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April/May 2022

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Celebrate the Season

Dear Readers....

Spring is here and the arrival of sunshine and blue skies is welcome. Whilst we enjoy this shift in season, our hearts go out to those suffering in Ukraine. Working as a community we can all make small gestures to help. The Willow Brook Centre organised a collection last month and your response in gifting donations was incredible. I'm already being asked (as we went to print) when the next collection is and also how Bradley Stoke can open up its homes to refugees from Ukraine. What a lovely community we are part of.

We have a jam packed issue for you this month, it is lovely to see so many events being planned again across the community and we have included as many as we can for you, from Easter trails to Live Music events and Comedy Nights. Keep your diary free for the Town Council's Festival this year, back after a two year absence and in conjunction with the Queen's Platinum Jubilee Celebrations 3rd-5th June. Have you seen the yellow fish appearing on our streets? Read all about them on page 7. Thought about Volunteering? - see pages 16-17. We have Easter messages from our local Churches, along with services and other Easter events - and so much more besides - 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 May.

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APPEAL**

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Liners open 24 hours every day. *Texts cost £10 and the whole £10 goes to the DEC Ukraine Humanitarian Appeal plus your standard network charge. You must have 1st party's permission. Any donations received after 15th August 2022 could go to our emergency fund. Customer Service number 01204 770 822. Reg Charity No. 1002638.

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Fantastic Community Response to Ukraine Collection

The Willow Brook Centre has been 'blown away' with the generosity of local shoppers' reaction to the collection for Ukrainian refugees held at the centre in 9th-15th March.

Manager of the Centre, Andy Wynn, commented: *"I've been involved with plenty of collections over the years but I've never seen anything like the quantity of donations this has produced in just 6 days, our customers are amazing."*

The team at the Willow Brook Centre have been working hard sorting, segregating and boxing everything up, resulting in over 100 boxes being collected by ABUS UK who are arranging the transport to Poland, about an hour from the Ukrainian border, and then distribution.

The collection had finished as we went to print, although it is hoped the team will be able to work with ABUS UK again in the coming weeks.

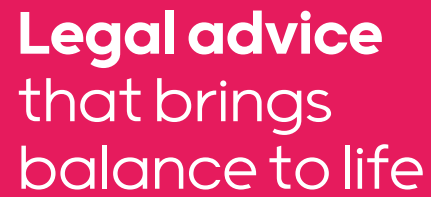
THANK YOU to everyone in our lovely community who contributed to the collection.



Lovely to hear from local Rainbows & Brownies who decorated a window at their hall to support a fundraiser for the Ukraine.

They looked at where Ukraine is on the map and the fact that Brownies are called Swallows over there and they have a different emblem. The girls were amazing, they were all aware of what is sadly happening in the Ukraine at the moment, appreciating that they are all safe in this country, and that just because it's not close it doesn't mean we shouldn't care about the people being affected.





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Did you know that surface drains at the sides of roads lead directly to your local watercourse and not, as many people believe, to the sewage treatment works? This means that anything poured down the surface drain such as litter, car oils or shampoo, weedkillers or mop bucket wastewater can harm river wildlife. Fish, invertebrates and other river life need our help!

Bristol Avon Rivers Trust (BART) have been running an exciting Yellow Fish Campaign to raise awareness and encourage local communities to help improve water quality in the Bristol Frome. They have held a series of Yellowfish events with local schools and community groups. Joined by volunteers in Winterbourne, Frampton Cotterell and Bradley Stoke they have been spraying yellow fish stencils onto the side of storm drains using chalk-based non-toxic washable paint, and also putting up posters and handing out leaflets to help educate people on the fact that storm drains at the side of the road link directly to the nearest river or stream.

You may have seen members of the Bradley Stoke's Green Gym and Three Brooks Nature Conservation Group (main photo) who were out and about in March, concentrating their efforts on the houses that run along the north side of our nature reserve, namely Ormonds Close, Ellicks Close, Kingfisher Close, Tresham Close and (possibly!) Lapwing.

Sara Messenger from BSGG/3BNCG told us: *"Ideally these surface water drains would carry just rainwater into our brooks but they can also take oil, paints, chemical wastes and detergents. These pollutions are not just an eyesore, they often have a devastating impact. Last year we lost hundreds of fish when sewage managed to find it's way onto the nature reserve. While we are too late to save them we are hoping that this campaign will ensure the survival of the aquatic life we have left by explaining to everyone why only rain should go down the drain. The oil from just one car can pollute the area the size of two football pitches; one litre of oil can pollute one million litres of drinking wate; sewage and cooking oils cause the water's oxygen to be depleted and sewage has ammonia which is directly toxic to wildlife and also contains phosphates which can causes 'sewage fungus' to grow on the bottom of our brooks - not ideal for either the brooks or the children or dogs who paddle in it!"*

Although the children's competition to design the poster has closed, Sara would love to see the local children joining in by creating their own fishy chalk masterpieces by the drains in their roads and would love to share the pictures on the Three Brooks Nature Conservation Facebook pages [**@threebrooksnccg**](#).



Youth Groups in Bradley Stoke

Update from Jess Ford, Parish Youth Worker

With covid restrictions gradually easing the churches of Christ the King and Holy Trinity are having great fun opening their doors to the children and families of Bradley Stoke!

I thought it was time for an update on what's going on for our young people!

Our session **Trailblazers** on a Wednesday from 6-7pm at Christ the King is going from strength to strength, we have had great fun with our primary school aged children playing games, doing obstacle courses and learning a bit more about the bible! Biscuit decorating and paper aeroplane competitions have kept us all entertained and the group is well attended, but there's always room for more!

4Mation Youth Group for secondary aged children follows on from Trailblazers on a Wednesday at 7.15 till 8.30pm! The youth have enjoyed pool, table tennis, Wii time, games and spending time together! They often burn off a bit of energy with hockey or football and end the evening with a team game that everyone gets involved with!

A group of us have just attended Geek Factory and spent a few days playing all sorts of computer games and learning more about Jesus and ourselves. We have a Wake Over planned to raise funds for the British Legion and also have plans to start taking some of the young people to The Mix, a Christian youth event once a month at Woodies. Plus, come and ask us about our plans to go to Spree SW, a massive youth camp in June, this should be a really exciting event for all of us that go! It would be great to see your young people at this group!

First Steps toddler group on a Thursday at 10am is flourishing at Christ the King, craft, snack, story, singing and plenty of play all included! **Trinity Tots** on a Monday morning at Holy Trinity would love to see anyone with pre school aged children!

We have a **coffee morning** on Fridays at Christ the King for anyone who fancies a bacon bap, cake and refreshments. Join us any Friday from 9am till 11am.

If you have a child or young person and want to talk to us about the groups available please do contact me, Jess, on **07930 267 089** or ring Dave in the church office on **0117 931 2304** for more details.



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Which do you prefer, Christmas or Easter?

That's not a question about Father Christmas or the Easter Bunny, mince pies or chocolate eggs – but which resonates most with you, the birth of Jesus or his death and resurrection?

I think we probably can all find something in the Christmas story that lifts our hearts, but for many people the Easter story is a bit more of a mystery, so let me put it in context.

When President Putin lined up his forces on the border of Ukraine it was hard to believe that he was doing anything other than playing mind games, but then the decision was made to launch his 'special military operation' with the consequent devastating effect that we have witnessed day by day on the news.

As well as the awful suffering of the Ukrainians there is loss too for families in Russia who had no part in this decision and in time there will be consequences for the rest of the world, not least those already in desperate poverty, as prices of food, fuel and other commodities rise.

And in amongst this, a glimmer of good news – the release of Nazanin Zaghari-Ratcliffe and Anoosheh Ashoori after six years of imprisonment in Iran.

How do we make sense of such injustice, such inhumanity, such suffering and in the midst of it all, is there any hope, can love ultimately triumph over evil?

Church services over Easter provide the perfect opportunity to explore those questions as we reflect on the events leading up to Jesus' death on Good Friday and celebrate his resurrection on Easter Day.



On behalf of all the churches in Bradley Stoke and Little Stoke, I wish you a very Happy Easter!

Rod Symmons
Interim Minister of Holy Trinity
and Christ the King

Easter Services at Holy Trinity and Christ the King

Maundy Thursday 14th April

7.00pm Christ the King
Shared Meal and Celebration of Holy Communion
(Please book via the church websites)

Good Friday 15th April

10.00am Christ the King
A reflective service led by the Archdeacon of Malmesbury

3.00pm Holy Trinity

All Age 'Messy Church' Easter special, for all the family!

Easter Day 17th April

10.00am Christ the King and Holy Trinity
Family celebration at both churches

Hoppy Spring Fun!

Come and join us at Bradley Stoke
Library for free craft activities



Friday 22nd April
10:30am - 11:30am
Limited spaces available
Age 4 - 11 years

To book please email:
bradleystoke.library@southglos.gov.uk



Easter Hope

It's been a difficult few years for everybody: a pandemic, fears of wars and rising cost of living along with the usual challenges we all face. Just as after long, dark winters, we look for hopeful signs of spring and the Easter bank holiday weekend, the message of Easter brings not only hope for this life, but beyond as well.

Christians don't pretend that they're immune from suffering, difficulty, depression or worry but through Jesus and knowing his love and constant care we have hope. Sometimes we would all rather God just fixed the world so there isn't any suffering, but that would make us robots; if we believe there is a God, we should let him sort it His way.

Jesus came into our broken world. A world in his day that knew much sadness and suffering and a nation that was under enemy occupation. Throughout his life he offered people hope for this life and eternity. He made some big promises but he also backed them up. Through his death Jesus dealt with our greatest problem – the sin that separates us from a holy God. Through his resurrection he proves that he can lead us through death to life with God.

That might seem a bit far-fetched, a bit of a fairy tale to you, but many Christians across this world, in far worst situations than us, have found Jesus to be their source of peace, joy and hope in this life. You may immediately have lots of questions that I can't answer in these few sentences but may I encourage you this Easter to take some time to consider some of the answers.

Why not visit one of the local churches over the Easter break? Why not tune in to watch some online?

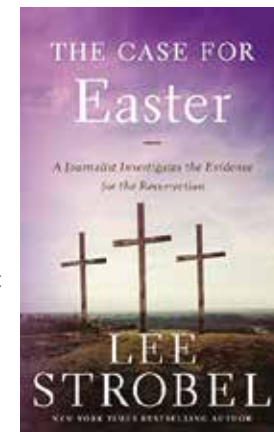
Or maybe you would like this book – 'A Case for Easter' (pictured) written by a Journalist who, when he started his research, was an atheist; but when he finished he had found peace and hope with God.

If you would like a copy of this book for free, no strings attached, email me and I'll drop it in.

Tim Sunderland
tim.sunderland@bsec.org.uk
Bradley Stoke Evangelical Church
www.bsec.org.uk

Join Us this Easter:

Good Friday Service 10:30
Easter Sunday Services 10:30am
and 4:00pm.



International
Dawn Chorus Day



Dawn Chorus Walk

6.00am – 8.00am Sunday 1st May 2022

Sunday is International Dawn Chorus Day so why not rise early and join us in celebrating the dawn chorus, nature's joyful daily wake up call. The walk is Free to the public and will be led by our own experienced birders, Rob and Robin who last year identified over 35 different birds.

Wear warm clothes and stout boots and bring binoculars if you have them. Please note that this is a walk in the natural environment and will include muddy and / or uneven ground and steep slopes.

No dogs please as they scare the birds away.

Meet us outside Bradley Stoke Leisure Centre front door a few minutes early as we will be heading into the reserve at 6:00am sharp.

If you are coming by car, please park in the Willow Brook Car Park as the Leisure centre car park will be locked at that time.

Eventbrite bookings :
<https://www.eventbrite.co.uk/e/dawn-chorus-tickets-301370857347>

Or for more information email us on: events@three-brooks.info



Bradley Stoke

Easter Egg Hunt

in support of



Get your bunny ears at the ready

We are super egg-cited to announce that our popular annual Easter Egg Hunt is back for 2022!

Follow the trails to find the hidden letters displayed on decorated Easter eggs around Bradley Stoke & see if you can spell out the Easter phrase or words! Bring your completed trail answer sheets to us at the Brightwell & receive your child's Easter *surprise.

*(one Easter surprise per child per completed trail pack)

Scan me!



£5

per family trail pack!

Each pack includes 5 trails, & a fun photo opportunity upon collecting your surprise!

Maps available to purchase from 28th March 2022

Tag us - we'd love to see your photo's!
#BrightwellEggHunt2022

A space for you at the heart of Little Stoke

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 **Thursday mornings** 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 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.

Little Stoke Baptist Church, Kingsway, Little Stoke, BS34 6JZ 07878 255901



Volunteering Drop in sessions are restarting at Bradley Stoke Library

from 26th April

on the 2nd and 4th Tuesday of the month 1-3pm

If you are interested in finding out what volunteering opportunities there are locally, or if you are a local group looking for volunteers, pop in and see us.

Contact:
volunteeringpfs@southernbrooks.org.uk

Queen's Platinum Jubilee celebrations

Bradley Stoke Town
Councillors would like to
invite residents to the
2022 Community Festival
3rd - 5th June 2022



Keep an eye out on social media for more
information!

LITTLE STOKE BAPTIST CHURCH INVITES YOU

Search for Easter Community Treasure Trail
starts 10th April (see Facebook page)

Good Friday communion 15th April 10.30am

Community Funday 16th April 10.30am

Easter Sunday Celebration 17th April 10.30am

MAY YOU HAVE
A MEANINGFUL EASTER



Easter Holiday Pebble Hunt : Monday 11th - 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 Field



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 & Sp for identification, prizes are subject to availability).

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

Charity Football Match: Wednesday 27th April Clevedon Town FC Hand Stadium 19:30 Kick Off

Free Entry to watch West Country football legends such as Chris Weale Byron Anthony Steve Tully Chris Hargreaves Lee Peacock Chris McPhee Scott Murray Jim Rollo Jamie McAllister Nick Crittenden take on representatives from local charities and grassroots organisations such as @sandsunited @talkclub @redfslconfc DADSVDADS @suicidepreventionbristol @RecoveryThroughSport



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



FIND US ON FACEBOOK:

Bradley Stoke & Little Stoke Gifford Matters - Facebook/BSMatters

Community Matters: Could you help out and join these local volunteers?

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



"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.

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 above) 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."

"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 centre left) 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



VOLUNTEER
and help to make a difference

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.

the brightwell
a partnership of
MS NARFOS

Brightwell House, Wheatfield Drive
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info@thebrightwell.org.uk
www.thebrightwell.org.uk

Bradley Stoke Library
What's on in April

| Staffed Opening Hours | Rhyme Time |
|---|--|
| Monday: 10:00 - 18:00 Tuesday: 10:00 - 18:00 Wednesday: CLOSED Thursday: 10:00 - 18:00 Friday: 10:00 - 18:00 Saturday: 09:30 - 12:30 Sunday: CLOSED | Limited spaces available To book your place, pop-in or email your name and phone number to: bradlevstoke.library@southglos.gov.uk Monday 4th April 10:45-11:15 Monday 11th April 10:45-11:15 Monday 25th April 10:45-11:15 |

Happy Spring Fun!
Come and join us at Bradley Stoke Library for free craft activities
Friday 22nd April 10:30am - 11:30am
Limited spaces available
Age 4 - 11 years
To book please email: bradlevstoke.library@southglos.gov.uk

Easter Half Term
Drop into the library during Easter half-term (11th – 23rd April)
to pick up a themed craft bag along with your books!

Lego Club
Friday 29th April 4pm – 5pm
Join us for a theme-based creative building fun for primary school aged children.
Free activity. All children must be accompanied by a grown-up.
See our Facebook page for details or www.southglos.gov.uk/childrenslibrary
Advanced booking essential
To book your place, pop-in or email with your name and phone number to:
bradlevstoke.library@southglos.gov.uk

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.

Our team are based at our Henleaze Road office and can be contacted on 0117 9621205 or by email at info@amdsolicitors.com.

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Telephone us on (0117) 962 1205 or visit our website www.amdsolicitors.com

Hello readers!

If you are thinking of opening up your life with a safe, open-air activity among friends, then Green Bowling could be the answer!

Bradley Stoke Bowls Club will be resuming play in April and welcome new members, especially beginners. All you need is yourself and a pair of flat shoes. The Club will provide gear to give you a taster session under friendly guidance.

No harm in coming along and giving it a go!

Bowling is great fun with your choice of how much time you spend.

The Club plays on afternoons and early evening, but members may opt for morning "roll-ups:" with friends.

You may settle for relaxing happy games or aspire to intensely competitive League contests.

We can be contacted by email bsbc.infoyou@gmail.com or visit www.bradleystokebowls.com



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Spring is a time for new beginning!

Why not try something new and join the volunteers at Bradley Stoke Radio to learn new skills, make friends and support a local community group in providing on and off air entertainment and information to the whole Five Stokes area.

We are actively looking for adults over 18 with interests in radio or music and their locality to help make programmes for the community.

Bradley Stoke Radio broadcasts across the North Bristol area on 103.4fm, online and DAB in the centre of Bristol with further DAB coverage coming soon. We broadcast 24 hours a day and have a wide range of music and community interest programmes.

We attend events in the community providing PA, music and live broadcasts. We would love to hear from anyone who would like to be involved on and off air. We have a need for daytime weekday and weekend presenters, assistants and interviewers. All training, equipment and mentoring will be provided.

If you think this maybe something that interests you and you are able to make a regular commitment to Bradley Stoke Radio, please do get in touch at admin@bradleystokeradio.com





Get help to appeal disability benefits decisions

Have you had your PIP or ESA benefit claim turned down? If so, you're not alone. Many people who apply for Personal Independence Payments (PIP) and Employment Support Allowance (ESA) benefits are having their claims unjustly refused. This, despite suffering from serious health problems.

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

Our experienced advisers can provide one-to-one support to help you challenge the decision and appeal. This includes gathering evidence and preparing the paperwork for your case. They can even be there with you at the tribunal hearing, making it less stressful. North Bristol Advice Centre's overall success rate at appeal is around 90%.

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

Tel: 0117 951 5751 or visit: www.northbristoladvice.org.uk to arrange an appointment by phone, or face-to-face in Lockleaze and Patchway each week.



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Life Coaching, Counselling & Psychotherapy – for mental and emotional health and wellbeing

Seeking help, in the form of Life Coaching, Counselling or Psychotherapy, may seem like a daunting prospect. Yet, it can actually be a very important positive avenue to take, one that has the potential to transform your life. Whether you are struggling with stress, anxiety, unhappiness, or crisis, it is perfectly acceptable to need some professional help in order to find the best route

'Talking' therapies, such as Life Coaching, Counselling and Psychotherapy, can help with many difficult life problems - from coping with traumatic experiences and events, to dealing with depression and anxiety or managing strong emotions and behaviours.

What Is The Difference Between Life Coaching, Counselling & Psychotherapy?

- Life Coaching – provides assistance and guidance to help make, meet and exceed personal and professional goals.
- Counselling - targets a particular symptom or problematic situation and provides valuable suggestions, guidance, advice and support for dealing with it.
- Psychotherapy - focuses more on gaining insight into chronic physical, mental and/or emotional problems.

Bradley Stoke resident Kat Day has over a decade of professional experience as a compassionate and highly empathic, fully qualified Life Coach, Counsellor & Psychotherapist. After healing herself of chronic illness back in 2010 she has been guided ever since to help others transform and heal themselves too. She offers 1:1 sessions from her private practice room located along Gloucester Road in Bristol, and Skype sessions for her clients worldwide.

"I am so grateful for the safe compassionate space that Kat held, allowing deeper acceptance of myself and freedom from destructive self beliefs. Kat reminded me of my light and power and as a consequence I have found more peace and belonging in the world."
 Rebecca

For bookings and enquiries, you may contact Kat direct:
 Tel/Text: 07866 760 661 or email:
kat.starlightsoul@gmail.com

To find out more about Kat and her services visit her website:
www.starlightsoul.co.uk



Special offer for readers:
10% off of your first 1 hour session.

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

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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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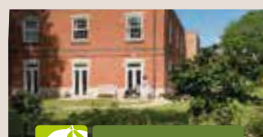
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'ESCAPE Pain Courses' Available at local Active Lifestyle Centres

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 benefitted 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.

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1st Bradley Stoke Scouts Bounce Back!

The start of March saw the first of three planned events across the Brunel Scouting District at Airhop, providing an opportunity for young people and their leaders to reconnect, have fun and have a sleepover. This first event was for 250 Scouts and Explorers with 1st Bradley Stoke sending over 70 of its Scouts and leaders. There are Beaver and Cub events planned as well.

After a bit of a queue to get in, get your socks, stash your sleeping bag and a safety briefing, we then had several hours of bouncing and organised games. Whilst disappointed that we had to stop – some really did want to bounce all night – pizza arrived and everyone got distracted eating. This then slowed everything down ready for sleep although many didn't sleep much and quite a lot of leaders didn't get to sleep at all! After the official wakeup call and breakfast, there was more bouncing until everyone was picked up by 9AM. There have been many stories of young people going to sleep as soon as they got home and not waking up until the next day!

And a good number of leaders ...

This wasn't a traditional event but our adult volunteers aren't at all traditional. You don't need to have a background in Scouting and actually, thinking differently is what we need. 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. We are particularly keen to recruit Cub and Scout leaders at this time as well as a Group Scout Leader (who manages the whole Group).



Happy Faces as inter-school challenges recommence!

Much fun was had when OAT hosted their first Olympus Academy Trust Primary Swimming Gala in March at Horfield Swimming Pool.

There are six primary schools currently within the Trust, Bradley Stoke Community School, Meadowbrook Primary School, Stoke Lodge Primary School, Filton Hill Primary School, Charborough Road Primary School and Callicroft Primary Academy. Each school entered a team of 8 swimmers from Years 5 & 6 who competed in a range of formal and informal races.

This was the first event for a long time in which the primary schools have competed against each other and it felt like a real celebration of sporting performance.

Bradley Stoke Primary School were the overall winners of the event but we would like to thank all of the participants involved who swam so well.

We look forward to hosting the event next year!

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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 also love inviting specialist people into our setting. Recently we have been visited by a Sports Coach and a Zoo Lab (see photos)! The children benefit greatly from such opportunities; in these two instances practising their motor skills whilst having fun and then extending their learning regarding animals.

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.

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

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Student Volunteers back at local Woodlands

Local woodlands Splatts Abbey Wood and Sims Hill Community Woodland have restarted their activities and are looking forward to the future with great enthusiasm.

The UWE student Green Volunteers and University of Bristol student volunteers did a recent training session / workday at Splatts Abbey Wood, and there are future workdays planned at both Splatts and Sims Hill. The Forest of Avon Trust, (FoAT), provided the training, led by Anna Brunton. This is the result of a long standing partnership between Splatts Abbey Wood Conservation Group, Sims Hill Community Woodland, UWE Students / SU at UWE and South Gloucestershire Council, (SGC).

The historic Splatts Abbey Wood is sited beside the MoD and Cheswick Village and is near to the University of the West of England, UWE, Frenchay Campus.

Faith Terry-Doyle of the SU at UWE commented: "I am absolutely thrilled to be able to offer this fantastic opportunity to students at UWE, where they can spend time in nature, connect to this beautiful local woodland and gain valuable hands-on skills in conservation."

Paige Blake, UWE Student and member of the student-led Sustainability Committee fed back: "Despite the weather it was brilliant to be out in the woodland, learn new skills and work to help encourage new growth. It was great to see the difference our hard work made to the area, especially our construction of a fence from the felled trees."

The Sims Hill Community Woodland is sited around the Bristol Business Park, opposite the main UWE entrance. Sims Hill Community Woodland group is delighted to again be part of the renewed partnership.

Olivia Fitzgerald from the Sims Hill committee said: - "We are heartened by the partnership between Splatts Abbey and Sims Hill woodland groups and the students. It was great to see so many young people keen to

engage with their local woodlands and help maintain a precious green space for local people."

Isabelle Plummer recently joined the Splatts Abbey Wood Conservation group and has brought her skills to the woodland group. She said - "Since joining the committee in Summer of 2021, I have been involved in a series of projects for the benefit of the woodland. I've been able to lend my skills in communications to help shape and refine our projects and lend resource to an already passionate committee, devoted to keeping this historic woodland in existence. In 2022 we're making progress in engaging the local community and continuing relationships with UWE and sister woodland Sims Hill. I can't wait to work on these projects and I personally hope we can educate residents on the importance of this fantastic woodland on their doorstep."

Two Bradley Stoke residents, Fred Hillberg and Andy Ward, serve on the Splatts Abbey Wood Conservation Group committee.

Splatts Abbey Wood Conservation Group can be contacted at splattsabw@gmail.com

Follow us on Facebook (Splatts Abbey Wood Conservation Group) and Twitter (@SplattsG) for the latest updates and to get involved.

Craig Thayer

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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 continues as follows:

- 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'!

Love Flowers? Or Interested in Flower Arranging?

Perhaps this this could be for you!

Severn Vale Flower afternoon club are moving out of Thornbury to hold an Open Evening Meeting for members, friends and visitors on **Monday 11th April at 7.30pm**. This will be held in the Olveston & Tockington Parish Hall, Upper Tockington Road Tockington BS32 4LQ.

Our speaker and demonstrator will be Pam Lewis, a former blacksmith, sometimes described as a bit of a floral Pam Ayres. Pam is very down to earth and has a wonderful sense of humour and will not only demonstrate the many aspects of flower arranging and floral art but will also show how much fun as well as enjoyment can be involved too. **Tickets are £12. and can be purchased by ringing 01453 811089 or 01454 885213.**

Cannot make this date? How about visiting us on the 2nd Monday of the month at St Mary's Church Hall, Eastland Close, Thornbury at 2pm (admission is £6) for our usual afternoon flower arranging meeting. It could be a start of a new, creative & fascinating hobby for you! For further information email ssjittaylor@hotmail.co.uk



Future Dates:

Monday 25th April- Practise Class 2pm "Welcome to Baby (Your choice of style)

Monday 9th May- Ruth Milton 2pm "My Home" Competition "Wedding Time"

Monday 23rd May- Practise Class 2pm "Supermarket Bonanza" (not just tins)

Monday 13th June tba

Monday 27th June- Practise Class 2pm – "A Midsummer Night's Dream" (Use your imagination)

Monday 11th July- 2pm Members Day & Competitions

Monday 25th July – Practise Class 2pm – "Sapphire Anniversary" (your choice of style)

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A MONTH OF HIGHS AND LOWS

It has been a difficult month for many of our players and coaches as we learnt of the news of one of our former players Sam Polledri who passed away this month. In honour of Sam we have retired the number 13 shirt he played in when representing St Mary's for the rest of the season and a minutes silence was held in all our games. Many of Sam's friends will be attending his funeral on March 25th and we will miss him greatly. Our thoughts are with the entire Polledri family.

With only a few games remaining both our Senior Men's and Ladies teams are still in the mix at the top end of their respective leagues.

We have had a number of good games and particularly enjoyable was a victory against United Bristol Hospitals where our full back Will Redwood can be seen scoring a try.

Our Men's team are currently in third place in Gloucester 1 South and have also reached the final of the Bristol Combination Bowl competition where they will play our Bristol rivals Whitehall at the Lockleaze Sports Centre on Wednesday April 20th at 7:30pm. This will be particularly interesting for our Men's coaches Eddie Smith and Ryan Price who have made a great start to coaching St Mary's after COVID after leaving positions coaching Whitehall pre pandemic. We have previously won this competition back in 2014-15 when we beat Ashley Down OB in the final. Our record against Whitehall this season demonstrates how well matched the sides are. We won our away league fixture with the last play at their place and were held to a 10-10 draw at ours only last month. It promises to be a great match.



Our Ladies team after leading the league for much of the season have ceded first place to our local rivals North Bristol after coming unstuck away v Bath Ladies 2s losing 21-17. We now need North Bristol to slip up in one of their remaining



Will Redwood scoring for St Mary's v United Bristol Hospitals

fixtures which given their form this season is highly unlikely. This is hugely disappointing for our players and coaches, especially as we are having to say goodbye to our Ladies Head Coach Rich Hynes, who is leaving us at the end of the season to join the Bristol Bears High Performance Centre.

We are actively recruiting for a new Ladies Head Coach and you can find details of the post and application process on our website.

We were honoured and delighted to host the Gloucestershire RFU's Under 10 Festival at Trench Lane on March 20th. We welcomed over 40 teams representing 27 Clubs from across the County. The following Clubs were represented:

Bredon Star; Broad Plain; Brockworth Badgers; Caincross; Cheltenham; Chosen Hill FP; Cinderford; Cirencester; Cleve; Clifton; Dings Crusaders; Dursley; Gloucester Old Boys; Frampton Cottrell; Gordon League; Hucclecote; Kingswood; Longlevens; Minchinhampton; Old Cryptians; Old Patesians; Painswick St Mary's OB Stroud; Tewksbury Tetbury and Thornbury.



Gordon League on the attack v Old Patesians at the GRFU Festival

It was a beautiful day for rugby and we were pleased to be able to host so many Clubs, players and supporters at St Mary's. I'm hopeful that we will have equally good weather for our own Festival on April 10th – if you want to sample a great day with our Rugby family please come along – there will be plenty to do as well as lots of Rugby across all our age groups.



Update from Bradley Stoke Town FC

It has been a busy few months at Bradley Stoke Town FC.

We are delighted to announce that Bradley Stoke Town FC will be competing in the Sunday Bristol Premier football league. This takes the club to 7 adult football teams playing over 5 leagues. It's great that the club is expanding and providing a good base for local football.

Behind the scenes of Bradley Stoke Town the committee work endlessly ensuring that the Club runs smoothly, also that football is available in the community. The club has secured our annual spot at the Bradley Stoke Town Festival on 4th June, providing the bar service along with Bradley Stoke Cricket team. The Club has also secured £500 Grant Aid from Bradley Stoke Council.

The Club have secured new football kits for all teams for the 2022/23 season. To top this all off, Bradley Stoke players and Committee members also joined in with the Bradley Stoke Big Spring Clean in March (see photos). It's great the players and the players can contribute their time into the local community

We now enter the latter end of this season and across all teams we have 16 fixtures left. We still see teams disbanding from the leagues - this has affected mainly our A team who have finished their season a month early.

John Welsh is still seeking promotion hope by winning the league. The Firsts sit one point behind St. Nicholas who top the table. Over the past few weeks there have been some bad results when the Firsts could have had a comfortable lead, however it looks to be a close but entertaining end to the season with 4 teams still in the promotion chase. The First team have had a solid season with some new players that



have strengthened the team. With four games left it's going down to the final few games!

George's Reserves sit comfortably in the table, with five games left. The Reserves sit sixth in the league with a 10-point gap between seventh. If the results go the Reserves way there is still chance to finish third, which will be a fantastic finish.

Chris Evans return has created a spark within the A team. Chris has improved the squad and the results have shown this. The A team bounced back towards the end of the season. Division two unfortunately lost 4 teams which has caused the season to finish early.

Andy Turner has taken the B team to another level. The B team currently sit in second place on 53 points. It's been a fantastic season and with two games left, promotion to division three looks to be on the cards, however its still tight between the top three.

Kieran Jones is still doing a delightful job managing the C team. With three games left the C team will complete their first full season. There have been a lot of new players over the season that will make next season's team much stronger and competitive.

Bradley Stoke Town are on the lookout for new players for the new season to strengthen the club and take the club to the next level. If you are interested in joining or finding out more, please head to the website: www.bstfc.co.uk or get in touch by e-mailing bstfc2005@gmail.com

All remaining fixtures can be found on the website <http://www.bstfc.co.uk>

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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.**

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 a fleetwood mac tribute



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Local Clubs and Groups in and around Bradley Stoke, Little Stoke and Stoke Gifford

BABY AND TODDLER GROUPS

Beehive Baby and Toddler Group, The Old School Rooms, Stoke Gifford. Thursdays 10-11.30, term time only. Church office 0117 9692486.

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 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.

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

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 your details have changed, please let us know at

community@mattersmagazines.co.uk and we will update it +for you!

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@btoopenworld.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, www.holytrinitypri.com

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.stmichaels.org.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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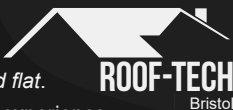
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