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Dear Readers....

Welcome to the New Year issue of your community magazine. We hope 2024 brings you good health and happiness and we look forward to another year of sharing all things good about the local area.

If you are thinking about trying something new this year, there are lots of lovely, local groups you could join and activities to take part in. Perhaps if you have a little time you could offer to volunteer, Bradley Stoke Festival Working Group is looking for additional help as is the Winterbourne Medieval Barn. The Bradley Stoke Lions are welcoming new members to help with their fundraising efforts and the Children's Hospice South West would be delighted if you could make 2024 the year you organise a simple fundraiser on their behalf.

The start of a new year is often a time we reflect on life and what positive changes we would like to make for the future. Nearly all of us would benefit from taking some more time for ourselves and making our health and wellbeing a priority. We feature a number of excellent local businesses and support groups, who are dedicated to making people feel better and assisting them on a journey to a healthy body and mind. Check out the Wellbeing Tips on page 13 and may be even join in one of the Walk Mates groups. Aztec Hotel and Spa is offering a 4 week membership deal to kick start your healthy new year and Phoenix Pilates is also offering local classes. If you've always fancied being a healer yourself, Dawn Clode is offering some new courses to help you on your journey.

We feature two more local authors in this issue - who knew Bradley Stoke held so many talented residents! From booking a holiday, to moving home we have all this and more in our pages this month!

If you are a business looking to promote your services across the Stokes in 2024 do get in touch - deadline for the next edition is 10th February.

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!

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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Plastics: Just a Load of Rubbish?

by Alicia Chrysostomou

Local Bradley Stoke resident Dr Alicia Chrysostomou has recently had her third book published. This latest book entitled 'Plastics: Just a Load of Rubbish?', and published by Hero Press, aims to set the record straight when it comes to the subject of plastics.

With a background in academia, having lectured for many years on the subject of plastics and rubber, and with a PhD in the subject, Alicia is well placed to write authoritatively on this theme. Alicia freely admits this is a topic that is met with increasing distain and one which unfortunately is surrounded by a great deal of misinformation. Add to that a fair sprinkling of greenwashing and Alicia decided to take action the best way she knew how, and that was to write an informative and entertaining book on the subject. And so 'Plastics: Just a Load of Rubbish?' came into being.

So what is this book about? Alicia says she really wanted to write with the general public in mind. As so much conflicting information is put into the public domain it naturally leads to a great deal of confusion. For instance do we really know what plastics can be recycled and why are so many not taken? Bradley Stoke residents for instance can't all add soft plastics to their green box and black plastics are a no-no. What do we know about bioplastics and are these really any better environmentally? Can they even biodegrade (the answer by the way is mostly no, they can't biodegrade.)? Why have 'bamboo' cups and lunchboxes slipped silently from our shelves? And what would happen if we were to remove all plastics from our lives, would this be better for the planet?

All these questions and more are answered in 'Plastics: Just a Load of Rubbish?' Alicia doesn't shy away from the big question either. Why does so much plastic appear to turn up on the ocean and just how harmful are microplastics? And the big question: what can we do about it?

No punches are pulled in the telling of the story of plastics. Where they are useful it is made clear, as are the incidences where they just don't work as well as alternative materials. Alicia says, 'I hope 'Plastics: Just a Load of Rubbish?' dispels some of the myths surrounding plastics and that it can show where in fact they might even be a valuable secret weapon in finding our way through the environmental quagmire we find ourselves in right now'.

So maybe if we want to hear the real truth about plastics' place environmentally; it's no bad thing to hear the other side of the story!

Alicia has lived in Bradley Stoke for the last 16 years and now lectures around the country but is also involved in community groups and has given talks to the local WI groups. She is also open to doing more local talks if any other local community groups are interested. Contact Alicia on plastics.consultancies@gmail.com.



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Bradley Stoke Lions in the New Year



Hopefully you may well have seen your local Lions during the recent festive period. It is really our busiest time of the year for fund raising. Along with Bristol Brunel Lions we were out and about with our inflatable Santa and seasonal music outside local supermarkets collecting contributions from the public as they carried out their Christmas shopping.

Thank you to Tesco and Morrisons for their support with this.

When the rain laid off, we were also out during the December evenings with our Santa Sleigh bringing Christmas music to the streets of Bradley Stoke. It was pleasing to see how well the Sleigh was received and supported by the community.

Our Christmas activities followed a year when we supported several charities including SARAID, a voluntary British and United Nations classified Light Urban Search and Rescue Team who respond to global disasters at short notice. Gympanzees is another charity we've supported. They provide accessible fun and fitness for disabled children and have recently taken over a permanent residence in Aust. The North Bristol Food Bank also received our help, and it is these causes, along with other Lions projects that will receive the money we collected at Christmas.

Looking forward, our future activities will include our continual support of charities, especially those of local interest. This will involve fund raising activities at local fetes, and festivals throughout the year.

Volunteers and new members are always made welcome in the Lions, so if you would like to find out more about what we do including how we support the local community, and our social events look at our Facebook page: BradleyStokeLions.



Alternatively if you prefer to discuss getting involved with our activities contact Ailsa Young on 07737 106836.

The Bradley Stoke Lions form part of the worlds largest service organizations. Find out more on: lionsclubs.org

A Happy New Year from the Bradley Stoke Lions



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Bradley Stoke WI have spent some very enjoyable afternoon meetings in recent months learning about Gloucestershire's Queen, Katharine Parr and also how to make Christmas Wreaths with Jo Wright from Organic Blooms.

At our October meeting Mike Bottomley gave a very interesting and informative talk about Queen Katherine Parr. We all knew that she was the sixth, and last, wife of King Henry 8th but we found out so much more about her.

During our November meeting Jo Wright from Organic Blooms demonstrated how to make a Christmas Wreath, using a willow base, a variety of greenery, dried flowers and without the use of any plastic ties. The group was also fascinated to hear about Jo's substantial involvement in providing and coordinating flowers for the King's Coronation in May of this year. As an organic grower Jo, was a natural choice to be involved with King Charles' flower displays in Westminster Abbey.

On Remembrance Sunday our WI President was proud to take part in the Remembrance Service Parade and lay a wreath on behalf of our group. A number of members also attended this very important and moving event.

Bradley Stoke WI is a welcoming and friendly women's group who meet on the second Wednesday of each month from 2-4pm at The Jubilee Centre in Bradley Stoke. We have a variety of interesting Speakers and events and also hold other monthly events including coffee mornings, book clubs, craft meetings and a table tennis club.

For more information about Bradley Stoke WI please contact:
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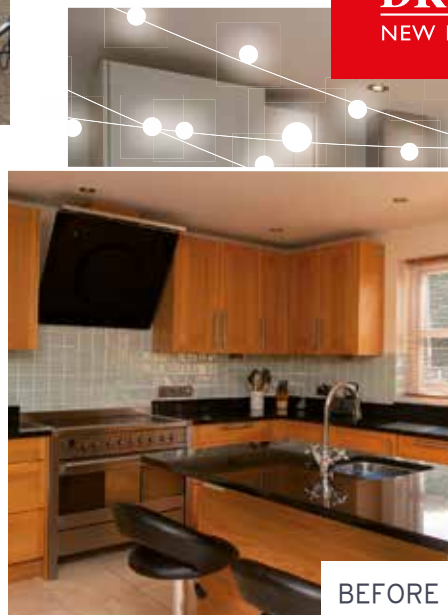
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COMMUNITY FESTIVAL 2024

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



Bradley Stoke Town Council is a Disability Confident Committed employer

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Working across three Town Council sites in Bradley Stoke (Brook Way Activity Centre, Baileys Court Activity Centre and the Jubilee Centre), duties include monitoring and securing the buildings and grounds, rooms cleaned and prepared for hire, working on each site as required. The preparation of sites includes room layouts, cleaning, site maintenance, key holding, monitoring sports facilities and preparing/removing sports equipment. Computer literacy and ability to complete mandatory checks, some cash handling and paperwork essential. Post holder will need good communication skills whilst working as part of a team and be able to deal with enquiries from members of the public, representing Bradley Stoke Town Council at all times.

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Closing date for applications: Friday 16th February 2024

What's happening at the Wolfridge Alpaca Barn?

We were delighted to hear from owner, Craig, as he celebrates 2 years in business in 2024

Happy 2nd Birthday to Us! Help Us Celebrate -

The Barn will have been open for two years in February 2024! To celebrate we are offering several promotions throughout January and early February (ending on 10th February).

Tuesdays & Thursdays:
Two-for-one breakfasts

Wednesdays: 20% off our usual food menu all day for older adults (65 years and over)

Fridays: Buy one lunch with a drink and get 50% off your second

Saturdays: Bacon sandwich and a hot drink for £5

See www.wolfridgealpaca.co.uk/wolfridge-cafe/ for more information or drop in to the Café.

Gifts and Experience Days

At the Wolfridge Alpaca Barn we host a range of alpaca-related activities and serve wonderful food and drink options. You can select any combination of these to enjoy a perfect day out at the Barn!

- Alpaca Experiences
- Craft Workshops
- Afternoon Teas
- Cake Tapas
- Food and Drink from our Café (we do delicious breakfasts and lunches)

Our Experience Days make fantastic gifts for friends or family. You can purchase vouchers for the different activities in any combination to create a unique gift.

Our Wolfridge Afternoon Teas are proving very popular and are well reviewed on Facebook and Google. We think our new Cake Tapas is going to be just as popular!

Visitors can pre-book bespoke Experience Days via our website - for example combining an Up Close Alpaca Experience or Craft Workshop with an Afternoon Tea or Cake Tapas <https://www.wolfridgealpaca.co.uk/gifts-and-experience-days/>



The Café

From relatively simple beginnings, our café now boasts a wonderful range of food and drink options alongside our alpaca-related activities. We serve a range of locally-sourced food including cakes, pastries, cooked breakfasts and lunches along with a selection of hot and cold beverages and excellent, locally roasted barista-made coffee.

We have plenty of parking, including disabled and accessible toilets. We cater for all dietary requirements, offer a children's menu and a specific menu with discount for older adults on Wednesdays. High chairs are also available.

New for 2024: Pie & Mash Sundays!

We have sourced a range of scrumptious, locally-made pies so we can offer a proper winter warmer option on Sunday lunchtimes. Options include Steak & Ale; Chicken, Gammon & Leek; Red Thai, Sweet Potato & Butternut Squash; Caramelised Onion & Cheddar Topped Pork Pie; Chicken & Ham and Cheddar, Leek & Potato. **Pre-bookings only via www.wolfridgealpaca.co.uk/wolfridge-cafe/**

The Farm

The Wolfridge herd is currently 47 strong. We had eight cria born in 2023, all named something beginning with "E" as we go with a different letter each year. Six were males and will be at The Barn in 2024 to help out with the Alpaca Experiences.

We chose not to mate any of our females in 2023 as their births had slipped to late summer. Instead we are waiting for the Spring of 2024 so we can "reset" our birthing window. Alpacas are pregnant for 11.5 months so our next cria will be due in Spring 2025. This gives them the whole of the summer to grow and develop in the best of our British climate (!), helping to ensure they are as healthy as possible. We aim to start selling some of our breeding females in 2024, so if you are interested in owning or breeding alpacas, please get in touch.

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Wellbeing Matters!



Happy New Year! It's that time of year for looking back and planning ahead, thinking how we might like things to be different in 2024. Every year hundreds of us make New Year's resolutions. Do you?

New Year can be a great time to reflect on what went well last year, what didn't go so well, what we want to do more of, less of, do differently or maybe even stop doing altogether!

As a family, we love to do this over New Year's Eve dinner and decide what our focus will be for the year ahead. I also spend a lot of time in the wellbeing clinic exploring these options with clients, but one thing is always true. If we are allowed to, we will stop. Yep, it's a hard truth but it is true. How many times have you started something and then ground to a halt when the going gets tough? We all do it at one time or another. This is where accountability makes the difference. It really is the thing that stops us from sabotaging ourselves and quitting.

Human beings are hardwired to conserve energy and take the path of least resistance. It's not laziness, flakiness, lack of focus or resilience, but a deep-seated, evolutionary need to conserve energy to preserve our genes. But we're not really talking about preserving genes here are we? We're talking about fitting in our jeans, getting to the gym, giving up smoking, eating less sugar, drinking less, going for a run, tackling the messy house, getting on top of finances, asking for support with your mental health, ending that difficult relationship. These things are difficult to do on your own.

What helps you stay on track? What could be different about your resolutions this year? For many of us the consequences of not reaching our goals are actually very little. I mean, who cares if we don't fit into those



Levis? Who cares if we didn't make it to spin class this morning at 6am?

That can be where engaging with a 'Resolution Buddy' or working with an Accountability Coach really helps; that person to keep you going beyond the point you would stop if you were doing this on your own. It might be your partner who joins in your new healthy eating habits, minimising temptation, a friend who messages you to check you've got your trainers on to go out for a run/walk after work or joins you as you walk the kids to school instead of taking the car.



At Tip the Balance this is what we do. In support sessions we help you to plan your goals and accountability sessions help you stay on track beyond that point where you don't want to carry on. In addition, our regular walking groups (Tip the Balance Wellbeing and/or Walk Mates -Winterbourne) help people to stay active, make new friends and get out

when it's dark, cold or wet. It all helps!

So, what resolutions have you set yourself for 2024? Is there something you need help with? Do you need a plan, help to learn some stuff or do you just need an army of people to help you keep going? Might this stop you sabotaging yourself this time? Who is going to be the champion in your corner to celebrate every little win?

Change is hard...but staying the same can be hard too. We all need to know that someone cares. Look around you – these people you love, care for – your children, partner, parents, friends.

Keep going and if you need that army - shout!

Becca

Our contact links can be found at
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New Year – New Holistic Courses – with Dawn Clode

Holistic therapist Dawn Clode (pictured), is sharing her passion for holistic practices in a series of locally based, teaching courses throughout 2024.

Sunday 4th February or Saturday 30th March (one day course), Reiki 1 & 2, (cost from £125) – Examine the history and the symbols as well as all you need to know to perfect your skills as a hands on (or off) healer. This course teaches you to become a Reiki practitioner, how to start your practice, all about the Chakras, and how universal energy moves through your hands to heal others. At the end of the course you will receive your certificate to practice and be ready to start your 21 days of reiki self healing.

Saturday 24th February, Introduction to Reflexology, (cost from £125) – In this session you'll learn how to perform this amazing foot "massage" which accesses every part of the body, to enable you to safely perform it on family and friends to improve their health and wellbeing.

Sunday 10th March, Reiki & Seichem Master, (cost from £300) – This course is for Reiki II practitioners, with at least 2 years hands on experience, who have decided they now wish to take the next step and become a teacher themselves. On this course you will be given the final symbols, be taught how to attune others, as well as how to write your own course books. As a bonus, as well as being attuned to Reiki and Seichem Master, you will also be attuned to White Light Healing. At the end of the course, you will receive your Reiki and Seichem Master certificate and you will have joined your peers in the exciting world of teaching.

Saturdays 6th & 13th April (2 day course), Introduction to Aromatherapy, (cost from £250) This covers how to safely use and blend oils at home for use on yourself, your family and friends; you'll discover how they are made and what they can do. Essential oils are the basis for so many everyday products and are used in medicine all around the world. Learn the basics on this course, it may leave you wanting to know more.

All courses include workbook, materials where applicable, certificate, lunch, drinks and snacks.

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**



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.



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

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

In North Bristol, at the Seat Unique Stadium, BS7 9EJ.

In Bristol South, at the Knowle West Media Centre, BS4 1NL.

Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process.

andysmanclub.co.uk



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Introducing James Crumpton - The Property Experts: A Personalized Approach to Your Property Journey



Born and raised in the Stokes, James Crumpton is a local resident with deep roots in the community. He possesses an in-depth understanding of the local market and compelling reasons why a buyer would choose to settle in the area.

With nearly two decades of experience in the property industry, James is very excited to announce the launch of his new estate agency business, where he can bring his wealth of knowledge to help make your property experience stress-free.

Navigating the estate agency market can be overwhelming and James understands very well the challenges of buying or selling a property. That's why he has decided to launch his own business where he can offer you with a more personal touch, guiding you through every step of your journey, from start to finish.

His approach is simple: he works diligently to find the perfect buyer for your property, always prioritizing your interests and aiming for the best price within the shortest time frame possible.

Every property he brings to the market receives a bespoke, targeted marketing campaign. He advertises not only on the leading property portals such as Rightmove, Zoopla, and on The Market but also employs strategic social media advertising, professional photography, engaging videos, and captivating area shots to showcase your home uniquely.

James believes in going the extra mile for his clients, ensuring that your property stands out in a competitive market. His commitment to excellence extends beyond the traditional methods, using innovative and effective strategies to maximize the visibility of your property.

If you're seeking an agent who understands the intricacies of the local market and is dedicated to alleviating the stress of your next move, get in touch with James on **0117 3255051 / 07598 834798** or drop him at email at james.crumpton@thepropertyexperts.co.uk.



Whether you're in search of a property to buy or an agent to sell your property, I'm here to help you through every step of the process.

James Crumpton
The Bristol Property Expert

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City to countryside: Semi-rural towns a haven for families

As our cities continue to expand, the appeal of town life is becoming increasingly popular for families seeking greater comfort and space. Leaving Bristol for a semi-rural town such as Thornbury could be a transformative decision, offering plenty of benefits that contribute to the well-being and happiness of families.

First and foremost, semi-rural towns are close-knit communities where families develop strong relationships with their neighbours. These support networks bring the town together and help residents thrive. Thornbury, a charming market town just 15 miles north of Bristol is a great example - an infectious community spirit runs through the town, from the flourishing independent businesses to the clubs and groups that cater for all interests and ages. Adding to the village feel is a busy events calendar, including farmers markets, craft workshops, and a yearly carnival.

The quality of education is also important when deciding where to plant your families' roots, and towns often boast top quality schools with excellent curriculums for students. Thornbury has a fantastic selection of primary and secondary schools, plus a host of other great amenities. Nearby green spaces including the Mundy Playing Fields and Filnore woods offer the perfect



spaces for relaxation or recreation, and the town centre is brimming with shops, restaurants, and cafes to enjoy.

Space is a luxury that towns provide in abundance. Unlike the often-confined homes available in the city, properties in towns have larger footprints, allowing families to enjoy spacious interiors and well-proportioned gardens. This is true of the homes at Cleve Wood, a beautiful new neighbourhood in Thornbury, which offers the choice of 14 different house-types, ranging from two bedroom bungalows to five bedroom family homes. The developments design also includes allotments, and plenty of green spaces, which will be connected by a network of natural footpaths, offering a green, leafy community suitable for young couples, families, and downsizers to invest in their future.

Those looking for a quick and hassle-free move can make use of the new Part Exchange scheme which is available for all properties at the development.

For more information, visit cleveewood.co.uk





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135 Aztec West , BS32 4UB



Since the start of the new term in September, 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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Please let people know you saw them in Bradley Stoke & Little Stoke Gifford Matters!

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presents an exciting new
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realm, filled with magic, mythical creatures, and
daring adventures, a rollicking adaptation of
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
or directly through the Redgrave Theatre.**

E: secretary@bgsos.co.uk [f @BristolGSOS](https://www.facebook.com/BristolGSOS).



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Christmas at preschool is a whole lot of Fun!

The autumn term is such a great 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!!

In the run up to Christmas, children have especially loved
making gingerbread play dough and reindeer soup and glittering
everywhere! We have been practicing our Christmas songs
joined by fabulous musical instruments playing in our child-made
Christmas bus ... all onboard for jingle bells!

We have also enjoyed welcoming families into preschool for craft
making activities, a singalong and hot chocolate and cream!

We offer a natural environment with copious opportunities to play in
a safe, secure provision.

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.

*We would like to take this opportunity to wish
all our Play House Children, parents and staff a
very Happy New Year!*



Would you like a free talk to
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The Whitefield Players present **SLEEPING BEAUTY**

A family Pantomime

*At Patchway Community Centre,
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*Friday 2nd February at 7pm
Saturday 3rd February at 2pm and 7pm*

Tickets £10 Adults, £5 children

*Buy online at
www.thewhitefieldplayers.co.uk
or call 07716 105379*

On With the Show!

After twenty years performing at Horfield United Reform Church, The Whitefield Players moved to Patchway Community Centre last year.

Following the success of two summer plays and a panto, we're pleased to be returning in the new year with another panto, *Sleeping Beauty*, written and directed by Tracy Rogers.

Tickets are now on sale for Friday 2nd February, 7pm, and Saturday 3rd February 2pm and 7pm, £10 adults £5 children.

Buy online at www.thewhitefieldplayers.co.uk or call 07716 105379.

We'd love to welcome new members, either helping backstage, front of house, or performing in our shows. For more information ring Tracy on 07749 276378.



New Year at Winterbourne Medieval Barn

At the end of 2023, The Barn enjoyed a lovely succession of craft workshops leading up to Christmas, where more than 100 adults learnt how to create something special, from willow reindeer, to fused glass Christmas trees, metal tree decorations, to Christmas door wreaths. In addition, 70 children came along with their families for festive craft sessions. Everyone had a lovely time and a fair amount of mulled wine and mince pies were consumed! We now look forward to 2024 activities.

Craft & Skills Workshops

Places are very limited for workshops and pre-booking is essential. Full details on the website.

Whittling Workshop – Saturday 3rd February, 10am–4pm. Dan Bendel will teach you how to whittle a sculptural figure or head with a knife from a single piece of wood. Bring a packed lunch. Tea/coffee is provided. Free parking at the barn.

Apple Grafting – Saturday 24th February, 10am– 4pm. Learn how to graft apple trees on this one day course with Tim Andrews of Orchard Revival. You will learn how and why we graft fruit, and will make at least three newly-grafted trees to take home with you. The cost is £55 for the day, including tea and coffee. Bring a packed lunch.

Mosaics for Children – Thursday 11th April, morning. Workshops for ages 8+ making colourful mosaic decorations on square or egg-shaped glass.

Fused Glass Workshops for Adults – Thursday 11th April, afternoon.

Monthly Talks

Doors and bar open from 6.30pm. Seating unreserved. Booking advised. Free parking on site.

Piracy and War in the Bristol Channel

1450 to 1680 – Monday 26th February, 7pm. Philip Ashford's talk is based on his own original research, some of which has not yet been mainly published. A range of notable events took place



in the Bristol Channel between 1450 and 1700 involving ships from many nations. Philip brings some of these events to life in a very visual style, and endeavours to explain the background to many of the circumstances. This talk is also live-streamed on zoom (pre-booking essential).

Medieval Wall Paintings in Gloucestershire Churches – Thursday 21st March, 7pm.

During the Middle Ages, English churches were decorated with wall paintings telling the stories of the Old and New Testaments, the lives of the saints and various moral lessons – a veritable 'Poor Man's Bible', there to assist the priest in the instruction of his largely illiterate congregation. Dr Steven Blake will explore the many surviving examples to be seen in local churches, including St. Michael's Church next to The Barn!

Witty Ditties: 400 Years of Comic Song – Sunday 24th March, 7.30pm.

We are delighted to welcome GreenMatthews back to the Barn with another new show. Chris Green (piano, guitar, accordion) and Sophie Matthews (early woodwinds, flute, saxophone), bring four centuries of chromatic comedy, ranging from bawdy Restoration ballads to stinging Sixties satire via Victorian music hall variety. Featuring songs by Noel Coward, Tom Lehrer, Flanders and Swann and a host of other songwriters, this fun and fast-moving revue will have you rolling in the aisles! Tickets £15. Booking open now.

Tea and Tours

Guided tours of St Michael's church and the Barn, with their linked history, will restart in March, on the first Thursday afternoon of each month.

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

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

Dick Whittington

Thurs 15th - Sat 17th February 2024

WADCA Community Centre, Watleys End Rd, BS36 1QG

Tickets: £10 for Children - £12 for Adults book online at www.tmtg.org.uk or call 07516 270140

Thornbury Musical Theatre Group are an awarding winning theatre group who are excited to bring their maiden voyage of *Dick Whittington* to the WADCA Community Centre in Winterbourne.

Dick Whittington is down on his luck and goes to London to find his fortune, where he has heard the streets are paved in gold. When he arrives, he quickly falls in love with the daughter of a respected shop owner, Alice Fitzwarren, but her father does not bless the match. Meanwhile, a plot is forming, an evil rat seeks to take over London. Dick, and his host of vibrant new friends from the shop, set sail to Morrocco to forge a life-changing deal with the Sultan and Sultana. But King Rat makes numerous attempts to foil their plan. Dick and his friends are shipwrecked in a mysterious new land. When they get taken to the ruler of the land, they find they have made it to Morrocco, but so has King Rat! After a close call with the Sultan and Sultana, Dick and Tom Car win the day and beat King Rat! The Alderman gives his blessing for the young pair to wed, and they all live happily ever after.

Thurs 15th – Sat 17th February 2024

**WADCA Community Centre,
Watleys End Rd, BS36 1QG**

Tickets: £10 for Children – £12 for Adults book online at www.tmtg.org.uk or call 07516 270140

Thornbury Musical Theatre Group are an awarding winning theatre group who are excited to bring their maiden voyage of *Dick Whittington* to the WADCA Community Centre in Winterbourne



The Simon & Garfunkle Story

Saturday 3rd February
The Drill Hall, Chepstow

Following SOLD-OUT performances in London's West End, a Worldwide tour and standing ovations at every performance, The Simon & Garfunkle Story continues to stun audiences across the globe, making it a must-see international sensation.

This show is currently the biggest and the most successful theatre show celebrating the lives and career of Folk/Rock sensation Simon and Garfunkel. Featuring a cast of talented West End actor-musicians, the performance tells the story of Paul Simon and Art Garfunkel from their humble beginnings as Rock n Roll duo 'Tom and Jerry'.

The Show features a full live band performing all their hits including Mrs Robinson, Cecilia, Bridge Over Troubled Water, Homeward Bound, Sound of Silence, and many more!

For more information and tickets visit:

www.castellroc.co.uk



THE TIME HAS COME TO REVEAL WHO WILL BE PLAYING CASTELL ROC 2024

Once again, the time is upon us for organisers to start revealing who will be playing in the gorgeous intimate venue, nestled on the banks of the River Wye - CHEPSTOW CASTLE - home of CASTELL ROC FESTIVAL !

Every year in August, this 957 year old building is turned into a unique and striking music venue.

Hosted in the Lower Bailey of the castle, the walls echo with the sound of live music, creating an intimate feeling with the audience, giving an amazing open air experience that can only be found at Castell Roc!

Each year as another brilliant season reaches its conclusion audiences are left wanting more and straight away are asking "who will be playing next year.....I cannot wait!"

Well, there is no need to wait any longer as organisers start to reveal the line up for August 2024, and as always they have worked hard on getting a very diverse line up, catering for all tastes in music. From rock bands to the magical sound of 'RUSSELL WATSON' and flying in from Ireland especially to entertain us is Irelands #1 country/folk entertainer, the fabulous NATHAN CARTER.

Here is a list of who we can reveal so far:

Friday 9th August - 'FLASH - a tribute to Queen, plus 'A Foreigners Journey'

Sunday 11th August - Nathan Carter

Thursday 15th August - Kris Barras Band + supports

Saturday 17th August - Heat, Tyketto & Dare

Sunday 18th August - Russell Watson

Thursday 22nd August - Absolute Stone Roses, The Joneses (tribute to The Smiths), Near Liam Gallagher

Friday 23rd August - Lindisfarne, Clearwater Creedence Revival

More acts to be released soon!

For more info and to buy tickets visit
www.castellroc.co.uk



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Bradley Stoke Library What's-on January 2024

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.

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

Check online or in library for Bank Holidays

FREE Children's Drop-in Events

(Term Time Only)

Rhyme Time
Mondays 10:45-11:15

Stories & Play
Fridays 11:00-12:00

Warm Welcome

Come in and get cosy in our libraries



Choose a book from our shelves and get comfy



Ask our staff about local activities and support



Use our FREE Wi-Fi
Browse the internet or use our computers with your free library membership



We run free children's activities, ask our staff for details



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reading-well.org.uk



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Plus, discover our collections of expert-endorsed Reading Well books recommended by the NHS.

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Every Saturday Morning

Our great project guides help your child learn about coding, develop their problem-solving skills and build resilience.

Your child must have a registered place before attending. For more details see: <https://digilocal.org.uk/digilocal-online/>

Every Tuesday 10:30

If you love reading and would like to meet new people, come and have a natter at Bradley Stoke Library. Chat about what you're reading, get ideas for what to read next and convince others to read the books you love! No need to book – just turn up!



Talking Books

Lego™ Club

Every Friday 4-5pm

FREE Children's Drop-in Event. Lego™ Clubs are for primary school aged children.

All children must bring a grown-up with them.



Weekend Rhyme Time

We're calling all menfolk with young relatives (0-5 years) to join us for a sing-along.



Saturday 13th January 9:30-10:00am.

Drop-in (no need to book).



Fun library group for ages 7-11

Do you enjoy books and meeting new friends? If you do, then we at Bradley Stoke Library could have the perfect group for you.

Starting Tues 9th Jan 4-5pm.

FREE Children's Drop-in Event!

Every Thursday at 10am

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



This is a self-led session. Bring a project to work on, learn from others and catch-up with friends in our warm and welcoming library.



Open Access Hours (Unstaffed)

Use the library when staff aren't there with Open Access

Open Access is our system that lets you into library buildings at times when they are not open with staff. Library members can complete a quick one-off Open Access induction session to register to use Open Access. You can then let yourself in during Open Access hours when staff are not working.

During Open Access you can use our free wi-fi and computers, including printing. Access online e-resources; collect reservations, issue, return and renew items and pay charges using the self-service kiosks. Use the library to meet others, read and study.

Find out more by asking a staff member or visiting:

www.southglos.gov.uk/libraries

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Carers Support Centre – if you care, we care

Do you care for someone who could not manage without your support? If so, you are a carer.

Caring can be rewarding but also very challenging, both mentally and physically. Whether you're caring for a relative, partner or friend who is ill, frail, disabled or is affected by mental ill-health or substance misuse, caring is very demanding. But fortunately, help is available.

Carers Support Centre is a charity offering a range of services to help improve life for carers in Bristol and South Gloucestershire.

Here's some of the ways we can help:

- Carers Emergency Card: If a carer has an accident or is taken seriously ill, carrying this card will ensure the person they care for continues to receive the support they need.
- Carers assessments: Help with getting and completing an assessment. This allows carers to get help and support for themselves and the person they care for.

- One-to-one support: Advice and information. Help with filling in forms and applying for benefits such as Carers Allowance. Help with communicating with health and social care professionals.
- Parent carers: Supporting parent carers with a child under 18 who has disabilities/additional needs.
- Carers support groups: A safe, confidential space to meet with other carers to share information and give support to each other.
- Hospital support: Information and support for carers in hospital and help with discharge planning.
- Carer involvement: Support for carers to get their voices heard, so they can influence health and social care provision.
- Young carers: Supporting children under 18 years old, including individual and family support, activities, groups and outings.

All these services are free to carers and brought to you by a team of caring and compassionate professionals. Please don't be afraid to reach out for the help you need.

If you'd like more information, visit our website – www.carerssupportcentre.org.uk or call CarersLine on 0117 965 2200.

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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 Mautraviers 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

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

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

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

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

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

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

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

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

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

Wheatfield Primary School, Wheatfield Drive BStoke, 01454 868610

SECONDARY SCHOOLS

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

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

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

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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.

I hope everyone had a wonderful time over the festive period.

I would like to start the New Year by thanking all the officers and emergency services staff who have worked tirelessly to keep our communities safe over the past few weeks.

The Police Funding Survey is now live online. I encourage every resident to give their thoughts on my proposal to increase the policing part of the council tax, known as the precept, by £10 a year (that's the equivalent of 83 pence per month) for the average band D household. The survey will close on 22 January.

Local policing is funded by a combination of people's council tax (the precept), Home Office funding, and other grants. The precept makes up 41% of police funding and I, as your PCC, am responsible for setting the amount of money residents contribute to local policing through the precept. You can access the link to the precept survey on the OPCC website.

Last month, my office launched a new volunteer recruitment campaign looking for members of the public from all backgrounds and walks of life to visit people in one of three custody centres we have in Avon and Somerset based in Keynsham, Patchway and Bridgwater.

These volunteer roles are called Independent Custody Visitors and they perform a vital role in ensuring people who are detained in custody following arrest are aware of their rights and are receiving what they are entitled to.

If you can spare two hours per month, at a time to suit you, to partner with another custody volunteer and undertake a visit please apply before 18 January. No experience is necessary, just a commitment to seeing fair, efficient and effective policing in our communities. Visit our website and go to the 'Get Involved' section.

I urge people to be extra careful when shopping online at any time, but particularly this time of year as we see online shopping increase in the annual January sales.

Many people are looking for bargains after the Christmas period and I warn shoppers: *if it looks too good to be true, it probably is!*

To protect yourself from fraud and cyber crime, I advise everyone to follow advice of the Take Five to Stop Fraud campaign:

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling **0300 123 2040**.

www.avonandsomerset-pcc.gov.uk

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Jack Lopresti, MP - Working Hard for You

2023 has been a very busy year. Last month, I was honoured to be able to host several children in Parliament who are the sons and daughters of Ukrainian soldiers; some of whom have fallen in the Ukrainian people's fight to liberate their country. My team and I showed them around the Palace of Westminster; highlighting the historic importance of democracy in our United Kingdom – something many of their own parents are trying desperately to defend back home in Ukraine. They watched Prime Minister's Questions from the gallery of the House of Commons in which I asked the Prime Minister to reassure the House that we in Britain stand with Ukraine *"in their fight for their independence, their freedom, and their nation's survival."* The Prime Minister agreed and paid tribute to these children and their parents. I then hosted them for lunch and we were visited by Education Secretary Gillian Keegan MP, Labour's Baroness Blower, and the SNP's Chris Law MP.

As Chairman of Conservative Friends of Ukraine, I led a delegation of Conservative parliamentarians from the United Kingdom to meet with counterparts in the Republican Party in Congress in the United States to discuss Western support for the Ukrainian people in their fight to eject Russian forces from their country. I was supported by Lord Michael Howard, Liz Truss MP, Sir Iain Duncan Smith MP, and Mark Francois MP. It is so important that we in the United Kingdom work with our allies around the world to defend democracy and freedom in Ukraine, Israel, and elsewhere.



Our area is making a significant contribution to the war effort in Ukraine with our fantastic defence and aerospace industries which are globally renowned, in addition to the great team at DE&S Abbey Wood. Indeed, while I was in Washington DC, I visited the Smithsonian National Air and Space Museum in which I saw exhibits like British-built Rolls-Royce aerospace engines.

I recently welcomed members of the Ghana Community Bristol to Parliament and my team showed them around. Many thanks to my colleague and friend Cllr. Franklin Owusu-Antwi for his help in organising this fantastic event.

I met with Peter Brown from Estrans Limited in my Bradley Stoke office and heard about the great plans for new homes being built in Swanmoor Stoke, with fantastic infrastructure investment including a by-pass for Easter Compton and the upgrading of Pilning Station. Building new homes, especially social and affordable housing, is the only way of solving the housing crisis and increasing equality of opportunity, especially for our young people.

Finally, I it was lovely to have attended so many wonderful Christmas events locally, such as the turning on of the Christmas lights at the Willow Brook Centre, the BRACE Alzheimer's Research charity Christmas Fair at St. Andrew's Methodist Church in Filton, and Carols at the Winterbourne Barn.

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.

May I also take this opportunity to wish everyone a very happy and successful 2024.

PLAYERS & SPECTATORS LOVING FREE-FLOWING RUGBY AT ST MARY'S

After a slightly disappointing start to the League season, our 1st XV is going from strength to strength as we close out 2023. Putting some early defeats behind us and benefitting from a number of returnees from long term injury, the 1st XV have had a string of impressive results playing some fabulous rugby.



Hayden Saunders scoring a Hat-Trick in his second game back after a long-term injury

Our first important win was at local rivals North Bristol on October 21st. A 34-15 away victory for St Mary's was followed up by a home win against Dursley, who have been a bit of a bogey side for us in the past. We ran out 24-12 winners.

After a hard-fought victory against Old Colstonians, another newly promoted side, 24-21, we entertained old rivals Avonmouth Old Boys, like ourselves one of the earliest Bristol Combination Rugby Clubs. Avonmouth celebrated their 125-year anniversary in 2022 and our own 125-year celebrations will be in 2025 so both clubs have been around for a long, long time with all the ups and downs that come with that!

For Mary's everything we had been working on in training clicked and we ran out 65-17 winners. Even



St Mary's Director of Rugby Keith Wilkinson on the charge vs Avonmouth OB

our evergreen Director of Rugby Keith Wilkinson got on the scoresheet!

Our free-flowing rugby is earning many supporters across the local rugby scene, and it is great to see so many of our players develop under the skilful coaching of Ed Smith and Ryan Price, two outstanding coaches that we are lucky to have and who are also adopting a growth mindset in their own development. Our senior training sessions are a great mix of 1st XV 2nd XV and Vets players alongside our young seniors who have transitioned well from Junior to Senior rugby and continue to enjoy the sport.

Underpinning our 1st team's success is our fantastic 2nd XV and wider squad, who have grown in numbers due to a combination of training for and playing such enjoyable rugby and having a fantastic supportive social scene.

This was exemplified when on the 18th October we held a social for 'former' players from across the country who came together to reform our St Mary's Eagles, a team of players who were the most successful 2nd XV in the Club's history. We had a friendly fixture vs the current Club 2nd XV with several players representing both sides during a highly competitive fixture.

MINIS AND JUNIORS RECRUITING

We still have space in our Minis and Junior squads for new players. We can guarantee you game time – our commitment is all players will get at least a half of playing time and free hotdogs - so if you are fed up standing on the touchline or even not playing as many games as you would like – just rock up on any Sunday and ask for Sarah Marley our safeguarding lead and Mini and Junior coordinator or Gary Coles our M&J chair and they will be delighted to welcome you and your family to St Mary's.

THE TOUCH UNION AT ST MARY'S

Back in August the St Mary's touch union team won a place at a touch union festival through their fantastic Social Media, and I asked our Touch Union coordinator Jo Winters to capture the event for this column. Here are her words:

We were to run out on the Hallowed turf of Twickenham stadium before the England v Fiji International game and play touch, and added to that we would also act as flag bearers and be



St Mary's Inside the Captain's Club at Twickenham on pitch with the International players during the national anthems, take part in a half time pitch walk, and bring our friends/ family along to cheer us on and watch the International game with us, a truly fantastic money can't buy prize.

We played Touch on the stunningly maintained turf, the excitement was palpable as we took our first steps onto the pitch, what a truly magnificent experience! After some pitch side photos we headed back to the captains club to refresh and eat lunch kindly provided by the Touch Union, then it was time to put our rehearsals into practice and we headed back to the pitch to take part in the flag

bearer pageantry, we all felt so proud to be on pitch representing St Mary's and the touch union as we unveiled the flag, cheered on the teams as they ran out of the tunnel and stood on that beautiful pitch to sing the national anthems.

I can honestly say this was an experience of a lifetime, a money can't buy opportunity that will stick in our teams memories for a very long time.

Want to be part of our great Touch Union group? On Monday nights we run our hugely popular Touch Union sessions which are Fast. Fun. Any Age. Any Skill Level. Any Gender: Come along at 7pm Monday's and you will find a welcoming and inclusive community that plays non-contact rugby. Join us and try something new.

PARTY VENUE ON YOUR DOORSTEP!

Lastly a plug for our Clubhouse which is available for hire for Celebrations, Meetings and Remembrances. Check out our reviews on Google and if you are interested in hiring the Clubhouse contact our Clubhouse Manager Marie 'Doris' Graham at clubhouse@smobrugby.co.uk

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