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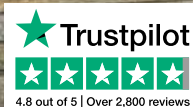
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Dear Readers....

Goodbye 2021 and hello 2022! For me, a new year means a new chapter and a fresh opportunity to make a positive difference to our community. It's also a time for planning new adventures and a chance make some new memories. Last year, inspired by young Thom Clarke whose story we shared, I signed up for the 1000 mile challenge, to walk 1000 miles in 365 days, an average of 2.7 miles per day. I found this really inspiring and enjoyable and am pleased to say that I achieved my goal, have enjoyed being part of a wonderful 'badger' on line community so much so that I have signed up again in 2022! Check out walk1000miles.co.uk if this is something you might like to take part in. Something as simple as a short walk every day can help us both mentally and physically as we tackle these strange times we find ourselves in.

I read recently that one of the benefits of the pandemic is being more connected by technology, with quality of life being enhanced for many families and workers (I appreciate not all). For example flexible working arrangements are becoming permanent, offering a better work-life balance with less commuting benefitting the environment as well.

Now in our 17th year Bradley Stoke & Little Stoke Gifford Matters continues to help our advertisers' businesses grow and flourish. We'd like to thank all our advertisers for their continued support of our local community magazine - advertising with us doesn't just increase your revenue, it creates and enables connection within our community.

Whatever awaits you in 2022, I wish you good health and happiness. A Very Happy New Year!

Enjoy the read!!

Jaci x

If you are a business looking to promote your services across the Stokes in 2022 do get in touch with me and I will be happy to help. Deadline for the next edition is 10th February.

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Bradley Stoke Students first to complete Covid learning programme

The first group of students to complete the Brightside programme of learning about the Covid pandemic have been presented with certificates to celebrate their achievements.

Sixth form students at Bradley Stoke Community School are the first to have learnt from the tailor-made courses that have been entirely designed and delivered by members of South Gloucestershire Council's Local Outbreak Management Team.

A completely new and different programme of learning, Brightside sees students take part in interactive online sessions with public health professionals and officers from across the Council who have come together to respond to the Covid pandemic. As well as learning how different professions have responded and become more visible in society, the sixth formers were presented with detailed information about Covid, how the virus spreads and why certain measures reduce transmission.

The students were given an opportunity to take part in up to three modules, known as Spotlights, and were tasked with reporting on what they had learnt in a format of their choice. Bradley Stoke Community School's pupils decided to produce a podcast which they recorded themselves discussing Covid-19, the impact on their wellbeing and their education, and how we can all help stop the spread. The podcast was released in July at the end of the summer term and can be listened to on all listening platforms, including Spotify, Amazon Music and Apple Podcasts - just search for BSCS Podcast.

Cabinet Member for Education, Skills and Employment Cllr Erica Williams said: "Covid-19 has been a challenge for us all, but it's excellent to see some of the learning from the response to the pandemic used in this innovative education programme. The pupils of Bradley Stoke Community School fully embraced all elements of Brightside and used their creativity to produce a superb piece of communication about staying safe over the summer whilst still enjoying their holidays, that all young people can relate to."



Bradley Stoke Community School's Careers & Employability Champion Celia Arberry said: "It has been a pleasure for our students to be involved with the Brightside programme. It's such a great idea, they really wanted to be part of the scheme. The students were able to learn more about Covid-19 themselves and get a good insight through the training they received. From taking part, they were able to better understand the ways to prevent the spread and what everyone could do to play their part in controlling the infection."

Since launching Brightside to schools, a version of the programme has also been developed for newly qualified staff in early years' settings as well as a brand new Community Brightside project, just launched, focussing on the inequalities highlighted by Covid in our communities and how we can better respond to these in the future

Photo shows Cllr Williams (front) with, from l-r, Emily Day from the Council's Local Outbreak Management Team and sixth form students from Bradley Stoke Community School.



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"A Long and Winding Beat"

Brian Allinson

Bradley Stoke & Little Stoke Gifford Matters was really pleased to hear from local resident and Councillor, Brian Allinson this month, who shared with us a copy of his new published book "The Long and Winding Beat".

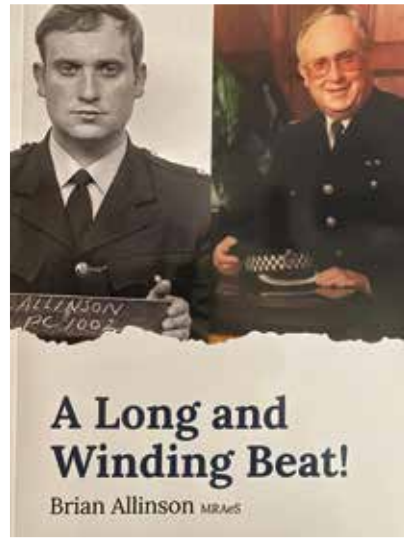
The book charts Brian's unusual life from a young age experiencing life "below stairs" in a large country House near Wincanton in Somerset, through his early education by the Nanny of the household, and later at Wincanton Primary School.

His first job in the early 1960's was with a Jaguar Car dealership which led to a love of performance cars. A career change in the late 60's saw him joining the Police Force in Somerset, and experiencing the strict regime that existed in rural forces in those days. He even required the permission of his Chief Constable to get married!

Early and regular promotion saw him rising through the ranks, between 1975 and 1979 he returned to Wincanton as the Section Sergeant before later promotion to Bath as an Inspector. He retired as a Superintendent in 1998.

The book describes a number of unusual postings and experiences and in particular his first ever flight in an aeroplane in 1976. The flight was in a two seat Hawker Hunter Jet! An incredibly experience that brought about a new direction in his life style, and became the cause of yet another turn in his career.

The development of Police Air support became a passion, eventually leading to a second career as an International Police Air support advisor which saw Brian lecturing on the subject in China, South Australia, New Zealand and throughout Europe.



Finally an interest in local politics saw him elected as a local Councillor in South Gloucestershire in 2001. A role he is still very much active in. He had the honour of Chairing South Gloucestershire Council in 2019 and will soon celebrate a total of 50 years in Public Service. What an achievement.

"Brian Allinson has had a remarkable life. He has been, and remains a dedicated public servant following an outstanding career in the police service."

He began his career at a time when a beat officer needed all his wits to cope with the challenges they found on the street. Brian shares with us the humour and the camaraderie with fellow officers that helped him through adversity.

In his memoir he reminds us of how policing has been transformed in his lifetime. His vision of how policing and flight could combine to remarkable effect, has been realised.

Retiring for a second time allowed Brian to expand his commitment to public service through his activities as a Councillor culminating in his appointment as Chair of South Gloucestershire Council. Throughout his life he has been a devoted parent and now a grandparent. His memoir will be a treasure for his family and friends and also a wonderful window on policing history for future generations."

**extracted from forward by Roger Deeks
Gloucestershire Deputy Lieutenant**

A Long and Winding Beat is an enjoyable read and a great insight into a life well lead. Thank you for your long and continued service Sir.

A Long and Winding Beat has an RRP £11.99

**If you would like a copy you can order direct from Brian by emailing
brian1002allinson@icloud.com**

BRADLEY STOKE TOWN COUNCIL

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This position is a combined role with the post of Deputy Town Clerk which involves deputising for, and supporting the Town Clerk in the effective servicing of all aspects of Bradley Stoke Town Council including taking overall responsibility in the absence of the Town Clerk.

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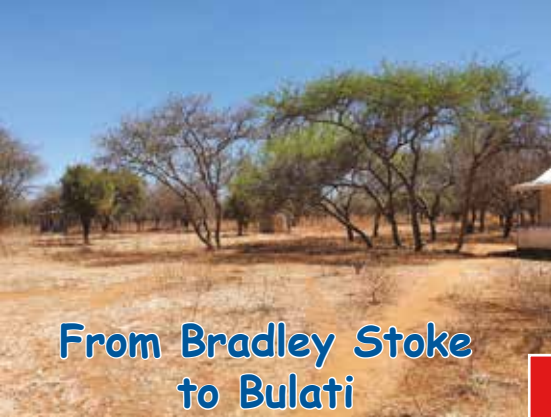
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From Bradley Stoke to Bulati

In October Bradley Stoke resident, Chris Orman, spent a week in rural Kenya to initiate several projects.

Chris, who founded the UK international development charity The Bouncing Ball Trust in 2014, met with the community leaders in Bulati, a small rural Maasai community of around 1,600 residents, approximately 109km/68 miles south-east of the capital Nairobi. The main source of income for the community is livestock rearing and sand harvesting.

The meeting established the community's requirements and aspirations for improving educational provision in the area, which include:

- The development of Olkeju Bulati Primary School through completion of the partially built building, providing 2 new classrooms and an office. A replacement toilet block and a new kitchen is also being planned.
- The establishment of a Girls' Health Project. According to UNESCO at least 1 in 10 girls in sub-Saharan Africa miss school during their period.

The Bouncing Ball Trust have started an innovative project in Bulati to provide eligible girls with menstrual education, mentoring and sanitary packs containing underwear and reusable sanitary pads. We would like to thank the charity **freedom4girls UK** for their partnership in providing an initial supply of sanitary bags and the menstrual educational materials.

Two local female teachers will be delivering the project through two workshops/mentoring sessions being held each month.



In the Bulati area there are several vulnerable children that are in desperate need of support to be able to continue their education.

The Bouncing Ball Trust will be running a child sponsorship programme: for just £25 each month, you will enable a child to continue their education and receive additional support from our Projects Co-ordinator in Kenya.

To thank you for your support:

- At the start of your sponsorship, you will be able to have an introductory video call with your sponsored child, this will be facilitated through our Projects Co-ordinator.
- You will receive a report of their progress at the end of each school term.
- A quarterly/half yearly video call with your sponsored child, this will be facilitated through our Projects Co-ordinator.

Due to the lack of a feeding programme in place the school can only operate between 0800 and 1240 hours a day. This enables children to go home for their lunch. However, the shortened school hours mean that the children miss around 15 hours of lessons a week.

Enabling a feeding programme at the school would provide the children with warm porridge in the morning and a nourishing cooked lunch. The school will then be able to open for a full school day (0800 to 1530 hours).



The teachers at Olkeju Bulati Primary School have initiated community education classes to improve the literacy level in the area. The literacy level is just 40% compared with 81% in Kenya and 99% in the UK.

This important project will enable the local adult population (many of whom have never been to school) to be able to read and write in their Maasai language as well as in English and Swahili. The classes currently run twice a week, on Thursday and Saturday for 2 hours each day.

An issue critical to the survival of the school and the community is the local water borehole. Since its establishment in 2011 it has only operated for 3 years. This means that the community has been dependent on either fetching water from a little pool of water nearby or walking many kilometres to the next working water borehole.

Although outside of the scope of The Bouncing Ball Trust, its importance means that we are a stakeholder in ensuring that the water borehole is delivering much needed water to the community and school. We are contacting charities and NGO's that have the expertise in this area for their assistance. If you can help or provide advice on this please contact us (see right).

We are delighted to be working in partnership with **Holy Trinity Primary School** in working on some of these projects, including establishing an educational



partnership between the two primary schools. We are also keen to hear from anyone, companies and organisations who would be interested in getting involved in the fundraising.

You can contact Chris on 0330 120 0720, 07436 629594 or email him at office@bouncingballtrust.org.uk.

Education is something that we take for granted here in the UK. Unfortunately, in Kenya many children do not have the same opportunity to receive free and compulsory basic education. Although children have the right enshrined in the Kenyan constitution, they simply do not have the opportunity.

This is truly a fantastic opportunity for the community of Bradley Stoke to support the community of Bulati.

photos: top left the Olkeju Bulati Primary School; Chris meeting with the community elders and top right, Chris handing over sanitary bags for the Girls Health Project

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

New Parish Youth Worker for Bradley Stoke

Hello Bradley Stoke! My name is Jess Ford and I am the new Trainee Youth Worker for the Churches of Christ the King and Holy Trinity. Many of you will know my face as I am a local lass and have spent many years running toddler groups and community events in the area.

In September I started training with SWYM (South West Youth Ministries) and am involved with a lot of the children's and youth work in Bradley Stoke parish. I thought I would take this opportunity to say hello and tell you a bit about some of the groups we have running for your young people.

At **Christ the King** we have a toddler group, **First Steps**, every Thursday morning from 10am, plenty of toys, singing story and some craft along with cake for the grown ups and a snack for the pre school aged children and just £2 per family.

Wednesday evenings we have our primary aged group **Trailblazers** from 6 till 7, fun and games, bible video and a bit of singing plus a snack and drink all free of charge! This is followed by **4Mation** at 7.15 which is our youth club for secondary school aged children, we run a tuck shop to help fund the group where tweens and teens can come and play pool, table tennis, hockey and lots more games and activities.

Friday mornings from 9 till 11 is our popular **all age coffee morning**. Come and have a bacon bap and cake and enjoy a chat with your friends or come and meet some new friends!

At **Holy Trinity** we have the **Trinity Tots** group from 9:30am every Monday morning for parents and tots to play and chat and sing songs.

Both churches are pleased to be offering groups for toddlers and children during our Sunday services

at 10am each week and both churches run an all age café style service each month where you can enjoy some breakfast and fellowship. This is the 3rd Sunday of the month at Christ the King and the 4th Sunday at Holy Trinity.

We are hoping to start a group in the New Year for 16 to 22 year olds, this group will have a relaxed café feel but gives young people a safe place to discuss life, faith and anything else they fancy whilst playing table tennis or table football or board games!

If you want any more information about any of these groups or services then do get in touch with me at **youthworker@bradleystokeparish.org.uk** or visit our Facebook page **Bradley Stoke Parish Youth Worker**.

I look forward to meeting you and your young people over the coming months.



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Probate Applications and Delays

Sophie Haskins of AMD Solicitors discusses the latest news about delays and probate applications.

Often when a loved one passes away, a Grant of Probate is needed to deal with their assets. A Grant of Probate is legal document, which provides Executors appointed under a Will the authority to deal with a person's estate, collect in assets and distribute them as guided by the Will. Once an Executor has collected in details of assets and liabilities, the next step is to apply for the Grant of Probate. This includes the preparation of Inheritance Tax forms, which may need to be sent to HMRC, and a Probate application form which is sent to the Probate Registry who will then issue a Grant of Probate.

Before the Covid-19 pandemic, the average application issue time for a Grant of Probate was around two to three weeks. However, over the past 18 months, Probate Registries have been affected by the pandemic by way of staff shortages and increased numbers of applications, which has resulted in a backlog of Probate applications. Add to this a change in the Probate application process to an online system which has experienced a number of issues and the timescales for the issuing of a Grant of Probate have increased substantially.

A November 2021 Probate Application update put forward by the Law Society refers to an average application issue time, once the Probate Registry have received the application, of nine weeks but this could be longer if an application is stopped, perhaps because of an error or a lack of evidence supplied with an application.

Where Inheritance Tax needs to be paid, the Probate Registry ask that the Probate application is submitted to them 20 working days after the submission of Inheritance Tax forms to HMRC, which means the overall timescale is further extended. If an application is submitted sooner, this could cause further delay as the Probate Registry may not be able to match up the application with anything received from HMRC.



We understand that HM Courts and Tribunal Service (HMCTS) have been taking and continue to take steps to reduce delays and get back to their pre-Covid workload by taking on more staff and making improvements to the online system. However, they are of course mindful of the winter period and what this may bring.

Our Probate team understand that dealing with the affairs of a loved one after death can be incredibly overwhelming and stressful, particularly where delays occur. We will do our very best to help and guide you through the process as efficiently as possible

Our team are based in our Henleaze and Shirehampton branches.

If you would like to get in touch, please telephone our Henleaze Road office on 0117 9621205 or email info@amdsolicitors.com.

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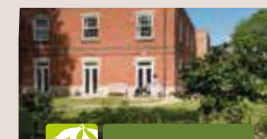
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Holistic Courses in Bristol

With local Osteomyologist expert – Dawn Clode

Ostm, Lic MET Lic CR FAO

It's been a busy time for Dawn, the end of 2021 saw her take part in the Bristol Holistic Festival where she gave a talk entitled – 'Bones and Structures – How Your Pelvis can Affect Your Whole Body', which was well received.

Prior to that, she took a trip to the stunning Charente, France to visit the 200 year stone cottage that will be hosting her **Holistic Learning Holidays**, later in 2022. The rustic holiday home is set in the beautiful village of Suris, in the East Charente, a ten minute drive from stunning lakes, beaches and the Vienne river. As well as being an idyllic spot in which to learn a holistic practice, if you like water sports, fishing, walking and cycling, this historic town is the perfect retreat. Do get in touch with Dawn if you are interested in finding out more about these Holistic Learning Holidays.

Would you like to be empowered with the skills and knowledge to enable you to treat minor ailments at home, before reaching for the painkillers? Dawn understands how many of us

would prefer to try natural, holistic practices to soothe discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep. Dawn is offering a wide range of Holistic Learning Courses in North Bristol during 2022, that will equip you with the knowledge to treat family and friends. Day courses start from £90. View the list below to select which holistic disciplines you are interested in learning, and give Dawn a call to book in.

Start 2022 pain free! Make positive changes this New Year and look after yourself. If you are experiencing discomfort or pain, Dawn is available for treatment bookings at her practice in Little Stoke.

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Subject to availability. Afternoon tea is pre paid at time of booking.



BSCS Podcast

We were pleased to hear from Head Student Emma Mitchell from Bradley Stoke Community School with an update for this issue.

Emma is now in the sixth form and applied for the role of Head Student whilst still in Year 12. In her application she had to provide 3 suggestions of her top priorities if she were to get the role. One of her three priorities was to create the BSCS Podcast.

Having been successfully appointed as Head Student, Emma launched the Podcast in the summer. She has currently released 6 episodes, all of which are available to listen to on all listening platforms, including Spotify, Amazon Music and Apple Podcasts - just search for BSCS Podcast.

The aim of the Podcasts was to create a new way of communicating through the school, especially given that due to COVID, year groups could no longer mix. The BSCS Podcast offers peer to peer support on a range of different topics ranging from mental health issues, to career advice and tips from A level students. Contributors include members of staff, campaigners, former students and current students themselves. The whole project is completely student led, with Emma hosting every episode and carrying out research to formulate questions for those being interviewed.

Emma is grateful for the amazing support that she receives from the Student Leadership Team. One of the members Samuel Kitson, has amazing technical skills and has been instrumental in making the Podcasts available on all listening platforms. Emma is also extremely grateful to her teachers and the Senior Leadership Team of the school for embracing the idea and for their enthusiasm towards the Podcast.

Emma's inspiration for the Podcast, came through her own experience during Lockdown of benefitting from listening to podcasts on a wide range of topics from BBC news to the Berlin Wall and faith related podcasts. Podcasts have the benefit of being easily accessible on any device with an internet access. They are short and perfect for listening to whilst relaxing or multi-tasking. They can be enjoyed on a daily walk or, as Emma says, to help overcome the mundaneness of tidying your bedroom! Despite some of Emma's peers thinking this idea was too ambitious it has now become a reality and Emma believes that the BSCS Podcast is a real asset to the school that is unheard of in most other schools.

Emma has aspirational ideas for new people to interview and if any Bradley Stoke Matters readers have something to share, that they feel would be useful for students in a podcast, she is always on the lookout for new people to interview and can be contacted on podcast@studentleadershipbscs.com !

Photos show: top left Emma interviewing fellow Head Student, Hannah Williams, discussing Friendship; top right Emma interviewing Hope Virgo, a campaigner against eating disorders.

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At Tockington Manor School we pride ourselves on identifying and developing the talents of the individual. To celebrate our 75th year in education we are launching our Pathway Programme for children in Year 7 and 8 to give an extra supporting hand to those with a specific talent.

George Ross, Pathway Programme Coordinator at TMS said "The school have always attracted excellent pupils and nurtured their talents to earn entry into their first choice senior schools. The Pathway Programme is an exaggeration of what we already do so well at TMS and is an excellent option for Year 7 and 8 pupils."

We're developing an excellent programme of support, specialist tuition and unique experiences to provide our pupils with a strong platform for senior school scholarships. By bringing these aspects together we can clearly see how much our pupils benefit."

There are currently four Pathway Programmes: Academic, Sports, Music and Arts and Drama. Each programme has their own entry requirements. There are many subject focused benefits for those pupils on the Pathway Programme, many of which will also benefit all children in Years 7 and 8. Wellbeing seminars will provide hints and discussions to help balance schoolwork, home life and their chosen specialism. Plus excursions and workshops thanks to our partnerships with The Bristol Hippodrome and Gloucestershire County Cricket Club amongst others.

The additional experiences and support in their specialised area across the two years will ensure pupils are in the perfect place for choosing their senior school. We have an excellent success rate on gaining scholarships in senior schools and support every family throughout the application process.

Our success is proven: "Joining TMS for Year 7 and 8 not only gave our son a chance to prepare for senior school, but the extra support with his cricket helped him earn a full sports scholarship to his first choice school." (Parent of a recent TMS pupil).

Please contact the registrar asymonds@tockingtonmanorschool.com for more information or to arrange your private tour with our headmaster.



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The pebbles are hidden around four areas:

- Bradley Stoke Nature Reserve • Little Stoke Park
- Kingsgate Park • Mundy Playing Fields

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We are very proud to have our latest Ofsted report (26th November 2021) reporting us as being a **GOOD PROVIDER** in all areas of provision.

Nursery is such an important part of a child's well-being offering so many benefits, such as helping to build vital social skills, giving them a routine and coming in to see their friends and just have fun!



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 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. We already enjoy regular Forest School outings to local parks and woodlands utilising our own Ambourne House mini-bus, and we have recently started Beach School! This latest idea originated from one of our children's interest in mermaids so off we went to the Beach to collect drift wood, have fun balancing stones on top of each other and talk about the animals we might find there. We love getting out and about, wrapping up in all weathers, drinking our favourite hot chocolate and having fun, after all there is "No such thing as bad weather, only bad clothing!"

We are proud to be a Montessori nursery. Montessori is a child led form of education; the materials are specifically designed to meet each of the children's developmental needs and interests and they have full access to the Montessori equipment throughout the whole day at their leisure or within a planned activity.

We truly believe we provide children with the best start in life!



"Babies beam with enjoyment and clap along at song time. Warm, responsive relationships are very evident as babies snuggle in for cuddles"
Ofsted 26-Nov-2021

"The setting strives to promote children's independence and individuality. Through positive praise and a deep respect for children's cultural background, children learn to be confident about who they are."
Ofsted 26-Nov-2021

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'The Treehouse' at Holy Trinity Primary

Over the last 18 months Holy Trinity Primary School have been developing a 'nurture room' to support children with their emotional needs and also provide a safe environment for children as and when they need it.

This special room is called 'The Treehouse' and is a lovely space which the children really enjoy visiting. Aside from the treehouse itself, the room also contains some comfy chairs for children and adults and a table for working, chatting or eating and also a cozy corner with a fireplace (which is actually a blackboard) with a toy cat and dog in front on a rug.

The project came about because nurturing and caring for our children is very important at Holy Trinity. We want our children to do well academically but also to grow up to be happy, healthy, successful adults. The Treehouse provides a special space so that we can meet the varying needs of all of our children.

The school was able to fund part of the project, aided by a donation from The Friends of Holy Trinity through their fundraising events and, when Mr Chris Sledge (the gentleman cutting the ribbon in the photo) retired as a long-serving governor from the school last year, he generously gave a donation towards the Treehouse.

The multi-talented Mr Roger Smale (from Holy Trinity Church) has been incredibly generous with his time, not only designing and building the treehouse, but also tirelessly putting together furniture, putting up curtain poles and even creating a pretend mantelpiece.

On 6th December, staff and governors gathered together and the room was officially 'opened' by Mr Chris Sledge cutting the red ribbon!

The staff were all involved in the creation of the room. We started with the treehouse itself and then through discussion, the rest of the room evolved. The children already love going in there!



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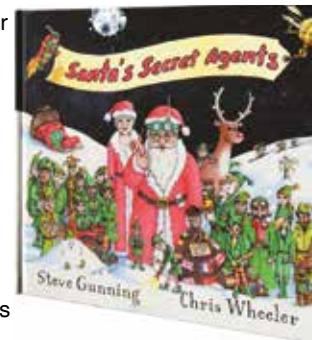
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Authors visit Meadowbrook Primary with a message from Santa

Further to the article in our October/November edition of Bradley Stoke Matters, we were pleased to help arrange a local author visit to Meadowbrook Primary School prior to Christmas.

Steve Gunning and Chris Wheeler captivated and delighted children in Reception, Year 1 and Year 2 with a reading of their new Christmas book, Santa's Secret Agents. The two local authors took turns reading their rhyming story and showing off the beautifully detailed illustrations to three very curious classes.



The sessions provided the authors with an opportunity to answer the children's questions about the story (including why one of Santa's elves was disguised as a tea-pot) as well as talking them through the process of writing and producing a book. The authors even brought along one of Santa's top secret gadgets—TEDcam—but got more than they bargained for when their readings were interrupted by a surprise message via SANTAlite from Jolly Saint Nick (Double Ho 7) himself!

Prior to the event, the children had been given illustrations from the book to colour. The best were judged by the authors on the day with the winners being presented with a signed copy of the book. Many congratulations to Srinithi from Reception class (pictured), Alex (year 1) and Mihai (year 2).

Headteacher Nicola Bailey commented, "Our children were so excited about meeting Steve and Chris! They loved the reading of the story, and couldn't wait to point out where the cheeky little elves were hiding. It made us feel very Christmassy – albeit early!"

You can purchase Santa's Secret Agents on-line from Waterstones or Amazon or locally in-store from independent bookshops such as Max Minerva's Marvellous Books. **Take a look inside Santa's Secret Agents ...**

www.santassecretagents.co.uk



Local Team Runs for Teammate and Sands

On the 21st of November a group of Bradley Stoke Town FC players joined forces to run The Castle Coombe Chilly 10k in support of the Sands Stillbirth & Neonatal Death charity. Their involvement was prompted by the support Sands had given to one of the club's manager's, Andy Turner, and his wife Vicki after they sadly lost their twins a few months earlier.

Following their passing Andy and Vicki have already run 125km themselves for the charity which has enabled it to renovate a delivery suite specifically for still births at Southmead Hospital.

Additionally, the money was also used to provide aftercare, as well as keepsakes such as memory boxes, for bereaved parents. The couple very much appreciated the support they were offered at the hospital and wanted to help others that may sadly go through this experience too.

Manager Jon Welsh and 1st Team Captain Aaron Godfrey managed to persuade a few of the team as well as 1st team assistant manager Steve Kirton to run around the racetrack in zero conditions - but it was worth it, as they were joined by Andy Turner and supported by his wife Vicki and daughter Alessia.

If you are interested in supporting the work of Sands then Andy and Vicki's just giving page is still open for donations.

The link for this page is <https://www.justgiving.com/fundraising/andy-turner39>



"Some things are more important than football and by supporting Andy, Vicki and Alessia, and raising awareness of this charity, we can help and support others who may face the same situation that they found themselves in".

Jon Welsh,
BSTFC 1st Team Manager



Everyone at Meadowbrook Primary School is celebrating following their recent visit from Ofsted inspectors who have graded the school "GOOD" in all areas. A team of 3 Inspectors visited the school for two days in October to carry out a full inspection, the first since the school was graded "requires improvement" in October 2017.

As a member of the Olympus Academy Trust, the school has been on a journey of continuous improvement since Nicola Bailey was appointed as Headteacher in September 2018, with a complete overhaul of ethos, culture and expectations. The recent Ofsted report noted: "Adults have high expectations and relationships between staff and pupils are positive. Staff expect all pupils to live up to the principle 'ready, respectful, safe', in line with the behaviour policy. As a result, the school is calm and orderly." The report continued, "Pupils enjoy coming to this welcoming and inclusive school. Pupils feel happy, safe and well looked after. They say that if they have any worries or concerns, there is always someone to help them."

An exciting "Curious Curriculum" is in place at Meadowbrook School, giving the children the opportunity to develop enquiry-based skills as scientists, geographers, historians and musicians, to name just a few. The Ofsted report said, "Pupils receive a good-quality education. Pupils spoke enthusiastically about a wide range of subjects. They enjoy learning and are keen to do well."

Parents at Meadowbrook School are delighted that the school has been recognised as "GOOD", with many messages of congratulations being shared via social media, such as "Well done Meadowbrook! A just reward for a great deal of hard work and commitment from the whole team" and "Congratulations Meadowbrook Primary, you are more than GOOD to us".

Kate Sheldon, who is Chair of Governors, an Olympus trustee and a Meadowbrook parent, said: "I am so pleased that Meadowbrook School has been recognised in this way by Ofsted. I have been proud to be part of the Meadowbrook Family and part of its journey of improvement. Congratulations to all of TeamMBK!"

Nicola Bailey summed up the reaction of all of the staff team by saying that "Team Meadowbrook is over the moon about this result. It is the product of their hard work, and commitment to providing the very best education for our children."

Dave Baker, CEO of The Olympus Academy Trust, added: "This is a fantastic achievement and is well-deserved recognition for the hard work and commitment shown by staff and children. My thanks also to the governors and trustees who have supported throughout and to members of the Olympus central team."

Starting school September 2022? Don't forget applications have to be in by 15th January!

About Sands, the stillbirth and neonatal death charity

Sands supports anyone affected by the death of a baby, works in partnership with health professionals to try to ensure that bereaved parents and families receive the best possible care and funds research that could help to reduce the numbers of babies dying and families devastated by this tragedy.

www.sands.org.uk fundraising@sands.org.uk

Sands, the stillbirth and neonatal death charity Registered charity number 299679 & SC042789

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What is Myopia?

Myopia (short-sightedness) is the eye condition where near objects are clear, but objects farther away are blurred. It is caused by the eye ball growing slightly too long. The traditional answer was glasses, but at Lynne Fernandes Optometrists there’s more we can do.

Myopia in kids tends to get worse throughout childhood, and higher levels of myopia are associated with higher eye disease risks in adulthood. If your child already wears glasses, you can do something to stop their vision getting worse. If they don’t you can assess their risk of developing myopia.

Should I be concerned?

Myopia is becoming more common in children around the world. The average age for developing myopia is reducing: young onset means faster and increased eye growth, increasing the likelihood of high myopia and an increased risk of retinal detachment, myopic macular degeneration, glaucoma and cataract.

Money: the average cost of glasses and contact lenses over a lifetime is much higher for higher myopic patients. High myopia reduces quality of life.

What causes Myopia?

Myopia is multifactorial: this means that there are many causes. The pandemic has forced us all inside more, to use screens more, our ethnic origin and genes, having one myopic parent increases our risk by three times, having two myopic parents by six times. Under correcting vision has been shown to stimulate the onset and accelerate myopic progression.

What can I do?

Request an assessment of your child for myopia as early as 6 years old.

At our Gloucester Road practice we will measure the length of the inside of the eye with specialized instruments, look at how the eyes work together and compare a prescription with standardized growth curves. If we feel your child is at risk we will recommend joining our Myopia Management program where we reassess and give advice every 6 months. We can treat with specialised lenses and lifestyle plans.

Why Lynne Fernandes Optometrists?

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We are passionate about this opportunity to protect children’s future eye health. Our myopia management clinics are backed with evidence and research, so you can be reassured that you and your child will have the best care.

To find out more, call the practice to book an assessment or visit our website
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† Over 3 years, compared to a single vision 1 day lens. 1. Chamberlain P, et al. Optom Vis Sci. 2019;96:556–567



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A whole year of Scouting at 1st Bradley Stoke Scouts

We started this year with everyone locked down so delivered virtual Scouting via Zoom across each of the sections. With young people having school lessons the same way, the challenge was to make it different, interesting and above all else, fun. So we did quizzes, treasure hunts, challenges (e.g. how many t-shirts can you put on – answer, lots!), held online cooking classes from everyone's kitchens and – the best bit – eating what we made.

Slowly we returned to face to face sessions, albeit starting with outdoor activities first on a socially distanced basis. Rockets were launched and wide games played. A popular choice was hiking with a variation being manhunt and learning how to use the What Three Words app. And they got wet in activities like stream walks!

When we were able to get indoors and closer to one another, we moved to archery, kayaking and then visits to a local dairy farm. We learnt about owls, how to pitch tents and our Scouts went to camp at Woodhouse Park. Open fires were used for backwoods cooking and dens were built. Skills were developed in bicycle maintenance and first aid. As we approached the end of the year, we held Christmas craft activities and games nights.

Throughout our young people have been supported by our adult volunteers and young leaders. We were lucky enough to recruit enough Beaver leaders to reopen a third colony and, with some careful management, managed to have the same number of Beavers overall in three colonies rather than the four before the pandemic.

We have the same number of young people (just over 250) across the whole Group and have made a serious dent on the waiting list. That said our Cubs sections are very fragile and are a leader or two away from not being able to operate.

We are yet to recruit a new Group Scout leader, which is an awesome opportunity to develop and extend leadership skills.

So if you are looking for a new challenge in 2022, want to join the adventure and give opportunities to more young people (and adult volunteers!) please visit our website <http://1st.bradley-stoke-scouts.org/> and click on the "Join 1st BSS" tab.



Aquatic Harmony with Hayleigh

Hi my name is Hayleigh I am the founder of Aquatic Harmony swim school which has been established since 2012. We run baby to preschool swimming classes and Pregnancy Aqua natal classes in lovely warm spa pools in Bradley Stoke, Bedminster and Calne.

In 2011 I attended baby swim classes with my daughter which we both absolutely loved and I knew instantly I wanted to teach such an amazing life skill to other children and their parents. During maternity leave I started intense training as a pregnancy Aqua Natal teacher and parent and child swim teacher and launched Aquatic Harmony. We have grown over the years and we are now a team of six teaching over two hundred babies and children per week. Over the years we have taught thousands of little ones to swim and hundreds of pregnant ladies have attended our aqua natal classes.

Our classes are structured following the STA awards (Swim Teacher Association), but we also offer a more parent and child led approach to our lessons as we know that every child and parent is different and all learn at their own pace. Due to our classes being small we feel we can make our lessons more personable and we can adjust activities to each child so they can achieve the milestone skills in the water. I believe every parent wants their child to be water confident and learn to swim. Whether it be for fun at the local pool, going on holiday, or for the peace of mind that your child is safe in and around water.

Over the ten years it has been amazing to see the bond between a parent and their new born baby in the water and it has been a pleasure being a part of their swimming journey and seeing them grow to confident swimmers years later. I have never looked back and although the pandemic hit so many small companies I am glad to say we are still running and will be celebrating our tenth birthday in mid January 2022!

Aquatic Harmony run baby to preschool classes on Tuesdays, Thursdays, Fridays and Sundays at the Double Tree Hilton Bradley Stoke, Tuesdays Parson Street Bedminster and Pregnancy Aqua natal on Thursday evenings at the Double Tree Hilton Bradley Stoke.

For more information please contact Hayleigh@aquatic-harmony.com

or call us on 07789 852 729






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Cotswold Troop c 1985

1st Little Stoke celebrate 70 years of Scouting

In 2022 1st Little Stoke Scout group will be 70 years old and will be holding events to celebrate this huge milestone.

On 6th February 1952, a meeting was called to see if there was interest in forming a Scout Troop in Little Stoke and the surrounding area. There was sufficient interest and the Scout Group was registered with the Boy Scouts Association on 19th May 1952.

The Cubs and Scouts met at Little Stoke School before an ex Civil Defence Hut was erected at the back of what is now 100 Bush Avenue and close to the Parish Council allotments. The Hut was then moved to the present site, near the children's park in Little Stoke prior to a larger building being erected.

It was clear that the old Civil Defence hut needed to be replaced and the search for a suitable building started in 1962 and on 15th May 1963 a wooden Drawing Office building from the Berkeley Nuclear Power Station site was purchased. It was opened on 30 January 1965

By 1983 the condition of the wooden building was causing some concern and plans were drawn up to replace it with a permanent structure. After all the effort of fund raising, it was difficult to see how we would ever be able to build the new Headquarters. Then we had a stroke of luck, Chris Bradley the father of one of the Beavers worked for Ridecolt,

a firm of Civil Engineers who were involved with the installation of the infrastructure of the Bradley Stoke development. He looked over the plans and asked how much we had – about £20,000. "I'll do it for £18,932.18" was the reply!

As we have little information about the years 1952-1976, if anyone has any photographs that we can copy it would be wonderful.

1st Little Stoke has three sections for children from 5.9 years to 14.5 years and currently has over 70 young people enjoying scouting. The sections are Beavers 5.9 to 8 years, Cubs 8 to 10 years and Scouts 10 to 14.5 years. We will in the near future have a new section for children 4 and 5 years provided we can recruit leaders from the parents of children who wish to join.

The programme we offer young people has a backbone of outdoor activities, camping and earning badges from subjects from Animal Carer to Swimmer.

We currently at Little Stoke have a waiting list of over 50 young people who wish to join. If your child wants to join and you are willing to help us with the running of the sections your child will not have to join the waiting list and can start immediately.

Will you be our next Scouting volunteer?

Volunteering's not just about giving back – the benefits go both ways. All of our activities are run by amazing volunteers. Volunteering lets you try new things, meet new people, and make a difference. We know that volunteering is #GoodForYou because when you volunteer, you'll:

- Do something good for your community and yourself
- Gain skills for the future
- Spend time with your children or gain experience with young people
- Make friends
- Make memories
- Volunteering will keep your body and brain active as you make a huge difference to young people's lives – helping them develop skills for life and learn a whole lot about themselves along the way.

Our Chief Scout Bear Grylls says about scouting,

"Two things matter in life: following your dreams and looking after your friends. This is what I love about Scouting. It's about doing great things, loving and enjoying the great adventures and helping others to do the same." Scouting provides a second family



Enjoying hotdogs c1976

to lots of young people. It's a safe place where they can aspire and grow.'

'The reason why Scouting remains the largest youth movement in the world is that it's got great core values: it's faith, it's about friendship, it's about fun – it's all part of what we wanted when we grew up.'

We look forward to welcoming more young people and adults into 1st Little Stoke and making the next 70 years as great as the last 70.

If you wish to enquire about opportunities for both young people and adults contact Group Scout Leader Tony Edmonds at tonyedmonds108@yahoo.com

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Holy Trinity Primary School - Raising over £200 for the Bouncing Ball Trust

On Friday 10th December, the Holy Trinity Primary School Council held their first fund raising event of the school year for our chosen charity which is The Bouncing Ball Trust. We chose this charity because we have close links to it through pupils at our school. It is based locally in Bradley Stoke and all funds raised help provide educational facilities for children in Kenya.

We decided to have an educational theme to our fund raising and settled upon a book sale as we value reading highly. Children publicised the event through a whole school worship where we learned more about the work of The Bouncing Ball Trust, displaying posters around school to advertise the sale and talking to classes about how they could all play their part in ensuring our fund raising efforts were a success.

The week before the sale, generous donations flooded in and a team of year 6 pupils sorted them into age categories so we could display the books for our buyers. On the day of the sale there was much excitement - both about being part of the team



selling the books and amongst the children who were buying for themselves and their families.

Each class visited the sale in turn with our very youngest children being supported by the year 6 children to find what they were looking for. It was all very exciting as we collected our bargains and spent our money.

We were over the moon at the end of the sale when our final count showed that we had raised a massive £200.85. We couldn't have done it without the very generous donations from our families in terms of books to sell and bringing money to spend. It really does show that together we can make a difference.

We plan to keep our focus on this very worthy cause for some time yet and will be planning more fundraising events throughout the year.



Events at Winterbourne Medieval Barn

Tea and Tour – Thursday 3rd February and 3rd March, 2pm – Tickets are £5. Enjoy a short talk about the history of the Medieval Barn, with a cup of tea, and then explore the recently renovated West Barn and the rest of the site.



Fused Glass Workshops –

Thursday 27th January, Saturday 12th February, and Monday 28th March, 10am or 1.30pm. Join Sarah Aumayer from Mydsomer Studios for

one of her popular two-hour fused glass workshops and make your own unique items for yourself or as a gift. Some sessions are for making jewellery with the stunning colours of dichroic glass. Other sessions are for fused glass ornaments, where you can choose a candle arch, ornamental curve, or flat hanging. Costs vary from £20–£35. Full details are on the Barn website.



Apple grafting workshop –

Saturday 19th February, 10am. A one-day course explaining why and how we graft fruit

trees. You will make at least three newly-grafted apple trees to take home. Cost for the day is £45, to include full tuition, three rootstocks and wood to graft, tea, coffee and biscuits during the day. Please book in January so that rootstocks can be ordered. More information on the website.

Pottery Taster Afternoon –

Saturday 12th March, 1pm. Join Brenda from The Pottery Shed to create your own masterpiece in a relaxed atmosphere with professional guidance. You'll use hand building techniques to make a round bowl, then add a glaze to the outside and 'Sgraffito' a pattern of your choice into the glaze. The workshop lasts 3 hours and costs £50, including all tuition and materials. Brenda is very generously donating all proceeds from this workshop to the Barn.



Talk: The Hatting Industry and Radical Change –

Tuesday 22nd March, 7pm. Hatting boomed in the Winterbourne area from the 1760s, but the following hundred years saw

huge social, economic, political, agricultural and technological reforms that affected the industry and our local history. Tickets £5 – come in person or watch the livestream on Zoom.

The Canterbury Tales – Tuesday 29th March, 7.30pm. The wonderful GreenMatthews return to present six of Chaucer's Canterbury Tales packed with colourful characters and strange situations.

Using drama, verse, physical theatre and song, the three-man cast tells riotous tales in a fast, furious, occasionally filthy and invariably funny show! (Unsuitable for under 12s). Tickets £15.



All events can be booked online now at www.winterbournebarn.org.uk

or Facebook @ [winterbournemedievalbarn](https://www.facebook.com/winterbournemedievalbarn)

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

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The Wildlife On Our Doorsteps

Ben Mitchell, Bradley Stoke

For many of us, increased home-working or 'hybrid' working has resulted in us spending much more time in our local area. We are so fortunate to have The Three Brooks Nature Reserve on our doorstep, and we are so grateful for all the time and care that the Three Brooks Nature Conservation Group put into looking after our local areas.

I love starting the day walking beneath trees, listening to the great array of birdsong all around. It's really rewarding and therapeutic to try and pick out individual songs and then find their composer. Wrens have a very distinctive song when you listen out for trills of repeated notes in the middle of fast and varied phrases. Song thrushes are another to listen out for, clear and loud, with each phrase repeated two or three times. Great spotted woodpeckers too can often be heard in the nature reserve, drumming away in treetops.

We've only recently noticed the amount of local birds of prey. Alongside buzzards, which can be heard calling from the tops of trees, we've seen sparrowhawks diving in-between and around the houses on our street. Kestrels are my personal favourite and are unmistakable when you see them hovering in mid-air.

The brooks and duck ponds are teeming with life. We enjoy seeing kingfishers regularly now, darting along the brook, even if they are only momentary glances of blue and orange. Little egrets often accompany the resident heron, and we have even seen a water rail enjoying the reedbeds.

Even in your own garden you can enjoy watching wildlife come to you. Our garden is as small as they come. But with a little encouragement from a couple of bird feeders, we love watching long tailed tits, coal tits, great tits, dunnocks and robins to name a few. Earlier in the year we took to eating lunch in our garden each day, and were often joined by a friendly and very cute field mouse who'd made his home amongst the plant pots!

You really don't have to travel far to see a great variety of wildlife, and you can get even closer by making your back garden a haven for nature. Whether it's hanging bird feeders, building insect hotels, leaving holes in your fences for hedgehogs, letting grass and wildflowers grow or even creating a small pond – we would encourage everyone to take simple steps to entice wildlife into your back garden. It really can be so rewarding!

I greatly enjoy spending time painting the wildlife I see and producing greetings cards, calendars and even mugs out of my paintings. Last year Jaci very kindly published an article of mine in Bradley Stoke & Little Stoke Gifford Matters about the benefits of getting creative in lockdown. I made readers aware of the wildlife calendars I had produced. It was so lovely to receive local orders as a result of the article, and my wife and I took great pleasure in delivering cards and calendars locally to people in our community.

Please take a look online at my range of art inspired by our local wildlife, including calendars and mugs:
mitchellwildlifeart.etsy.com



Junior Fascinating Rhythm (Junior FR) has celebrated its tenth anniversary by hosting a special concert. The full-house audience was made up of Junior FR girls' parents and grandparents, ex-Junior FR students with their families, and several Fascinating Rhythm members.

The evening concert, held on 4th December 2021 at Iron Acton Village Hall, featured Junior FR's current line-up singing several chorus numbers, as well as several soloists and duettists who have previously represented the choir at Eisteddfods and singing competitions. The celebration featured some of Junior FR's newest and best-loved songs and saw all current and former singing members reunited for a moving rendition of ABBA's song 'Thank You For The Music'.

To mark the occasion, Wendy Howse, Junior FR's Musical Director, was presented with a special commemorative framed 'family tree' picture showing the name of each of Junior FR's current and former members, with the founding members and adult helpers on the lower branches and newer members and helpers towards the top. Smaller versions of the tree were presented to each of the adults who have supported Junior FR as 'helpers' over the past ten years, in recognition of their contribution.

"It was an amazing evening, full of joy and celebration" reflects Wendy. "The absolute highlight was having every Junior FR member, current and past, on stage to sing 'Thank You For The Music'. The sound was immense and my grin was even wider!"

Fascinating Rhythm's Musical Director Jo says *"It was such a privilege to be sitting in the audience for this very special concert and an even greater honour to be invited to direct one of their songs 'This is Me'. It is so evident by the whole polished performances through the evening just how hard the girls work not only in rehearsals but on their own at home, true dedication."*

The concert concluded with a retiring collection, which together with other fundraising activities, raised approximately £500 for the Jessie May Trust.



Junior Fascinating Rhythm's Tenth Anniversary Celebration Concert

Junior FR is currently recruiting new members so if you, or someone you know, is interested in taking up singing or joining, please contact us via our website <https://fascinating-rhythm.com>.

Junior FR is a choir for girls aged 7 to 16 years old. There is no audition process for new members and no previous singing or musical experience is needed. Members meet weekly during term-time at Iron Acton Village Hall (Friday afternoons, 4.00-5.30pm), perform at events throughout the year and help to raise money for various charities.

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Firstly, Bradley Stoke Town Football Club hope all readers have had a great festive period and wish everybody in the community a happy new year.

Unfortunately we have seen many teams competing in all three leagues that the football club is associated with disband due to lack of players or other matters, which has now shortened all the leagues meaning less games to play. Bradley Stoke Town is still in a healthy position and have yet to have a home game cancelled due to weather, which is unheard of at this time of year!

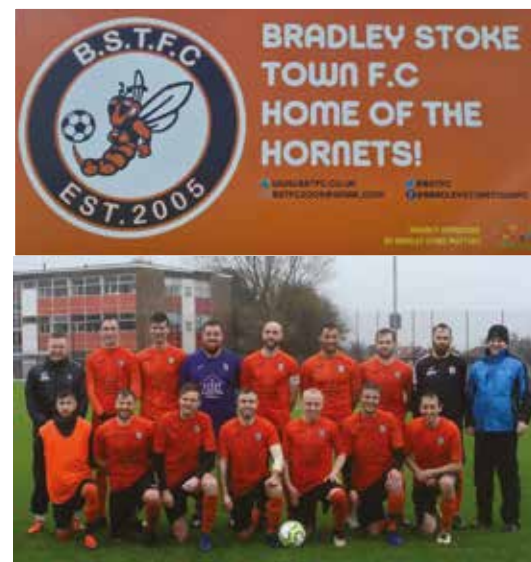
We have seen over 60 League and Cup games played across the 5 teams.

The manager of the First team Jon Welsh will see in the New Year sitting in 3rd place on 22 points after 7 wins and 4 losses. It's been a good start for the team who are still in the promotion chase with 12 games to play. Unfortunately, the Firsts have been knocked out of the GFA Senior cup after narrowly losing to AEK Boco Res. The Firsts have progressed into the Quarter finals of the league cup after a win over local side Winterbourne Res.

George Haskins's Reserves have seen mixed results this season. After 12 games played, Bradley Stoke Town Reserves currently sit 6th in Division 1. The Reserves have however progressed to the 3rd round of GFA Intermediate Cup and face Fishponds Old Boys to progress to the quarter finals. The Reserves continue to play good football in a tough division.

The A team sees a mid-season managerial change: we welcome back Chris Evans who will now take charge for the foreseeable future. There have been lots of change in the Bristol & District division 2 with the league going down to 11 teams. Unfortunately, three teams have disbanded, and a few teams have been unable to raise squads. The A's currently sit mid table in 5th position.

Andy Turner's B team are having a fantastic season to date. The B team currently sit 3rd in division 4. The B team have seen some fantastic results and are well established in this season's league with promotion looking very likely. There have been some great improvements made in the B team, who have only been a team for the past 3 seasons.



Kieron Jones's C team play in the Bristol & Suburban league and Kieron is doing a grand job as manager, guiding the team on their journey as this is the first full season the C team has competed in. The C team is still in its phase of identifying itself, however the standard of players has improved greatly which will only help the C team's journey.

The Club would like to say a big thank you to Simon Bush and Ollie Hulbert who have stepped in to help officiate games this season. There has been a referee shortage over the past season where the leagues have not been able to assign referees to every match. Simon and Ollie have been a huge help this season.

The season restarts on the 8th of January:

1sts home Vs Iron Acton – 14:00ko at Patchway sports centre

Reserves away to Lion FC - 14:00ko

A team away Vs Stoke Lane AFC - 14:00ko

B team home Vs Shaftesbury Crusade – 14:00ko at the Jubilee Centre

C team away Vs Old Georgians FC

Bradley Stoke are still on the lookout for players or would like to come and support your local club. Please get in touch by visiting our website:

www.bstfc.co.uk.

All fixtures can also be found on our website.



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.

Busy Bees Toddler Group Bradley Stoke Evangelical Church Tuesdays from 10 till 11.30 during school term time phone 0117 931 4716

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.

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 Monday in the Willowbrook Centre, 1st floor conference room 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 Meets on the 1st and 3rd Wednesday of the month at the Doubletree Hilton hotel in Bradley Stoke. Contact Secretary Karen on 07540 458119

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

Severnside 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.severnside-ramblers.org.uk

Silverwinds Flute Choir - meet once a month on a Thursday evening 19:00 - 21:00 at Christ the King Church. For more details please visit www.silverwindsflutechoir.co.uk or email silverwinds@michellekrawiec.co.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 f 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 - zoeoggon@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, please let us know at community@mattersmagazines.co.uk and we will do our 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, contact: blackandblues_netball@outlook.com.

Bradley Stoke Bowls Club - Baileys Court Activity Centre www.bradleystokebowls.com.

Bradley Stoke Cricket Club - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at bradleystokecc.play-cricket.com

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

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

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

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

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

Bradley Stoke United Football Club - Football from U7's to U16's see website bsufc.co.uk

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

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

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

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

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

Sole Sisters - ladies only running group, meets Monday evenings in various locations Bradley Stoke & North Bristol, www.solesistersrc.co.uk

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

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

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

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

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

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

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

CHURCHES / COFFEE MORNINGS

Amberley Road Baptist / Cafe Church, Patchway, 01454 610808

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

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

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

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

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

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

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

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

Stoke Gifford Baptist Church 1, Rock Lane, 01454 610808



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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

Bowland Green Primary School, Head Teachers: Michelle Engley, Ellicks Close BStoke, 01454 866766, bowlandgreen.org.uk

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

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

Little Stoke Primary School, Headteacher: Dan Ross, 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: 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. Mary's R.C. Primary School, Acting Head Teacher: Mrs K Burden, Webbs Wood Lane BStoke, 01454 866390,

St Michael's Primary School, Acting Head - Mrs Jo Prendergast, Ratcliffe Drive, Stoke Gifford 01454 866781. 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

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

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

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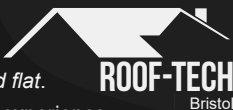
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1. **Invest in a non-stick oven liner.** They help to catch all of those annoying drips that stick to the bottom of your cooker, which later can become a burnt-on mess. Easy to wash or pop in the dishwasher.
2. **Do not use harsh chemicals inside your cooker.** Instead, try a safer homemade option using items found around your household. For an all-purpose cleaner and deodorizer, mix together 4 tablespoons baking soda with 1 litre warm water.
3. **Get the wiping habit!** Wipe away any spillages immediately with a damp cloth. Don't give the mess a chance to stay. I know this sounds easy and as hard as you try it is a chore, the oven can still be hot and some of the stuff just doesn't want to come off but stick with it. Get a microfibre cloth and use it wet with washing-up solution.
4. **Cover your roast!** You need to stop the grease spitting all over your lovely clean oven. To do this just put a lid on your roast tin or cover with foil or try a roasting bag. This way the inside of your oven and your grill (if its inside your oven) won't become completely coated in grease when you are cooking. This grease, if left in the oven, becomes burnt on carbon in the long term and is very difficult to get off.
5. **Get a professional in to Glean It!** If you really can't get all the dirt and grime out of your oven yourself then maybe call and book someone that can. A newly cleaned cooker will be sparkling and clean and if you follow our other tips you will keep it clean, won't you?

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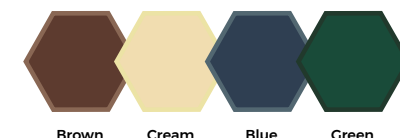
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