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**March 2020**

*Community*

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# Peter Rabbit

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We're famous for our themed tea parties for all the family.

Join us at the Aztec Hotel & Spa - bring the little ones and enjoy a family afternoon tea and children's activities.

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## Dear Readers....

As I write this in the wake of Storm Ciara and then Storm Dennis, spring feels a very long way away - the front cover photo this month was chosen with optimism! Hopefully by the time this edition comes through your door the sun will have remembered to shine!

We have another busy issue for you this month, full of local news and updates from local clubs and plenty of local businesses who will be very happy to help you - do give them a call if you have a need and keep our community active.

It's Mother's Day this month and the MS Therapy Centre are running a great-sounding fundraiser on 8th March - a mum's (or mum and daughter) pamper day, see page 13 for more information. I can also recommend Kemps Jewellers as a great place to find a special gift - the staff are extremely helpful too.

We welcome on board new advertisers with us this month who are offering some incentives to our readers, so do look out for these as you read through and be sure to take advantage of the discounts offered.

Easter will soon be upon us and if you have a small person to treat then the Peter Rabbit Tea Party offered at the Aztec Hotel next month sounds wonderful! Perfect for Grandparents and grandchildren!! (And infinite other combinations of course!).

Please do 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!

Enjoy the read!

Jaci x

## Contact Us :

01454 300 900

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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. If you have a story to tell, we'd love to hear from you!**

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

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# STOKE GIFFORD

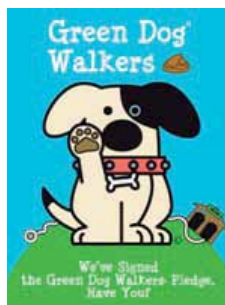
PARISH COUNCIL

## Green Dog Walkers Scheme - A friendly way to tackle dog fouling issues

We have recently signed up to the Green Dog Walkers Scheme.



The idea is that responsible dog owners sign a pledge to say that they will clear up after their dogs and will carry spare bags with them which they will offer to anyone they see not clearing up. They will wear a very distinct arm band to identify them as a Green Dog Walker. This is a non-confrontational friendly way to approach those who haven't cleared up after their dog.



### A friendly reminder...

Green Dog Walkers is a non-confrontational, friendly way to change attitudes about dog fouling.

### What's the Green Armband for?

If you see someone wearing the Green Dog Walkers armband, it means that they have "Taken the Pledge"

- to always clean up after their dog
- to carry extra doggie bags
- to gladly give you a bag for your dog-just ask

Local Residents can contact the Parish Council Office or pop in to see staff for more information and to pick up an armband and/ or dog waste bags.

### Parish Council Office Public Access Times

Please contact the office if you wish to arrange an appointment outside of the public access times.

MONDAY : 9am – 12 noon & 2pm - 4pm

TUESDAY - FRIDAY : 9am – 12 noon

Telephone: 01454 865202, or Email: [clerk@stokegifford.org.uk](mailto:clerk@stokegifford.org.uk)

Website: [www.stokegifford.org.uk](http://www.stokegifford.org.uk)

## Brief for Potential Operators of New Community Centre at Highbrook Park



Stoke Gifford Parish Councillors are currently looking into the design, services and potential takeover of a new Community Centre being built east of Harry Stoke Road, Stoke Gifford.

A working group has been set up and regular meetings are taking place with architects and members of the design team from South Glos Council.

### Background

Highbrook Park is a Crest Nicolson development of up to 1,200 new homes, a primary school, children's nursery, public open space, a community centre and retail units. Consent has been granted for 1,192 dwellings and for some of the supporting infrastructure, including the community centre. To date 166 dwellings are built and occupied.



The approved planning layout shows the community centre in a prominent location on The Boulevard, close to bus stops, shops, shared parking, nursery and a primary school with a

multi-use games area. There will be an enclosed outside space for users of the facility adjacent to the building, and parking between the community centre and the primary school site.

The Headline Specification describes the spaces and facilities required which include a hall suitable for cultural events, separate meeting rooms, fully fitted kitchen to catering standard, managers office, reception area, cleaner's cupboard, WCs and changing rooms, bin store, external space and parking.

### Little Stoke Community Café

#### Opening Times

- Tuesday to Friday 8.30am to 3pm
- Saturday 8.30am to 4pm
- Sunday 9am to 4pm



Full cooked breakfast served from 09:00-12:00

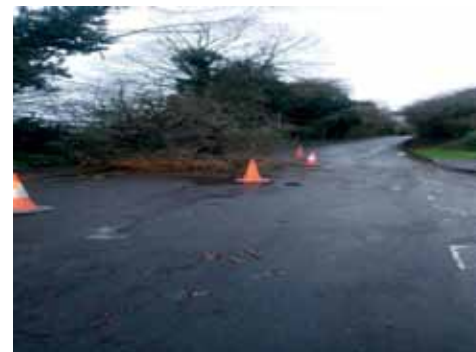
Knit & Natter -

10th March and every 2 weeks from 13:00-15:00

For further information contact 07751 194510 or see more of the Little Stoke Community Café on Facebook.

### Storms Ciara & Denis

The weather throughout the early part of February was awful especially being on the receiving end of first Storm Ciara and then Storm Denis.



Thankfully apart from a few branches here and there around the Parish the only major tree fell was on Clay Lane. The Parish Grounds Team carried out an excellent job in making the area safe and clearing the debris right away.

## FORTHCOMING PARISH COUNCIL MEETING DATES 2019

All meetings to take place at 7pm at the Little Stoke Community Hall (BS34 6HR) unless stated but may be subject to change. Please refer to noticeboards and Parish Council Website.

Finance and General Purpose -  
Tuesday, 10th March 2020

Planning & Transportation Committee -  
Tuesday, 24th March 2020



DROP IN ADVICE SESSION EVERY 2<sup>ND</sup> AND 4<sup>TH</sup> FRIDAY  
10.00AM – 12.00PM

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It was back in March 2013 that Matters Magazines first paid a visit to the North Bristol foodbank headquarters on Filton Avenue, during their first full year in operation.

As a result of this meeting, our community magazines worked with local schools to run an Easter appeal. I am delighted to report that many of our local schools still organise large collections over Harvest and Easter, in fact, the foodbank told me out of all the schools across Bristol that generously make collections for the charity, it is the schools in the Bradley Stoke, Little Stoke Gifford and Winterbourne areas that donate the most.

It was good to meet with the dedicated North Bristol foodbank team again, who are still working tirelessly for local families. foodbank Manager Matt Dobson took some time out to bring me up to date.

In 2018 the North Bristol foodbanks (Yate, Thornbury, Filton, Horfield, Lockleaze, Patchway, Mangotsfield and Southmead) fed 6,961 people (individuals helped not the number of food packages). In 2019, the same food banks fed 9,500 people, up a staggering 40% from 2018. These figures make tough reading.

A large part of this increase is due to the roll-out of Universal Credit, that sees people have a 5-week waiting period for benefits to come through when they apply or have a change in circumstance.

Matt told me that foodbanks do not want to exist! They will of course not leave people vulnerable who are in the midst of a crisis but a large part of what they do is campaigning to make much needed changes to our welfare state.

The Trussell Trust, who the foodbank is associated with, currently has a campaign *Five Weeks Too Long* that it would be great if you could support. It only takes a minute to sign up at – [www.trusselltrust.org/five-weeks-too-long](http://www.trusselltrust.org/five-weeks-too-long).



L to R: Manager Matt Dobson & North Bristol Foodbank co-founder Stewart North

## So how does the Foodbank system work?

- Step 1:** Nonperishable food is donated by the public.
- Step 2:** Volunteers sort and pack food into emergency food boxes.
- Step 3:** Frontline care professionals such as doctors and social workers give Foodbank vouchers to people in crisis.
- Step 4:** Foodbank vouchers are exchanged for 3 days of food at a Foodbank.
- Step 5:** Foodbank staff take time to listen and signpost clients to further support.

The rise in living costs is another key contributor. Rent prices in Bristol and surrounding areas are through the roof. Matt told me that many families find that after paying their rent and fuel costs they only have £20 leftover to cover everything else.

The team is also seeing a sharp rise in people with mental health issues, so as well as offering food, they are working hard to help get them to the right people or organisations to support their overall welfare.

The foodbanks take time to talk with people about their individual circumstances and signpost them to the relevant advice centres etc. They currently work with 320 referral agencies.

I asked Matt if the rise in the use of the foodbanks had helped lift the stigma that can come with using these facilities? He told me that, although some press outlets report that 'of course people are going to want to take advantage of free food', that is not the case at all; many are still reluctant. He had met with a lady that week who had been given a food voucher three weeks previously; she had been back and forth in front of the doors of the foodbank but wasn't able to bring herself to go in. When she eventually did, she was relieved and pleased to be met with such a warm, considerate welcome.

Matt explained that people from any walk of life can find themselves in crisis and the foodbanks are here to offer help and support without any judgement.

*"We are always so blown away by the support of our local community. We couldn't run foodbank without the people and business owners that live and work in our community. Not only is the physical support through food and financial donations invaluable, but the picture this shows our city of a community uniting together to support the most vulnerable is incredibly powerful"*

Foodbank manager, Matt Dobson

## How can you help?

1. Make regular donations of one or two of the items listed (this can cost less than a £1!) to a local drop-off point.
2. Support the *5 Week Too long* campaign and put pressure on your local MPs by writing to them to demand change to the welfare state.
3. Make a financial donation to ensure this good-work can continue.
4. Could your local business or community venue become a collection point?
5. Run a fundraiser at a community group or place of work.

The foodbank always welcomes new local groups or businesses to set up as collection points or run fundraiser events; do get in touch with them on the contact details below if you would like any further information on how to go about this.

The North Bristol Foodbank is thankful that they are currently well-covered with 200–300 volunteers that work across the outlets each week.

Matt told me that, although the work is incredibly challenging and the foodbanks are sorry that they have to exist, joy comes from the the incredible support that the community shows the project, it's a community behind a community.

### North Bristol foodbank

286 Filton Avenue, Horfield, BS7 0BA  
[info@northbristol.foodbank.org.uk](mailto:info@northbristol.foodbank.org.uk)  
 0117 9791399

## Shopping List Top 10 items

Instant mash  
 Instant coffee  
 Chopped tomatoes  
 Tinned meat  
 Sponge pudding  
 Tinned spaghetti  
 Tinned potatoes  
 Rice pudding  
 Dental items

## Local Donation point

Tesco Bradley Stoke  
 Bristol, BS32 8EF

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## Girl Guiding Thinking Day Event

On Saturday 22nd February over 100 Rainbows, Brownies, Guides and Rangers came together at Christ the King Church in Bradley Stoke to celebrate World Thinking Day.

This was the first event of its kind held by Frome Valley Division and around 100 girls from the local area played a Girl Guiding version of monopoly which involved lots of games, renewing promises, putting up tents, singing campfire songs, meeting old friends and making new ones. The girls had lots of fun and got a badge as a memento from the day.

### What is World Thinking Day?

World Thinking Day is celebrated annually on 22 February by all Girl Guides. It is a day when they think about their "sisters" in all the countries of the world, the meaning of Guiding, and its global impact. The 2nd Stoke Gifford Rainbows also decorated the Stoke Gifford Toy Library in Trefoils to mark the day.

Girl Guiding is the leading charity for girls and young women in the UK, with over 500,000 members. We are looking for more volunteers in this area to help deliver Girl Guiding in this community. You can register at the link below.

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

We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun. We run Rainbows (5–7 years), Brownies (7–10 years), Guides (10–14 years) and Rangers (14–18 years).

<https://go.girlguiding.org.uk/join-us/join-as-volunteer/>

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## A new classical music group for the Stokes

A new classical music group is looking for players to join them.

Do you like playing classical music and live in the Filton and Bradley Stoke area? If so then The Gifford Ensemble might be for you!

We started up in September 2018, when local residents, realising there was no local orchestra for the Stokes area, decided they'd better start one. We gave our first informal concert in March 2019 to an appreciative audience of friends and family.

A second concert in October established the group, now newly branded as the 'Gifford Ensemble', as a welcome provider of accessible classical music (and cake!) to the local community.

The Ensemble is currently small, but our ambition is to grow into a full orchestra. We are looking for players of grade 7 or equivalent standard, particularly strings. If you're interested, please get in touch and come for a trial rehearsal – it's a very friendly and relaxed atmosphere with an emphasis on enjoying the music.

Rehearsals are at 7.15pm on Sunday nights in the Trust Hall, North Road, Stoke Gifford BS34 8PE. Members pay £4 per rehearsal to cover venue hire costs – but we hope to reduce that as our membership grows.

**You can find out more – and hear some live recording of our playing - on our Facebook page. If you'd like to get in touch then please call or text Cathy on 07528 172228, or email Emma on [secretary@giffordensemble.uk](mailto:secretary@giffordensemble.uk).**

We look forward to meeting you!

### CLASSICAL MUSICIANS WANTED!

Do you like playing classical music and live in the Filton and Bradley Stoke area? If so then the Gifford Ensemble might be for you!

We are a small, friendly music group looking to expand our membership and repertoire. Players of grade 7 standard or above are welcome, especially strings.

If you're interested why not join us for a trial rehearsal?

Rehearsals: 7.15 Sunday nights  
Trust Hall, North Road, Stoke Gifford, BS34 8PE.

Trial rehearsal FREE, then £4/rehearsal (to cover venue hire costs)

Get in touch!  
Email: [secretary@giffordensemble.uk](mailto:secretary@giffordensemble.uk)  
Phone: 07528 172228 Gifford Ensemble

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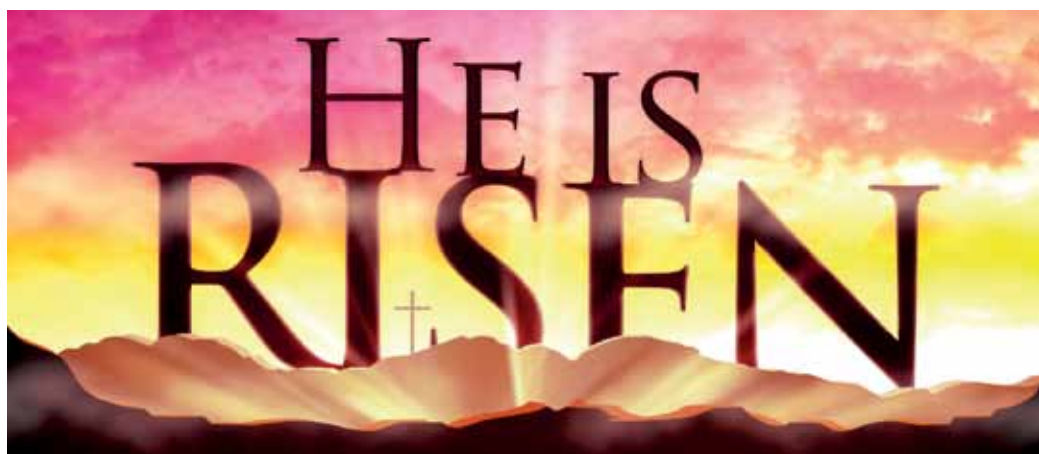
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***"He is not here; he has risen!"***  
 Luke 24 v 6

When I was 19 I went on a gap year trip to Bolivia with an organisation called Latin Link where small teams were allocated to various building projects throughout the country. We were charged with helping to build a swimming pool in a children's summer camp 50 miles from the capital La Paz in the high altitude foothills of the Andes.

With absolutely no building experience whatsoever we were probably more a liability than a help and yet our foreman, Omar, took us on with consummate grace and humour. Once I wasted half a ton of cement by mixing it incorrectly, but Omar saved my blushes by saying to the whole team that it was a 'dodgy bag' in the first place. He was a great man and we grew to love him.

One morning when the rest of the team were out, he burst into our dormitory saying *'my daughter is dying'*. As my friend Nick and I ran up the path towards his tiny, corrugated roofed house, we were stopped by the appearance of Omar's wife weeping outside. She looked at us and shook her head, and with that Omar slumped to the floor, his worst fears realised. The baby girl had died. Numb, we stepped into that shack to verify the death, and then hurriedly left them to their grief, mumbling well-meaning platitudes as we passed. It was, and is, a familiar scene of grief, repeated in countless homes, in every country throughout the world. Inevitably it is the strongest memory I have of that whole trip.

I often think about this moment when I read about the women approaching the tomb in the Easter story told in Luke's gospel. They had seen Jesus die, agonisingly on a cross, and with bleary-eyed grief were on their way to do the practical, familiar task of preparing the body for burial. They would have stood outside the tomb, grief stricken and despairing, just as Omar and his wife did so, and just as countless others before and since have done so. And yet, little did they know, as we do now, that what greeted them at the tomb would arguably be the single most significant event in human history. 'He is not here; he is risen!'

The resurrection of Jesus Christ offers us all a great hope. But this is not a 'touch-wood', 'fingers-crossed' hope, but one based on this single event in history, testified by over 500 people that he appeared to over that time, as well as the countless Christians who experience his life-changing, comforting presence every day. If Jesus in his humanity really did pass through death and came alive again, then death has indeed 'lost its sting' and Christ is able to carry us through when our time comes. This gives me great hope for Omar and his wife and all who are standing outside various tombs in their lives, whatever they might be. I trust that you too will know this great hope that the risen Christ brings to us all over this Easter season.

*written by*  
**Tom Benyon, Associate Vicar,**  
**St Michael's Church Stoke Gifford**

**Easter**  
 at St Michael's

**Maundy Thursday 9 April**

Holy Communion 7.30pm - St Michael's Church

**Good Friday 10 April**

**Messy Church 11am St Michael's Centre**

Family friendly service, followed by food together. Finishing at 12.30.



**Reflective Service 12pm St Michael's Church**

Stay for as long or as little as you like by arriving or leaving on the hour or half hour. Service ends with Holy Communion at 1.45pm

**Easter Day 12 April**

**Holy Communion**  
 9am St Michael's Church

**Easter Celebration with Family Communion**  
 10.30am St Michael's Centre

**Evening Celebration**  
 6.30pm St Michael's Centre



[www.stmichaelsbristol.org](http://www.stmichaelsbristol.org)



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Once you've bought your ticket we will contact you to arrange your time slot. If both you and Mum wish to enjoy a hair styling & make up you will need to buy 2 tickets.





## Bowlers Prepare for New Season

The Bradley Stoke Bowls Club Spring meeting will be held at the Bailey's Court Activity Centre at 1800hrs on Thursday 26th March. At this event all administrative matters are dealt with and new members welcomed. There are several new officers in place including the new captain Steve Sutton.

The 2020 charity will be "Paul's Place" which is the only charity specifically supporting adults with any physical, sensory and cognitive impairment in the Bristol area, this includes Bristol, South Gloucestershire, North Somerset and Bath & North East Somerset. (See [www.paulsplace.org.uk](http://www.paulsplace.org.uk))

**For further information about membership, contact Sue Arnold on: 01173 293144 and [bsbc.webs.com](http://bsbc.webs.com)**

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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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# Healing for your body and mind

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

Pain comes in many forms both physical and mental. From her Holistic Health Practice in Little Stoke, Dawn is equipped to help you with both. If your pain is physical you can arrive at the practice and allow Dawn to work her magic. With emotional pain too, receiving a soothing reflexology or aromatherapy treatment can clear your mind, refresh your body and re-charge your batteries enough to take on life again. However mental illness can require some deeper thought and work with Dawn, who will be there to support and guide you to achieve the goals you desire.

Dawn told us, "Many times it seems easier to give up and settle with what you know and where you are, however just a little 'pain' can see you breaking through to new horizons and greater achievements in any area of your life".

Dawn offers Confidence and Self Esteem Coaching, where she will empower you with techniques to achieve your goals and boost your self esteem over a 4 session programme.

Other treatments Dawn offers to relieve the symptoms of anxiety are Thought Field Therapy (TFT) – specialised tapping with the fingers at

meridian points on the upper body and hands and, Rapid eye therapy that accesses the brain to help with emotions, it is in similar vein to hypnotherapy.

Dawn shares, "Living in wellness is about the whole of you, good mental health is achieved through being kind to yourself in mind, body and soul. Time needs to be taken to examine what you are feeling in the moment before you can move forward with the future. I will help you on your individual journey in a safe, non-judgemental place."

Take positive action now, contact Dawn to book in or for further information.

Call: **0795 1099 491**

Visit: **www.life-and-soul-empowerment.co.uk**

Her holistic treatment room is in Little Stoke.



*As Henry Ford said,  
"Whether you think  
you can or whether  
you think you can't,  
you are probably  
right and you'll prove  
it to yourself!"*

# How can Hypnotherapy help you?

by Catherine Smart DHP MNCH CHBP

**I have been practising as a Clinical Hypnotherapist for 14 years and would like to give you an insight into how hypnotherapy can help you.**

**Hypnotherapy lowers your anxiety** and is a calm, relaxing but effective process which is a very enjoyable way to change the way you see things.

**If you are struggling with any fears or phobias**, perhaps you are a nervous flyer or have a fear of heights or just afraid of everyday living, hypnotherapy can help you overcome these fears and get back to living a confident and fulfilling life.

**Hypnotherapy can also help with fertility issues**, whether you are struggling to conceive or if you are embarking on an IVF journey, hypnotherapy can help by lowering your anxiety and bringing you some control whilst going through this anxious time.

**If you are pregnant then as an Easibirthing practitioner**, I offer 5 sessions to help prepare you for labour, helping you to stay in control and working towards a calm, comfortable birth.

**Are you worried about your weight and struggling to lose those pounds?**

Once again hypnotherapy can help put you back in control of your choices, lowering your anxiety around food and weight and helping you to look at your options in a different way, dispelling those old eating patterns and helping to maintain control over your diet and weight issues.

**If you are at all anxious, nervous and suffering from low self esteem**, give me a call, Hypnotherapy really can help!

**If you want to stop smoking** or you vape and want to kick the habit, one session should do the trick.

**Do you suffer from IBS or stomach related anxiety issues?** By lowering your anxiety and helping you manage stress in your life, hypnotherapy can really help ease IBS type symptoms, please give me a call.



Call me on: **07964 991689** • E: **Catherine@smarthypnotherapist.co.uk**

**www.smarthypnotherapist.co.uk**



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07515 433 275

### Nicki:

07966 379 586

### Julie:

07976 729 417

### Nancy:

07598 065 343

Please do reconnect with your stylist - they would love to carry on working with you, helping you to look your best!

## Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

### Hypnotherapy can help you:



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



**Based in Winterbourne**

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

Call me on: **07964 991689**

E: **Catherine@smarthypnotherapist.co.uk**

**www.smarthypnotherapist.co.uk**



Want to know more about **being smokefree, drinking less, eating well, moving more or stressing less?**

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Drop by to find out about:

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- wellbeing events and support
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- Information on tablets that help you stop
- The safety of vaping and how this can help you stop for good
- Tailored support from specialist advisors

For more event information, see [facebook.com/OneYouSG](https://facebook.com/OneYouSG), or call us on **01454 865337**. No booking required!

\*available on prescription; free if you're eligible



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If you are able to, we'd really recommend you pay us a visit, with the items you require framing. This way you can see and feel all of our sample mounts and frames next to your work so that you can see and discuss your requirements in detail with our experienced framers.



## Coffee, Cake & Jesus

Last October, Bradley Stoke Evangelical Church was once again the venue for a gathering of women from 'Know Your Bible' groups from across the Bristol area. 'Know Your Bible' is a network of women's home bible study groups, running in the region for over 40 years. Their autumn event was a chance to share together over coffee and cakes and to enjoy a morning of Bible teaching. 'Know Your Bible' events are held in Bradley Stoke twice a year and are open to all women to attend.

The next event will be on **2nd May 9.30 – 12.30**. For more information contact Kate on **07552974981 / kekernaghan@gmail.com**



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## Local air ambulance sees increase in demand with 2019 its busiest year to date

Great Western Air Ambulance Charity (GWAAC) have announced that 2019 was their busiest year to date, with their Critical Care Team receiving over 2,000 call-outs to incidents across the region. In 2019, they received 637 call outs in Bristol alone, an 8% increase on 2018's figures in this area

The air ambulance and critical care service, which is charity funded, provides emergency medical care to the most seriously ill or injured across Bristol, Bath and North East Somerset, North Somerset, Gloucestershire and South Gloucestershire.



GWAAC's Critical Care Team consists of highly skilled Critical Care Doctors and Specialist Paramedics, who bring the skills of an emergency hospital department to the scene of an incident. They have the ability to carry out life-saving interventions, such as blood transfusions or emergency anesthesia to the patient, where it's needed the most.

Last year saw an almost 6% increase on the total number of call-outs from 2018, with the crew attending over 5 incidents a day on average. Cardiac arrests continue to be the most common incident that the team are called to, making up over a third of the missions, with road traffic collisions the second highest.

This increasing demand on the service means the charity needs to raise over £4 million a year to remain operational, yet they receive no day to day funding from the Government or National Lottery, relying on the generosity and support from its local communities.

A former patient of the charity's services, Chris Hickey, said: "GWAAC saved my life! I had a sudden cardiac arrest and without the intervention of the air ambulance, I wouldn't be here today. You just never know when you might need the service and it can only keep going if it has the help of the whole community. Please give whatever you can so that someone else has the opportunity to have their life saved."

To find out more about how you can support the Great Western Air Ambulance Charity, visit [www.gwaac.com](http://www.gwaac.com).



## When did you last have a really great night's sleep?

**Sleep is something that we can easily take for granted, that is until we can't sleep.**

*Do you have trouble falling asleep, or do you wake up in the night and have trouble falling back to sleep?*

*Is lack of sleep making you feel sad, irritable or hopeless? Perhaps you find yourself overthinking situations as you try to get back to sleep?*

*Have you lost interest in hobbies and activities through lack of sleep? Do you take medication to help you sleep?*



If you answered yes to one or more of these questions you may be suffering from insomnia.

When insomnia strikes nothing can feel so elusive as a great night's sleep and many sufferers continue in this state for some time, trapped in a vicious cycle of sleep anxiety, before they eventually seek help.

And that's where Solution Focused Hypnotherapy can help.

Solution Focused Hypnotherapy is a fast, permanent and effective way of re-educating your mind to make positive and permanent changes to your life. It's about creating positive solutions and helping you to imagine and attract your preferred future. I discovered Solution Focused Hypnotherapy during my own journey through life, when anxiety and depression hit, following the breakdown of my marriage. For me, it was a complete life changer, and the rest as they say is history.

Using a combination of physical and mental relaxation techniques I can help you move forward to a place where sleeping is easier. We will work together through both suggestion and visualisation to help relax the body and mind so that sleep can once again become your friend.

It would be my absolute pleasure to work with you. Do get in touch. I can offer appointments at the Willow Brook Clinic Bradley Stoke, and at clinics in Westbury on Trym and Thornbury.

*I truly believe in life we can be anything we want to be, change begins with you...*

*just imagine...*

We have begun to look after our bodies much better, but it's time to start taking care of our minds too.

**"Sleep is the best medication"**

Dalai Lama



### Solution Focused Hypnotherapy

#### What Hypnotherapy Can Help You with ...

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### Have you tried Vigour Café on the Gloucester Road in Filton?

Open from 7.30am, breakfast at this cosy coffee shop is a fabulous way to start the day!

Serving great coffee, a selection of fine sandwiches (just take a look at the sample tiger bread ploughman's pictured above!), and freshly made to order toasties and jacket potatoes, it's also a perfect venue to meet for lunch!. They also offer a selection of fresh cakes, so mid-morning / mid-afternoon catch ups are recommended too.

They offer non-dairy milk alternatives at no extra cost and various Vegan options of sandwiches and scrumptious toasties too.

Keep an eye on their facebook page - VigourCafeFilton - for notices of weekly offers - such as any regular coffee and a danish for just £2.95\*. \*Offers vary.

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Brothers Stuart and Andrew Gale of Gale Farm Meats are fourth generation farmers and butchers who specialise in home-made pies and pasties, speciality Award-winning sausages, home cured bacon and cooked meats.

They are also proud to supply quality meat to local restaurants and pubs and, being an old fashioned friendly butchers, can offer any cut of meat and advise on which cut is best to suit your need as well as how to cook it.

They also have a great following and support from the local BAE Staff based opposite by serving Lunchtime Hot Food Monday to Friday.

Gales Farm Meats is based in Church View Filton, or at local Farmers Markets in Thornbury and Whiteladies Road (see advert). They are offering Matters Readers a 10% discount off orders over £25 from the Shop only (not markets).

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## Become a Tai Chi Instructor - Free training for over 50s

Friends Ageing Better is once again, offering FREE training to over 50s, to learn a basic sequence of Qigong Shibashi Tai Chi to then teach to others in the community.

Tai Chi Qigong Shibashi is designed to help to improve mental health and physical wellbeing. Qigong means 'energy exercise' and Shibashi means 18 movements. This exercise can be done sitting or standing, which makes it very accessible, and its benefits have been well researched.

This form of Tai Chi is found to improve health and wellbeing and is a discipline that involves the mind, breath and movement to create a calm, natural balance of energy. It can improve balance and cognitive function as well as aid with pain management. Tai Chi is recommended by the NHS as helping to improve balance and coordination.

The training involves attending a taster session, and weekly home practice before attending a weekend workshop. The training is likely to start in May 2020 at a Bristol Central venue to be confirmed.

Mary Kroeber, Instructor, trained in 2019 with FAB says: 'I love teaching Tai Chi, it makes me feel good and I know people are enjoying themselves because they keep coming back'. Mary currently leads a free weekly class for over 50s at the Ardagh on Kellaway Ave every Tuesday from 10am.

Friends Ageing Better is a project by Age UK Bristol providing opportunities for over 50s to get together, meet other people and enjoy discounts and special events from local shops and venues in the city. To become a FAB member please visit [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk) or call 0117 440 4301.

To find out more about how to become a Tai Chi Qigong Shibashi instructor, please contact Friends Ageing Better on email [fab@ageukbristol.org.uk](mailto:fab@ageukbristol.org.uk). or by calling 0117 440 4301.

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## 101 Things to Do ....

### before you leave Bailey's Court Primary School!

This term at Bailey's Court Primary School, we have launched an exciting new project. We are calling it '101 things to do before you leave Bailey's Court Primary School'. Our idea was inspired by conversations we've had in school and an initiative that we've borrowed from the National Trust! As we all know, children benefit hugely from playing together with friends and family, experiencing new things, building relationships with nature, being challenged physically and having fun! None of these ideas are new but our project will offer a series of challenges for all of our children from Reception to Year 6 that will build, amongst other things, resilience, a sense of responsibility and some fabulous memories.

We have put together twenty-five challenges for each year group that range from 'catching a falling leaf' and 'learning and performing a nursery rhyme' in Reception to 'cooking a meal on an open fire' and 'planting a tree' in Year 6. Some of the challenges are designed to be done exclusively at home, others are designed with school in mind.

Children and parents can together choose which challenges they would like to do and each year group has a target of either 14 or 15 challenges to complete (depending on their age) which will give a grand total of 101 at the end of Y6! The children have already completed one challenge at school recently and this created a wonderfully busy and creative atmosphere across the school with many children trying something brand new for the first time including:

Reception	Making a leaf rubbing
Y1	Making a fizzing volcano (photo right)
Y2	Mask making
Y3	Learning to play a game of cards
Y4	Writing and performing a poem
Y5	Making bird feeders
Y6	Researching and making a presentation about an endangered animal

At the end of each year, the children can earn a special award building towards a special presentation at the end of Y6.

We will keep you posted on how things are going over the coming months!



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## Air Cadets take to the skies

At the end of January, three air cadets from 37 Squadron Frampton Cotterell got a chance to fly over the Bristol channel and take the controls of a light aircraft.



As members of the Royal Air Force Air Cadets they were given the opportunity of an AEF (air experience flight). After an early morning drive from Bristol, they arrived at MOD St. Athan. Here they were given a briefing on how to approach and board the aircraft. They practiced the correct procedure should they have to use their parachute or life jacket. The weather was good and 8 cadets in total managed a 25 min flight each. The cadets that had previously completed their ground school training, including a session in a flight simulator, were presented with their blue wings flying badge to wear on their uniform.

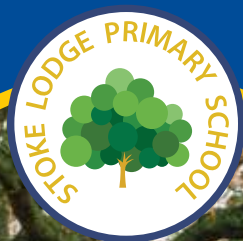
Other activities the Royal Air Force Air Cadets get involved in include, gliding, climbing, SCUBA, shooting, DoF, overseas expeditions, drill, STEM, radio and much more.

37 Squadron parade every Monday and Thursday evening at their HQ behind the Royal British Legion in Ryecroft Road in Frampton Cotterell.

**We are actively recruiting new cadets and are open to all boys and girls age 12 (Yr8) to 17 and not just those considering a career in the RAF. We are also welcoming new adult staff volunteers. No previous military experience necessary, just an enthusiasm for teamwork and to assist the next generation!**

**See <https://www.raf.mod.uk/aircadets/> for more information. To register your interest, please email [oc.37@aircadets.org](mailto:oc.37@aircadets.org) and we will be more than happy to show you around.**

## See your child thrive at Stoke Lodge Primary



Stoke Lodge Primary School  
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South Gloucestershire, BS34 6DW  
01454 866772 | [stokelodgeschool.co.uk](mailto:stokelodgeschool.co.uk)  
[SLP-enquiries@olympustrust.co.uk](mailto:SLP-enquiries@olympustrust.co.uk)

Stoke Lodge Primary School @Stoke\_Lodge



## Ambourne House Day Nursery & Preschool: Montessori and Forest School

Ambourne House is a small family run nursery, located on the Gloucester Road close to Aztec West. We have been providing high quality childcare at our nursery since 1991 and the emphasis has always been placed upon the security, happiness, education and individual needs of each child. In 2019 we introduced the Montessori ethos and apparatus to our nursery. With our highly qualified staff and dedication to on-going training, we are proud to be a truly unique provider.

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. To further support our approach we have added weekly visits to the Forest School in the Leigh Woods. You can see from the photo how much the children enjoy going out into nature and exploring. The challenge successfully completed on this day was to make a paintbrush out of natural items!

The children also enjoy trips out to different places every Friday. Recent destinations have included a visit to Wild Place, the local Library, and the local shops.

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. We believe the impact measured from the introduction of the Montessori approach to date has been immense.



### 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:

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## Holy Family Catholic Primary School -Year One Church Visit

Holy Family School's Year One children visited Holy Family Church in Patchway, to explore the signs and symbols of the Sacrament of Baptism through role play.

Children were chosen to play the part of parents and god parents as they acted out the ceremony, whilst the rest of the class played the part of family and friends in the congregation. It made everyone smile when the proud 'parents' decided to name the baby George. The children enjoyed the visit immensely, especially the part when Father Eugene poured holy water on George the doll's head and then dried his hair with a towel!

The teachers and children were very grateful for Father Eugene giving his time in this way. It was the perfect opportunity to consolidate the children's learning in RE and an experience they will remember.



## Spring Term at the Old School Rooms Scouts in Stoke Gifford

The OSR Scout Troop returned after the Christmas and New Years break to another busy term.

Due to the dark evenings and weather most sessions are at the OSRs which included a talk from the troop leader who had attended the world scout jamboree in 2019 in North America. The scouts learnt all about the planning and activities plus the jamboree site and the adventure of attending with so many scouts from all around the world.

Plus the troop attended the Apple Store and Warhammer Store in The Mall Cribbs Causeway to learn new skills and complete sections of the model maker and digital maker badges.

Other sessions included problem solving in practice for the two events the troop take part in Kahoutek and Strategy, an evening of house keeping skills, military information and drill.

Lastly a team were selected to represent the troop in the Avon County Scouts Cooking Comp with practice day, shopping and storage. On the day of the competition the young team had a fab time with teams from all over the County.





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## St Michael's CEVC Primary School

### Fly Me to the Moon

On Friday 24th January, Year 5 pupils at St Michael's CEVC Primary School, in Stoke Gifford, participated in an exciting bottle rocket science workshop led by a group of talented local engineers from the Ministry of Defence.

As part of the school's initiative to promote STEM (Science, Technology, Engineering and Mathematics) activities in the curriculum, the school arranged a visit from Arun Haridass, STEM governor and his colleagues.

Initially, the engineers discussed how rockets worked and what was needed to create a water bottle rocket launch successfully. The children then had the opportunity to work in small teams to create rockets from plastic bottles and added cones and fins made from card. The results were out of this world and the engineers were very impressed with the children's design ideas.

Following the making process, the children were shown the science in propelling the water bottle rockets across the playground. It was a very close contest with the winning team launching their rocket over 20 metres!

Ben Byrne, one of the Year 5 teachers, who organised the event stated, *"It was a great event and the children enjoyed it. They learnt about forces in action."*

As well as rocket science, the school have planned opportunities for further STEM workshops for other age groups alongside Arun Haridass such as tower building and shoe box cars. Who knows, St Michael's may have some bright spark inventors in the future?



### Science and Engineering Day

Following up from the Bottle Rocket Event, we also held a Science and Engineering Day across the school. A local engineer came to talk to the children about the importance of engineering, and was particularly keen to inspire and motivate girls to be engineers. We then spent the day designing and making a variety of objects and artefacts, including bridges, towers and boats. These were then scientifically tested, exploring aspects of forces.

The children had great fun and learnt a great deal. We hope this will be part of inspiring children to see themselves as scientists and engineers in the making.





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"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**



@AbbeywoodSchool



## 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.



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## Shopmobility maintains increased hours

The Shopmobility South Glos extended opening hours will now continue for the foreseeable future. The opening hours were extended as a trail from 2pm to 4pm on a Thursday between Easter and Christmas last year. The popular scheme, based in Yate Library, has decided to continue with these extra opening hours.

This will mean our hours during the week will be 09.30 to 4pm on a Tuesday, Thursday, and Friday and until 2pm on a Saturday.

The service provides mobility scooter and wheelchair hire on a daily and on a longer term basis to help people who have limited mobility to retain their independence and to use the facilities of the centre and to access other services too.

The scheme has been operational since 2006 and provides a vital service to its users helping to access the Shopping Centre and other services, and for social purposes too. The scheme's popular Project Manager Sheridan Crew is on hand to provide the necessary help and support.

Shopmobility South Gloucestershire, based in the Yate Shopping Centre, is also looking for more volunteers to help operate and promote the service.



There are opportunities to help the organisation to deliver the service especially if it is able to expand its operations, and opportunities to deliver its promotion strategy to help the service reach more users.

Shopmobility South Gloucestershire had a very busy Summer last year with record numbers using the Scheme.

David Bell, Vice Chairman of the scheme, said - *"This is wonderful news and shows the need for Shopmobility."*

Please contact the scheme at -

Telephone 01454 868718 or 07999 574474 or email [shopmobilitysouthglos@yahoo.com](mailto:shopmobilitysouthglos@yahoo.com) and detail what you might be interested in doing, or request further information on the scheme.

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## Bradley Stoke United FC: Mid Season Review

Club update from Tim Davis, Club Vice-Chairman

All teams at Bradley Stoke United have continued to make good progress this season, despite the challenges presented by a fairly typical British winter. We are certainly looking forward to the second half of the season and seeing more kids playing football with a smile. Player numbers continue to grow across all age groups, but the club is still looking to grow further, with the recent addition of an Under 10 team. Training for all age groups takes place on Wednesday evenings on the 4G pitch at Patchway Sports Centre.

Bradley Stoke United is a FA Standard Chartered football club at the heart of the community. We run football teams for young players aged 5-16 and pride ourselves on ensuring that young people enjoy football at the same time as developing their skills. All teams are supervised by fully qualified FA coaches. Contact for all teams is [playfooty@bsufc.co.uk](mailto:playfooty@bsufc.co.uk)

### Tigers (Reception and Year 1)

Training takes place indoors at Patchway School on a Wednesday evening. There are still places available for players in Reception and Year 1 to come along and learn the basics of the game in a fun, safe (and warm) environment. We are looking to build a team to enter a league competition next season.

### Under 7 (Year 2)

The U7s, our youngest aged team have thoroughly enjoyed their first season playing matches in the Hanham Minor League. This very talented squad have played incredibly well in all their matches and played some unbelievable football. The lively group are keen to learn and push themselves at training week after week too. Regardless of the outcome in games, they have always left the pitch with huge smiles and received lots of positive feedback from opposition coaches. As the season is coming to an end attention is turning to entering a few summer tournaments, before a short summer break, then kicking on again next season.



### Under 8 (Year 3)

Following on from our first season the U8s have made a strong start to the season. We retained all of our original players and the team spirit has kept on growing both on the field and off the field in team events.

The hard work in training is really starting to show with players naturally preferring certain position and showing great determination when playing against some of the tougher teams in the division.

Next season the team will be moving from 5 to 7 a side matches and there will be some places available for some additional players.

### Under 9 (Year 4)

Some outstanding performances from this team led to their first trophy in the autumn, as they claimed a cup win (see picture). They are a highly competitive team and are getting the rewards which their hard work deserves. There's another cup competition to look forward to in the spring, so the team will be looking to maintain their excellent form all the way until the end of the season. We are looking for a sponsor for next season, so would love to hear from local businesses to help us with new kit.

### Under 10 (Year 5)

This is a new team with a brand new coach who are currently training in preparation for entering a league competition next season. There are spaces available, so please get in touch if you are interested in joining.

### Under 11 (Year 6)

After a tough start of the season the U11s are now playing some great football in Division 3 with positive results within matches and on the training ground regularly coming through. They have played some very competitive matches over the months, receiving positive feedback from opposition coaches. As the season is coming to the end, attention is turning to next season, which will be their first in the Avon Youth League.

A big thank you to Ian Stuart Mortgages and Refuse Vehicle Solutions who have been very generous in sponsoring our home and away kits this season.

### Under 12 (Year 7)

Currently occupying a mid-table spot in the Avon Youth League, this team have had some excellent performances lately and this is reflected in their recent results.

### Under 13 (Year 8)

This team continues to develop and are looking to recruit new players for next season. Please get in touch if you are interested in joining us.

### Under 14 (Year 9)

Our U14s have been established for 3 years now and have a great team ethos, friendly, hard working and never give up. It has been another enjoyable season for the boys with some excellent performances and highly competitive games. The team and the players are improving all the time and with some new additions and focused coaching we are looking forward to a strong finish to the season before preparing for next year as U15s. Thank you to CGI UK Ltd for sponsoring training jackets this year. Contact the club if you are currently in year 9 and interested in joining a fun team.

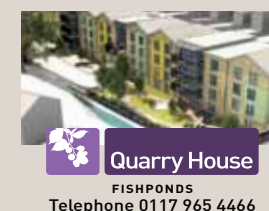
**We have numerous tailored sponsorship packages available and are looking for local businesses to help us provide the best coaching, kit and opportunities for local children in all our teams.**

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## Stoke Gifford United FC

by Dan Dunt

First of all the Club would like to send our heartfelt wishes to Darren Butt's family and all that knew him. Butty played for the Gifford years back and was a well liked and respected bloke in the local football community. He was a real character and will be missed by many.

**Club Update:** We are at about the midway point in terms of our fixtures this season and so far things are going well for the the club as whole. There's a good feel around the village with all three teams competing well.

The first team sit top of Suburban Prem having lost just one game this season. A good mix of young lads finding their feet in adult football mixed with a few senior heads has yielded good results so far. We have some tough fixtures in the next couple of weeks but are confident our lads can keep delivering the goods.

The reserves started the season brilliantly but have struggled a little of late. With the awful weather around, where our boys didn't play for 7 weeks, we feel we lost sharpness and momentum. Our boys will certainly bounce back as the quality in the squad is as good as it's ever been over the years.

The A team have had a mixed bag of results which is probably down to the make up of the squad. We are doing our best to blood a lot of young lads, who despite performing well, are going to have their ups and downs.

In all the next few weeks will prove pivotal for our first team as they look to challenge for the title. Managers Dunt and Burton believe it will be tough after only being promoted last season but are confident we have, not just the ability, but the experience and spirit to to kick on and deliver us back to back titles.

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## Frampton Cotterell Computer Group Celebrating 20 years

Twenty years ago, Frampton Cotterell Parish Council decided to set up a computer group in the newly opened Bickeridge Centre with the primary aim of helping older people come to grips with home computers. At that time, less than 40% of UK households had a computer at home and even fewer had an Internet connection. Many people, particularly of an older generation, had never used a computer but were interested in finding out how to use one and in discovering the benefits they might offer in their daily life.

A group of volunteers came together and started offering classes to help people who wanted to learn about using a home computer. In 2008, the group became independent of the Parish Council while still occupying a room at the Bickeridge Centre and maintaining a close working relationship with them.

Keith Powell who has been chairman of the group since it became independent said, "When we started, few people would have imagined we'd still be going 20 years later. We've seen many changes over the years, with fewer people now being completely new to computers and more wanting help with specific questions. Technology has also changed significantly with the introduction of tablets and smartphones as well as major changes to software such as Windows and MS Office. Our team of volunteers has adapted to these changes and we are still assisting people with a wide range of issues. These include: using the internet safely and securely, dealing with digital photographs, keeping track of finances using spreadsheets, creating and managing email accounts and taking advantage of cloud computing services.

"People come to us from across South Gloucestershire and even further afield because of

our unique approach. Some come for just a few sessions, others continue to attend for longer periods both for the intellectual stimulation and for the social interaction provided by learning as part of a group. Either way we aim to provide assistance in a relaxed, friendly environment with one helper for at most two learners."

At its peak the group ran six sessions per week for up to 9 people per session and more than 1,000 people have been helped since the group started. It is still going strong with around 30 people attending one of the four sessions held every week.

**If you'd like to learn more about what you can do with your computer, tablet or smartphone, drop in to the Bickeridge Centre in Woodend Road on Monday to Thursday mornings for a chat, or call the Centre on 01454 864442 to book a session.**



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Garden before, looking at south range



Barn garden tour, Feb 2020



## Winterbourne's Medieval Barn – News & Events

### Re-development Project – nearly complete!

The building works are almost finished now, and the Trust is getting ready to re-open the whole site in late spring. The gallery linking the Medieval Barn to the newly-refurbished West Barn, is now glazed and has a lovely, even, stone floor. It will house a time-line display about the history of the Barn and surrounding area.

Volunteers were recently allowed to visit the garden, which has been untouched for a year and is in need of a little TLC. Planning can now begin for this year's crops. Anyone who would like to get involved with some gardening, or other jobs on site, should follow the links on the website or get in touch by Facebook.

Once the site has been handed back to the Trust, volunteers will need to unload furniture and equipment that's been in storage containers for a year, and work out where things can go, as well as getting familiar with the new electrics, lighting, water, and so on. So until June, talks and craft workshops will continue in the Cartshed.

### Events and activities

From **Tuesday 7 to Friday 10 April, Fi Harris will be stationed in the Cartshed as Artist in Residence**, offering free drop-in crafting opportunities all day. Come and explore a range of craft techniques like drop-gap braiding, peg-loom weaving, and big knitting, and help create a community wall-hanging to celebrate the re-opening of the Barn site.

Other craft workshops you can now book online (Ticketsource) include –

**Thursday 23 April, Screen Printing on Paper, 10.30am–2.30pm.** Screen printing is the process of pushing ink through a 'silk' screen using a stencil to resist the ink to form an image. £40 per person.

**Saturday 16 May, Fused Glass Curve Workshop, 10am–12noon.** Make your own unique and beautiful design. £35 per person.

**Saturday 16 May, Fused Glass Jewellery Workshop, 1.30–3.30pm.** Make fused glass jewellery with the stunning colours of dichroic glass. The basic 2 hour workshop costs £20, and includes one pendant or brooch.

On **Good Friday**, families are invited to join us at 11.30am, for **Easter themed craft fun**, followed by an **Easter Egg hunt!** It costs £3 per child. Book on Ticketsource.

And on **Friday 24 April at 4pm**, all ages are welcome to join us for the **international City Nature Challenge** on behalf of Bristol and Bath. Our area was the European winner last year, spotting more species than anywhere else! So take a walk down to Monks Pool Nature Reserve with us and help the Bristol and Bath area defend its title. Smartphones and tablets are helpful for identifying wildlife as you go along. This event is free, but please book in advance. It will go ahead rain or shine!

**Monthly talks** resume in April after a winter break. Tickets are £5 on Ticketsource.co.uk.

**Tuesday 28 April, 7pm – Sabrina, Goddess of the River Severn**, a fascinating talk by Nicola Haasz on the River's journey, folklore, ancient water worship and historic finds.

**Constabulary.** Sue Webb, the force archivist at police HQ and the Gloucestershire Heritage Hub, looks at records from the old historic county of Gloucestershire.

**Tuesday 4 August, Shakespeare in the Barn, 7pm.** The Festival Players perform Shakespeare's most popular history play, HENRY V. Exhilarating entertainment for a summer's evening! Tickets £14 (£10 child) now on sale at Ticketsource.co.uk.

**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 this year. Every time Co-op members shop, 1% of their spend on Co-op products can be given to their chosen community project. The Trust would love Co-op Members to choose WMBT by following the link <https://membership.coop.co.uk/causes/38273>.

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

You can also follow us on Facebook and Twitter.

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



**2020**

**Patchway Festival Committee presents**

**ROB-B-WILLIAMS**

**Saturday 18th April**  
**8pm (Doors Open 7:30pm)**  
**Patchway Community Centre**

**All Tickets are £5**

The UK's  
 number one  
 Tribute to  
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Performing outstanding versions  
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Book Online at <https://www.ticketsource.co.uk/patchway-festival>  
 Call 01554 060 530  
 In Person at Patchway Town Council's Offices

**CHEPSTOW DRILL HALL**  
**Saturday 18th April 19:00 - 22:30**

**THE JERSEY QUARTET**

FEATURING THE SMASH HITS FROM  
 FRANKIE VALLE AND THE FOUR SEASONS

This all star West End cast features performers who have been  
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The Jersey Quartet have recently been nominated for a time out  
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 enough to have toured all over the world.

Tickets £18.00 (plus booking fee)  
 Hannah's Music - Moor Street (01291 627122)  
 Online via [www.castellroc.co.uk](http://www.castellroc.co.uk)

Brought to you by  
**Castell Roc**

## BRADLEY STOKE LIBRARY

**Rhyme Time (Term Time Only)**  
 Mondays 2nd, 9th, 16th, 23rd, 30th  
 March 10:45-11:15

**International Rhyme Time (Term Time Only)** Tuesdays 3rd, 10th, 17th, 24th, 31st March 11.30-12.00

**Lego Club Friday 20th March:** Join us for theme-based creative building fun for primary school aged children. Free activity. Children must be accompanied by a grown-up. Advance booking essential due to limited places. **Book online at: [bit.ly/BSlego](http://bit.ly/BSlego)**

**Volunteer Centre - Information Drop-in**  
**Thursday 12th March 12:00-14:00**

**DigiLocal Coding Club - Saturdays 9:45-12:15 for 8-14 year olds.** Places must be booked via email: [digilocal@hbb.org.uk](mailto:digilocal@hbb.org.uk) DigiLocal will introduce children to computational thinking through project based activities building computer games and animations.

**Patchway Library: Craft group for adults. Sat 7th March & Sat 4th April £2 per session. 10-12 pm**



*The Ultimate Bee Gees Show*

**Stayin' Alive**

All the hits... 'Tragedy', 'Jive Talkin'', 'Night Fever', 'You Should Be Dancing' and many more!

Jimmy Stanley as Robin Gibb  
 Mark Riches as Maurice Gibb  
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"The definitive Bee Gees tribute. They have no equal."  
 Mark Riches 'The Stage' October 2011

Tickets £13.50 (plus booking fee)  
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 Online via [www.castellroc.co.uk](http://www.castellroc.co.uk)

**CHEPSTOW DRILL HALL**  
**Saturday 21st March 19:00 - 22:30**

Brought to you by  
**Castell Roc**

All proceeds towards funding  
**COMMUNITY BASH**

*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, Bradleystokesewandsos.weebly.com

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

**Girl Guides, Brownies & Rainbows** - [admingirlguidingbsg.org.uk](mailto:admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](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 Thursday mornings.

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

**Almondsbury and Bradley Stoke Tennis Club** - Opportunities for all levels, inc pay and play lessons for all on Saturday mornings, no booking needed. [almondsburytennis.org.uk](http://almondsburytennis.org.uk)

**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@btpenworld.com](mailto:mlee1@btpenworld.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, 3 evenings per week, Tues, Weds, Thurs, in the Bradley Stoke area. Tuesday evening is aimed at Beginners whilst all levels are welcome on any of the evenings. Alan 0789 0182387. Find us on FB.

**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

**Amberley Road Baptist / Cafe Church**, Patchway, 01454 610808

**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.

**Stoke Gifford Baptist Church** 1, Rock Lane, 01454 610808





## PRIMARY SCHOOLS

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

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

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

**Holy Family R.C. Primary School**, Head of School: Dawn Breeze, Amberley Road Patchway, 01454 866786

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

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

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

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

**St Chad's Patchway C of E Primary School**, Head Teacher Mrs Steph Jenkins, Cranham Drive, Stoke Lodge, 01454 866523

**St. Marys R.C. Primary School**, Head Teacher: 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](http://abbeywoodschool.com)

**Bradley Stoke Community School**, Head Teacher: Steve Moir, Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, [bradleystokecs.org.uk](http://bradleystokecs.org.uk)

**Patchway Community College**, Head Teacher: Karen Cornick, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, [patchwaycc.com](http://patchwaycc.com)

# LIVE ENTERTAINMENT

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**Saturday 22<sup>nd</sup> February | Country Rock Night** – Country Rock Band, One for the Road will be serving up a night of toe tappin' leg slappin country music - £5 per person

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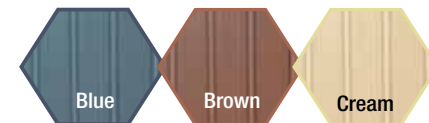
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