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March/April 2022

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Dear Readers....

Spring is finally here and this month we celebrate St. David's Day (on Pancake Day!), International Women's Day, St. Patrick's Day, World Book Day and finally Mothering Sunday, which is also when British Summer Time begins - so a very busy month!

March always feels like a time of renewal, when the days start to get warmer, and we feel more inclined to venture outside after our enforced Winter hibernation. As I mentioned last month, I have signed up again for the #1000milechallenge, simply to walk 1000 miles in 2022 which I was inspired to do in 2021 by local youth Thom who set himself the challenge of completing this in 2020. I really can recommend this, I have been on so many wonderful walks that I had never done before. The front cover is a photo of my 15 year old son on a full day trek in Wales this week. Such spectacular views!

March is also all about volunteering and we have a section in this month's magazine encouraging you to do just that, with some local organisations who would really love to meet you!

It's great to see that music events are back on the calendar after so much cancellation and rescheduling - we have several shows for you in this edition.

We also hear from St Michael's Church, Stoke Gifford and Little Stoke Baptist Church in Little Stoke as we look forward to Easter next month.

That just leaves room for a reminder that the clocks go forward on 27th March.

Until next time, 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. Dead-line for the next edition is 12th March.

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Four OSR Scouts in Stoke Gifford receive their Gold Chief Scouts Awards plus several other awards during an evening of celebration

During the old school rooms scout troop in Stoke Gifford's last evening of the Autumn term, scouts from the troop having completed all nine challenge awards, activity badges and nights away had a celebration evening where the District Commissioner attended to present their Gold Chief Scouts Award badges and certificates. Only 2 of the scouts could attend in person due to these times of isolation, Nathan and Mia (photo below) having worked incredibly hard especially during the last 2 years where we've been scouting at home and on zoom sessions still managed to achieve their awards. Jamal and Maya the absent scouts will receive theirs in the post.



Clive Mason (DC) talked to the troop about the commitment needed to achieve this the top award in the scout section. He also mentioned that the OSR troop have been very successful at managing the curriculum over the years with leaders planning well and being very busy, but it is of course the young people that have to put in the hard work.

Scouts join at the age of 10 years and leave at the age of 14 years of age when they can move up into Explorer scouts to continue their scouting. Two previous OSR Scouts who did just that and returned to the troop as members of the Young Leader Scheme were also awarded their YL Belts and Certificates after 3 years of module training and practical face to face missions and tasks.

The scheme trains the young people with many of the same skills provided for adult leaders and many of the YP go on to continue in scouting into adulthood. Jack and Josh (photo right) were both presented their awards by the District Explorer Scout Commissioner Steve Daniels who said that during the last 2 years the YL's had shown a great amount of commitment with lots of the modules held on zoom. The support that these young people give during troop evenings and camps is invaluable with practical leadership to complete the mission requirements.



Clive then turned his attention to two adult awards and presented Steve with his Order of Merit for exemplary commitment to scouting with all his roles within the Brunel District and his work with the young leader scheme. Then 1st Stoke Gifford's very own Group Scout Leader Paul Smith who was awarded the Silver Acorn for his outstanding commitment to scouting getting the group back during the pandemic and his roles within the Brunel District appointments team as Chairman.

Congratulations to all the Award recipients for all your hard work. BRAVO!



Perserverance and Determination see a great comeback in Brazil for local Karting Champion

We were pleased to hear from the family of local karting champion Pedro Oliveiri who recently returned home from the Brazilian National Kart Championships. We were really interested in Pedro's story and his determination and perseverance to fight back after a traumatic injury.

Pedro has lived in Bradley Stoke his entire life, attending Holy Trinity Primary School and also BSCS before embarking on a Level 3 BTEC Advanced Engineering at Weston College in September.

With dad being a keen motorsport enthusiast, Pedro started go karting at just 6 years old (photos right) when he was taken to Teams sports (indoor karting) just for fun. Pedro loved it and wanted to go again and again. He was doing really well and showed potential, so the family decided to broaden his experience and started going to outdoor tracks. From then on, Pedro became very competitive and fell in love with the sport. He got his own kart, has been competing in various club championships and has won a few titles - **2019:** National Champion Tyro Junior; Midlands Champion; Fullbeck Club Champion; Rissington Club Champion. **2021:** 1st place in South Wales IKR Championship; 4th place in Mansell Raceway (Club) Championship; 3rd place in the Brazilian National Championship.

In December the family went to Brazil for Pedro to take part in the 56th Brazilian National Kart Championship. This is the most important karting event in the country, organized by the Motorsport Local Authority (CBA), which had a record of 545 drivers participating and was widely broadcast.

Pedro had never been to the track before and had never driven in this particular class (kart and engine). He was set to race against many experienced drivers, many of whom had the benefit of practicing on this specific track for a while. With just 1 hour of practice before heading to qualifying, Pedro managed to achieve a qualifying position of 13/29. He started P13 and then for 3 subsequent pre-final races (Heats) he managed to gain positions. The final was tough but Pedro was able to keep his head, pace and performance, finishing in 3rd place for a podium position, bringing home a fabulous trophy (photo right)!



This is such an amazing achievement for Pedro and the team was very impressed with his performance and outcome.

The family are especially proud of him and this particular victory due to the setback and adversity that Pedro had to overcome to achieve it ...

In 2020 Pedro had a very serious accident during a race in the UK (he broke both legs) which left him off the tracks for over a year. It was a tough period. He had to go through 2 surgeries within a year, a lot of physiotherapy and basically had to "learn to walk" again.

As if it wasn't enough, there was the pandemic, and his GCSEs!

He missed racing so much, but knew he needed to work hard on his physical and mental recovery if he wanted to go back to the tracks. There have been the inevitable ups and downs, but Pedro has shown great strength and determination, maintaining a positive attitude and finding motivation everyday to become even better than he was before. He worked hard and, 18 months after his accident, he took on the challenge to race in Brazil. What a fantastic comeback!!

Pedro is now moving up categories (from Juniors to Seniors) and is set to race in a few championships in UK in 2022, and is also planning to transition to a Formula Class to try different driving styles.

As he is progressing so well he will also be looking for partnerships/sponsors.

We wish Pedro every success! You can follow Pedro on the following platforms ...

Instagram: @pedrokarting55

Facebook: Pedro Oliveira (Kart Racer)

Linkedin: Pedro Oliveira (pedro-p-oliveira)



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There are always opportunities to help at the Centre, here are just a few;

- Oxygen Chamber Operator
- Administration
- Gardening
- Supermarket Collections
- Gardening
- Helping at Events

Volunteering could be for a few hours, one day or a regular occurrence and you really would be helping to improve the lives of our members.



Can you spare a few hours a month to help Marie Curie in the Five Stokes area?

Marie Curie provide care and support to people living with a terminal illness in Bristol and South Gloucestershire. Our team of nurses work every night of the year providing care to people who wish to spend the last few weeks and days of their life at home. Meaning they can be surrounded by the people and things they cherish the most.

Marie Curie's Five Stokes Fundraising Group help to raise the money needed to provide this care in the community. This year we are looking for new members to join our group in a range of roles from;

- Co-ordinating collection tins in local shops and businesses.
- Dropping off fundraising materials and banking monies from supermarket collections.
- Help running and coordinating events.
- Supporting the group with local business relationships and engagement.

The groups events range from collections in supermarkets, a Christmas wreath making event, bake off competition, online auctions and much more.

Stacey from the group said "It's great to be able to support Marie Curie and know that the money we are raising is helping people at the most difficult time in their life. We have a lot of support locally and need some new members to help us make the most of this. We hold meetings throughout the year for planning and sharing ideas and members can then decide which upcoming tasks they can help with. Its flexible and informal and we would love to hear from anyone who can help us".

People from all walks of life are welcome but need to be over 18 to register as a volunteer. You do not need any specific experience to join the group, one of the best parts of a fundraising group is that everyone brings their own unique skills and ideas. If you want to help with collections and events it is helpful if you can drive but not necessary for all of the roles.

If you would like to hear more about helping Marie Curie in the Five Stokes area please contact Riona.houghton@mariecurie.org.uk or text/call 0787 6748717



Community Matters: Could you help out and join

In and around the five Stokes area there is a plethora of groups and organisations that do amazing work with the community, often which run mainly (or even solely) with the help of volunteers. Some groups have managed to run throughout the pandemic, and some are only now opening back up. Unfortunately as people's lives are also getting back to normal and people are going back to work there is now a real shortage of volunteers to help keep these community assets running.

One local charity, the Brightwell Centre, that supports people living with MS (multiple sclerosis) tells us why volunteers are so important to their work:

"We are so lucky to have such dedicated and professional volunteers. Without our volunteers, we simply could not continue to operate."

"We rely on Chamber Operators who volunteer weekly and run all 25 of the weekly Oxygen Therapy Sessions. This is a highly-skilled, responsible but hugely rewarding role where the operators can see first-hand how the therapy they deliver helps people cope with neurological and other chronic conditions. Operators are in good hands under the supervision of our wonderful Oxygen Coordinator Angela and our Chief oxygen operator volunteer Keith. Keith has been volunteering for 36 years and is so

experienced he is also a treasured national oxygen advisor. We are currently seeking people who enjoy a challenge, are confident and detail orientated."

Throughout the pandemic many of us volunteered in numerous ways, and found the benefits of keeping busy, feeling useful, helping others and feeling a part of a community. Some of us may have been forced to stay in more, and volunteering now is great way to get back out into the world and meet new people and build confidence at a pace you are happy with. For those who are looking to get back into work, volunteering is a great way to fill a CV as well as teaching valuable work placed skills. And for those who have come out the other side of work into retirement it is a great way to keep utilizing the skills you have to give back to the community and keep involved and active.

Sue, who volunteers at the Memory café in Patchway (photo below) tells us why volunteering has been so useful to her:

"I am the lead volunteer for the Patchway Memory Cafe which meets twice a month for people with dementia and their carers."

"After I retired I did experience a period of loss and lack of purpose so I decided to look for some volunteering work that would interest me and help people in my community."



"Chair aerobics" at the Memory Cafe, which meets on the 1st and 4th Monday of the month at St Chads in Patchway and is for people with Dementia and/or memory loss and their carers.

these local volunteers?

"I decided to volunteer for the memory cafe as some members of my family had dementia and I know how important it is for those people living with dementia and their carers to get back into their community and socialise. I love my volunteer role it gives me a sense of giving back to my community and a real bonus is I have got to know so many people and work with a lovely team of volunteers to make the cafe a success. We give six hours a month to running the cafe. It's such fun with our cafe members and we all enjoy the sessions and get to know those people so well and we learn by their feed back how important coming to the cafe twice a month is for them. There are so many volunteer roles to choose from and you can give as much or as little as you wish to volunteering but you get so much back."

We also spoke to some of the volunteers at the Brightwell centre (photos right) to tell us why they love volunteering:

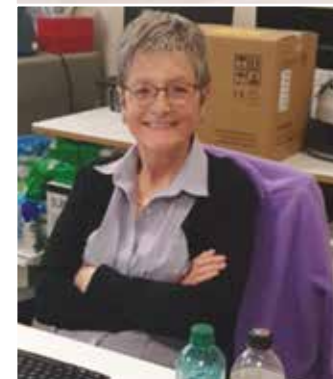
Jane said *"I love meeting all my regulars on a Thursday and checking how they are all doing. It makes me feel as though I'm giving something back, as The Brightwell has been a good friend to me"*

Howard, another of the operator team has thoroughly enjoyed keeping his hand in and sharing his expertise. *"I was inspired by an ex-colleague of mine who after retiring became a chamber manager / Centre manager in the North of England. Being an ex-Deep-Sea Diving Supervisor I already had an interest in oxygen therapy and wanted to volunteer when I retired, The Brightwell was a perfect fit. I also feel it's important to volunteer for people less fortunate than myself."*

"I volunteer every Thursday with the Fundraising team and support them on the administration side such as writing thank you letters and updating database records and generally doing any other fundraising tasks that need doing. I started volunteering at the Brightwell in September 2017. I'd retired from work in the April and after enjoying a summer of leisure I decided that I would like to get a voluntary job at a local charity where I could meet and work with lots of people and also keep my brain active and I found everything I wanted here at the Brightwell. I enjoy having the regular routine of coming into the Centre each Thursday as it is such a friendly, welcoming place. I really enjoy getting the opportunity to chat with the members, the Brightwell team and other volunteers and luckily there is always plenty of work to do which is good for me as I'm happiest when I am busy!"

There are lots of volunteering needs to be filled in the local area right now, from reading in schools, to befriending, to admin, to driving, to gardening and much more.

If you would like to know more or get involved please email Katie at volunteeringpfs@southernbrooks.org.uk or keep an eye on our facebook for new roles @volunteercentrepfs



Lasting Powers of Attorney - The Pitfalls of Instructions and Preferences for your Attorneys

AMD's Laura Webber considers the importance of careful consideration surrounding additional guidance to your attorneys.

A Lasting Power of Attorney (LPA) is a legal form that gives authority to those appointed as Attorneys to make decisions on behalf of the donor (the person who has created the LPA). There are separate LPAs for Property/Financial Affairs and Health/Welfare.

A key difference between the two LPAs is that the Property and Financial Affairs LPA can be used even when a Donor still has mental capacity (with their permission). A Health and Welfare LPA can only be used when a Donor has lost mental capacity.

Within the LPAs, it is possible, to include instructions and/or preferences for your attorneys. This can often be very helpful, especially if the donor has not spoken with and does not intend to speak with the attorney(s) to let them know their thoughts on particular financial and health matters. This might be the case where professional attorneys are appointed. It is however important to be aware of the distinction between instructions and preferences. Instructions are things that the attorney must do, whereas preferences are things that the donor would like the attorney to do or consider.

Despite the aim of assisting the attorney with decision making, if not thought through and included in the LPAs with care, instructions and/or preference can sometimes cause problems and conflict with other parts of the LPA. This can lead to the Office of the Public Guardian, the body who review and register the LPAs, raising queries or rejecting the application to register the LPA. For example, you cannot ask your attorneys to do something

that is against this law. This can include wording regarding euthanasia or assisted suicide. Another example is where you appoint a number of attorneys to act on a 'joint and several' basis and then change the way you want them to act in the instruction section. For example, you might ask that certain decisions are made together or that a specific attorney makes a certain decision. This would conflict with your choice that attorneys act jointly and severally and can result in the LPA being unworkable.

In addition, if a donor has managed investments, or wants their attorneys to be able to ask a bank etc to manage their investments, it is very important that specific wording is included in the Property and Financial Affairs LPA to ensure that management can continue, or be considered by the attorney, should the donor lose mental capacity.

Our Private Client team have a wealth of knowledge and experience in preparing LPAs and the pitfalls that can occur if not prepared and considered correctly.

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A full-page advertisement for Dunkley's Chartered Accountants. It features a smiling man in a dark suit and light blue shirt, holding a folder. The background is a blurred outdoor scene. The Dunkley's logo is in the top left, with 'Chartered Accountants' and '30 YEAR ANNIVERSARY' below it. The main headline reads 'LESS THAN 6 MONTHS TO GO...MTD IS COMING FOR ALL VAT REGISTERED BUSINESSES!'. Below this, it says 'TALK TO US ABOUT HOW WE CAN HELP YOUR BUSINESS PREPARE AHEAD OF 1 APRIL 2022'. At the bottom, contact details are provided: 'T: 01454 619900 E: ADVICE@DUNKLEYS.ACCOUNTANTS WOODLANDS GRANGE, WOODLANDS LANE, BRADLEY STOKE, BS32 4JY'.

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Little Stoke Baptist Church is situated at the heart of Little Stoke Community on Kingsway between the primary school and the local shops. For many years there has been a popular coffee morning held on a Thursday morning that is a safe space offering free refreshments and a welcome to all.

It may be that you have an idea of what a church coffee morning is like and think that it's not for you - but we think you'd be surprised!

We offer an open, friendly and safe space where mums and babies sit alongside knitters who natter. The older and the younger enjoy time to chat, eat cake, do puzzles, enjoy craft and share life over a cuppa. You can bring your hobby or your baby, you can bring your joys and your worries or just bring yourself and you will always find a warm welcome waiting for you.

After Easter we are considering opening earlier to give a space to grab a cuppa after the school run. We currently open 10am-12 noon. Have your say on us opening earlier on our Facebook page [@littlestokebaptistchurch](https://www.facebook.com/littlestokebaptistchurch) or get in touch with the minister Rev. Tania 07878 255901. Alternatively just pop in one Thursday morning and enjoy a space that is waiting to welcome you.

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Easter



"The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place." Luke 24:20-21

'We had hoped...'

Those words (by some of Jesus' followers walking away from Jerusalem) so eloquently sum up what they must have been feeling after his crucifixion. All hope seemed lost. They had started to believe he really might be the promised Messiah, but now...

Many of us face – and possibly still live through – dashed hopes: the death of a friend or relative, the clear end to a pandemic, the longing for a career or position that is now closed.

How does Easter story speak to these situations? After all, despite the disciples worries – Jesus was alive.

There is nothing wrong with expressing 'we had hoped'. We need to grieve over lost dreams and crushed hopes. There are strong biblical precedents for lamenting and taking time to process our emotions.

Jesus' message, when he appeared to his 'hopeless' friends on the road, was more than 'boo...I'm alive!' Jesus opened their eyes to a much wider and more glorious reality; that pain and hurt will, in the end, be defeated by 'hope'.

As we ponder Jesus' sufferings and resurrection in the coming days, let us take comfort in the amazing truth that hopes which seem defeated are in reality just deferred.

This Easter, 'May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit' (Romans 15:13).

God bless, Simon
Rector St Michael's Stoke Gifford



Easter



Maundy Thursday 14 April
Communion Service

Good Friday 15 April
-All Age Service
-Reflective Service

Easter Day 17 April
-The Nine O'Clock Communion Service
-The Ten Thirty All Age Communion
-The Six-Thirty Evening Service

check out the website for up to date details and more

stmichaelsbristol.org/easter2022



Yoga Classes for any stages of life

Vicky Bird, The Yoga Bird runs yoga classes locally at Christ the King Church Hall, Bradley Stoke which offer a range of options for people at any stage and age of life. She is qualified in Pregnancy, Parent and Baby, Children's, adults and Yoga ShredTM. She runs 3 different classes on a Tuesday morning and these are some feedback she has received.

Fun active yoga class with HIIT moves at 9.30am which is attended by mums after school drop off to older ladies who fancy a more active class - 'I was looking for a yoga class that made me feel like I'd had a workout, not just stretching and relaxation. The Yoga-shred class was not a disappointment! Friendly, welcoming, fun experience' 'I have never tried Yoga before starting Vicky's classes and I have loved it so much I now go twice a week. They've helped me remain injury free when I restarted running and I'm definitely becoming more flexible. The classes give you a great workout as well as lots of stretching. Highly recommend them!'

Parent and Baby yoga at 10.40am

— 'My daughter and I have thoroughly enjoyed our baby yoga classes so much so, we've signed up for another term! I love how both parent & baby get something from the class whereas most baby clubs or classes are purely focused on baby. It's a really relaxed atmosphere, every week is different and I especially like all the baby tips provided as well. Easily my favourite baby class I attend!'

Relaxed beginners yoga at 11.40am which is open to all

— 'This is a great yoga session. You stretch, you tone, you relax.' 'I was really nervous as I had not done any stretching for 20 years but Vicky put me at ease straight away. All the poses are doable, they may feel challenging but I can feel that they will be strengthening me each week. I am glad I chose this friendly class as there is no pressure if I don't want to do a pose, I just sit out.'



Don't let pain hold you back this Spring!

Visit local Osteomyologist expert – Dawn Clode

Ostm, Lic MET Lic CR FAO

As we enter spring, with warmer, longer days, it is the perfect time to get outdoors and get active!

Don't let an old injury or nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the route cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage, Manipulation, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP) and Reflexology in her work.

Would YOU like to have the skills and knowledge to be able to treat minor ailments at home?

Dawn offers individual or small group courses in the following – Aromatherapy, Massage, Mindfulness, Reflexology and Reiki.

Get in touch: Contact Dawn if you would like to book in for an appointment at her treatment room in Little Stoke or further information on courses.

Call: 0795 1099 491

Visit: www.life-and-soul-empowerment.co.uk

Vicky also runs classes in Yate and Dursley.

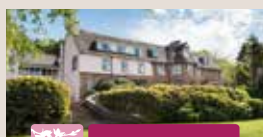
To book on any of the classes or to find out any more information, please contact vicky@theyogabird.com, call 07971 407945 or visit www.theyogabird.com/book-a-class

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'ESCAPE Pain Courses' Available at local Active Lifestyle Centres

Over 8.75 million people in the UK suffer from chronic joint pain, which can prevent them from being active. However, activity will help improve physical and psychological wellbeing and ensure a healthy social life.

ESCAPE-pain stands for **Enabling Self-management and Coping with Arthritic Pain using Exercise**. It is an evidence-based, group rehabilitation course for people with chronic joint pain developed by Professor Mike Hurley and approved and commissioned by the Clinical Commissioning Group, NHS (CCG).

The progressive exercise programme will help people learn how to cope with pain, how to exercise safely and pace themselves, manage their symptoms, and be around people who have the same condition.

The Escape Pain courses will be available in the five Active Lifestyle Centres across South Gloucestershire (Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate). The courses are aimed at people over 45 years, who have been suffering from chronic knee and hip arthritic pain for three months or more, and need a supervised fitness programme so that they can work toward independent living and mobility. Each session will help participants understand their condition, educate them so that they can go away, and be more independent. Gloria Isaac took part in one of the Escape Pain courses. She said, "Attending the Escape pain course has benefited me: I was having cortisone injections in my right knee every 6 months, however I have not felt the need for any further treatment. I have seen improvement in my wellbeing mentally and physically as well as improvement in my muscular strength around my knee and other muscles too. I am now continuing with a follow up class for arthritis at the leisure centre, so I benefited from the course a lot."

Jim Rollo, Head of Lifestyles, said, "Following the success of our GP Healthy Lifestyle Referral Scheme, Active Centres are proud to receive this commission, and deliver this vital service that has the potential to improve the lifestyle of so many people within our local communities who suffer from chronic knee and hip arthritic pain." He adds, "The Escape Pain courses are underway, and participants have already noticed improvements mentally and physically."

The Escape Pain sessions are free and supported by NHS England. The courses will run up to March 2023. If you think you could benefit from taking part in any of the above sessions, please speak with your local GP practice or Health Care Professional about referral.

Visit <https://activecentres.org/escape-pain> for further details.



Kelly Smith, Healthy Lifestyle Referral Specialist leading Escape Pain session

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North Bristol Triathlon Club

North Bristol Triathlon Club is an inclusive fitness club designed to motivate and empower people of all fitness levels to compete in triathlons. Both novice and experienced triathletes, runners, swimmers and cyclists are welcome.

Our members come from all over the Bristol and surrounding areas, at all experience levels - from those training to complete in their first ever triathlon or multi-sport event, all the way up to experienced 'Ironmen' and GB level athletes.

We offer several sessions a week - swimming at Bradley Stoke Leisure Centre, running at Yate Outdoor Sports Complex and bike rides from various locations.

A friendly and welcoming club, it's great to see and support each other at various races during the season. We've recently started a 'Park Run' tourist trail and exploring the different runs in the surrounding areas.

Find us on Facebook, Instagram or email membership@northbristoltri.co.uk for more information.



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Use your savings as a force for good

If you're seeking to be more environmentally friendly, it's worth considering the impact your savings can have. One positive and impactful option is to invest in renewable, community-owned energy.

With the launch of their new share offer, Bristol Energy Cooperative aims to bring people together to tackle the climate emergency and the energy crisis. The not-for-profit is seeking to raise £1million in just 12 weeks, to develop more green, clean energy projects across the region, at speed.

When you invest in the energy cooperative, your money will:

- Tackle climate change by funding the delivery of pioneering clean energy projects such as rooftop solar panels on community buildings
- Support local community with cheaper energy bills for host buildings, and raising community benefit funds for local initiatives
- Democratise energy ownership, allowing communities and individuals to feel the benefit of renewable energy generation
- Earn a potential financial return, with a projected 3.5% in this share offer

"The imperfect outcome from COP26 makes bottom-up action on the climate emergency even more vital. By using people power, we can raise money quickly, install more low carbon technologies, and drive a green recovery for the region where locals feel the benefits."

Andy O'Brien, co-founder and director at Bristol Energy Cooperative.

BEC's business model of raising funds has proved successful so far. Set up in 2011, the co-op has raised over £14 million, and developed over 9MWp of solar and battery assets, enough to power roughly 3000 homes. The organisation is an important contributor of renewable energy in the South West, generating roughly the equivalent of 30% of Bristol's solar energy.

It's not only BEC's members that gain from a return on investment. Over the past 10 years, the cooperative has channelled over £300,000 of community benefit payments into local sustainability initiatives, such as community gardens, education and biodiversity programmes. Also, community spaces such as Coniston Community Centre and Knowle West Media Centre have benefitted from cheaper energy rates thanks to the solar installations by BEC, meaning they have more funds to spend on their vital services.

The cooperative currently has 1200 members, but is looking to grow and diversify its membership to help create a just energy transition.

Anyone can invest in BEC's withdrawable shares, from as little as £100. Investors are projected to receive a 3.5% annual return. The share offer is open until 31st March 2022. For more information please see: <https://bristolenergy.coop/share-offer-2022/>

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Pebbles Mean Prizes

Join our pebble hunt to win prizes

Monday 11th to Friday 15th April

Collect 3 or more different decorated pebbles and return them to The Black Sheep to receive a free drink for one child and one adult. Collect all 5 pebbles and receive a voucher for Afternoon Tea, Sunday Lunch or Brunch at the Curious Kitchen.

The pebbles are hidden around four areas:

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

Watch out for clues on Facebook @AztecHotelBristol and @BlackSheep. Kitchen.Coffee and on Instagram at aztechoteluk

(Terms and conditions apply. All pebbles are marked with Aztec Hotel & Spa for identification, prizes are subject to availability).

Contact the events team on 01454 201090 or events@aztechotelbristol.co.uk for more details.

Naturally Inspiring



We are very proud to have our latest (2021) reporting us as being a GOOD 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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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 primary school age swimming classes and Pregnancy Aqua natal classes in lovely warm spa pools in Bradley Stoke, Bedminster and Wraxall.

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 in fact celebrated our tenth birthday in mid January 2022!

Aquatic Harmony run baby to primary age 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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Willow Brook Townswomen's Guild

Willow Brook Townswomen's Guild meet on the second Tuesday in the month at 7.30pm in the Jubilee Centre, Savage Wood Road, Bradley Stoke.

We are a friendly group of mixed aged women who love to meet for a variety of social activities. We meet in the evening to give women who work or have young children the opportunity to attend.

As well as our monthly meeting we also have a monthly Meet and Chat, a Book Club, and Ladies who lunch.

Willow Brook TG has been back meeting in the Jubilee Centre since September 2021 and have enjoyed a craft evening making a book angel; a talk from Jenny Bowen on Christmas in Africa; and our Christmas Lunch and Party (which we really missed last year).

Our 2022 programme is as follows:

- 8 March A talk on owls by Ian McGuire;
- 12 April Easter Craft Night;
- 10 May A talk on Bristol Exhibition of 1893 by Mike Hooper;
- 14 June Party night to celebrate Queen's Platinum Jubilee;
- 12 July A talk on spices by Barts Ingredients;
- 9 Aug Pilates with Helen Abbot;
- 13 Sept A talk on Our Heritage in Song by Robin Burton;
- 11 Oct Bristol Nordic Walkers;
- 8 Nov Christmas Craft Night;
- 13 Dec Christmas Party.

Willow Brook TG would love to welcome you to any of our meetings. For further information contact Jannice on 01454 615040 or visit our Facebook page www.facebook.com/WillowBrookTG



Thornbury Musical Theatre Group is back! In fact, we are "BACK ON THE BOARDS"



Thornbury Musical Theatre Group are presenting their first show for over two years - a spectacular revue, with a selection of songs curated by a new and exciting team.

Musical theatre is bristling with new talent and ideas, and here we are presenting songs from some new works such as Six, Dear Evan Hansen and Matilda, as well as some from more familiar musicals, Annie Get Your Gun, Kiss Me Kate and many more!

TMTG are at Tytherington Village Hall for this show on 7th, 8th and 9th April at 7.30 plus a matinee at 2.30 on Saturday. Tickets at £10 each are available from www.tmtg.org.uk or you can call our box office number on 07516270140.

We have missed you and we can't wait to welcome you all 'Back to the Boards'!



Abbeywood Community School - Envision Community Apprentice

Community Apprentice is, as the name suggests, a practical learning experience for young people. It is delivered by organisations and volunteers drawn from the local community: schools, businesses and local charities, brought together by Envision. They invest in young people and, in return, the young people invest their time back in to the community.

All activities in the 13-week programme are designed and facilitated to develop self-efficacy, social confidence and an ability to work with others. By the end of the programme, young people will have:

- developed communication, determination and teamwork skills through youth-led social action projects to support a local charity,
- built their confidence through interacting with a range of audiences,
- overcome difficulties to achieve their goals and
- raised their aspirations by gaining an insight into the world of work through meaningful encounters with business mentors.

Mr Norris led a group of year 10's from Abbeywood as the Envision Cohort 1 team of Community Apprentices. Working along with Envision Programme Manager Sarah, and Business Mentors from Direct Line Group, Team "Abbeywood for the Children" managed to come up with ideas for a fundraising event which they pitched to various employees at the DLG offices in the heart of Bristol. Whilst gaining the skills and confidence to present and speak in front of an audience of business professionals that they had not previously met, the team have also so far managed to raise a whopping £357 for "The Grand Appeal" and Bristol Children's Hospital.

If you would also like support the students and The Grand Appeal, then please visit their Just Giving Page

[https:// www.justgiving.com/fundraising/envisions-team-abbeywood-for-the-children-charity-challenge](https://www.justgiving.com/fundraising/envisions-team-abbeywood-for-the-children-charity-challenge)

Thank You!



OSR Scouts return in 2022 to some basic scouting skills

At the start of the New Year the Old School Rooms Scout troop got back to do some scouting basics and having fun doing them.

Amongst the sessions were the SS Great Britain education box Boat Afloat where the scouts made floating vessels to see which patrol could design the fastest craft. The SS GB team give you everything you need to run the session including a water pool. All part of STEM week!

The scouts have also done first aid with a doctor and nurse guest speakers and cooking Ready Steady Cook style where they had to come up with a 2 course menu from a bag of ingredients. The smells around the hall were amazing and the finished meals tasted fab too.

Getting the scouts out into the fresh air with some skiing at Mendip Activity Centre and Disc Golf at Ashton Court were activities we've not done before and both were great fun. To finish this report to date the OSR scouts have shown their talents, taken part in the RSPB bird watch weekend and got all tied up with it's a knot out, honing their knot skills. It's been fun and games this half term with so much more to come in March!!



Bouncing into Spring with 1st Little Stoke Scouts

With Covid restrictions finally easing all three sections at 1st Little Stoke have been extremely busy.

December saw the whole group enjoying an online panto of Cinderella produced by ex chief scout and Blue Peter presenter Peter Duncan. This was a delightful way to celebrate what had been an enjoyable but challenging year in Scouting.

All the groups are excitedly looking forward to the whole Brunel District big Airhop Sleepover. Where all three groups will enjoy 3 hours of bouncing, pizza, video games and a film night. All the while meeting and sharing the love of Scouting with other groups within the district. All children attending will receive a special Airhop big bounce badge for their camp blankets.

This term the Beavers have been working hard on achieving their Air Badge, exploring the world of flight, and making their own aeroplanes and pump rockets. The children finished each evening with an exciting 'fly off' measuring each planes distance of flight.



The Cubs section have also had a mixture of online zoom badge sessions, including making lava lamps and magnetic compasses. Recently they all enjoyed an exciting visit to the Patchway Fire Station, where they learnt all about fire safety and all the different equipment needed on a fire engine. The Cubs all agreed the highlight of the evening was getting the opportunity to blast the fire hoses.

The Scouting section have regularly met face to face, albeit originally meeting wearing their face coverings. They have been working hard on team building activities, as after so long not seeing each other the group needed to get to know each other better, especially as the section has welcomed 10 new members during the lockdown period. The group enjoyed challenging themselves to cross the river using chairs, make the tallest spaghetti tower. One of the highlights was the orienteering in the dark at Woodhouse Park. All the Scouts and leaders battled the elements to successful get around the course without getting lost. The Scouts listening skills and co operation were further put to the test last week, the Scouts learnt to use knives to whittle sticks and then cooked their dinner on the fires they started.

As we head into the Spring the Scouts are looking forward to making the most of the outdoors and go Sailing down at the centre of Bristol.

1st Little Stoke now have an exciting website, recently updated by Beaver leader Gemma.

<http://1stlittlestokescouts.org.uk>

If you would like any more information on getting involved with 1st Little Stoke Scout Group, please contact Group Scout Leader Tony Edmonds on 07957 880 503 or email tonyedmonds108@yahoo.com

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Energy Price Cap Rise of 54%

The Government has announced a rise to their price cap, which will impact energy prices for most people in the UK from 1st April 2022.

The increase is driven by a record rise in global gas prices over the last six months, with wholesale prices quadrupling in the last year. It will affect default tariff customers who haven't switched to a fixed deal and those who remain with their new supplier after their previous supplier exited the market.

The price cap allows energy companies to pass on all reasonable costs to customers, including increases in the cost of buying gas. Since the price cap was last updated in August, the current level does not reflect the unprecedented record rise in gas prices which has since taken place.

Under the price cap mechanism, energy companies will be allowed to pass on these higher costs from April when the new level takes effect. This is because energy companies cannot afford to supply electricity and gas to their customers for less than they have paid for it.

Help is available

If you are struggling to pay for energy bills, you should contact your energy supplier as soon as possible. Depending on your circumstances, you may be eligible for extra help



with your energy bills or services, such as debt repayment plans, payment breaks, emergency credit for prepayment meters, priority support and schemes like the **Winter Fuel Payment** or **Warm Home Discount** rebate.

Breathing Space Scheme

This is a scheme to give households time to receive debt advice and find a solution to sort out their debt problems. **Breathing Space** will last for 60 days as long as applicants remain eligible, during which time all creditors who have been included will be informed and must stop any collection or enforcement activity. Once the breathing space ends, creditors will be able to collect the debt in the usual way.

For advice call the **National Debtline** on **Freephone 0808 808 4000** or visit **www.nationaldebtline.org**

The **Citizens Advice** consumer service can provide advice on how customers can resolve problems with their energy provider. You can contact **Citizens Advice** via webchat, or by calling **0808 223 1133**.

Manager Appointed at New Charlton Hayes Nursery

A manager has been appointed at a new day nursery due to open in Charlton Hayes in Spring.

Cherelle Craig will take the helm of the new Mama Bear's Day Nursery & Pre-School which will serve families in Charlton Hayes, Patchway and surrounding areas with affordable, flexible childcare. With 10 years' experience in the childcare sector, both in private settings and Council-managed settings, Cherelle started out as an apprentice before gaining Levels 3-5 in childcare qualifications. Cherelle has most recently acted as a manager for another Mama Bear's setting in East Bristol.



The Charlton Hayes nursery will open its doors to the first families in April, having been purpose-built and fully resourced with new toys, equipment and outdoor play spaces.

The nursery will offer Mama Bear's Flexi-Care option which is aimed at shift workers and freelancers, enabling busy parents to use a flexible booking system to meet the needs of modern life.

Cherelle says she is most looking forward to helping children settle in and training new staff.

"I'm really looking forward to having the opportunity to work with a setting from the very beginning and supporting the owner Tony Driffild in launching this new and much-needed nursery. It means I can have input on sourcing the right resources and helping to embed ourselves in the local community."

"The very best bit of working in childcare is watching the children develop and hit their milestones and I'll be able to do this from the very beginning here, while helping the children settle in. I have a particular passion for SEND provision and I love seeing the positive impact practitioners can have on the children and their families' lives."

Cherelle is now looking to build her team and appoint several positions including nursery practitioners and apprentices.

New staff can expect all the benefits of working for a nursery group including career progression and professional development, excellent rates of pay, free uniform and free lunch. In this case, staff will also benefit from being in a brand-new environment.

Cherelle said: *"I'm really looking to appoint people with a range of backgrounds so we can come together and work collaboratively as a team to initiate new ideas. Settings work best when the whole team bounces off each other and, in the same way I enjoy watching children develop, I also take pride in nurturing staff as they grow and progress as well."*

The 96-place setting will care for children aged three-months to five years from 7.30am to 6pm, all year round and is the 25th nursery in the Mama Bear's Day Nursery group.

Anyone who would like to find out more about a career with Mama Bear's nurseries can visit www.mamabear.co.uk/careers



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- Winterbourne & Frampton Matters • Bishopston Matters

Severn Counties Foreign & British Bird Society - 50th Anniversary Year!

Although not many locals are aware of it, Winterbourne is home to one of the longest standing and experienced cage bird societies in the South West. Founded in 1972, Severn Counties members have kept and bred a huge range of birds over the years and this year is our 50th Anniversary year.

There are approximately 1 million pet birds of various species, from canaries, budgerigars and finches through to larger or more exotic species, and any bird keepers or people considering getting a pet bird are very welcome at any of our meetings, which are held at the Methodist Church Hall in Winterbourne on the third Thursday of each month at 8pm. We cater for all ages and levels of experience, and are particularly glad to see younger people interested in the hobby.

Our meetings may include talks by a member or guest speaker on bird keeping, talks on wild birds all over the world, social events (such as an outing to Slimbridge in the above photo) and many more. We have an annual breeding award meeting for the latest results, which this year will be at the 17th March meeting.

In addition to our regular meetings we have a variety of social events planned for the year, and in November we will be finally restarting our bird show which had to be postponed during Covid. For anybody visiting the Winterbourne Fete in May we will be having a display of our birds for the public, and we will also be putting on displays later in the year at the Portishead Flower Show in July and the Hawkesbury Upton Show in August.

After 2 years of Zoom meetings, I am sure many people will be looking for ways to get out of the house and meet people face to face, and any visitors will be sure of a warm welcome. Our experienced members, several of whom have won prizes at national shows for the birds they have raised, are always available for new keepers in need of advice. The club also has a library of guides to bird keeping covering all sorts of species, from canaries to back garden chickens.

Several of our members give talks to other bird clubs or societies and if anyone is looking for a speaker we may be able to help.

The club can be contacted via our website <http://www.foreign-britishbirds.info/index.html> or email our Secretary Alan Goldsmith at zoovolunteerbristol@gmail.com

Severn Counties Foreign and British Bird Society, Location: Methodist Hall, Down Road, Winterbourne Down, Bristol. BS36 1BN
Time: 8pm, 3rd Thursday of each month



Castell Roc 2022

WELL FOLKS !!!
After the last 2 years, it looks as if Castell Roc - Chepstow's Friendly Festival inside the absolutely stunning grounds of Chepstow Castle - is actually able to take place once again in August 2022 !!



We have some amazing shows lined up, something for all the family, whatever your taste in music!

Since the latest government announcement, tickets have started flying out, so please don't be one of the people who leave it until the last minute and calls into the shop begging me to find them a ticket as if they are sold out no can do. Sorry !! So ... grab your tickets while you can !!

We have 13 amazing shows lined up for you:

THURSDAY 11th - 'Those Damn Crows', 'Mason Hill', 'Florence Black', 'Tribeless' and 'James and the Cold Gun' - five band star studded rock line up

FRIDAY 12th - 'The Craig Charles Funk & Soul Show' - the legendary actor, host & DJ is back!

SATURDAY 13th - 'The Bohemians' & 'Fleetwood Bac' - 2 of the most authentic tributes on one night!

SUNDAY 14th - 'George Hinchcliffe's - Ukulele Orchestra of Great Britain' - who is to blame for the worldwide phenomena of ukulele orchestras and ukulelemania? THESE GUYS !!!

THURSDAY 18th - 'Tankus the Henge', 'Bare Jams' & '3 Daft Monkeys' - unforgettable song writing and spectacular live performances. You are in for a treat!!

FRIDAY 19th - Rock Legends - a tribute to 3 of the best, performed by - 'U2UK', 'Cloneplay' & 'Stereosonics'.

SATURDAY 20th - 'King King', the best Blues band in the world, with support from the amazing 'Cats In Space' & 'Rainbreakers',

"Fabulous scenic venue for an open air concert. Great stewarding, ample standing room with ample specified seating areas. Served quickly at bars"

SUNDAY 21st - 'The Barricade Boys' - these guys are amazing, having all starred in the West End show - Les Misérables and now on their way to Chepstow Castle as part of their world tour !

THURSDAY 25th - The incredible singer songwriter- Newton Faulkner !

FRIDAY 26th - Monsters Of Rock - featuring the incredible 'UK Guns n Roses' (who have now disbanded but are coming together for one last show) plus 'Whitesnake UK' and 'Hells Bells'. What a night this will be!!

SATURDAY 27th - An Amazing 'Twist up Night' featuring 'Si Cranstoun Band' - King of Swing meets 'The Navarones' legends of Ska. 'FABULOUS,- a night not to be missed'!!

SUNDAY 28th - 'Whitney Queen of the Night' the ultimate West End show !!

MONDAY 29th - 'The Shires' - the brilliant country duo return to Castell Roc once again !

And there you have it guys ...

CASTELL ROC 2022 !!!!!

Tickets available: www.castellroc.co.uk

****Just to confirm any tickets bought for shows in 2020 or 2021 are valid for 2022 dates.**



Events at Winterbourne Medieval Barn

Tea and Tours – Thursday 3rd March & Thursday 7th April, 2pm

Enjoy a cup of tea and a short talk about the history of the Medieval Barn, and then explore the recently renovated West Barn and the rest of the site.



Pottery Taster Afternoon – Saturday 12th March, 1pm

Join Brenda from The Pottery Shed to hand-build a round bowl and 'Sgraffito' a pattern of your choice into the glaze. 3 hour workshop costs £50

including all tuition and materials.

Down at the Barn, Leonie Evans and friends – Thursday 17th March, 7.30pm

Singer-songwriter and multi-instrumentalist Leonie Evans hosts an evening of intimate music in the unique and atmospheric setting of the Medieval Barn. Expect to hear an array of languages and her amazing 'Frumpet' (vocal trumpet), in her own songs and pre-war jazz, blues, country, gospel and Latin music. Leonie is joined this month by guest musicians Mohamed Errebbaa and Driss Yamdiah, playing Moroccan gnawa music.

This gig will be seated, cabaret style. Tables can be well-spaced in the magnificent medieval barn, which has plenty of natural ventilation (as pictured above). Bar open at 7pm, music starts at 7.30pm. Free parking on-site. Tickets £10 can be pre-booked online via the Barn website.

Talk: The Hatting Industry and Radical Change – Tuesday 22nd March, 7pm

Hatting was a lucrative artisan skilled trade, and the Winterbourne area did very well when work boomed from the 1760s. Watleys End was built as a 'greenfield' hatting village. The cottage industry delivered economic and social gain for 100 years, but then mechanisation developed which de-skilled the trades. Local hatters resisted this change for decades, with the result that the industry here stagnated, while mills in the north with a more compliant workforce picked up the advantage. Social, economic, political, agricultural and technological reforms during this period were huge, and the fortunes of the hatting industry illustrate how this affected our local history and the lives of people in this area.

Tickets £5 to come in person or to watch the livestream on Zoom (a link will be e-mailed to you at 6pm). Refreshments available. Free parking on site.

The Canterbury Tales – Tuesday 29th March, 7.30pm

The wonderful GreenMatthews return to the Barn to present six of Chaucer's Canterbury Tales packed with colourful characters and strange situations. Taking inspiration from medieval mystery plays, the three-man cast use drama, verse, physical theatre and song to bring Chaucer's characters to riotous life.



This is definitely not a dry academic take on English literature – the show is fast, furious, occasionally filthy and invariably funny! (Please note – the show is unsuitable for under 12s). Tickets £15. Advanced booking essential.

All Barn events can be booked on the website.

Wellness – The Barn also hosts a growing variety of classes, including Yoga on Monday mornings and Wednesday evenings, Tai Chi on a Wednesday morning, and Art of Meditation on Thursday mornings. If you want to be put in touch with the people running these classes, e-mail: contact@winterbournebarn.org.uk.

Available for Hire – The Medieval Barn itself makes a fabulous venue for weddings and big celebrations. The West Barn offers heated, modernised, very well-equipped rooms ideal for meetings, conferences, running classes, workshops, and talks. Rooms are available at an hourly rate, or can be hired by the day. On-site parking is free. For more information contact Hazel, e-mail: hazel.hatton@winterbournebarn.org.uk or phone 0117 403 1536 (nb. she works part time).

Volunteering – The Trust would be delighted to welcome more volunteers. You can give as much or as little time as you would like, meet new friends, and perhaps learn new skills. Volunteers can help out at an event, or be involved on a more regular basis with maintenance, gardening, admin or technical jobs. For more information contact the Trust, e-mail: contact@winterbournebarn.org.uk or phone 0117 403 1536.

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

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

Winterbourne Medieval Barn Trust Registered Charity number 1112908

LIVE AT THE DRILL HALL, CHEPSTOW

After sadly having to cancel the shows booked for January and February at the Drill Hall in Chepstow 2022, we can finally reveal some good news....

We have the 'green light' for the show on **Saturday March 26th** - Yippee !!! so ...

A Night with 'Bob Drury' as 'Neil Diamond' will be taking place !

If you love Neil Diamond and haven't seen this show before, please try and make it as you are in for a treat ! Close your eyes and you would think it is Neil Diamond himself !!

A fantastic show from start to finish !!

For Tickets go to : **www.castellroc.co.uk** or call the box office on - **01291 627122**.

Book your tickets while you can, as they are limited !



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 Stobbar 07714 101354 geoffrey.stobbar@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 Crafters - Every Thursday evening 7.30-9.30pm at Poplar Rooms, North Road, Stoke Gifford. £4 charge includes refreshments. Contact via Facebook page or Zoe Coggon - zoecoggon@gmail.com or 07815 662446

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

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

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

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

Women's Institute (WI) - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact Janet 07845 744351.

Women's Institute (WI) - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

Woodcraft Folk - children's 6+ activity group Wednesdays 6-7pm Jenny on 0117 9093969

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.

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!

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.bsafc.co.uk or contact mlee1@btpenworld.com

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

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

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

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

North Bristol Triathlon Club: Swim, Bike and Run sessions throughout the week around North Bristol/South Gloucestershire. Suitable for all levels. Find us on Facebook or email membership@northbristoltri.co.uk.

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.bscec.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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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

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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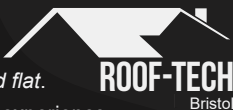
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