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Dear Readers....

As I write this, the next few weeks/months are uncertain times. Many of the events listed in this month's issue may well end up being cancelled or postponed. We will do our best to keep you updated on our facebook page as guidelines are updating daily on recommended social distancing measures.

COVID 19 has brought upon us worrying times. We have seen panic buying, but we are also seeing a community coming together. To get through this we need to work together. We need to do our utmost to protect those most vulnerable in our society. Statistics to date indicate there is very low risk of fatality for younger, healthy people.

I have been amazed at the community spirit shown by the groups that have grown offering to help those across our area who may be vulnerable and having to self-isolate, or those already stricken and on isolation. Many people don't have family close by who can help. There are local people willing to help all across the five Stokes area if you are in isolation and need supplies/medication dropping off etc. See overleaf for more information.

If you are not on facebook and if you need help, please contact us here at Bradley Stoke Matters and we will do our best to put you in touch with some who can help.

In the meantime keep safe, look after each other and enjoy this month's issue - there is plenty of good news to read about!

JaCi x

Contact Us :

01454 300 900

sales@mattersmagazines.co.uk

community@mattersmagazines.co.uk

www.bradleystokematters.co.uk

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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!

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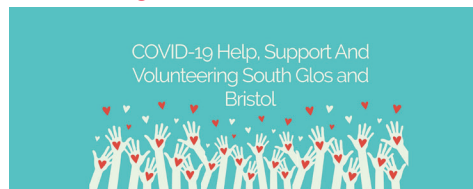


Community comes together to respond to COVID-19

We are living in unnerving times, as to what the repercussions of COVID-19 might mean. At time of writing, things seem to be changing on a daily basis. As greater numbers of people find it necessary to self isolate, this situation could be devastating for some people who do not have friends or family close by to support them. Thankfully, I am pleased to report, it is not all doom and gloom, droves of local people have stepped up to work together to support our community in anyway they can.

There may well be further groups established than the ones featured in this article, but we are pleased to share information on a few vital support networks in our local area that are determined to do their best for local people.

Facebook Page: COVID-19 Help, Support And Volunteering South Glos and Bristol



Natalie Harrison who set up this support group via Facebook told us, "I founded this group with my friend Matt Palmer. It originally stemmed from an idea to post on our local Facebook page that if anybody needed help with shopping whilst self isolating, just to let us know. We had such a big response to that post that we set up a support page. Over the coming days the group grew and grew to an astounding amount of members (over 4,000 as we went to print on 19th March!), people offering help, people asking for help, even people saying how they felt safer knowing there was help available. We have a dedicated admin team (that I must give a shout out to they're totally invaluable to our team!) creating leaflets, teams for different areas and even offering posts with things like activities to do whilst in isolation. As a whole, the team are totally overwhelmed with the response and kindness of everybody on this page. It's something I can say I'm incredibly proud of and I'm certain I can speak for the whole team in saying that."

If anyone would like to enlist the help of this group please do get in touch via their Facebook page.

Facebook Page: Stoke Gifford/Bradley Stoke COVID-19 Help and Support



This group has been set up by locals to offer help and support to those in the Bradley Stoke/Stoke Gifford area during the COVID-19 outbreak. It is only for those either seeking help or offering support.

BritishRedCross

Help your community in a crisis

The Red Cross can help you share your kindness with those who need it most. By becoming a community reserve volunteer, you will help your community get back on track in the event of a major local emergency. This may be particularly important right now and we are working with the authorities to support the COVID-19 response in the best possible way. Anyone can become a community reserve volunteer; no specialist skills are required and quick training is provided at the scene. You just need to meet the criteria below.

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

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.



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

Editor's note: My visit to North Bristol Foodbank took place before the craziness of Coronavirus had set in. Now, more than ever, we need to help to protect the vulnerable in our community. A huge amount of additional people will be suffering from loss of income and inevitably the demand on Foodbanks will go up, at a time when general supplies are being limited through panic buying and potential restocking delays.

Food donations are still extremely welcome, but if you are self-isolating and still wish to support the charity, you can make a monetary donation – no how matter small, it will be greatly appreciated.

Please visit – www.totalgiving.co.uk/mypage/northbristolfoodbank

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
 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

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Almondsbury Gymkhana Fashion Show Evening

The Almondsbury Gymkhana Horse and Pony Show held a very successful charity fund-raising event at M&Co fashion store in Thornbury. Local volunteer models ranging from 2 years old through the generations to more mature ladies, delighted the spectators and were further entertained when Josh, a paramedic with Great Western Air Ambulance was also willing to "walk the catwalk" to model the menswear, accompanied by Charlie the GWAA bear mascot.

The evening was captured "on camera" by a local professional photographer, Sarah Button (photos right), who kindly donated her photography skills for the evening, and donated a photo shoot raffle prize. (www.sarahbuttonphoto.com)

The wide range of choice at M&Co meant that all ages, heights and sizes could be easily catered for and we had a wonderful selection of clothes paraded before us. The tills were buzzing at the interval as people mingled and shopped. We are extremely grateful to Sue Kettle and her staff for hosting and running this event.

With donations from a number of local shops, we were able to run a great raffle, and overall, with the ticket sales, we were delighted to have raised just over £600. Thanks to everyone who supported this event.

Every July, the Almondsbury show committee run a wonderful local horse show and gymkhana for all abilities and ages to compete in a friendly atmosphere. This show raises thousands of pounds for local charities including GWAA, ST Peter's Hospice, BUST cancer, Cinnamon dog trust, Metabolic support and Forever Hounds Trust. **PLEASE SAVE THE DATE: Almondsbury Show 2020. Sunday July 5th**



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e:mail:
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The Bradley Stoke Easter Cross:

In the light of our current international climate, the stark Christian image of the cross, placed each year on the Patchway [Bradley Stoke Way / Brook Way] roundabout will be one of my lasting memories of my time in Bradley Stoke. As I recall this cross - with its red swathe of cloth on Good Friday and white sheet on Easter Sunday - I'm again drawn to the reason that Christians highlight this symbol as central to our faith in God and our hope that in the midst of death, there is hope of new life.

I say "lasting images" as cross on the roundabout it will be one of my parting images as I leave town for a new post just after Easter. Like many church ministers, my time in Bradley Stoke has been relatively short, but as Jonah found in the record of his life in the Bible - it's best to listen to God first time round and follow his lead.

We live in a climate of international fear, uncertainty and the genuine threat of death in our midst. Whilst Covid19 has not physically hit our town yet, I'm writing this whilst playing a part in making contingency planning arrangements for our churches and community groups. You, our readers, may be some of the many people who are fearful. Not surprising when our daily news is inundated with real life stories of families facing fear, death, hardship, uncertainty, financial pressures, health worries, family tensions. It's not good news.

Hence I'm drawn to put the spotlight on the Christian symbol of the cross, signalling the Christian claim that Jesus paves the way for new life - good news of hope amidst the shadow of death. This is good news - the best news we can imagine - that fear will not win, that death is not the end, that new life is beginning. The white cloth on the cross on Easter Sunday is a symbol of this hope - faith in Jesus brings a promise of new life beyond the threat of death. Christian faith believes that, as we live in the light of Jesus overcoming death, our lives are transformed, made new. It's a big claim, but many know it to be a true and liberating experience.

It's in the light that I recall some amazing people in Bradley Stoke - people who have [started to] overcome their hardships, worries, fears, uncertainties, dreadful experiences by trusting God to transform their broken lives and make them whole again. It's been a privilege to see



deep sadnesses transformed into a growing hope-filled joy.

In our present climate, we have time and opportunity to ask ourselves "how do I want to live?" - a time to re-assess our priorities. No-one is wholly protected from the invisible enemy of the Covid19 virus - and we will all be wise to take the physical advice from our governments and medical experts. But we can receive protection from fear and despair, from selfishness and exaggeration, from succumbing to false hopes that pitch us into cynicism and despair. If that's a choice you are looking to make as the cross of Easter is pitched again over our town, you might like to join with Christians across the land and across the nations in praying like this [borrowed from the Church of South India]:

***God our Father, by whose mercy
the world turns safely into darkness and
returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled
hopes,
knowing that only what you bless will
prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure
defender,
through Jesus Christ our Lord. Amen***

Paul Hinckley, Vicar of Bradley Stoke
[Christ the King and Holy Trinity]

**If you need help at this time, you can contact
your local church via the following websites -
they will do what they can to assist.**

**<http://ctkchurch.org.uk/>
<http://bsec.org.uk/wp/>
<https://htcbradleystoke.co.uk/>
<https://www.citychurch.org.uk/>**

St Peter's Hospice launches Midnight Walk

Dig out your sparkle and get your festival gear ready as St Peter's Hospice Midnight Walk returns with a brand new theme for 2020!

Taking place on Saturday 4th July, the event has a festival theme this year. And with a choice of a five or ten mile sponsored walk, you'll take in Bristol's best sights at night whilst raising vital funds for the Hospice.

The walk will kick off at Millennium Square with plenty of entertainment and the usual group warm up from 9pm. Fundraisers will be able to enjoy a refreshment station halfway through, and this year there will also be a silent disco to really get the party started! Whether you're part of a team or going it alone, don't delay in securing your spot.

Registration is now open with an early bird entry fee of £17.50 for the first 250 sign ups. Visit bristolmidnightwalk.com or call 01275 391400 to find out more and sign up.

Taking part in The Midnight Walk means every step you take helps patients and families facing the hardest of times, now and in the future. The money raised from this event goes towards supporting the end of life care that St Peter's Hospice provides in Bristol and the surrounding areas, including community nursing, the Inpatient Unit, Day Services and bereavement support.



Swim for a Mile for MS and raise vital funds for the West of England MS Therapy Centre

From 20th – 26th April Bradley Stoke Leisure Centre have offered all who take part in Swim for MS free access to the swimming pool to raise vital funds to support local people living with multiple sclerosis (MS) and other neurological conditions.

Swim for MS is great for ages and abilities. It doesn't matter if you complete a mile in one go, or swim a mile over the course of a week, everyone can join in, have fun and support people living with MS – an incurable condition which affects a person's central nervous system.

Swim for MS is a community-based event that encourages everyone to take part.

If you would like to register your interest please visit <https://www.thebrightwell.org.uk/events/swim-for-ms> or contact community@thebrightwell.org.uk

Swim for MS

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During MS Awareness Week, 20th April -26th April 2020, why not stretch your (water)wings and swim a mile for us?

DON'T PANIC!!

You don't have to manage the whole thing in one go!

Our lovely friends at Active Bradley Stoke have agreed to provide **FREE** access to their swimming pool during MS Awareness Week for everyone who registers* to take part in Swim for MS with us.

Active Bradley Stoke are proud to support The West of England MS Therapy Centre with Swim for MS

Active Bradley Stoke
Fiddlers Wood Lane, BS32 9BS
activecentres.org/centres/bradley-stoke

The West of England MS Therapy Centre
The Brightwell, Wheatfield Drive, BS32 9DB
thebrightwell.org.uk/events-1

*Free access is only for the Swimming Pool and changing areas and is only available at the Active Bradley Stoke Centre and only on presentation of valid documentation. Full terms and conditions are available on our website.

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Bradley Stoke 10k

As part of the Bradley Stoke Town Festival, this year's 10K race is scheduled to take place on Sunday 7th June

This brilliant annual event is so popular that this year it **COMPLETELY SOLD OUT** in less than 5 hours of entries opening!

However they do need your help - could you be a Marshal?

Volunteer marshals are required to help deliver a memorable, enjoyable and safe running experience for the runners taking part.

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

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

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

Fingers crossed that the Festival and the run don't get cancelled!



Local Headteacher to take on a Marathon in aid of Alzheimer's

Phil Winterburn, Head Teacher, Wheatfield Primary School

On 26th April I was planning to be running The London Marathon (my first marathon) to support the amazing work of The Alzheimer's Society. This is my first marathon and (I think) represents a decent level of challenge for someone closer to his fifth multiple of ten than his fourth!

With the run now being postponed until October, I'm aiming to turn this into a positive – I want to run the marathon in Bristol on the original date with a couple of friends (assuming we are not all locked down). I will then also run it in October – this gives more time to raise even more cash!

I have chosen to support The Alzheimer's Society as my mum has sadly suffered with this dreadful disease for over ten years and I have witnessed the amazing work this charity does in supporting those affected (and their families).

I'd welcome the opportunity to tell you a little more about this disease, the impact it has on those affected and the sense of loss experienced by friends and family as the disease takes hold.

My Mum's story is really a family story with my dad wearing the superhero cape and my brother and I occasionally pulling our underpants over our jeans as his hapless sidekicks! Truth be told, calling this a family story is also misrepresenting it - it's a community story - a people story.

Mum was barely sixty when Alzheimer's first appeared. From what I've read and heard, there are many ways in which Alzheimer's manifests itself and evolves over time - each person's experience is, in many ways, unique. Alongside this, anyone who has a loved one affected by Alzheimer's will have their own perspective on the disease - this is mine.

This story starts with a happy beginning. All is well - memories are made, conversations ignite opinions, calendars are juggled, arrangements re-arranged, influence is exerted, suggestions crafted, social cues read, rounds of drinks memorised and delivered, cupboards stocked,



cobwebs spotted and swept, journeys are planned, appointments kept, books balanced - all is well in your world.

Against this backdrop, Alzheimer's creeps in: a shadow. To begin with it masquerades as the 'easily explained' - a repeated question could just be tiredness or good, old-fashioned, inattentiveness. No one spots the shadow as it cloaks your loved one, enveloping their mind in its inky void.

Over time the shadow becomes a hole - a deep well with a fierce gravitational pull. Invisible tendrils

snake from the well and begin pulling at your loved one, dragging them towards the darkness. Now you know Alzheimer's is in your world - you cling on, you hold tight, you plug the hole with love and time and tenderness but its appetite is insatiable. Alzheimer's keeps tugging - cruelly tenacious, malevolently resilient - knowing its victory is ultimately assured.

I know this sounds bleak but there's a point to it. There's no cure for Alzheimer's. There's no treatment proven to slow its progress. But there are people working on it and there are organisations - The Alzheimer's Society being just one - who, not only enable this research, but also support people with the disease and, equally importantly, the many family members who care for them.

This story also has a happy ending. Mum is still with us. Alzheimer's has taken her cognition, her speech and, most-recently, her mobility but it can't take her spirit - the glint in her eye, a smile which radiates sheer joy and a subtle change in posture which implies she simply wants to give my dad 'a good telling off!' The story is still being written and now you can be a part of it by supporting my challenge, so, from all the Winterburns, thank you. Knowing I have your support will make each mile just a little easier!

Please help Phil raise as much as possible to help combat this disease

<https://www.justgiving.com/fundraising/philip-winterburn>

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I am a fully qualified counsellor based in Bradley Stoke. Together through counselling we will be able to look for answers to your difficulties, explore your problems and enhance your life.

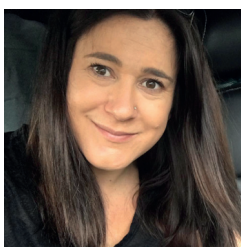
There are times when life can seem overwhelming, we may feel depressed or anxious, having a sense of being stuck or lost. There may be particular events which are troubling us - relationship difficulties, unresolved childhood issues, bereavement, or something we might not even be consciously aware of. Any one of these things can challenge our ability to cope with our lives.

Counselling is a process where we can examine, talk about, reflect upon, and explore the thoughts and experiences you are going through. Coming to counselling can help you realise that things can feel better, things do change and life will feel good again! It's all about making the brave step and booking a first session.

Do you always think of others? Do things for others? Do something for you because you are worth it too!

I offer the first session at £25 and sessions thereafter are £40 for daytime appointments and £45 for evening appointments. They are 1 hour long. I can offer a discount for block bookings of 6 sessions where you will only pay for 5.

If you have any questions or would like to know more please get in touch.



Naomi Hope Counselling

Call or text today to arrange a session

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Painful Feet?

Pooja Sharma, Podiatrist at Bradley Stoke Physio & Health, shares some tips for fitter feet!

It's only when you have a problem with your feet that you realise how much you use them...and how much you need them to be pain free.

What causes pain in your feet?

Some of the most common conditions I see are corns, calluses and cracked heels. However, foot pain can come from many sources including fungal infections, ingrown toenails, verrucas, and injury.

People with medical issues such as rheumatoid arthritis can also have foot related problems. Up to 90% of people with this condition experience difficulties such as soreness and swelling in their joints or changing foot shape. The pain can also affect their ability to walk.

Sometimes, numbness is the issue. People with diabetes will know this is a risk - it is important they see a health care professional who can monitor, treat and help to prevent ulcers, infections and other problems that can occur as a result.

What can you do to look after your feet?

For most people, a simple care routine means wearing shoes that fit well and are comfortable, keeping your toenails short, and using an emollient cream daily if you have cracked heels.

If you have a more complex condition such as rheumatoid arthritis or diabetes you will also need regular support and care from a good podiatrist.

What can a Podiatrist do?

Podiatrists are medically trained to assess, diagnose and treat a range of conditions that affect the feet and lower legs. Our aim is to reduce pain, improve and maintain foot function to keep you active, and protect the skin and other tissues from damage.

Treatments can range from professional help with general foot care, like toenail cutting and treating hard skin, to specialist care of painful joints. We can also prescribe exercises that will help you reduce your pain.

Should I see a Podiatrist?

Healthy feet mean we can be active, maintain our balance and strength, and they help us stay upright!

If you are having difficulty with any of this, then, yes, seeing a Podiatrist is a good decision.

If you need any further information or want to book an appointment with Pooja, email her at info@bradleystokephysio.co.uk or call Bradley Stoke Physio & Health on 01454 618 525.



Making you feel better



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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!"*

The Filtones Choir has, for the second consecutive year, raised £1,000 for the BRACE charity (Research into Alzheimer's and Dementias).

Photo right shows the presentation being made to Jeanne Clements representing BRACE, by the Filtones' Chairman, Michael Hensman and Treasurer, Dot Bryant.

As a group of mature adults, we meet on Wednesday afternoons at Eden Grove Methodist Church in Filton between 1.45pm and 3.45pm for rehearsals and enjoy singing four part harmony. We are actively looking to recruit new members and will welcome with open arms anyone who would like to give us a try.

We are a non auditioning choir and a very friendly group so if you want to come along, please just call in, or if you would like further information ring **07870 984760** or look at our website **www.thefiltone.weebly.com**.

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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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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**

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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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All you do is click on the link that I will send you. You don't need any technical ability.

Now more than ever, we need to start taking care of ourselves; not just our physical health, but also our mental wellbeing.

Although it may seem as if we are entirely at the mercy of our bodies, our minds are a powerful ally when it comes to our physical health.

Learning to calm the mind can help ease stress, relieve anxiety, depression and sleep problems.

Hypnotherapy (and indeed self-hypnosis) can have a very important role to play in boosting our physical health, and in the treatment of physical illness.

I can help you cope better in life, get back control and feel more relaxed, focussed and positive all from the comfort of your own home.

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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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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

Back in 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.

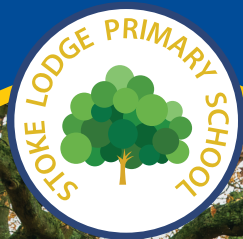
Other activities the Royal Air Force Air Cadets get involved in include, gliding, climbing, SCUBA, shooting, DoF, overseas expeditions, drill, STEM, radio and much more.

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 and we will be more than happy to show you around.

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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?

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Greek Day

By Hector and Joseph

On the 14th of February, Year 5 got to experience what it was like to be a Greek. They had lots of fun activities throughout the whole day, including tasting some food that they would eat. They also had the chance to dress up as Greeks and to write their name in their alphabet. They made fantastic posters with some intriguing facts about the lifetime the Greeks had to live in. This really helped them to fully understand what it might be like to live in Ancient Greece.

Rock Steady Workshop

By Leona

On Friday 6th of March Ben from Rock Steady visited St Marys to teach some pupils to play certain instruments e.g. Electric Guitar, Keyboard and Drums. All of the children enjoyed singing along with the songs and dancing to the tunes, Ben also persuaded some children to sing and play the instruments to the song 'Happier' by Marshmallow. Towards the end of the workshop some of our teachers showcased their talents; Miss Fitzgerald on the drums, Mr Burke on the vocals and Mrs Turnbull and Mrs Sullivan on keyboard.

Watch out Ed Sheeran! The teachers of St Marys are coming for you!



Library visits

By Sofia and Greta

As part of St. Marys' World Book Day celebration, each class took it in turns, during the last couple of weeks, to visit the local library.



Luckily Reception class were accompanied by their year 6 buddies. They were all able to listen to a story read by a librarian, and try out reading their own. These visits will hopefully inspire all of the children to keep visiting and reading for their own pleasure.



The Secret Garden

By Sofia and Greta

Last Thursday there was a performance of The Secret Garden by M and M Theatre Company, which was great fun to watch.

They had six characters in the story, but there were only four actors. This meant that some actors played two or more parts. All of us were



extremely impressed. They played seven scenes, which were all fluent and eloquent.

The whole theatrical performance, called The Secret Garden, is about a girl who moved to England from India. She went to live with some relatives she never knew she had. After, she found a key which led to a secret garden; she was really surprised. The next day she heard crying noises in the middle of the night so she tried to see where it came from but she couldn't find it out. In the end Mary (the main character) made friends with two boys, and the three children then managed to let the secret garden blossom.

The year sixes had an additional workshop after the performance which revealed some of the backstage secrets! This was an amazing learning experience for all year groups and some classes have looked at the story again, with some follow up work.



Things to look forward to next term:

St Mary's has a May fair coming up on Saturday 16th May.

We are also planning a special VE tea dance for children and parents on Thursday 7th May.



Mission

To support and enable all learners to believe in themselves, achieve beyond their expectations and develop the skills needed to succeed and enjoy life.



Winterbourne
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

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Exciting new play equipment at Bowsland Green Primary School

A space known as 'The green area' has been transformed at local primary school, Bowsland Green. The space previously housed a wooden boat which had been in place at the school for close to 25 years.

The Headteacher and Friends of Bowsland Green set themselves an ambitious target to get this space transformed. Thanks to the support of families, fundraising events raised a massive £9,000 towards the project. Headteacher, Mrs Engley, was successful in obtaining a £10,000 National Lottery Grant too. The Young Leadership Team (seen in the photos) were part of the design process, gathering views from their class mates about the type of equipment they would like to see and the reasons why.

The equipment is designed and built by local play equipment company, Pentagon Play. Becky Hazell from the company has worked closely with the school at every stage to make sure the space is being optimized in the best way. Mrs Engley explained that a big focus of the project was to promote purposeful talk through play. We are fortunate to have a diverse school community and many children join the school with English as an additional language. Play is a universal language, it has been a pleasure to see new friendships being formed as the children engage in play together.



Physical play is important in the fight of childhood obesity, Mrs Engley shared that the new equipment features pieces that encourage the children to develop their upper body and core strength.

The children and staff were delighted when Bradley Stoke Mayor, Tom Aditya joined them to cut the ribbon and officially open the new play equipment. Despite the stormy conditions, all children made it outside to celebrate. Mayor Aditya then spent time visiting each classroom, talking to the pupils and finding out more about what makes their school so brilliant.

Mrs Engley, The Friends of Bowsland Green and the children have already started work on their next project, transforming a corner of the playground into a sensory garden. The fence is almost up and the children are thinking carefully about the things they would like to be included.

Our sustainability squad spoke with our caretaker, Mr Irwin and he has transformed the wood from the old boat into planter boxes which will be used in the space. Alongside this, fundraising has begun to add an imagination station to the new play area, we are planning to have this in place before the summer break Mrs Engley told us hopefully.

The school is 25 years old this year and there are some excellent fundraising plans in the place to celebrate!



Thursday 13th August 2020

FLEETWOOD MAC

THE FLEETWOOD MAC TRIBUTE SHOW

Fleetwood Mac were the world's first and are regarded as the UK's most authentic Fleetwood Mac Tribute show, endorsed by Mick Fleetwood himself, raved about by Peter Green's biographer.



Friday 14th August 2020

SKID ROW

Brash New Jersey Rockers **Skid Row** are one of the most popular and endearing Heavy Metal bands to come out of America.



Saturday 15th August 2020

La Voix

La Voix's shows truly are not to be missed! With her hilarious brand new show, new songs and even more gorgeous dresses, this is the **MUST SEE** show of the year!



Sunday 16th August 2020

Si Cranstoun Band

SI, the 'king of vintage' meets the **'Navarones'** legends of 'ska'. If you love SKA, CLASSIC SOUL, ROCKIN', R&B, then this is a night you will not want to miss....



Thursday 20th August 2020

Monsters of Roc

Monsters of Roc returns with three killer bands in one night - **UK Guns N Roses**, **Whitesnake UK** and **Hells Bells**. This promises to shake the Castle walls!

Friday 21st August 2020

ALABAMA3

Back by incredible popular demand. **Alabama3** are bringing their holy-rolling, narco-evangelism to Castell Roc 2020. Alabama3 serve up a genuinely innovative mashup of genres and infectious danceable tunes with lyrics that resonate for both the original fans and newcomers alike. Can I get an amen to that?



Saturday 22nd August 2020

KING KING

Right now, **King King** are a band breaking into a swagger. There's no denying the momentum of the Glasgow rockers saluted as "the best blues-rock band in the world" (Blues Rock Review).



Sunday 23rd August 2020

RUSSELL WATSON

We are absolutely delighted that **Russell 'The Voice' Watson** will be joining us for Castell Roc 2020. Having performed with some of the greatest singers in the world at the greatest venues in the world, we are over the moon Russell will be taking to the stage at Chepstow Castle.



Thursday 27th August 2020

TOTAL POP PARTY 4th Avenue

First is **Total Pop Party** for the younger audience, where they can sing along and party to all the pop songs they know and love. Next **4th Avenue** bring their critically acclaimed 'Boyband' show to the Castle, complete with the biggest hits from Westlife, Boyzone, Backstreet Boys, Take That and even a guest appearance from Robbie Williams!

Friday 28th August 2020

THE BOHEMIANS

Internationally renowned Queen Tribute band **The Bohemians** take you on a high energy roller coaster ride of a concert, featuring the back catalogue of one of the world's most popular and iconic rock acts of all time.



Saturday 29th August 2020

TheCraigCharles Funk&SoulClub



The legendary actor, host and broadcaster **Craig Charles** is one of UK's most beloved Funk and Soul DJ's, returning to the castle for another amazing night - Don't miss it.

Sunday 30th August 2020

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Direct from The West End, experience the ultimate Whitney Houston tribute show as it tours across the UK performing over 100 concerts every year! **Whitney-Queen of the Night** is a stunning celebration of the music and life of one of the greatest singers of our time.



Monday 31st August 2020

COMMUNITY BASH

Supported by Chepstow Town Council we throw the doors of Chepstow Castle open for this free entry event. An array of attractions both inside and outside of the Castle including a full day of 'Rock In The Dell' on the big stage. Free entry is also provided to the Castle (saving £6.90 per adult). All proceeds towards a local charity. Tickets are not required. 11:00am - 09:00pm

Castell Roc Music Festival 2020

Tickets are strictly limited and sell-out very fast. Tickets can be purchased via the Box Office at **Hannah's Music, Chepstow** (01291 627122) or Online at www.castellroc.co.uk

See TICKETS

gigantic

Our licensing agreement stipulates that no food or alcohol can be taken into the Castle. A reasonably priced quality bar selling locally produced ales & ciders as well as lagers, wines and spirits is available on-site. A variety of quality food outlets will also be available. No chairs (folding or otherwise) will be permitted, a seating area is provided limited to 200 on a first come first served basis (additional cost of £1 per ticket).

Under 16's must be accompanied by an adult. No dogs allowed. Chepstow Castle is a no smoking venue.

CHEPSTOW EVENTS TEAM

Saturday 13th June "The Swinging 60's Day"
Sunday 22nd August "Nashville Day"
"Winter Wonderland" -
Sunday 29th November Christmas lights switch on

Bringing local community events to Chepstow town centre

Bradley Stoke Cricket Club 2020 Season

BSCC WOMEN

The women's team are heading into their second season this summer. We are currently playing in an indoor winter league and with only one game left we are hoping for a top 3 finish. Our outdoor training will start on Friday April 10th from 7:00pm at the cricket club. We are fortunate to have the same coach as we had last season so we can hopefully build from where we finished the season. Training will be every Friday 7:00 - 8:30 at the cricket club. We welcome new players of all abilities, if you have played before, currently play or have never tried cricket we would love you to give us a go! For more information please contact Leanne - leannebirley2@gmail.com

BSCC YOUTH

Hopes are high for another successful season within the youth section, with all age groups once again catered for. The club are running five age group squads: at the Under 11, 13, 15 & 17 age groups they have a team for each entered in the various hardball Bristol Youth Cricket League (BYCL) and National Cup competitions, with the exception of the Under 11s with two teams. The Under 9s will be looking to play in a number of softball Kwik Cricket festivals.

In addition an Under 19s team (nickname - Supersonics) are again entered in the ECB National T20 competition.

Indoor training has been underway since early February at Marlwood School, Alveston, going through until early April. For the Under 9s and 11s its Mondays 6pm to 7pm, and for the Under 13s, 15s and 17s its Wednesdays 6pm to 7pm.

Outdoor training for all age groups up to Under 17 begins at the club ground on Sunday 19 April, from 10am, other than the Under 9s which is from 10.30am.

Some of the players have been keeping their eye in over the winter by representing the club in indoor leagues run by the Damian Forder Cricket Academy (DFCA); Under 12s at the County Ground and Under 15s at Orchard School. At the time of writing the Under 12s lead their eight team post Christmas league.



Eight of the players have been training indoors since the New Year with Gloucestershire Cricket Board (GCB) performance age group squads, and three further players with the new Bristol MCC Foundation hub.

All Stars Cricket returns to the club for a third successive year, the ECB nationwide initiative to introduce 5 to 8 year olds to the game. This starts on Friday 15 May, at 6.30pm at the club ground.

And new for 2020, Dynamos Cricket is a further ECB initiative aimed at 8 to 11 year olds. As the club have established Under 9s and Under 11s set ups, this is being introduced at BSCC aimed at girls only, to try and attract more girls to the club. This also starts on Friday 15 May at 6.30pm at the club ground.

Enquiries:

Main youth section: rivers.johnf@hotmail.co.uk

To register:

Main youth section:
<https://membermojo.co.uk/bscc>

All Stars at BSCC:
<https://ecb.clubspark.uk/AllStars/Course/2eb12dc6-9fef-48e9-8b2c-31929cb3cd79>

Dynamos at BSCC:
<https://ecb.clubspark.uk/Dynamos/Course/c299767c-d9c0-4f82-a179-2bdac713a830>



BSTFC Update

Bradley Stoke Town 1st Team have beaten the weather this season by playing their games on the new 3G surface at Patchway School. In their first season in the Bristol Combination league they have a chance of promotion, but in a tight division they will have to rely on other teams' results in a crowded end of season fixture list if they are to realise their ambition.

Manager Jon Welsh has recruited some talented players this season and with the team currently holding onto their highest league position in the club's short history the possibility of future success is so near, yet so far. With four games remaining, winning them all is essential if the push towards the County League is to become a reality.

Bradley Stoke Reserves sit comfortably in 4th place having played 18 games this season. The reserves also share the new Patchway 3G pitch with the first team. Chances of promotion have gone a miss this season. Manager George Haskins has brought in new players that have boosted the reserves this season and will look to be strong challengers for the league next season.

The A team have been hit hard by the wet weather this season, having only played 9 games in the league. They currently sit in 9th position with 12 games to play before the end of April! Manager Chris Evans' team did have a very good cup run this season, making the Semi Final of the GFA Minor Cup, however local rivals Winterbourne United Res progressed to the final after beating the A team on Penalties. This is Manager Chris Evans first season in charge of the A team, and its fair to say that he has settled in well.

Phil Ashton's Vets have had a fantastic season with some big wins. This season has been boosted with some new players on board. Currently sitting 3rd, with 3 games of the season to go, this will have been one of Bradley Stoke Vets' best seasons in the Gloucestershire FA Veterans League.



Thanks to Matt Burch for this month's update and action photos - Bradley Stoke Matters is loving the First Team shirts!



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

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.

Please contact chairman@bsufc.co.uk for further information.

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Running for MS with MS 10 Years, 10 London Marathons

To say that David Elliott has the running bug is an understatement. Running his tenth London Marathon for the tenth consecutive year, London 2020 will also be David Elliott's final London Marathon. It will also be an extra special marathon as he will be joined by his two daughter's Ollie (21) and Meg Elliott (18).

David was diagnosed with Multiple Sclerosis when Ollie was 2 years old and Meg just a week old. Realising the health benefits that running could bring him, David started his running journey and in 2011 was ready to take part in his first London Marathon. Since then he has run in every London Marathon. He has also run the Edinburgh, Dublin, Paris, Manchester, Berlin, Snowdonia, Exeter and New York marathons.

"Being fit, I believe, helps when I have a relapse of my MS. When I am 100% fit it normally gives me a good basepoint so that when I have a relapse I get well quicker. Running is also a great way to escape from the real world for some time, either with a group of runners, music, podcast or even just the sound of outdoor life. It's a great way to de-stress. I leave the mobile at home and get some fresh air. Strangely enough, when I am really tired a quick half hour run energises me more than an hour nap."

To mark his final London Marathon, David will be running with his daughters and they have set a fundraising target of £10,000. This will be split equally between The West of England MS Therapy Centre, part of The Brightwell, MS Trust and MS Society

Ollie (21), who is in her 3rd year studying Sport and Exercise Medical Sciences at Exeter University, is a keen runner who completed her first marathon in 2019 in a very respectable 3hrs 44 minutes. In 2020 she is training to beat her dad's personal best of 3 hours 33 minutes set in 2014.

Meg (18) is in her first year studying Law at Birmingham University. She is not such a keen runner, but has accepted her Dad's challenge to run with him on his tenth and final London Marathon on the 26th April 2020.



Team Elliott will be training at local park runs that are held every Saturday across Bristol and the South West. If you see them, make sure to go and say hello and run along with them. After all, running is a great way of meeting new friends, supporting one another and improving your overall health.

The West of England MS Therapy Centre would like to extend a big thank you to Meg Elliott for running the London Marathon to raise vital funds to support local people living with MS and other neurological conditions.

If you are inspired by David, Ollie and Meg's story and would like to fundraise for the West of England MS Therapy Centre in a running event of your choice, please contact community@thebrightwell.org.uk for hints and tips on how to get the most out of the whole experience.

To sponsor Meg, please visit <https://uk.virginmoneygiving.com/MeganElliott4>

Photo: David (left), Ollie (right), Meg (kneeling) taken by David Elliott during a January training run


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South Glos Hockey Update

It has been an exciting second half of the season for South Glos with several teams pushing for a promotion... There have been some ups and downs for all of the teams but the ladies 2's are finishing the season on a high and have managed to secure their position at top of the table! We would like to say a massive well done to all who have played, supported and umpired them this season! The ladies 1's have continued to work hard after promotion last year and are hoping to finish the season mid table, which is a great achievement and will be the highest position held to date!

This season, we have successfully managed to field 3 men's teams comfortably and even with subs! This has had a great impact on their table positions. Although promotion may be out of sight, each team are hoping to secure mid table by the end of the season. Despite the bad weather, even our mixed squad have enjoyed some Sunday hockey improving skills, socialising and having fun! We did enter the Mixed England Knockout Cup and the squad put on a tough performance but were unfortunately knocked out in their final game with a 3-2 loss.

One of our highlights this year has been the successful launch of our Hockey Heroes and junior training. We have had a fantastic turnout even during some of the terrible storms. It has been really rewarding to see the children's progression from the start of the season and how much they have developed.

The club is really looking forward to their annual awards night where they will celebrate the clubs achievements as well as valuing individual achievements.

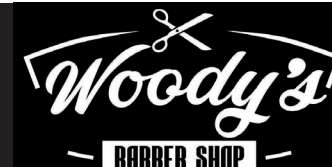
If you are interested in joining a hockey club, or would like to find out more about our youth hockey then please contact us via Facebook, email or Instagram. Although the season may nearly be over, we have lots of summer league games which is a fantastic way to try out hockey or get back to it before the winter season.

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Mother awarded £400,000 as compensation for "relationship-generated disadvantage" in divorce case

Josephine tasker of AMD Solicitors discusses the case of RC v JC.

A recent family court decision, RC v JC generated heightened press attention because a mother who had sacrificed a potentially lucrative career for her family and to care for her children, was awarded compensation of £400,000 in divorce proceedings, in addition to an equal split of the assets totalling nearly £10 million.

Mr Justice Moor found that there had been sufficient "relationship-generated disadvantage" to justify the award of compensation to the wife. However, he stressed that the judgment should not be taken as a 'green-light' for such claims, but restated the case that compensation still exists in truly exceptional circumstances.

How does the court determine how to distribute assets on a divorce or dissolution?

That starting point is laid down in s.25 of the Matrimonial Causes Act 1973. The court has a duty to consider "all the circumstances of the case", whilst giving the first consideration to the welfare of any children who have not reached the age of 18. Thereafter, the court is directed to take into account a range of factors:

- Financial resources of the parties (including incomes, earning capacity, property and other financial resources such as pension provision)
- Financial needs, obligations and responsibilities
- The standard of living enjoyed within the marriage
- The ages of the parties and duration of the marriage
- Any physical or mental disability of either party
- The contribution each party has made or is likely to make in the foreseeable future to the welfare of the family
- The conduct of each party (where such conduct is so serious it would be inequitable to disregard it)
- Any benefit that either party may lose as a result of the divorce (such as loss of pension benefit)

Since 2000, a body of authoritative decisions in the family courts has established three guiding principles: needs, compensation and sharing and the courts will have regard to these principles when considering the s.25 factors, where their ultimate objective is to reach a fair outcome.

Our team of family solicitors have years of experience in divorce and financial proceedings and we have acted for clients with various circumstances, such as where an equal division of assets adequately meets the parties' needs, circumstances where equal division of assets cannot meet the parties' needs and in circumstances where the parties' resources exceed their needs.

Financial arrangements can be complex and are unique to your circumstances. We can advise you of the likely outcome if the issues have to be resolved at Court and will be able to advise you as to whether what you hope to achieve is, in fact, realistic or not.

For confidential advice on resolving finances on divorce, including a free initial 30 minute consultation with one of our family specialists, please contact 0117 962 1205 or if you prefer, you can email us at info@amdsolicitors.com.



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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.

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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:

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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

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View of barns before



View of barns during

News from Winterbourne's Medieval Barn

Spring at the Barn

The building works are almost finished now and the Trust is getting ready to re-open the whole site in late spring. Volunteers will be unloading all the furniture and equipment that's been in storage containers for the last 14 months, and getting to grips with new spaces, electrics, lighting, and so on... plus a kitchen and indoor toilets!

Final groundworks (paving, re-seeding, etc) have been delayed because of the extraordinarily wet weather, but it is hoped that the full site will ready to open at the end of May. This would have been to celebrate a community day but sadly due to Coronavirus this has been cancelled, along with many other events and activities planned this spring. Watch the website and Facebook for further announcements.

Would you like to get involved with things at the Barn?

Winterbourne Medieval Barn Trust relies on volunteers to keep this amazing medieval building in community use. When the site is fully re-open there will be more activities and we will be looking for more people to join the team of

volunteers. Volunteering it is a very rewarding activity and is a great way to get out and meet people, enjoy the heritage on our doorstep, and maybe learn new skills. You can offer as much or as little time as you wish, from helping out at occasional events to mowing the grass regularly or doing continuous administrative tasks. You may have specialist skills to offer, or have a desire to learn new things, or want to 'work out' for free in the garden or doing maintenance tasks. We have teams who take guided tours, teams that plan events, teams who grow fabulous fruit and vegetables in the garden, people who look after members and volunteers, or manage equipment and IT systems, or deal with the finances of the Trust, and much more.

Anyone who is interested can find more information about volunteering on the Barn website, and get in touch by email or via facebook. If you do not have internet access, just talk to other volunteers at an event and they will put you in touch with our volunteer coordinator.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

**Winterbourne Medieval Barn,
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West barn before



West barn now

Chepstow Walking Festival 15th - 19th April 2020

Grab your walking boots and join Chepstow Walking Festival that celebrates the beautiful landscape and rich heritage on both sides of the Welsh and English border.

The festival has become firmly established on the 'walkers calendar' and offers people the chance to discover the hidden and not so hidden gems of this area. There are 35 guided walks for most abilities from those that prefer a stroll of 3 miles to a challenging walk of 14 miles.

Whether you would like to visit a working Stud or stroke an Alpaca, enjoy the delicious products of local producers such as award winning Brookes ice-cream or Wye Valley Gin or prefer to immerse yourself in the countryside with like minded people then this festival is for you!

Single ticket price £5 or buy 2 tickets and get one walk free. There is no charge for under 16's or the Walk for Health. Ticket includes free parking in Chepstow and transport if applicable to your walk. The full programme and details on how to book your place please visit www.walksinchestow.co.uk or for further information email: Chepstowwaw@hotmail.co.uk



MUSIC IN THE GARDEN

Sunday 7th June 12.30pm onwards
Nutridge, Ram Hill, Coalpit Heath, BS36 2UF

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A three acre garden with perennial beds, trees, shrubs and open spaces.

Plants for sale.

Musicians, including pianists and singers will perform in the garden and house during the afternoon.

Proceeds in aid of Genieri, the African village linked with Yate. Charity no. 1057814 www.yategenierilink.org

Little Stoke Garden Society

Open Morning

Sunday 31st May 2020
10.00am - 12.00am

At the Allotments (behind Bush Avenue)

All are welcome

Are you interested in having an Allotment? Come and take a look for yourself, talk to our members about the pleasure and benefits of having an Allotment

Teas and coffee



Cakes

Tombola

Plant sales and swaps

Craft stall

Cards



Ask our gardeners for advice

If you have any surplus plants or seedlings, please bring them to the Open Day.

All monies collected are reinvested in the Allotments for the benefit of Garden Society members

Please come and join our membership of the Little Stoke Garden Society, this will enable you to buy gardening items at our allotment shop at low prices and the amount you need.

For further information on the Society visit our website www.littlestokegardenandallotmentsociety2018.co.uk

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We were pleased to meet with a **FRAMPTON COTTERELL** legend for this issue to learn more about his new career.

Former Bristol and Bath winger Barry Whitehead had a successful 35-year career that took him to the top of the game. At 50 years of age, after playing for Bristol and Bath, it was great to end his rugby playing days back where he started with FCRFC.

Barry recently decided to look for a new career, using his childhood memories for inspiration:

"Cutting my nails badly with a very blunt pair of scissors 3 months ago, this triggered a boyhood memory of a hobo chap on his tricycle cycling around Winterbourne offering sharpening services.

With a large stone wheel somehow fixed on the back of the bike, rotated through foot pedals. My parents would send me to him with knives, garden shears etc and it was fascinating to watch his skill sharpening so effectively.

Wondering what the modern equivalent was I found Nationally renowned training course in Radstock and following successful attendance, here we are!"

Barry has invested in a substantial mobile workshop and, with the very best sharpening equipment fitted, most sharpening requirements can be catered for at your home, workplace or you can drop off items at his Clyde Road address in Frampton Cotterell, if preferred.

Barry is offering local residents a 10% discount on orders over £20 with this advert. Give him a call on **07824 975 919** or visit www.gosharp.co.uk for more details.

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

BABY AND TODDLER GROUPS

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

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

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

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

Pre-School Rhyme time Bradley Stoke Library Mondays 10.45-11.15am 01454 868006 bradleystoke.library@southglos.gov.uk

Puddle Ducks - Mondays 10am to 12 noon during term time Brook Way Activity Centre. puddleducktoddler@hotmail.co.uk

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

Trinity Tots - Mondays 9:30 - 11:30 during term time. Contact Holy Trinity Church Office on 01454 620975

LOCAL CLUBS AND ORGANISATIONS

1st Bradley Stoke Scouts - Beavers, Cubs, Scouts and our marching band meet at Brook Way Activity Centre and Holy Trinity school. Please have a look on our website for further information for both young people and adult volunteers at www.bradley-stoke-scouts.org.uk/join

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

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

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

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

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

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

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

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

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

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

Stokes Art Group - All ability Painting Sessions held at Christ The King Church, Bradley Stoke Thursday mornings.

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

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

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

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

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

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

SPORTS CLUBS

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

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

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

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.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

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

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

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

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

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

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

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

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

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

North Bristol Running Group friendly group, 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

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

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

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

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

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

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

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

CHURCHES / COFFEE MORNINGS

Amberley Road Baptist / Cafe Church, Patchway, 01454 610808

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

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

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

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

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

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

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

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

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.stmichaelsg.co.uk

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

SECONDARY SCHOOLS

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

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

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

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