

Little Stoke Gifford *Matters*



March 2023

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Dear Readers....

Spring is finally here – we hope! As I write this I am taking a moment to enjoy the sun streaming through my office window, basking me in its warmth. I think we are all ready for more sunshine and lighter evenings.

There's no doubt that March has a definite spring in its step, with celebrations aplenty in the shape of St David's Day on the 1st, St Patrick's Day on the 17th and Mother's Day on the 19th.

Amongst a very jammed packed community issue this month, we have an interview with Cllr Brian Allinson as he contemplates standing down after over 50 years of community service. Foodies Festival is coming to Little Stoke in May, which sounds very exciting having previously been held on Clifton Downs. We have news from Abbeywood during Children's Mental Health Week held in February and something very much for the men in this issue as we bring news of Andy's Man Club a nationwide, weekly club for any man to attend for free, with no referral needed. Its mission is to support men and let them know it's okay to talk.

Please enjoy everything this issue has to offer and don't forget that the clocks "spring forward" on Sunday 26th March.

JaCi x

If you are a business looking to promote your services across the Stokes in 2023 do get in touch - deadline for the next edition is 10th March.

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Matters Magazines Ltd, 130 Aztec West, BS32 4UB
Co Regn No: 8490434

The Bradley Stoke, Little Stoke and Stoke Gifford community matters magazines are independently published and delivered FREE to homes (c 16,000 copies) in Bradley Stoke, Little Stoke, Stoke Gifford, Stoke Lodge and the edges of Patchway (to the A38 border) and Harry Stoke. The views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in August of 2005 we have used many of the services ourselves). Any feedback or experience is welcomed.

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Local Bowls Club Invites New Members

Stoke Gifford Trust Short Mat Bowls Club is a friendly, local, indoor bowls club which is encouraging more local people to give the game a try.

Members of the Stoke Gifford club meet to play bowls three times a week (on Monday, Tuesday and Friday afternoons) in the Trust Hall on North Road. The club has been running for over 30 years.

Short Mat Bowls is a highly enjoyable, indoor version of full length flat green bowls, which is played – as the name suggests – over a shorter distance.

In 1991 the club became one of the first regular activities to be held in the newly opened Trust Hall. Because the game is weatherproof, members gather to play all year round. New players, experienced or beginners, are warmly welcomed and club regulars are always happy to explain the rules and techniques to newcomers. There is a minimal cost per session, which includes refreshments half way through the afternoon.

The club has recently created a new Facebook page to make information more accessible to potential members. It can also be contacted by emailing stokegiffordbowls@gmail.com or by phoning **0117 330 5487**.

The Trust Hall is located next to the playing fields on North Road, Stoke Gifford, BS34 8PE.



The Filtones Choir was pleased to host their first public concert in three years this Christmas. The concert was well attended and the audience generously donated a total of £200 to their chosen charity "Sense".

The choir prides itself on its fund raising efforts and the members are delighted to be able to return to public concerts after so long a break.

Pictured are two representatives from the charity "**The Sense Family Centre**", Woodside, Kingswood together with some members of the Filtones' Committee.

Sense provides short breaks for children with multi-sensory impairment and complex needs across Bristol and South Glos.

Over 50 Years in Public Service - Cllr Brian Allinson

This month I was delighted to meet with Cllr Brian Allinson in the lovely surroundings of the Old School Rooms Coffee Shop on the green in Stoke Gifford.

Brian, now 78, has spent over 50 years in public service and feels that the time may have come for him to finally 'hang up his hat' at this year's May elections.

Brian moved to Stoke Gifford from Longwell Green in 1984 and immediately loved the green open spaces and friendly, inclusive community feel. At the time he was a senior police officer where he spent 30 years of his career, eventually retiring as Superintendent in 1998.

With a love of Filton airfield and an early experience of flying, the development of a Police Air Support unit became a passion for Brian, eventually leading to a second career for him as an International Police Air Support advisor resulting in much international travel.

At home in Stoke Gifford Brian says he and his wife Paula have been busy populating the area! With two daughters, Julie and Esme and his son Jeremy, he now has 7 grandchildren, both daughters with 5 of his grandchildren still living locally in the village. Jeremy is in the RAF having carried on his father's love of helicopters.

In 2001, through the Royal British Legion and encouraged by his friend, the late Brian Hewitt, Brian was elected as a local Councillor, a role he is still active in and has now held for over 20 years - in fact he is the longest serving Parish Councillor. One thing he loves about the local parish council is that it is apolitical with a lovely positive community spirit and focus on getting the jobs done around the area. Brian's focus has always been on the maintenance of the parks and local roads - keeping the infrastructure going as it should be. His latest quest is the lack of visible white paint on the local road markings.

He also took on the role of South Glos District Councillor in 2003 which saw him participating as a cabinet member for Planning and Transport which regularly took him up to London. *"There is rarely a day when I am not doing something on behalf of the Council and community"* Brian told me.

At the forthcoming local elections in May he has decided to stand down from his role in the District Council and also in the Parish Council (although there has been some attempt to persuade him to at least stay on in the latter). He does wonder whatever he will do with himself if he gives up both roles! He tells me he has no regrets and has really enjoyed his time to date. He would encourage anybody thinking of standing for the local council to do so - *"It is a really interesting role and one that you can feel you are doing something positive for your community. It's a caretaking role, party politics are irrelevant at this level, it is about the people and the community."*

Brian has so many fascinating tales to tell about his life experiences through the forces and his later travels with the police air support unit. He recently documented them in his book "A Long and Winding Beat" which was initially intended as just a memoir for his family and friends but external demand has initiated a further print run. If interested you can order a copy directly from Brian for £11.99 - brian1002allinson@icloud.com

Whether Brian decides to stand again at the local May elections or if someone else is encouraged to stand in his shoes, I think we can all be grateful for Brian's long service to our local community. Thank you for your long and continued service Sir.





STOKE GIFFORD

PARISH COUNCIL

Stoke Gifford Parish Council Meeting Dates, 2023

Meetings will be held on a Tuesday, taking place at 7.30pm unless stated otherwise, but may be subject to change. Please refer to the noticeboards and Parish Council Website. Venue: Little Stoke Community Hall (BS34 6HR)

FULL COUNCIL (Second Tuesday of the month)	PLANNING AND TRANSPORTATION COMMITTEE (Fourth Tuesday of the month)	FINANCE AND GENERAL PURPOSE (Second Tuesday of the month)
11th April	28th March	14th March
9th May (Annual Meeting)	25th April	11th July
13th June	23rd May	12th December
12th September	27th June	
10th October	25th July	
14th November	26th September	
	24th October	
	28th November	

RECREATION AND LEISURE COMMITTEE (Third Tuesday of the month)
18th April
18th July
17th October



Community Litter Picking

Wednesday 19th April 1-2.30pm,
Little Stoke Community Hall, BS34 6HR

Do you have a few hours to help tackle litter in our local area / park space? If so please join us! A hot drink will be provided before we set off. All equipment will be available and together we can identify litter problems and make our parish a cleaner one. The more the merrier. Why not make your walk have a purpose! All welcome!

For further information please contact the Parish Office 01454 865202
Community Hall, Little Stoke Lane, BS34 6HR

New Team Members

Following a turbulent year in 2022 where we lost two members of the grounds team in relatively short succession, we went through a period of time with reduced staff. This meant the overall workload was obviously cut back slightly and we weren't able to get to as many hedgerows as we'd like during the seasons. All credit to the Head Groundsman who has ensured that all the parks and recreational spaces have remained in a very good condition, ensuring local residents are able to visit the parks and able to enjoy the excellent green spaces we have within the parish.

We now have two excellent recruits in Andy Slade and Martyn Rendell (pictured right) who have been working together since the end of 2022 and into the start of this current year. They have both obtained the small tree fell cutting qualification which is an intense 5-day course in the Mendips, and this has already been of benefit with both lads cutting down many dead trees and some more major hedgerow cutbacks. This reduces the amount of work we need to outsource to external contractors saving the parish some much needed pennies.

Both Andy and Martyn are local lads who also use the play facilities with their own families, so they have invested interests to keep the parks and play spaces to a high spec!



Foodies Festival Bristol is coming to Little Stoke Park - 12th, 13th, 14th May 2023

The UK's most popular food and drink festival is coming to Little Stoke Park, Bristol! Expect a huge celebration of food, drink and live music! Get top tips from top chefs, find your new fave tippie in the drinks tastings and enjoy lots of family friendly attractions including fair rides and inflatables.

Visit the Foodies Festival website [foodiesfestival.com](https://www.foodiesfestival.com) for further details and to buy tickets.

Quote from the Parish Clerk (John Rendell): "I am really pleased to get this one over the line, bringing the top performers in music, food and drink to the parish of Stoke Gifford! Foodies Festival is a nationally known festival, previously held at the Clifton Downs over the past 19 years.

"Celebrities, including Martin Kemp, Toploader, Sophie Ellis-Bexter, Blue and Scouting for Girls, will be performing on the stage, along with Celebrity Chiefs cooking up a storm so we look forward to the event showcasing our fantastic facilities at Little Stoke Park."

Andy is very hands on and has a methodical approach to the workload which is working well with the forever growing maintenance schedule being adhered to. Martyn worked for 16 years at Coombe Dingle Sports Complex, and more recently as Head Groundsman at the new Bristol Rovers Football Club quarters training ground for the past two years - and if anyone has seen those sports pitches they will know the elite level Martyn is used to working to.

They both complement each other well and with the amount of grounds/horticultural work required within our parish boundary I look forward to seeing them working together along with the Head Groundsman for the foreseeable future where lots can be achieved.

Volunteer Tree Planting

The Forest of Avon Trust is partnering with the Stoke Gifford Trust to plant a new hedgerow around the playground and some large specimen trees at the top of the field at the Stoke Gifford Trust Hall, North Road, Stoke Gifford.

Planting will take place from 10:30am until 2:30pm on the 4th March.

No experience needed, all training and tools provided, just bring sturdy footwear, clothes you don't mind getting muddy and waterproofs. We'll be stopping for lunch around midday so bring something to eat. Your help is greatly appreciated.

Book a slot via the Parish Council website <https://www.stokegifford.org.uk/news/>



Local Ladies invited to come and meet new friends at the Willow Brook Townswomen's Guild

Willow Brook Townswomen's Guild is a very friendly group of mixed aged ladies who like to have fun and enjoy the camaraderie and friendship that goes with being a member of Townswomen's Guilds, which is one of the largest women's organisations in the UK with around 400 Guilds and 12,000 members.

During 2022 the WBTG has held a variety of events. The Tuesday meetings included: talks on Owls; the Bristol Exhibition of 1893; Herbs and Spices; our heritage in Song; two craft nights; two party nights celebrating the Queen's Jubilee and Christmas; and introductions to Pilates and Nordic walking.

WBTG also run a Book Group, a Ladies who Lunch group, as well as a Meet and Chat Coffee morning. When possible WBTG likes to socialise outside the Guild and have had lunch at Wolfridge Alpaca Barn and various local pubs, a Christmas meal at the Aztec hotel, a bring your own lunch in Little Stoke Park, a coach trip to Clarks Village as well as taking part in a quiz night and a Christmas Carol Service. The Guild takes pride in enhancing



the National TG's mission which is to offer each other support and to be part of an organisation of like-minded women, with opportunities to meet and make new friends.

Our 2023 programme consists of a variety of talks on wide ranging subjects including: The Suffragist Movement in Bristol; Victorian Opera; Auctions; Guide Dogs. There will also be two craft nights and party nights.

Willow Brook TG would love to welcome any ladies to our evenings. We meet on the second Tuesday in every month at the Jubilee Centre Bradley Stoke at 7.30pm.

If you are interested or would like further details please contact Jannice on **01454 615040** or email Ros on **rosalindg@tiscali.co.uk**. You could also check us out on Facebook: **WillowBrookTG**



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If you answered yes to any of the above, why not make 2023 the year you do something about it? Local holistic practitioner Dawn Clode runs friendly courses both in North Bristol and her holiday home in France.

Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep.

Dawn offers Holistic Learning Courses in – Acupuncture, Aromatherapy, Homeopathy, Massage, Mindfulness, Reflexology and all levels of Reiki.

From spring 2023, Dawn is delighted to be offering **Holistic Learning Holidays**. Take a trip to her rustic holiday home in the beautiful village of Suris, in the East Charente, a ten minute drive from stunning lakes, beaches and the Vienne river. As well as being an idyllic spot in which to learn a holistic practice, if you like water sports, fishing, walking and cycling, this historic town is the perfect retreat. A learning holiday would incorporate 3 days of learning and 3 days of free time to relax and explore.

For further info, Call: 0795 1099 491 | Visit: www.life-and-soul-empowerment.co.uk



ANDY'S MAN CLUB #IT'S OK TO TALK

Andy's Man Club was set up in Halifax in June 2016 following the tragic death of Andy Roberts, who died by suicide. Andy's mother Elaine and brother-in-law Luke Ambler decided to start a club to reduce the stigma around male mental health issues, and give men the opportunity to talk with their peers about whatever storms they're going through.

The group now has 117 clubs across the UK, as well as an online option for anyone who can't get to one. All meet at 7pm every Monday except Bank Holidays.

There are two Andy's Man Clubs in Bristol. Bristol North meets in the Jessop Suite at the Seat Unique Stadium aka the County Cricket Ground. Bristol South meets at the Knowle West Media Centre. The clubs are run by a team of volunteer facilitators, all of whom originally joined the club to get support for themselves.

Below we are honoured to share with you the experience of a local man, who found the support he needed from Andy's Man Club.



#ITSOKAYTOTALK



My Name is Andy, AKA Barts.

I'm 42 years old and I started attending Andy's Man Club at the beginning of June 2022. I can honestly say it has changed my life for the better in such a short time.

I have always been

the happy-go-lucky guy. I've spent most of my life brushing things under the carpet or saying "I'm fine" when I wasn't. This would lead to me having meltdowns or kicking off for no apparent reason.

I first walked through the door at the County Cricket Ground in Bristol for Andy's Man Club after the above had become apparent. My whole life I'd been living with anxiety, and then in June I was diagnosed with depression.

The anxiety was so strong that I didn't want to upset people, or I wouldn't speak up as I didn't want the confrontation – the only way to describe it is walking on eggshells my whole life!

Attending Andy's Man Club has made me less anxious by nature. Everyone listens and I get to talk and no judgement is passed. Also you realise you are not alone, others are going through a storm themselves.

No person is the same at Andy's Man Club. However we can all relate to each other, and that's because we all had a reason to walk through that door on our first evening. Even the facilitators!

In November 2022 I became a facilitator and have really enjoyed leading groups. It really is as simple as having a chat over a brew and a biscuit – all provided free of charge.

Andy's Man Club has given me that different outlook I needed. I now use the word "perspective" more than I ever have in my life. I recently did a radio interview on BBC Radio Bristol to talk about what made me join Andy's Man Club and also what Andy's Man Club has done for me!

I'm not here to sell Andy's Man Club to anyone. All I can say is it has changed me for the better, and if you are going through a storm yourself or know somebody who is, Andy's Man Club's doors are open 7-9pm every Monday and it might help lighten that load.

ANDY'S MAN CLUB is a free-to-attend talking group that runs every Monday night at 7pm, excluding bank holidays.

For over a year, the group has operated at a venue in Bishopston – the **Seat Unique Stadium, BS7 9EJ**.

There is now a **Bristol South** group that meet at the **Knowle West Media Centre, BS4 1NL**. Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process.

andysmanclub.co.uk



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Call our Bookings Line on 01454 205021 for further information, available Monday-Friday 9am-3.30pm, or email bookings@bradleystoke.gov.uk



Bristol Clean Air Zone

Helen Brewer of AMD Solicitors considers the impact of the introduction of the Bristol Clean Air Zone ("the Zone") on Monday 28 November 2022, and considers whether landlords and tenants alike should be worried about whether this could have a negative impact on property prices in and around the Zone.

In 2020 emission levels across the UK were at record highs due to increased traffic volumes and in particular diesel vehicles on our roads. In an attempt to tackle this issue, the government introduced a new Environment Act 2021 which gave the Secretary of State the power to set legally binding, longer-term, environmental targets lasting at least 15 years, across a variety of areas relating to the environment.

Due to Bristol's poor air quality, it was included as one of the cities that would be required to meet these targets. In order to ensure compliance with these new regulations, Bristol City Council developed the Zone which came into effect on 28 November 2022. The Zone will cover most of the city centre including Park Street, Brandon Hill and St Andrews Road. The Zone's boundary is available on Bristol City Council's website here:

<https://www.bristol.gov.uk/residents/streets-travel/bristols-caz/view-a-map>

Now the big question many landlords and tenants may have is whether this will have an impact on property values and market rents where properties are located within the Zone. There is a concern amongst tenants located in Bristol City Centre that the introduction of the Zone coupled with the pedestrianisation of roads such as Princess Victoria Street in Clifton Village will have a negative impact on footfall and drive people away from these areas.

Following COVID-19 and the effect this has had on the high street tenants, there has been a move towards agreeing turnover rents in new leases, so if there are any future periods of

closure, tenants are paying rent based on money coming in rather than a fixed sum. However, commercial landlords should be especially aware of the effect this might have if their lease contains a turnover rent provision because if footfall to areas within the Zone reduced, then this may be passed on to the landlord with a rent reduction. Not only this but as the economy continues to struggle there is a concern that businesses may start to fail and tenants will look to either surrender their lease early or look to assign the remainder of the term to another business.

The good news is that the consensus amongst industry experts seems to be a no. Looking at property prices when the LEZ came into effect in London in 2008 a comparison to prices inside the area to outside did not show a major difference in valuation.

If you are a struggling tenant or a Landlord who has just been approached by your tenant looking to assign their lease contact either Helen Brewer or another member of the commercial property team on **0117 9735647** or info@amdsolicitors.com as soon as possible as there may be unwanted consequences of delaying seeking advice.



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Meet your PCC – Mark Shelford

Avon & Somerset Police and Crime Commissioner (PCC), Mark Shelford was elected as Conservative PCC in 2021.

As the Police and Crime Commissioner (PCC) for Avon and Somerset, I am the voice of local people in policing. My role is to hold the Chief Constable to account for delivering policing that is efficient and effective.

I spent over 30 years as an Army Officer, so I understand service life, and the pressures those protecting communities and people face.

One of my responsibilities includes setting the police and crime objectives for the area through the Police and Crime Plan. The Plan is the blueprint for local policing and outlines specific areas to be improved and delivered by the force.

I published my Police and Crime Plan last year and my objectives are: preventing and fighting crime; engaging, supporting and working with communities, victims and partner organisations; leading the police to be efficient and effective; and increasing the legitimacy of, and public confidence in, the police and criminal justice system.

You can read my Police and Crime Plan on my website: www.avonandsomerset-pcc.gov.uk

As part of my role, I'm also responsible for setting the force budget and determining the policing part of the council tax, known as the precept.

I would like to thank those who have recently completed my precept survey and shared their thoughts about my proposal to increase the policing part of the council tax by £15 for the average band D household.

At the start of February, the Police and Crime Panel supported my proposal to increase the precept.

This funding will help reduce the impact of Avon and Somerset Police's funding gap but will still leave a projected deficit of £3.4 million in the year 2023/24.

Inflationary increases combined with limited additional funding from central Government have left a funding gap that, without the precept



increase, would have resulted in significant cuts to police staff and services.

I know that many households are facing difficult financial circumstances. However, as your PCC, it would have been irresponsible for me not to address this issue and help reduce this deficit while I had the opportunity. We will be using the £3.4 million reserve funding to address the shortfall so that the Chief Constable has capacity to develop a sensible savings programme while still delivering an effective, efficient and legitimate service.

I always try to make myself available to those who need to speak with me. Over the past 18 months as PCC, I have regularly engaged with local people, communities, MPs, and councillors.

I have been holding a series of Councillor Forums over the past few months around the Avon and Somerset region and when these come to an end in March, we will be restarting our community engagement days.

If you would be interested in meeting me when I am in your local area, please do get in contact via my website.

Website: www.avonandsomerset-pcc.gov.uk

Phone: **01278 646188**

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Your Own Personal Holiday Operator - Here in the Stokes!

Local resident Andy Cunningham has an amazing story to tell! He's been globe-trotting, having lived in several different countries including south and central America, the Caribbean, Papua New Guinea as well as the UK, but he's also spent years on long-haul flights around the world in several previous careers including furniture retail. Now Andy is the proud owner of a travel agency business right here in the Stokes!

At the start of last year Andy, who lives in Little Stoke, decided to set up his own travel shop and is now actively booking more than 50 holidays a month for local people from his base in the Willow Brook Centre, Bradley Stoke.

Why book a holiday through Andy?

"I grew up in a world where the customer is key, as is attention to detail - and when you are arranging someone's holiday, this is what really counts." says Andy, who regularly receives five-star reviews on Trust Pilot (see a few snippets right).

"As a travel agent I have access to 60% more offers than people can access for themselves online - and with me you obviously get full ATOL and ABTA protection and a one-point contact. I look after every aspect of your holiday from travel advice, booking options and insurance, to checking in and issue of boarding passes. My focus is on a very personal service, with the goal of making my clients happy and helping them make the best memories."

"Customers receive a completely different level of service when travelling with me. I make sure my customers get the absolute best value for every penny they spend. I regularly speak to and build relationships with the tour operators and suppliers to enable me to source the absolute best seats, rooms, flights and to build bespoke itineraries for everyone."



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Snippets of reviews see more at:

<https://andycunningham.notjusttravel.com/testimonials>

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Andy has so much passion and drive - he loves his job so much he considers it a hobby - and enjoys every minute that he spends creating memorable experiences for customers, tailoring each holiday and providing round-the-clock personal support, if needed.

He has now expanded his team with Stokes resident Lisa Hanley and they are both looking forward to helping more local residents plan your holiday outings - whether it be a bespoke trip of a lifetime, your annual two weeks in the sun, or indeed the ski slopes!



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Local Residents to Undertake 125 Mile Walk Raising Funds for Cancer Research

Wednesday 8th - Sunday 12th March

Following an epic walk from Leicester to Bristol in 2020 which raised over £14,000 for Cancer Research UK, a group of friends, family and colleagues are once again taking to the roads in order to raise as much money as possible for this fantastic charity.

This time around they are planning a 125 Mile Walk over a consecutive five day period. Starting on Wednesday 8th March from iconic locations around the South West, the aim is to complete the challenge whilst raising as much money as possible can. The majority (75%) of the participants are local Stokes residents including: Matt, Jayne, George and Ella Baggott; Julian and Nicky Pontin and Neil Short

We shall be starting and stopping at the following locations:

Wednesday 8th March –
Bradley Stoke Centre to Westonbirt Arboretum

Thursday 9th March –
Bradley Stoke to Bradford upon Avon Area

Friday 10th March –
Wells Cathedral Area to Ashton Court

Saturday 11th March –
Bradley Stoke Centre to Tintern Abbey (Chepstow)

Sunday 12th March –
Weston Super Mare Area to SS Great Britain.

Cancer still touches a number of our lives unfortunately, and it's so important that we continue to support the research and development of new treatments and drugs to fight this awful disease.

Charities have been hit really badly over the past few years as we know and whilst we fully appreciate the challenges that every household are facing currently, we would welcome any donation at all in support of Cancer Research UK.

Please click on the link below to donate and Thank You so so much for your support!

<https://www.justgiving.com/fivestarwalk>



Above: Westonbirt Arboretum, Weston-super-Mare, Bradford on Avon and Tintern Abbey.
Left: Wells Cathedral.



BCRM

Bristol Centre for
Reproductive Medicine

www.fertilitybristol.com

BCRM Bristol's longest running fertility clinic, provides expert advanced fertility assessment, treatment and advice.

Email: Contact@BCRM.clinic or Phone: **0117 259 1159**
to book a consultation appointment
or to register for a free of charge open evening
at our new purpose built state-of-the-art centre at
135 Aztec West , BS32 4UB

Children's Scrapstore Benefits from Clinic Waste

Staff at Bristol's longest-established fertility clinic are pooling their waste resources to create a valuable regular contribution to Bristol Children's Scrapstore - and avoiding excess items going to landfill at the same time.

The new green initiative at the Bristol Centre for Reproductive Medicine (BCRM) reflects the shared desire of the team to reduce some of the negative impacts that the healthcare sector has on the planet. Senior andrologist Karla Turner who is spearheading the 'Go Green' campaign said: *"Colleagues at the clinic have begun to normalise a more sustainable way of thinking, and the whole team is reviewing day-to-day processes to see where it's possible to prevent, reduce or reuse items."*

"We appreciate that recycling is not the greenest way ahead: the very best option is waste reduction – simple things like using our own coffee mugs at the dispenser, instead of recyclable cups."

"Although we are obliged to dispose of most of the clinic's scrap items as clinical waste, we have identified several areas where we can reduce our contribution to landfill. We started off by collecting 10 days' worth of non-recyclable items that would all have ended up in landfill - polystyrene delivery boxes and cold packs, pipette tip boxes, laboratory needle packaging and the metal rods that form part of the devices used to freeze embryos – and were astonished by how much there was."

"So a very important move has been to forge links with the amazing team at Bristol Children's Scrapstore who have said they can find a good creative use for the items we are discarding. We're also going to be sending the Scrapstore the fairly large cardboard tubes that the paper we use to line our exam couches are wrapped around – I'm sure they'll be much in demand for modelling of various sorts!"

Two of Karla's colleagues, Jen Nisbett and Corrina Gibbons, have themselves created a piece of craft-work (pictured right) entitled 'Blastocyst', featuring rubber bungs and the tubes in which needles for laboratory work are delivered. A blastocyst is the cluster of dividing cells formed about five to six days after a sperm fertilizes an egg.

The BCRM team is also investigating other ways to lessen their impact on the environment: for example, using items with less packaging where choices are available, turning off pieces of equipment when not in use, and being more mindful of waste management.

"We're also planning a change to lab processes for 2023 that will prevent the use of around 2,000 plastic pipettes annually," said Karla Turner. "But there are some areas of our work, especially in the embryology lab, where delicate items arrive packaged in single-use plastics or polystyrene boxes, so generating a certain amount of waste packaging material seems to be unavoidable and it's great to see it put to good use through the Scrapstore."

BCRM www.fertilitybristol.com is the longest established fertility clinic in Bristol, helping people from throughout the South West and Wales with fertility treatment for both private and NHS patients. The clinic is involved in innovative research and has one of the best success rates with IVF and other fertility treatments in the UK.



Photos: BCRM staff with 10 days' worth of re-cycling above; below- 'Blastocyst' by Jen Nisbett & Corrina Gibbons





Bradley Stoke Library What's-on March 2023

A **warm welcome** awaits you at Bradley Stoke library where you can read the newspaper, keep warm, do a crossword, use a PC, use the free WiFi, have a chat or read a book.

Staffed Opening Hours

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

FREE Children's Drop-in Events

(Term Time Only)

Rhyme Time
Mondays 10:45-11:15

Story Time
Fridays 11:00-11:30

Full details of all our **FREE** children's events can be found here:
<https://www.southglos.gov.uk/leisure-and-culture/libraries/libraries-childrens-services/>



Lego Club

Friday 10th & 24th March 4-5pm

FREE Children's Drop-in Event

Lego™ Clubs are for primary school aged children.
All children must bring a grown-up with them.



French Rhyme Time

FREE sessions from birth to preschool. No prior knowledge of French required.

Thursdays 11:00-11:30 - Term Time Only

Voluntarily led by Suzie de Maillard

Find us on Facebook 'French Rhyme Time at Bradley Stoke Library'



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!

At Ambourne House we love getting the children in our care out and about whatever the weather (taking relevant precautions of course!). We have our own minibus to transport us to regular forest and beach sessions, and have also introduced inter-generational visits to local care homes, which has included participating in singing and dance sessions with the likes of Jo Jingles.

Seeing how children change in our beautiful outdoor settings is such a wonderful sight and a joy to be a part of. Running free in the open air, feeling the sand beneath their feet encourages their confidence to grow, not to mention their language development. These different environments not only offer the children an opportunity to explore, it gives us the practitioners another insight into their development.

To this end we are thrilled to say that through our fundraising efforts we have been able to purchase a yearly community entrance pass so that the staff and children at Ambourne House can enjoy lots of trips to the brilliant Wildplace, as well as some additional resources for our own garden.

There is certainly never a dull moment at our nursery! If you would like your child to join in the fun, we do have limited spaces available, so please call Lorraine or Roberta to book in a visit.

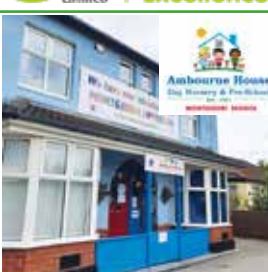
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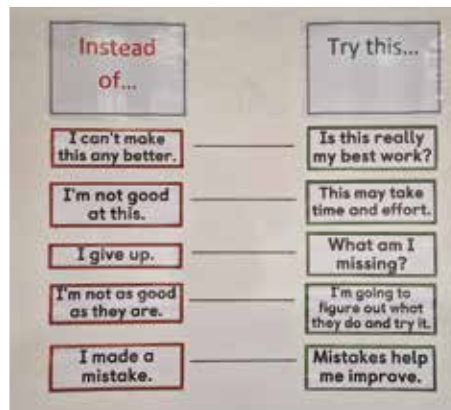
The Well-Being Hub at Abbeywood Community School

Little Stoke Gifford Matters was delighted to be invited to visit the new Wellbeing Hub at Abbeywood Community School during Children's Mental Health Week which took place 6-12 February.

I was met and shown around the new facility by Sam Milkins (above right), Lead SEMH Teaching Assistant, who is proud to have developed the Hub which has been open since the start of the school year in September. The suite of rooms provide a Safe Space for those students who may be struggling or just need some peace and quiet, either during lesson time to complete their work or in the hectic break and lunchtime periods. The positioning of the space at the end of the corridor means it really is a quiet, undisturbed place for referred pupils to relax and refocus should they feel the need. It is also a great place to sit and chill with the specially trained therapy dog Murphy (above photo).

The provision of this space alongside qualified SEMH staff such as Sam and Claire Northam (shown left above) who both work with the pupils, is so beneficial and can help diffuse situations which may otherwise elevate as more of our young people are being diagnosed with mental health challenges.

Each young person has different needs and Sam and Claire have the ability to understand and work with them in order achieve a more helpful outcome. The facility also has a room where other professionals can come in and see pupils for appointments, such as a speech therapist or occupational therapist, which is also helps pupils who otherwise would have to leave school for such appointments.



It's not just inside that Sam and Claire help. Sam leads 'walk and talk' sessions around the school running track for those students who may find team sports and PE lessons stressful, thus encouraging exercise and fresh air during the school day in a less challenging way.

1 in 6 children and young people are now said to have a diagnosable mental health condition. In February, Abbeywood supported Place2Be's Children's Mental Health Week – to raise awareness of the importance of children and young people's mental health through assemblies and tutor activities. You can find out more through the website childrensmentalhealthweek.org.uk



What is Children's Mental Health Week and Who are Place2Be? Place2Be is the UK's leading provider of school-based mental health support. The first Children's Mental Health Week was launched in 2015 to shine a spotlight on the importance of children and young people's mental health.

During the week students explored the theme of Connection, what it means to them and the importance of safe and healthy relationships for positive mental health. The aim was to develop an action plan with strategies to support friendships and relationships.

On 7th February 'Off The Record', a local mental health charity and support, 'pop-upped' in the atrium during the lunchtime periods for students to find out information and ask for brief advice. Off the Record also offers a huge amount of resources for students, parents/carers and schools on their website <https://www.otrbristol.org.uk/>. The 'pop up' attracted many visitors during the lunchtime period, mostly from years 7-9 and 12+

All students at Abbeywood have access to pastoral support through daily contact with tutors, access to a Head of Year for all students, signposting to local support organisations such as OTR, Creative Youth Network and Kooth.

Additional support for referred students may include access to the newly developed Wellbeing Hub.



Walk and Talks in Bristol and South Gloucestershire with the Carers Support Centre

Carers Support Centre for Bristol and South Gloucestershire is happy to announce new Walk and Talks for unpaid carers and the people they care for. Walk and Talks are popular, easy walks around local green areas launched last September centre by the Fishponds based charity.

On a Walk and Talk carers get a chance to enjoy a break from their caring responsibilities by being outdoors in the company of other carers.

One of the charity's friendly support workers leads the walk, offering a listening ear and providing information to support walkers in their caring role. The overall aim of Walk and Talk is to improve the health and wellbeing of carers and those they care for.

The groups take place once a week over six weeks, and there are a mixture of groups:

- for carers on their own • for carers and those they care for • age-specific, ie young adult carers

It is free to take part and all carers are welcome, the Carers Support Centre aim is to make the walks as inclusive as possible. So, whatever your background, whatever your walking ability, Carers Support Centre want you to come and join them and your fellow carers on a Walk and Talk.

The next Walk and Talks are scheduled to take place per the below schedule.

Horfield

Tuesdays 11.00am to 12.30pm

7 March, 14 March, 21 March, 28 March

Westbury (North Bristol)

Wednesdays 1.30pm to 3.00pm

8 March, 15 March, 22 March, 29 March, 5 April, 19 April

Winterbourne

Thursdays 11.00am to 12.30pm

2 March, 9 March, 16 March, 23 March, 30 March



For more information about Walk and Talk and to take part, contact Stacey Vallis on
0117 939 2562 / 07742 291073,
or email her at
walk@carerssupportcentre.org.uk
<https://www.carerssupportcentre.org.uk/our-services/welcome-to-walk-and-talk/>

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Back in the time of Jesus, there was a little phrase that people used.

Whenever a rabbi was attracting followers, they would say to potential followers, "are you willing to walk in my dust?" For us, it seems like a strange invitation! However, in Jesus's day, it reflected the dusty path that they walked on and the invitation to stay close to a potential teacher and instructor.

To walk in the dust of a rabbi meant that you were close enough to hear them, close enough to follow them and close enough to follow their example. The process of following in such a way, also reminded the follower that the journey was more often than not dusty.

As we approach this Easter season, our theme at St Michaels is Dust and Glory. In following the rabbi, Jesus, we experience a dusty journey. We are often aware of our own shortcomings and the fragility of life. Discipleship is a dusty business. But the journey does lead somewhere. The dusty journey of Jesus's ministry led to the cross, where he carried all the wrongdoings of the world on his shoulders.

The dusty and rough cross was, three days later, replaced by the glory of His resurrection.

Jesus is still the rabbi to follow. But he is the friend who experienced the dust of life for himself, and replaced it with the hope of glory. Where life might feel dusty for us at the moment, know that Jesus can lead us through the dust to a place of glory.

Dust and glory are often close together, one follows the other and can be as little as three days apart.

May you walk in the dust of Jesus and know him leading you to glory.

Revd Canon Simon Jones, Rector, St Michael's Church Stoke Gifford

Easter at St Michael's, Stoke Gifford

Maundy Thursday 6 April

7.30pm Communion - in Church

Good Friday 7 April

10.30am All-Age Worship - in the Centre

12pm Reflective Service - in Church

Easter Sunday 9 April

9am Holy Communion - in Church

10.30am All-Age Communion - in the Centre

6.30pm Evening Worship - in the Centre



stmichaelsbristol.org

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SOVEREIGN 



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Nature and wildlife are intrinsically linked with Cleve Wood. The development's design includes an area for allotments – not only for home-grown produce but also to increase biodiversity. Natural footpaths and electric charging points mean you make positive contributions to your environment, whether you're home or away. And careful consideration has been given to preserving natural habitats – with traditional bird boxes, sparrow terraces and bat boxes woven into the green landscape of this flourishing new neighbourhood.

In fact, we are proud to have created a community you can picture yourself enjoying both now and in the future; a carefully crafted neighbourhood with homes that reflect you.

Come and see for yourself! Our show home is open 7 days a week and our sales team will guide you through the journey of choosing the home that's right for you and your lifestyle.

We have 14 property styles on offer - choose from spacious five-bedroom family homes to three-bedroom town houses, two-bedroom bungalows and plenty of other options in between.

Who are we? Sovereign is a leading Housing Association with a commitment to create beautiful new places.

We are a homebuilder with a difference, putting customers at the heart of everything we do. With over 20 years' experience matching people with properties, we provide homes our customers love to live in!

As a not-for-profit organisation, we take pride in delivering affordable homes and using the profit we make to invest in community projects that really make a difference to the lives of others. It is our mission to not only build high-quality, sustainable homes, but also to drive social purpose by continually reinvesting into the communities that we create. Purchasing a Sovereign home means you are not only investing in quality, but you are also investing in your local community.

Interested in being a part of something bigger? Find your dream home at Cleve Wood. For more info check out our website:

clevewood.co.uk/

SOVEREIGN 

Bristol Care Homes brings forward pay award to support staff with cost of living crisis

We all know that nurses and carers worked valiantly to support our communities through the Covid pandemic, but are now facing huge financial challenges from the cost of living crisis. This has led to the first nurses' strike in living memory in response to a low NHS pay offer. Many NHS nurses have recently come forward talking about how they can't save money, pay into their pensions, and even have to use food banks.

Bristol Care Homes conducted a staff survey which showed the main worries of the team to be pay and the cost of living. The company therefore decided to bring its annual pay award due in April 2023 forward to 1 January, awarding a 14% increase in base rates of pay across care staff roles.

"We have brought forward our inflationary rise from April to December and made it significant enough that we will remain ahead of the national minimum wage by April 2023, with the vast majority of our team members paid at or above the real living wage", says Richard Crocker, CEO of Bristol Care Homes.

Bristol Care Homes is committed to providing excellent lifetime care to residents. Two of its homes have CQC 'Outstanding' rating, whilst its resident fees remain extremely competitive and good value. This staff pay award therefore ensures that working with the company is an attractive well paid career, and will avoid staff shortages or excessive use of agency staff.

Other staff benefits included in the pay scheme are

- Up to £250 welcome bonus
- Up to £250 refer a friend bonus
- 10% enhancement salary rate on hours worked on weekends
- Time and a half at Bank Holidays
- Profit share bonus scheme
- Excellent induction programme
- Excellent training and development opportunities
- Career progression and development opportunities
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Bristol Care Homes welcomes applicants to join its nursing and carer team: www.bristolcarehomes.co.uk



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Find out more about our family of care homes at: www.bristolcarehomes.co.uk

Spring at Winterbourne Medieval Barn

A full and varied programme of events is planned for this year, including Tours, Talks, Craft workshops, Wine-tasting, Wildlife walks, Drama, Music, and activities for children, as well as the annual Medieval Fayre in June and Orchard Harvest Day in October.

All events can be booked online via the Barn website or direct on Ticketsource. For those without internet access we now have a Box Office open at the Barn from 1.30–2.30pm on the first Thursday of each month, for in-person ticket sales.

There is plenty of free on-site parking for most events, apart from the big performances like the Jazz night when people who are unable to walk from the High Street will need to reserve a parking space in advance. The Barn is fully accessible for wheelchairs.

Performances

Bristol Male Voice Choir & Frampton Shantymen – Sunday 5th March, 2pm – Light-hearted entertainment from two local "boy bands"! Enjoy music from folk songs and spirituals to modern musicals and sea-shanties, in the relaxed setting of the magnificent Medieval Barn. Bar available.

Jazz in the Barn: UWE Big Band – Friday 21st April, 7.30pm – We are delighted to welcome back the UWE Big Band after a gap of four years. Fresh from the band's appearance at the 2023 finals of the National Concert Band Festival, this will be their first public performance back in their home city of Bristol. Tonight's show will particularly feature music from Count Basie's epic album 'The Atomic Basie' along with other well-known charts in the mix. Advanced booking is strongly advised.

Talks

Could you Survive in Medieval England – Tuesday 21st March, 7pm – Conditions were tough for people in the 14th century, but the people themselves were no different and had the same basic needs as us. They lacked our modern technology, scientific knowledge, modern materials and foods, but they still wanted to look good, be comfortable, play and be entertained, and stay well, just as we do today. Living history re-enactment group The Company of Chivalry present this entertaining talk on the routines and rigours of life in Medieval England.

Follies – Thursday 27th April, 7pm – Jonathan Holt will talk about the weird bits of architectural fancy with no practical use dotted around our area,



some visible to the public on big estates, and some hidden away, built out of passion, eccentricity, or just to show off.

Nature Walk – Early Birdsong Walk & Breakfast – Saturday 22nd April, 8am – Join naturalist Ed Drewitt for a guided birdsong walk (approx 1.5 hours), followed by a lovely breakfast back at the Barn and a chance to chat. Ed will help us listen for birds like the blackbird, blackcap, robin, song thrush and chiffchaff, and learn to identify their songs. Recommended for ages 12+.

Tea and Tour – First Thursday of April & May, 2pm – Winterbourne Medieval Barn was built in 1342 for Thomas de Bradeston, and this nationally important raised-cruck structure survives as a magnificent example of the medieval builders' craft. Come and see the superb medieval roof timbers, and find out how the Barn was built and why it is so important. The history of the Barn and St. Michael's Church are closely linked due to the Patronage of Thomas de Bradeston. The Tour is followed by tea, coffee and biscuits back in the Medieval Barn, with plenty of time to talk further and ask questions.

Children's Activities

Easter Family Crafts and Egg-trail – Monday 3rd April, 10am or 1pm – Get creative in the Barn crafting fun things for Easter, and finish with an Easter trail around the site. Activities are aimed at families with children aged 6–11 but all ages are welcome. Refreshments will be available. Tickets are £3.75 per child. Children need to be accompanied by an adult at all times.

The primary purpose of these events is to raise money for the Medieval Barn and to support conservation, management, maintenance and improvement of the site.

www.winterbournebarn.org.uk
Facebook @winterbournemedievalbarn

Winterbourne Medieval Barn
Church Lane, Winterbourne, BS36 1SE

Arts Appreciation Group

We are a small friendly group who meet monthly at Bradley Stoke Community School to hear talks on many aspects of the arts.

We are not a painting group but love all fine and decorative arts. Talks on paintings by the masters, architecture, theatre, music, antiques needle work, garden design, etc.

Our talks are diverse and of a high standard by professional speakers. We come away enlightened and refreshed after an hour of pure enjoyment, as well as having discovered a new insight into the arts with like minded people. We also arrange group lunches and visits.

Sally, our Chairman, who is passionate about all things beautiful and with the help of her hard working Committee, would love to see many local new members interested in the Arts and would be delighted to welcome you to join us once a month. Why not come along and make new friends?

You will be made very welcome; biscuits and tea/coffee is available on arrival. There is ample parking at the School.

7 for 7.30pm every third Thursday, October until June at Bradley Stoke Community School, Fiddlers Wood Lane BS32 9BS

Next Dates:

Thurs 16th March

Ann Anderson illustrated talk on "Gustav Klimt".

Thurs 20th April

Paul Weaver – "An Artist at Work".

For more details on any of the above please call Sally on 01454 774401.

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On Saturday 18th March we plan to celebrate St Patricks day with an old Skool evening of dance and merriment!

And the evening is all thanks to the amazing singer/songwriter 'Dave Riley'! If you don't know Dave, let me tell you a bit about him! I met Dave when he first performed at Castell Roc as the singer with 'UK Guns n Roses' in 2016 .

When first meeting the band, I couldn't believe that this quietly spoken, kind, gentle young man, turned into the most amazing 'Axel Rose' when on stage! The transformation is amazing and what a performance it was! They since played Castell Roc many times and each time the band put on an amazing performance and I personally struck up a lifelong friendship with them all.

I went to see Dave perform solo, we had a good catch up, and he revealed to me that his one passion was Irish music, so I answered in saying "Lets put an Irish night on then"..... and here we are!! Appearing at this event we have Dave Riley joined by his brother Mark Riley - The Shaunessy Brothers - The Cider House Collective - solo artists on ocarina, penny whistle etc... Plus the amazing 'Horizon Dance Group ' Plus more to be confirmed!

So why not grab yourself a ticket, come along and have some fun!!

And we promise to keep the Guinness flowing!

RBL Thank You Meal For Volunteers

The Stoke Gifford Branch of the Royal British Legion thanked the local Volunteers and members, who gave up their time to man our Poppy Stalls for the 2022 Poppy Appeal with a meal at The Beaufort Pub Stoke Gifford.



They all helped collecting donations for the work of the RBL in the area and beyond. Stalls were set up in several retail outlets in the local area and we are really grateful to those teams who were so helpful throughout the Poppy Collection Season. We will be presenting receipt certificates for their help with our Poppy Appeal. The total amount collected across all the venues and through the generosity of the general public was a fantastic £32,898.

The Branch is currently recruiting new members and volunteers. We have some really interesting Social events being planned for the next few months.

People join for several reasons. To meet others and make new friendships with likeminded people. For the camaraderie. To attend remembrance services, to help man stalls throughout the year, at fetes and fayres (such as Stoke Gifford Summer fayre), to help with the admin, to be part of something that is important or who just want to help raise funds for our vital work.

All are welcome and you absolutely don't have to be ex Forces. Anyone can join from any age.

If you're interested or need further information you can call Billy Wilde on 07874 895 993 or Tony Peters on 07971 242 845.



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CASTELL ROC 2023

Held over the last 3 weekends of August each year inside the glorious grounds of Chepstow Castle, Castell Roc really does get bigger every year. And once again what a line this year's event up shaping up to be!

Just when you start to think "This line up is amazing", organizers announce the legendary "Midge Ure" for Friday 18th!

This is how the line up looks so far:

Friday Aug 11th - 'WELSH LEGENDS' -

The best tributes stereophonics, Tom Jones plus more.

Saturday Aug 12th - 'MASSIVE WAGONS' -

Welsh rockers with support from - GUN, Scarlet Rebels + Attack

Sunday Aug 13th - 'ABSOLUTE BOWWIE' & 'BOOTLEG BLONDIE' -

Two fab shows for the price of one.

Thursday Aug 17th - 'BACK INTO HELL' -

A classic tribute to the world of Meatloaf & Jim Steinman

Friday Aug 18th - 'MIDGE URE' -

Performing a very special "Under the stars concert."

Saturday Aug 19th - 'JASON DONOVAN' -

TV, pop, music & theatre legend performing his hits live.

Sunday Aug 20th - 'THE BARRICADE BOYS' -

The supergroup, direct from London's West End & Broadway.

Thursday Aug 24th - 'CARDINAL BLACK' -

The highly acclaimed, awesome stars of rock/blues/soul = support

Friday Aug 25th - 'MONSTERS OF ROCK' -

Back by popular demand, 'Hells bells', 'Dizzy Lizzie' & 'Kiss'

Saturday Aug 26th - 'EMILIO SANTORO' -

Reigning World Champion 'Elvis', plus the 'Graceland Band'

Sunday Aug 27th - 'BRONWEN LEWIS' -

Incredible Welsh TikTok sensation, plus 'The Valley Rock Voices'

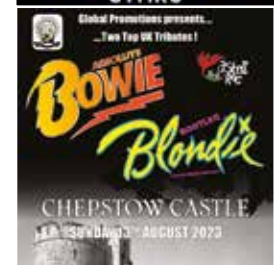
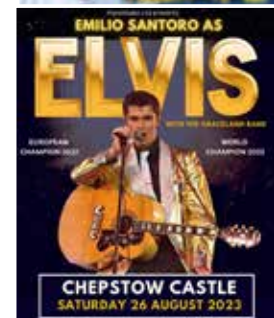
Monday Aug 28th - 'HAWKWIND' -

A steller show from these absolute rock legends since 1969

And with one more show to announce for **Thursday August 10th** - everyone is wondering who else organizers are going to pull out the bag to complete the line up?

Keep your eyes closely on the webside to find out!

For more information and tickets contact - www.castellroc.co.uk



Activities and a Warm Welcome at Little Stoke Baptist Church



Thursday Creative at Little Stoke Baptist Church

Would you like to learn a new skill and make new friends. Once a month come and try a new creative activity; papercraft, silk painting, stained glass art, mosaics and more.

Starting on 16th February, 9th March, 13th April, 11th May and 1st June.

The weeks that fall in school holidays will also include activities for the children booking is essential in school holidays check facebook and website for details.

This is part of our regular Thursday warm space event which is held weekly 10am-2pm on a Thursday offering free drinks and a simple warm lunch among friendly people.



Easter Holiday Activities

On Thursdays 6th and 13th April our doors will be flung wide to welcome adults and children space to stay, play, chat and eat.

There will be activities for adults and children, the garden will be open (weather permitting), there will be stalls offering second-hand toys, clothes and household items.

Free refreshments and lunch but booking is essential via our eventbrite page check Facebook or website littlestokebaptist.org for details.

Warm Space

Our regular warm spaces continue on Wednesday 2-4pm with free refreshments and space to relax and chat with friends, bring your hobby or play a game.

Thursday is our combined coffee morning and warm space 10am-2pm which also includes a free warm lunch. No need to book, just turn up.



OSR Scouts from Stoke Gifford start the new year as they finished the last... busy, busy, busy!

A New Year but, as always, the programme is full for the Old School Room scouts.

Due to the dark evenings the start of the Spring Term is always mostly inside. With the Avon County scouts cooking competition held in February it's a good reason to dust off the pots and pans and cook up some tasty food plus we can choose our team for the competition. Some great food, apple pancakes, mini beef burgers and a South Korean beef Bulgogi all from the theme of world scout jamboree past and future.

Then the scouts showed off their communication skills with the mobile phone section covering internet safety and emailing, texting and speed typing.

The following weekend saw the scouts caving under the Mendips (an activity we get to do a couple of times a year) with a local scout instructor costing the scouts £3 for the 90 minute session. Great value for money!

Finally this first half of term the scouts invited in a lecturer on astronomy for 2 consecutive weeks to learn all about the constellations, telescopes, satellites and much more.

Here's to another busy second half to the term but let's enjoy our half term break before going to watch the lionesses at Ashton Gate.



Volunteer with Carers Support Centre Bristol and South Gloucestershire

We are currently looking for kind, compassionate, reliable and caring volunteers to join our team of 'sitters' to support the Carers Breaks Service in South Gloucestershire.

Unpaid carers look after a family member, often all day, every day, with little or no time for themselves. It's sometimes impossible for carers to leave the person they care for, so if you can give a few hours of your time, they can take a break.

If you can regularly spare 2-3 hours (Monday to Friday) a week or fortnightly during the day, we'd really like to hear from you. The service we provide covers South Gloucestershire, so it would be ideal if you live in or close to this area. No personal care is involved, and previous experience is not required. We provide an excellent package of training and on-going support to all our volunteers.

To find out more, please contact Marilyn Crump, Volunteer Coordinator on 07840 818 316 or email marilync@carerssupportcentre.org.uk



Local Schools

PRIMARY SCHOOLS

Baileys Court Primary School, Breaches Gate BStoke, 01454 838320

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

Bowlsland Green Primary School, Ellicks Close BStoke, 01454 866766, bowlslandgreen.org.uk

Holy Family R.C. Primary School, Amberley Road Patchway, 01454 866786

Holy Trinity Primary School, Broad Croft BStoke, 01454 866735, www.holytrinitypri.com

Little Stoke Primary School, Little Stoke, 01454 866522, http://www.littlestokeps.co.uk

Meadowbrook Primary School, Three Brooks Lane BStoke BS32 8TA, 01454 868630, meadowbrookprimary.co.uk

Stoke Lodge Primary School, School Close, Bourton Avenue, Stoke Lodge, Patchway BS34 6DW 01454 866772

St Chad's Patchway C of E Primary School, Cranham Drive, Stoke Lodge, Patchway 01454 866523

St. Mary's R.C. Primary School, Webbs Wood Lane BStoke, 01454 866390,

St Michael's Primary School, Ratcliffe Drive, Stoke Gifford 01454 866781. www.stmichaelssg.co.uk

Wheatfield Primary School, Wheatfield Drive BStoke, 01454 868610

SECONDARY SCHOOLS

Abbeywood Community School, New Road Stoke Gifford BS34 8QT, 0117 307 5660, abbeywoodschool.com

Bradley Stoke Community School, Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, bradleystokecs.org.uk

Patchway Community College, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com

We also produce the Winterbourne & Frampton Matters covering 6500 homes across Winterbourne, Frampton Cotterell & Coalpit Heath

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*Your local Scout Group needs you!!
Volunteers needed to join our Executive committee*

Chairman

Be an active member of the Exec committee
Work closely with and support the GSL
Chair exec meetings (3 or 4 a year)
Ensure AGM is held

Secretary

Be an active member of the Exec committee
Work with the Chair to arrange meeting dates/
agenda
Take minutes at meetings (3 or 4 a year), circulate minutes
Maintain Group records

Bookings Administrator

Ideally be an active member of the Exec committee
Keep diary of bookings
Circulate information to bookings contacts and liaise with contacts
Filter booking emails from dedicated email address

Subscription Administrator

Ideally be an active member of the Exec committee
Add subscription payments into system once a year
Check outstanding payments via online system and liaise with Leaders

Waiting List Administrator

Ideally be an active member of the Exec committee
Transfer info from dedicated email address and enter into waiting list via online system
Liaise with Leaders if volunteers are identified

You do not need to have a young person as a member of the group. If you have a young person on the waiting list, places are prioritised.

No previous scouting experience required, online training provided.

Group volunteer social events organised.

1stLittleStokeScouts.org.uk



Little Stoke Scout Group have been busy in the last few months, they held a Group Christmas event at their hut in December, Tony the GSL and Mike the Chair announced they were planning to stand down at the AGM in June and appealed to Parents and Guardians to think about where they might like to try out something new in the new year as part of the Executive Team. All sections took part singing, the Scout section accompanied them with boomwackers and wrote a Christmas rap.

They later repeated the experience to the local community at Little Stoke Baptist Church to a packed out room.

The Beavers attended a District event riding on Avon Valley Santa train where they met Santa and received a present, they then joined lots of other Colonies at a local venue to carry on the Christmas fun. They have also welcomed some new Leaders and Beavers whilst playing parachute games, taking part in Chinese New Year activities and creating stories to perform with puppets.



The Cubs went to Woodhouse Park on the Santa Trail in December and enjoyed walking through the frost to discover the lights all around, they also met Santa and received a gift. They have been creating obstacle courses and working together in teams.

Scouts have created fake wounds as part of their Emergency Aid badge, held debates in Parliament week and have just been to Botany Bay for a 24hr Indoor camp where they enjoyed night hikes, Bingo and Team building games.

The Leaders have even had the chance to enjoy an evening out team building over a meal and drinks.

Without all of the amazing Group Volunteers none of this would be possible.

1st Little Stoke are looking for new Executive members to join our friendly team. We are lucky enough to have our own hut which has great facilities. If anyone fancies a change or knows someone who might like a new challenge in 2023 we would love to have a chat, use the form on our website to let us know your details.



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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 Whetafield Primary 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

Arts Appreciation Group - Join us on third Thursday of month at Bradley Stoke Community School, 7 for 7.30pm, for illustrated talks on all aspects of the Arts. More details from Sally - 01454 774401

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

Gifford Ensemble - A small and friendly group looking to grow to a full orchestra. We rehearse Sunday evenings from 7.15 to 8.45pm at The Trust Hall, Stoke Gifford during Term Time. We are particularly looking for string players at grade 6 or above standard. For more information find us on our Facebook page: Gifford Ensemble or e-mail secretary@giffordensemble.uk

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. 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 Little Stoke Baptist Church, Kingsway. T: Julie 0117 931 5007

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

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 Singers - We are a friendly mixed choir singing a wide range of music. No auditions. You do not need to know how to read music. We rehearse at Holy Trinity Church in Bradley Stoke on Thursdays during term time, 7.30-9.30 pm. For further details, please email info@stokessingers.co.uk or call 07716 353182. Our website is www.stokessingers.co.uk.

Stoke Gifford Royal British Legion Looking for members and volunteers. We meet 3rd Mon of each month 7:30pm Little Stoke Park Hall. Contact Ray: sgbinfo@gmail.com See us on Facebook . or <http://www.britishlegion.org>

Willowbrook Townswomen's Guild - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Call Jannice on 01454 615040 or email Ros - 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 7.30.pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 07887 373924

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

Young At Heart Club meets at the Christ the King Church, Bradley Stoke every 2nd and 4th Thursday of the month from 2pm - 4pm. Set up 20 years ago and aimed at people over the age of 50 who would like to make new friends, enjoy games, speakers, outings.

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!

SPORTS CLUBS

Almondsbury and Bradley Stoke Tennis Club - Opportunities for all levels, inc pay and play lessons for all on Saturday mornings, no booking needed. almondsburytennis.org.uk

Aretians Rugby Club for Cubs, Juniors and Seniors Station Road, Little Stoke www.aretiansrfc.co.uk

Black and Blues Netball - Non-League Social Netball Wednesdays 7.30-9pm BSCS, contact: blackandblues_netball@outlook.com.

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

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

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

Bradley Stoke Junior Netball Club - Meet at the Jubilee Centre every Wednesday U12's - 5.15pm - 6.15pm - U14 & U16's - 5.45pm -7.15pm bsncjuniors@yahoo.co.uk <http://bradleystokenetballjuniors.org.uk/>

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

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@btopenworld.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 – All ages and abilities welcome at a real community club. Contact Mark Stephens on 07816 962503.

Stoke Gifford Short Mat Bowls Club - Monday, Tuesday and Friday afternoons. For more information please contact 0117 330 5487.

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

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

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

CHURCHES / COFFEE MORNINGS

Amberley Road Baptist / Cafe Church, Patchway, 01454 610808

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

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

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

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

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

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

Little Stoke Baptist Church, Kingsway, 0117 969 6060. Coffee & Cakes Thursday mornings 9am-noon. 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

Splatts Abbey Wood is looking forward to the future

The Splatts Abbey Wood Conservation Group helps maintain the site with South Glos Council and is planning new work projects and developing existing partnerships for the historic woodland based between the MoD and Cheswick Village.

Splatts Group Chairman David Bell along with long term committee members Andy Ward and Fred Hillberg are committed to building relationships to maintain the woodlands.

"Splatts Abbey Wood is an historic woodland. It is all that remains of a once much larger estate and is beautifully preserved for your enjoyment by a band of dedicated volunteers made up of local members from the community and the UWE Green spaces team, whose input is massively appreciated and without whom much of the larger projects and ongoing maintenance at the woodland would not take place. If you haven't paid Splatts Abbey Wood a visit, why not take the time to do so. A massive thank you to all the volunteers who help with the woodland throughout the year".

Recently UWE student volunteers started planting a new bog garden (photo below) at Splatts Abbey Wood, a wonderful new feature for the woodland. John Hoyos on behalf of the student volunteers commented *"We students at UWE are very lucky to have two woodlands near Frenchay Campus, Splatts Abbey Wood, which is the woodland we maintain the most, and also Sims Hill. The workdays are a perfect opportunity to get to know other students whilst allowing us to relax from the sometimes-stressful coursework at uni, and of course we feel we are making a positive impact to the tackle the climate crisis in our local community"*

The Splatts Abbey Wood Conservation Group has developed many productive partnerships with other organisations - South Glos Council;



UWE student volunteers and the Students' Union at UWE; and its sister woodland Sims Hill Community Woodland.

Faith Terry-Doyle, Sustainability Coordinator at The Students' Union at UWE told us - *"We have already had four sessions this academic year, and eight UWE students are now Greenspace Project Leaders, taking on more responsibility and helping to run and organise the sessions. It's been so lovely to see so many students engage in maintaining local woodlands and learning so many practical skills along the way."*

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

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



The Sims Hill Community Woodland Group, including new members from Stoke Gifford Retirement Village, were recently joined by the UWE Student Greenspace Group at Sims Hill Wood for a tour and practical task. The wood is behind Bristol Business Park and the Scholars Chase development. We looked at different species in the wood and discussed ash dieback and future plans for the wood including thinning and replanting with a more diverse species mix, and improving the paths. After lunch we cut back bramble and overhanging vegetation along the public footpath, cleared an overgrown culvert in a ditch (above photo) and litter-picked.

To find out more about the group and get involved in managing Sims Hill Wood join our public Facebook page (Sims Hill Community Woodland) or email simshillcw@gmail.com.

Voices Project at Paul's Place helps 21 Disabled adults share their stories and highlight the challenges disabled people face on a daily basis

The voices project raises awareness of the issues that matter to disabled people. Communications Officer Alex is managing the project, sharing, "We believe our members (service users) have a voice, something important to say. At Paul's Place, we are all about providing new experiences and giving disabled people the opportunity to try something new, learn new skills and build their confidence. This project has helped our members find new ways to express themselves creatively."

The charity worked with freelance journalist, Debra Hearn to interview people about the things that matter to them.

Service user Rebecca shares why she is part of the project, "It would help me to know that others are aware of my condition, it will help them understand me better."

Another participant Paul Kendall shares, "I want to help other people know what it's like to have a stroke. It's up to the individual to be positive – otherwise you'll just spiral down. I do feel a little upset thinking about it all but I want people to know they're not the only one going through this. If you can talk about these things – it becomes easier."

They have also been working with a freelance poet. For many of

the people the charity supports, this is the first time they have had a chance to write their own poetry. Andy wrote about his experiences of becoming blind and learning to run with Paul's Place at the Athletics track in Yate. "I wanted to show what blind people can do. Most people think you can't do this, can't do that. I'm glad I took part, it just explains what it's like for me and how I cope. Putting people in my shoes."

"The stories are powerful and hope to educate the public on disability matters, as well as connect with those who have experienced similar things", Alex shares. The poems and interviews will be shared on the Paul's Place website for you to read and listen to, as well as their social media.

Make sure to follow their Facebook page – [@paulsplacecharity](https://www.facebook.com/paulsplacecharity)
www.paulsplace.org.uk



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INDEX OF LOCAL ADVERTISERS

Accountants/Book-keeping

LAC Accounting 16

Advertising 3,36,49

Blinds - Harmony Blinds 51

Butcher - Gales Filton 16

Builders / Building

BluePrint Construction 45

RJM Design & Build 44

Vizard and Son 46

Car Mechanic -

LCM Automotive 3

Revolution Repairs 49

Care / Elderly

Bristol Care Homes 28

Heritage Healthcare 30

Carpentry - Steve Corris

Carpentry & Home Improvemt 46

Carpets & Upholstery Cleaning

Bonne Fresh Clean Ltd 37

Central Heating Engineers

AMW Plumbing & Heating 1

Baines Heating & Plumbing 44

K J Barton Plumbing & Heating 48

Mayo's Heating & Plumbing 43

Child Care/Nursery/Preschool

Ambourne House 21

Children's Activities

Aquatic Harmony 14

Curious Kitchen Bake Off 2

Library activities 20

Party rooms for hire 10

Cleaning & Domestic Services

Caprigems Cleaning 24

Clover Ovensclean 44

Community Articles / Events

Andy's Man Club 11

Arts Appreciation Club 30

Bradley Stoke Library 20

Cllr Brian Allinson 5

Filtones Choir 4

Little Stoke Baptist 34

Little Stoke Scouts 36-37

OSR Scouts 35

PCC Mark Sheldon 13

Paul's Place 41

Royal British Legion 32

Spring Market/Table Sale 4,8

Stoke Gifford Bowls Club 4

Volunteering 31,35,36

Walks & Talks 24

WB Townwomen's Guild 8

Winterbourne Barn 29

Woodlands 40

Community Groups/Clubs 37-38

Conveyancing

Sarah Howe, Setfords 49

Doors

DCL Doors & Windows 47

Dream Doors (Kitchen) 9

Garolla Roller Shutter Doors 43

Electrical Appliance Repairs

D-CR Domestic Appliance Repairs 48

Electrician

Bradley Stoke Electrical 48

Gary Smart Electrical 48

Fencing

Front Row Fencing 46

Fertility Clinic - Bristol Centre

Reproduction Medicine 18-19

Funeral Directors

MW Funeral 32

Garden Design/Landscaping/

Maintenance

Almondsbury Landscaping 42

Alpine Landscapes 1

Green Thumb Lawn Care 47

Hair & Beauty

The Hairdresser 24

Handyman

Stokes Handyman 43

Health & Fitness

Aztec Hotel & Spa 52

Hotel / Bar / Restaurant -

Aztec Hotel & Spa 2

House / Home

Bedlam Beds 44

Harmony Blinds 51

Insulation Network 49

Sovereign Homes 26-27

Stokes Handyman 43

Technisys (Alarms) 45

Thornbury Stairlifts 45

House Insulation

49

ISO Management Systems

Pontnewydd Consulting Ltd 49

Kitchen Refurbishment

Dream Doors 9

Locksmith

Dale Clements Locksmiths 45

Lock Stuck & Barrells 42

Medical / Complementary Therapist

Dawn Clode, Osteomyologist 10

Mobility Solutions

Thornbury Stairlifts 45

Mortgage Advisor

Crystal Clear 37

Music Events

Bon Giovi 30

Castell Roc 33

Opticians -

Harbord Opticians 14

Painter & Decorator

Decor8 44

Keith Usher Painter & Decorator 46

Parish Council 6-7

Plumbing / Heating Engineers

Baines Heating & Plumbing 44

K J Barton Plumbing & Heating 48

Low Cost Plumbing 46

Mayo's Heating & Plumbing 43

WJM Plumbing & Tiling 43

Roofing

Rooftech 42

Supreme Roofing 44

Vizards Roofing 46

Rooms for Hire

BSTC Community Halls 10

Rubbish Clearance

BStoke Rubbish Clearance 42

Man & Van Rubbish Clearance 22

Schools/Schooling 36

Abbeywood 22-23

Security - Technisys 45

Sewing / Alterations

Medway Designs 16

Shopping

Willow Brook Centre 14,16

Solicitors

AMD Solicitors 12

Wards 41

Swim Lessons

Aquatic Harmony 14

Tiling

WJM Plumbing & Tiling 43

Trades & Services - 37-47

Travel Agent/Operator

Not Just Travel 15

Tree Surgeon

Collins Trees Services 48

Front Row Fencing 46

TV & Aerials

A1 Aerials 48

Aerial Man - Dan Grace 3,45

M D Aerials 46

Windows

DCL Doors & Windows 47

Window Cleaning

Majestic Window Cleaning 46

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