursery's staff. Attendees covered CPR, the recovery position, seizures and epi pen training and all money raised from the entry fees was donated to Time to Listen and Care which provides wellbeing and mental health support in the community.

Nursery Manager Kayleigh Hoskings said the course was a great success and they would like to run more in the future. She said: "We were so pleased to be able to provide this lifesaving training to some of our parents. Everyone who attended gave some great feedback with some even asking if they can attend the course again in a year's time. Many were grateful to be offered the course and felt strongly that courses like this should be mandatory for parents as well as childcare providers."

### £4,000 for Children in Need:

Mama Bear's Day Nursery is a family-run business with settings across Bristol, Somerset and Devon. The day nurseries are aimed at providing children with their first vital level of education to give them a head-start when they start at primary school. In November the venues collectively raised an impressive £4,000 for Children in Need with their week-long charity efforts. The funds were raised with bake sales, colouring competitions, fancy dress days and raffles.



Tony Driffield, co-owner of Mama Bear's said:

"We are great supporters of Children in Need every year and each one of our nurseries took part in some activity to raise money for the charity. It's a great event for the children to get involved in and, of course, a fantastic cause to support. We're so pleased to have raised such a fantastic amount and we hope it makes a small difference to those in need."

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## South Glos Hockey Update

South Glos have reached the halfway point in the season and are riding high with their league table positions. The Men's 1s are currently 3rd and are pushing for promotion - they have had high scoring matches which they intend to continue into 2020. The Men's 2s and 3s are both 5th in the league. The Men's 2s, having been promoted last year, are sitting comfortably mid table. The 3s meanwhile have had one of the best starts to their season in living memory!

The Ladies 1s are currently sitting 2nd in the table, they also having secured promotion last season. It brings much happiness to say they are currently undefeated! Our Ladies 2s have also had the best start to the season in history, finishing the first half the season top of the table! Their highlight so far was scoring an epic 21 goals in one game!

This season we also started running England Hockey Heroes for children aged 5-8 on Sunday mornings. The children have loved attending and it has been great to see their hockey skills develop! Hockey Heroes will restart on Sunday 26th January so please contact the club if you are interested in finding out more.

If you are at a loose end on a Saturday morning, then pop down to Bradley Stoke Community School where you will find one of our friendly club members.



## Abbeywood Community School GOOD in all areas

**Olympus Academy Trust are pleased to announce that Abbeywood Community School has been graded as 'Good' in all areas after a recent Ofsted inspection.**

The report states:

*"The Trust, the headteacher and all leaders at the school are ambitious to provide a high-quality education to all pupils. The values of the school are clear and underpin the school's management decisions."*

*"Pupils are happy at the school; they say that it feels safe and that people are kind to each other. Pupils are very positive about their school; they value it and like it."*

*"Staff have given much thought to how pupils learn. This has resulted in a whole-school approach to teaching that enables pupils to learn more and make stronger progress."*

Commenting on the Ofsted Report, Olympus Academy Trust CEO Dave Baker stated, "Headteacher Dave Howe and his team have worked hard to ensure that children at the school receive the best education that they can give and we are delighted that their progress and results has been duly recognised by Ofsted."

Headteacher Dave Howe (pictured with pupils above) commented, "As always the Ofsted inspection was an extremely thorough process and we are delighted that our happy, hard-working school has rightly been re-confirmed as a GOOD school in all areas. The Ofsted inspection was a positive and collaborative process and the inspectors were able to see our many strengths first-hand. I would like to pay tribute to all the incredible Abbeywood staff who remain utterly committed to ensuring our students receive the very best education and support every day. I would also like to thank Olympus Academy Trust for their continued support. We are proud to serve our community and we are equally proud to be the secondary school of first choice for so many in our local community."

**You can access the full report via the school's website: <https://www.abbeywoodschool.com/About-us/Ofsted/>**

Abbeywood Community School became an academy in January 2013. It is a member of The Olympus Academy Trust. The sixth form is part of the Olympus Post-16 Partnership between Abbeywood Community School, Bradley Stoke Community School, Patchway Community School, Winterbourne Academy and Bristol Technology and Engineering Academy.






**Abbeywood  
Community School**

*"Pupils are happy at the school; they say that it feels safe and that people are kind to each other. Pupils are very positive about their school; they value it and like it."*

*Staff have given much thought to how pupils learn. This has resulted in a whole-school approach to teaching that enables pupils to learn more and make stronger progress."*

**Ofsted Report Nov 2019**



Good rating

@AbbeywoodSchool 

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## Traditional Panto 'The Sleeping Beauty' is coming to Thornbury

Award winning Thornbury Musical Theatre Group is proud to bring you one of the most traditional and popular pantomimes of all time. 'The Sleeping Beauty' will be performed at the Armstrong Hall in Thornbury from Wednesday 19 to Saturday 22 February.

Directed by Alice Walton with musical direction from John Mills and choreography by Ellie Nicholls, this will be a feelgood show for all the family. 'The Sleeping Beauty' is packed with traditional fun - audience participation, drama and romance as well as upbeat songs, high powered dance routines and plenty of laughter.

Let our fabulous talented cast whisk you away to Merriville where the friendly local folk have just had some special news! Nanny Nora is looking out her best frock, Fairy Fairway is on the hunt for some apprentices, and mean Aunt Ophelia is busy thinking of wicked ways to spoil everything! Will our Princess Crystal meet her Prince Romeo? Who is the unexpected hero, finally saving the day? For the answers, come and see for yourselves and join in the fun. You'll be glad you came – oh yes you will!

Performances are 7.30 pm nightly, with matinées at 2.30 pm on the Friday and Saturday. Adult tickets at £12.50, with concessions and group discounts available, are bookable online at [www.tmtg.org.uk](http://www.tmtg.org.uk); by phone on 07516 270140. Please note that all tickets are subject to a 50p booking fee, regardless of how they are booked.

**For more information about 'The Sleeping Beauty' and our group generally, take a look at [www.tmtg.org.uk](http://www.tmtg.org.uk). You can also follow us at [facebook.com/ThornburyMusicalTheatreGroup](https://www.facebook.com/ThornburyMusicalTheatreGroup).**

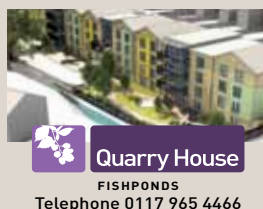


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## Even Keel Foundation

Unmasking mental health in men

**Let me introduce myself. My name is Sam and I live in Gloucestershire with my two teenage daughters.**

*Just over five months ago i was living what I considered to be quite an ordinary-ish, happy-ish life. I'd been through a few ups and downs, but nothing really that abnormal. No real 'it couldn't happen to me' moments and I remember feeling really excited - proper butterflies in the tummy excited - about my future having just got engaged to the most amazing man; I felt truly blessed that I'd been lucky enough to have met my true love, my solid-as-a-rock, my all-seasons, my very happy future. I'd take that and thank you very much too.*

*But then, suddenly, on Wednesday 6th June this year everything unexpectedly changed forever.*

*My world came crashing down like a thunderbolt. My heart shattered into a thousand tiny pieces. Happiness, ordinary-ness, gone. Wiped out; in a heartbeat. Literally. My sense of self altered forever. And never to be found.*

**That was the revolting, ugly, life changing day that my amazing fiancé Michael tragically ended his own life.**

*Michael showed no signs of depression, be it privately or publicly; the Michael that the world saw was the very same Michael that I lived with each day and went to bed with each night. The mask was firmly on - we have no idea for how long - but not a hint of darkness ever shadowed the beauty of his face, the wonder of his smile or the lightness of his laugh.*

*The devastating loss has been heartbreaking and the disbelief life changing. And here lies the very reason why we've established a foundation in his memory; to try to unmask mental health issues in other men and try to stop something so devastating happening to yet another family. I've been shocked to learn since Michael died that suicide is in fact the biggest killer of men under 45 and that three quarters of all suicides are male. It's these shocking statistic that we want to see changed: **We need men to feel that it's okay to be vulnerable; that it's really okay not to be okay; and that it's really, really good to talk.***



**We need men to feel that it's okay to be vulnerable; that it's really okay not to be okay; and that it's really, really good to talk.**

*It's early days for our Even Keel Foundation but we'd love you to be part of our journey and follow us on social media where we will keep you updated with all the latest news, personal stories and events and how you can get involved. The more people who join us on this unmasking mission the bigger the reach we will have in starting the conversation and hopefully making a difference. Our whole ethos being, if it helps just one..*

*Take care and keep talking - Sam*

The support for me personally and the Even Keel Foundation has been truly incredible since I survived the worst day of my life.

A huge thank you must go to **Laura Jane Hypnotherapy** for her unfaltering support and wisdom. She is of course wonderful at what at what she does but most importantly for me, she's also a wonderful friend.

**Samantha Hillier**  
Even Keel Foundation  
unmasking mental health in men  
[www.facebook.com/evenkeelfoundation](https://www.facebook.com/evenkeelfoundation)  
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## Group Relaxation with Laura Jane Hypnotherapy

- Are you feeling anxious or stressed?
- Do you find it hard to switch off the negative thoughts?
- Do you want to think better, sleep better and feel happier throughout the week...?

Join me in guided relaxation every Monday evening in Thornbury BS35.

Grab a mat cuddle down with a blanket (no interaction needed)... just relax!

Breathing exercises, muscle relaxation and positive guided visualization based on my professional experience as a hypnotherapist; a wonderful opportunity to calm the body and literally unwind the mind.

One to One relaxation sessions and private group sessions also available

Kind words from relaxees...

"These sessions are lovely, they are super relaxing & somehow you leave feeling more aware and confident" Jane

"I can't recommend these sessions highly enough, I always sleep so well on a Monday now!" Clare

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## Why choose Therapeutic Yoga?

by Louise Dodds, Bradley Stoke Physio & Health

Also known as 'Physio-led Yoga', this fusion of yoga and physiotherapy is therapy for mind and body, explains Bradley Stoke's Chartered Physiotherapist and Yoga Instructor, Louise Dodds.

All yoga is therapeutic, but when the class is led by a physiotherapist it can help you address specific conditions including low back pain, stiffness and pain in your joints, headaches, anxiety and more. You are being guided by someone with a medical background who understands how your body works.

The one-to-one session before you attend your first class also means the therapist can find out more about you. This ensures the yoga poses in class are modified to best suit you and your medical history.

Therapeutic Yoga is about learning how your particular body moves, challenging it safely and knowing that you are in control. Being looked after by a physio will reassure you that you are doing the best thing for your body.

There can be some great "side effects" too, which can be a surprise for those who start practising yoga for strength and flexibility: yoga has been shown to help with anxiety, sleep problems, reduction in blood pressure and improvement in digestion.

Classes generally start with some gentle stretching movements, then progress to specific warm up movements for the part of the body we are concentrating on. We move on to modified positions of a full yoga pose. The poses become more challenging as we progress, but you only do as much as you feel able.

The yoga pose shown in the photo below releases tension in the lower back. From a physiotherapy view point the hamstrings need to lengthen to allow this release to happen.

*Padanguthasana* can be performed lying down and the use of a belt or strap helps with any lack of flexibility. Lying also takes away the need to balance, as you might in standing, and allows the mid back muscles to release helping stretch through the spine.



Yoga should be available to everyone. Finding the class that is right for you can take some time. Here at Bradley Stoke Physio & Health we aim to help anyone who wishes to progress in yoga. We run Chair-based Yoga courses, Therapeutic Yoga courses and 1:1 Yoga sessions.

To find out more contact **Bradley Stoke Physio & Health** on 01454 618525 or email [info@bradleystokephysio.co.uk](mailto:info@bradleystokephysio.co.uk).

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## And just like that we're half way through the season!

Update from Bradley Stoke Town FC by Adam Townsend

Bradley Stoke Town FC First team have started strongly in the Premier Combination division 1 and go into the Christmas period in second place. The good start also included a cup win against Highridge United who play in the Premier Division as well as a stunning comeback from 3-0 down against local rivals Winterbourne United.

The first team continue to play at Patchway Community College on the artificial grass which has meant they've played a couple more games than the teams around them. So far they have registered three wins, three draws and two losses in their first eight games of the season.

The games continue to come thick and fast in the New Year with four of the next five matches being played away before the final three being played at home.

The Reserves have had a poor start to the season but are encouraged by a good cup run. Currently they sit in eight place in Bristol & District division two after just two wins and one draw from their first nine games. The cup run has seen plenty of goals including a 4-1, a 7-1 and a 6-3 win seeing them through to the quarter-finals.

Manager George Haskins has had to deal with a number of changes to his squad and is hoping that the second half of the season will grant him a more settled side.

The A team have also had a difficult start to life in Bristol & District Division Three and find themselves second from bottom. They do however have a number of games in hand to pull back some league positions. Majority of the remaining games are to be played at the Jubilee Centre. Like the Reserves, the A team also look forward to a cup quarter final in the New Year.

Manager Chris Evans is hoping his team can have a strong end to the season after a season where a number of games have fallen victim to the weather.

The newly formed B Team are enjoying life in Bristol & District Division Five, currently sitting mid table in a congested division which has only six points between third and tenth place. The B team have a number of games remaining to be played at the Jubilee Centre where hopefully the home advantage can help push them up the table and seek a first season promotion.

**BSTFC 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 sponsors – The Inkwell Tattoo Studio & BSCL Limited

A team kit sponsor and club kit supplier – Harris Sports

B team kit sponsor – Raj Bari curry house

**We hope you have had a great Christmas break and hopefully see you in the New Year. For all club information, fixtures and results please visit [www.bstfc.co.uk](http://www.bstfc.co.uk)**



## Young Carers Awareness Day

**Did you know that many school children take on huge caring responsibilities? Young carers are just kids, yet they care for someone at home who could not do without their help. The average age of a young carer is just 13 years old.**

The Government classifies young carers as 'children in need' and rightly so. They are isolated and lonely and often suffer from depression and anxiety, as well as lack of confidence and low self-esteem.

**National Young Carers Awareness Day is on 30th January** and local charity, Carers Support Centre, is asking local schools to join their Young Carers in Schools programme.

Young carers struggle to keep up with their schoolwork, are often bullied at school, and have significantly lower educational attainment than other children. A local authority survey found that young carers were 70% more likely than other pupils to report feeling 'generally unhappy' at school. Carers Support Centre also found that 75% of young carers have been absent from school due to the physical and mental impact of their caring responsibilities.

Carers Support Centre helps schools with inset days and training for staff, governors and pupils. Schools can then set up support groups, homework clubs and drop in sessions for young carers. This gives pupils confidence that staff understand their home situation and means they get the support they need.

Young Carers in Schools is a national programme promoted by Children's Society and Carers Trust, and hundreds of schools across England are part of it. **17 of the 120 primary and secondary schools in South Gloucestershire are signed up to the programme so far.** And every one of them said they would recommend the programme to other schools.

Kama McKenzie, Young Carers Manager, at Carers Support Centre, said: "On average young carers will miss a day of school each month as a result of their caring role, so the steps schools take to identify and support them can have a huge impact on their

learning, wellbeing and life chances."

**You can help young carers by finding out if your local school is part of the Young Carers in Schools programme. If they are not, ask your school to get in touch with Carers Support Centre. <https://www.carerssupportcentre.org.uk>**

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## Cohabitee claims under the Inheritance Act 1975

The number of unmarried co-habiting couples in England and Wales has increased significantly over the past decade (the office for National Statistics figures show a 25.8% rise) and they are now believed to be the fastest growing family type.

When someone dies without a Will, the rules of intestacy apply and only spouses, blood relatives (or in absence of both of these, the Crown) will inherit their estate. This means that in English Law unmarried partners do not automatically have the right to receive anything from an estate and in some circumstances, an unmarried partner could find themselves being asked to leave their home shortly after losing their loved one so that the property can be sold or transferred to the beneficiaries.

If you find yourself in a situation where someone you have been living with dies without a Will you may be able to receive some provision from their estate by negotiating a settlement with the estate beneficiaries. The first step is to consider whether, based on your circumstances, you are a potential claimant under the Inheritance Act 1975.

### Who is a cohabitee under the 1975 Act?

A cohabitee is someone who during the whole period immediately before the date of death was living in the same household as the deceased in a relationship akin to being husband and wife.

### What type of settlement could I receive as a cohabitee?

Under the terms of the act, cohabitees are entitled to receive such financial provision as would be reasonable in all the circumstances for their maintenance. The courts have a wide discretion to make a range of orders including awarding a capital sum to the applicant or creating a life-interest in the estate property in their favour. In a recent case it was held that the term maintenance included keeping a roof over someone's head. Mr Warner was aged 91 and financially very well-off but suffered from ill-health. He had lived with his partner, Miss Blackwell, for nearly 20 years in a property she solely owned. Miss Blackwell was younger than Mr Warner and so they both believed that she would outlive him and there was no provision for him in her Will. Instead, Miss Blackwell's daughter was the sole



residuary beneficiary of her estate and she tried to evict Mr Warner from the estate property as she wished to use it herself. The court held that Mr Warner was entitled to purchase the property from the estate because it was important for his maintenance to continue residing in his home where he felt happy despite the fact he did not have a financial need.

### How long do I have to make an Inheritance Act claim?

An application to court must be made within six months of the Grant of Representation being issued. Due to the short-time frame in which potential claimants can issue proceedings, if negotiations with the estate beneficiaries fail, we would strongly recommend that anyone affected by these issues seeks legal advice at the earliest opportunity.

### Our ever popular talks will be returning in spring 2020 watch this space for more details.

If you would like any advice or assistance in connection with the above, please get in touch by emailing [info@amdsolicitors.com](mailto:info@amdsolicitors.com), calling our Contentious Probate Team on 0117 962 1205 or fill out our Contact Us form by visiting <https://amdsolicitors.com/contact/>

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## Who We Are

Established in Bristol in 1973, Henriques Griffiths are a community-focused law firm with over 45 years' experience helping our clients plan for the future. With offices in central Bristol and Winterbourne we aim to deliver excellent legal services within the local community.

## Estate Administration

When a friend or family member dies, it can be a very distressing time. We have years of experience in applying for Probate and administering estates. Let us guide you through this difficult time. We can handle every aspect of the estate administration process on your behalf, including completing the Inheritance Tax return, obtaining the Grant of Probate and ultimately distributing the estate to the Beneficiaries:

- **No obligation** initial consultation
- **A direct line** with a specialist member of our team
- **Regular updates** on the progress of your case

## Wills and Inheritance Tax

Without a valid Will, you risk your property being distributed according to the Rules of Intestacy, which may be completely at odds with your wishes. We offer practical legal advice, ensuring your final wishes are accurately recorded, your assets safeguarded, and your interests protected.

We can also assist you with Inheritance Tax planning, ensuring you understand and take advantage of the available Inheritance Tax allowances to preserve as much of your wealth as possible so it can be passed down to the next generation.

Pricing: standard Wills start from **£180 +VAT** or **£300 +VAT** for a mirror Will (for a couple).

## Lasting Powers of Attorney

It can be difficult to imagine not having full mental capacity to make decisions for yourself, but many people do lose the ability to run their day to day lives and have to rely on others to manage their affairs. A Lasting Power of Attorney allows you to choose a trusted person to help you manage your finances and/or health and welfare if you become unable to do so in the future. We are highly experienced in supporting individuals and their loved ones with the issues surrounding mental capacity and can assist with drawing up a Lasting Power of Attorney and registering the same with the Court.

Pricing:

- 1 LPA: **£450 +VAT**
- 2 LPAs: **£650 + VAT**
- 4 LPAs: **£950 +VAT**

## Disputed Wills

Nowadays disputes about a deceased person's final wishes are common amongst grieving loved ones. We'll provide sensitive and practical advice and help you resolve the matter as quickly and amicably as possible.

**Get in touch to arrange your no obligation initial consultation**



Old cow byres



New cow byre workshops



## Winterbourne's Medieval Barn – News & Events

### Redevelopment Project

The Trust is now two-thirds of the way through its major refurbishment project in conjunction with the Heritage Lottery Fund. Despite delays caused by the weather and nesting birds, the project is still running on time and Winterbourne Medieval Barn Trust (WMBT) is beginning to think about re-opening the Barn for events in the late spring of 2020.

In the Medieval Barn the walls have been lime-washed to lighten and brighten the space (pictured right), and under-floor heating has been installed to take the chill off your feet if you are sat still. This will allow the barn to be used in comfort for more months in the year. Full-blown modern heating systems cannot be installed as they would damage the historic wooden roof timbers.

The West Barn has been transformed from a dilapidated old ruin, into a useful and flexible space. An upstairs floor has now gone in, and partition walls are dividing the barn into seminar rooms, a kitchen, and new toilets. Work has also begun on an interpretation gallery which will link the Medieval Barn to the West Barn, proving direct access between the two without going outdoors.

Across the yard, the cow byres have been transformed into wonderful new workshops, see the before and after pictures above. These modern, artisan units will soon be available for viewing by potential workshop tenants.

### Help from the Co-op for Learning at Winterbourne Medieval Barn

The Trust is still trying to raise money to equip the new learning facilities, and is delighted to announce

that WMBT has been chosen for support from the Co-op's Local Community Fund for the coming year. This means that every time Co-op members shop, 1% of their spend on Co-op products goes towards local community projects, and members can select which project they wish to support.

The Trust would love Co-op Members in the West to choose WMBT by following the link – <https://membership.coop.co.uk/causes/38273>. If you are not already a Co-op member, just visit their website to sign up – [www.coop.co.uk/membership](http://www.coop.co.uk/membership)

Co-op Members can also join the Co-op Communities Facebook Group. WMBT is linked with the community for the Winterbourne Co-op store and the Co-op Funeralcare in Yate.

### Events and activities

**Apple Grafting Workshop**  
**Saturday 22 February 2020,**  
**10am–4pm**

Learn why and how we graft fruit trees, under the expert tuition of Ben Raskin of the Soil Association. Make three newly-grafted apple trees to take home with you. Cost £45 includes full tuition, three rootstocks and wood to graft, plus tea, coffee and biscuits during the day.



A previous attendee of this course has kindly supplied this photo, demonstrating what can be achieved by

the skills learnt at this workshop.

The workshop takes place in the Cartshed at Winterbourne Barn which has some heating, but nevertheless you are advised to dress according to the weather. Bring a packed lunch and a sharp knife to cut wood (eg. Stanley knife).

The workshop is limited to 8 people. If there is sufficient demand it may be repeated the following weekend. Booking should be made as soon as possible online, so that enough rootstocks can be ordered.

Bookings can be made online at [Ticketsource.co.uk](http://Ticketsource.co.uk) – just search for 'Winterbourne'. There may be some tickets available on the door for talks, although this cannot be guaranteed.

### NEW YEAR, NEW OFFERS NEW GARDEN!

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**Monthly Talks and other Workshops will begin again in March.** Keep an eye on the website and Facebook for announcements of new events.

### The Big Re-Opening Event

**Sunday 14 June 2020**

'The 2020 vision' revealed – come and see why the site has been closed for a year! Put the date in your diaries now for the big re-launch of Winterbourne Medieval Barn as a community hub for heritage, food and the arts. A fun day for all ages is promised.

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

You can also follow us on Facebook and Twitter.

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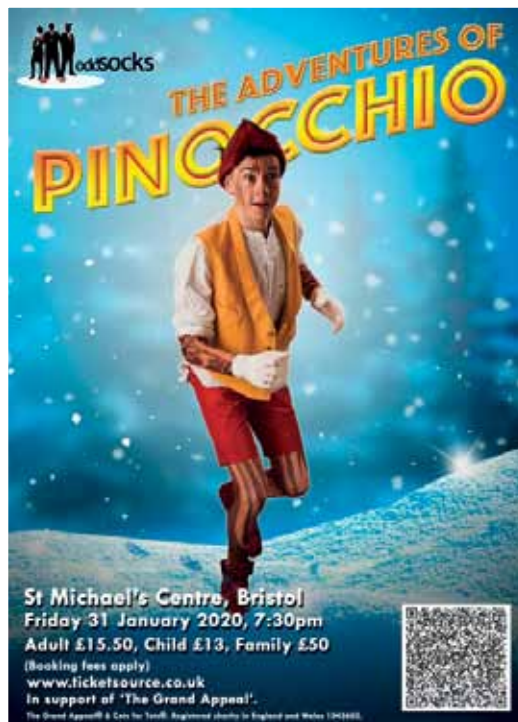
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10:45-11:15

**International Rhyme Time (Term Time Only)**  
Tuesdays 7th, 14th, 21st, 28th January  
11:30-12:00:

**Community Learning Enrolment Session**  
Tuesday 7th January 13:00-15:00

**Lego Club**  
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Free activity.

All children must be accompanied by a grown-up.  
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See our Facebook page for details or [www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary)



**Volunteer Centre**  
Information Drop-in  
Check Library posters for details

**DigiLocal Coding Club**  
Saturdays 9:45-12:15 for 8-14 year olds. **No Club Sat 4th Jan**

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.

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



Castell Roc, Chepstow's eagerly awaited Music Festival, reveals the full line up for August 2020.

And once again organizers have managed to get a fantastic line up in place, to suit all tastes in music and all neatly wrapped up inside the historic walls of a stunning Welsh Castle

**Friday 14th** - Brings to town, the Mighty 'Skid Row', New Jersey Rockers, right here in Chepstow !

**Saturday 15th** - An evening of side splitting comedy, huge vocals & lots of energy featuring ; La Voix. The Dolly Show + comedian Robert Morton

**Sunday 16th** - A fantastic evening awaits with King of Vintage 'Si Cranstoun Band' -+ 'The Navarones'- legends of Ska !!

**Thursday 20th** - The ever popular Monsters of Rock.- featuring 3 of the biggest tributes- 'Hells Bells', 'Whitesnake UK' and 'UK Guns N Roses'

**Friday 21st** - Back by incredible popular demand - 'Alabama 3'- with support from 'Those Damn Crowes'

**Saturday 22nd** - Also back by popular demand and winners of every blues award going, the sensational 'King King' + support from 'Cats In Space' & 'Fired Up'

**Sunday 23rd** - we are absolutely delighted to bring 'Russell Watson'- renowned Tenor, right here in Chepstow !!!

**Thursday 27th** - It's a 'Total Pop Party' featuring the incredible girl group, as well as + 4th Avenue, the incredible Boy group - bringing you the best pop songs in recent years.

**Friday 28th** - After the sell out show in 2019, The Bohemians are back for 2020

**Saturday 29th** - Craig Charles Funk & Soul club- The legendary actor, host and DJ is back !

**Sunday 30th** - Direct from the west End, we bring you 'Whitney- Queen of the Night'

**Early bird tickets for all of the events are on sale now (first 200 tickets for Early bird, after they are gone standard tickets apply)**

For more details visit [www.castellroc.co.uk](http://www.castellroc.co.uk) or call the box office- Hannah's Music, Chepstow - Tel ; 01291 627122







## 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 Soho Coffee in Bradley Stoke Leisure Centre on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 [geoffrey.stobbart@btinternet.com](mailto: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](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, Bradleystokesewandso.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](http://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** - All ability Painting Sessions held at Christ The King Church, Bradley Stoke Thursdays mornings.

E: [stokesart2@gmail.com](mailto:stokesart2@gmail.com)  
W: [stokesart0.wix.com](http://stokesart0.wix.com) [facebook.com/stokesartgroup](https://facebook.com/stokesartgroup)

**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 Gillian on 0779 0909 726 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.bsbc.webs.com](http://www.bsbc.webs.com).

**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.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk)

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

## SECONDARY SCHOOLS

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

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

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

## News from Paul's Place

Paul's Place is a local charity enhancing life for physically disabled adults. We do this by providing social activities that connect people, reduce isolation, improve health and wellbeing and give people the opportunity to develop new skills, enjoy new experiences and live life to the full.

This year is a big year for Paul's Place as we are celebrating our 25th anniversary, having started in 1995. Over the last three decades we have supported hundreds of people to live life to the full and we have BIG plans to celebrate our BIG birthday!

We are starting the year as we mean to go on and we have many ways in which you can support us to make a difference. Firstly you can help us when you are next shopping, as Paul's Place are to benefit from Tesco's Bags of Help Scheme. Between January and March you can help support Paul's Place and our Boccia Team every time you shop by using your 'blue token' to vote for us. The stores supporting us are Tesco Extra in Yate as well as

the Express stores on Station Road and Brimsham Park in Yate. We share the Tesco moto that 'every little helps', so please vote for us, it really is that simple!

We also have an opportunity for runners, as Paul's Place has some charity running places in the 2020 Bath Half Marathon. If you would like to run for and raise money for us, then please contact Clair at [carmstrong@paulsplace.org.uk](mailto:carmstrong@paulsplace.org.uk)

Thank you for your support and here's to a happy new year!

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



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**Sunday 15th March 2020**

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We have charity places available! Support Paul's Place & physically disabled adults in our 25th Anniversary year.

For more details please contact Clair on 07493 343598 [carmstrong@paulsplace.org.uk](mailto:carmstrong@paulsplace.org.uk)

Public entries are now **SOLD OUT!!**

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## Local Cemetery Wins National Praise

A local cemetery has been praised for allowing people to take as long as they need to say goodbye to their loved-ones. Mireille Hayden of Gentle Dusk, which provides training for those working with the bereaved, singled out Bristol Memorial Woodlands, just north of Bristol, as a great example.

Her comments came during National Grief Awareness Week (December 2-8) where health and care professionals will be using the week to discuss all aspects of bereavement and grieving.

She said: "We are in an age where crematoria give short allocated time slots for a funeral and often there is no grave, headstone or place where someone can go to remember their loved one.

"Bristol Memorial Woodlands offers people the chance to take as much time as they want to say goodbye to someone. There is a burial with a tree becoming part of a marvellous woodland where families can visit whenever they feel the need. There is something timeless about a woodland setting and it is a place of calm where people can reflect and come to terms with their grief.

*"In our fast-moving modern world many people just do not find the time to grieve. It is not something that just happens when a loved one dies and ends with a funeral."*



*"Creating and protecting this natural environment for the future is very positive. The model should be replicated across the country."*

Mireille says grief affects people in different ways and can last for years.

Mireille's comments came after she led two training workshops at the Woodlands, with specialist palliative care doctor Mark Taubert as keynote speaker.

David Rae of Bristol Memorial Woodland said: "Often death and dying is a taboo subject but it is a conversation we all need to have as it affects us all.

"Everyone copes with grief in a different way. It is marvellous to see whole families having a picnic under a tree where grandparents were buried; or a person sitting alone with their thoughts in the woodland.

"Because people can visit us at any time and enjoy the space and where there is a specific plot and tree allocated to the person, individuals can take as long as they need to grieve."

Plans are being drawn up for Gentle Dusk, which delivers training programmes and workshops for staff, volunteers and the public to help them overcome barriers about end of life and life planning, to hold events at the Woodlands in 2020.

More information on Bristol Memorial Woodlands can be found at:

[www.memorialwoodlands.com](http://www.memorialwoodlands.com) and  
[www.gentledusk.org.uk](http://www.gentledusk.org.uk)



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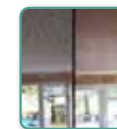
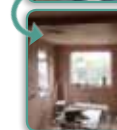
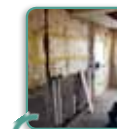


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