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July / August 2020

Community

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Dear Readers....

I hope this issue finds you safe and well. As we celebrate a massive 15 years of producing your local community magazine, I have to say it has also been the strangest year to date! Hopefully we have all had chance 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.

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 still not currently able to restart their businesses), we do 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.

If you are a keen gardener who has made the most of being locked down at home, don't miss the opportunity to enter this year's Bradley Stoke in Bloom Front Garden Competition! Entries close mid-month, see pages 30-31.

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 14+ weeks.

Stay Safe ...

Jaci x

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Co Regn No: 8490434

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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 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 31st July.

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Henleaze and Whiteladies Road offices reopened



As a long-standing, independent firm of solicitors in Henleaze, our office at 100 Henleaze Road has served the local residents since 1953 through many challenging times. The changes to all of our personal circumstances and the risks to local businesses have made the last 3 months perhaps the most worrying time for our clients in the local community. We have shared your anxiety and worry at a time when the safety of loved ones has been paramount.

Since the Government lockdown in March, our solicitors and support staff, the majority of whom reside in the local area and whose children attend the local schools, have continued to support and comfort our clients through this most troubling period.

During lockdown we have held many client meetings by telephone and video conferencing and we have continued to conduct home visits for our elderly and vulnerable clients where it has been essential to do so. We are immensely proud of all of our departments for their outstanding client service in these times.

Whilst there has been anxiety and apprehension about travelling in lockdown, which will continue in the weeks to come, we fully understand that our clients still need to put their affairs in order and to ensure the same for their parents and children.

We are pleased to say that we have reopened our offices at 100 Henleaze Road and 139 Whiteladies Road. Our reopening has been subject to ensuring the safety of our clients, staff and contractors when on site. We have restructured our reception area and ensured a safe, ground floor walkway from our front door to our meeting rooms so that our clients will have a very short 'walk zone' upon entry and exit from the offices. We have positioned an 'anti-bac' station, masks, gloves, floor disks and multiple protective screens in the reception and meeting rooms.

Our new layout will ensure we can safely achieve social distancing between solicitors and clients at all times.

To speak to one of our team and learn more on arranging an appointment in the office or by home visit, please telephone **0117 962 1205** or email to info@amdsolicitors.com. For non-essential face-to-face meetings, we will continue to offer client appointments by telephone or video conferencing.

We look forward to seeing you again and to helping you through what is likely to be another challenging period for the second half of 2020.

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New Mayor, Election of Standing Committee Chairs and Update on Grant Funding and Youth Work at the Bradley Stoke Town Council

Cllr Tony Griffiths, New Mayor for Bradley Stoke:

"I am looking forward to my year in office and will continue to act and help the constituents of Bradley Stoke, acting as your Mayor. I have lived in Bradley Stoke for 13 years and have served on the Town Council for the last 9 years, being elected in May 2011, re-elected in May 2015 and with an increased majority in May 2019.



This year is going to be a tough year where difficult decisions are being made, we already have cancelled some projects where in these unprecedented times Covid-19 has played a significant part in all our lives, locally, nationally and internationally. I am sure the effects of this global pandemic have been intense which has affected our emotions by knowing a friend or relative has been affected.

As a council we have had to cancel many engagements which has had an affect on our town. The next engagement will be the Firework Display in November which this year will be pet friendly, having its usual fantastic free display without the loud bangs. It may be possible to hold an event in the Spring and I would like suggestions from you as to whatever type of event you would like to see, maybe a return to Proms on the Green?

The Mayor's Charities this year will be to continue to support the Great Western Air Ambulance which cost £3,000,000 per year to run, this equates to £8,219 per day with no other funding other than charitable donations. Secondly, I would like to support Next Link a Domestic Abuse Charity close to my family's heart.

Finally, I wish to support and provide local initiatives and organisations to which you may call on me to attend any function you plan to. I am here to serve you for that purpose. Please 'Stay Safe' hoping that you may enjoy the summer and year ahead."

(extract taken from the Bradley Stoke Town Council website)

Bradley Stoke Town Council has elected Councillor Terri Cullen, Councillor Roger Avenin and Councillor Ben Randles as its Standing Committee Chairs for the civic year 2020-21.

The Council, through its standing committee, has decided to award Three Brooks Nature Conservation Group an amount of £2,000 as part of the Service Level Agreement and to allow them to keep £275 from previous year's funding. The council also allowed a grant aid of £500 towards the Bradley Stoke Community Singers.

The Council's Youth work will be resumed post lockdown as per guidelines of National Youth Agency and other youth work support services. The virtual youth work sessions delivered by the Council's youth worker has been generally welcomed by young people and parents. Since lockdown regulations concerning sporting activities has been eased off recently, the Council's Skatepark has been reopened with social-distancing measures in place. The Council requested all skatepark users to comply with the safety protocols.

Cllr Tom Aditya, who is also Council's Press Spokesperson commented the need to expedite construction of the proposed 'Multi-Use Games Area' (illustration below) at the Jubilee Green by extending existing hardcourts and by incorporating basketball playing facilities, which will be considered by the Council after obtaining detailed quotes. The Council is also considering development of the Jubilee Green Fitness Area, which will be a great feature for Bradley Stoke.



Three Brooks Nature Conservation Group

We've always known what an inspiring place our Nature Reserve is, we're just sorry it took a lockdown for it to be appreciated by everyone!



At 46ha it's the largest local nature reserve in South Gloucestershire and with over 22,000 residents is surrounded by one of the largest housing estates in Europe. Whether your thing is just feeling the sun warming your face, cool ancient woodlands, open meadows, flowers, orchards, bug hunting, pond dipping, orienteering, butterfly or bird watching or just chilling by the water we have it all and all right on your doorstep.

Although we have had our fair share of cancellations - work days, birthday cakes, Earth Hour and walks to name a few - we have managed to get some things done. Some of the gates have either been removed or have been propped open, some paths were widened and bridges were cleared of encroaching vegetation. And although a group is required for a new survey (traipsing around ponds in the dark on your own is not recommended!) it is easy to monitor our burgeoning slowworm population on your own. Our refugia have also given us an unexpected bonus as they are often used by small mammals and we have at times found up to 3 field voles and a shrew all huddled together beneath one of them, suggesting that we have a much higher population than we previously thought. Sponsored by SGC, eight leaves from each of our apple trees have been sent off for analysis to have their provenance determined and we hope to soon be able to replace like for like some of the lost trees in the Community Orchard. A big Thank You too, to Michael Hunt who nipped out one morning to dig over Colin's Allotment just in time for what would have been his birthday.

We aren't the only ones who have been busy on the reserve, David Neale spotted Red Kites (although I can't print what was said when he wasn't able to get a photo!) and also a Ring Necked Parakeet was seen although we've yet to find out if this is an escapee or a wild one. And our lakes duckling population has increased by 1 - a couple rescued an 'abandoned' duckling from some overly attentive cats but as it was almost fully grown I took it down to the lake in the hope that our only resident mum (Matilda) will add him to her small family. If you see her with 3 ducklings you'll know she did.



We've also had reports of pollution in the water, caused we think by heavy rain washing oil from the roads into the storm drains. Please do be aware that what goes down the street drains ends up in our brooks.

During lockdown the woodland school area was trashed and we've also had a surprisingly large number of reports of fires and BBQ's (neither of which are ever allowed on the reserve without prior permission) the seating area in Savages Wood is designed as an Outdoor Classroom not a campfire pit. Several areas have been turned into 'outdoor pubs' (notably the 'scrape' on the tump that was cordoned off for the Grizzled Skipper butterfly). Thank you to our army of unsung heroes who clean up after them but we'd prefer that if you're going to use the reserve for drinking alcohol you didn't leave behind broken bottles and empty cans (both are dangerous to people and animals) and if you're going to pee in a public place please try and be discreet, as there are some photos I really don't want on my computer!

For anyone still searching for orienteering post number 9, my apologies, it's on my driveway



awaiting repair, shortly I think to be followed by number 4 (thank you Richard). If you know of any others that are in need of attention please do let us know either via email: report-it@three-brooks.info or on our Facebook page.



Even though we are unsure how many walks we will be able to run this year we are very grateful to Bradley Stoke Town Council for again granting us £2000 for our SLA (Service Level Agreement). The reserve is 'owned' by SGC but it is BSTC who give us the grant. Before the lockdown Green Gym had also applied for a British Science Week grant to install a permanent Star Gazing bed with a compass and planisphere but as that grant has now been closed, I personally am hoping that any under spend we have this year can be used for this project.

Our Lake: If you've spotted something that looks like a Cormorant or a Shag at the lake you could be right, although they are both usually sea birds no one seems to have told them! The water level at the moment is very variable but until it is de-silted there is not much we can do about it. As you may know SGC has agreed to cover the cost of de-silting the lake this winter and there will be a small pot of money left over for other 'improvements' and an additional grant application has also been made to improve the paths.

Local architectural designer Jake Richardson has generously drawn us some plans for a very posh bird hide and I would like to see more educational boards and bird / bat boxes, a boardwalk enclosing a shallow 'pond dipping area' along with a hand operated water wheel and a solar fountain. Maybe I should find out just how 'small' the pot is before I add any more suggestions!

Green Gym started up again at the end of June with a proposed 'away day' at the Viaduct Exotic Animal Sanctuary to sort out their gardens. After that, with a few tweaks, careful choosing of tasks and possibly staggered start times we are confident that we can again safely run.

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Bradley Stoke Radio 103.5fm closed its studio doors, quite suddenly towards the end of March 2020, as the country went into lockdown. The closure, at that time, was not anticipated to be for this length of time and no one really imagined the speed and the effect that Covid-19 and the ongoing situation would have.

However, it is testament to the volunteers that we have continued to broadcast our programmes through remote access. The technical team stepped in and produced instructions and advice to those that needed it and the resilience and commitment of the presenters and admin support has shone through and our membership has grown as people have joined us to make radio programmes from home, for our community.

While our pre-booked summer events have all been cancelled, we worked with the Carnival committee to have VE day at home on the radio – 5 hours of themed broadcasting was produced with messages of hope from Metro Mayor Tim Bowles, Cllr Toby Savage, Cllr Toni Scott and Cllr. Franklin Owusu-Antwi. All broadcast on May 8th on 103.4fm – smart speaker - online

Our members took part in a national social media campaign #radiofromhome

We had an interview with MP Jack Lopresti early on in the lockdown phase 1 and continue to invite him for interviews and comments.

We shared events with community radio stations across Bristol and BBC Radio Bristol - The grand Iftar celebrating across our communities was broadcast on 23rd May.

We have worked with local churches and continue to broadcast a regular Sunday service from Bradley Stoke Evangelical Church or St Michaels, Stoke Gifford giving residents the opportunity to listen to a local church service from home.

And we continue to broadcast current Public Health England advice and Government announcements relating to Covid-19 and locally where people can get help and advice including Southern Brooks for Patchway, Face for Filton and Stokes Covid 19 for Bradley Stoke and surrounding areas.

Our programme output has developed, including new local history, community trivia quiz, specialist music programming, interviews and more, as we continue to support our local communities and businesses with updates and relevant news.

While it looks like public events and gatherings are a way off yet, you can join with local people, sharing local voices and more on 103.4fm, online or smart speaker asking to play Bradley Stoke Radio, from Almondsbury to Filton, Patchway to Frampton Cottrell and of course, across all the Stokes. We are your local radio station. You can check out our website for more information and a daily schedule update on facebook.



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.

**Keep safe
until we
see you
again**

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



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Scamps and Champs Bristol are once again offering pet care services whilst following the latest government and DEFRA guidelines. There are a few changes which will be discussed before any booking is confirmed. Please get in touch if we can help with any of your pet care needs. Stay safe everyone.

www.scampsandchamps.co.uk/dog-walking-in-bristol/

Email: bristol@scampsandchamps.co.uk
Tel: 0789 434 9344

Bradley Stoke VE Day Carnival Committee

Update by Sara Messenger

Although our VE Day celebrations this year were not what we had planned it was reassuring to see that the 'Blitz Spirit' that sustained so many through the darkest days of WW2 continued to keep us buoyed in our own dark times.

Despite the lockdown being in full effect, Bradley Stoke was able to tenderly celebrate the 75th anniversary of our Victory in Europe which marked the end of WWII.

Through our Facebook page (@BradleyStokeCarnival2020) we signed up to The Big Neighbourhood VE Day 75 Family Festival – at home! and also the 9pm doorstep singalong of Vera Lynn's We'll Meet Again and were able to provide many children's resources which proved very popular. Many houses had displayed their bunting and the children's beautifully coloured posters in the window and in the evening the heartfelt, if not always tuneful, rendition of We'll Meet Again could be heard across the Stokes. Our Close also hosted an afternoon tea party although I was the only one who bought tea and cake, an error that was quickly rectified!

Bradley Stoke In Bloom of course decorated their planters and roundabouts and Bradley Stoke Radio hosted a 5 hour VE Day special.



We were very grateful to receive loans / grants from both Bradley Stoke Town Council and South Glos Council to provide you all with VE Day celebrations which we still intend to do, so we have moved the date of the carnival to **Saturday 8th May 2021**.

We hope to recreate our planned day which will include:

- Schools / Youth Group poster competition.
- Memories board where people can share photo's and stories of their families involvement in the 1945 VE day / World War II
- Parade with all the groups dressed in theme and the youth groups displaying their posters. All children in parade would get a token of thanks.

Trophy for best costumes.

- Themed 'Street Party' tea, Lindy Hop dancing & war time songs
- Vintage sweet shop / Ice creams / Bar
- Old fashioned games i.e. Tug of War, coconut shy, quoits, three legged race, egg and spoon, beacon relay. Prizes for competitive games = Tin of Spam!
- Vintage fitness session, Punch and Judy show. Vintage Bus rides, Hovercraft
- Screening of episodes of Dad's Army series & the 2016 film Dad's Army
- Stalls decorated to stay in theme. Community Group / Charity stalls are free.
- VE day themed Cos Players available for photographs.



Photo of committee members Catherine Ayers (BSR), Denise Evans, Cllr Tom Aditya and Sara Messenger

We are a small Committee who would welcome a few more members, no experience is necessary only a cheerful 'can-do' attitude, so if you have any stories to share, are interested in having a stall or your Youth Group taking part or in joining our Committee please email us at: bradleystokecarnival2020@outlook.com

Healing & Training for your Body & Mind

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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 session (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 02/07/20.

Advanced Aromatherapy - £400 (this includes assessment, please pm me for joining criteria) Thursdays 6-8pm. There will be 8 sessions starting 13/08/20.



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!

Email: dawn@life-and-soul-empowerment.co.uk

Call: 0795 1099 491

FaceBook: LifeAndSoulEmpowerment

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.

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.

Catherine Smart
DHP MNCH
CHBP



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Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

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- Relieve lockdown anxiety
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety

Based in Winterbourne

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

Call me on: 07964 991689
E: Catherine@smarthypnotherapist.co.uk
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Naomi Hope Counselling

Are you feeling lost, anxious, sad, depressed, or maybe you have a sense that something isn't quite right? Perhaps talking about it in a safe and confidential space is for you. You may be having feelings of loss for how you feel life should be, or how it once was, difficulties enjoying life, suffering with negative and intrusive thoughts, maybe you often feel down, or maybe you have cycles of feeling up and down. Perhaps you have unresolved childhood issues or issues from past or current experiences and relationships that get in the way of you living life in the here and now. Maybe you have experienced loss or change that is making it hard to cope. Whatever has or is happening, I can offer a safe space to explore these feelings, and work with you to understand yourself and make change happen. We can find a way where you can move forwards. I am a fully qualified, experienced and registered counsellor (MBACP). I am warm and caring, and will offer you a space where you are valued and heard. I am currently working online due to the crisis but will be resuming face to face alongside this as soon as it is safe to do so. I am based in Bradley Stoke, Bristol. I offer the first session at a reduced price of £25 and sessions thereafter are £40 for daytime, and £45 for evenings. I also offer a discount of 6 sessions for the price of 5. Discounts available for key workers.

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Email: naomihopescounselling@gmail.com

www.naomihopescounselling.co.uk

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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

07807 936080

justimagine@laurajanehypnotherapy.com

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Online Lego club

Lego Club online continues! Find each week's theme on Facebook on Monday, have fun building a model to meet the challenge and share it with us! So far we've enjoyed seeing some fabulous buildings, space craft, minibeasts and sea creatures.



Local scout leader answers the call during COVID 19 lockdown

We all know how our front line workers are continuing to work through the virus lockdown in the Country but what isn't as well known is the army of sewers that are helping supply the essential workers with face masks and scrub bags to make their lives a little easier.

After an appeal from the NHS for scrubs bags, to put their dirty uniforms in to bring home and wash, Penny Hallett-Allen, a lady from Stoke Gifford and part of St Michael's Church agreed to co-ordinate the deliveries. That's when local scout leader Ali Emsley rose to the challenge and made well over 200 bags with help from her daughter Pip, some personalised, covering two Doctor's surgeries, the Community dentist, several ICU nurses and friends. Once Southmead Hospital had enough, further bags went to care homes in the area.

One of the recipients an ICU nurse was so pleased at all the time and effort Ali had taken to make her 4 personalised scrubs bags saying "Thank you so much Ali, the bags are fabulous the last thing I feel like doing when I get home from a 12 hour shift having worn all the PPE is sort through my laundry so the bags are great".

Once enough bags had been made instead of sitting back and admiring her work Ali moved on to face masks. Then again covering a doctor's surgery, various colleagues and people in Stoke Gifford. This was her way of helping COVID pandemic by supporting the local community.

Ali said "My poor sewing machine has had to go in for a service as it has not been used this much for a long time, in order for the onslaught of face masks. I am only too thankful that my skill set has been put to good use"

This amazing amount of sewing is all on top of her full time job and the volunteer work she does.

The local community across the Stokes would all like to say a massive thank you to Ali and all the other sewers. You're all doing an amazing job!!



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Castell Roc Announcement:

Apologies in taking so long to bring news of 'Castell Roc 2020' but I don't think you will be surprised to hear that due to covid 19 none of the events due to take place this August, will be happening this year !

This pandemic has affected everyone and everything and, as well as keeping in line with 'Welsh government' guidelines, foremost in our minds is keeping everyone safe,

At the same time, we at Castell Roc want to try and give all our supporters some 'light at the end of the tunnel'. We don't want to have to keep everyone waiting for near on 18 months as we know how much everyone looks forward to this fantastic annual event, SO

There will be a special 'SPRINGTIME CASTELL ROC' for 2 weekends in Spring 2021 (Friday 23rd - Sunday 25th April & Friday 30th April - Sunday 2nd May). 6 fantastic shows in the glorious grounds of Chepstow Castle!!

The following will take place ;

FRIDAY APRIL 23RD - TBC

**SATURDAY APRIL 24TH - CRAIG CHARLES
FUNK & SOUL SHOW**

SUNDAY APRIL 25TH - TBC

**FRIDAY APRIL 30TH - 'TWIST UP NIGHT' with
'SI CRANSTOWN' plus 'THE NAVARONES'**

**SATURDAY MAY 1ST - 'KING KING' plus 'CATS
IN SPACE'**

**SUNDAY MAY 2ND - MONSTERS OF ROCK' -
featuring 'UK GUNS N ROSES' 'WITENAKE UK'
& 'HELLS BELLS'.**

If you have already purchased early bird tickets for any of these shows in August 2020 'THEY WILL BE VALID FOR THE SPRINGTIME DATES', however bad news is as social distancing rules may still be in place, we are only able to sell a percentage of the venue capacity. We are over half way sold on some shows already so to make sure of tickets, don't leave it too late as you maybe disappointed !! Standard tickets ONLY available (all early bird sold out!)

After we are up to maximum amount of sales, we can put you on a waiting list and you can purchase tickets 'ONLY IF' social distancing is relaxed !!
TICKETS NOW ON SALE !!

The following shows are re-scheduled for August 2021, and tickets you already hold are valid for the new dates:

**FRIDAY AUGUST 27TH 2021- 'BOHEMIANS'
& 'FLEETWOOD BAC' (double bill) If you hold
tickets for 'Fleetwood Bac' show OR 'Bohemians',
either are valid for this 'double bill show'
SUNDAY AUGUST 29TH 2021- 'WHITNEY -
QUEEN OF THE NIGHT'**

If you have tickets for any of the re-scheduled shows and cannot make the new dates, a full refund is available!

**The rest of the shows for 'Castell Roc 2020' we
are sorry to say are cancelled 'For Now' - these
include:**

**• Skid Row • 'It's Party Time' with La Voix
• Alabama 3 • Russell Watson • Total Pop Party**

All tickets sold for the cancelled shows are refundable. Online tickets have already been refunded but if you purchased tickets over the telephone or in person at Hannah's Music, please contact the box office; Tel - 01291 627122. For tickets and information visit www.castellroc.co.uk



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Happiness Snake!

Some of the Year 3 families of Bowsland Green Primary School started a Covid-19 happiness snake in their local forest. Their aim was to spread joy and happiness through the community during these challenging times.

The snake consists of hundreds of brightly painted and decorated stones and rocks that children of the school have designed. Over the past few months, the snake has grown considerably as more and more people add their stones and now consists of well over 500 rocks!

The school is immensely proud of this fantastic achievement and members of the public have been getting in touch to send their thanks to the children. Children across the school and from the wider community have been contributing stones decorated with messages of thanks and well wishes. Stefania from Year 6 said "I painted a rainbow rock and three galaxy style ones for the snake," and her friend Bethany, also in Year 6, commented that "My rock is white and has rainbow splats on it. I feel proud to create something to put as part of the snake. I've enjoyed watching it grown longer with my brother and sister."

Sara Messenger from the Three Brooks Conservation Group commented: "We are working with Bowsland school to find the snake a permanent home, although at 578 rocks it's going to be a big one! Our suggestion was that it could be encased in resin and laid in the new path down at the lake. We think it's fantastic and would love to see it remain on the reserve."

The Covid-19 happiness snake is located in the Three Brooks Nature Reserve near Bowsland Green Primary School so why not pop down and have a look for yourself and even add a stone if you want to be a part of this wonderful project.



WE ARE OPEN



We have opened the doors to our Garden Centre again.
You are welcome to shop with us in-store following our social distancing rules.
Please note that our Cafe remains closed.

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Bradley Stoke Community School busy through the pandemic

Since 23 March when all schools in the UK were closed due to the Covid 19 pandemic, life has still been very busy at Bradley Stoke Community School.

As part of the Olympus Academy Trust, BSCS was chosen as the hub school that would remain open during this period for the students and staff of all schools in the Trust area, to enable their parent/carers as keyworkers to remain working.

Every week, including half term and the Easter holidays, staff from across the Trust have welcomed over 60 students in every week to continue their studies, have a safe place to play and learn, not to mention a hot meal at lunchtime. During this time staff very quickly got to grips with the various online teaching methods that were in place and home working was enabled immediately for all students via Google classroom. Students with little or no access to IT were assisted with the provision of laptops and wifi connections to enable everyone to continue with their studies as quickly as possible. Staff meetings were held via Zoom, Google and Skype!

The Olympus Trust created a Transition Pack for each of the 180 students due to start at BSCS in September 2020 and these were hand delivered by staff. It was great for the staff to make contact with the students and families (via social distancing of course) and to ensure they knew they were not forgotten! The packs included a paperback reading book for all students, a learning pack and some stationery. BSCS also held a virtual online Transition parent and student evening on 22 June. All very different to the events that are held at this time of year every year for new students!

During this period BSCS also delivered Food and Care packages to families in need within the Bradley Stoke area nearly every week. A huge thanks to the kind contributions from staff, families and businesses in the area which has enabled this to happen. This is continuing so please keep your donations coming in to BSCS Reception area.

After lots of careful preparation and planning, the Primary Phase opened to Reception and Year 1 students on 2nd June. Then on Monday 15th June, again after a huge amount of work by our fantastic premises team, we welcomed back Year 10 and

Year 12 students. Year 10 students are in one day a week and Year 12 students are back for timetabled subject lessons. It has been great seeing the students again and the school starting to feel truly like a "real" school again.

Our Year 11 students missed out on a lot of the normal end of school traditions, but staff have worked hard to ensure they have done all they can to celebrate their time at school. Y11 Prom has a provisional revised date and another date later in the year in case the first doesn't take place! They are holding a Year 11 Leavers Awards assembly online on the afternoon of 1 July and students will be receiving a hand delivered goody bag in the days running up to it – or even on the morning if time allows. There is also the bi-annual musical extravaganza of our 'Live Lounge' event that will be performed online at 7pm on the 16th July with donations going towards our Food Bank charity.

All in all, it's been a busy few months for us and a really steep learning curve. BSCS would like to thank all the staff, parents and families for all their support over this period – the community supporting one another has really shone through and made what has been an incredibly challenging period in our children's lives at least be manageable and enabled learning and schooling in a very different form to continue. We look forward to starting the new academic year in September with all of our students back in school, although we do not know if that will be full time or part time as the government are due to publish their latest guidelines this week. We will be updating parents as soon as possible. In the meantime, keep well and have a great summer from all at BSCS to all of our children, students and families.



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Change of Hands for Bright Sparks

The Bright Sparks pre-schools in Downend and Stoke Lodge have changed hands and plans to make the settings more flexible for local families have been revealed.

The pre-schools, which are located within the grounds of Stanbridge Primary School and Stoke Lodge Primary School, will be run by new Managing Director Vicky Ashbolt, an expert in nursery childcare, who plans to open the settings up to more age groups and extend opening hours.

Taking over from previous owner Karen Llewellyn, Vicky intends to extend the opening hours to 8am-6pm to help working parents. The settings will cater for children from three-months to five-years and will be available year-round instead of just during term times.

Ms Ashbolt, who has worked for many years as a Director at the locally-based Mama Bear's Day Nursery and Pre-School group, said: "Bright Sparks will continue to be an independent pre-school operator and retain its independent character.

"We will build on the organisation's strengths, retain the existing staff, develop and encourage talent and continue Karen's legacy."

Both nurseries are currently still operating under their existing offerings but work is taking place to to begin accepting children of all ages for longer days. There are also plans to be able to provide hot meals, cooked on site for the children.

Vicky continued: "We hope to better meet the needs of local working families and their children with our new plans. The extended opening hours will benefit working parents, as will the year-round provision.

"I would like to thank Karen for her hard work and achievements. Bright Sparks is an important contributor to the local community; it has played a key role in the lives of thousands of young children and given employment to hundreds of local workers. We look forward to steering the organisation during this next phase of its development."

For more information about Bright Sparks visit <https://www.brightsparkspreschool.com/>







Find us next to Stoke Lodge Primary, Stoke Lodge, BS34 6DW
Call now to book your tour on 01454 615577
Visit our website [brightsparkspreschool.com](https://www.brightsparkspreschool.com)

Bradley Stoke Judo Club

During lockdown Bradley Stoke Judo Club players have featured heavily in a world wide Fightingfilms Covid 19 Video, entitled 'A tribute to the Judo family' published on You Tube <https://youtu.be/RB1EIZc7Bdg>.

BSJC had a crazy year in 2019!

- Qualifying 4 players to fight for GB at the European in Warsaw.
- They were also selected to travel to Japan along with Pete Douglas being selected as a Coach to travel.
- We also had 3 members selected to travel to Azerbaijan for the Youth Olympics, where Tatum Keen took a amazing 5th place and was selected to be the flagbearer for Team GB.
- British Judo Coach of the year was B.S.J.C Pete Douglas.
- GB Cadet Girl of the year was Tatum Keen
- GB Cadet boy of the year was Ethan Nairne.
- BSJC also took Top Club of the year Bronze.
- Taking 8 Gold Medals and 3 Bronze Medals at the recent Commonwealth Games.

With such a fantastic year behind them, BSJC started off 2020 in great form expecting to chase the above results.

The year started well with six players qualifying in the GB Junior Elite Development Squad - a massive achievement!

At the Scottish Open Championships in January BSJ were on the medal podiums again, with Tatum winning Double Golds for Juniors and Seniors and Josh winning his first Gold as a Junior at u55k.

Elle Young medalled at the British University Championships which qualified her for the European Championships in Slovakia next month, which has now sadly been cancelled.

We also have a team of mixed ages, 16 in total, hopefully travelling to Japan in October if things improve.

Covid has affected us the same as everyone else but we have remained positive. Training is going really well over zoom and we are ready to hit the ground running.

Our long term targets are that we have players close to qualifying for the 2022 Commonwealth Games and also in the qualification race for the Paris 2024 Olympics!

Watch this space!!



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



BRADLEY STOKE UNITED F.C

NEW PLAYERS WANTED!

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Nursery Children Enjoy Being Back at Mama Bears!

Babies, toddlers and pre-school children across Bristol have enjoyed being back in early education after the lockdown. Children at Mama Bear's Day Nursery and Pre-schools were able to enjoy activities and reunite with friends and caregivers, while adjusting to the new safety measures in place.

Tony Driffield, who co-owns the nursery group with early years expert wife Bev, said: *"It has been wonderful to welcome the children back and see them having fun and learning. It's also been great to see our new procedures in place and working as they should."*

The returning children have enjoyed lots of educational and fun activities including finding frogs in the garden, lunchtime picnics, imaginative play and learning about the life cycle of sunflowers.

Tony continued: *"It has been really tricky to manoeuvre through this crisis and there is a long way to go for all of us yet, but our staff have been phenomenal and so adaptable which has been fantastic. We'd also like to thank our parents for their support and we look forward to welcoming more children back in the months to come."*



Mama Bear's children have expressed their feelings on returning to nursery. Olive, aged 4, said: *"I like being back at nursery because I get to play with my friends."* Poppy, also 4, said: *"I am so happy that my friends are back but the rugs have gone."* While another pre-schooler Jaxon said: *"I like playing with my friends again and all the toys."*

Mama Bear's is a family-run, renowned nursery group offering high-quality, affordable care across the South West. Established in 2002 the group now includes 24 nursery settings in Bristol, Somerset and Devon and caters for children aged three-months to five-years.

More information on Mama Bear's Day Nursery can be found at www.mamabear.co.uk.

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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

@AbbeywoodSchool



Lockdown Activities at BSCS Primary

BSCS Primary has been finding ways to help our children still feel part of our school community during lockdown. 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 are 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 joined 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 of our school family. For the start of term 6, we 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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Ambourne House Day Nursery & Preschool

We were so pleased to be able to welcome our children back last month - there really is nothing better than being reunited with friends!

Even though they have been away for a long time, the children have happily returned to a place where they feel confident and safe and can express themselves and their own opinions. It has been amazing to see just how happy the children have been to see each other again and be able to play together once more.

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 equipment to our nursery. With our highly qualified staff and dedication to on-going training, we are proud to be a truly unique provider.

There is never a dull moment at our nursery! We are so proud here at Ambourne to be able to provide the best apparatus for our children to explore all areas of their learning. We are so blessed to have a beautiful large garden for our children to not only burn off some energy but to extend their learning in the outdoor environment!

Our fantastic resources and amazing staff help set the foundations for early learning in Geography, Mathematics, Science, Sensorial Life and many more. This will follow them not only for school but inspire a love for learning for the rest of their lives.

We truly do believe we provide children the best start in life! If you are interested in your child joining in the fun at Ambourne House, please come and see us. We are only holding visits for new parents between 5-6pm at present to reduce footfall in the current times.

If you would like to arrange a viewing please call us on 01454 615352.

How are we keeping everyone safe?

<p>Reducing footfall into the building by asking parents to drop their children at the door</p>	<p>By having everyone wash hands regularly</p>
<p>By asking you to bring only one adult if you can</p>	<p>By asking you to bring only essential items to nursery</p>
<p>By enhancing our cleaning schedule</p>	<p>By asking you to keep your 2m distance</p>
<p>By checking temperatures on arrival (children & staff)</p>	<p>By staying in our bubbles (under 3 & over 9) and not mixing</p>

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233 Gloucester Road, Patchway, South Glos, BS34 6ND

ambournehouse@3abcare.co.uk

T. 01454 615352





Bradley Stoke In Bloom

by Sara Messenger

It's been 6 months since I wrote an In Bloom column and what a six months it has been. Although I sometimes felt that I was nailed to the spot as the Covid 19 storm raged around me, sweeping aside all that I thought I knew, Mother Nature was having none of it and seized the moment and bloomed. The traffic that used to queue daily past our house no longer drowned out the dawn chorus and the resulting fumes no longer polluted the air. Our cherry tree sprang into life, its fruit still bright and clean while the bees and other insects seemed to buzz happily all day long. In our garden we had nesting blackbirds, sparrows, blue tits and robins who were taking advantage of the increased insect population to feed their broods.

Although the lock down prevented us from meeting as a group, I did manage to have a pair of secateurs or a trowel in my pocket on our allowed daily walk and do a few bits and pieces, and again at Easter and VE Day we appeared through the early morning mist to decorate our planters and the Manor Farm roundabout. Although Treacle the Manor Farm roundabout dog has gone missing, Debbie the heifer, complete with quarantine tape, made a very welcome return. The community herb garden had some spring additions, although we see a pigeon has set up home over one of the boxes and has generously supplied much fertilizer for the strawberries. Much as we may appreciate the gesture, we have moved away any plants that are in its firing line! The Brook Way wild flowers strips are regularly checked and de-brambled for SGC. The Primrose Bridge steps had yet another repaint and, despite the lockdown rules, scything the orchard was never going to be a problem, as most sensible people seeing me with a 2 foot blade keep much more than 6ft away!

The RHS have abandoned their annual competitions for this year, which may be a good thing, as we were not sure how we could have topped the Gold that we scooped last year! However, we have decided to run our **Best Front Garden Competition** again as I don't know about you, but I kept myself sane during lock down by getting on with my garden 'to do' list, and looking at some of the wonderful gardens we saw on our daily walk, I wasn't the only one using 'Garden Therapy'.

Although you won't be able to collect the entry forms from the Town Council office this year, you can still post them there once complete. The forms are available opposite, downloadable from our Facebook page, our website or from the Town Council website. The closing date for applications is 4pm Friday 17th July 2020 and we hope the judging will be done the following week.

And although we've been asked to consider running a back garden competition too, that won't be possible this year for obvious reasons.

If you still feel your garden isn't quite there yet, why not nominate one of your neighbours' gardens instead?



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Bradley Stoke in Bloom's 2020 Best Front Garden Competition



Entry Form

I wish to enter the 'Best Front Garden in Bradley Stoke' competition and agree to abide by the rules. I confirm that I am a Bradley Stoke resident and that I am not, and am not related to, a member of the Bradley Stoke in Bloom Committee & I agree to photographs being used for publicity.

We have again split the competition into two categories: small garden and large garden. Please tick which category you are entering

☐

Small Garden (Terraced or Semi-detached)

☐

Large Garden (Detached)

Name: _____

Address: _____

Tel: _____

Email: _____

In previous years, we have been asked if we could let people know where the gardens entered into the Best Front Garden competition are, so they can admire them for themselves. We have had to say no, as we didn't have the entrants' permission to do so. This year we are again asking entrants if they would be willing to have their addresses given out on request (they will not be published).

If you ARE happy for your address to be shared, please sign here

(Your details will only be used for the purpose of this competition)

Please return the completed registration form by 4pm Friday 17th July 2020 to: Bradley Stoke Town Council, Council Office, The Jubilee Centre, Savages Wood Road, Bradley Stoke, BS32 8HL (post or put in letter box) or email a copy to: bsib@hotmail.co.uk. Judging will take place in mid July.



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COVID-19: The unexpected catalyst for embracing technology in the workplace

Coronavirus has forced many of us around the world to rethink our daily lives from work to school and entertainment. In response to travel bans, school and office closures, and recommendations to not gather in large groups to maintain our distance from others, we have had to turn to digital means as a way of keeping some sense of normality.

It has therefore been imperative to digitally transform our places of work and education to be able to operate effectively. The companies that are able to use technology well to keep going and rethink their business model for the future by fast-tracking digital transformation will be the ones that stay ahead.

Before lockdown, 5%* of the population defined themselves as employees who worked from home. This quickly changed, however, as two months ago, when the COVID-19 pandemic took hold, firms had to rapidly embrace remote working overnight. One day, employees were in the office and the next, over 50%** of the population were working from home for the foreseeable future.

Driving Change

This unforeseen situation has forced companies to embrace technology and rethink their business strategies to transform their workplaces. Most business leaders have decided to launch digital transformation initiatives to keep businesses running as smoothly as possible during the COVID-19 outbreak and to better prepare for the recovery phase.

However, driving change during these unprecedented times is a challenge for both business leaders and employees.

In such a rapidly evolving situation, it is almost

impossible to balance what is best for the company whilst protecting employees and still delivering a great experience to customers without the right strategy and tools. Additionally, businesses need to consider the fact that it is unlikely that things will get back to "normal" after the pandemic, and that this is an accelerated way of shaping the future of working life.

Become Risk-Proof

Becoming a risk proof business is the only way forward in a situation like this. It is essential to embrace the power of technology and stay ahead.

Dunkley's Chartered Accountants are a prime example of a local, independent business who have managed to ensure they are risk-proof in light of COVID-19.

Over the last year, Dunkley's have been working hard to embrace technology and transform the practice into a digital workplace. They have implemented a number of cloud-based solutions to not only help them become more efficient, but also benefit clients in receiving a better, more streamlined service and staff in their ability to be more flexible when it comes to working remotely.

The solutions they have implemented include a hosted platform enabling staff to work from any remote location, an online platform to produce electronic working papers, an online portal for sending, receiving, and approving documents and a cloud-based accounting solution that automates everyday business tasks including invoices, debt chasing and supplier payments.

Before COVID-19 hit, Dunkley's had all their staff working in the office, no one worked from home. Overnight, this changed. ...[Cont/overleaf](#) ...



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On Monday 23rd March, like all other businesses the office closed its doors until further notice. With the solutions above implemented, Dunkley's were able to react quickly and continue working to full strength in remote settings.

In recent years, Dunkley's would have been, like a number of other businesses, scrambling to find ways and means of staying afloat when it came to COVID-19 as they wouldn't have been able to just pick up from where they left off.

Having a risk-proof business model such as this has not only enabled them to continue providing invaluable support to their clients during this period but has also enabled them to work smarter and maintain a strong position in the market.

Director, Mike Dunkley states "by adopting these digital ways of working, we have found that the move to at home working has not affected our business. We have been able to embrace the digital tools we have and fully utilise them to ensure client expectations are exceeded. After all, keeping our clients informed, updated and happy is more important now, than it has ever been."

Fellow director, Lisa White adds "as a business we have managed to create a resilient organisation that protects both our clients and staff through this pandemic. Even though we had to furlough some staff initially, we have been able to bring them back and move forward at full strength."

New Possibilities

It is promising to see that local, independent businesses are able to quickly adapt and embrace this 'new normal'. With this new normal, brings new possibilities as evidenced above. It is the perfect time to step back and look at the wider picture to see where improvements can be made to make a future-proof business.

Here are just a few possibilities to consider.

1. **Embrace technology.** In these uncertain times, it proves anything can happen at any time. Is it time to take the plunge and embrace the digital world? Can taking this step help to streamline your business and not only enhance your business' productivity but also help provide a better, more efficient service to your clients?
2. **Adapt and evolve.** Having more time at home, gives everyone more time to think and reflect. Why not take this opportunity to step back and

look at the wider picture? What can be done within your business to improve the services you provide and the process and policies you follow? Can they be simplified or differentiated to add value? What can you adapt and implement to take a positive step forward?

3. **Strengthen communications.** It is always important to recognise staff and show them how their work impacts the business' performance and drives it forward. Whilst working remotely, it is essential to enhance communications and boost the motivation within teams. What can you do to communicate and strengthen links between staff? This does not just have to be for the period of COVID-19, it can continue and help enhance the business as a whole for the future.
4. **Understand your workforce.** Getting insights from your staff is vital when it comes to improving ways of working and implementing change as after all they are the ones it will affect. Listening to their views and asking leading questions will help to not only better understand their needs but also develop policies and procedures that bring out the best in them. Can your HR department take a leading role in influencing ideas and implementing change? What can you do to achieve better results internally? What will help staff to thrive and help the business recover after COVID-19?

If you need support or guidance on how to implement these for your business, feel free to get in touch with the team at Dunkley's. They are here to help guide you on your journey to creating a risk-proof business. Call 01454 619900 or email advice@dunkleys.accountants today for your free initial consultation.

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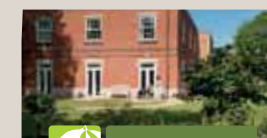
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Who We Are

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:

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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.

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- 4 LPAs: **£950 +VAT**

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BSTFC Update

The FA have announced in March that all football in England below the third tier that make up the National League will end immediately, this meant that the football leagues were determined on a 'points per game' system.

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.

Overall it has been another great season for Bradley Stoke Town. The successful creation of the B team. Ratib Ahmed's first season in Amateur football management had a great start with the B's. As a club we knew it would be a big task but amazingly Ratib has seen his team move from Division 5 up to division 4.

George Haskins continues his great management spell at the club as he sees his reserve team get promoted to Division 1.

New A' team Manager Chris Evans had a fantastic first season in charge as they reached the semi-final of the GFA Minor cup, and saw his team promoted to Division 2.

Jon Welsh had another solid season in charge of the first team after being promoted to the Bristol Combination division 1 last season. Jon and his lads finished in 6th place and have the potential to be promotion contenders in the upcoming season.

Phil Ashtons Veterans finished in 4th place, the highest position the Vets have finished. New players this season have boosted the squad.

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 managers & players that have given up their personal time to train & play this season.

BSTFC is an FA Charter Standard football club with 5 adult Saturday teams over 3 leagues - Bristol Combination, Bristol & District and Bristol Suburban.

We are on the lookout for new players to join the club. Each coach/manager is FA level 1 & 2 qualified who provide structured training sessions.

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.



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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, 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](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 - 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



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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Local Schools in and around the Stokes

PRIMARY SCHOOLS

Baileys Court Primary School, Head Teacher: Andrew Lynham, Braches 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, holyltrinity-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, bradleystokeys.org.uk

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

Welcome to Stoke Lane AFC

Enabling community participation in football for over forty years, chartered standard football club Stoke Lane was formed in 1979. Affiliated to the Gloucestershire Football Association, our core values are based on being a family oriented club. We have over 20 teams playing local league football from ages 6 to adult, helping players fulfil their footballing potential, grow in confidence and build team spirit in a safe and positive environment.

Home matches are split across our teams between Little Stoke Park & the Mike Gallivan Memorial Field on Little Stoke Lane and Scott Park in Patchway and a special thanks to the grounds team who keep our pitches as playable as possible all year.

We are always looking for new players across the age groups, so if you or your child is interested please contact our Club Secretary Steve Payne (07972 039413) who will put you in touch with the appropriate team manager and coaching team. We are also planning to introduce a ladies team. Again if you have any interest in being part of this please contact Steve.

Stoke Lane in Review 2019/20

Like all other grassroots football clubs, although our season came to an abrupt end in March due to CoVid 19, but there was still much to be celebrated across the club:

- U7 – such was the interest in their first season in the Hanham Minor League, when our U7s return as U8s for 2020/21 we will have 2 teams: Lions & Tigers

- U13 – both our U13 teams will be playing higher divisions in the Avon Youth League when the 2020/21 season commences. Our U13 Lions also made it to the final of one of the cup competitions, although this match is yet to be played

- U14 – our Saturday team topped Division 1 of the SVFL as the season came to a close. Our U14 Lions were also promoted to the top division in the Avon Youth League for the upcoming season as well as reaching the semi-finals of the GFA County Cup, which we are hoping will be brought to a conclusion before the new season starts

- U18 – our Tigers team ended their season top of the league

- Men – last but not least our Men's team will start their new season in a higher division after the Bristol & district league reconfigured post conclusion of the season

Unfortunately we had to cancel our weekend long annual tournament normally held at Little Stoke Park in June. All being well we intend to return next year



and would like to make this an event for the whole community. We will keep you posted on our plans as they are made and hope to see as many members of the local community there as possible.

Stoke Lane AFC in CoVid

Although our 23 teams are chomping at the bit to get back to training and playing football we continue to be guided by both Government and FA advice. We are conducting Risk Assessments and hope to be able to return to training in some form at the start of July.

Despite the disappointment at not being able to play, we have had some good come out of the bad:

- U10s – our U10's team manager Phil Chorley purchased an Easter Egg for each member of our 28 strong squad. One of our parents is a Paramedic and we were immensely proud when all of our players voted to donate these to her and her colleagues as a thank you. The U10s also donated leftover soft drinks from the tea stall they run on match days.

- Due to our tournament being cancelled we had some stock we had already purchased in advance for our tuck shop that we were also able to donate. Bottled water again went to our paramedics to keep them hydrated and we passed a large amount of sweets over to the Bristol Children's Hospital.



Fundraising

As a not for profit organisation we are constantly looking at fundraising ideas to give our young players the best possible football experience they can have. Our first goal is to give our younger squads an unforgettable day out at Wembley, the home of English football.

If you have any fundraising ideas or would like to be involved please contact our Head of Fundraising Siobhan Chorley (siobhans_78@hotmail.com)

Keep in Touch!

If you like what you've heard and want to keep tabs on us, follow us on Facebook: **Stoke Lane AFC Youth Football Club.**

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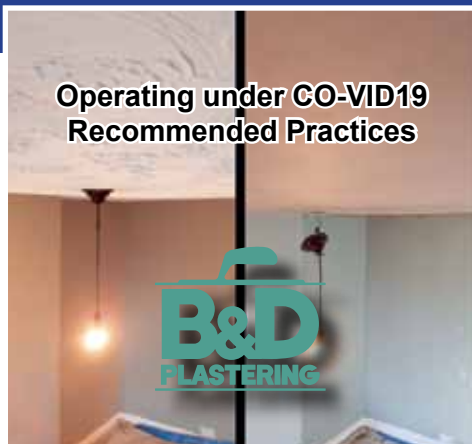
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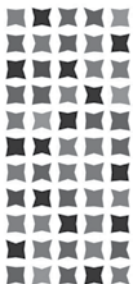
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The Little Bathroom and Boiler Company

A Bradley Stoke based plumbing and heating engineer with 15 years' experience of the trade has launched a new retail venture in Filton.

Jamie Jesson has helped his wife, Joanne, set up the new operation, the Little Bathroom and Boiler Company, which will operate in parallel with Jamie's established **JJ Plumbing** business.

Trading from a recently refurbished unit on Gloucester Road North (opposite the former Blockbuster store), the shop offers an extensive range of baths, shower units, cloakroom suites cabinets and heated towel rails, along with a broad range of central heating boilers from Glowworm, Ideal and Vaillant.

Describing the venture as being “**a little company with big ideas**”, Jamie says the intention is to provide an environment where potential customers can “come in and have a cup of tea”, browse the displays and discuss options without feeling rushed.

The store is managed by Simon, who has 10 years' experience in the trade, meaning that customers can obtain advice from a plumber rather than a pushy salesperson. Home visits can also be arranged, where customers can receive expert guidance in selecting options from brochures detailing more than 5,000 products.

Although not obligatory, customers of the Little Bathroom and Boiler Company will be offered the chance to have their purchases expertly installed by JJ Plumbing, thereby providing a true ‘one-stop-shop’ experience.

The Little Bathroom and Boiler Company can be found at 32 Gloucester Road North, Filton, BS7 0SJ.

For opening hours, visit the website www.littlebbc.co.uk or phone the shop on **0117 979 2860**.





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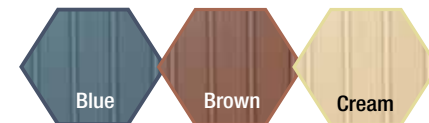
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