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January/February 2021

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**Callicroft Primary Academy, Patchway**  
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[callicroftprimary.org.uk](http://callicroftprimary.org.uk)

**Charborough Road Primary School, Filton**  
Tuesday 5th January at 2:00 pm & 5:00 pm  
[charboroughroadprimary.org.uk](http://charboroughroadprimary.org.uk)

**Meadowbrook Primary School, Bradley Stoke**  
Tuesday 5th January at 2:00 pm  
[meadowbrookprimary.co.uk](http://meadowbrookprimary.co.uk)

**Filton Hill Primary School, Filton**  
Wednesday 6th January at 2:00 pm  
Friday 8th January at 10:00 am  
[filtonhillprimary.co.uk](http://filtonhillprimary.co.uk)

**Stoke Lodge Primary School, Patchway**  
Thursday 7th January at 10:00 am & 4:30 pm  
[stokelodgeschool.co.uk](http://stokelodgeschool.co.uk)



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## Dear Readers....

Happy New Year - I don't think anyone will be sad to see the back of 2020!! What a year. A huge thank you to our many advertisers and supporters who have continued to interact with us throughout such a crazy year. It has been very tough for all of us and we absolutely couldn't do it without all of you.

Despite the challenges Covid presented throughout 2020, it was heart-warming to see how many local people were inspired to take on new challenges, or had more time to engage with new activities. Be inspired by 12 year old Thom who has walked 1000 miles this year to raise funds for Ronald McDonald House (p8-9); or local artist Ben Mitchell who has produced a wonderful British Bird calendar (p26); Charles Allen is looking for your thoughts of Covid for a new book he is preparing and illustrating (p13)

If you are looking for a new challenge this year and to support a brilliant local charity – Paul's Place are looking for people to sign up for the 2021 Bath Half Marathon. Find out how you can be a part of this team on p42-43. Bowsland Green Primary School celebrated 25 years just before Christmas - see our article on p20-21. We also have sporting updates from our sponsored football team Bradley Stoke Town FC and well as from Stoke Lane FC and St Mary's Old Boys RFC.

There is much more besides so sit down and enjoy the read!!

**Wishing you all a Happy & Healthy 2021!**

**Jaci x**

*PS: Please remember to mention Bradley Stoke & Little Stoke Gifford Matters whenever you can and keep liking and sharing our posts on facebook.*

*It really does help!*

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**If you are a business looking to promote your services across the Stokes in 2021 do get in touch with us and we will be happy to help.**

**Deadline for the March edition is 10th February.**

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## Re-Engaging Community at Christmas

We were pleased to hear from Bradley Stoke resident Nicola Clarke who is a volunteer driver for the charity, 'Re-Engage', (formerly 'Contact the Elderly').

Re-Engage organises Sunday afternoon tea parties every month for small groups of elderly guests who are isolated and lonely, offering a regular and vital friendship link every month.



"The second Sunday in December is usually our final tea party of the year and a long and lovely festive celebration which we host at our home. For some of the guests it is the only contact they will have during December and as such, we always try to make it as special, and festive, as possible for them. One guest told me in a previous year that it was the first hot dinner she had eaten that month.

"This year however, everything has changed. It has not been possible to see our guests since our last tea party in March and though we check on them regularly with phone calls, this year they are understandably more lonely than ever. Due to their age and vulnerability we are also unable to offer them a Christmas party this year.

"This is my eighth year of being a volunteer driver for this lovely charity and this year, as with the previous years, I wanted to put Christmas bags together for each of these lovely guests.

"This year has been hard for all of us so it was even harder for me to ask again if people would like to contribute a small donation to each of these six guests Christmas bags. However the response from local residents has been outstanding. I had already decided to buy them individual M&S Christmas dinners that they could heat themselves, but then 'Almondsbury Creative' offered to cook them a dinner each and Nels Kitchen offered to make them each an afternoon tea - so I couldn't possibly refuse!

"On Sunday 13th December we were pleased to deliver hot meals (3 courses), afternoon teas, and two bags each full of gifts, goodies and treats to our lonely and isolated elderly guests. To say they were overwhelmed with their delivery would be an understatement.

*"I'd just like to publish a HUGE thank you to Almondsbury Creative for their delicious smelling 3 course dinners, and to Nels Kitchen for their lovely looking afternoon teas and a VERY big thank you to everyone near and far, friends, family and strangers, who donated to help out."*

**Re-engage is the only UK charity dedicated to tackling loneliness and social isolation among older people through regular face to face interaction - <https://www.reengage.org.uk/>**



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# South Gloucestershire Local Plan 2020

## Community Engagement : Have Your Say

South Gloucestershire Council is developing a new Local Plan. This Local Plan 2020 will include a new strategy and policies to guide and manage growth and change in our area over the next 15 years.

This is an important opportunity to:

- shape the places that we live, work and socialise in;
- have a direct impact on quality of life, the natural and built environment;
- have positive impacts on climate change, inequalities and encourage a green economy;
- discuss choices and make decisions about where significant levels of growth for new homes and jobs might be located, and which areas should be protected.

**The consultation document 'Phase 1 – Issues and Approaches', is now open for consultation until Monday 1 March 2021.**

This stage is all about exploring and discussing the issues, challenges and approaches that could inform our new Local Plan.

In this consultation we will be seeking people's views on:

- the issues and priorities that should shape how we plan for the next 15 years;
- how we might make choices about where large numbers of new homes and jobs will go, as well as choices about where we might look to protect from growth and change;
- how we might approach growth and change in our existing urban areas;
- how we can start considering growth and change in our rural communities;
- the range of planning policies we might include in our new Local Plan.

This first consultation is not about how much development is planned for individual places or



which sites should be allocated or protected. Instead it's about early ideas, discussions and suggested approaches which will inform future stages.

**Your views and comments on this Phase 1 document will help to inform choices, decisions and detailed future discussions on options for growth and change in your area.**

**To get involved and have your say, visit [www.southglos.gov.uk/Localplan2020](http://www.southglos.gov.uk/Localplan2020) and send your comments to us by Monday 1 March 2021.**

We have prepared a number of short videos to explain what a Local Plan is and what is contained in the consultation document. These videos will be available to view by the end of next week on our website (see link above).

As part of this consultation, we have also published the following supporting information and documents:

Data and Access Profiles (DAPs);

Sustainability Appraisal (Nov 2020) and Scoping Report (Oct 2020).

You can also view and comment on these documents as part of the consultation.

**Please do get involved in shaping how South Gloucestershire changes and grows over the next 15 years, and pass on to anyone else who you think might be interested in responding.**

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**This is Thom. Thom lives in Bradley Stoke, is twelve years old and at the beginning 2020, he took on the Country Walking Magazine's, 'Walk 1000 Miles' challenge, for the first time.**

**He also set himself a fundraising target of a £1000 for the local Ronald McDonald House charity.**

It all started when walking past a woman on Hawker's Cove beach in Padstow on Thom's birthday in January. The woman was walking past with her husband as Thom was chatting to his mum, when a badge she was wearing on her backpack caught his eye. Thom has collected badges for many years and as such, is always interested in what others may be wearing, so he asked the woman what her badge was for. The woman then very kindly spent a few minutes explaining to Thom about the 'Walk 1000 Miles' challenge, how good it had been for her health and about some of the places that it has taken her on her walks. Thom confidently said to his mum that he thought he could do something like that and, with that, the woman gave Thom her badge, happy that she had inspired him to take on the challenge.

And that's where it all began. Fast forward eleven months and over 900 miles and Thom has completed a 10 mile walk in his garden during lockdown, walked the Seven Sisters Cliffs in East Sussex, walked a mile barefoot to win himself a new pair of walking boots (see photos right), completed the Bristol Bridges Challenge (to cross all 45 walkable bridges that span the waterways of Bristol, crossing each one only once!), walked the Monopoly Board in London during half term, to name but a few, and smashed his fundraising target with his total currently standing at slightly under £3000 (as we went to print mid December).

As well as exploring footpaths locally and further afield to complete his challenge, Thom has also been making and selling illuminated 'Lumos Nox' bottles locally to boost his fundraising pot. Inspired by the Harry Potter films and using donations of empty glass gin bottles from Snuffy Jacks Ale House in Fishponds, and friends 'recycling'

(which are often find on their doorstep!), twenty one bottles were made initially using donated decals and bottle lights, and these all sold out in under an hour when advertised on Facebook and Instagram. On the success of the quick sales, Thom made another thirty five bottles to fulfill 'order's last month, and to date, these bottles have now raised £402 of his fundraising target!

With only 50 miles left to walk in December, Thom has only one other goal to complete within that timeframe, to win himself one of the elusive, money can't buy, Golden Badges, for completing and winning one of the monthly mini challenges from the Country Walking Magazine, here's hoping!



If you'd like to know more about Thom's challenge and why he chose the amazing RMH Bristol to support with his fundraising, you can find out more at the following three places:

<https://www.justgiving.com/fundraising/thoms1000milecharitywalkchallenge>

**Instagram:** [thoms\\_1000\\_mile\\_charity\\_walk](#)

**Facebook:** [Thom's 1000 mile charity walk challenge](#)

If you'd like to know more about the amazing work that the Ronald McDonald House Bristol do, providing free 'home from home' accommodation and support to families of critically ill children being treated in the Bristol Royal Hospital for Children,



then please do head to their website [www.rmhbristol.com](http://www.rmhbristol.com) for more information.

The families they look after come from as far away as Devon, Cornwall and South Wales and once a family has a room with them, they can stay for as long as they need to, which could be days, weeks, months or even years. They have helped 8367 families so far, have 5 families on their waiting list, have 21 rooms and the average stay for each of those rooms is around 17 days. They need our help now more than ever, with so many of their fundraising events being cancelled this year due to the Corona Virus, so if you can spare a £1 to support this amazing charity, and to encourage this very determined twelve year old boy to get to the end of this 1000 mile walk sooner, then please,

head to the Just Giving link and put a smile on both of their faces.

**Best. Friday. Ever!!!!**  
**Came home from school to a box with my name on and it was a new pair of walking boots, and I won them!!!! Thom FB page 27.11.20**

**Thom's final walk in December was from his house in Bradley Stoke to the RMHB on Royal Fort Road, a distance of 7 miles which is quite symbolic as he chose the charity because he was able to get home easily, unlike some of the children in the hospital that day (all details are in Thom's Just Giving page).**

**Editor's note: WOW well done Thom, what a fantastic achievement. You have done some amazing walks too. A real inspiration. And well done Mum & Dad too!!**

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## The Bradley Stoke Rotary Club

continues to meet via Zoom on a regular basis however our fund raising activities, like everybody else's, have been severely curtailed with the cancellation of the annual Barn Dance and the cancellation of the Burger Bar at the Bradley Stoke Fireworks.

We have however continued to support local charities such as St Peters Hospice and the local North Bristol food bank. Some of this has been out of the pockets of the Bradley Stoke Rotarians as the money we would normally pay towards our weekly breakfast we have been diverting to charity.

During December we assisted the "Blonde Angels Street Team". Photo right shows just a "few" of the items collected together to hand over to the team and we also provided a number of "Christmas Bags" to be handed out over the festive period as well.



her diary, asked for the lady's name and address so that she could reimburse her. The lady was adamant she did not require repayment. Margaret then promised the lady that she would donate the value of her groceries (£106) to the Novi Survat charitable organisation whose objectives are the relief of hunger and poverty in Goa. Margaret increased her donation to the charity by an additional £50.

Extract from Clive Baker's (founder of Novi Survat) letter of thanks to Margaret on receipt of the donation and hearing her story: *"It is a great pity that you were unable to obtain the lady's name and address as I would have loved the opportunity of thanking her for her generosity and kindness on behalf of this Charity and the slum dwellers who will be the ones to benefit."*

The top photo shows Rotarians setting up a Rotary Wheel in Baileys Court Road for planting with Bulbs. This will be planted with Crocuses to Commemorate Polio Day and will hopefully make a lovely display come the Spring.

## Paying it forward ...

We are also pleased to share this wonderful story, in the hope that the original kind lady might get to see it:

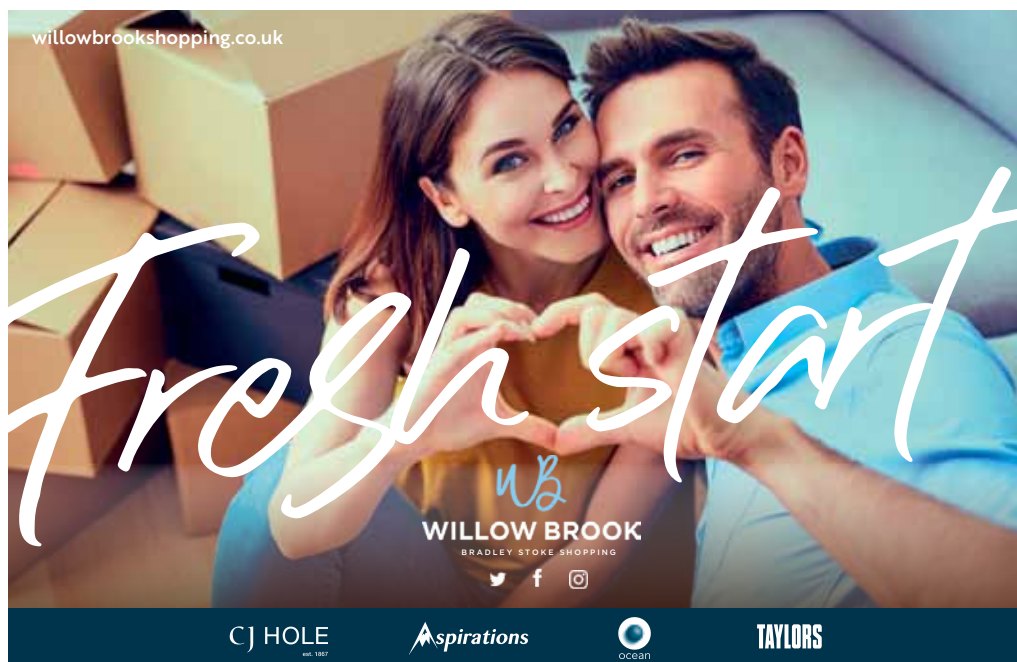
A local lady called Margaret was visiting her local Sainsbury's supermarket and, having completed her shopping and put it through the till, discovered she had left her purse at home. She was asking the supervisor to store it in the chiller to give her time to go home and collect her purse when a lady customer on the adjoining till said "I will pay for that". Margaret assured her that it was not necessary but the lady insisted and passed her debit card for payment. Margaret followed the lady out of the store and, taking out

*Thank you for the two cheques, one for £106.00 covering the cost of your purchases and the other your personal cheque for £50, all of which will go a long way towards the distribution of food parcels to families living in the slums of Goa who, because of Covid 19 are unable to work, have no money to buy food and, as there is no "social security" or government handouts, are as a consequence in dire straits.*

*It never ceases to amaze me how generous and kind people are and I hope the lady in question will realise how grateful we are and that if ever she found herself in need of assistance a good Samaritan would be on hand to help her."*

Margaret belongs to Bradley Stoke Rotary who have sent a further donation of £110 to Novi Survat to mirror the cost of Margaret's groceries.

**We hope the original lady who instigated this gets to see what a difference she made by her very kind and helpful gesture.**



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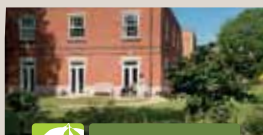
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## 'Covid, Lockdown & You'

by Charles Allen

Hello, I am a local resident and I am developing a book idea centred around the current situation we all find ourselves unwillingly part of. Of course I speak of this awful worldwide pandemic, COVID-19 and the enforced but painfully necessary Lockdown.

During a period of recovery after a 10 day Hospital stay I embarked on two of my favourite things to help me during this time, drawing and listening to music. I have found them both very cathartic, peaceful and good company. I particularly enjoy sketching portraits as the challenge of getting a likeness, such that others can recognise the sketch is a terrific buzz. I can't claim to have a great record, but it's fun. So I found myself listening to music and sketching who I was listening to. Whether it's Michael Kiwanuka, Frank Sinatra or Eric Clapton I'd give it a go. One day I was listening and sketching when two tracks caught my attention, as the words were so apt for the Lockdown situation, although the songs were over 30 years old.

I then I had this little idea!

Imagine, purely hypothetically, if you were to explain, in 20 years' time, to an audience of 20 year olds, what COVID and life in Lockdown was like for you.

**What would be your Top 20 things to talk about and explain to that audience, who weren't born at the time. What would be on your Top 20 List?**

My hoped for ambition is to get 40 lists, from 40 different people. Your list and that of the other 39 contributors would be accompanied by one of my music based illustrations, which would be loosely based on one or more of the elements contained in your list. My intention is that the music based sketches will be fun, sometimes irreverent and on occasion thought provoking.

All lists will be anonymous and will not be disclosed to anyone else, but all contributors will be acknowledged at the end of my envisaged book.

My hope is that it will be a wonderful, slightly different, sort of diary of an event we can all look back on in time with some small element of fondness. Albeit it would be a memento of an experience we all would never wish to repeat.

**If you are interested in participating please email me at: [charlesallen2020@gmail.com](mailto:charlesallen2020@gmail.com)**



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# Slimming World are Here! No matter what Tier!

A weight has been lifted for local slimmers as their groups are still running either virtually or with COVID secure measures firmly in place. This means that local consultants are able to provide the invaluable support needed to help members shift those unwanted pounds gained not just over the festive period but during the pandemic as a whole.

Bradley Stoke Consultant Kelly explains "There are many more people who are now struggling with their weight more than ever before and we need them to know that we are here for them. Lifestyle habits during the summer changed dramatically which caused over 70% of the UK population to gain weight during that time. We've put measures in place to comply fully with local and Government guidance, of course, to ensure members are safe, happy and comfortable being back at our group. And where we can't meet in groups because of local restrictions we can set up temporary, emergency Venue + Virtual groups which means that members can still come and weigh in and talk about how they're doing."

"Members told me they'd really missed being together in-person – that feeling of community, swapping recipes and sharing ideas, and being there for each other through the highs and the lows of their journey. Plus, we know that there's something powerful about stepping on the scales each week and having that regular check-in on your progress."

Consultant Sharron in Little Stoke says "This year has been far from easy for all of us, with some people struggling more than others, but for lots of my members all of the challenges and anxieties have actually made them more determined than ever to achieve their goals and improve their health. They've proved anyone wanting to lose weight and feel healthier – which research shows could protect against disease – doesn't have to give up on their dreams! I can't wait to see how much we can all lose by the end of 2020!"



Member Louise, who joined in September has lost 21 and achieved her target weight. She says: "Like a lot of people, I found lockdown challenging and gained a few extra pounds. With so much in the news about weight and associated health risks including COVID-19, I wanted to make a healthy new start and take my health into my own hands. I returned to group when it reopened and I haven't looked back since."

"I know it can be nerve-racking to walk into a Slimming World group for the first time, especially at the moment, but I can assure anyone who's worrying about their weight that there's no judgment at Slimming World, just respect and care – and it's absolutely safe. Every single person in the room has been there themselves, everyone understands exactly how it feels and everyone's welcome at our group. I know that I was taking comfort in food and alcohol. As well as being able to share how we're feeling, being able to share ideas about how to enjoy delicious food and feel fitter and healthier has made a real difference not just to my weight, it's helped me have a much more positive outlook too. If anyone's worrying about going hungry – before I joined I definitely thought losing weight meant I'd be starving – don't, Slimming World's plan is about eating everyday foods and all your favourite meals, you just find out how to make small changes to how you cook them that make a big difference to your weight."

**To find out more or to book your place contact your local consultant.**

"If you're worrying about your weight and feeling alone and desperate, don't give up. Don't put it off. Our Slimming World groups are here and getting together every week. We'd love to be celebrating with you, so if you're thinking of joining, come and be part of that success – you'll be welcomed by every one of us."



# that Slimming World feeling!

**Contact your local Slimming World Consultant and book your place in a warm and friendly group today!**

## BRADLEY STOKE

Christ the King Church  
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## PATCHWAY

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# Are you in need of some pain relief and support?

Contact Osteomyology expert – Dawn Clode Ostm, Lic MET, Lic CR, FAO

2020 was undoubtedly a challenging year for us all. We are now several months in to dealing with the negative implications of Covid-19 and for many of us it is starting to take its toll. If you need some help with any kind of emotional or physical pain please do get in touch with Dawn Clode.

When I spoke with Osteomyologist Dawn, she told me these were indeed tough times for everybody, but she was pleased to be able to use her skills as a therapist to help individuals in their time of need. People who had never previously suffered with shoulder and neck pain or an aching lower back, were finding themselves enduring pain due to a change in work circumstances, balancing a laptop while working from the sofa or dining room table is far from ideal! She has been able to help with their discomfort and advise on better working practice from home.

As well as the physical pain, un-suprisingly, an increasing number of people are suffering with emotional problems. Dawn is an excellent listener and inspirator and can deliver treatments for emotional health via Zoom if people feel more comfortable meeting this way.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These



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Dawn works from her Holistic Health Practice in Little Stoke. She will remain closed during lockdown for treatments in person (you can pre-book now) but can offer support online or over the phone.

She is happy for you to get in touch for further information. Please call: **0795 1099 491**  
Visit: **life-and-soul-empowerment.co.uk**



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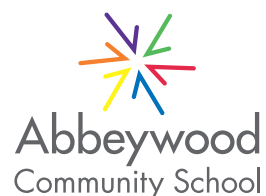
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## Bradley Stoke Zero Carbon Community Group

Hello from us here at Bradley Stoke Zero Carbon Community Group. We have asked The Bradley Stoke & Stoke Gifford Matters to give us a bit of space to tell you about our 'newish' group and what we do. The group was kick started by South Gloucestershire Council passing a climate emergency motion on the 17th July 2019. Our chair and founding member Lorna was inspired by a conference she attended called Zero Carbon Britain at the wonderful Centre for Alternative Technology.

The group was formed just over a year ago and as the name suggests we aim to give local people a space to come together, take action to reduce carbon emissions and take care of the land around us. Initially our chair posted a link asking for local Bradley Stoke people who cared about all things 'green' to join a Facebook group for sharing 'green' ideas. From there we started holding meetings in August 2019, setting up the group formally with a constitution and also started planning events with other local groups.

Due to the pandemic we are now holding these meetings online. Some of our planned events were also put on hold however we are dreaming up new ways to share information on what every individual can do to do their bit for the planet. Bradley Stoke Town Council provided financial assistance to the group to support our work in the coming year. We plan to put this to good use for the benefit of local people and the environment.

We have a small committee group, all of whom live in Bradley Stoke, and are always looking for more people to get involved, share ideas or simply learn so please get in touch, join our Facebook group or have a look at the website.

### Find out more:

Join us on Facebook:

**Bradley Stoke Zero Carbon Community Group**

Website:

<https://bszerocarbon.co.uk/who-are-we/>

Contact us:

[bradleystokezerocarbon@gmail.com](mailto:bradleystokezerocarbon@gmail.com)



### New Year's Eco-lution

Each month the group posts an idea for helping its members to reduce personal carbon footprints or benefit the natural environment. The tips are designed with Bradley Stoke in mind and we try to make things as local as possible.

So as 2020 (a year like no other) draws to a close and 2021 looks set to be a very different year; how about making your New Year's Resolution or an eco-lution as something to help the planet. Remember this doesn't have to be a huge change as lots of people making many small changes will have a large impact. And, whilst giving up your car would make a big difference to your personal carbon footprint, remembering to take a reusable bag shopping can also have an impact. In fact since the introduction of the 5p charge on single use carrier bags was introduced in October 2015 95% less bags have been sold. **Small changes making a big difference.**

If you are struggling to think of something to change take a look at the tips and ideas section on our website. We have over 40 ideas for you to consider. Thanks for taking the time to read about our group.





## Bowsland Green celebrates its 25th Year!

The staff and pupils at Bowsland Green Primary School have been marking the school being open 25 years, with two days of sponsored celebrations!

Head Teacher, Mrs Michelle Engley, has said it has been a positive lift for everyone during these unprecedented times. "We have a wonderful school community, everyone has enjoyed celebrating across the two days. The children have been tasked to complete 25 challenges, these include making commemorative badges, designing banners for the school windows, icing biscuits, taking part in team challenges on the playground and being silent for 25 minutes! The children are being sponsored to complete some of the challenges at home across the Christmas break. Everyone who has taken part will receive a special commemorative anniversary brick. These bricks will form a rainbow on the new playground, marking not only the school's anniversary but also the strengths shown by our pupils during the Covid-19 lockdown period, a moment of History they will talk about in the future.

We have also put together a time capsule for pupils in the future to open, it contains pictures of all the ways we have stayed connected during the lockdown period and our hopes for the future."

*"Our school is the best. Everyone is included here and we have a PART-E every day. I know that when people open our time capsule in the future they will smile."* Lakaya

**Bowsland Green Primary School opened in 1995, the first Head Teacher was Mrs Lesley Topps. Mrs Engley contacted her to share her memories from the time.**

Mrs Topps replied to say "It was a lovely surprise to be invited to contribute to the 25th anniversary of the school. Thank you. When I was first appointed as Head teacher there were no buildings, playgrounds or grand entrances. Only a field with three large Oak trees and a yellow digger on site (shown in the photo!) We called the school Bowsland Green as there used to be a large farm known as the Bowsland Farm around the site of the school. After a competition in school to design the



**Top Photo: Current Head Mrs Engley with the year 6 house captain team.**  
**Photos below of the school site when it was being built, with Mrs Topps**



*"We always work as a team. I love Team Bowsland!"* Olivia

school badge, the winning design was of 3 trees holding hands, we thought that was perfect.



*"Our values are part of everything we do. Celebrating 25 years has been so much fun."*

Jounaid

It was very exciting to be involved in creating a brand new school for Bradley Stoke. A great team of people worked very hard to make it happen. Teachers, architects, builders, secretaries, caretakers and officials from the Education department all had a part to play in establishing our school. The only thing missing at first, was the most important thing, the children!

"It didn't take long before Bowsland Green was full of excited voices in the classrooms, singing in the hall and playing in the playground. 'Learning is fun' was our school motto and everyone worked hard to make that come true. I was very proud to be Bowsland Green's first Head teacher and to be part of a team of amazing adults and children who shared the same commitment to make our school a place where everyone was encouraged to grow in skills and independence. I cannot believe it happened 25 years ago!

I look back at my 'Bowsland years' with great affection. I am sure that everyone connected to the school will continue to make it a place of fun and learning. I wish you all success for the future, here's to the next 25 years."

*"Our school is so much fun, my friends and the teachers are nice."* Ania

Mrs Engley added: "Bowsland Green is a wonderful school, a brilliant team to be part of. We look forward to inviting past staff back to the school to celebrate, when it is safe to do so. It will be lovely for them to see the many changes that have taken place in the school grounds, and to see that enjoyment remains as one of our core school values, everyone here strives for 'Brilliance, through their Bowsland Best' "



*"Our school is built on so many brilliant memories. Pride and friendships are important."* Noah

**Photos on this page show some of birthday celebration fun from team challenges on the playground to biscuit decorating (and even better, eating!), along with birthday badges made by pupils.**



## Raff's Olaf Run – Sunday 13th December

Did you see local resident Andrew Buckle set off on his fund raising adventure to raise funds for Children's Hospice South West mid-December? You may even have seen the story on BBC Points West, or heard it on the BBC Bristol or local Bradley Stoke radio.

**ANDREW'S STORY:** *"I've been a fund raiser for Children's Hospice South West (CHSW) for several years, playing a small part in enabling them to support families who are facing the unimaginable and helping to make the most of children's short and precious lives.*

*Christmas time brings added poignancy to this cause and that's why, in addition to other fund-raising activities, I have always participated in the annual 'Santa on the Run' event around Bristol Harbourside. Sadly, this year the constraints of a global pandemic have halted the annual Santa on the Run event and instead the fundraising team at CHSW have issued a new challenge, 'Santa's on the Run goes freestyle'. Well, I was ready to rise to that challenge and was accompanied by my fun-loving six-year-old Labrador, Raff."*

Dressed in Santa-gear and pushing the 35kg Raff in his Dog-Hut on wheels, Andrew walked the 14-miles from his home in Hawkins Crescent, Bradley Stoke to the Children's Hospice Southwest in Wraxhall. They set off at 9am, and despite the torrential rain, Andrew and Raff completed the run by 4pm with lots of people cheering and stopping along the way. So far, they've raised around £1,300 through Just Giving for Children's Hospice Southwest - and there was a lovely thank you card for them from the children when they arrived in Wraxhall.

Raff is taking well to his new found celebrity and considering doubling his fees to two biscuits an hour.

Of course, we want to raise more than a smile. Please click here to donate what you can via Just Giving to raise much needed funds during these difficult times. <https://www.justgiving.com/fundraising/andrew-buckle13>



## Harry Helps the Homeless

We were delighted to hear this month from one local family whose son Harry (pictured right with his younger brother) turned 8 on 13th December. Having discovered that there are homeless people on the streets of Bristol, Harry decided that this year instead of birthday presents from his family and friends, he would like donations for the homeless as *"it's not fair that we have a house and they don't"*

Mum Jessica told us: *"We often talk about life and, as we drive around Bristol, we have seen homeless people. We've discussed how people are homeless and how lucky we are to have a home. In the modern world I feel children have so much it is important for them to know that not everyone has this and we are lucky and to feel gratitude. When discussing his birthday back in the summer (we talk about it early as it is so close to Christmas), Harry said he feels so lucky that he doesn't need anything, so he would like to help the homeless Instead of having presents.*

*"We discussed charities in Bristol and he choose St Mungoes. We set up a just giving page with a goal of £50 but was totally amazed to find it had accumulated to £400 by Harry's birthday. As I write this it is currently at £530 and we are waiting to hear from the charity to donate it!! "Harry is so pleased. We talked about how they may use the money. For example they do courses to help people get jobs so that they can then afford a home. He found it really interesting how they all link together."*

Wow what a wonderful young man. Well done Harry for your incredibly selfless act. We hope you enjoyed giving on your birthday and that Santa brought you a special something this year. If you would like to give a little to Harry's fund it is still open and can be found at ....

<https://www.justgiving.com/crowdfunding/jess-witcombe-weeks>



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## View from Trench Lane

Update from Steve Cooke, Chair, SMOB RFC

### New Year Promises a Return to Rugby

All of us at St Mary's are looking forward to the New Year and a Return to Rugby and we hope some of you will make a New Year's Resolution and come and join us! A great New Year's resolution is for you and your family to take up Rugby at St Mary's, challenge yourself and experience rugby's unique sporting values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

Our **Minis and Juniors** are intending to run an **Open Day on Sunday 10th January** providing we are in Tier 2 or below - when our coaches and current players will be running Covid compliant taster training sessions aimed at all age groups from 6-16.

Come along and check out our facilities and grab a complimentary take away coffee or drink whilst your kids enjoy a run out and the opportunity feel just like our Under 10s do in the photo below – session times will be published nearer the date on [www.smobrugby.co.uk](http://www.smobrugby.co.uk) and @smobrugby Twitter .



St Mary's Under 10s Team



Meanwhile our **Senior Ladies** section goes from strength to strength with the official announcement of our partnership with Bristol Bears:

SMOB Ladies Head Coach, Rich Hynes said: "It's a huge step forward for the club and our ambitions to promote women's rugby at St Mary's. The programme aligns perfectly with our vision to create an environment where players feel valued and investment in helping them become the best player they can be." We now run 2 senior Ladies teams so there is room for you to join us.

Continuing our Club's tradition of fundraising it was great to see Donna Price our Ladies 1st XV Hooker run 100Km in November and smash her sponsorship target by raising over £540 for the British Legion Poppy Appeal.

<https://www.bristolbearsrugby.com/news/player-pathway-club-profile-st-marys-old-boys-rfc-ladies/>

Our **Senior Men's** teams have been training hard through the different stages of the return to play protocols that the RFU have issued. With a set of modified laws approved by the government and the RFU we now intend to start playing friendly and competitive rugby on January 9th.

With the RFU cancelling the League competitions this season due to Covid, we have joined with five other local sides to form our own set of fixtures, minimising travel and playing at a good standard. Joining us in the league are local rivals Frampton, North Bristol, Bristol Saracens, Whitehall and Old Colstonians. We are looking forward to a return to full training as we emerge from Tier



Donna's 100km for the Poppy Appeal

3 of lockdown so that our players from Bristol and Somerset can travel to Trench Lane.

One of our key partners at our ground in Trench Lane are Bristol based St Nicholas GAC. St Nicks are a Gaelic Football club, and they use our facilities as their home ground. We are delighted to be hosting the semi-finals and finals of the regional GAA Gaelic Football Championships at Trench Lane on the provisional dates of the 7th and 21st of February respectively (Covid restrictions permitting).



Our **O2 Touch Team** will be playing at Bradley Stoke Community School on Thursday nights as well as on Monday nights at Trench Lane. Booking a place is via the O2 app but if you are new and want to try this please contact:

**Dave Phillips:** [dave\\_p\\_bristol@hotmail.co.uk](mailto:dave_p_bristol@hotmail.co.uk) or  
**Joanne Winter:** [joannewinter88@googlemail.com](mailto:joannewinter88@googlemail.com)

Finally I'd like to thank all of our Parents, Supporters, Volunteers and Players for sticking with us through these difficult times – I hope you have been able to enjoy a family Christmas and we look forward to seeing you back at St Mary's in the New Year!



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## Getting Creative in Lockdown

Ben Mitchell, Bradley Stoke

Social distancing, lockdowns and self-isolations have resulted in many of us having much more time on our hands this year than normal. Where events have been cancelled, meetings with friends put on hold and holidays postponed, we have had to think differently about how to spend our time. It's been amazing how many creative pursuits have gained popularity as we look for positive ways to focus our minds. Many have immersed themselves in baking, gardening or knitting. For me, I have taken the opportunity to prioritise my love of painting. I have always enjoyed painting, but it does demand a lot of time and in the busyness of life I have never been able to devote as much time to it as I would like, until this extraordinary year.

Creative arts such as painting or drawing are great mindfulness activities, that can have a really positive impact on our mental health. They force us slow down, relax and to focus our minds on something positive, reducing the stress and anxiety that our current circumstances can bring. It is also so rewarding when a piece you have spent many hours working away on is finally complete.

I love painting British wildlife, and can easily spend hours focusing on the detail of a bird's feathers. Nature is so good for us, and greatly benefits our physical and mental health. Going out for a walk in the fresh air, looking at trees and flowers, and listening to the variety of bird songs is a nourishing feast for the senses and can be so calming. Many of us have spent much more time in our gardens this year. As we approach winter and the nights draw in however, it's harder to get outside as much as we would like. Painting the natural world is a fantastic way to stay connected to nature when getting out and about isn't as easy. As I paint wildlife, I love the idea of bringing a small reflection of the beauty of nature into people's homes.

It is important not to feel like you need to 'achieve' anything with the unexpected free time we may have. But I am always more motivated to bring myself to an activity that is constructive. I greatly enjoy spending time producing greetings cards and prints out of my paintings, and this year I have taken it upon myself to produce wall calendars for 2021.

My wife and I approached the gift shop at Westonbirt Arboretum and were thrilled when they said they would like to stock our greetings cards and calendars!

I love seeing the creativity that has arisen through lockdown. If there is a creative pursuit that you've always been meaning to try, now is a fantastic time to start!

**Please take a look online at: [mitchellwildlifeart.etsy.com](https://mitchellwildlifeart.etsy.com)**





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*If you are unable to make the dates/times above, please contact us and we will find an alternative time to show you around.*



## A warm welcome awaits at Field House Nursing Home

Field House is a 55 room Nursing Home in Blakeney Road, Horfield. They are part of the Bristol Care Homes Group, a small group of four nursing homes in and around Bristol, well known locally for high standards and good quality care.

Field House has a 'Good' rating from the CQC, and are working hard to keep developing this - aiming towards an 'Outstanding' rating, which two of the homes in the group already have.

They strongly believe in delivering high quality care in a holistic way, which means they look after the mind and spirit as well as the body. Bristol Care Homes focus as much on social engagement, activities and well-being as on the physical needs of their residents.

Bristol Care Homes ensure that every aspect of the care they deliver is of a high standard. This

includes the building itself, the food they cook, the care they deliver and daily life in the home. Bristol Care Homes has a varied menu created by top chefs from the choices their residents make. Their care plans are tailored to each individual. This is put together with the resident when they are admitted and reviewed regularly to ensure they keep up with any changes needed. Daily life in the home is socially engaging with an activities schedule which is based on the wishes of the residents. They have individual activity sessions and group activities for everyone to enjoy and make sure everyone lives a safe and fulfilling life at Field House.

They would love to hear from you and would be very happy to give you a virtual tour of the home. To find out more, call **0117 969 0990** or visit **bristolcarehomes.co.uk**



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- **Skilled nurses are on site 24/7** and respiratory equipment is at hand
- **Safe face-to-face visits** where possible

*"Field House remains a place of happy daily life and excellent nursing care."*

Dee, Nurse Manager



**Field House**



**We'd love to hear from you and we'd be very happy to give you a virtual tour of the home...**

Give us a call on **0117 969 0990** or visit our website at **bristolcarehomes.co.uk**



## Would you like to help a local Charity which makes a great difference to people's lives?

Shopmobility South Gloucestershire is looking for more volunteers willing to help out at the scheme. It is based in Yate Library, at Yate Shopping Centre, and it hires out wheelchairs and mobility scooters. People from South Gloucestershire with a Diamond Card concessionary bus pass can also use this to pay for the hire.

To Volunteer for the Scheme or pre-book a scooter or wheelchair please ring **01454 868718** or **07999574474**, or email - **shopmobilitysouthglos@yahoo.com**.

Or simply call into our office at the Yate Library complex.

### In Memory

During 2020 two of Shopmobility South Gloucestershire's stalwart volunteers very sadly passed away.

Granville Olive (photo right) acted as the Shopmobility scheme's Treasurer for many years. Granville was also very active in the local community.

Ann Hulme was a Founding Trustee of Shopmobility South Glos and was the Scheme's secretary for many years. Ann was also a Chipping Sodbury Town Councillor, and was very active in the community generally, particularly with disability Charities.

Shopmobility South Glos Vice Chairman, David Bell, said - "Both Granville Olive and Ann Hulme made a huge contribution to Shopmobility and helped ensure its success and its continuation. They will be greatly missed."



## News from Winterbourne Medieval Barn

With South Glos in Covid Tier 3, the Trust was unable to hold community events in the Barn during December 2020. But we learnt how to keep some activities going despite strict Covid restrictions and were able to put the talk on Magic and the Christmas Wreath workshop online.

It became clear in the autumn that it would be impossible to hold the very popular Carols in the Barn with a live audience in December, but with amazing ingenuity and technology even this became a virtual community event. Volunteers from Fromeside churches filmed their annual nativity drama in socially-distanced small groups in the Barn, and put it together as a video for everyone to watch at home online over the festive period.

We do not yet know exactly what community events it will be possible to hold in 2021, so keep an eye on the Barn's website and Facebook page for updates. All events must still be pre-booked in order to manage numbers and be Covid-secure. Bookings are available for the following:

**The monthly 'Tea and Tour' restarts on Thursday 4th February at 2pm.** If you have not yet seen the results of the Barn's year-long closure for restoration in 2019, come along and be amazed! Enjoy a cuppa while you hear about the history of Winterbourne Medieval Barn, then take the opportunity to look around the whole of the recently renovated site.



**The popular Apple Grafting Workshop will be held at the Barn on 27 February,** again run by Ben Raskin of the Soil Association. In this one day course he will show how and

why fruit trees are grafted rather than grown from pips or cuttings, and you will spend most of the day actually making three newly-grafted apple trees to take home with you.

The day costs £45, which includes full tuition, rootstocks and scions (twigs) for grafting, as well as tea, coffee and biscuits during the day. Early booking is essential as rootstocks have to be ordered weeks in advance. The workshop will be socially-distanced and limited to 8 places. Previous participants have rated this course as excellent, and several have gone on to make their own collections of apple and pear trees. Book now on the Barn website. If you have any queries, ring Robert on 0117 957 4921.

The talk planned for November 2020 was postponed (for a second time!) to Tuesday 30th March 2021 at 7pm. In 180 Years of the Gloucestershire Constabulary Sue Webb, force archivist at both police HQ and Gloucestershire Heritage Hub, looks back at policing in the historic county of Gloucestershire (which included what is now South Glos). Tickets are £5 to come along in person or to watch it live-streamed online.

Fingers crossed that in 2021 we can move past Covid chaos and once again enjoy opening the magnificent Medieval Barn to the community for heritage, craft, arts, and education. Maybe even weddings and big gatherings will be allowed again. Happy New Year!

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

For further details about Winterbourne Medieval Barn, visit: [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

Facebook: **Winterbourne Medieval Barn**

WMBT Registered Charity number 1112908

## A little reminder!

The self-assessment tax return filing deadline is 31 January 2021

As a local practice of CIMA Chartered Management Accountants and Tax Advisors, we can assist you to minimise your tax liabilities, however simple or complex your affairs may be. Contact us today to arrange a free no obligation consultation



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## Get help to appeal disability benefits decisions



### Have you had your PIP or ESA benefit claim turned down?

If so, you're not alone. Many people who apply for Personal Independence Payments (PIP) and Employment Support Allowance (ESA) benefits are having their claims unjustly refused. Many find that their conditions are misunderstood and they are told that they are not entitled to any benefits despite suffering from serious health problems.

### If this has happened to you, North Bristol Advice Centre can help.

Our experienced advisers can provide one-to-one support through the appeals process. This includes gathering evidence and preparing the paperwork for your case. They can even be there with you at the tribunal hearing, which are currently being done by telephone, making it less stressful. North Bristol Advice Centre's overall success rate at appeal is around 90%.

For some, challenging the decisions of the DWP and gaining the benefits which they are entitled to can be the difference between living in poverty and having enough to support themselves and their family.

If you or anyone you know is struggling to challenge an unfair decision regarding a PIP or ESA claim, please contact North Bristol Advice Centre at

**team@northbristoladvice.org.uk**  
call **07731 842 763** or **07595 047 278**  
or visit **www.northbristoladvice.org.uk**



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# Avon

© Jon Hawkins



The Avon Wildlife Trust is the largest local charity working to protect wildlife and inspire people in the West of England. They care for 30 nature reserves – from ancient bluebell woods to Iron Age forts, nationally important wetlands which are a haven for rare, wading birds, and wildflower meadows. They have worked locally with The Brightwell in Bradley Stoke creating a wonderful Wildlife Therapy Garden and also worked to improve wildflower rich grassland at Stoke Park.

Their educational and community programmes help people of all ages connect with and benefit from the natural world around them – and take action themselves to help nature's recovery.

2020 was tough on all charities so I know anything we can do to support them will be much appreciated.

And getting involved with The Avon Wildlife Trust is good for our us too; it ticks all of the boxes for the Five Ways to Wellbeing: it enables people to **Connect** – with nature and people; **Be active** – get outside to garden and walk; **Take notice** – observe plants growing and the natural changes in season; **Learn** – all about our local natural world and how we can support it, and there are plenty of new skills to be learnt too; **Give** – your time and/or money to support the charity. In truth, the list of benefits with connecting to the natural world is endless.

Below are some ideas of activities that you may like to get involved with this year, but if none of these take your fancy, please do visit **www.avonwildlifetrust.org.uk** as there is sure to be something there that will inspire you to get involved.

### Get planting!

Planting wildflowers in gardens is a great way to connect with nature. Seeds or plants can be purchased from Grow Wilder online store [www.growwilder.co.uk](http://www.growwilder.co.uk) or at their site in Stapleton.



**Volunteer!** COVID-allowing, the trust is planning to reboot their volunteer opportunities in 2021 with new openings in food growing, wildlife gardening, habitat management and also for their café which should hopefully be opening in spring. People can sign up for announcements at [www.avonwildlifetrust.org.uk/form/sign-up-to-volunteer](http://www.avonwildlifetrust.org.uk/form/sign-up-to-volunteer) or by following the **Facebook page: AWTGrowWilder**

**Wildlife Gardening Club** – These sessions are open to anyone and the team welcome people who have only recently discovered their love of nature or gardening. The club will create a supportive community, where people can share their successes and challenges in creating a wildlife friendly garden, each month.

Email: [learning@avonwildlifetrust.org.uk](mailto:learning@avonwildlifetrust.org.uk)



**My Wild Child video sessions** – Unable to run their usual outdoor sessions with little ones due to COVID, Avon Wildlife Trust quickly adapted and created My Wild Child nature connection video sessions instead. Each of the videos incorporates something for every kind of learner – so far those viewing the videos have learnt about the importance of trees, looked at leaf shape and colour, followed a magical story about rainbows, made their own pair of owl eyes, and met Crinkle the friendly leaf. There is so much just waiting out there for everyone to explore, and it's more important than ever to get outside and connect with nature during this time of uncertainty.

To watch these free video sessions, and get some ideas about connecting with nature with your little ones visit: [avonwildlifetrust.org.uk/mywildchild](http://avonwildlifetrust.org.uk/mywildchild).

**Facebook:** [www.facebook.com/groups/mywildchild](https://www.facebook.com/groups/mywildchild)





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## Lasting Power of Attorney

It's never a pleasant thought to think about getting older and what comes with it. Most of us are guilty of forever trying to avoid the wrinkles and grey hair by investing in the next beauty trend. All the while we do not consider what may be ageing on the inside.

It is not uncommon that as we get older, our ability to make our own decisions in life may become harder or impossible for reasons of mental or physical decline. Many of us do not want to consider what would happen if we did not have the capacity to make decisions about our affairs ourselves.

This is why arranging a Lasting Power of Attorney (LPA) is part of good planning and safeguarding against such eventuality.


An LPA gives your 'attorney(s)', a person of your choice over the age of 18, the authority to make decisions about your health and welfare and/or your property and financial affairs on your behalf. You can choose to create one for finance only or for health as well or both LPAs and appoint the same people or different people under each power.

The cost per LPA for registration at the court is £82 and the process can be relatively straightforward if you are familiar with the government website and do not have specific preferences as to how or when decisions are made.

It is important that you are aware of the significant power under an LPA. Unless you state to the contrary, your attorneys can be in full control of your health and living arrangements and also be able to give (limited) gifts on your behalf to relatives, friends, charities.

If you have significant assets or detailed wishes on your care as you get older it would be best to seek legal advice and ensure your best interests are protected, and any wishes you have are followed.

For example, if you have a managed share portfolio, or if your attorneys may wish to



invest your funds in one in the future, it will be necessary to include specific power for your attorneys to delegate the management of your investments to a discretionary fund manager. You may also wish to provide your opinion on going into care and how you are to be looked after. These can be as explicit as what you are to be fed to whether you wish to be resuscitated.

Alternatively, if you have particular health issues where certain medication or a certain diet that you have adopted ensures that you are comfortable. Then this would be an example of specific details that would be essential in adding to your LPA.

In summary, if your independence and decision making ability is important to you, consider taking professional advice to complete an LPA formally appointing those people that you feel are suitable to manage your affairs if you are not able to do so, and to ensure that any wishes or instructions you have are clearly laid out and followed.

**For further advice on Lasting Powers of Attorney, the administration of estates, and Wills and other private client matters, contact us on 0117 962 1205 or [info@amdsolicitors.com](mailto:info@amdsolicitors.com)**

### Advice Making a Difference



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## Bradley Stoke Town FC have had a busy start to the season.

Bradley Stoke Town FC have had a busy start to the 20/21 season. The club launched its first ever fifth team into the Bristol & Suburban league and it has been going well. With lots of new faces to the club it has been an enjoyable start to the season.

Football was again suspended throughout November due to the national lockdown. The football league restarted in December where we saw the first team continue their winning streak. 2021 has a busy schedule for all BSTFC teams.

### Current League standings

- Bradley Stoke 1st – 2nd
- Bradley Stoke Res – 5th
- Bradley Stoke A – 3rd
- Bradley Stoke B – 9th
- Bradley Stoke C – 11th

John Welsh has seen his first team get back to winning ways after three back-to-back wins. The start of the season wasn't so rosy due to injuries and availability problems; however, the first team have bounced back and climbed the table. The firsts sit 1 point behind league leaders Wick, who look to be in good form this season. All players will be ready to go once sport is back up and running again after Christmas (hopefully).

George Haskins and the Reserves have won 5 out of their 9 games. A strong start to the season. The top half of the Bristol & District division 1 is looking very tough already with 8 of the 15 teams already separated with a big gap in points. The reserves still have 19 games to play in there promotion campaign.

Chris Evens, Manager of the A team, had a 100% win record this season up until two weeks ago, however Winterbourne and Shaftesbury put a stop to this. The A team have again started really

strong this season and have played some fantastic football. It's looking to be a great season for Chris and his lads.

Ratib Ahmed's B team have had a mixed start to the season. The B team have won some very tough and challenging games already this season, although have also let some games slip away. The B's have a great team and talented footballers and will be looking to capitalise on games once they start again in the new year.

Kieron Jones made Bradley Stoke Town FC history by winning the club's first fifth team win against Bristol Phoenix Reserves beating them 6-2 in a great game. There have been some extremely close games and the C's continue to battle hard. The C team is a very new team and are still finding their feet in the Bristol & Suburban Division 4. The C's will be looking to bring home more 3 points in the new year.

Some good news for one of Bradley Stoke Players. Xavier Barthelet, who originally was brought into the club to provide performance analysis to assist with his university course, has now been awarded an internship at League two side Cambridge United analysing academy training sessions.

**From all at Bradley Stoke Town FC, we wish BSM and all the readers a Merry Christmas and a Happy New Year.**

**If you are free Saturdays and would like to spectate, our first, reserve & fifth team play at Patchway Sports Centre and our third and fourth team play at the Jubilee Centre. All games until February are a 14:00 ko.**

**All our teams fixtures can be found on our home page at [www.bstfc.co.uk](http://www.bstfc.co.uk)**

**If you are local to the area, and are the age of 18 and over and interested in playing football, please get in touch via our website, or contact via e-mail: [bstfc2005@gmail.com](mailto:bstfc2005@gmail.com) as we are always on the lookout for new players.**

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# 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 - with over 20 teams playing local league football between the ages of 6 to adult – and helping players fulfil their footballing potential, grow in confidence and build team spirit in a safe and positive environment.

We are currently recruiting for a Girls team which will be managed by an FA Level 2 qualified coach. We are looking for girls in school years 5, 6 and 7 initially.

## Stoke Lane AFC on the field

At the time of writing it has just been announced that we are able to return to training and matches in a Covid secure environment. The full resumption across our teams has been impacted by players in a number of age groups needing to self-isolate due to cases being reported in their schools. The leagues we participate in are very understanding of this and are working with us to reschedule as many games as possible in the New Year.

Some of our teams were able to return to training with a number enjoying the new 3G pitch at Scott Park in Patchway. Our U7, U8 and U10 managers all of whom used the pitch in the first week were impressed by the latest addition to our community particularly how it will help enhance their training sessions.

## Remembering Luke

Everyone in the Stoke Lane family was truly devastated to learn of the passing of our U18 Colts player Luke Wheaton in the incident at Avonmouth at the beginning of December. Luke was a tremendous ambassador to not only his team but the club as a whole and leaves a huge hole at Stoke Lane. Our thoughts and prayers are with Luke's family, friends and everyone who knew him.

## Making Christmas memorable

In follow up to our involvement in the 'No Child should go hungry' campaign across October half term, Stoke Lane are delighted to be continuing our work with Brenty & Henbury Children's centre and commencing a partnership with Southern Brookes

## Stoke Lane Athletic A.F.C



### Stoke Lane Athletic FC

to help make Christmas special to families in severe need across South Gloucestershire.

In late November Club Chairman John Underhill and Club Secretary Steve Payne delivered 200 wrapped selection boxes for Brenty & Henbury Children's Centre (photo below). On Facebook the centre thanked Stoke Lane AFC: "We are so grateful for your kindness and support during the pandemic – we know that these treats will be gratefully received by our children."



Stoke Lane AFC were delighted to launch the Southern Brookes 2020 Christmas appeal and were truly humbled as right across the age spectrum of our teams everyone stepped up with donations either monetary or gifts. In addition to this we have purchased 150 family games and puzzles to support the appeal. A huge thanks to our sponsors Aspens and Enterprise Business Services for their generosity in making this happen. Special mention also to the Franklin Butt foundation who donated 80 selection boxes for the appeal.

Our team of volunteers have been working hard to support this by being drop off points for donations and wrapping items in advance of the hampers being put together for despatch mid-December. On that day we joined with Southern Brookes to assemble the hampers (photos top right) and I think the reality of what we'd achieved really touched



everyone then. Head of Fundraising Siobhan Chorley said "It's been amazing! I only thought we would do a few packed lunches for a week – I never imagined us pulling this off. Thank you to everyone across the Stoke Lane family who has supported us in helping make a real difference to people's lives."

If you would like to know more around about our charity support or fundraising efforts or be involved, please contact Siobhan directly (siobhans\_78@hotmail.com), Club Secretary Steve Payne (07972 039413) or via the Facebook page. Thanks to reader Nicola Orchard for contacting us and helping with the Christmas appeal.



## 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.

## Join us

If you or your child is interested in becoming part of the Stoke Lane family please contact our Club Secretary Steve Payne (07972 039413) who will put you in touch with the appropriate team manager and coaching team.

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**Get in touch: 01454 204880**

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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](http://www.bradley-stoke-scouts.org.uk/join)

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

**Bradley Stoke Book Club 'Bookaholics'** meet at Soho Coffee in Bradley Stoke Leisure Centre on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714 101354 [geoffrey.stobbart@btinternet.com](mailto:geoffrey.stobbart@btinternet.com)

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

**Bradley Stoke Lions** meet every 2nd Monday in the Willowbrook Centre, 1st floor conference room at 7.30 pm Ailsa Young, 07737 106836 [ambyoung29@yahoo.com](mailto:ambyoung29@yahoo.com)

**Bradley Stoke Radio** - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 [bradleystokeradio.org.uk](mailto:bradleystokeradio.org.uk)

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

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

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

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

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

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

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

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

E: [stokesart2@gmail.com](mailto:stokesart2@gmail.com)  
W: [stokesart0.wix.com](https://www.stokesart0.wix.com) [facebook.com/stokesartgroup](https://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](mailto:zoecoggon@gmail.com) or 07815 662446

**Stokes Phoenix Club** - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane. Contact Rosemary Davis 01454 614474

**Stokes Singers** - Thursdays in term time at Coniston Community Centre, Coniston Road, Patchway 7.30-9.30pm. We are a mixed choir and do not hold auditions. Contact Gillian on 0779 0909 726 for further details.

**Willowbrook Townswomen's Guild** - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Ros Gallear - [rosalindg@tiscali.co.uk](mailto:rosalindg@tiscali.co.uk)

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

**Women's Institute (WI)** - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact 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](mailto:community@mattersmagazines.co.uk) and we will do my best to put it right for you!

### SPORTS CLUBS

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

**Aretians Rugby Club for Cubs, Juniors and Seniors** Station Road, Little Stoke [www.aretiansrfc.co.uk](http://www.aretiansrfc.co.uk)

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

**Bradley Stoke Bowls Club** - Baileys Court Activity Centre [www.bsbc.webs.com](http://www.bsbc.webs.com).

**Bradley Stoke Cricket Club** - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at [bradleystokecc.play-cricket.com](http://bradleystokecc.play-cricket.com)

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

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

**Bradley Stoke Judo** - Various days and times, Bradley Stoke Leisure Centre, [www.bradleystokejudoclub.com](http://www.bradleystokejudoclub.com)

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

**Bradley Stoke Town Football Club** - FA Charter Standard Community Club, Adult training, Tuesdays at Patchway Sports Centre. For more info visit [www.bstfc.co.uk](http://www.bstfc.co.uk) or contact [bstfc2005@gmail.com](mailto:bstfc2005@gmail.com)

**Bradley Stoke United Football Club** - Football from U7's to U16's see website [bsufc.co.uk](http://bsufc.co.uk)

**Bradley Stoke Youth FC (BSYFC)** – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk) or contact [mlee1@btpenworld.com](mailto:mlee1@btpenworld.com)

**Bradley Stoke Youth Rugby at St Marys Old Boys Rugby Club for Minis, Juniors and Seniors** - Trench Lane, Almondsbury website: [www.smobrugby.com](http://www.smobrugby.com), 01454 250489 email: [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk)

**Bristol Extreme Allstar Cheerleaders** - Wednesdays 7-9pm Little Stoke Primary School, [bristolextreme@gmail.com](mailto:bristolextreme@gmail.com)

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrfc/](http://www.pitchero.com/clubs/northbristoljuniorsrfc/)

**North Bristol Running Group** friendly group, 3 evenings per week, Tues, Weds, Thurs, in the Bradley Stoke area. Tuesday evening is aimed at Beginners whilst all levels are welcome on any of the evenings. Alan 0789 0182387. Find us on FB.

**Sole Sisters** - ladies only running group, meets Monday evenings in various locations Bradley Stoke & North Bristol, [www.solesistersrc.co.uk](http://www.solesistersrc.co.uk)

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

**Stokes Cycling Club** - Cycling club in and around Bradley Stoke area as well as long distance rides, for adults and families - [www.stokescyclingclub.org.uk](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

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

**Stoke Gifford Short Mat Bowls Club** -Tuesday mornings and Friday afternoons. For more information please contact 0117 9791807 or email [sgsmbc@outlook.com](mailto:sgsmbc@outlook.com).

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

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

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

### CHURCHES / COFFEE MORNINGS

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

**Bradley Stoke Evangelical Church** Baileys Court Road 0117 9314716 [www.bsec.org.uk](http://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](http://www.ctkchurch.org.uk)

**City Church** Bradley Stoke Community School 0117 2303330. Community Coffee Morning Brook Way Activity Centre Thursdays 10-12 [www.bridgecommunitychurch.org](http://www.bridgecommunitychurch.org)

**Edge Church International**. 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. [www.edgechurch.co.uk](http://www.edgechurch.co.uk)

**Holy Family Catholic Church** Southsea Road, Patchway 0117 9081247 [www.holyfamilyrcchurchpatchway.co.uk](http://www.holyfamilyrcchurchpatchway.co.uk)

**Holy Trinity Church** Broadcroft, Bradley Stoke 01454 620975 [www.htcbradleystoke.co.uk](http://www.htcbradleystoke.co.uk)

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

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

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



## Building up – the start of the Covid-19 recovery process

Paul's Place was set to celebrate its 25th anniversary in 2020. The vital disability service continues to support disabled adults and their carers living in South Gloucestershire, Bristol and North Somerset.

"Every precaution is taken to ensure the safety of our service users," explains Daniel, CEO of Paul's Place. "Many of our service users continue to express their gratitude, highlighting the difference services like Paul's Place at Home has made during this time when we can't all be together in big numbers at the day facility," Daniel shares.

"Right now we are also focusing on the recovery process, assessing what needs to happen to continue to enhance the lives of our service users. After what has been an incredibly challenging year, it's important we use this opportunity to tailor our offering further," says Daniel.

The charity looks forward to reintroducing important services like Paul's Place Sports. "Although adaptations will have to be made in line with Covid-19 developments, it's vital we support our service users by getting active again," explains Daniel.

It's not only Paul's Place service users who need to become active again. All of us are experiencing the loss associated with not being able to take part in sports and other leisure activities.

**This year, the charity hopes to provide opportunities for you to get active again in 2021. Either by dancing at their Annual Grand Ball in October or running in the Bath Half in September.**

### How one runner didn't let Covid-19 stop him completing his Bath Half

We spoke to one of last year's Bath Half Marathon runners for Paul's Place, Daniel Curl (pictured). Due to Covid-19 his finish line was not in the public race, rather he completed his half marathon along the Bristol to Bath Cycle path.

"I think it was Maya Angelou who said: 'if you get, give. If you learn, teach' and I think that's a philosophy I carry with me day-to-day. I believe Maya's philosophy is so important, particularly these days when people are so in need with so much going on in the world. I know what a difference Paul's Place makes in helping its service users live life to the full."

When asked how his training went and what advice he would give first-time runners he told us the training was harder than the run itself!

"I joined a gym and because my work commitments were quite heavy, I was up early each morning and in and out of the gym before sunrise." Daniel is a brilliant example of how even the busiest work schedule can allow time to achieve personal goals.

Another great tip from Daniel to first-time runners is to invest in appropriate clothing!

"A few weeks before race day, I bought running shorts. Really not a good idea for anyone with chunky thighs – the chafing is a real killer! So, I wore Lycra joggers... not a good look for a man approaching 40 but ok in a race!"

Like our other runners, Daniel was set to run the Bath Half in March 2020, which due to Covid-19, we asked our runners not to take part for their personal safety. Determined to keep his promise to his supporters he decided to run solo.

"For me, a promise is a promise. I ran the full distance on the Bristol to Bath Cycle path. I started the race in Bath and ran to Bristol."

"My wonderful other half popped up at a few choice places along the route to surprise me and cheer me

on, which was a MASSIVE boost."

"It was also nice to see a couple of others doing the same thing for other charities. This lifted my spirits as we all wished

each other well, knowing that we were all trying to do our bit for others."

### Could you be our next Bath Half runner?

Get in touch now to secure one of the limited spaces at [fundraising@paulsplace.org.uk](mailto:fundraising@paulsplace.org.uk)

For all their latest developments sign up to their newsletter now at [www.paulsplace.org.uk](http://www.paulsplace.org.uk) or follow them on social media.

Facebook: @PaulsPlaceCharity

Instagram: @paulsplaceofficial



## 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: Michelle Engley, Ellicks Close BStoke, 01454 866766, [bowlslandgreen.org.uk](http://bowlslandgreen.org.uk)

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

**Holy Trinity Primary School**, Headteacher: Janet Dickson, Broad Croft BStoke, 01454 866735, [holytrinity-pri.s-gloucs.sch.uk](http://holytrinity-pri.s-gloucs.sch.uk)

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

**Meadowbrook Primary School**, Head Teacher: Nicola Bailey, Three Brooks Lane BStoke BS32 8TA, 01454 868630, [meadowbrookprimary.co.uk](http://meadowbrookprimary.co.uk)

**Stoke Lodge Primary School**, Headteacher: Mr Will Ferris, School Close Bourton Avenue, Stoke Lodge, Patchway BS34 6DW 01454 866772

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

**St. Marys R.C. Primary School**, Acting Head Teacher: Mrs K Burden, Webbs Wood Lane BStoke, 01454 866390,

**St Michael's Primary School**, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. [www.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk)

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

### SECONDARY SCHOOLS

**Abbeywood Community School**, Head Teacher: Dave Howe, New Road Stoke Gifford BS34 8QT, 0117 307 5660, [abbeywoodschool.com](http://abbeywoodschool.com)

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

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

## Bath Half – show 2021 what you are made of!

The next Bath Half is set to happen September 5th, 2021.

That means, more time to train, more time to raise funds.

*Set yourself a new target for 2021 by completing the Bath Half for Paul's Place.*

This is your opportunity to shine and support the disabled adults and carers living in your local community. Spaces are limited.

**Book your place today!**

Email [fundraising@paulsplace.org.uk](mailto:fundraising@paulsplace.org.uk) or call Clair on 07493 343 598

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