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Dear Readers....

I hope this issue finds you safe and well. It has been a very strange period of time for us all, but also a time that has given us opportunity to pause and reflect on the things that are truly important to us. Our thoughts go out to people who have been directly affected by the virus, and even lost loved ones because of it.

Page 6 gives the latest (at time of going to print) update from South Glos Council on the way forward as we take the first steps to returning to a more 'normal' way of life. Further updates can be found on their website.

Our advertisers are starting to get back up and running now after a prolonged period of inactivity for some. Others have adapted their businesses through the crisis to continue to serve where they can. Whilst there is no diary of forthcoming events in this issue, and we have had to drop down several pages to accommodate this (as well as those advertisers not currently able to restart their businesses), we do still have plenty of articles for you to read and enjoy. We have also shared many good news stories across our facebook pages and it has been wonderful to see how the community has come together over this time.

We have been fortunate to enjoy some of our best weather during the lockdown period; hopefully you can enjoy reading this edition in the garden with a glass of something cool.

Thank you to all our Key Workers who have kept us going through the past 10 weeks.

Stay Safe ...

Jaci x

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We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included.

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If you are a business looking to promote your services across the Stokes in 2020 do get in touch with us and we will be happy to help. If you have a story to tell, we'd love to hear from you!

Deadline for the next edition is 15th June.

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Caring during COVID – Making carers visible on Carers' Week

#CaringBehindClosedDoors

Carers Week 8 - 14 June is an annual campaign to raise awareness of caring and highlight the challenges carers face. Carers don't choose to become carers and many don't even see themselves as carers. Throughout the COVID-19 outbreak, family carers have continued to provide unpaid crucial care to their loved ones, with little to no support.

Care is usually provided behind closed doors, in people's homes and is largely invisible to the general public and support services. This hasn't changed during the pandemic. While COVID-19 has very rightly reminded us all of the crucial role of NHS staff and keyworkers, family carers have been largely forgotten. The role of carers has never been more crucial. Yet, while the challenges carers face have increased, their role remains invisible. The majority of carers are struggling alone and do not know that help is available to them.

Carers Support Centre is working locally to support carers of all ages through this very challenging time. Services include information and advice, carers assessments, counselling, befriending, employment support, virtual carers' groups, online training, and the Carers' Emergency Card. On Thursday 11th June, the charity is also holding its first ever online Carers' Open Meeting. Visit their website for more details.

Recent research from Carers UK has found, since the pandemic started, carers are providing 10 additional hours of care per week. The average figure is now a staggering 65 hours per week, with 70% of carers providing more care due to local services reducing or closing. This has been particularly hard for certain groups, such as those caring for someone with a learning disability, autism, or dementia.

This Carers Week, join Carers Support Centre in recognising the massive contribution carers make to families and communities across the UK. Visit the Carers Support Centre website to watch the 'Clap for family carers' video, hear from local carers about what caring during COVID-19 is like, and say your own thank you to family carers on social media using the #CaringBehindClosedDoors hashtag.

If you, or someone you know is a carer, and in need of help, contact CarersLine:

0117 965 2200

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www.carerssupportcentre.org.uk



Carers Week 2020



Monday 8 June - Sunday 14 June



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St Michael's Church in Lockdown

At St Michael's, it's been really important for us to continue serving our community, as well making worship and prayer accessible for all.

We've been live-streaming Sunday worship every week at 10:30am on our Youtube channel, as well as Morning Prayer on Facebook twice a week. Our Easter services all took place online, and we are still doing monthly traditional Evensong too. We also have fortnightly online Sunday Evening Worship.

It's been great to see so many people join in with online worship, some for the first time.

We had started our live-stream just before full lockdown, and we have loved seeing this evolve, with everyone learning and adapting along the way.

We are staying connected with children and young people through online activities. And our youth team have just launched a special St Mike's Minecraft!

For those in our church family who don't have internet access or are vulnerable and shielding, we set up a Pastoral Buddy initiative. This has encouraged connection and helped people feel cared for.

We've been staying connected with care and retirement homes in the parish too, with special acts of worship from the Stoke Gifford Retirement car park, for residents to hear from their rooms and balconies.

Perhaps above everything else, we wanted to serve the community, supporting people prayerfully, pastorally and practically during lockdown. In April we delivered postcards to all



homes in the parish, letting people know about our online services, and that we are here to help. Using a team of volunteers, as well as staff members, we've been helping in ways such as collecting shopping and prescriptions.

Our popular Old School Rooms Coffee Shop, and St Michael's Venue Hire have both been closed in line with government guidance. However, we hope to reopen both from July, ensuring social distancing. Venue hire will be for smaller conferences/meetings only. St Michael's Pre-school and Nursery has been open for children of keyworkers, and will also be opening further in line with government guidance.

If you want to find out more about what's we're doing at St Michael's, why not check out our website and social media?

www.facebook.com/StMichaelsStokeGifford/

www.stmichaelsbristol.org/

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Extracts from the South Gloucestershire Council's Latest Bulletin as at 27th May

Confirmed cases in South Gloucestershire

As of 27 May, the official figures show 400 confirmed cases of Covid-19 in South Gloucestershire. The national picture is a total of 267,240 UK cases. The Department of Health and Social Care now publishes its daily announced figures on deaths from Covid-19 for the UK in a new series that uses improved data for England, produced by Public Health England (PHE). These figures now provide a count of all deaths where a positive test for Covid-19 has been confirmed, wherever that death has taken place. Total UK deaths are 37,460 (coronavirus.data.gov.uk).

Mortgage payment holiday extended

Homeowners struggling to pay their mortgage because of Covid-19 will be able to extend their mortgage payment holiday for a further three months, or start making reduced payments, in proposals published last Friday (22 May).

The availability of a three-month mortgage holiday was first announced in March as part of a package of support for individuals, businesses and the economy. Over 1.8 million mortgage payment holidays were taken up, and the first of these will be coming to an end in June.

You can read the full government announcement <https://www.gov.uk/government/news/>

Shops to re-open

The government has announced a timeline for retailers re-opening from 1st June:

Outdoor markets and car showrooms will be able to re-open from 1 June, as soon as they are able to meet the Covid-19 secure guidelines to protect shoppers and workers.

All other non-essential retail will be expected to be able to re-open from 15th June if the government's five tests are met and they follow the Covid-19 secure guidelines. This gives them three weeks to prepare.

Businesses will only be able to open from these dates once they have completed a risk assessment, in consultation with trade union representatives or workers, and are confident they are managing the risks. They must have taken the necessary steps to become Covid-19 secure in line with the current Health and Safety legislation.

Re-opening schools and early years settings

The government has asked early years providers to open for all of their intake from 1 June. Primary schools have been asked to open more widely to pupils from nursery, reception and Years 1 and 6, where it is safe to do so from 1 June.

All South Gloucestershire Early Years settings, primary and secondary schools are risk assessing their sites in relation to the need for social distancing.

We have prepared some questions and answers for parents and carers on what to expect and how to prepare your child for increased contact with schools/settings as they anticipate re-opening. You can read this via the [southglos.gov.uk](https://www.southglos.gov.uk) website.

The government has issued guidance to secondary schools with an expectation that they will begin to re-open to Year 10 and Year 12 pupils from 15 June, with a quarter of a year group in school at any one time.

Recycling and waste update

Our Sort It recycling centres are now open for all types of waste except clothing, shoes and textiles which we can't recycle at the moment. Little Stoke is still closed. We have made some changes to maintain social distancing on site and have arranged temporary extended opening hours from 6am to 6pm. We're experiencing high levels of demand so please do hold onto your waste and recycling if you can and visit us in a few weeks. The reuse shop at Thornbury is currently closed.

Household recycling and waste collections are all running as usual, with weekly food and recycling collections and fortnightly black waste. Some days, it's taking our crews a bit longer to get round so please don't report a missed bin until the day after your usual collection day.

Garden waste collections are all running as usual. For those who missed out because of the pause in service, we added five weeks onto the subscription to make up for the lost time. We're also taking new subscriptions which are £30 per year (or £15 if receiving certain benefits).

--For more information on any of the above visit <https://www.southglos.gov.uk>

Could YOU be a Neighbourhood Champion?

Since North Bristol Food Bank launched in 2012 it has been providing three-day emergency food supplies to local people in crisis. Currently with their food bank outlets closed due to the Corona Virus, the charity is operating a delivery service.

And as a direct response to a staggering 272% increase in use of the North Bristol Food Bank in April 2020 compared to 2019, they have launched their new campaign to recruit and mobilise local volunteer Neighbourhood Champions. These champs will provide a friendly face, a community link, organising safe food collections and deliveries in order to tackle soaring local food poverty.

North Bristol Food Bank would love to hear from you if you live in the areas below.

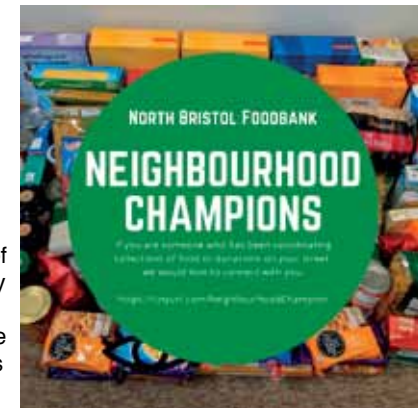
Perhaps you are already helping your neighbours, but would like to have support in doing so, or connect with others doing similar initiatives in their neighbourhoods? The food bank can help facilitate this and will provide you with a neighbourhood pack which contains helpful information including an updated shopping list, ways to donate, a newsletter with key food bank updates, a letter you can use to post to your neighbours and more.

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To become a Neighbourhood Champion visit www.northbristol.foodbank.org.uk to complete a request form.

If you are in crisis email your voucher to info@northbristol.foodbank.org.uk. The team of volunteers will endeavour to have your goods delivered as soon as possible.

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Optometrists urge lockdown DIY caution

Optometrists are urging DIY enthusiasts to take extra care to avoid eye injuries as home improvement projects prove popular during lockdown.

An estimated 200,000 eye injuries are caused by DIY mishaps every year and Specsavers opticians throughout the UK have treated patients for an array of incidents in the last few weeks – from foreign objects to chemical burns.

Gaurav Patel, store director at Specsavers Bradley Stoke, says: 'We often see a spike in these types of accidents with the warmer weather, so as lockdown-DIY becomes popular it's no surprise to see a number of patients contacting us with these types of injuries. Indeed, some stores have reported treating up to three DIY-eye injuries in a single day.'

'It is important that you are cautious and pay close attention when you are carrying out any activity which might lead to something going into the eye, such as chopping firewood, pruning in the garden, drilling or grinding and that suitable eye protection is worn. In the event that an injury occurs, you can call us on 01454 275020 and we'll be able to discuss the best course of action with you.'

Specsavers stores, in line with government guidelines, have suspended routine testing during lockdown, but emergency and essential eye care is still available to those in need.

In a UK first, Specsavers has launched a free nationwide sight and hearing consultation service offering access to vital advice and care from optometrists and audiologists, via video and telephone link. For more information about Specsavers RemoteCare visit: <https://www.specsavers.co.uk/online-consultation-service>

As well as RemoteCare, anyone concerned about their eye and hearing health can access care through a variety of ways, including 'Specsavers Ask the Expert' public group on Facebook and the Specsavers website care hub. Customers who have an existing prescription can buy glasses and contact lenses online at [specsavers.co.uk](https://www.specsavers.co.uk)



For general queries about glasses, contact lenses or hearing aids; including replacements or repairs, customers can still call the store and they will be able to help.

Below, Gaurav provides advice on DIY danger areas and on the action you should take if you do have an eye injury – but stresses prevention is better than cure and says suitable eye protection is the real solution.

DIY EYE HAZARDS

Trimming the hedge: 'Twigs in the eye are incredibly common – sometimes people may fail to notice the tip of a branch as they lean over to prune a hedge or push piles of twigs into the bin. This can cause anything from small scratches to ripping off layers of the cornea which can be extremely painful.'

Mowing and strimming: 'Watch out for objects hidden in your lawn that could be caught up and spat out by your lawnmower or strimmer, like rogue clothes pegs for example.'

Handling irritants: 'It's so important to avoid touching or rubbing your eye as there are chemicals which can burn the eye and even plants that can cause severe allergic reactions. We have treated reactions that have caused significant swelling or have caused tiny blood vessels to leak and cause extreme redness.'

Power tools and pressure washers: 'Take extra care using power tools and pressure washers that can cause foreign objects to fly into the eye at speed. We once treated a man who had used electric shearers on a hedge concealing a wire fence – he thought it was a piece of bark that was

causing his eye pain but when we examined him we realised it was actually a small piece of metal which had lodged itself right inside his eye.'

Paint, solvents and chemicals: 'Paint can contain chemicals that are severe irritants while substances with a high alcohol content – even alcohol-based hand gel for example – can be a real danger as it can remove the epithelium... the layer of tissue that covers the cornea.' Strong alkalis such as caustic soda and wet plaster and cement are also very harmful to the eyes.

Joinery: 'This can be a key culprit of foreign objects in the eye. Don't risk hammering without safety goggles on as it's so easy for a nail or flint to spark back up into the eye.'

DIY SOS: WHAT TO DO

Foreign object in eye: 'The more you blink the more damage you can potentially cause. Imagine it like a leaf stuck on your windscreen wipers... it will keep scraping and scratching. Try to flush it out, and if need be use your eyelashes to lift the eyelid off the surface of your eye while you do so. See your optician who can swab to remove the foreign body and apply an antibiotic ointment to help prevent infection and lubricate the eye with a gel or ointment for up to three months to prevent a recurrence of the scratch.'

Chemicals or solvents in the eye: 'Irrigate, irrigate, irrigate! It's essential to flush out the eye immediately with water. Tilt your head so the water runs across your eye towards your ear... you don't want it running in the other direction where it could potentially transfer chemicals into your other eye. Alkali substances are so

Specsavers

dangerous that time really is of the essence - so use any water source you have to hand and flush out for a good 20-30 minutes as well as seeking urgent medical assistance.'

Cuts: 'If you get a cut on the outside of your eye, on your eyelid for example, clean it out and treat it like you would with any other scratch – keeping it clean and dry and applying antiseptic ointment if need be – and attend A&E if you think stitches are required. If, however, the cut or scratch is on the eyeball itself and is causing pain or visual disturbance you should definitely seek help from an optician.'

Black eye: 'Many black eyes will heal by themselves within a few weeks but if you do experience problems with your vision, issues focussing up close, pain in reaction to light or distortion of lines, speak to your optician. In extreme circumstances a significant bump could cause iritis, retinal detachment or bruising of the layer beneath the retina.'

Perforated eyeball: 'While some eye injuries may cause an eye to water, a perforated eyeball is much more serious and can release fluid from inside the eyeball, reducing the pressure in the eye and may cause severe infection which can travel to the brain. If the eyeball is perforated your vision will usually be severely reduced (only able to see movement, or possibly nothing at all). This is a medical emergency and we'd recommend going straight to hospital for treatment.'

**Keep safe
until we
see you
again**

Check our website
for updates about when we'll re-open
www.bradleystokephysio.co.uk



Almondsbury Charity

(REGISTERED CHARITY No. 202263)

Almondsbury Charity is a charity which provides help to people and organisations within the local area.

The origin dates back to medieval times when various benefactors made bequests for the benefit of the poor and needy and for the repair and maintenance of the churches within the parish.

In succeeding years, with the agreement of the Charity Commission changes have been made to enable the trustees to meet requests which are appropriate to the needs of modern society.

To benefit from the charity, individuals and organisations must reside or be located within the boundaries of the parish of Almondsbury that existed in 1881. Today this includes Almondsbury, Patchway (including Charlton Hayes), Pilning, Easter Compton and Bradley Stoke, north of Tesco.

The Charity's income is derived from a capital sum which is professionally managed and is paid annually. The net income is divided between the two funds; 60% is used for Education and Relief and 40% for the Upkeep of the local Churches. The Charity is managed by 12 trustees who are representative of the local community.

The Education and Relief Fund is available to help individuals who are in need because of illness or financial hardship. In particular the trustees are always pleased to receive requests from the elderly.

The trustees can also provide support for those, under the age of 30, looking to further their education, in particular those attending establishments of higher education and/or studying music or other arts or hoping to travel as part of their studies.

The Ecclesiastical Fund is used for the repair and maintenance of the churches and to further the work of Church of England in the area of benefit.

Further details of the Charity can be obtained from Alan Bamforth (chairman) 01454 613017 or Peter Orford (secretary) 01454 415346 or by visiting www.almondsburycharity.org.uk from where application forms can be downloaded.



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Community Fridge

A simple way of sharing food that would otherwise go to waste

The 19th May saw the one year anniversary of volunteers at Cafe Church in Amberley Road, Stoke Lodge launching their fabulous Community Fridge initiative. In that year they have saved 1000s of kgs of food from going to waste and fed lots of tummies with it instead!

The idea of the Community Fridge came from the realisation of just how much food is wasted by the food industry every week just because it reaches its sell-by date - 1.9million tonnes each year! Meanwhile 8.4million people struggle to afford (healthy) food.

Cafe Church volunteers have therefore arranged to collect food from local supermarkets and food retailers that they would otherwise be throwing out. This food has passed its best before date but is usually still good enough to eat. The contents of the fridge are checked regularly, but ultimately it is up to the person taking the food to check it's ok. No food passed its sell by date is allowed.

As well as collecting from food retailers, people can also put food into the fridge. For example if you grow your own vegetables and have surplus to requirements or if you are going away on holiday. As long as the food is still good enough to eat it can be put in the fridge.

Things have been a bit different through the lockdown, with the community fridge initially having to close in March, but the volunteers managed to re-open from the end of April with social distancing measures in place and have kept stocks replenished as far as possible over recent weeks.

To further help during the lockdown volunteers have made up selections of food, making it quicker and easier for people to collect and just pick up a bag of supplies, keeping vigilant about current social distancing rules. They have also made up 'care packages' full of essentials and snacks for those still living on the streets or in shelters, which the amazing volunteers of Blonde Angel street team have then handed out to those in need. A fantastic community effort.

*The fridge is there for absolutely everyone to use!
The Community Fridge is 'Free for All' but not 'A Free for All'!
There is a suggested limit of 5 items per person, it is run on a trust basis by volunteers. Please be respectful of others.*

Supplies vary and totally depend upon what is available to the volunteers at the time of their collections. There are regular updates on the Facebook page - **@CafeChurchBristol**.

The fridge's usual opening hours are 9.30-5pm Monday- Friday, staying open later until 8 on a Wednesday, 10-1pm on a Sunday.

These hours have differed over the lockdown so do check the facebook page for updates - **@CafeChurchBristol**.

The address is 4a Amberley Road, Stoke Lodge, BS34 6BU.



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Hello everyone, I hope you have all been keeping safe and well in this very different time! Like so many of us my Holistic Health Clinic in Little Stoke had to close on 23rd March and so too did the classroom. Social distancing is not really possible as a holistic health practitioner and teacher of holistic therapies!

However I did start to run the teaching courses online, with great results! So much so that I have decided to offer more virtual online classes through the summer and am planning (hopefully) to start back in the physical classroom from the end of August onwards. See below for what I can offer:



Online courses, these are ongoing and will go ahead when I have minimum of 5 people registered for each course, they are held in Zoom.

Please contact me for how to register and pay and let me know which class time suits you.

REIKI

Introduction to Reiki - free Monday 3-4pm

Reiki 1 - £70 over 2 sessions (same day over 2 weeks) Mondays 7-9pm or Fridays 2-4pm

Reiki 2 - £90 over 2 sessions (same day over 2 weeks) Tuesdays 2-4pm or Wednesdays 6-8pm
I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me

Reiki Master - £225 over 2 sessions (same day over 2 weeks) Tuesdays 7-9pm or Wednesdays 2-4pm

I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner, we will need to discuss whether you are ready to go to this level, prior to booking.

There will be a third session for your attunement for each of the above levels on a 1-2-1 basis, which will be put in the diary after the teaching is completed.

Ongoing "circle sessions" will also be set up after each course.

AROMATHERAPY

Introduction to Aromatherapy - free Wednesday 4.30 - 5.30pm

Aromatherapy level 1 - £90 (there is an additional charge if you want to have this assessed so you can use it in practice setting) Thursdays 6-8pm. There will be 5 sessions starting 18/06/20.

Advanced Aromatherapy - £400 (this includes assessment, please pm me for joining criteria) Thursdays 6-8pm. There will be 8 sessions starting 23/7/20.

REFLEXOLOGY

Introduction to Reflexology - free Monday 4-5pm

Reflexology level 1 £90 (there is an additional charge if you want to have this assessed to use it in practice setting) This will start once a video can be made of the thumb movements on the feet.

Classroom courses (all include lunch and are held in North Bristol on Saturday and Sunday, dates are subject to Covid-19 restrictions being lifted!)

Reiki 1 - £100 Sunday 23/8/20

Reiki 2 - £125 Sunday 18/10/20 (I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me)

Reiki 1 and 2 - £200 Sunday 15/11/20

Reiki Master - £300 Sunday 20/9/20 (I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner. We will need to discuss whether you are ready to go to this level prior to booking).

Aromatherapy level 1 - 3 days - Saturdays 22/8/20, 19/9/20 and 17/10/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

Advanced Aromatherapy - Saturday 12/12/20 and Sunday 13/12/20. £500 (this includes assessment)

Reflexology level 1 Saturday 14/11/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

Classroom dates for 2021 will be announced at the end of October 2020, watch this space and our facebook page!

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Call: 0795 1099 491

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You can have as few or as many sessions as you wish, we can plan how many or we can go with a more open ended approach.

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A few people have asked when I will be re-opening my hypnotherapy practice for face-to-face sessions. Keeping everyone safe and well is my top priority, therefore until I get the green light from my Regulatory Body, I will be continuing to serve you all online via Zoom.

How does it work and is it effective?

If you've been put off by the thought of online therapy sessions, please be reassured. Hypnotherapy can be just as successful online and I have very good results over Zoom. In some cases my clients have said they prefer it, as one of my lovely client happily testifies;

"Being a technophobe I was more than a little nervous before I started the zoom sessions. I am so pleased I got over that though - they are fantastic. Just as good as face to face and proves what a wonderful therapy it is. Laura worked her magic as well as ever and I have to say, the convenience of it may make it hard to return to face-to-face appointments! Thanks Laura and thanks Solution Focused Hypnotherapy!" (Nicky)

All you need is a laptop/ phone or iPad with a camera and we can get started. You will be able to experience exactly the same benefits as you would with a face-to-face session. It is surprisingly easy! I have helped lots of people set it up. Alternatively there is also an option to work over the telephone.

So, if you want to find out more about how hypnotherapy can help you, please reach out for a confidential chat, I'd genuinely love to help you explore what you'd like your future to look like, and work with you towards an effective solution.

Laura Jane

Laura Jane Hypnotherapy

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Memorial Woodlands Move Towards Larger Funeral Services

Bristol Memorial Woodlands is now able to offer larger scale funeral services depending on the number of households involved. Congregations of between 20 and 30 people can now be accommodated in the chapel and rooms at the woodland burial grounds near Alveston, just outside of Bristol, with careful planning to keep households separate.

In keeping with the guidance, which is under constant review, Bristol Memorial Woodlands has been able to arrange for the required spacing to be possible in its chapel. The funeral directors, working with each family, are able to ensure that social distancing between different households can be maintained during services while allowing the maximum number of people to attend.

Christopher Baker, who founded Bristol Memorial Woodlands, where a woodland nature reserve is being created with trees planted in memory of those buried there, said:

"For some weeks now we have been restricted to a maximum of 10 people at a funeral but the relaxing of regulations, and with planning over seating, we can now accommodate between 20 and 30 people, depending on the households involved."



"Throughout the pandemic we have been offering people an opportunity to come back later in the year to have a memorial service after a small-scale burial service. The time is not yet right for us to start booking those services but we can offer some comfort to those organising a funeral now. It has been terribly distressing for families not being able to say goodbye properly to their loved ones. The great comfort that we can offer is that the woodlands will be here for all time, managed by our charitable trust, so people will be able to come back in the future, gather under the trees near their loved one, picnic and remember lives well lived."

Bristol Memorial Woodlands contains dedicated Muslim and Jewish burial grounds and are also supporting these communities through the current restrictions. More information on the new half day funerals can be obtained by calling Luke on 01454 414999 or Ella, at Westbury-on-Trym, on 0117 9504100.

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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.

Is coming out of lockdown making you panic? Do you feel you need help in getting back to normality? I am using Zoom for all my consultations, so you don't even have to leave home to book in and receive your supportive appointment.

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.

Catherine Smart



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- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety



Based in Winterbourne

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

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

Before social distancing happened, the Old School Rooms Scouts did this ...

This Corona Virus is a very serious issue and people have needed to stop meeting up with friends and family, only this will prevent the spread but, before the OSR Scouts stopped face to face meetings back in March they managed to visit GoOutdoors for a kit evening with great information on footwear, rucksacks and sleeping bags because not all things are equal.



We took part in the Kahoutek Activity day competition at Woodhouse Park run by the Universities in Bristol Scout and Guide groups. The Stoke Gifford team finished well in the top half of all the teams.



Scouts completed their annual Swimathon with Patchway Judo Club raising money for this year's chosen charity Shelterbox with 2 UK contingent world scout jamboree holdalls for the scouts that raise the most sponsorship.

The scouts also had visits from a CSI officer from Avon and Somerset Police and help with their model maker activity badge with members of the South West Meccano Club building jeeps and cranes out of the metal kits. A Big thank you to all the guest speakers.



The rest of the term was made up with lots of problem solving, cooking, knots, first aid, fun & games plus the County Cooking Competition and District Quiz.



Now we can't meet up scouting isn't over as we have online badge work, social media investitures and forums plus a camp..... (at home).

We are a scout family and we will get through this together!



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Online Lego club

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Community Matters : Happy to Help!!

Dear Matters: Good morning. My son who is 8 years old receives the National Geographic Kids Magazine each month and loves to read the articles and engage in the activities. This month he was learning about lesser known endangered animals and readers were encouraged to find out more about the animal and write an article in their local magazine to educate people about the animal and the issues surrounding its endangered status.

Please find his article attached which he researched, wrote and published himself. He would love to have it published in your magazine as an example of some meaningful writing completed while learning from home during the lockdown. There is even a corona virus link...! Heidi Hall

Saving an un-known endangered animal

When people think of endangered animals, they probably think of the white rhino, pandas or leatherback turtles, but unfortunately, there is an animal in danger that people simply do not know exists. Have you ever heard of a pangolin? I doubt it.

It's time to find out more about these curious creatures.



The name Pangolin comes from the Malay word 'penggulung' which means roller, because they curl into a ball if distressed or under attack. Pangolins are often mistaken for reptiles but they are actually scaly mammals, which eat

termites and ants. They are fully armoured with scales from head to tail and their large scales, which make up 20% of their body weight, are made of keratin (like rhino horns) making them desirable in the illegal trade. In 1 year alone, over 1 million pangolins were poached and trafficked to China, where the meat is considered a delicacy and their scales are traded to be used in traditional medicine.

There are 8 species of pangolin, 4 in Africa and 4 in Asia. All are endangered or critically endangered. A pangolin only weighs 4-7lbs. It is nocturnal and eats 70 million ants per year using a tongue that is longer than its entire body.

Unfortunately, Pangolins are known to carry a strain of the coronavirus. It is not the exact one currently proving so deadly to humans, but by ensuring there is a complete ban on poaching and trafficking them, the threat of it spreading to humans is less likely.

What can be done to save these creatures?

Even though there are laws in place to protect the trafficking of pangolins, they are still in demand and in decline. They are heading for extinction if something is not done to save them. People can buy a cuddly pangolin or donate money directly to WWF to raise funds to support this cause.

By William Hall aged 8.

Well done William - what an interesting and informative article! Thank you so much for sharing it with us. I enjoyed learning about pangolins!



A pangolin in defensive position



Scales being sold illegally

Enjoying the outdoors

Contributor Louisa Tickner-Jenkins has worked in the early years sector for 30 years, and been a childminder for the last 14 years

As I write this, we are 8 weeks into the lockdown and the restrictions are slowly beginning to lift. We are now allowed to go out for exercise more than once a day and venture a bit further, still adhering to social distancing requirements.

I was reflecting recently about what have been some of the key aspects of usual activity that young children have been restricted on. With playgrounds closed many children will not have had many opportunities for climbing and playing on swings or roundabouts, especially if you do not have a garden or those kind of play resources in your garden. Heading out to the woods provides great opportunities for children to climb and balance. We are extremely blessed to have a number of local woodland areas and spending time in woodlands can be very calming for children. There are often fallen branches or tree trunks for children to balance along and you can have lots of fun searching for a climbing tree. Make sure you do a quick risk assessment of climbing opportunities, for example, that all the branches are 'live' so they do not snap and that you are able to keep your child within reach in case they need help. Ensure the tree is a very established tree so that you do not damage it.

Being outdoors can really help children engage their senses, take full advantage of a cloudy day, find a space to lie down and cloud watch. Encourage children to use their imagination to see pictures in the clouds. Use water and a paintbrush to 'paint' your own clouds on the ground and see how long it takes for them to evaporate. Play a game where everyone closes their eyes and listens carefully to what they can hear, with older children see if they can hear different bird song, perhaps record the bird song and then search online to see if you can identify the bird and then head out again with some binoculars or homemade binoculars

for some bird spotting. Play 'guess the object', children close their eyes and you ask them to feel an object and guess what it is, for example a twig, leaf, pine cone, stone, shell. You can play the memory game with the same objects where one item is removed and the child guesses which one is missing. Make up a scavenger hunt or search online for one to download. If you have an abundance of plants/



flowers growing in your garden make potions and explore the smells they create, or buy some flowers from the shops that are on sale and use those.

Being outdoors provides a great opportunity for collecting 'loose parts' to play with. Loose Parts is a term used to describe a collection of objects/materials that provide opportunities for children to explore their own learning with no pre-planned use, rather than 'toys' that may have a prescribed way to play with them. With loose parts children can combine, redesign, line up, take

apart, move, in multiple ways to explore and play with. If you are taking 'loose parts' home from nature ensure the children are not picking live plants/branches/leaves but collecting found items, for example fallen twigs, pine cones, acorns, fallen leaves. Ensure you supervise children fully so they do not pick mushrooms for example that maybe harmful. Loose parts play is something we can do at home either indoors or outdoors. How often do we hear that a child played for hours with the cardboard box a toy arrived in. Collect empty cereal boxes and other boxes of various sizes, empty pots with lids, jam jar lids, pebbles, to



name but a few, and store these alongside your child's toys this can breathe new life into toys that had lost interest value for a child.

We can create pictures and patterns from found objects, if children would like to create something, a piece of card, a glue stick or double-sided tape enables creations to be more permanent. If you search 'loose parts' online you will come across a plethora of ideas of what to collect, setting items out so they are inviting for children, and more focused activity ideas using loose parts. Having an old sheet available to make a den over a washing line in the garden, or look in the shed for spare pieces of wood that can be painted to make a road track, or spare guttering for water play, balls, cars. Use loose parts for pretend camping in the garden, make a tent/den, build a pretend fire, make pretend food from stones, sticks, leaves. The story Alfie's Shop is a lovely example of loose parts play in the outdoors. The possibilities are really endless, but always ensure any loose parts do not have sharp edges, and anything that presents a choking hazard is not left available for children to help themselves but played with under close supervision and then packed away again.



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BSUFC Update



Although our season may have finished earlier than expected and certainly under very different circumstances, Bradley Stoke United can still reflect upon a successful campaign. We have had teams entered into league competitions at almost all age groups and the club has developed and grown both on and off the pitch.

Our Under 9 team won their Autumn Cup competition and were progressing very well in the Spring Cup too, putting in some very impressive performances in the process and always playing with a smile and a positive attitude.

The U8s have had a successful 2nd season playing football continuing to develop the skills and confidence gained in their 1st. The team has developed a good team spirit, have been competitive in all fixtures and have shown a real appetite to improve and learn which bodes well for the future. After an early curtailment to this season the team is now looking forward to a successful 3rd season which will involve moving to 7 v 7 games and Cup competitions. Exciting times ahead.

With the addition of some key committee members, who have been putting in a lot of work behind the scenes, the club is in a strong position to develop and grow further in the future. We are confident that when this hard work comes to fruition, 2020-21 promises to be a great season for the club.

We were unfortunately unable to celebrate our season at an official presentation evening as we have traditionally done, but we intend to put on a similar event in the future where we can recognise and congratulate all players, coaches and parents who have contributed to the club this season. Coaches have been using video conferences to celebrate and communicate with their teams.

The committee continues to plan for next season and we will be ready to resume as soon as it is safe to do so. Those cold, dark Wednesday nights and soggy Sunday mornings will be back before you know it and when we are given the go ahead, Bradley Stoke United will be ready and waiting for you.

In the meantime until we can see you all again, we send all of our players and their families our best wishes and hope that we will be back at it before too long.

Your BSUFC Committee Team



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Lockdown doesn't mean NO Scouting for Local Scout Troop

The world wide pandemic has stopped all face to face scouting but this hasn't stopped The Old School Rooms scouts from catching up with each other week after week.

Ever since the lockdown the OSR scouts in Stoke Gifford have used the Zoom App to hold multiple 40 minute free sessions to meet up and chat, ask questions, play quizzes on Kahoot!, bingo, run scavenger hunts, tried necker flipping and much much more.

The troop are averaging 29 members per session and on top of these weekly sessions are camping in their own gardens with cooking and activities, taking part in Lego Challenges, badge designs for the new way of scouting and also baking, doing badges, hiking to the moon and even an Easter Egg Hunt.

The first time we held the zoom session it was great to see everyone, we chatted and laughed and joked. The parents joined in and comments were made that it was the best fun they'd done since lockdown and it was nice for a bit of normality. We've invested six new scouts into the troop and renewed our Scout Promise on St. George's Day whilst also clapping for the essential workers.

For Mental Health Awareness Week late in May, the leaders at OSR built a website 'Worry Box' for our scouts. Each scout has registered and can leave messages when they need to. This is because before lock down we had a physical worry box at the Old School Rooms that the scouts could leave a post-it note in for the designated leader to read and give a reply if needed. We are hoping that this will help the scouts during this time to share their worries and talk about them with a scout leader if necessary. As we write this we have already had a few worries left on the website, to which we have been able to give helpful advice and ease the scouts from worrying.

The no face-to-face has meant scrapping a fun filled and packed summer programme of expeditions, dragon boating and much, much more but the scouts and scouting has adapted and everyone is safe and staying home.

Meeting up after this is all over will be awesome!!



"The weekly zoom sessions are fab and the challenges such as highest newspaper tower or junk model robot are keeping the scouts busy. To be honest I think the leaders are having as much fun as the scouts are."

Andrew Phelps, Scout Leader





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


Ofsted
Good rating

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Lockdown Activities at BSCS Primary

BSCS Primary has been finding ways to help our children still feel part of our school community even though we are not all together at the moment. For VE Day we asked children to paint a pebble or stone and add them to a display just outside our school. We had over 100 red, white and blue pebbles decorated and delivered to us in the run up to VE Day! How fantastic. They are all on now on a VE Day display in school and will be there for the children to see when school reopens.

We also created a dance video with help from all our primary phase staff and lots of our families. When we are in school, each class does a daily 'Go Noodle' dance - a short workout or fun dance that is part of our PE provision. Each Friday (Fitness Friday) we join together as a whole school for our 'Go Noodle' dance session. We miss our daily dances together, so asked our families to send us a video of themselves dancing to one of our school favourites 'I'm Still Standing' - which is also very appropriate for our current situation!

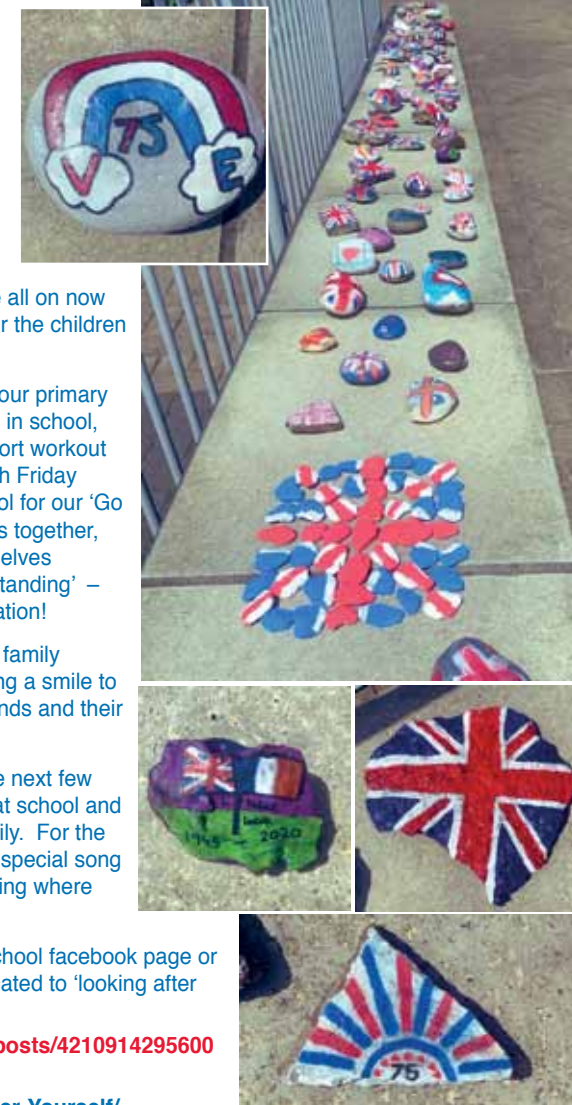
It has been so great to see so many of our BSCS family dancing together and it we hope it has helped bring a smile to our children when they spot themselves, their friends and their teachers having fun.

We are trying to plan something regularly over the next few weeks to help our children keep in touch with us at school and to help them feel they are still part our school family. For the start of term 6, we have asked children to learn a special song and we are hoping to arrange a virtual choir meeting where we can sing it together.

These links take you to the video, either on the school facebook page or to the school website where there is a page dedicated to 'looking after yourself' while our school is closed.

<https://www.facebook.com/783758101649510/posts/4210914295600523/?vh=e&d=n>

<http://www.bradleystokecs.org.uk/Looking-After-Yourself/>



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Supporting disabled people through Covid-19

The recent COVID-19 pandemic has seen Paul's Place day facility in Coalpit Heath close until it is safe to re-open. Despite this, the charity continues to offer care and support for their Members (those who use their services) and in the last two months has been busier than ever.

Since the announcement that the day facility was to close, the team took just 24 hours to create the Emergency Response Project and have continued to support disabled people and their carers during the crisis.

Since the end of March Paul's Place launched its telephone befriending service and between then and mid-May has already made 1,880 calls offering the service 7 days a week to those in most need.

In addition to this Paul's Place has partnered with Southern Brooks, South Gloucestershire CVS and South Gloucestershire Council in providing mutual support to people. They have also been getting food parcels out and helping with the collection of prescriptions.

CEO Daniel Cheesman states, "Paul's Place started with a group of compassionate individuals seeing a need in their local community and this still continues to motivate all our staff here today. I am so proud that we have been able to respond so quickly but I want us to do more. The reality is that for many disabled people the impact of coronavirus is going to be felt for a long time yet. We need to ensure that people remain connected with others."

Paul's Place is planning for the next few months as it continues to support individuals who are high risk due to living alone or having other support needs. Telephone calls are a lifeline as are the increasing online services that Paul's Place is offering people.

Daniel also said 'Staying connected virtually, via things like Zoom and other such platforms is now



the new normal for people and we are working tirelessly to ensure that people can still see their friends, stay connected and live their lives to the full, even in lockdown.'

In order to fund this vital work Paul's Place has launched an Emergency Appeal so that it is able to keep on supporting physically disabled people in the coming months.

Clair, responsible for the campaign has said, "We have been blown away by the support that we have already seen and a lot of money has already been raised by our Members and their carers. It really will make a difference to the work that we will be doing in the coming months. This lockdown will be the reality for many of the people we support for a while longer. To sustain this level of support, we are looking to the local community and asking people to donate whatever they can afford."

If you would like to help support Paul's Place so that they can keep on supporting people most in need please visit

<http://www.paulsplace.org.uk> to see how you can donate, or you can send a cheque, made payable to **Paul's Place (South West), Serridge Lane, Coalpit Heath, Bristol. BS36 2TT.**

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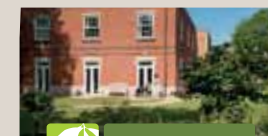
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Winterbourne Medieval Barn

As you can imagine there's been a slight change of plan to re-opening at Winterbourne Medieval Barn since our last update. We're pleased to let you know that the project has now finished, with just a few bits of tidying up to do inside and outside of the barn. Everyone involved with the project is thrilled with the barn's new appearance, and we'll hope you agree! These stunning pictures were taken just a few weeks ago and show the new-look main barn, as well as the new, functional West Barn Spaces.

Unfortunately, all events at the barn have been postponed, and at the moment there's no plans for any events before September. You can follow Winterbourne Medieval Barn on Facebook and Instagram for any updates, and you can sign up to their mailing list on their website.

The good news is that the West Barn (rooms pictured) is fully heated, and will be comfortable for workshops and talks all through the year. The team are hoping to make the most of this and re-schedule as much as possible for later in the year, and add even more events at the beginning of next year!

The team are also now taking bookings for private events later this year and next.

If you're interested in using the barn for a big event like a wedding reception or birthday party, or something smaller like a workshop, regular class, or smaller family get-together, you can get in touch with Hazel via hire@winterbournebarn.org.uk who will be very happy to help.

Mention that you've read about the barn in Winterbourne & Frampton Matters magazine for a small discount on your hire!



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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Who We Are

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

Estate Administration

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

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

Wills and Inheritance Tax

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

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

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

Lasting Powers of Attorney

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

Pricing:

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

Disputed Wills

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

Get in touch to arrange your no obligation initial consultation

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.

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BSTFC Update

Unfortunately, all five BSTFC teams including the veterans have not played football since the last Bradley Stoke Matters was published online at the end of March.

The FA have announced in March that all football in England below the third tier that make up the National League will end immediately, and all results will be expunged. This means there will be no promotion or relegation in these leagues.

It's a massive shame that local football has come to an end early however at Bradley Stoke Town FC, we know & understand that health comes first.

It has been another great season for Bradley Stoke Town. The successful creation of the B team, The A team making the semi-final of the cup, the Reserves being good challengers in division 2 & Newly promoted 1st team battling for promotion in the Bristol Combination division 1 league.

How it ended this season

1st team	Played 16 – position 3rd
Reserves	Played 18 – position 4th
A team	Played 10 – position 9th
B team	Played 12 – position 10th
Veterans	Played 11 – position 4th

BSTFC would like to say a big thank you to Bradley Stoke Matters for their ongoing support and sponsorship.

Another big thank you to all the mangers that have given up their personal time to train the players and manage their teams this season.

If you are interested in joining Bradley Stoke football club for the 2020/21 season or if you are new to the area and looking to join a football team, please contact the club secretary Matt Burch on bstfc2005@gmail.com or visit the new website: www.bstfc.co.uk

Players must be the age of 18 or over. Bradley Stoke Town is a charter standard football club.





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

BABY AND TODDLER GROUPS

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

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

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

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

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

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

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

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

LOCAL CLUBS AND ORGANISATIONS

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

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

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

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

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

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

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

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

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

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

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

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

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 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 - FA Charter Standard Community Club, Adult training, Tuesdays at Patchway Sports Centre. For more info visit www.bstfc.co.uk or contact bstfc2005@gmail.com

Bradley Stoke United Football Club - Football from U7's to U16's 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





While coronavirus has turned our lives upside down in the last couple of months, our wildlife has

been thriving, something many of us have now had more time to appreciate than ever before.

With research showing that UK wildlife is in serious decline, the lockdown slowdown has brought a break from the norm that our wildlife urgently needed. Bristol has announced both ecological and climate emergencies, with action plans being drawn up to enable nature to recover on a grand scale. In response to this, Feed Bristol, Avon Wildlife Trust's wildflower nursery, has been renamed as Grow Wilder. Our aim is to play our part in inspiring people, communities, schools and businesses to take action for wildlife and grow wilder food, wilder gardens and wilder people.

As lockdown began, the team at Grow Wilder ambitiously set up an online shop delivering native wildflowers and vegetable plants. Thousands of plants were ordered, many by people having a go at growing for the first time. A team of fabulous

volunteers responded to our call to arms to help us pick, pack and deliver the orders, a task made all the more interesting with social distancing a necessity.

Despite the many challenges of organising over a thousand deliveries in a short space of time, not least in the midst of a global pandemic, it is truly uplifting that so many people across Bristol are creating wildlife-friendly gardens, providing crucial food for pollinators, and helping nature recover from their homes.

We are working up plans to safely re-open Grow Wilder's nursery and, hopefully, an outdoor café to the public in July. A haven of wildflowers, greenery and birdlife, we hope it will be a place where people can come and enjoy nature and a cuppa. Keep an eye on our website for updates on re-opening.

The online shop is still open for wildflower sales www.growwilder.co.uk. And if you would like to learn more about how to create an insect-friendly garden, you can claim your FREE 'Action for Insects' guide at www.avonwildlifetrust.org.uk/action-for-insects.

Local Schools in and around the Stokes

PRIMARY SCHOOLS

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

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

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

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

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

Little Stoke Primary School, Headteacher: Anne Sargent, Little Stoke, 01454 866522, <http://www.littlestokeys.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: Webb's 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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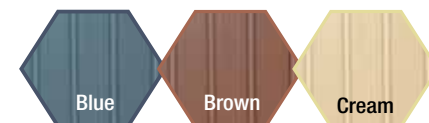
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