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December 2023

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Dear Readers....



'Tis the season to be jolly! and in this issue we bring you news of lots of local Christmas events sure to fill you with Christmas cheer! Church services and other local events are detailed across pages 28 - 33, including an illumination trail at Old Down Country Park which looks fun. If you're quick there is still time to join in with the Santas on the Run which raises funds for the Children's Hospice South West and also gives you free entry in Noah's Ark that weekend - see page 10 for more details.

We have two local authors in this edition for you - for a great new children's book check out page 11 for the adventures of Brave Cat Millie. And on a very different note about living life as a carer, we welcome Carla Alderman with her book "Finding me Again" see overleaf.

Other articles this month include coverage of the Moon Festival which took place on the Green in Stoke Gifford at the end of September, Calendar Girls and the Severn Counties Birds show, as well as the local Remembrance services which have just taken place as I type this.

Christmas happens on the same day every year, and yet we all rush around at the last minute getting ready to celebrate. Many people try to pack the holiday with elaborate parties and extravagant gifts, but we all have hectic schedules and sometimes time and money are in short supply. The best advice is to keep it simple; enjoy the company of friends and family, share some good food and drink, and don't get too stressed if things don't go to plan.

If you are a business looking to promote your services across the Stokes in 2024 do get in touch - deadline for the January edition is 7th December.

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!

December is a busy time of festive family celebration for most of us, so I'd like to wish all our readers a very peaceful yet Merry Christmas!

Jaci

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Finding Me Again

by Carla Alderman

"There is a new version of myself that has been created, since becoming a parent carer to a disabled child, I feel new and improved, but there are still parts of me that feel lost and wayward. Certain parts are broken and I am unsure how to glue the pieces back together again; or if they need to be disposed of completely.

"Then I remember that the pieces I contemplate throwing away forever are important chunks of my identity, that separate me from being a 'Mum', a 'Carer' or an 'Advocate'. It's so hard to find who I am underneath all of the new layers that have helped shape me into this better person – So why am I trying to find her? I am far more passionate, understanding and fierce. But underneath all of those new wonderful qualities which shape me into my role, is still a girl that deserves to be recognised and loved away from her caring, mothering role. She deserves to be nurtured and loved to prevent her from burning out. She is more than somebody's carer. She has her own wants and needs, her own goals, ambitions and happiness, which often get lost among the storm clouds.

"It's difficult to navigate it all when the fog is so dense, you cannot see before you. But yet, this journey continues to show me the importance of finding myself again and why I need her to still be there, alongside all of the new layers, I seem to grow each year."

We were delighted to hear from Carla again. You might know her as Cameron's mum and remember reading about Cameron's Smile in a previous issue or on social media. At just 8 weeks old Carla's son Cameron was diagnosed with a rare genetic condition called Norrie Disease. This disease usually only affects males and causes blindness and progressive hearing loss. Cameron is completely blind with no light perception what so ever. He started to lose his hearing at the age of 3. He is non verbal, has global delays, autism, adhd, profound learning disabilities and a feeding tube. But his personality shines through all of that, and the most important thing you will remember about Cameron is his smile.



Carla's first book 'Cameron's Smile: Raising a deafblind child' talks about what is like to raise a disabled child and the challenges that are faced in order to raise awareness and acceptance.

Carla's latest book 'Finding Me Again' talks about the sensitive, and possibly taboo subject, of how caring for a disabled child impacts your mental health and finding the resilience to overcome that.

Finding me again:
From the author of
Cameron's Smile. A
parent carers mental
health journey: Amazon.
co.uk: Alderman, Carla
Danielle: 9798863269887

photo right of Cameron and Carla
taken from previous issue.






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Moon Festival Celebrated by our Hong Kong Community

On 29th September, members of our local Hong Kong community were joined by other local residents to celebrate the Mid-Autumn Moon Festival on the Green in Stoke Gifford.

Mid-Autumn is one of the most important festivals in Hong Kong. Families gather outdoors to enjoy the Autumn breeze and gaze upon the roundest and biggest moon in a year. Seasonal fruits and moon cake are enjoyed. Children will play with lanterns and enjoy some late night fun outdoors. In Hong Kong it is public holiday the day after Mid-Autumn festival so it is an opportunity to stay up late!

Anna: Everyone's so happy and all the kids are running around. I feel like I'm in Hong Kong, but I don't have to be in Hong Kong...

Alfred: It really brings us together and beats the loneliness that we feel sometimes when we are living in a new culture.

The event was organised jointly by the South Gloucestershire Council Resettling Communities team and members of the Hong Kong Community from St Michael's Church and elsewhere, and included a display of Chinese lanterns, activities for children and musical performances using traditional Chinese instruments. A photographer was on hand to take family photo portraits and a member of St Michael's gave a talk on the history of Stoke Gifford and a tour of the church and St Michael's Centre.

It was a great evening of fun and building community - and, amazingly, the weather was dry!





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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.

'Calendar Girls' raises nearly £6,000 for Cancer Charities

The play 'Calendar Girls' (written by Tim Firth) was performed by local amateur group Collaborative Productions between 21st to 23rd September 2023 at Rangeworthy Village Hall. This was a two-fold charity event which, due to the popularity of this poignant play, saw packed audiences with standing ovations.

The cast of 12, headed by Barb Smith and Sue Smith as Directors, had such fun putting on this play and are delighted to have been able to boost the coffers of both BUST and Blood Cancer UK in their strive to beat cancer. A total of £5,899.37 was raised from the four performances and this sum is being shared between the two charities.

Collaborative Productions would like to thank the audiences for reaching deep into their pockets to support these two worthy charities. We are also grateful to our sponsor Renishaw plc, as well as the many people and companies who helped us in our quest to put on this production, some of whom offered their services free of charge to enable us to donate more money to the two charities.

For a brand new group formed to put on Calendar Girls, the cast and crew are immensely proud and heartened to have received so many favourable comments and to be able to donate these funds to support both charities.



Local Beauty Salon Celebrates "Best Beauty Salon 2023" Award

Little Stoke Gifford Matters was delighted to hear from Rowena George, owner of the local beauty salon Beauté, which is based upstairs in the Riverside Leisure Club in Little Stoke.

The Regional Grand Final of Englands Business Awards was held at the Mercure Grand Hotel in Bristol at the end of September. Out of the original 68 salons nominated, and six finalists attending the event, Beauté Salon was selected as the regional winner of the Best Beauty Salon 2023, as initially voted for by the general public and backed up by three months of mystery shoppers and assessments.

Rowena (pictured above collecting the award with her colleague Maria) told us: "As a Salon we were honored to be nominated for this award by our clients and thrilled to make it to the final. I now feel even more humbled to have won! My amazing team of therapists and our wonderful supportive clients we have at Beauté have made this possible, and for this I'm extremely proud and grateful."



Beauté is a Face, Body, Nails & Tan Salon offering a range of services including Facials, Massage, Advanced Waxing, Eyebrow & Eyelash Treatments, Hand & Foot Treatments, Builder Gel & Gel Polish, Nail Extensions, Nail Art, Body Wraps. The salon has 5 qualified team members all qualified to NVQ level 3 and offering over 50 years of experience between them.

Beauté is offering Matters Readers a special 'New Client' discount of 10% -

Simply Quote 'Matters10' on booking your appointment to receive a 10% discount on your first visit to the salon.

To get in touch and book an appointment call the salon on 01454 270269 or book online at beautebristol.co.uk, follow them on facebook fb: beautebristol

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Severn Counties Foreign & British Bird Society - Show Report

On Saturday 4th November SCF&BBS held its annual show of cage and aviary birds, which was a great success. The Society has been in existence for over 50 years, and caters to hobbyists who keep, breed, and exhibit a variety of domesticated birds, including various finches, canaries, members of the parrot family, and others. The venue was the Methodist Hall in Down Rd, Winterbourne, where the club meets on the third Thursday of the month at 8pm for talks, slide shows, and other activities. In addition to the regular meetings we have various other events, including displays at various locations including Hawkesbury Upton Flower Show and of course the May Fair at Winterbourne.



Putting on even a small show involves a great deal of work, including preparation of the schedule, venue, judges (qualified judges for bird shows are a rare resource), refreshments, staging and awards to be presented. On the day we take care of all the relevant animal welfare and biosecurity issues.

For a show, all birds in a class have to be shown in special show cages, all designed to a matching format. This ensures that decisions are not made because of differences in how the birds are housed. The quality of the bird is judged on such matters as the birds' appearance, quality of feathers, behaviour and age. For canaries for example there are many breeds, each with its own special breed standard. Finches come in various colour patterns, some the same as the wild bird with other varieties produced in domestication.

If anyone is interested in keeping birds or has questions about bird keeping, please contact us via our Facebook page or email Alan Goldsmith at birdsandbutterflies2022@gmail.com.

Some of our members give talks to schools or other societies, so if you are looking for a speaker or a display do contact us and we will see if we can help out.

Frosty Fun Christmas crafts!

**Free drop-in craft event,
Tuesday 19th December,
10:30am - 11:30 am.**

**If you're unable to attend, there will
be free craft bags to take away while
stocks last.**

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COMMUNITY FESTIVAL 2024

VOLUNTEERS WANTED

The Community Festival 2024 is taking place on Saturday 8th June. A Community Festival Working Group has been formed to help organise the community elements of the festival.

If you are interested in joining the Community Festival Working Group, we would be delighted to hear from you.

Please contact the Town Council office on 01454 205020
or email: town.clerk@bradleystoke.gov.uk



Includes 50% off the entry price into Noah's Ark Zoo Farm on Sat 2nd and Sun 3rd December

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Local Author Celebrates Publication of Children's Book

First time author Freddie Hillberg, who has lived in Bradley Stoke for over 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."

Freddie began his writing journey telling stories to his two grand daughters when they were younger but 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. 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 is available to buy from all good bookshops. www.carrawaypublishing.co.uk/



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

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STOKE GIFFORD

PARISH COUNCIL

The Parish Council Grounds Staff have recently gained their qualifications in the following courses:

- RPII Routine Level Playground Inspection
- Small Tree and Chainsaw maintenance

We are really pleased to be able to help both Andy and Martyn achieve these additional qualifications, which will further enhance the service offered by the Parish Council.

The RPII qualification enables the Parish to carry out in-depth regular routine checks on all the play equipment owned by the Parish Council. We are very lucky to have such lovely recreational facilities and we take great pride in keeping the grass cut, hedges tidy, bins clear and play area equipment in good safe working order.

To also get the lads on the small tree and chainsaw course has been a real positive. Several dead trees around the recreational areas have been removed already in-house by Andy and Martyn, saving the Council additional on-costs having to hire external contractors and it allows this work to be carried out far more efficiently too.

Meade Park Car Park Extension

The car park at Meade Park has been extended, which is a welcome alteration to this very popular recreational space.



Meade Park Play Equipment

Following the devastating fire to the tower multi play equipment at Meade Park in June this year we hope to be able to reinstate the large slide and also add a zip wire (Aerial runway) to the site before the end of the calendar year.



The Parish Council will also be adding CCTV coverage to cover the facilities within Meade Park.



Christmas Closure Times Little Stoke Community Hall

Main Hall, Office & 3G pitch

Will be closed for the Christmas period from
Saturday 23rd Dec 2023 until Tues 2nd Jan 2024

Café

The Little Stoke Community Café will be **open** as follows:-

Saturday 23rd December 2023 08.30 – 14.00

Sunday 24th December 2023 08.30 – 12.00

Fri 29th December 2023 – All day

Sat. 30th December 2023 – All day

Sunday 31st December 2023 08.30 – 13.00

Little Stoke Car Park Closure Time

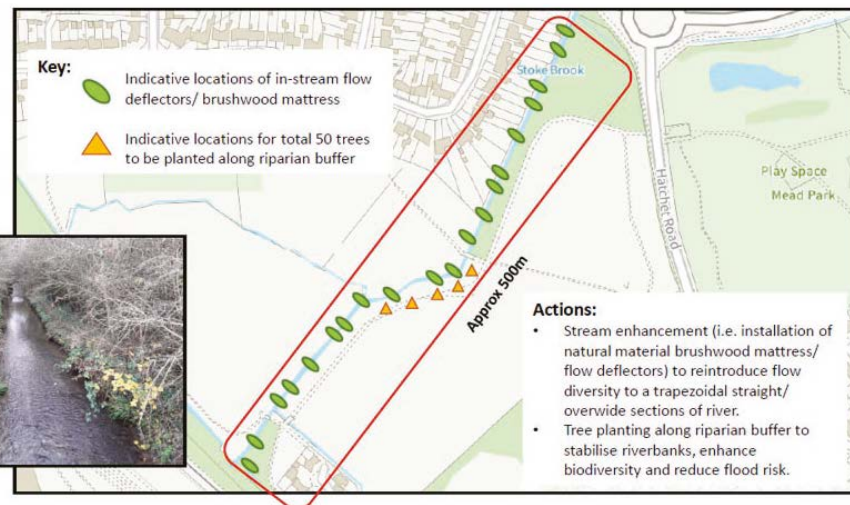
Sunday 24th December 2023 – will close at 4pm

Monday 25th December 2023 – closed all day

Tuesday 26th December 2023 – closed all day

Sunday 31st December 2023– closed at 4pm

Monday 1st Jan 2024 – closed all day



What's going on in the 40 Acres River?

River Restoration Works Carried Out in the Forty Acres Field

A team of river specialists from the Bristol Avon River Trust (BART) are installing improvements in the Stoke Brook. Along with a team of volunteers they are pinning small brushwood bundles, known as berms, into the river (see photo right). These add small bends into the river which was straightened and 'tidied up' by humans back in the past before we better understood the implications of a tidy river for water flow and wildlife.



In high flow the water rushes through and all plant life, insects and fish eggs get washed away. The berms will allow wildlife to flourish again and will add lots of nooks and crannies for fish and the water insects they feed on to hide away and thrive. The berms will also catch a lot of soil, gravel and small particles that wash in from roads, drains, rooves etc. which can smother a river. The natural woody berms will take about 2 weeks to install and should last forever. The berms in the brook further upstream in Bradley Stoke have been very successful. Advice for landowners north of the motorway have also reduced sediment, chemicals and slurry entering the watercourse. Residents can get involved by volunteering for BART www.bristolavonrivertrust.org

We can also all play our part by ensuring we never put anything down the toilet other than paper, poo and pee. We must also never put anything down the drain. Old paint, oil, white spirits etc can all be taken to the nearest recycling centre.

Homeowners can reduce the amount of rainwater entering the drains by installing water butts, avoiding tarmac driveways and gardens and installing bog gardens and rain troughs in their own gardens. Check out Gardening for wetlands | WWT for more tips - <https://www.wwt.org.uk/discover-wetlands/gardening-for-wetlands>



After the success of this year's festival, the Parish Council has recently agreed to again host the Foodies Festival at Little Stoke Park next year. A provisional date is set for the weekend of 17th, 18th & 19th May 2024.

The Foodies event team will be confirming in the new year the acts/ celebrities/ itinerary for the weekend and, once agreed, we will update the Parish Council website.

For all things relevant to local council including events and up to date news visit
<https://www.stokegifford.org.uk/>

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The Pirates of Penzance unfolds in the world of
Dungeons and Dragons from **21–23 March, at The
Redgrave Theatre in Clifton.**

BGSOS Chair excitedly reports, "It's always
wonderful when a new director introduces a fun twist
on a classic, and our director, Rebecca de Coverly
Veale, is definitely doing that! Our cast and crew are
really enjoying this twist on Pirates, and while there
will be new aspects to the production, our audience
will be reassured to know that the classic earworms,
hilarious jokes and beautiful singing you expect from
us will all be present in March!"

**Tickets are available from www.bristolgsos.co.uk
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Wellbeing Matters!

Winter Wellbeing

The clocks have changed, the weather has turned and it's getting darker earlier. Not everyone finds this time of year a snugly, cosy time, so I hope the following tips help you through and out of the other side feeling well, positive and connected.

Sleep Health

Winter brings short days, long nights and lower temperatures. Our bodies naturally need more sleep. Sleep deprivation causes significant immune system compromise and susceptibility to infections. Begin your wind-down routine and head to bed 30 minutes earlier to improve your winter health. Tryptophan-rich foods such as turkey, fish, wholegrains and spinach, support our body's ability to produce mood-lifting serotonin and sleep-enhancing melatonin for a balanced wake-sleep cycle.

Exercise

Wrap up and get outside – even if it's just for 10-20 minutes. Outdoor exercise wakes up our body and metabolism to manage the colder temperatures. Dress in layers to manage your body temperature more effectively. The endorphin buzz you get helps energy levels and mood. Check out Walk Mates – Winterbourne on social media if you are looking for some buddies to motivate you to get moving outside!



Be Sociable

Aim to do something with someone else at least once a week. Long nights and cold evenings when we draw the curtains at 4pm may feel lovely and cosy, but the chances of feeling isolated in winter significantly increases. Try to balance your cosy rest and self-care evenings with a little socialising.

Balanced Meals

Add satisfying proteins into your winter cooking, not just carbohydrate-laden, stodgy tummy fillers. Think chilli-con-carne, hearty stews and casseroles, curries, bolognese, roasted meat or fish traybakes. Including rich sources of protein keeps us fuller for longer, balances our blood sugars and releases nutrients slowly, topping up our mood as well as our energy levels.



Increase Fruit and Vegetables

Make a significant effort to pack the fruit and vegetables into those meals. This is harder in winter when we don't



Tip the Balance

NATURAL NUTRITION & WELLBEING

have farmers markets or garden produce to hand. Buy seasonal autumnal fruits or use frozen berries. Use vegetables to roast, like root vegetables and winter squashes, and enhance those dishes with fresh greens to add more colour. More colours mean a greater breadth of vitamins and minerals!



Stay Hydrated

We lose a pint of water every day just through breathing in the winter! Cold weather also alters our thirst triggers, so we don't recognise when we need to drink. Sweating under lots of layers also dehydrates us more easily, never mind having the heating on full blast! Aim for 6-8 glasses of water each day to help with hydration and temperature regulation and keep your skin looking young, fresh and healthy.

Seasonal Supplementation

Vitamin D deficiency is the primary cause of seasonal depression (decreased exposure to sunlight hours). 400IU daily support a robust immune system and healthy mood.



Omega 3 Fish Oils help to decrease inflammation, moisturise the skin, support mood and mental function and maintaining cardiovascular health. Probiotics support our healthy gut bacteria, also crucial for a strong immune system, efficient digestion and production of many of the hormones responsible for feeling positive and happy. Ask me if you need some advice about this.



Let the Air Move

Allow the air to circulate around your home or workspace at least once a day to clear out stale air and germs. Open the windows in the evening if you have your heating on and keep your thermostat at a temperature that allows you to feel cosy but doesn't make your home or work environment the perfect incubator for infection!

Stay well x

Becca

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



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



This is the time of year where my travel shop team and I start to plan for what is known in the trade as, 'Peaks Trading Period.' What is Peaks? Peaks is that period when, after Boxing Day and onwards, you start to see a lot of holiday adverts on your television set. You see, as the winter cold really starts to bite and you crave vitamin D, you start to dream of warmer climes and paths that are sandy!

Most travel agents make 80% of their annual holiday bookings for customers between January and April. Understandably so! But the top tip I can give you is to book early. Book your 2024 and beyond holidays in November and December with a low deposit. Why? Because when the holiday booking stampede starts from January onwards, and everybody is trying to book the best flights and the best hotels or resort rooms or cruise cabins, the prices start to rise! Booking pre-January ensures better prices, the flight times that suit you and the destinations that you really desire.

I am also delighted to announce the launch of the Bristol Cruise Club at my Willow Brook Centre Travel Shop. Which specializes in all types of cruise, river and ocean - it is the only dedicated cruise centre in Bristol!

Cruise holidaying is the largest and fastest growing sector, with at least 24 new ships launching in 2024. More than 50% of all new cruise ships that launched since the start of 2022 are powered by LNG rather than diesel. The latest round of new cruise ships include much-anticipated first-in-class vessels for Royal Caribbean and Princess, as well as the first cruise ship from Cunard in over a decade. Families will cheer a brand-new Disney cruise ship. For luxury lovers, Silverseas and Explora Journeys will release siblings to ships that came in 2023. Ritz Charlton and Viking have new ships coming, each with their own tweaks from the original blueprints they used for previous ships.

The most popular destination for UK cruisers is Northern Europe, Fjords and the Northern lights -

Channel your inner Viking!

Cruising offers something for everyone, from ballroom dancing, cabaret shows and fine dining; adults-only cruises to family adventure holidays including climbing wall, zip wires, water parks and adjoining family suites for multi-generational family holidays. Where else are holiday makers going to find several gourmet restaurants, West End Shows, Saunas, adventure, more than a handful of bars and stunning ports of call, all in one holiday? Cruising is akin to a luxury hotel on the sea, with a different view every sunrise.

Fact: only 22% of cruise tickets are purchased online. Instead, 78% of the sales come from offline channels (travel agents.) This is because a dedicated cruise travel agent will help you select the correct cruise type and size of ship for the individual's specific requirements and tastes, including selecting the best cabin position for you on the ship.

Andy and his travel shop team offer every type of holiday from European beach and cultural holidays to escorted tours, enabled holidays, and long haul holidays specializing in the Americas and Asia. Also, Ski, Lapland and the Northern Lights. In fact the travel shop is also a Jet 2 booking centre. 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 traveling with me and my team. We make sure every customer gets the absolute best value for every penny they spend.'

Come and pay Andy and his Travel Shop Team a visit and be greeted with a charming smile and a warm beverage.



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0800 9708715 or 07863 802342

www.willowbrook.notjusttravel.com

NJTWILLOWBROOK

willowbrookcentre@notjusttravel.com

Stoke Gifford Retirement Village Knit & Knatter Group once again gets Creative!

The very talented Knit & Natter group at ExtraCare's Stoke Gifford Retirement Village have been busy again this year, adding to their wonderful Remembrance Day knit tribute.

Readers may recall that last year they created an incredible 6 foot tall Knitted Soldier, which took the group three months to create collectively. The soldier was the work of 12 residents ranging in age from 63 to 93 years old.

This year the wonderfully creative group have crafted a beautiful knitted 8ft representation of the London Cenotaph, which faithfully recreates the monument's shape in soft yarn, using different shades to mimic the stone-like appearance. Poppies in yarn embellish the base, paying homage to the original structure.



Stoke Gifford Branch of the Royal British Legion

With kind permission and support from the Station Manager and Team, Bristol Parkway Railway Station hosted the launch of the 2023 Poppy Appeal on 27th October (top photo), which included: Members of the Branch, Poppy Collectors, Jack Lopresti MP, local Councillors, the Stoke Gifford RBL Chairman John Moloney and the amazing RBL Riders.



The Remembrance Sunday Service was held on 12th November at the Stoke Gifford War Memorial on the green (photo below), beginning at 10.30 am. There were hundreds in attendance. St Micheal's Church, Stoke Gifford held a service afterwards in the Church.



OSR Scouts from Stoke Gifford Remember the Fallen

For the last 2 weeks the Old School Rooms Scout Troop have been working on the Poppy badge. They invited the Royal British Legion into a weekly session to learn why we wear poppies, animals in war and the act of Remembrance.

The scouts then researched the servicemen recorded on the memorial so they would know what happened to the fallen from our area. In preparation for the parade the scouts brought in their shoes to polish and their uniforms to iron. Those that had successfully achieved it then sewed on their Poppy badge or a button.

On Remembrance Day the 1st Stoke Gifford Scout Group were joined by the SG Guides and Scout groups from Walscourt Farm and Little Stoke. It was probably the largest parade of uniformed groups in memory and, while we all gathered in the fine rain (between a rain front that had passed half an hour before and before the next front which was due in an hour!) all the young people and adults stood chatting. Ten minutes before walking down to the service everyone started to move and get into position and at 10.15 exactly the Rainbows, Brownies and Guides moved off followed by



Beavers, Cubs and Scouts from Stoke Gifford and Solar Esu, then Walscourt Farm group and 1st Little Stoke in order. The temperature dipped but the rain stopped once we reached the green and flag bearers broke off to stand with the wreath bearers and the uniformed groups turned left and formed up around the memorial.

The service started at 10.30 with prayers then the RBL poem and last post bugle playing. Oliver and Lilly lowered the flags for the 2 minute silence then raised them again. Then the laying of the wreaths, 1st Stoke Gifford as always laid by Paul our Group Scout Leader. A final prayer and silent thoughts of why we were there and then we were dismissed and everyone went home.

The Coffee Shop

The Green, Stoke Gifford, BS34 8PD

Pop in for a warm welcome from our staff and volunteers.

Open Monday to Friday 8.30am - 4pm
Saturday 10am - 1pm

Check online for Christmas opening hours!

facebook.com/stokegiffordcoffeeshop



Gales Farm Meats

4 CHURCH VIEW, FILTON BS34 7BT (OPP FILTON CHURCH)

With much sadness due to ill health, OUR SHOP will be CLOSED until next year.

All Christmas Orders already booked in will be honoured and we will be in contact with you soon. Thank you for all your support.

Tel: 0117 969 1232

Follow Us on FB: [galesfarmmeats](https://facebook.com/galesfarmmeats)



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Reproductive Medicine

www.fertilitybristol.com

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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



Ambourne House
Day Nursery & Pre-School

Est. 1991

MONTESSORI SCHOOL

Since the start of the new term, we have been extremely busy, welcoming lots of new friends and a new member of staff.

We enjoyed hosting a fun afternoon for our grandparents and we had a big turnout. We've done some painting, playdough and clay modelling, opened our STEM centre, and have also enjoyed exploring and playing in the garden together.

Over the last few weeks, we have made the most of our minibus visiting Avon Valley Farm for pumpkin picking, Portishead Lake grounds and our local charity the Mamas.

We love getting out and about exploring our local community and have recently enjoyed an autumnal scavenger hunt where the children had an amazing time learning all about the different coloured leaves that fall from the trees.

A group of preschoolers got to experience public transport for the first time travelling to Cribbs Causeway and they were very excited to see the environment from the top deck of the bus.

In the run up to Christmas we have planned a very special visit to one of our nursing homes alongside Jo Jingle; we also have Zoo lab visiting and a fantastic surprise for our Christmas party: Santa Claus!!

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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News from Abbeywood Community School -

Abbeywood celebrated the best ever GCSE results this year and have broadened the curriculum offer to include a specialist Engineering provision for Y10-Y13 students. The pathway linking our two buildings has now been completed, ensuring that movement between Post-16, Engineering and other subjects is much simpler.

We are now looking forward to the expansion plans becoming a reality as we continue to cater for the increased popularity, having taken an addition 60 students in Years 7-10. Building is due to take place from 2024.

Y9 Airbus Foundation Youth Programme 2023-2024

Our cohort of 20 students have taken part in the first 5 weeks of the Airbus Youth Programme this academic year and they have accomplished so much! The weekly three hour workshops take place every Wednesday at the Airbus AIRTeC (Aerospace Integrated Research & Test Centre) buildings in Filton (look out for the Airbus wing on Gloucester Road North)

So far, they have been fully inducted into the programme by being introduced to all the apprentice volunteers (there are over 20 who have been supporting the programme so far) and have learnt the health and safety measures and systems through briefings.

Each week, the students complete their portfolios which track their progress throughout the whole programme and ensure that they wear their personal protective clothing during each of their visits.

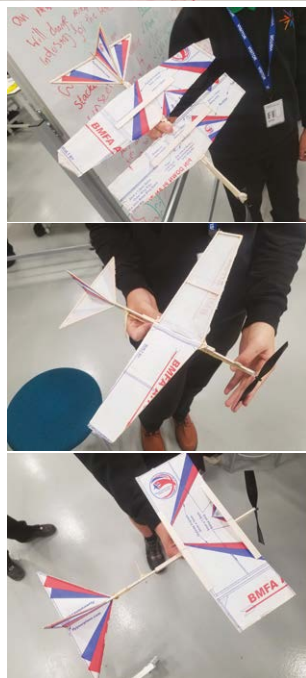
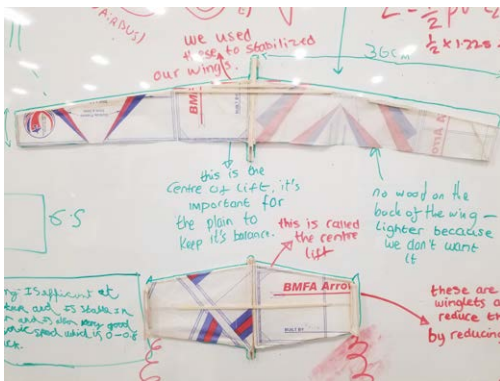
Early in the programme, they investigated the theory of flight through understanding the characteristics of wing designs leading to designing their own wing to be fitted to their model aircrafts.

Most recently the group have flown their own aircrafts to fully understand why they perform in the way they do and the process included the evaluation and improvement of their model designs before presenting to the apprentices.

Amongst all the project work, they all took the tour of AIRTeC site to learn what the whole site is used for. This also included tours of other sites to see how the wind tunnel is used and the importance of testing.

Coming up before the Christmas holidays, they will be building a hydraulic model of a crane/arm using syringes, continuing their work in understanding the importance of working as a team in the engineering profession and preparing to get messy whilst they learn about different material properties that are used for aircraft manufacture.

Congratulations to them all for their successes and hard work so far this year.



Abbeywood 'Makes A Noise' Against Bullying

Abbeywood Community School's Anti-Bullying Campaign marked Anti-Bullying Week in November with a variety of events to demonstrate and reinforce our zero-tolerance approach to bullying in our school community.

On Monday 13th, we encouraged all of our 1,220 pupils and staff to wear odd socks in to school along with 5 million children up and down the country, as a national message against hurtful behaviour. This was massively successful, with us having adorned the school in our colour of purple against bullying. Our ABC ambassadors' visibility in purple shirts has cast us as people to talk to, a peer-led service to confront bullying and every day we drew our trademark purple circle in a new location around the school, to show that we are always here for support and to increase the anticipation across the week. Our anti-bullying ambassadors wore purple the whole week, all helping to flood the school in a sea of purple resistance to bullying nationwide.

The campaign message this year was to "make a noise" to spread the message against bullying and what better way, we thought, than to address the whole school at lunch on Wednesday in a flash mob. It got the whole school talking, and the message was out. Alongside a week of anti-bullying assemblies, the pupils were aware of our supportive strategy. Across the week, we also set up a stand in our main Atrium for students to draw odd sock designs, as well as writing notes to inform us of their bullying concerns.

Across Thursday and Friday, our students took the time after school to bake some delicious treats and then sell them at break to raise money for the Anti-Bullying Alliance. It also gave us a great opportunity to reinforce the letterbox in the atrium so that bullying reports can go directly to the ABC. Students can also access our anti-bullying report system within a few clicks of opening a school computer thanks to our portal button, as well as coming to our ABC Ambassadors, who have received nationally recognised training around countering bullying, as we push on to complete the Diana Award and then the BIG Award next year.



Murphy, the school dog, with one of his pups, Teddy, joining staff and pupils wearing socks for 'Odd Socks Day'. Top right: the school's anti-bullying ambassadors



CHRISTMAS CARD CRAFTING!

TUESDAY 5TH DECEMBER

4-5PM

FOR AGES 7-11

FREE TO DROP IN!

Active Libraries

AZTEC
HOTEL & SPA

Wedding Showcase

Saturday 13th and Sunday 14th January, 10am - 3pm

An opportunity to view our function suites set up for a wedding and meet our team to discuss your special day.



To view our wedding brochure, simply scan the below QR code



The perfect setting...for a magical wedding

For more information, please contact our wedding specialist on 01454 201090 or events@aztechotelbristol.co.uk

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Aztec West, Almondsbury, Bristol, BS32 4TS

01454 201090 | aztechotelbristol.co.uk | danielthwaites.co.uk



We have had a really great start to the new term and we are really looking forward now to the run up to Christmas.

Autumn is such a fun time of year and we have been using lots of natural resources from the garden to explore in our play, including our very own home grown pumpkins! With all the recent weather we've also been able to enjoy lots of jumping in muddy puddles!!



Our numbers are increasing from January and we very much look forward to expanding our play with our new friends! We do still have a few spaces available for three and four years olds - 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.

Employment Opportunity: Applications are still open for exceptional Early Years practitioners at all levels to join our dedicated, enthusiastic and creative team, find out more on our website.

If you would like more information or to enrol your child do get in touch with the lovely team at Play House on 01179 314 154, email info@playhouse.ltd or complete the form on the website www.playhouse.ltd.





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Afterschool Care**

Freedom To Play
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£10,000 towards
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Prices from £420,000



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Flooring throughout &
integrated appliances

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SOVEREIGN



Sovereign terms and conditions apply. Images are for illustrative purposes only. External materials, elevations, positioning and specification of the property purchased may differ from those shown. Prices correct at time of print. *Incentives are linked to the successful completion of the purchase. For more information and conditions visit www.clevewood.co.uk. Find out more about our Part Exchange scheme at www.sovereignliving.org.uk/developments/cleve-wood/part-exchange. November 2023.

Abacus preschool would like to announce some very exciting news!!

We are proud to announce that we are continuing the tradition of a community pre-school within the Stoke Gifford community from our NEW premises in Rock Lane.



The original pre-school was established 60 years ago from the Poplar rooms, founded by Val Daniels and supported by local ladies, including Barbara who still enjoys visiting the children here at Abacus today (photo right). They developed a playgroup providing play opportunities for local children, evolving into a preschool in later years.

The new location at Trinity Baptist Church, Rock Lane, will offer so much more to the community with free flow play in a purpose built outside area, incorporating natural resources to stimulate children's investigative play.

Abacus has a 20 year history of providing quality childcare within local communities and prides itself on putting children first.

Abacus has their very own Forest School leader who will be offering exciting outside activities, building fires and using real tools!

We also have the latest Interactive technology teaching all children how to access up to date learning activities using the latest computer software.

Please come to visit us and speak to our amazing team! We operate 8am-4pm throughout term time with some holiday activities. We also have sister settings in Bradley Stoke and Emersons Green.

Contact us: enquiries@abacuspreschool.co.uk / 01454 867285

We are open for pop in sessions every afternoon 1pm - 2.30pm where you can meet the team and enquire about eligibility for funded sessions and our registration process.

Please call if you would prefer an alternative time to visit!



Funded sessions for
children aged 2, 3 and 4 years.

Open 8am - 4pm
Term Time.



SCAN ME



QUALITY
CHILDCARE
FOR 2-4 YR OLDS



Baileys Court
Bradley Stoke | Meadowbrook
Bradley Stoke | Stoke Gifford
Rock Lane | Emersons Green
Resound Centre | Ofsted
Registered

Funded sessions available to eligible 2, 3 & 4 year old children

Tel: 01454 867 285

CONTACT US ABOUT
OUR EXCITING
FOREST SCHOOL
SESSIONS



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



Winterbourne Wonderland Christmas Display

102 Down Road, Winterbourne Down, BS36 1DG

**Raising money for the Bristol Children's
Hospital charity, Wallace & Gromit's
Grand Appeal.**

Over 50,000 lights, over 100 lit figures, 3ft water fountain, magical wishing well, 13ft smart pixel tree, bubble machine, 43ft smart pixel wall, free candy canes, stickers and so much more!

**Switch on weekend – November 25th/26th –
Event starts 18:00 with switch on at 18:30
both days.**

Lights on daily from 27th November until
1st January, 16.00 - 21.00

Christmas music and flashing lights every
Fri/Sat/Sun, 17:30–19:30, December 1st – 24th.

Contactless card payments, cash and online
donations accepted via Just Giving.

Visit our website wbwonderland.com or find us
on Facebook for more information.

THE FILTONES CHOIR

Come and join us for an evening of Festive
entertainment to put you in the Christmas spirit

CHRISTMAS CRACKERS



CONCERT



FRIDAY 8TH DECEMBER 2023

At 7.30 pm

At St Teresa's Catholic Church

71 Gloucester Road North, Filton, Bristol BS34 7PL

TICKETS £8 inc. refreshments

Accompanied School Age Children free of charge

IN ADVANCE FROM DOT BRYANT 07870 984760 or 0117 9690654

MEMBERS OF THE CHOIR, OR AT THE DOOR

Cash or Cheques only on the door please

www.thefiltones.co.uk

Raffle and Retiring Collection in aid of the
Charity, FACE facecharity.org.uk



The Great Invitation

I've had three great invitations in my life. The day a letter arrived from Buckingham Palace is the first that springs to mind! A special invitation, stamped with the royal seal, to attend the Queen's summer garden party.

As it turned out, it was me and about 10,000 other people, but a great invitation none-the-less.

The second invitation was a bit more rock'n'roll. A friend of mine was a drum technician for the Paul Weller band. An afternoon with the band recording at 'Live with Jools Holland' was followed by an invitation to a night out with Paul and family. Can't give away too many details. What happened on the night out, stays on the night out!

But the third invitation is perhaps most significant and it takes us to the heart of the true meaning of Christmas. It is why we have 'themed' our Christmas services under the banner of *"The Great Invitation"*.

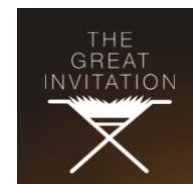
At the age of 19, after six months attending a Church and hearing stories about Jesus, I read this invitation often read at Christmas services. John chapter 1 verses 12 *"to all who did receive him (Jesus), to those who believed in his name, he gave the right to become children of God."*

I prayed a simple prayer receiving Jesus into my life. I began to trust him with everything. To live every day knowing I am loved as a child of God.

Turns out this third invitation is the one that has stood the test of time. I can't remember who I talked to at the Queen's Garden party or the Paul Weller night out. I can remember what Jesus said to me though, *"I will never ever leave you or abandon you."*

**Please accept my invitation to our Christmas services at St Michael's this
year as we explore the great invitation.**

**Have a merry Christmas and a peaceful new year,
God bless, Revd Canon Simon Jones**



Carols on the Green

**Saturday 9 December 6.15pm
The Green, Stoke Gifford**

**Brass Band
Hot Dogs**

**Mulled Wine
Festive Fun**



stmichaelsbristol.org/christmas



Supporting: Caring at Christmas and Bristol Churches Shelter
Registered Charities 1151045 & 298528

Christmas St Michael's Church, Stoke Gifford

Saturday 9 December Carols on the Green - 6.15pm Village Green

Sunday 10 December Contemporary Carols - 6.30pm in the Centre

Sunday 17 December Carol Service - 6.30pm in the Centre

Christmas Eve Service of Holy Communion - 9am in Church

Christmas Eve Christingle All Age Celebration - 10.30am in the Centre

Christmas Eve Midnight Communion - 11.15pm in Church

Christmas Day All-Age Christmas Day Celebration - 10am in the Centre

stmichaelsbristol.org/christmas

Plus our usual services and celebrations every Sunday at nine/ten-thirty and six-thirty



Christmas at
Bradley Stoke Evangelical Church

Is Christmas believable?

This year we're answering the question
'Is Christmas believable?'

We have three all age celebrations:

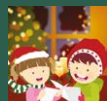
Sunday 17th December (10:30am) -
Just a children's story?

Sunday 24th December (10:30am) -
Angels, are you serious?

Christmas Day 25th December (10:30am) -
All were amazed

Carols by Candlelight.

6pm Christmas Eve 24th December



Community
CAROL SERVICE
WEDNESDAY 13TH DECEMBER
Music & Free Refreshments from 6pm
Carol Service from 6.30pm

AT
THE WILLOW BROOK CENTRE

Including choirs from local schools
& the Bristol Veterans Brassband,
supported by Bradley Stoke Council, Bradley Stoke
Radio and the Willowbrook Centre.



Presents a

Christmas Concert

Sunday 10th December

7.30pm

The Trust Hall, Stoke Gifford. BS34 8PE

Please join us for an evening with music and mince pies

Admission is FREE

(cash donations towards costs are much appreciated)



Bradley Stoke Community Singers

*Tuesday 5th December at 7pm
Bradley Stoke Community School*

Tickets:

*Adults £5 Children £2.50
call 07725 890120*

*This project has received funding from
Bradley Stoke Town Council*

A place for you with festive fun, food and friendship

This Christmas Little Stoke Baptist Church is continuing its commitment to ensure a warm welcome is offered to everyone in need and all who are lonely.

Reverend Tania Vaughan says; *"This year we have met many people who are lonely or in need and we have been able to offer them a warm space, friendship and food. This has built into a lovely community at the heart of Little Stoke who offer a warm family welcome to anyone who comes along."* The community space will continue on a Thursday, between 10am-2pm, throughout the winter. You are invited to enjoy a cuppa in friendly company with a warm light lunch served at noon.

On Monday 4th December at 6.30pm the church will be hosting Little Stoke Scout Group as they present their **Christmas Concert**. Everyone is welcome to come along and support them and enjoy some carol singing followed by hot chocolate and a mince pie.

On Christmas Eve at 4pm there will be a **festive afternoon tea and carols**. Numbers are limited and booking is essential either via telephone/text or email (as below).

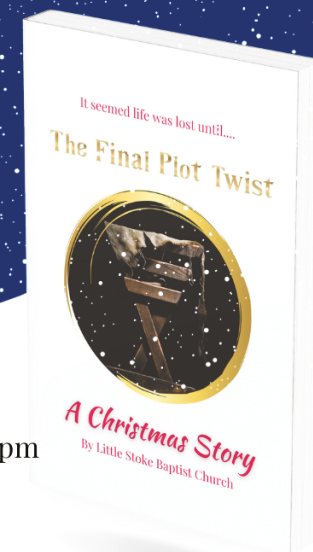
At 10am on Christmas Day there will be a short celebration service.

This will be followed by **Christmas lunch** at 12.30pm. Tania says; *"Christmas Day can be one of the loneliest and most difficult times for some people and so we wanted to offer a place where people could have lunch in a family environment."*

They have teamed up with the loneliness charity Marmalade Trust (www.marmaladetrust.org) who offer Christmas lunches across Bristol & South Gloucs. Booking is essential and limited in numbers to keep a family feel. Book via telephone **07878 255901** or email lsbcmminister@gmail.com.

A story like no other
come and be a part of it
this Christmas

- **Scouts Christmas Concert**
4th December 6.30pm
- **Christmas Eve Afternoon Tea & Carols** 4pm
Booking Essential
- **Christmas Day**
Celebration Service 10am



Little Stoke Baptist Church, Kingsway
www.littlestokebaptist.org

Christmas at Winterbourne Medieval Barn



A number of sell-out Festive Craft Workshops have already taken place at the Medieval Barn in November, making fused glass Christmas trees, large willow reindeer, and small metalwork tree decorations. There are a few tickets left for making Christmas Wreaths on 2nd December (book online).

Younger children get a go at craft too, on Sunday 3rd December, at special family workshops, where they can make a range of fun Christmassy things. Pre-booking is essential.

The main seasonal community event is the ever-popular Carols in the Barn, run in conjunction with St Michael's church, to raise money for the refurbishment of St Michael's Rooms. You may have noticed that the building on Winterbourne High Street has been covered with scaffolding for several months.

Carols in the Barn is suitable for all ages and will run three times – Saturday 9th December in the afternoon, and on Sunday 10th December in the afternoon and evening. The Medieval Barn makes a very atmospheric setting for celebrating the old Christmas story. Tickets must be booked in advance on Ticketsource.co.uk (or ring 0117 403 1536 if you have no internet access).

In a light-hearted drama interspersed with well-known carols for everyone to join in, the audience will help a couple of spies discover what's so special about Christmas! Tickets cost £5 for adults and £1 for children, which includes a cup of mulled wine (or juice) and a mince pie to enjoy before the drama and carols start. So, get in the festive spirit, don your warmest Christmas jumpers and hats, and come and join in this traditional Christmas celebration.

Please leave your cars in Winterbourne village (the Academy car park will be available) and walk or cycle along Church Lane. If you have a mobility problem, contact the Barn to reserve an on-site parking space.

After the Carols, the Medieval Barn has a short hibernation through the coldest weather, but there are three craft and skills workshops on site in January-February. You will be able to make a decorative fused glass hanging, whittle a sculptural head or figure from wood, or learn how to propagate fruit trees, by grafting.

Then on 24th March, ushering in the spring, the amazing Chris Green and Sophie Matthews will return with another hilarious show – Witty Ditties: 400 Years of Comic Song. Tickets (£15) are available on Ticketsource now.

Looking for Christmas gift ideas? A ticket for a craft workshop or a performance at the Barn could make a wonderful Christmas present for a special person. Full details about all activities can be found on the Barn website.

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

www.winterbournebarn.org.uk
Facebook @winterbournemedievalbarn

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



Christmas Services at Christ the King and Holy Trinity Churches

Sunday 10th December
6:30pm Carols by Candlelight
at Christ the King

Saturday 16th December
10am-12noon

Christ the King Christmas Fayre.
Stalls, games and activities. Spend pennies, have fun. All proceeds go to InHope, providing Christmas meals.



Sunday 17th December
9:30am Cafe Church
with **Christingle**
at Christ the King
6:30pm Carols by
Candlelight at Holy Trinity



Christmas Eve
3:30pm Crib service at Christ the King
5pm Christingle at Holy Trinity
11:15pm Midnight Communion at Holy Trinity

Christmas Day
10am Christmas
Day Communion
at Christ the King



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Shopmobility South Gloucestershire, based in the Yate Shopping Centre, is looking for more volunteers to help operate and promote the service.

There are opportunities to help the organisation to deliver the service, especially if it is able to expand its operations, and there are opportunities to deliver its promotion strategy to help the service reach and help more users.

The scheme started operations in 2006. So for people who need a wheelchair or scooter, even just for a short period to take on holiday, go shopping, visit friends, go on a trip, look no further. We are here in Yate Shopping Centre.

If you are interested in volunteering for Shopmobility please contact the scheme on: -

07 999 57 44 74,
 or email - shopmobilitysouthglos@yahoo.com



The scheme has announced its arrangements for the Christmas / New Year period:

Its opening hours are Tuesdays, Thursdays and Fridays - 9.30 am to 4.00pm.

The Shopmobility scheme will be closed over Christmas week, closing from 23rd December 2023 until 1st January 2024. It will reopen on Tuesday 2nd January 2024.

Shopmobility South Glos is based in Yate Library in Yate Shopping centre and it provides mobility scooter and wheelchair hire on a daily and on a longer term basis to help people who have limited mobility to retain their independence and to use the facilities of the centre and to access other services too. The service helps users from all over South Gloucestershire and beyond!!



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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, just a get together to have some 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. 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 bradleystokewi@gmail.com ; FB: Bradley Stoke WI ; <https://bradleystokewi.org>

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 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

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

Bradley Stoke & Little Stoke Gifford Matters is delivered to 15,000 homes across the Stokes. We also produce the Winterbourne & Frampton Matters, which is delivered to 6,500 homes across the local villages. To advertise your business with us, please call 01454 300 900 or email: sales@mattersmagazines.co.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.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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Deferred Consideration in SME Corporate Transactions

When advising a purchaser on a share or asset purchase, a key consideration is what the purchase price should look like, how it should be paid and whether it is contingent on certain events after completion. For a seller, the best position would be for the whole purchase price to be paid on completion with no part being contingent on future performance.

Deferred consideration is an umbrella term for any payments that are scheduled to be made after completion (when the assets or shares of a business are sold). This can be (a) a fixed amount payable by instalments or (b) an uncertain amount subject to an earn-out formula based on future performance.

How the purchase price is structured is a matter for negotiation and the party with the better bargaining strength will likely control the terms.

Benefits for a Buyer

The key benefits of utilising deferred consideration for a buyer include:

- Cash flow. If the purchase price can be structured over multiple instalments and years, the buyer can manage cash flow. If the deferred payments are subject to performance criteria such as a turnover target, client retention or personnel retention, the buyer may not have to pay the full agreed price.
- Risk management. Deferring part of the purchase price offers some protection against the sellers being unable to pay any warranty or indemnity claims arising under the acquisition agreement. The buyer's position can be further strengthened by including an express right to set off claims against the balance of deferred consideration.

Risks for a Seller

The main risk of deferred consideration for sellers is that the buyer may not have the funds to pay the instalments when they become due. This could be a devastating position for sellers of SMEs, particularly as the sale of a business is usually a retirement strategy.

Sellers of a business can try to negotiate contractual protections against the risk of non-payment of any deferred consideration. These can include:

- Guarantees. If the buyer is a company, the sellers could seek a guarantee from its parent company,



directors or beneficial owner(s). If a guarantee is provided and the buyer fails to pay the deferred consideration, the sellers will then have a remedy to seek recovery from a guarantor.

- Security over assets. Sellers may wish to seek security over certain assets of the buyer and/or target company. This could be a charge over property, shares or a key item of equipment. On enforcement, a charge entitles the holder to be paid from the sale proceeds of the charged assets ahead of unsecured creditors of the same debtor.

Although there are inherent risks for a seller, it is a common for the sale of an SME business to include deferred consideration, particularly with a service business where the main asset is the client bank who are not tied into long term contracts.

Jack is a Trainee Solicitor in our Whiteladies Road office. To discuss how our corporate team can help with an acquisition or business sale, please contact us on 01179733989 or by email to info@amdsolicitors.com.

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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 I write, this weekend (12th November) marks Remembrance Sunday. Before my political career, I was in the armed forces for 30 years. Remembrance Day is a poignant day and I will be paying my respects on Sunday in Bristol to our Armed Forces community.

I want to take the opportunity to highlight Priority One of my Police and Crime Plan; Preventing and Fighting Crime and talk specifically about road safety, which is a key area of focus.

If you are a road user, I urge you to be careful when using pathways and pavements. It is important to remember that pavements are solely for the use of pedestrians.

If you are a cyclist or e-scooter user and need to use the pavement to park, please do so with care, especially as the evenings become darker. This ensures accessibility and safety for all road users and pedestrians in Avon and Somerset.

With the early nights drawing in, I would like to remind everyone to be vigilant with their home safety and security.

Burglary is known to increase during the winter months, I recommend you take a few simple measures to help reduce the chances of becoming a victim.

Double check that all your windows and doors are locked, especially before going out, set a light timer to come on whilst you are out to not only deter burglars but help you get into your home safely. If you have an outside space, set up an outdoor sensor light to alert you of anyone arriving at your property and, if it is possible, invest in a burglar alarm and/or CCTV (with signage) for extra peace of mind.

It is also vital that you report any suspicious activity to the police, using 101 or the online reporting form in a non-emergency and 999 where there is a risk to life.

I would like to know your thoughts on the policing part of your council tax.

As your PCC, I am responsible for reviewing the amount of money you contribute to local policing

through your council tax bill (known as the precept).

The precept accounts for 41% of police funding. The rest comes from central Government. Although the Government has not yet confirmed the maximum amount by which PCCs can increase the precept for next year, it will be at least £10 a year for a band D household.

Even if Avon and Somerset Police receive an extra £10 from local people in band D households, our current financial planning shows that increased savings still need to be made.

The size of the savings needed will likely result in about 250 staff roles being cut. These cuts will have an impact on front line services such as visible policing and the ability to investigate crime.

Please do spare five minutes to share your thoughts on police funding. The survey can be found on the OPCC website.

www.avonandsomerset-pcc.gov.uk

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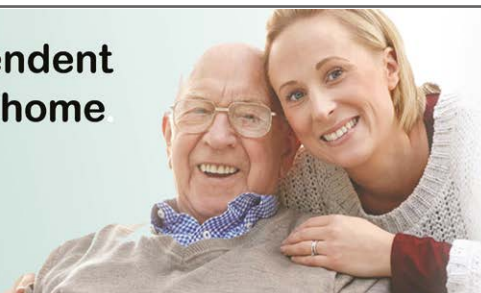
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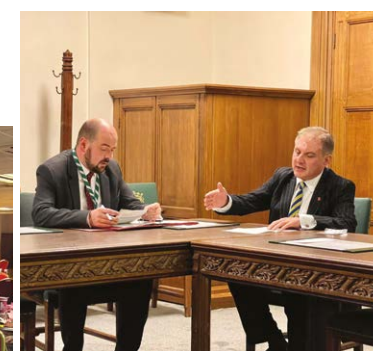
Jack Lopresti, MP - Working for You

This month in Westminster, I met with Roads and Local Transport Minister Richard Holden MP to discuss how we can bring about a solution to the reduction of local bus services, which many children rely on to get to school in our local area. Bus services such as the 458 and 936 have been cut completely by Mayor of the West of England Dan Norris. Funds have been funnelled into other areas such as £8 million on new offices for the West of England Combined Authority (WECA), and have not only led to local residents facing great difficulties getting from A to B, but also to parents struggling to get their children to school safely and on time.



I am honoured to say that I was recently re-elected as Vice President of the Stoke Gifford branch of the Royal British Legion. I attended this year's Poppy Launch at Bristol Parkway station and I have spent many mornings with RBL volunteers collecting for this great charity. I was also able to attend and speak at the Royal British Legion Gala Dinner, helped Staple Hill launch the 2023 Poppy Appeal, and buy the first poppy. I also had the pleasure of attending the Office for Veterans' Affairs event in Parliament. I met with veterans and heard inspirational stories from recipients of the Prime Minister's Points of Light Award. With policies such as the Veterans' Railcard; and getting veterans ID cards so they can better access services and their benefits, we can build a country which is the best place in the world to be a veteran.

Promoting aerospace and defence jobs is a key priority and focus of mine. One part of this objective is to expand opportunities for young people through apprenticeship initiatives, in addition to protecting jobs, working with national government support for these vital industries and continuing to press the government to increase defence spending. This October, I visited the Rolls Royce factory in Patchway after the news of global job cuts. We discussed the timings of any possible changes and consultation. I was grateful to receive a briefing on the Tempest jet fighter. I am extremely confident the Patchway



plant will continue to grow and go from strength to strength.

I am so proud of the people, businesses and organisations in our local communities who are doing some amazing work. I attended the Mad Hatter's Tea Party (centre photo) recently held at Patchway Sports and Social Club to raise money for Bristol Creative Therapies C.I.C – a charity doing God's work with children's play therapy.

I also recently visited The Wave in Easter Compton. They have had a successful year. In addition to providing an excellent facility for locals and tourists alike, they are passionate about giving back to the community and are more than self-sufficient with green energy. Indeed, they are selling energy created at their site back to the National Grid. They are aiming to be open and operating all through the winter this year – fantastic!

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.



Chris Ridgway
Mortgage & Protection Advisor

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