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October / November 2023

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Dear Readers....



Welcome to our October edition! Even though the days are shorter and darker, there are plenty of celebrations to put some sparkle into your evenings this autumn.

Winterbourne Medieval Barn's Orchard Harvest Day is taking place on Sunday 8th October. Find more about this and other Barn activities on page 43. Halloween revelries have grown over the years and now most children enjoy pumpkin carving, decorating the house, dressing up in costumes, and 'trick or treating'. Not all residents enjoy participating though, so if going door-to-door do look out for the houses that are lit up and include a pumpkin outside. Remember Remember the 5th November ... This year the main Bradley Stoke Firework event is on Sunday 5th November and is to music! See page 7. Old Down are also running events - see page 20. Details of this year's Remembrance service on 12th November are also included and more volunteers would be welcomed to help with this year's poppy collection during poppy fortnight 28th Oct - 12th Nov. After the popularity of last year's event, the Aztec Spa Hotel is running another Christmas Wreath making day on 1st December and bookings have already opened - see page 42.

We have lots of local articles and information from across the Stokes once again for you this issue, including an article on local resident Fred Hillberg who has just published his first children's book! We also hear from our Council Youth Worker on the great work that is going on in the town for our younger people. News of a local Chess Club, an overview from the Cricket Club and a report from the Ladies football team as they embark on their new season and much more!

Don't forget to put your clocks back on Sunday 29th October, and enjoy that extra hour of sleep that comes once a year! (unless you have young children or animals of course, then this rarely happens!)

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

Don't forget to mention our name if you make contact with any of our lovely advertisers - we couldn't produce the magazine without them! Enjoy the read!

Jaci

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The Mayor and Deputy Mayor: Out and about in Bradley Stoke

On Saturday 9th September 2023, the Mayor was a busy man, attending 2 events in Bradley Stoke.



To start the day the Mayor, Councillor Dayley Lawrence went to see the new Claire's store that has opened in the Willowbrook and they held a small opening ceremony.

Photo left: Mayor, Councillor Dayley Lawrence and the new Claire's store manager

After the ceremony, the Mayor and the Deputy Mayor, Councillor Natalie Field attended the Wheatfield Primary School PTA summer fayre, 'Wheatfest', and spent the day meeting lots of local residents.

The fayre was really well attended by residents of Bradley Stoke with stalls, face painting, games and rides with some amazing dance performances.



Wheatfest 2023!

The Friends of Wheatfield Primary School

Wheatfest is Wheatfield Primary School's flagship summer fayre and, thanks to the British weather back in July, the decision was made to postpone this year's event until 9th September.

It turned out to be the right decision as it was a cracker of a day with brilliant weather, lots of fun and great community spirit. The children presented the Friends with an extensive list of requests at the early stages of planning and we hope we fulfilled some of their suggestions.

We had a circus performer, Bradley Stoke Radio covering all that went on throughout the day and performances by local dance groups and our own school choir. We had an eco zone, body art zone, food zone and wristband zone which included a disco dome and inflatable obstacle course amongst other things. A favourite with the children across the game stalls was soak the teacher!

Thanks to our amazing community we raised a whopping £6,437 to go directly towards school projects and initiatives.



Bradley Stoke Library

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

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

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/>



Monday 23rd October 10:30 - 11:30am
Age 4 - 11 years
FREE Children's Drop-in Event.

Knit, Stitch and Natter

Join our friendly weekly textile group.
No need to book - just turn up!

Bradley Stoke Library
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Bradley Stoke Hedgehog Heroes Report by Sara Messenger

Bradley Stoke may be a large town but we are fortunate enough to share our space with so much wildlife, one of which is the children's perennial favourite: Miss Tigglewinkle. When I was a child it seemed that every night you could find them snuffling away in our back gardens and vegetable patches (sadly also many flattened on the road) but now most children have only ever seen pictures of them. (I asked some 16 years olds who had 10 years previously been my Girl Guide Rainbows what were their highlights and the only thing one girl could remember was me bringing in a live hedgehog for them to see!)

These days Hedgehogs are seriously in decline, for several reasons, but the major one is thought to be that they can no longer get into gardens to get food. Their favourite food is slugs, snails, beetles, earwigs, earthworms and caterpillars and they can roam a mile or so each night looking for enough food and a mate but our modern enclosed gardens, without hedges and open fences, are shutting them out.

Bradley Stoke Town Council's Town Clerk Sharon joined in with the SGC Hedgehog Heroes and, with the help of myself from Bradley Stoke in Bloom & Amy from Bradley Stoke Zero Carbon, we planned a series of events to help our spiky friends. The first was a display in our library of all things hedgehog, the second was a children's colouring competition which was supported by the library and Pets at Home. We had two categories 9 & under and 10 & over and the winners were chosen by public vote.

The third event was a 'Hedgehog Giveaway' not of actual hedgehogs but of fence gauges and signs. Instead of buying the gauges online I approached the Patchway Men in Sheds and they agreed to make them for us for just the cost



of the wood. As no good deed goes unpunished and they have now been asked to make them for South Gloucestershire Council too!

There is a National Campaign run by Hedgehog Street called Hedgehog Highways. All they ask is that you make a hole or gap in your fence that is 13cm x 13cm (the size of a CD case). This is big enough for the hedgehogs but too small for most pets to escape. It can then be registered at <https://bighedgehogmap.org/holes-for-hedgehogs-home/map-hedgehog-hole>.

You can always go one further and ditch any slug pellets and, to encourage the hogs into your garden, leave out a little wet cat food and a shallow water bowl. And to be a complete Hedgehog Hero, get the children to make a messy leaf and woodpile in a quiet corner of your garden.

We had a very busy morning, with nearly 40 gauges and signs being given away and registered on the town's map and those that had entered the colouring competition all received a certificate from our Mayor Dayley Lawrence. Our 2nd place winners also received from Dayley and Simon from Pets at Home a knitted hedgehog (made for less than cost by local knitter Ann Hyam) and a bag of hedgehog food.

The 1st place winners (lower photos opposite) received a bag of food, a knitted hedgehog and a wooden hedgehog house!

Group A - 9 & under

1st: Inayah Zehra (7)

2nd: Lilly Lacey (7 ½)

Group B - 10 & over

1st: Matthew Bailey (10)

2nd: Natan Buzalski

Special Mention: Lilly Lacey

A special prize (lower right) was made for Lilly Lacey as hers was the only colouring that showed her hog out at night (*editor's note: you can tell Sara is also a Brown Owl with her special crafty*

skills! There is no end to her talents!.

To see more information and pictures go to: <https://www.bradleystoke.gov.uk/council/local-nature-action-plan.php>



Because everyone was so generous with their donations we had an underspend so the Town Council have purchased some wildlife camera's which can be borrowed to see if your Hedgehog Highway has visitors!!

For more information please email our town clerk: sharon.petela@bradleystoke.gov.uk



FIREWORK DISPLAY TO MUSIC



Bradley Stoke Jubilee Centre - Sunday 5 November 2023

Gates open 4.30pm

Fireworks display starts at 6.00pm

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Contact Alan Goldsmith for more information via email - birdsandbutterflies2022@gmail.com



Local Author Celebrates Publication of New Children's Book

First time author Freddie Hillberg, who has lived in Bradley Stoke for the last 25 years with his wife Maureen, is celebrating the publication of his new children's picture book. The new hardback book, **'Brave Cat Millie'** is aimed at children aged 4 to 7 and, according to its publisher Carraway, is an endearing and heart-warming tale accompanied by captivating illustrations that will be popular with younger readers but also with parents and grandparents.

Freddie (aka Fred), commented on the experience of becoming an author, *"I'm absolutely thrilled with the book and to become a published author is something very special. Brave Cat Millie is a joyful, everyday story about an average, ordinary family and their extraordinary and courageous cat. I got real pleasure in writing it and it feels like a real achievement to have the story in print and be available in bookshops. I'm thoroughly delighted."*

Freddie began his writing journey telling stories to his two grand daughters when they were younger. *"They always wanted me to read them a bedtime story and they knew their favourite books word for word. Eventually I got a bit bored telling them the same tales so started making up my own which they really enjoyed."* It was just three years ago that Freddie was inspired to write the stories down. The character of Brave Cat Millie is based on his own cat, Millie (pictured).

Freddie is an active figure in the local community and has been involved with the conservation of nearby Splatts Abbey wood for the last twenty years and is currently its vice-chairman and treasurer. He retired from a long career in the construction industry in 1998 to care for his wife Maureen who suffers with MS. Freddie and Maureen first met when they were both

just 18 on a youth exchange programme to Germany. The couple has a daughter and two grandchildren. When not writing down new ideas for stories, Fred's pastimes include gardening (where he often finds inspiration for his stories), photography, coin & stamp collecting and reading historical biographies.

Jane Shergold, founder at Carraway Publishing commented, *"Brave Cat Millie is the first in a series of picture books following the adventures of a courageous and loveable black and white cat. With its delicate watercolour illustrations, the book is a cosy bedtime read that will encourage younger readers with its vivid, fun and colourful drawings. The story is full of warmth and joy and tells of an unlikely feline heroine who singlehandedly outwits unwelcome intruders into the family home."*

The early feedback from children, parents, grandparents and local booksellers has been really positive. It's a book that will be enjoyed across the generations and is a perfect Christmas gift, especially for children fond of animals."

Priced at £12.99 the hardback version of Brave Cat Millie (ISBN: 978-1-9160950-6-9) is published by Carraway Publishing and will be available to buy from all good bookshops from the 26th October. To preorder and listen to the full story online visit

www.carrawaypublishing.co.uk/brave-cat-millie

The second in the series, *'Curious Cat Millie'* by Freddie Hillberg is planned to be published next year.



Fred Hillberg with his first published book Brave Cat Millie - A perfect Christmas gift!



GRAFFITI! Removal

Bradley Stoke Town Council is committed to eradicating graffiti in Bradley Stoke by offering a free to use service for residents of the Town. We have done this for some years using our own equipment but unfortunately in December the machine broke and due to its age, we were unable to repair it. The new scheme in place now has South Gloucestershire Council remove graffiti on our behalf at a cost to Bradley Stoke Town Council and we have set aside a yearly budget of £1000 to make sure we can offer this all year to all residents. It is worth noting that offensive graffiti that displays rude words, racist or derogatory terminology, homophobic comments and offensive images can be removed by the South Gloucestershire team free of charge by contacting South Gloucestershire Council directly. The service we offer is for any graffiti that does not fit into these categories on private properties. To make use of the scheme, either contact the Activity Centres Manager/Deputy Town Clerk via the "contact the office" section of our website or call the office on 01454 205 020 and we will arrange a time to come out and have you complete the disclaimer and take photos of the graffiti.

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Bradley Stoke Cricket Club: Update on the 2023 Season



Bradley Stoke Cricket Club is based at Baileys Court Activity Centre with a mission to promote cricket throughout the community. It is home to seven senior teams, a Women's Softball team, nine youth teams across six age group squads, All Stars cricket and Inclusion Table cricket. The youth section is supported by 13 ECB qualified coaches, six at Level 1/Foundation and seven at Level 2/Core.

Senior section

The Senior section fielded five Saturday teams in the Bristol and District Cricket Association (B&D) league and two Sunday teams in the North Somerset Cricket League (NSCL).



The Saturday 1st XI (pictured above) had an unprecedented season, winning the Senior (top) Division for the first time, with a game to spare, winning 10 out of 13 completed games (5 lost to the weather, 4 without a ball bowled). They have been promoted back into the West of England Premier League (WEPL) structure after relegation in 2022, and now look to consolidate there, using 2022's experience. Not content with league success, they did the B&D double by winning the 20 over knockout cup for the third time in a row they have been able to participate, emulating 2019 and 2021.

The 2nd XI consolidated after promotion last year, finishing 7th from 11 in Division 3. Their season felt particularly stop/start with not only the weather impacting but the odd number of teams resulting in a further two less games.

The 3rd XI had a similar season of consolidation following promotion last season, finishing 7th from 10 in Division 9. 15 players from the youth section represented this team, which bodes well for the future. For the first time they played home games on a grass pitch, at Oldbury-on-Severn CC, to whom the club are very grateful for accommodating them, also allowing a 5th XI to enter the league for the first time (see below).

The 4th XI were runners-up in Division 13, earning promotion into what will likely be the new 2nd regionalised tier (old divisions 10, 11 & 12), as part of a restructure of divisions 7 and below.

A crucial win was achieved in the penultimate game against Barrow Gurney who finished just two points behind in 3rd. The 4th XI fielded 17 different youth players through the season, largely from the Under 15 and Under 13 age group, once again showing that the club's investment in youth is paying off.

The 5th XI made their league debut, able to take the 3rd XI's home slot at Bradley Stoke Community School, sporting a newly installed artificial pitch. They finished a respectable 7th in Division 15 with focus on development of players.

The two Sunday teams are also primarily focussed on player development for Saturday cricket, each team at their relative levels (1st XI - NSCL Division 1 (top), 2nd XI - Division 3 (bottom)). Less results focussed, but for the record the 1st XI finished 5th from 9 and the 2nd XI 12th from 14.

Women's Softball

This team was relaunched in 2023 and attracted a good number of players, many of whom were trying cricket for the first time. Thursday night training was fun focussed, whilst developing skills.



They entered the league which included a number of established sides, as such they didn't pick up a win but the key metric of enjoyment was met with room to spare - roll on 2024!

Inclusion table cricket

The club were delighted to launch table cricket sessions for 2023, taking place in the Orchard Room at Baileys Court Activity Centre on Friday evenings, alongside youth training.



Free and open to literally anyone, it was particularly great to see those who couldn't access our other cricket offerings taking part, but also coaches and players joining in during and after youth training. This culminated in a team being sent to Bradley Stoke Community School for a match against the hosts.

All Stars



50 children aged 5 to 8 signed up for Saturday morning introductory sessions at Baileys Court, supported by plenty of club members. The programme ended with a surprise visit from Twinkle, the All Stars mascot! We hope that many of the participants transition to our Under 9s group once they reach the requisite age.

Youth section

With a membership of over 100 reasonably spread across the age groups, two teams at

Under 11s, 13s & 15s could again be fielded in Bristol Youth Cricket League (BYCL) league and cup competitions, as well as one each of Under 9s, Under 11s girls and Under 17s. Notably:

- The Under 9s (right) played in a BYCL softball friendly league group, showing great promise in winning all five games, as well as enjoying several Sunday festivals.
- The Under 11s girls team (below) was officially formed and entered into a softball league after the success of attracting girls to the game and club via Dynamos cricket, and impressed the coaches with their improvement through the season, some of whom were playing against players 2 or more years their senior.



- The Under 17s reached the final of their competition for the 2nd year in a row, Bristol CC running out winners on the night.

So, another busy season has concluded!

As ever the club are indebted to all its volunteers (eg committee, senior captains, coaches, groundstaff, bar helpers), sponsors, league officials and our landlords (Bradley Stoke Town Council and Bradley Stoke Community School).

End of season presentations are on the horizon as we write, and thoughts then turn to preparing for and making 2024 a success.

Local performing group looks for new members

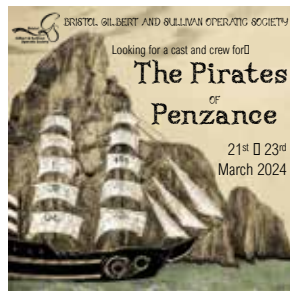
Start a new hobby, or revive an old one, with BGSOS!

Local performing group, Bristol Gilbert & Sullivan Operatic Society, is looking for people to join their ranks. The current membership includes people of all ages – from age 8 to 80 – who get together regularly to sing, act and socialise.

Chair Hannah Long, is passionate about the society, "It's a really friendly group who aren't just great performers, we are also great friends." Along with a professional orchestra, BGSOS is looking forward to its next production of *The Pirates of Penzance* at The Redgrave Theatre in Clifton in March.

BGSOS rehearses at Saint Teresa's on Gloucester Road in Filton on Tuesdays from September. BGSOS is looking for performing members, scenery builders, costume developers and technical volunteers. You can also support us as a society friend.

For details about all our roles get in touch, email secretary@bgsos.co.uk, visit www.bristolgssos.co.uk, or via our Facebook page @BristolGSSOS.



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Wellbeing Matters!

Well, we find ourselves at that time of year again. Heading into autumn ... the end of school holidays and the start of a new school year. In the health and wellness industry this is often viewed as a second New Year but what does that actually mean? Well Christmas is coming I suppose!

We seem to live in a social media-fuelled dependence on a dopamine-rich, instant reward hunt: the quick fix; the easy win. Ironically, this also taps into a basic human tendency to take the path of least resistance - a deep-seated evolutionary pattern of animal behaviour!

This can make us tunnel-visioned, whether focusing on diet, exercise or just fitting into the new jeans, the little black dress or party outfit! If we don't get a win now, we lose motivation, we lose the will to carry on, and who really cares if we eat well or bother to exercise?

Sometimes we need to lift our head and zoom out. We need to be prepared to commit for longer, to look at the bigger picture, and this can be where engaging the help of somebody else comes in, be that clubs, talk therapy groups or working with clinics like us and our social media support group. The camaraderie and sense of belonging to something 'bigger than you' helps us feel someone else cares whether you stay on track or not.

Working as a Wellbeing Coach, whether in the nutrition practice or the mental/emotional wellbeing clinic, with individuals, families or organisations within their work culture, *accountability* (helping you to achieve what you want to achieve beyond the point where you stopped if you were doing it by yourself) is often the key to success, but so is patience!

When I think back to some of the biggest changes I've made with my own health, the success came in the *endeavour* - the long game. If I wanted a quick win, I became so head-down focused on the minutiae of what was going on right in front of me, I actually became unhealthily obsessed! I couldn't be flexible, I worried all the time, put unreasonable pressure on myself and if I didn't get instant results, had "failed...again".



The key to making long-term changes with our health comes from patience, consistency, accountability and support - somebody helping to champion us through the darker days. Zooming out and focusing on a longer-term goal is much more realistic for lifelong change, but it pushes against our desire for instant gratification.

It is important to have signposts along the way, keeping us on track, which is one of the key things we do with our clients in the wellness space. But it's also important to keep the bigger picture in mind, to release the obsessive focus. We maximise our flexibility, develop more self-compassion and patience but don't let ourselves off making consistent effort. Leaning into support if motivation is waning really helps.

Joining the **Tip the Balance Wellbeing** community helps many of our clients do exactly this. Our **Tip the Balance Wellbeing Walking and Walk Mates Winterbourne Groups** help people to stay motivated with their exercise.



We can get so caught up with our work goals we forget to actually look after ourselves in the workplace, so **Tip the Balance Workplace Wellbeing Sessions**, offer regular check-ins at work, which help people keep their head above water.



Take time to zoom out and see the bigger picture!

If you're ready to think about your health and what comes next for you, what springs to mind when you get your head up and zoom out to your longer term, bigger picture?

With love x **Becca**

Our contact links can be found at www.linktr.ee/tipthebalance or call 07721 907780



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New Local Respite Day Care Centres

Autumn Years Community Care are an experienced and established team supporting people living with dementia and those who care for them.



Through an innovative range of services Autumn Years Community Care offers the older generation and their caregivers solutions to the problems that they face when confronted with such a life changing diagnosis. The respite day centres offer a safe and compassionate environment where people can enjoy good company and participate in fun activities with lots of laughter along the way. Activities include: Live music, Arts & Crafts, intergenerational events, Animal Therapy, chair based exercise, gardening, song and dance, pottery, trips out and many more. Recent trips have included a visit to Oakham Treasures and the Bristol Museum and Art Gallery. A recent cheese and wine tasting session was also very much enjoyed.



Autumn Years Director Victoria Irish said, "Our respite centres are a haven for anyone living with dementia or living in isolation. They are a place where someone can enjoy a stimulating and fun filled time while their loved ones take a much needed break."

The Respite Centres run every week throughout the year and activities are designed around each individual's interests and capabilities to ensure that they make the most of every minute.

All Centres run from 10am to 2pm:

- Tuesdays at The St Michael's Centre in Stoke Gifford;
- Thursdays at The Ridgewood Centre in Yate;
- Fridays at Turnberries Community Centre in Thornbury.

Victoria continued, "We are very aware of the impact that loneliness can have on a persons health, so our focus will always be on helping our clients to improve their physical and mental wellbeing, reduce their anxiety and stress levels and maintain their independence and quality of life."

For full details of all services provided by Autumn Years Community Care visit:

www.autumnyearscommunitycare.com

Tel: 07741 977122

Email: info@autumnyearscommunitycare.com

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children's hospice
SOUTH WEST

Registered Charity No. 1003314

For more than 30 years, The Children's Hospice South West (CHSW) has been dedicated to helping local families make the most of short and precious lives.

The charity has three hospices across the south west, supporting more than 500 families; Charlton Farm near Bristol supports more than 200 local children and young people with life-limiting conditions and their families with a range of free services, all available 24 hours-a-day, 365 days-a-year.

Support for the whole family includes short breaks; specialist medical, palliative, emergency and end-of-life care; play and music therapy; activities for siblings; and bereavement support. During the Covid pandemic, the charity adapted its care model to extend support to families' own homes.

When Noa died at Charlton Farm in November 2018, aged three months old, the care, compassion and support the family received from the hospice helped give them the time and space they needed to say goodbye. Here mum, Jo explains why the family will be forever grateful to Charlton Farm for the vital help and support during Noa's life and after she had died.

"Me and my husband, Jim and our daughters Nellie, aged 3 and Ada aged 1 love coming together to visit Charlton Farm and reflect on the memories that we had with Noa. One thing that we love about the support at Charlton Farm is that, despite our girls not being born when Noa was here, members of staff have built lovely relationships with them to help them process and understand grief, having lost their sister they never met. It's incredible how they intentionally want to help support your grief for a long time after, even though our time there was so brief. We visit Charlton Farm every year on Noa's anniversary which is really special for us. It's really great getting to take them somewhere specific where they get attention and we get to mark Noa's anniversary and somewhere she actually



was. Our favourite place is the trees in the garden where we take photos, because that was the first place Noa was properly outside in her life."

CHSW needs around £11m a year to run its three children's hospices, and around 85 per cent is raised through voluntary donations. Their promise is to 'make the most of short and precious lives across the South West'. If you have been inspired by this story and would like to support CHSW by perhaps arranging your own fundraisers, please do get in touch by ringing **01275 866600** or email reception.cf@chsw.or.uk



CHSW are delighted to announce they will be holding their Christmas fundraiser event '**Santas On The Run**' in the grounds of Charlton Farm this year and are looking forward to hundreds of people signing up and running in their festive gear on **Sunday 3rd December**. This feels like it will be extra special as it will be held at Charlton Farm.

If you are interested go to: <https://www.chsw.org.uk/event/group/santas-run>



Please let people know you saw them in Bradley Stoke & Little Stoke Gifford Matters!



BE PART OF THE ADVENTURE AUTUMN 2023

FIND OUT MORE



**OCTOBER OFFER
CHILD ENTRY £1
WITH A FULL PAYING ADULT!***

Visit Old Down Country Park this October and with every full paying Adult or Concession ticket purchased, one child can enter for just £1! * Simply select October Offer Tickets at checkout, visit date is required at time of booking.

*Offer available on visits between and including Sunday 1st October and Tuesday 31st October 2023, excluding Saturday 7th October (Due to private event, reduced £5 entry applies). One child enters for £1 with every full paying Adult or Concession. Offer valid for visit during October 2023 and entry before 3pm only.

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23rd October - 3rd November**

An exciting line up of Halloween & Firework themed activities, including pumpkin picking!

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Join our family friendly low noise event running across 3 nights **3rd, 4th & 5th November**

All events subject to availability, timing and event changes.

Find full event information and booking details on our website!

www.olddownstate.co.uk

Tockington, Near Bristol



DOG
FRIENDLY
VENUE



Here at Ambourne House we enjoyed a lovely, very busy summer and we are ready now for a new term!

In August we hosted our annual BBQ and we had such a good time, despite the weather.

We had face painting, games, a raffle, and Jo Jingles. It has been lovely to see the families have fun and the children playing together. We have raised some money to help us to get some resources for our new outdoor classroom and for the Mamas Hub in Bradley Stoke.

With the start of a new term, we are welcoming new friends. We are so excited to form new memories, new friendships and to create lots of learning opportunities for our children.

In the upcoming months we are looking forward to celebrating Grandparents Day, practicing new sports as well as organising some different trips and lots more!

There is certainly never a dull moment at our nursery!

If you would like your child to join the fun, please call Roberta or Sarah to book a visit.



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Youth Work in Bradley Stoke:

Summer programme:

It's been a busy summer for Bradley Stoke Town Council's youth work team. As well as a continuation of the well-attended youth work sessions delivered throughout the year, the team offered additional sessions and opportunities over four weeks of the school summer holidays. Young people attended various youth work sessions at the skatepark, the Jubilee Centre hardcourts and our Girls and Young Women's Project and had the chance to engage in a range of activities, including Art Workshops, 'Street Doctor' First Aid training sessions and local trips to Ice Skating and Ten Pin Bowling.



**Photos from summer
Skatepark Festival
Competition**



At the start of the summer, on Saturday 17th June, the annual Festival Skatepark Competition took place and youth workers, and local young people were delighted to host a popular package of Skatepark and Art activities. A mix of skate park skills and creative arts ran alongside the Skatepark competition. The competition was interspersed with rider demonstrations and 'have-a-go' opportunities, along with music and an MC. A range of competitions took place during the day, including Scooter's, BMX, Skateboard and Roller Blades and the prizes were presented by the Town's Mayor Dayley Lawrence.

The Art activities at the festival and during the summer programme, gave young people the opportunity to participate in workshops run by Olas Arts and those attending proudly produced their own piece of artwork to take home. The artist has worked with the Town Council in the past, running popular workshops and on this occasion used old vinyl records as a canvas for street art style creativity.

Local youth work sessions this Autumn:

As we move into Autumn the Town Council's youth work team are currently delivering and/or planning the following Youth Work sessions (sessions currently delivered every week are in bold):

- Skatepark sessions; regular and ad hoc sessions (**Tuesdays & Thursdays 4:30 to 6:30pm**).
- Jubilee Hardcourts: street sessions with an informal sports focus (**Thursdays 6:45 to 9pm**).
- Girls and Young Women's Project: weekly girls only sessions (**Tuesdays 7 to 9pm**).
- Detached and Street Work sessions: planned and ad hoc.
- Project work: eg Street Art project/s; skatepark construction projects.
- Events and competitions: eg two days of activities at our annual Festival
- Offsite trips: eg MoJo Active; Ice Skating; Air Hop, West Country Water Park.
- One to one and small group support – volunteering – school/college placements
- Residential: eg Multi activity weekends.

If you are a young person living in the local area (aged 12 to 19) who would like to find out about youth work sessions and projects, come along for a chat, check out the Youth Work page or contact the Youth Development Worker on 07900 253826 or email graham.baker@bradleystoke.gov.uk

Likewise, if you are interested in volunteering or becoming a part time youth support worker, use the contact details above.

Primary School OPEN DAYS 2023 – 2024

BRADLEY STOKE COMMUNITY SCHOOL PRIMARY PHASE

Tuesday	17th	October	at 2.00pm
Wednesday	18th	October	at 9.30am
Monday	6th	November	at 9.30am
Tuesday	14th	November	at 6.30pm
Wednesday	15th	November	at 2.00pm
Tuesday	16th	January '24	at 9.30am

www.bradleystokecs.org.uk/primary-phase

CALLICROFT

Tuesday	10th	October	at 10.00am
Wednesday	18th	October	at 2.00pm
Tuesday	7th	November	at 10.00am
Thursday	9th	November	at 5.30pm
Tuesday	14th	November	at 10.00am
Thursday	11th	January '24	at 5.30pm

www.callicroftprimary.org.uk

CHARBOROUGH ROAD

Thursday	12th	October	at 9.30am
Monday	16th	October	at 2.00pm
Tuesday	14th	November	at 9.30am
Wednesday	15th	November	at 2.00pm
Thursday	16th	November	at 6.00pm
Thursday	4th	January '24	at 9.30am

www.charboroughroadprimary.org.uk

FILTON HILL

Wednesday	11th	October	at 9.30am
Wednesday	11th	October	at 2.00pm
Monday	6th	November	at 9.30am
Thursday	9th	November	at 2.00pm
Tuesday	5th	December	at 9.30am
Tuesday	9th	January '24	at 9.30am

www.filtonhillprimary.co.uk

MEADOWBROOK

Wednesday	11th	October	at 9.30am
Thursday	2nd	November	at 2.00pm
Saturday	11th	November	at 10.00am
Tuesday	21st	November	at 9.30am
Thursday	30th	November	at 2.00pm
Tuesday	9th	January '24	at 9.30am

www.meadowbrookprimary.co.uk

STOKE LODGE

Wednesday	11th	October	at 2.00pm
Wednesday	8th	November	at 5.30pm
Wednesday	15th	November	at 9.30am
Saturday	18th	November	at 10.30am
Tuesday	5th	December	at 9.30am
Wednesday	10th	January '24	at 9.30am

www.stokelodgeschool.co.uk

Further details will follow regarding booking information on the Olympus Academy website and also on individual school websites



We are so happy to welcome current and new children and their families to Play House ... we have had a few changes so this year is going to be a busy one!!

Preschool has finally opened after lots of open sessions throughout the year; younger children are really starting to settle, make new friends and memories; it is the first time most of the preschoolers have left their parents so they are being really brave and exploring what preschool has to offer.

We have supported St Michael's Reception children with their half days... collecting them after their morning in class; it is so lovely to see all the children finally enjoying the garden area, but we are happy the heat wave lasted only a week!

Our new second afterschool provision, requested by parental need has opened in the school grounds for children in years four, five and six. Children are busy making their lists of how they want their new school provision to look whilst enjoying the vast school grounds that we now have the use of when the school day ends.



We have made some changes over the summer, these include a new very large outside sandpit, a new indoor sandpit and new climbing equipment inside. As always, we will continue to review, change and add to ensure that children are having a great time when they are with us!!

Also requested by parents were requests to re-open our holiday play days; so, we are opening October half term and the following inset day - Monday 23rd October to Friday 27th October and Monday 30th October.

We do have a few spaces still available for pre-school. Why not bring your child along to join in the fun! We offer a natural environment with copious opportunities to play in a safe, secure, outstanding provision.

Please call or email to book in;
0117 9314154 info@playhouse.ltd
www.playhouse.ltd

Happy First term !! The Play House Team



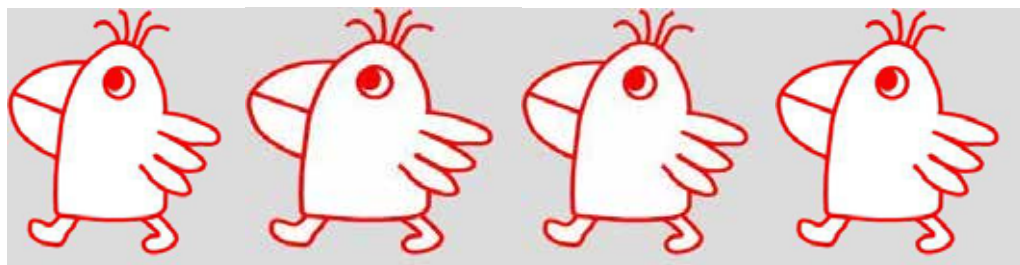





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www.baileyscourt.com



ARE YOU LOOKING FOR A LOCAL PRIMARY SCHOOL FOR YOUR CHILD FOR SEPTEMBER 2024?

Here at Bailey's Court Primary School, we are very proud of our children and we would love you to visit and see us in action. Our school is a happy place, where children, staff and parents all work together. If you would like to come for a tour of our school, please see the dates below.



You don't need to book to visit us, simply pop in at 9.15 am on any of these dates:

Tuesday 3rd October

Thursday 12th October

Wednesday 8th November

Thursday 16th November



News from Bailey's Court Primary School

A Warm Welcome to the New School Year

We are already two weeks into our new school year and the sun is shining at Bailey's Court Primary! Our children have returned to school and have moved happily into a new year group ready to learn. They are all settling into life with a new teacher and, for nearly all children, they are in a new classroom which is always exciting.

Our first two weeks have been very busy with many of our parents and carers having already attended their "Meet the Teacher" sessions and our Year 4 children have already taken part in their first series of swimming lessons! The next few weeks look just as busy with our Year 6 children off on their residential camp for five days in Devon and our Year 3 and Year 4 children looking forward to their first Forest School sessions of the year.

Term 1 of the school year is a very special time for the children and families of our new Reception intake. Our new children have been coming in for half days over the last two weeks and next week they will be extending their stay with lunch at school alongside their parents who have been invited along too. Before very long, they will be with us for whole days and they are settling in very well. It's lovely to see their smiling faces each morning and they already feel part of our school community!

We have also just had our first 'New Parent Tour' for parents and carers who are looking for a school place for September 2024! It seems such a long way off, however, it's a very important decision which takes much careful thought. We have a series of tours planned for 9.15am on the following dates:

- Tuesday 3rd October
- Thursday 12th October
- Wednesday 8th November
- Thursday 16th November

If you are looking for a local primary school place for September 2024 and would like to visit our school, simply pop on any of these dates. You don't need to book.

As ever, this term will race by and, before we know it, we'll be talking about Christmas!



Reader recommendation – Holistic Courses with Dawn Clode

Holistic therapist Dawn Clode (pictured) has been promoting her skills as a therapist in Matters Magazines for several years. I have enjoyed treatments from this talented therapist, often needed after getting a magazine to print! Dawn is now retiring from treating patients but she is still passionate about the practice of holistic treatments and is dedicating her time to expanding her teaching courses.

Dawn offers individual or small group courses in the following – Acupuncture, Anatomy for Beginners, Aromatherapy, Homeopathy, Kinesiology, Massage, Mindfulness, Reflexology and all levels of Reiki.

Courses can be tailored to people who are interested in learning skills for their personal use, to professional therapists looking to add to their portfolio and people who are looking to embark on a career as a therapist.



Local resident Ellen Weeks, heard about Dawn's courses through Bradley Stoke Matters, and got in touch with her to find out more about learning the practice of Reflexology. Ellen shared, "Dawn was very friendly and informative on what the course entailed. It was easy to book in for the course and I was sent pre course information via email.

Dawn is lovely, friendly and a very knowledgeable lady, but also down to earth, which makes the course very pleasurable and relaxed. She provided lunch and refreshments for both me and my model. She was very happy to answer any questions and is also very good at helping with any questions that may occur after the course is complete.

I would recommend Dawn, and I would be very happy to do further courses with her in the future.

Dawn is offering a wide range of Holistic Learning Courses in North Bristol during 2023, and from March 2024, also holistic holidays in East Charente, France. Day courses start from £125.

Get in touch: For more information and to book onto a course, please contact Dawn on, **0795 1099 491 | dawn@life-and-soul-empowerment.co.uk**

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Your Own Personal Cruise & Holiday Centre

Local resident and local travel agent Andy Cunningham is celebrating with his close team, 18 months of trading since his travel shop opened in the Willow Brook Centre, Bradley Stoke.



Since launching his travel shop solo, his team has grown with two part-time colleagues. Lisa Hanley joined in August 2022 and has augmented the business very well. In fact, Lisa is now the Willow Brook Travel Shop, resident Disney Holidays Expert, including Disney Cruises.

Ray Jubber joined in March 23 and is learning everything about travel and specialising in Golf and Sports Holidays.

Now in August, John Marchant is joining the team as our Cruise, Winter & European Holidays expert. John is a very established and eminent travel agent and brings immense experience. John is joining as a Director in the business.

Andy and his team offer every type of holiday from European beach and cultural holidays to escorted tours, enabled holidays, bespoke built itineraries and long haul holidays specialising in the Americas and Asia, winter holidays including skiing, Lapland and Northern Lights.

In July, Andy and John launched the Bristol Cruise Centre, which specializes in all cruise types of holidays, river and ocean. This has been a great success with the cruise team booking a minimum of 20 cruise customers a week and it has only been open for three weeks!



Andy, top photo centre with the team; and new Director John Marchant above.

As part of travel giant HAYS the Willow Brook - Not Just Travel has access to 450 operators with all holidays fully protected by ABTA. Holidays are ATOL-protected, ensuring customers' peace of mind.

'Customers receive a completely different level of service when travelling with me and our team. We make sure every customer gets 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, and flights and to build bespoke itineraries for customers.'

<https://www.facebook.com/bristolcruisecentre>



Find Andy and team at Not Just Travel
Willow Brook Centre, Bradley Stoke BS32 8BS

Or call on **0800 970 8715**
E: WillowbrookCentre@NotJustTravel.com
W: www.willowbrook.NotJustTravel.com FB: [bristolcruisecentre](https://www.facebook.com/bristolcruisecentre)






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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.*



This month I would like to take the opportunity to highlight the partnership between Avon and Somerset Police and defibrillator provider HeartSafe. Together, the partnership has funded over 130 bleed kits to be installed on the side of existing defibrillator cabinets across the county.

Emergency bleed kits are specifically designed to handle 'catastrophic bleeding'. They include items like dressings and a tourniquet allowing bystanders and/or the injured person to provide immediate aid whilst waiting for an ambulance service to arrive at the scene.

Extra minutes can save lives. Visit HeartSafe's website to find out where bleed kits are located in your community.

Saturday 9th September marked Emergency Services Day. Also known as 999 Day, it promotes the work of the emergency services and emphasises the responsible public use of emergency services.

I want to say a big thank you to all the staff and volunteers who work tirelessly for keeping us safe and making a difference in our communities.

To mark the occasion, I attended a flag raising at City Hall in Bristol hosted by the Deputy Lord Mayor, Councillor Paula O'Rourke.

Also in September I hosted the first event of our Autumn Councillor Forums for the Bath and North East Somerset (BANES) constituency. The session was a chance for councillors to gain an overview of my Police and Crime Plan.

The Plan outlines specific areas of focus for improvement, by the Chief Constable, and their officers and staff.

My four police and crime priorities are:

1. Preventing and fighting crime
2. Engaging, supporting and working with communities, victims and partner organisations
3. Leading the police to be efficient and effective

4. Increasing the legitimacy of, and public confidence in, the police and criminal justice system

Councillors regularly speak to local residents and hear first-hand their thoughts about policing and crime in their area. Since being PCC, it has been of utmost importance to work with councillors to ensure we are delivering effective and efficient policing across communities.

I will be hosting a forum for South Gloucestershire councillors later this month and Bristol councillors in November.

On Monday 11th September I attended an anti-social behaviour (ASB) conference with hundreds of partners and the police all working together to deal with ASB.

It was great to see such involvement from all agencies, working alongside each other to tackle ASB in Bristol and the surrounding areas.

One of the topics discussed was the use of the StreetSafe tool. It is a free tool where members of the public can pinpoint on a map the location where they feel unsafe. The information provided will be considered alongside the extensive evidence base already gathered by police forces and used to inform the police and partner agencies such as local authorities.

No crime needs to have been committed in order to indicate where local people feel unsafe.

I would like to thank those for reporting crime, particularly burglaries, which have taken place recently in the area. The police rely on information from the public to build a picture of intelligence.

There are a number of ways you can report crimes. You can fill out a form, report it online or call 101 in a non-emergency.

www.avonandsomerset-pcc.gov.uk 01278 646188

Avon & Somerset Police and Crime Commissioner, Avon & Somerset Police HQ, Valley Road, Portishead, Bristol, BS20 8JJ



News from the Royal British Legion, Stoke Gifford Branch -

Appeal for Additional Volunteers

The Stoke Gifford Branch of the Royal British Legion, (RBL), are hoping to have another successful Poppy Appeal this year.

The Branch would like to thank the public, branch members and volunteers, businesses and other organisations for their help and generosity throughout the Appeal. And of course thank you to the great local media who do so much to help us raise so much money and help us raise the profile of our welfare work so we can reach more people who need our help.

The branch would love to repeat its previous successes for the 2022/23 Poppy Appeal.

The money raised for the Poppy Appeal goes to the RBL's Welfare Fund, which is used to give help and support to current and ex service personnel and their families.

The branch puts Poppies and collecting tins around the area in Shops, Businesses and UWE. And it puts tables with poppies and collecting tins in larger stores, but it needs more volunteers to man these stalls during the Poppy Fortnight from 28th October until Remembrance Sunday in November.

If you are able to volunteer for the branch as a collector during the "Poppy Fortnight" between 28th October to November 11th we would love to hear from you!

To volunteer at the different venues please contact: -

For Sainsbury's, Stoke Gifford or the Willowbrook Centre, Bradley Stoke please contact Tony Peters 07971 242 845

For Cribbs Causeway or the Willowbrook Centre, Bradley Stoke please contact Billy Wide 07874 895 993

For Morrisons, Cribbs Causeway please contact Craig Webb 07450 969 957



POPPY APPEAL LAUNCH EVENT

The popular local Poppy Appeal Launch will be on Friday 27th October, 2023 in Bristol Parkway Station at 2pm we are trying to have Chelsea pensioner as our special guest.

The Stoke Gifford Branch of the RBL has its own Facebook Page: -

<https://www.facebook.com/StokeGiffordRBL>

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AT

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ON



SUNDAY 12th NOVEMBER 2023

LOCAL YOUTH GROUPS WILL PARADE

FROM ZONE H CAR PARK

AT THE WILLOW BROOK CENTRE

AT APPROX 10:40AM

CEREMONY IN THE TOWN SQUARE

LED BY MEMBERS OF OUR LOCAL YOUTH GROUPS AT

APPROX. 10:45—11:30AM

EVERYONE WELCOME

PLEASE NOTE THIS IS NOT A MILITARY PARADE - ALL ORGANISERS ARE COMMUNITY VOLUNTEERS -
PARADE AND CEREMONY TIMINGS MAY VARY ON THE DAY



Ladies Off To Roaring Start in Club's 9th Season

Bradley Stoke Ladies FC, which was first established in 2015 by manager Martin Lee, has recently started its 9th season in the Gloucestershire County Women's Football League.



After winning the division 3 title in 2022 the side were promoted back to division 2 last season whereby they finished 7th, retaining their division 2 status. The team will be looking to improve their standings this season and have got off to a fantastic start with 3 wins in 3 games and 22 goals scored, conceding just 1.

Recent Results:

Bradley Stoke vs Cheltenham Town Development 7 - 0
Bradley Stoke vs Abbeymead Rovers 15 - 0
Bradley Stoke vs Stoke Lane Athletic 2 - 1

October Fixtures:

Longlevens (H) - 1st October
Red Falcon (A) - 8th October
Red Falcon (A) - 15th October (County Cup)
Cheltenham Civil Service (A) - 22nd October (League Cup)
Gloucester City Development (A) - 29th October

All fixtures and results can be found here:
<https://fulltime.thefa.com/displayTeam.html?id=395259750>

All home matches are played at Bradley Stoke Community School - all support is appreciated.

Join Your Local Ladies Football Team

BSLFC are always looking for new players to improve the squad. If you are looking for a new team or used to play and want to get back into the game, we'd love to hear from you. Contact manager Martin Lee on 07785 384618 or alternatively, please get in touch via any social channels.

Facebook: <https://www.facebook.com/bradleystokeladiesfc>
Twitter: <https://twitter.com/BradleyStokeLFC>
Instagram: <https://www.instagram.com/bradleystokeladiesfc/>

And a big thank you to Baileys Court Inn for their hospitality after all of our home matches - the pub has been supporting us for many years so it's great to continue this partnership for another season!

Update from Jack Lopresti, MP

This past month, I had the pleasure of making many visits in the local area, one of which included the Patchway Men's Shed. Here we discussed how they help the local community including schools and community groups (as mentioned in our Hedgehog article on page 6), as well as their future plans for the development of their site and how I could help by connecting them with businesses and organisations who could help.

I also had a great visit to the Bristol Academy of the Military Preparation College for Training where I met some inspiring learners hoping to become armed forces recruits and had a good discussion with them hearing how they are supported as young people to join the military.

Additionally, due to many issues raised by constituents, I held a meeting with our Police and Crime Commissioner Mark Shelford and Councillors Neel Das Gupta and Keith Cranney to discuss anti-social behaviour, e-scooters, and the Meade Park fire. We also discussed neighbourhood policing and how the council can do more to tackle graffiti (see article page 10).

In addition, I had the opportunity to attend some great community events this month including the South Gloucestershire Show where I met with Jackie & Anna from the Staple Hill branch of the Royal British Legion and got to see some of the products of our agricultural industry in South Gloucestershire. I also visited the 60th Winterbourne Down and District Horticultural Society 60th Annual Show which had some fantastic displays.

I have also recently been on another visit to Ukraine. This time I met with a number of influential organisations and officials in Ukraine's defence industry and in government. This included productive meetings with Herman Smetanin, Head of Ukroboronprom; Sergii Boyev, Deputy Minister for Strategic Industries responsible for European Integration; Alexander Kamyshin, Minister for Strategic Industries of Ukraine; and Oleksandr Zavitnevych, Chair of the Parliamentary Committee on National Security, Defence and Intelligence. We discussed closer collaboration between British and Ukrainian defence companies to support



the war effort. I also had the opportunity to discuss defence procurement cooperation with the Ukrainian Defence Minister Oleksii Reznikov, and the continuing support our nation will provide for Ukraine on their path to victory.

On this visit I was also able to go to the Ukrainian frontline (photo below) and was honoured be able to speak to some of the troops and see such high morale among soldiers. Many of them were trained in the UK and it was great to see British kit and equipment in action such as the AS-90 self-propelled artillery from my son's army unit.



Back in the UK, I also had the opportunity to show my support for Ukraine on National Flag Day and Ukrainian Independence Day on which my office hung the Ukrainian flag in solidarity with the gallant Ukrainian people. I also went to a BBQ at the Ukrainian Refugee Hub at St. Andrew's Church in Avonmouth organised by the Bristol Rapid Relief Team who did a fantastic job delivering a great event for the Ukrainian refugees in our area.

As always, should you need my help with anything, my office is open from Monday to Friday between 9am and 6pm.

Please telephone me on 01454 617783 or email me at: jack.lopresti.mp@parliament.uk if I can be of assistance or to book a surgery.

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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

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. 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.

Knit, Stitch & Natter Bradley Stoke Library Thursdays 10am, bring your own project, just turn up and join our friendly group. Adults only.

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.

St. John Ambulance - 100s of volunteer roles available for 18+. Your local unit meets in Bradley Stoke on a Thursday evening. More information at www.SJA.org.uk or e-mail the New Volunteers Team at BAS-NVTeam@sja.org.uk

Stoke Gifford Community Choir 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 Stoke Gifford Retirement Village Hall, BS16 1YG, on Tuesdays, 7.00-8.30 pm. For further details, email natasheya.archer@extracare.org.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>

U3A - Bristol U3A - For retired or semi-retired. Meet new friends and enjoy an amazing range of interests and activities. See us at <https://www.u3asites.org.uk/bristol/welcome> . Our "Stokes" Social Group welcomes new members. Email Andy: andyclarke2@pm.me

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 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 07887 373924

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 Abbeywood Community School, 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 lee1@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

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 924 3322 www.citychurch/visit/bradley-stoke-site

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 Monday - Friday 8.30am-4pm. Saturdays 10am-1pm

Stoke Gifford Baptist Church 1, Rock Lane, 01454 610808

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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

Bowland Green Primary School, Ellicks Close BStoke, 01454 866766, bowlandgreen.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.littlestokeys.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.stmichaelsg.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



North Bristol Chess Club is Now in the Stokes!

North Bristol Chess Club has moved to the Stokes! We're now located at the Little Stoke Social Club, and we're open to players of all ages and skill levels.

We're a fun and social club that's always looking to expand and attract new members. We meet every Tuesday from 7:30pm to 11:30pm, and we offer a variety of activities, including:

- * Casual games for beginners and experienced players
- * Tournaments for competitive players
- * Chess workshops and lessons
- * Social events for members to get to know each other

We're also part of the Bristol and District Chess League, so we have the opportunity to compete against other clubs in the area.

If you're looking for a fun and challenging way to spend your Tuesday nights, I encourage you to come check us out! We'd love to have you join our club.

To learn more, please visit our website <https://northbristolchess.wixsite.com/home> or contact our club secretary - Tony Golding - 07971 197233 - email: Anthonygolding1@hotmail.com




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Bristol Care Homes supports care staff development in collaboration with UWE

Bristol Care Homes has four high quality care homes in north Bristol and South Gloucestershire. They pride themselves on the quality of care they provide, and the investment they put into the development of their staff team.

Their latest investment has come in the form of a pathway to support care staff to attend the University of the West of England and qualify as a Nurse Associate.

Bristol Care Homes has four members of the team who have followed this pathway so far. Elena from Glebe House, Sarah from Quarry House and Shahira from Field House have all recently successfully earned their Nurse Associate foundation degrees from the prestigious UWE University. Jemma from Beech House is currently still on the course and due to qualify in the next few months. Elena, Sarah and Shahira have all decided to progress with further support from their employer onto a top up course with UWE which will see them achieve their full Nursing Degrees and become Registered Nurses and Jemma will do the same once she has completed her Nurse Associate studies.

"Here at Bristol Care Homes, we care about our staff just as much as we care about our residents. This is the reason why, amongst many other benefits, we offer great career pathways to anyone who is looking to develop and grow professionally.", says Richard Crocker, CEO of Bristol Care Homes. He continues "it is important for us that we can identify talent within our organisation and support them all to achieve their maximum potential. As part of this latest investment, we decided to fully support our Nurse Associates to attend university once a week for study, attend their required placements and achieve the required off the job hours within their overall contracted hours all whilst paying them their full salary. This support continues for them as they progress onto the Nursing degree. We are very proud of the achievements of this dedicated group, and we look forward to supporting many more of our team through the same route in the future."

Bristol Care Homes is committed to providing excellent lifetime care to residents and great



career opportunities to staff. Two of its homes have CQC 'Outstanding' rating, whilst its resident fees remain extremely competitive and good value. The career development pathways ensures that people who join or work in the company strive to provide that excellent standard of care to residents while also growing professionally within the company.

Other staff benefits expected when joining the Bristol Care Homes teams are:

- Up to £250 welcome bonus
- Up to £250 refer a friend bonus
- Great rates of pay
- 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
- Valuable career development pathways
- A wide range of holiday, retail and leisure discounts
- Employee assistance programme
- Cycle to work scheme
- Free meal when working +8 hours shifts.

If you are keen to work for an employer who invests in staff support and development such as this please visit their website to see the latest opportunities - www.bristolcarehomes.co.uk.



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1. What services do you provide?

I am a Family Solicitor and assist with a broad range of family matters including divorce, financial arrangements, child arrangements, domestic violence, cohabitation agreements, separation agreements, pre-nuptial and post-nuptial agreements and change of name deeds.

2. What misconceptions do people have about family law?

Many people think that family law is always contentious. It doesn't have to be. We always aim to provide pragmatic advice to enable you to reach the best resolution and to try to keep matters as amicable as possible, with the aim to achieving a resolution outside of Court. One of our team is a collaboratively trained lawyer, and we aim to adopt this approach when dealing with all matters. Our team are also resolution members.

3. What would you say to someone who is nervous to engage with a solicitor?

We recognise that it takes a lot of confidence to make an initial appointment with a solicitor. We appreciate that it is natural to feel apprehensive before a first meeting with anyone. We acknowledge that such feelings are heightened when going through such an emotional situation and discussing it with a relative stranger can make it even more challenging. We aim to be flexible at this critical stage, and offer a free 30 minute appointment by telephone, video call or face-to-face to your preference. If you suffer from any physical or learning difficulty, it is always helpful to inform us of this when making the appointment, as we will endeavour to make any reasonable adjustments to ensure that you are as comfortable as possible during this consultation. We can also provide you details of other professionals and support services, which may be able to assist you whilst dealing with a family breakdown.

4. How long have you been in your field?

Since qualifying into a family position, I have practiced within Bristol and the South West in both criminal and family law. I believe



the experience of criminal law has enhanced my knowledge and has given me invaluable experience. Since making the decision to return to family law, I can often identify areas such as where domestic violence has been an issue, where my knowledge of criminal law assists.

5. How did you come to specialise in family law?

As a student, a paralegal and a trainee solicitor, I had a strong interest in the human areas of law. Family breakdown should not be underestimated, as it can be one of the most stressful life events. It is very rewarding to be able to assist someone at such a difficult and vulnerable time and helping them to reach a resolution that will allow them to look towards a brighter future.

At AMD Solicitors, our experienced family solicitors can offer you guidance and support through all aspects of family law.

You can contact them by calling our Henleaze office on 0117 962 1205, contacting info@amdsolicitors.com or visiting one of our four Bristol offices.

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Events at Winterbourne Medieval Barn

Orchard Harvest Day – Sunday 8th October, 11am – 4pm – Celebrate our Heritage – the skill of the medieval craftsmen who built the Barn, along with British orchards, crafts, music, dance and entertainment. Enjoy the full programme of varied activities throughout the day, including – Ferret-racing, Winterbourne Down Border Morris, Frampton Shantymen, Bygonz minstrels, 5678 Dance school, Historic River Severn Salmon Fisheries exhibition, Chicken Charmer Farmer walkabout characters, Artisan craft stalls and displays, kids' crafts, face-painting, coconut shy activities, and more. Excellent West Country food available all day including Old Sodbury Lamb, Harcombe Cakes and Savouries, and the Barn Bar and Cafe. A great day out for all ages. Well-behaved dogs welcome on a lead.

Adult £5, child (3–16) £1. Tickets can be booked online in advance to avoid the queues. Free car parking at Winterbourne Academy with a free shuttle bus to and from the Barn all day.

Wine-tasting Evening – Saturday 21st October, 7pm – Wine expert Ian Refearn will guide you through a selection of white and red French country wines, and a dessert wine, with a view to ideas for the approaching festive season. This workshop is both informative and fun. Informal seating around tables of about 6–8 people. Cheese and biscuits provided. Over 18s only. A merry evening guaranteed! Advanced booking essential.

Craft Workshops

Places are very limited for workshops and pre-booking is essential. Full details online.



Pottery Taster Afternoon – Saturday 14th October, 1–4pm – Join Brenda at The Pottery Shed to hand-build a bowl which you will glaze and scraffito.

Festive Fused Glass Workshops – Thursday 23rd November, 10am or 1.30pm – Make fused glass Christmas trees as hangings or to go in a stand.

Christmas Wreath Workshops – Saturday 2nd December, 10.30am or 2pm – Join florist Deb, from Courtyard Flowers, for these festive workshops to create a beautiful natural wreath to adorn your front door or table. Mulled wine and mice pies included!

Family Halloween Craft Sessions – Monday 23

October, 10am or 1pm – Start the half-term holidays getting ready for Halloween. We'll be making some Super Spooky Slime, Lanterns to help you see in the dark, Spiders' Webs, and Haunted House Decorations. All you need for a spooktacular time! Aimed at families with children aged 5–11. Booking essential.

Family Festive Crafts on Sunday 3rd December – available for booking online now.

Dates for your diary – Carols in the Barn – Saturday 9th & Sunday 10th December

All events can be booked online direct on Ticketsource or via the Barn website

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

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