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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! The last few months have impacted us all and our thoughts go out to people who have been directly affected by the virus, and even lost loved ones because of it.

Whilst there is no diary of forthcoming events as such 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 in the way they would like), we do have plenty of articles for you to read and enjoy. We have local sporting club updates, news of the first Drive-in Church event organised by St Michael's Church, new canine attendees at Abbeywood Community School and news of a new Scarecrow Trail to look forward this autumn in neighbouring Bradley Stoke.

Watermore School in Frampton Cotterell would like to invite you to take part in their annual 10K race, the much looked forward to annual event has adapted to current circumstances and has moved to become a virtual race. You can take part between 18 – 25 September.

The renovations at Winterbourne Medieval Barn are now complete and this historic venue can't wait to welcome people for a tour (both in person and online) during their Heritage Open Days, over the weekend of 12th and 13th September.

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!

Jaci x

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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 12th September.

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Bristol's first Drive-in Church

St Michael's Church hosted a special drive-in service for worshippers, in Sainsbury's car park on Sunday 26 July

St Michael's Church, Stoke Gifford, teamed up with Sainsbury's East Filton, to put on a drive-in church service. Over 100 cars were in attendance, with an estimated total of around 300 people.

Since lock down began, faith leaders across the country have been looking at inventive ways to continue patterns of worship, when meeting together hasn't been possible. Although restrictions have now eased slightly, singing is still not permitted indoors. With that in mind, and spurred on by Newquay's recent Drive in Church, St Michael's decided to make corporate worship possible, from a car park.

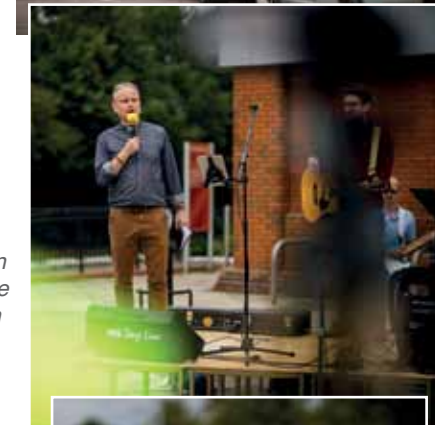
Rev'd Tom Benyon, one of the clergy team at St Michael's says, 'Like so many churches across the country we've been producing stacks of online services over lockdown, but we've really missed meeting and worshipping together as a church family. So we were delighted to be able to hold a drive-in service. It was a really vibrant, joyful event - full of laughter and hope. We got together safely, sang some songs, heard about the good news of Jesus and had fun along the way - and all from the comfort of our cars!'

Sainsbury's at East Filton, which falls within the Stoke Gifford parish boundaries, has a large car park and the team at St Michael's thought it seemed like a fantastic place to put on their service. The store were very helpful and made the team feel really welcome.

Many who attended commented on how enjoyable the event was and how moving it was to worship alongside others after so long apart.

St Michael's hopes that this won't be the last Drive-in church experience that they put on.

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Old School Rooms Scouts Achieve Scout Section Highest Award During Lockdown

At the end of June three scouts from OSR Scouts in Stoke Gifford have achieved their Gold Chief Scouts Award, despite being in lockdown during the Covid 19 pandemic.

Ollie, Emily and Oliver have completed the 9 Challenge Awards, Nights Away and Staged Activity Badges. In fact between them they have earned 116 Activity and Staged Activity badges and 63 Nights Away!

The Gold Chief Scouts Award is a real achievement especially during these times we see ourselves in at the moment. Four years of hard work covering skills, outdoor, creative, team work, world, team leader, expedition, promise and adventure activities all fitted in between camps and District/ County Competitions. All 3 of the scouts are Patrol Leaders which, among other responsibilities, means helping the younger members of their patrol. All 3 are strong representatives of the OSR troop and are great role models.

The tradition of the troop is to hold a special evening to award the Gold Chief Scout Certificates and badges which are normally presented by an Avon County Scout Commissioner but because there is a restriction on no face to face meetings this celebration will have to be postponed.

All the leaders and scouts from OSR Scout Troop in Stoke Gifford want to say BRAVO to Ollie, Emily and Oliver and a big Well Done!

We will invite someone special to make the presentation once we are back at OSR face to face with a special cake for them all and the troop plus we wish them all the best for they're move up into Explorer Scouts.

We are busy trying to get back to face to face scouting in September but with spikes happening in parts of the country all our work may be in vane.

We have continued to do zoom sessions each week with weekly challenges, camping out and even a Minecraft day with the cubs. Sessions are continuing throughout the summer per the Scouts request and include model making, a beautician session, plus quizzes and scavenger hunts.

It is hopeful that face to face meetings can be resumed as soon as permitted - hopefully this will be in the autumn but nothing is confirmed as we went to print start of August.



2020 - Virtual 5/10k

Join us between 18 September – 25 September

Due to Covid-19 Watermore Primary School in Frampton Cotterell have decided their annual and popular 10k will be a virtual race this year – with added bonus of a 5k option!

The aim, every year, is to provide the community with a professional, fun and community driven event. All profits go directly to the school and the children.

As social distancing measures still need to be kept in place gatherings in large numbers around the school grounds is still not permitted; a virtual event is therefore the next best thing!

There are lots of benefits to a virtual race:

- We can offer MORE choice; 5k, 10k and rainbow run
- It can be completed ANYWHERE; treadmills, gardens etc
- You will have a choice of SEVEN days to complete your distance
- Medals can still be WON!

We hope you can join in the fun of our virtual event. For more information visit <https://www.watermore10k.co.uk/>





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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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WILLS AND PROBATE FAMILY PROPERTY COMMERCIAL

News from Bradley Stoke Library

Limited library services now available

From 6 July we introduced limited services by appointment only in line with latest public health advice. This means visiting the library in the way we were all used to before lockdown, for the moment, is not possible. In line with government regulations, from Saturday 8 August face coverings must be worn in the library, unless a person is exempt.

Our libraries look and feel quite different as we are able to offer only limited services by booking in advance. All of our libraries have hand sanitiser at the entrances and floor markings are in place so people can follow the direction of travel required.

These changes have been made to allow social distancing in line with current Government guidance and keep users and staff safe.

You must not come to an appointment if you or anyone you live with have any symptoms of COVID-19 or you have been instructed to self-isolate by NHS test and trace. Now COVID-19 lockdown restrictions have eased, our libraries have introduced pre-bookable services to borrow books, DVDs and audiobooks and access a computer and use the Wi-Fi. This is so you can access them in a safe and controlled way. It does mean visiting the library in the way we were all used to before lockdown, for the moment, is not possible.

Find something to read

You can order up to 6 items to collect at a pre-booked time of your choice. Complete a Click and Collect webform for the library you will collect from online at sglibraries.eventbrite.com or call 01454 865022 Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm and speak to a member of library staff.

Book for 1 hour free use of a computer or our Wi-Fi using your own device

Call 01454 865022 Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm. Scanning and printing available using library computers.

Our free online library is still open 24/7

eBooks, eAudiobooks, eComics, digital magazines and newspapers continue to be available for library members to download anytime - www.southglos.gov.uk/eresources has all the details.

It now also includes Who Else Writes Like?, and for children, Who Next? where you can find authors who write in a similar way to those you have already enjoyed reading. Simply log in with your library card number and select South Gloucestershire.

Find the latest information on our website www.southglos.gov.uk/librarychanges.



Silly Squad, Summer Reading Challenge 2020

Children aged 4–11 years can take part in Silly Squad, Summer Reading Challenge 2020 at home. This year's challenge is all about funny books, happiness and having a laugh! The Silly Squad is a team of animal friends who love to go on adventures and get stuck into all different kinds of brilliant books.

Ask for a free Silly Squad Summer Reading Challenge bag while stocks last when you collect your child's library books. The bag contains everything you need to get started including a super-duper joining poster, stickers (beware – some are stinky scratch 'n' sniff stickers!), a guide for parents/carers and some Silly Squad crafts. www.summerreadingchallenge.org.uk

Find the latest information on our website www.southglos.gov.uk/librarychanges
Facebook page – facebook.com/sgloslibraries

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Remember loved ones by moonlight and support Children's Hospice South West

Children's Hospice South West (CHSW) is inviting people to remember and celebrate the life of a loved one and raise vital funds for the charity.

A Memories by Moonlight ceremony will be broadcast live on Facebook from CHSW's Little Harbour Children's Hospice in St Austell at 9pm on Saturday, 26th September, giving people the opportunity to light a candle and join together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Charlton Farm near Bristol, Little Harbour and Little Bridge House near Barnstaple. It will include music, poems and a two-minute applause to celebrate loved ones whose names will appear on the screen.

Kiley Pearce, Events Fundraiser for CHSW said: *"Due to the pandemic, the charity has had to adapt many things over the last few months – the care and support we offer to children as well as the fundraising events that help to fund that vital support for more than 500 local families."*

"We hope our new Memories by Moonlight event will give people a lovely way to support the work we do while remembering their loved ones."

Everyone who registers to take part in the event, which is being sponsored by National Friendly, will get the chance to join the virtual memory ceremony. People can then choose to simply donate in memory of their loved one or complete a walk or activity that reminds them of their loved one and ask friends and family to make a donation towards this.

Participants will receive a beautiful memory pack in the post, which will include a candle bag to decorate, along with a tea light to light on the evening and a booklet to accompany the memory ceremony.

Kiley added: *"We are delighted to be bringing Memories by Moonlight to people and look forward to connecting with everyone joining us for the memory ceremony on the evening of 26th September, which we are sure will be a very special night."*

To register for Memories by Moonlight simply visit www.chsw.org.uk/moonlight. Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post.

For more information about the event, you can also call the CHSW Fundraising Team on 01726 871800.



Poetry for the strange times we Live in

EXCLUSIVE On-Line Poetry Evening with David C Johnson
6.30pm Weds 23rd Sept
Opportunity to purchase a signed poetry books with 30% of the proceeds, donated to BRACE.



Bristol's own performance poet, David C Johnson, is kindly donating his time to create and perform a unique interactive poetry evening in support of dementia research.



David mixes stand-up humour with verse and his inspiration comes from the bizarre world in which we live – and this year has provided him with a wealth of new material. David will perform poetry reflecting the months in lockdown, the deposing of the Colston Statue and much else besides. This promises to be a fun and engaging social evening with an opportunity to talk to David about his work and inspiration.

This is a free event, but David asks that you kindly consider a £5 donation to support world class dementia research.

Book your place/s:

www.alzheimers-brace.org/Event/poetry-d-c-j

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News from Winterbourne Medieval Barn

Adventure Wednesdays!

Winterbourne Medieval Barn site re-opened in August to offer family activities each Wednesday.

Safety is top of the list with social distancing in place. Families will also get a designated arrival time slot and be guided through a series of adventurous activities lasting approximately two hours. Because of Covid precautions it is essential that families sign up online in advance. It is not possible to allow anyone to just turn up at the gate without a prior reservation. The event listing on the Barn website will detail all the precautions being taken to keep everyone safe. To make a reservation, visit the website www.winterbournebarn.org.uk or Facebook.

Circus Adventures – Wednesday 26th August

Roll up, roll up! At the Barn Big Top! We invite you to take part in the greatest show on earth. Make your ringmaster bow tie, your very own juggling balls, and even try your hand at a spot of lion taming!

Heritage Open Days, Guided Tours 12th and 13th September

Winterbourne Medieval Barn is no stranger to epidemics! It was built in 1342, just a few years before 'The Black Death', also known as 'The Plague', spread across Europe from central Asia, sweeping across England in 1348. Millions of people in Europe, Asia and North Africa died from this disease between 1346 and 1353, and the sudden loss of a third of the population changed the social structure and future history of our country forever, leading to events like the Peasants' Revolt in 1381.

Be one of the first to have a guided tour of the newly-renovated Barn which has seen so many

changes over almost 700 years. Numbers will be strictly limited to enable safe social-distancing. Book a free place on Ticketsource via the Barn website. If you can't join us in person, we'll also be putting up lots of digital content over the weekend, including family activity ideas and audio stories from our volunteers.

Monthly talks return

The Trust plans for the monthly programme of talks and craft workshops to resume in October. Details will be posted on the Barn website shortly and bookings can be made online at Ticketsource. It is essential to pre-book even where events are free of charge.

Cow Byres workshops

New tenants are currently moving into the renovated Cow Byres workshops, offering the Trust a glimpse into the diverse worlds of craft beers, heritage architecture, handmade pottery, and organic soap, aromatherapy and skincare. These businesses will soon be opening their doors to sell their products or run workshops for the public, and the Trust is delighted to have them as part of this unique heritage site.

Space for Hire

Spaces in the newly-refurbished West Barn are also available for hire by the hour throughout the year for meetings, talks and small social get-togethers. And bookings are now being taken for bigger private events like wedding receptions in the medieval barn. To discuss requirements please contact Hazel who will be very happy to help. **Mention that you've read about the barn in Matters Magazines for a small discount on your hire.**

www.winterbournebarn.org.uk

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This inspirational client of mine is now over 2 years sober. Such a brilliant read...

“Have you tried hypnotherapy?” Said no-one to me, ever! I don't hold with that new age, mumbo-jumbo! Give me conventional medicine every time.

However, I wasn't seeking conventional medicine, I wasn't asking for help, I could do this on my own, I just have to get a grip, pull myself together, man up!

So, some background - I have just turned 50, although age is just a number and didn't bother me at all, but for about a year had been having panic attacks and anxiety, not specifically about anything, but a general sense of a knot in my stomach, waking early with a sense of dread, and you guessed it, probably drinking more than was good for me. I wasn't sleeping well, couldn't concentrate and woke every morning feeling horrible guilt for what I had consumed the night before, but by 5pm I knew I was about to jump back on that merry-go-round again.

I was never drunk, I was functioning normally, holding down a full time job, managing a family, being a daughter, wife, mother, colleague, friend, sister, neighbour, but something was slowly eating away at me, I wasn't happy (whatever that means), was suffering daily panic attacks, and I knew something had to change. I didn't want to go to my GP, because nothing was “wrong” with me, (and we all know how busy they are, right?).

Then I read an article in the local community magazine - **“Do you want to feel relaxed, happy and in control? Do you want to thrive - not just survive?”**. Oh yes, I thought, I want to regain my life rather than just existing and going through the motions.

“Solution Focused Hypnotherapy”, what harm could it do? I arranged to meet Laura at her beautiful home in Thornbury and from the first moment, I was hooked, we talked, she listened, she empathised, she didn't think I was whining, and should pull myself together, she reassured me that I could get my life back, that my stress bucket was full, that it didn't have to be like this, there was a solution!

After a chat, I got to lie down and listen to her melodic voice talking to me, relaxing, finding my peace. It felt like taking the skin off an onion, every week we seemed to get down another layer. Laura

gave me tangible, realistic and achievable goals to make my issues shrink, more manageable and easier to cope.

Over the first seven weeks, we talked and gradually I wanted to decrease the amount of days I was drinking, until finally I said “I'm going to stop drinking altogether”. The relief was almost instant, it was like lifting a veil from my eyes, and I suddenly felt that was the most logical, sensible and achievable goal. I had no desire to drink alcohol.

I still have a way to go, but that first step was the hardest, made so easy by Laura's approach and kind, gentle, humorous manner. Give her a go, she's worth it, but avoid Friday afternoons, because that's my time!”

If YOU want to make a positive change it would be a privilege to work with you...

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With love from Laura Jane

just imagine ...



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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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After months of being closed due to lockdown, it is fantastic to have reopened my Holistic Health Clinic in Little Stoke. It is wonderful to be welcoming patients back to my practice, with all the necessary precautions and new routines set in place.

If you are experiencing pain of any kind – emotional or physical, I am here to help, so please do get in touch to book in a session.

Although closed to meet people in person over recent months, I have very much enjoyed sharing my healing knowledge online through a number of courses. These have proved to be so successful that I plan to continue with both online and classroom courses for the duration of 2020 and into 2021. If you are interested in learning some holistic skills please find further course information below.

Online courses, these are ongoing and are held via Zoom.

REIKI – Introduction to Reiki, Reiki 1, Reiki 2 and Reiki Master. Ongoing 'circle sessions' will also be set up after each course.

AROMATHERAPY – Introduction to Aromatherapy, Aromatherapy level 1 and Advanced Aromatherapy.

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 – Sunday 23/8/20, £100.

Reiki 2 – Sunday 18/10/20, £125.

Reiki 1 and 2 – Sunday 15/11/20, £200.

Reiki Master – Sunday 20/9/20, £300.

Aromatherapy level 1 – 2 days – Saturdays 22/8/20, 19/9/20. £125.

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

Reflexology level 1 Saturday 14/11/20. £125.

For more info and to book in, please get in touch.

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

Call: 0795 1099 491

Facebook: LifeAndSoulEmpowerment



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

Call me on: 07964 991689

E: Catherine@smarthypnotherapist.co.uk

www.smarthypnotherapist.co.uk



Expert Guide to Planning Dementia Care

FREE Webinar - 11am Wednesday 16th September



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Speakers

Gemma Lock
The Good Care Group

Gemma will discuss practical aspects when it comes to choosing care and the importance of planning ahead.

Professor Stephen Lisney
Head of BRACE Trustees

The quest for answers through science.

Ian Evans
Head of Later Life Advice,
Fiveways Financial Planning,
Society of Later Life Advisers
Advisory Board Member

Ian will cover paying for long term care and the issues that people may have in later life - including Powers of Attorney and the cost of care.

What does good dementia care look like? How do I prepare for dementia care costs?

Planning for your own or a loved one's dementia care and the ensuing costs is something that many people have very little experience with...

Which is why it is helpful to find out about the options available and where you need to go to find the answers.

Join us for this free online webinar with financial and care home experts who will provide free guidance on some of the key challenges and advice to avoid the pitfalls.

To book a free place: www.alzheimers-brace.org/Event/planning-dementia-care

BRACE Alzheimer's Research
www.alzheimers-brace.org **Charity No: 297965**



Popular disability charity, Paul's Place, makes plans to reopen after lockdown.

The popular South Gloucestershire disability charity, Paul's Place, is planning to reopen after the lockdown.

Paul's Place is a charity that enhances life for physically disabled adults, through social activities that connect people, reduce isolation, improve health and wellbeing and give people the opportunity to develop new skills, enjoy new experience and live life to the full. In March, due to the coronavirus crisis, the charity was forced to close its day facility in response to government guidelines and the lockdown situation.

Since closing the day facility in Coalpit Heath, Paul's Place has continued to support those physically disabled people who rely on them by setting up the 'Paul's Place at Home' Project. Staff and volunteers have kept in regular contact with people through telephone calls and daily online meetings that people take part in from their own homes. CEO Daniel Cheesman said, "Overnight we were forced to embrace technology and offer Paul's Place online to people. I am really proud that we have continued to stay in touch with people and we now have a new and much-loved service in 'Paul's Place at Home'."

Daniel continued to explain the impact that coronavirus has had on disabled people, "The reality is that for many physically disabled people the impact of lockdown has been life changing. People are naturally worried about their physical health, but it is the impact that we have seen on people's mental health that has been the most worrying. 'Paul's Place at Home', has meant that people have stayed connected with others and it has become a real lifeline for people."

With the lockdown restrictions changing, Paul's Place is planning to reopen face to face projects. Staff have already started to make home visits to people and small groups of people are meeting, socially distanced in community spaces. Daniel explained the complications of reopening the day facility. "Reopening the day facility is a huge responsibility and with it comes a mixed set of emotions. We are excited to be opening again so that we can see people and offer our much-loved



service. Safety is the number one priority and when we reopen things will look a little different. Like all businesses we are complying with the social distancing requirements and have put in place things to help us manage this. We are working closely with our Members (the people who use Paul's Place) to ensure that with any changes, we keep the essence of Paul's Place."

It is the essence of Paul's Place that has proved the longevity of the charity, as this year Paul's Place is celebrating its 25th year. The charity had several fundraising events planned throughout 2020, to help celebrate and bring in much needed charitable funds to the charity. As well as adapting the services that the charity offers, Paul's Place has also adapted its fundraising plans and has held many virtual fundraising events in the last four months including a fortnightly online quiz and a virtual cream tea. Covid-19 has had a big impact on Paul's Place ability to fundraise this year, but the charity is now working hard to secure new funding into the organisation, so it can continue to fund its essential services.

To make a donation to Paul's Place visit: www.justgiving.com/campaign/paulsplaceemergencyappeal or go to their website www.paulsplace.org.uk.

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 month, 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 23rd APRIL -
'Rock Legends'
U2UK, Cloneplay & Stereophonics

SATURDAY 24th APRIL -
Craig Charles Funk & Soul Show

SUNDAY 25th APRIL -
'90's to the 00's'
Shayne Ward, Sive, Phats & Small

FRIDAY 30th APRIL -
'Twist Up Night'
with 'Si Cranstoun' plus 'The Navarones'

SATURDAY 1st MAY -
'King King' plus 'Cats in Space'

SUNDAY 2nd MAY -
'Monsters Of Rock' - Featuring 'Uk Guns N Roses' 'Witesnake 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 may be 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 27th AUGUST 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 29th AUGUST 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! 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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Marie's Pawtastic Pet Care

We were delighted to hear from Marie Hawkins for this issue as she launches her new business venture "Marie's Pawtastic Pet Care".

Many readers might recognise Marie from Rowe Vets where she used to work in Bradley Stoke before moving to the Thornbury branch as Branch Manager. Having always worked with animals, and having quite a few of her own, lockdown has given Marie the time and opportunity to realise her ambition of expanding upon her passion by setting up her own business.

Marie's Pawtastic Pet Care covers the five Stokes area of Bradley Stoke, Little Stoke, Stoke Gifford, Stoke Lodge and Harry Stoke, offering a bespoke dog walking and pet sitting service. Marie will only walk dogs together from the same household (no group walks) and will tailor her service to meet each dog's (and their owner's) specific needs.

Marie also specialises in canine weight management and offers different packages to work with owners to help maintain a healthy weight for their pet.

Marie's Pawtastic Pet Care also offers a home visit / home boarding service for all your small furry animals - rabbits, guinea pigs, hamsters etc as well as birds.

Marie holds a Pet Business Diploma and Canine First Aid Certificate, is DBS checked and fully insured.

Contact Marie via www.pawtasticpetcare.weebly.com to discuss your pet's needs and how she can help you.



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[@marie.pawtasticpetcare](https://www.facebook.com/marie.pawtasticpetcare)

07854 952996

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 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/>



Splash into something new at Bright Sparks Day Nursery & Preschool

★ NEW for this September:

- ★ Places for babies and children from 3 months
- ★ All year round childcare
- ★ Sessions from 8.00am – 6.00pm
- ★ All meals, snacks and drinks included
- ★ Funded spaces available
- ★ Register now for your place this September



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 Town Council's Famous Wizards and Witches

SCARECROW TRAIL



Saturday 24th October – Saturday 31st October 2020

WIN
£50

Affordable Family Fun!

Complete the trail competition on the rear side of the map to enter the prize draw and a chance to win £50.

TRAIL MAPS
£1

Prizes available for the favourite and funniest scarecrows. £100, £50, and £25 and an additional prize for the Mayor's personal favourite.

Vote for your favourite!

Entry fee £10 per scarecrow and can be found on our website.

All entries must be forwarded to odile.mcintosh@bradleystoke.gov.uk by Friday 18th September.

We have restricted the number of scarecrows to 47, all entrants will be informed of the character they will be creating soon after the closing date, this is done on a first come first served basis.

Trail maps available from the Town Council Offices and Activity Centres from Monday 28th September.

Entries for the prize draw must be returned by 31st October 6pm

Winners will be published on our website on 1st November

All proceeds from this event will go towards the Mayors' Charities which include:



www.bradleystoke.gov.uk/

Girls Rugby with Dings

Girls rugby is the fastest growing girls team sport in the UK. Come and see what all the fuss is about!

Dings Crusaders Rfc girls will be entering their 3rd season from September. Dings offer girls Rugby for all ages, with mixed rugby from year 1 through to year 6 followed by:

- Under 13 girls school years 7 & 8
- Under 15 girls school years 9 & 10
- Under 18 girls school years 11 & 12

The girls train on Wednesday evenings and play matches every Sunday from September till April.

We are based in our new state of the art stadium at Shaftesbury Park in Frenchay. Just off of the M32.

The teams are going from strength to strength, and have had many representative honours this season, but could do with more numbers in the year 7 to 10 age groups.

At Dings we have 4-5 RFU coaches in each age group and have a 'growing the person not just the player' centred approach.

If you would like to try rugby or take your game to the next level then please get in touch with us. Just search Dings Crusaders or find us on most social media platforms or email: girls@dingsrugby.co.uk or call Steve on 07967 023043



Lily Hayward, going into year 8 at Patchway Community College.

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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- 🐾 Meeting the needs of each individual child
- 🐾 Friendly, safe and comfortable environment
- 🐾 Modern and spacious facilities including fantastic outdoor space
- 🐾 Ofsted registered - with a 'Good' rating
- 🐾 Day Nursery Review Score - '9.2' (out of 10)
- 🐾 Meals and Snacks provided
- 🐾 Free uniform provided for pre-school children


Call **01454 617111** or visit our website **mamabear.co.uk**

OPEN DAY EVENTS


Bradley Stoke
Community School
**THURSDAY
17TH
SEPTEMBER**
www.bradleystokecs.org.uk


Patchway
Community School
**TUESDAY
22ND
SEPTEMBER**
www.patchwayscs.org.uk


Winterbourne
Academy
**THURSDAY
24TH
SEPTEMBER**
www.winterbourneacademy.org.uk


Abbeywood
Community School
**THURSDAY
1ST
OCTOBER**
www.abbeywoodschool.com

See individual websites for details on how you can take part.



www.olympustrust.co.uk | 01454 252013 | admin@olympustrust.co.uk | Follow us: [@olympustrust](https://twitter.com/olympustrust)

TJ Saracens Junior Netball Club



Now welcoming new players across its junior teams

The juniors section of the club was set up over 20 years ago when several mums from the seniors club wanted somewhere for their young daughters to play.

Our aim is to coach a good standard of netball in a safe, friendly and enjoyable environment as well as being competitive at the same time.

We welcome girls of all abilities ranging from 10-16 years old with teams playing in the Avon Netball League.

With the onset of COVID 19 all matches and training had to stop. Sadly, unlike most sports we are still not able to return to playing netball however, as the juniors expressed how keen they were to get back together in a safe way, we have now started pre-season training which involves fitness and a little fun....no balls! Hopefully that will change soon.

If you want to learn more you can follow us on:

FB: TJ Saracens Junior Netball Club
Insta: TJSaracens-juniorsnetballclub
www.tjsaracensnetball.com



Anything is paw-sible when you have a dog!

ACS has some exciting news! We are in process of introducing two school dogs into Abbeywood Community School.

Many studies have shown that a school dog can have a very positive effect on students and there are many examples of how a dog can support a school community, including: encouraging students to attend school; helping students to cope with examination stress; helping to foster a sense of responsibility; improving reading confidence by having students read to them and generally bringing a warmth to the school which makes the place feel happier. Through contact with a dog, children can benefit educationally and emotionally, and develop empathy and nurturing skills. Animals in school have been shown to reduce anxiety, promote positive behaviour, increase social skills and build confidence and self-esteem.

K9@ACS:

Bonnie is an apricot Cavapoo – a Kings Charles Cavalier spaniel and poodle cross – and Jake is a black Labrador. Mrs Harding and Miss Land have generously agreed that both Bonnie and Jake can start the process to become our School Dogs. Bonnie and Jake have even started their own club: K9@ACS. Both Bonnie and Jake will be kept clean and healthy, with all vaccinations up to date. Claws will be kept short and they'll both undergo training with the lovely Roz, the 'Mutt Professor', who will train and condition the dogs to work within a school environment.

Both Bonnie and Jake are extremely friendly and are socially and emotionally intelligent but we understand that some parents/carers will have reservations about students working with the dogs or there may be students who have allergies. No students will need to have close or direct contact with the dog unless they wish to. The school has carried out a full risk assessment and will ensure that all staff and students are briefed fully before the dogs start being introduced to students. We anticipate that this will be in late September.

As you may be aware, Bradley Stoke Community School introduced Wally, a Cocker Spaniel, to their school community last year and he has successfully contributed to a really lovely warm atmosphere at the school. You may also wish to watch the BBC report which showcases the benefits of having school dogs: <https://vimeo.com/208512021>

We are very much looking forward to welcoming the new members to our school's community and will keep you updated over the next few months.

"Woof!" from Jake and a "Woof!" from Bonnie






Abbeywood Community School

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

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

Ofsted Report Nov 2019



Good rating

@AbbeywoodSchool  Olympus Academy Trust



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OPEN DAY FRIDAY 2ND OCTOBER 2-5PM

Worried about the education your child may have missed due to lockdown?
Find out how we can help and be the perfect fit for your family.

We are also offering socially distanced private tours of the School and Nursery plus 1-2-1 video tours and calls with our Headmaster before the Open Day.

Please contact us to book your place or video call : 01454 613229
asymonds@tockingtonmanorschool.com www.tockingtonmanorschool.com



Ambourne House Day Nursery & Preschool

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

Even though they were 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.

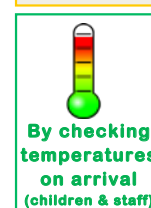
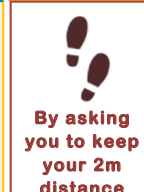
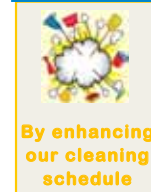
There is never a dull moment at our nursery! We are so proud here at Ambourne to be able to provide the best apparatus for our children to explore all areas of their learning. We are so blessed to have a beautiful large garden for our children to not only burn off some energy but to extend their learning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



Ambourne House DAY NURSERY & PRE-SCHOOL WE ARE OPEN Monday to Friday 7.30am to 6.00pm

- Private Day Nursery & Pre-School Offering Excellent Care & Education
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 - Grant Places for 2, 3 And 4 Year Olds
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233 Gloucester Road, Patchway, South Glos, BS34 6ND

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Visit our website www.henriquesgriffiths.com
Home visits may be available

Who We Are

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

Estate Administration

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

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

Wills and Inheritance Tax

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

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

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

Lasting Powers of Attorney

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

Pricing:

- 1 LPA: **£450 +VAT**
- 2 LPAs: **£650 + VAT**
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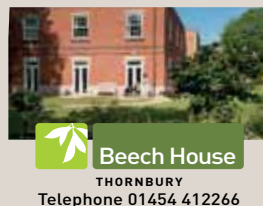
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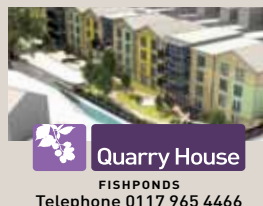
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The Return Of Club Cricket

After what seemed like an eternity, club cricket returned to Bradley Stoke and the rest of the country on the 11th July. Due to the corona virus, the season, which was due to start at the April had been put on hold. On a gloriously sunny day the club, which normally runs, 4 adult teams on a Saturday, two on a Sunday, a women's team and numerous youth teams staged two T20 interclub games.

Club Secretary, Simon Page (*wicket keeper pictured right*) said "although the nets had been available for practice for a month or so, this was the moment all members young and old had been waiting for. Without all the hard work put in by the committee and members regarding the new regulations this match would not have been possible."

Numerous e-mails from the English Cricket Board and Gloucestershire Cricket Board had been sent to the club detailing what had to happen before the game took place. This included, players turning up to the game already changed, social distancing at all times both on and off the pitch, ball to be washed every 6 overs, players to wash their hands every 6 overs, no tea to be provided and no showers to be had after the game. The club spent a lot of money on PPE, signs and hand sanitiser and ensuring everything was in place to make sure the day went without a hitch. Judging from the number of people watching and using the bar, during and after the game, and the number of people involved in the game it appeared to go very successfully.

The club lined up friendlies for all their teams through to the end of July, and then a reduced league program through-out August.

Club Secretary Simon Page said "although we have missed two months of the season, we intend to make the most of the remaining weeks and hope the weather is good for the rest of the summer".

For any information on the club, regarding, fixtures, training and when the bar is open please visit our Facebook page.



Bradley Stoke United - On the Move!

Update by Chris Hancock, Chairman

It is with great pleasure and excitement that we can now formally confirm that Bradley Stoke United will be moving to a new home at Almondsbury Football Club and Almondsbury Creative, where all of our home league and cup games will be played from the start of the 2020/2021 season.

Bradley Stoke United have been coaching and playing youth football in the local area since 1998. We have had several different bases over the years, which have all served the club well, but we have never been in a position where we could call somewhere 'home'.

This is an excellent opportunity for the club and we will be establishing an official link up with Almondsbury FC, whereby Bradley Stoke United will become their youth feeder team.

Bradley Stoke United have never been able to offer its players a stepping stone to adult football, which has meant losing players that have been with the club for several years once they reached the age of 16. This new link up now provides that next step opportunity into adult football for our junior players.

Almondsbury FC <https://www.almondsburyfc.co.uk/> were formed in 1969 as Patchway North End becoming Almondsbury FC in 1989. They have three senior teams, 2 Men's teams, whose first team play in Toolstation Division One and a Ladies' Team.

Almondsbury Creative also hosts other local sports teams such as Almondsbury Cricket Club and Almondsbury & Bradley Stoke Tennis Club. The fantastic bar and adjoining facilities will provide the club with an excellent base for key events throughout the season and a place for all teams and parents to socialise after games.

The playing facilities at Almondsbury FC are top class for a Grassroots club and an incredible amount of time and effort from the volunteers at the club goes into maintaining and improving the playing pitches. Having secured the move to Almondsbury,



we will have access to four youth pitches, which will be used exclusively by Bradley Stoke United.

By being part of the full Almondsbury complex we will finally have somewhere where we can call home. The club would like to mark its gratitude to Mike Blessing (Almondsbury FC Chairman) and Garth Jackson (Almondsbury Creative Director) who both initially listened to the idea of the link up and were then instrumental in making it a reality. Everyone at Almondsbury FC and Almondsbury Creative have been very accommodating and welcoming throughout.

If you are keen to know more about Bradley Stoke United and know someone who would be keen to join please drop an email to playfooty@bsufc.co.uk or visit www.BSUFC.co.uk

This marks a huge new chapter in the history of Bradley Stoke United. We look forward to the exciting coming season at Almondsbury and to this new link up continuing to develop. We firmly believe that this new relationship between our clubs and organisations, coupled with recent significant developments within the structure of the club, will enable us all to go from strength to strength.



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BSTFC Update

The FA have announced in July that football could return from 1st August with restrictions in place. With the news of this announcement, Bradley Stoke Town have arranged pre-season friendlies with neighbouring clubs all the way through August with the intention of starting the season in early September.

All five teams are ready and raring to go for the upcoming season. Its looking to be a great season with teams playing across the Bristol & Combination, Bristol & District and the Bristol & Suburban leagues. It's the first time in Bradley Stoke Town FC's history that we have fielded five Saturday teams and a Veterans Sunday team.

We welcome Kieron Jones who has taken on board the Management role of the C team. Kieron brings his lots of knowledge and enthusiasm to the club and has settled in very well.

All our pre-season fixtures can be found on our website at www.bstfc.co.uk

BSTFC are still on the look out for new players to join and boost the club. If you are interested in joining Bradley Stoke football club for the 2020/21 season, please contact the club secretary Matt Burch on bstfc2005@gmail.com or visit the club website and Facebook page for further information: www.bstfc.co.uk



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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 07714 101354 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.facebook.com/stokesartgroup) [facebook.com/stokesartgroup](https://www.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 Janet 07845 744351.

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, bristolxtreme@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





South Glos Hockey Update

After an abrupt and sad end to last season, South Glos Hockey Club are looking forward to the prospect of returning to hockey for the new winter season! We are patiently waiting for information from England Hockey about how and what this will look like due to COVID-19.

If you are interested in learning a new sport, returning from a break or looking for a new club, then please get in contact with us to find out more information regarding training and games. Due to the current situation, information changes regularly and quickly- please see our website, instagram and Facebook page for regular updates and information regarding training, matches and joining.

Website: www.sghc.org.uk

Facebook: [SouthGloucestershireHockeyClub](https://www.facebook.com/SouthGloucestershireHockeyClub)

Twitter: [Southgloshc](https://twitter.com/southgloshc)

Instagram: [southgloshockey](https://www.instagram.com/southgloshockey)

Or for more information, please get in contact at info@sghc.org.uk.

We look forward to hearing from you!

South Glos Hockey Club
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Local Schools in and around the Stokes

PRIMARY SCHOOLS

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

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

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

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

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

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

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

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

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

St. Marys R.C. Primary School, Head Teacher: Webbs Wood Lane BStoke, 01454 866390,

St Michael's Primary School, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. www.stmichaelsg.co.uk

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

SECONDARY SCHOOLS

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

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

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

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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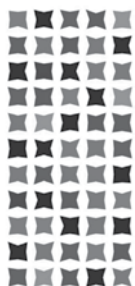
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The Little Bathroom and Boiler Company

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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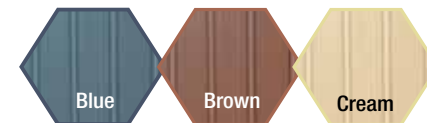
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