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Dear Readers....

As we write this on the first day of Spring, I think we are all ready for a change in season!

There is plenty to look forward to over the next couple of months. You can take part in the Brightwell's Easter trail up until 14th April - 6 trails around the locality this year, see page 15 for more information. We share details of the Good Times Yate Festival with headliners such as - Jools Holland, Sophie Ellis-Bextor and Mcfly. There are also some great acts performing just over the bridge in Chepstow at the Drill Hall and a new fundraising day on BH Monday in May - The Pink Wig Gig. The Bradley Stoke Community Festival is back this year, taking place over the weekend of 8th-9th June.

We bring you news from the Manager at the Willow Brook Centre, from the Three Brooks Conservation Group on Wassailing, local girl guiding news on Thinking Day, and Careers Week and World Book Day at BSCS (front cover photos). We have the usual update from our MP, along with news of a recent PM visit to Rolls Royce. Little Stoke Baptist Church is recognising its 70th anniversary this summer and is inviting the local community to join in the celebrations. We have a season update from Bradley Stoke Town FC and share news of one local family's heartbreak and bid to raise awareness.

All this and more, so we really hope you enjoy the read and can support our lovely advertisers when you have a need for their services!

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 May.

Jaci

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In the Community: Simon Whiting, Centre Manager at the Willow Brook Centre

Having been Centre Manager at the Willow Brook for 6 months, introducing myself may seem late however it has been the most maniacal, intense and fun-filled 6 months of my working career and taking a moment to reflect and yes, now introduce myself, feels right.

My name is Simon Whiting, I am firstly a proud father and husband. My daughter, Evangeline, is 5 years old and a constant reminder to me to always try and have a positive outlook on life. She tells her friends that she is the boss at Willow Brook, at times I think she may be right.

I met my wife, Kirsty, in 2012 while we both worked at the South Gate Shopping Centre in Bath. We married soon after as she was quick to point out that I was not getting any younger! We live in Downend with our two cats, one hamster and sixteen pond fish, as Evangeline is always eager to tell anyone.

My girls are my strength.

Shopping Centre management is not an industry I decided to pursue, but rather stumbled into, and I am very glad I did. My shopping centre journey began as a retail security officer. I enjoyed the shopping centre vibe, I liked what we were trying to achieve for our clients, for our employees and for our communities. It's a platform where personal creative flair can be used. It's an industry that can make a difference to the communities in which our centres are positioned.

Before working in a shopping centre, I didn't even know a shopping centre manager was a job, I didn't even really like shopping. I adapted well to the industry as I have always worn my hat on being a people-person and team player. Shopping centre

management is a varied beast, I can move from a Teams call with a surveyor discussing rent reviews and EPC management to a discussion with a tenant about a blocked sink. It is this variety that makes most shopping centre managers feel lucky. Our job is not a 9-5, it is a lifestyle.

My first centre as lead was Kings Chase in Kingswood, I then moved onto Maylord in Hereford, Mermaid Quay in Cardiff and finally back home to South Glos and the Willow Brook where I am enjoying my role and, more so, enjoying the community spirit that is Bradley Stoke. I do not say this flippantly, working within such an amazing community is a privilege. I have been overwhelmed at times by the generosity, sincerity and overall want to get involved by the great people of Bradley Stoke. I can lean on my past experiences to tell you that this is far from always the case. Bradley Stoke is unique, and this I want Willow Brook to echo.

Having moved away from legacy issues that any new management role involves, I am now looking ahead to the future of the Willow Brook. We are fortunate in that we have an invested landlord and specialist managing agent who understands the retail landscape and supports me in helping drive Willow Brook forward.



Property management is only as great as the people around you and I am surrounded by high-quality characters including the entire centre management team, service partners, our incredible tenants and of course our reason for coming to work every day.... our customers.

Moving forward we will be utilizing Bradley Stoke & Little Stoke Gifford Matters, in addition to our social media and online presence, to share our initiatives and ideas and to keep our community up to speed with what is going on at Willow Brook. Watch this space!

As a part of engaging with the local community, I have been fortunate enough to meet the incredible people at the Brightwell Centre. Quite taken aback by the lifeline that the Brightwell is to those who suffer or experience neurological conditions, I immediately committed to partnering with the Brightwell and helping them by any means to maintain the funding for the imperative services they offer.

For the Brightwell, I am running the London Landmarks Half Marathon and am hoping to raise money and awareness for the centre.

I am not a marathon runner by design. I am 6'4 and 20 stone, but training for this marathon has been all the easier by the support I am receiving from the Willow Brook and Bradley Stoke community. If you could afford the smallest amount of time to donate, it will have far reaching effects for the Brightwell and our community.

<https://www.justgiving.com/page/simon-whiting-1707830306621>



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Wassailing

*Sara Messenger, Green Gym Project leader/
Member of the Three Brooks Nature
Conservation Committee*

Woah a what? I was asked, 'A Wassailing' I replied. When I first suggested this I'm not sure if my Oxford accent was mispronouncing it or whether no one else was familiar with this ancient tradition,.

However as soon as I mentioned we would be drinking cider everyone seemed to understand and thought it important to keep up these country traditions!

The purpose of wassailing is to wake the cider apple trees and to scare away evil spirits ensuring a good harvest of fruit in autumn. Traditionally a king and queen lead the procession to the orchards, there the wassailing song will be sung and the queen lifted into the boughs to offer to the tree spirits toast that has been soaked in cider held in a Claven cup. There follows much noise making until the gunsmen fires a final volley through the apple tree branches. What could possibly go wrong I asked!

Although we had for years been muttering about putting on a Wassailing we had never quite got around to it but as this year we were able to name two varieties of apple tree that are on the reserve this seemed the right time. Back in 2020 SGC DNA tested the leaves of various apple trees in South Glos and just off Campion Drive we found we had 2 unmatched / unknown apples. As A3931 & A3932 don't really roll off the tongue, various new names were suggested, Bowsland Beauty being one but, as these apples never have the looks or taste to tempt a hungry mouse let alone Snow White, Ceri suggested Bowsland Blush as it had just a small 'blush.' For the other green apple Green Gym choose Green Jim! Green Gym is a copyrighted name and although we asked TCV (The Conversation Volunteers) for permission they were unable to reply in time so it was changed to Jim.

As part of the naming process we are required to propagate these trees, which will be done by grafting as growing from seed never produces exactly the same



variety. We haven't this year pruned the trees (you prune pips in winter, stones in summer) as I wanted to leave as much as possible to be used for grafting and I am hopeful that SGC will be letting me know very soon when our apple grafting workshop is taking place.

So, back to our Wassailing, the day didn't start well as the water tap was broken and two wheels came off my wagon but, once that had been repaired (who knew Paul keeps a spanner in his pocket), it improved. Our crowned Queen, local artist Sue Kelly led us to the trees, now adorned with apple blossom fairy lights and there, led by our Jez Bon we sung our own version of the wassailing song which he had written. We had no idea that Jez had such a fine singing voice and so we almost forgot to join in with the chorus. We then threaded our apple and bird shaped toast, dipped it in cider, admittedly not from a Claven cup but my Mother-in-laws old wooden

sugar bowl, and it was added to the tree. Sue suggested that, thank you but perhaps backs would be put out if she were to be hoisted into the tree and she could reach well enough on her own. To round off the ceremony we added painted name plates to the trees and then banged a few pot lids to scare off any remaining evil spirits. Fortunately we had notified all the neighbours what we were doing and many of them came to join us for cider, apple juice, apple strudel and baked apples. We also made smores, not very traditional but still fun.

I ought to also thank Kev for supplying our cider and to apologize for one of the cider containers being mistaken for the muddy pond water that we were now using for the fire bucket!



ANNUAL TOWN MEETING Bradley Stoke Town Council

www.bradleystoke.gov.uk

JUBILEE CENTRE
Savages Wood Road
Bradley Stoke, BS32 8HL

7pm Wednesday 1st May 2024

AGENDA

- 1 To appoint the Chair of the Town Meeting
- 2 Apologies for absence
- 3 To confirm the Minutes of the previous Town Meeting held on 10th May 2023
- 4 To receive the Reports of the following Committees
 - 4.1 Council
 - 4.2 Finance
 - 4.3 Leisure, Youth & Amenities
 - 4.4 Planning & Environment
 - 4.5 Staffing
- 5 To deal with questions from Local Government Electors of the Town



Bradley Stoke Community Festival

Saturday 8th and Sunday 9th JUNE 2024

Saturday - Main Festival Day (including Bradley Stoke Youth Football Club event) – Jubilee Centre

Sunday – 10K Run, Brightwell Colour Run – Jubilee Centre & Skatepark competition

For further information, visit <https://www.bradleystoke.gov.uk/>
Or call Bradley Stoke Town Council 01454 205020

Bradley Stoke Community Festival 8th-9th June 2024

Bradley Stoke Town Council is pleased to announce that the Community Festival will be returning, with a full two day programme at the Jubilee Centre and other locations on Saturday 8th and Sunday 9th June 2024.

Councillor Dayley Lawrence, Mayor of Bradley Stoke said: *"I am delighted that our council have once again committed to bringing a first class event to the people of our community. It promises to be a great weekend of celebration and joy for the whole family. We have put together a weekend that is cost effective and taken feedback to understand what you want from this event. We are proud to be working in partnership with many community groups and supporting local charities and businesses."*

Saturday 8th June 11.30 am - 6 pm: Main Festival Day – Jubilee Centre

The main festival day is a combination of music, dance, community stalls, food and drink, rides, displays and demonstrations, youth football festival and a street art project.

Music is provided by an eclectic mix of local bands and singers; Beacon Rise, Doc Rock, Elevation, Kaiju Blue, 80's tribute band Outatime, plus performers from the Bradley Stoke Community School.

Local dance groups will perform in between the bands and include Bristol Belly dancers, Danceworks, 5678 Dance, Street Cred, Chinese Dancing along with other local clubs and associations.

Town Council youth workers and young people are once again organising 2 days of skatepark



skills and creative art activities. The skatepark half-pipe returns (courtesy of Kings Ramps) and offers exceptional demos, by top riders and skaters, plus, regular 'have-a-go' sessions. Also, the everpopular street art 'paint a board' sessions return, with artist (Olas Art) supported by youth workers and young volunteers.

Fun rides for the children include bungee trampolines, giant slides, football games, giant inflatables, Wipe Out, a Wrecking Ball inflatable, Rodeo Bull and Bungee Run in the "free to ride" Community Zone and the popular, young children's Go-Karts.

A tall mobile climbing wall will be set up alongside the local Bradley Stoke Scouts stalls which also features tomahawk throwing and junior archery plus lot of other fun activities.

Over 80 stalls will feature a wide range of arts and crafts, from hair styling and colouring, face painting, to jewellery and accessories plus local services and associations, alongside sideshows and community stalls offering a wide range of local products and novelties.



Bradley Stoke Youth Football Club will be running their Football Festival as normal, which will include many different age groups starting from Reception and upwards. This will involve

small-sided matches throughout the day with trophies being awarded to teams and will take place on the top field football pitches starting from 11am.

Sunday 9th June from 9.30 am: Jubilee Centre and Bradley Stoke Skatepark

The Jubilee Centre hosts the 10K Run and the Brightwell Colour Run with the skatepark hosting a number of events and activities.

The 10K multi terrain race organised by the Sole Sisters starts at 09.30 a.m. and finishes at the Jubilee Centre. 600+ Competitors are expected.

The Brightwell Colour Run will start at 12.30 for registration with the race commencing at 13.30 with a rolling start. This promises to be a very colourful and fun event with competitors and paint throwers alike getting absolutely "plastered"!!



At the skatepark, the Bradley Stoke youth work team will be hosting its annual festival competition, with the extra capacity of the additional Kings Ramp half pipe. Also, more pro rider demos, 'have a go' opportunities and Art workshops with Olas Arts (on old Vinyl records). Action takes place between 12 noon and 5.00pm.

If you would like to find out more information on the events over the weekend, please visit the Town Council web site www.bradleystoke.gov.uk or contact BSTC on 01454 205020

(all photos from previous years' editions)



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Giving back to the Community: Local Company Donates “Bleed Kits”

Devastated by the rise in local knife crime - such as the one that took place locally in Little Stoke Park this year - local business owner Ashton Williams decided to find out what he could do to help.

Through his business, AMW Plumbing & Heating (see front page advert), Ashton has now purchased and donated 10 Bleed Control Cabinets which will be secured across the Bristol area over the next few weeks. These kits can be used in the occurrence of a serious injury that results in blood loss, potentially saving the life of the individual whilst waiting for the emergency services to arrive. The kits operate in a similar way to defibrillators where 999 is called to obtain a code which will then allow access to the kit inside.

It hasn't been as straight forward securing the spots for the cabinets and kits as Ashton had originally hoped, but locations have now been agreed with the relevant authorities and will be announced via AMW's facebook page very soon. Ashton has a personal goal to ensure all 10 of these are installed in Bristol as soon as possible and would like to encourage other business owners to support the purchase of the next 10.



Bradley Stoke 10K

Sunday 9th June

For 19 years Sole Sisters Running Club has hosted the Bradley Stoke Festival 10k. This year it will be held on Sunday 9th June and race entries are now open via **RaceNation**. The 10k run, which is approximately 6 miles, is run along tracks and footpaths through Bradley Stoke's beautiful nature reserve, with marshals throughout the route.

The race will start (at 9.30am) and finish at the Jubilee Centre, Savages Wood Road, Bradley Stoke with free car parking, showers, toilets and refreshments for runners and spectators. The run is open to men and women over 16 years of age. This is a chipped race and all finishers will receive a Technical T-shirt.

Marshalls Needed! To ensure our race is a safe one, we are looking for up to 90 volunteer marshals to help around the course. Marshalls need to be over the age of 16.

To ensure the safety of all runners, typical marshalling duties require you to: a) Stay at a fixed point and as runners approach make it clear where they need to go, by holding out an arm and pointing the way b) Wear a yellow bib marked with the word Marshal, so runners and car drivers can easily see you c) Stop the traffic on some road positions d) Notify the lead Marshal if a runner requires first aid e) Keep the course clear and safe as runners approach f) Lots of Clapping, Cheering and shouting 'Well done' to encourage runners!

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"Is sleep really that important?"

Let's find out!

Sleep increases brain functioning – cognition, concentration, productivity and performance. Sleep deprivation has the same effect as excess alcohol on our brain! It changes how we read, judge and recognise social cues in other people and can increase the risk of anxiety, prolong periods of depression and increase risk of suicide.

Good sleep improves our physical performance – speed, accuracy, reaction times, confidence and focus. When we sleep, our body can also rest and repair thanks to the Human growth hormone. The cells of our immune system are recharged to fight infections and cancer too. Lack of sleep causes inflammation in the body which increases risks of cardiovascular disease, stroke and inflammatory gut conditions.

Sleep deprivation significantly impacts on our weight. Elevated Cortisol increases blood sugar levels. Increased Ghrelin (hunger hormone) and decreased Leptin (satiety hormone) mean increased risk of obesity and diabetes.

Do we really need eight hours?

Research suggests we sleep in 90 minutes cycles. 5 of these provide the average 7.5-8 recommended hours. We sleep in a polyphasic fashion. Did you know periods of wakefulness are actually part of every 90min sleep cycle?! If you've had a disturbed night, consider a daytime nap, setting an alarm for 20-30 minutes and moving afterwards, ideally outside, helps you catch up.

Need to get better?

Exposure to bright light in the daytime links our natural Circadian rhythms to optimise melatonin production at the right time. When can you get outside each day? Taking regular exercise is scientifically proved to be best way to improve your sleep quality AND duration. Ideally, not too late though, as exercise creates endorphins and adrenaline and can wind us up rather than down! Trying to sleep and wake at consistent times - yes even at the weekend – also



helps balance our natural rhythms and the production of melatonin.

We all know we should decrease our exposure to bluelight; phones, iPads, laptops, but does your Kindle have a blue light filter? How late are you watching TV and how stimulating is your viewing? Here's an idea! Leave your phone downstairs! Buy a cheap alarm clock if you use your phone as an alarm and if you must have your phone upstairs for security, charge it away from your bed and further from temptation.

Think about what you're drinking. High volumes in the two hours before you go to bed will probably mean a night full of weeing! Avoid stimulating, carbonated drinks and kill off your caffeine intake about 6 hours before bedtime. Caffeine's half-life of six hours means six hours after your last cup it's still has half the stimulating affect! So, what time should you be stopping?

Contrary to what we think, alcohol does not help us sleep. It decreases sleep quality, hampering melatonin production and HGH repair. Try taking a week off booze to see if it helps.

Try not to eat too late, particularly tricky to digest, high fat/protein or very spicy meals. Eat foods rich in magnesium, calcium, B6 and tryptophan, important nutrients for melatonin production: dairy, poultry, oily fish, nuts and seeds, leafy greens, beans, bananas, apples and avocados are great options.

We wouldn't think to disrupt a child's bedtime routine but how do we establish our own, to relax and unwind before bed? A bath, a book, meditation maybe? Check your environment for light, noise and ideally temperature (18-20°C). Are your mattress and pillow comfortable?

Our sleep can be improved by choosing 3/4 of these methods and a bit of discipline. Remember a good night's sleep starts from the minute we wake up!

Becca



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70 years at the spiritual heart of Little Stoke Community

On 19th June 1954 the doors of Little Stoke Baptist Church's new building on Kingsway were opened. It was a great day of community celebration. When it was planted by Horfield Baptist Church in 1952, the Church was a Sunday school for around 250 local children and a spiritual presence in the local community. Initially meeting in Little Stoke Primary School it quickly became necessary for a building of their own. The 'Buy a Brick' project supported by the local community raised the necessary funds for the building that now sits on the Kingsway site.

Since that time the church and the community has seen a lot of changes. The culture of sending children to afternoon Sunday school soon diminished throughout the country and Sunday school became a part of the regular Sunday service. The church has seen times when it has been bursting at the seams on a Sunday morning, services both morning and evening and had a thriving parent and toddler group and a Pre-School. An ageing congregation and cultural changes on a Sunday saw many of these activities cease.

What has never changed is the core of prayer and love for the local community of Little Stoke. In 2021 a new minister, Rev. Tania Vaughan, came to Little Stoke Baptist church. Her passion and love for the local community fit well with the years of the church being at the heart of the community. With a new injection of energy the church has grown in the last three years seeing more families and young adults join the Christian community on a Sunday. There has also been a significant impact on the local community as the church seeks to meet the needs of individuals impacted by an increase in food poverty and loneliness.

The Place, as it has recently been renamed, is the Thursday Community space open 10am-2pm providing free refreshments, a light lunch, friendly company and items for the household, leisure and clothing available on a donation basis. It has become "The Place" to eat, to meet, to find friendship, to get advice and to be fed both physically and spiritually. Alongside this LSBC has partnered with Neighbourly making regular collections of Surplus food from Aldi, Lidl

and Sainsburys on a Monday and Thursday each week. Many people come not only for food and company but also for prayer and spiritual support which is available to any who ask.

We will be celebrating the local community, the building and the LSBC community with a 70 year celebration across the weekend of 22-23rd June 2024.

On Saturday 22nd June, The Place will be open from 10am-2pm showcasing our Thursday community space and offering light lunches and refreshments. There will be activities and games for children, clothes and other items on sale and a display showing the history of LSBC in the Community. This event will raise funds for changes to the current building to allow the church to expand its outreach and support for the local community with increased storage for community food services, a room for people to access confidential support, advice and prayer and an extension to the current meeting space to cater to the growing communities on a Thursday and Sunday.

On Sunday 23rd June there will be a celebration service at 10.30am followed by a fellowship BBQ in the church garden.



Bradley Stoke & Little Stoke Gifford Matters is very pleased to be able to sponsor the Brightwell's Charity Easter Egg Trail again this year. Great family fun across the local area, whilst raising vital funds for this fantastic local resource. Be sure to join in the fun!



The Brightwell Centre can't wait to see you all hopping around the community again this year for our big annual charity egg hunt.

The big hunt will be live from 28 March - 14 April.

This year you can expect 6 trails around Bradley Stoke with the new addition of trails around Willow Brook Shopping Centre and West Country Water Park.

Prize draw with exceptional prizes up for grabs!

Complete the six trails and decipher the anagrams to claim you child's sweet treat prize!

Maps available to purchase on the Brightwell's website:

www.thebrightwell.org.uk



Bradley Stoke Lions

Lions are ordinary people from all walks in life who enjoy getting together and doing good things. We want to help our local communities in any way we can. This year alone, the Bradley Stoke Lions and our parent club Bristol Brunel Lions have served 14,926 people, completed 108 Service Activities and donated £7,132.

If you want to know more about what we do, and how you could make a difference, contact: Lion Ailsa on 07737 106836 or email: ambyoung29@yahoo.com.

We are always looking for new members as well as volunteers who would like to help out at events.

We meet on the 2nd Monday of every month at 7:00 pm in the first floor conference room at the Willowbrook Centre, Bradley Stoke, please come along you are more than welcome to attend.





Bradley Stoke Community School's National Careers Week was an absolute blast!

The students were lucky enough to have a packed timetable with assemblies, workshops and workplace experiences. Our week kicked off with an assembly and workshops from Wessex Water for Year 7 (about rivers, water use and the MANY different roles within the company), Lloyds bank then presented to our Year 8 students and ran a "crime fighters" session looking into the detective skills needed with the company when looking at fraud and money laundering. We had our most local employer, the Manager from the Willow Brook centre, come in to talk about his careers journey and roles at the centre. Great Western Air Ambulance came in to teach all of our Year 9 students the lifesaving skills of CPR, using a defibrillator and recovery position training. On Thursday we focused on work experience for our Year 10 students and went to the Aerospace museum with our "Flying Start" group and on Friday we had UWE come and talk to our Year 11 about HE options and we took 14 students to the brand new BT Group building and they were involved with learning about the tech industry and were involved in a series of challenges, coming up with product ideas in a pitch-like employer situation. WOW!

We are now planning our first primary phase careers day for the end of March..... If you are an employer or training provider who is interested in supporting our school either through talks or supporting students with work experience please do get in touch with:
lauren.stone@olympustrust.co.uk or celia.arberry@olympustrust.co.uk

In the middle of National Careers week was World Book day, and we celebrated in true BSCS style with primary learners enjoying a workshop with author and illustrator Chris Wormell, and secondary phase students being welcomed by staff dressed up as various characters from their favourite books.



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14 Watch Elm Close, Bradley Stoke

If life is like a box of chocolates, how can you ensure you get the center you prefer?



Dawn at her local holistic therapy space

Always looking to share her skills and help people achieve their goals, holistic therapist Dawn, is teaming up with career development expert Rayhana to put on two affordable workshops; open to all, they will empower people to achieve what they desire. With many years of facilitating change, these local ladies have honed their skills and now want to introduce this simple process to their local community at an affordable cost!

Workshop: Getting the life/work life you desire in a few simple steps!

This interactive workshop will help you to discover what your preferred chocolate is and how to get it!

If you would like to find out more, then do go along for a few hours, share a cuppa, and hear how these lovely ladies can support you in the changes you want to make in your life, or maybe even discover what those changes are!

The workshops take place at Little Stoke Community Hall, Little Stoke Lane, BS34 6HR on

Thursday 11th April, 6.00 to 8.30pm

Monday 13th May, 6.00 to 8.30pm

Cost £15 per person.

To book your place on one of these workshops please call: 07951 099491 | 07472 280984 or email: dawn@life-and-soul-empowerment.co.uk or info@rayscareerdevelopment.com

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Having worked in the NHS as an audiologist for nearly 30 years, Lynne established 'Hearoic' in 2022 in response to an increasing demand for ear care services that GP surgeries are struggling to provide. Via her brilliantly fitted out mobile clinic, Lynne is able to offer a range of services including: micro-suction ear wax removal (irrigation/syringing also available), standard and in-depth hearing tests, impartial advice on hearing aids as well as comprehensive ear care advice.

Lynne is passionate about acting as a hearing and ear care advocate and with her extensive NHS experience is able to further support clients by liaising with GP's and specialists as appropriate, as well as providing impartial advice on hearing aids and how to protect your hearing in loud environments.

In 2023 Lynne expanded Hearoic's mobile reach to include Bradley Stoke, calling in at the Brook Way Activity Centre, BS32 9DA on the second and fourth Monday of each month. The Hearoic Mobile Clinic is located at the far side of the car park in front of the building. Free parking is available adjacent to the Hearoic Clinic.

Appointments are easily bookable by telephone and online. In addition, Lynne also offers regular, flexible no appointment required Hearoic 'Ear Drop-In's' where you will be able to access a free examination of your ears for wax, hearing aid cleaning and advice.

If you are having problems with your hearing Hearoic is your local go-to for Lynne's professional, friendly and supportive advice and treatment.



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For Joe, Raising Awareness of NF

My name is Charlotte. We live locally in the Stokes. The last year has been far from easy. My younger brother Joe became poorly last year and sadly passed away in June 2023. I would like to share our story to raise awareness of Neurofibromatosis (NF)

Before you read our story, we are not doing this to scare people with NF. However, we feel that more awareness MUST be made regarding NF and the complications and devastation it can have on families. Doctors and nurses who have patients with NF need to know what to look out for, so they can point patients in the right direction more quickly to receive the correct treatment.

When I was 6 I was referred to the hospital for a check-up for a completely different reason, after examination/tests it was discovered that myself, my brother Joe (then aged 4) and my dad aged 39, all had NF1. We were advised to have annual check-ups. As with a lot of people, we weren't aware of NF until we were diagnosed.

In 2016, I went to UWE to train to be a primary school teacher. I have danced since the age of 6 doing tap, ballet and modern. I graduated as a teacher and continued with my dancing which included tap and ballet and now take part in weekly adult classes. In 2019, Joe went off to Plymouth University to study Digital Media where he graduated in 2022 and had the most amazing time of his life. Joe had a job in a local indoor Go-Karting track and laser tag, which he thoroughly enjoyed. As you can see, we were very fortunate and led very normal lives up until last year.

Joe started having pains in his leg in September 2022 and saw his GP who advised him to take Ibuprofen. Life then changed dramatically for Joe at the start of February 2023 when the pains in his leg started to worsen. He was referred by a physio to get an urgent MRI, which he had on 14th February 2023. Over the month, Joe's leg pain increased, and he was slowly losing the ability to walk. By the end of February he needed a wheelchair to get around when out and about. Joe was on numerous amounts of medication to try and ease the pain. Nothing worked. He was in constant extreme pain, day and night.

On 3rd March 2023, MRI results in hand, we were told that the pain was due to NF. We just thought it would be a neurofibroma and that Joe would now receive the



appropriate help. However, after numerous visits to A&E over the following weeks whilst Joe's pain continued to worsen, he was given more medication to try to no avail and received more referrals, including an urgent referral to the neuro team, but nothing was done.

Joe was so unwell. My mum Kate begged constantly for an appointment with the Neuro team. We were finally given a cancellation appointment for 6th April, with the Neuro team and NF specialists at our local hospital. We were told that Joe had an 18cm tumour in his pelvis. Doctors said, considering the size of the tumour an urgent biopsy was needed. Joe had to wait a further 6 weeks for this urgent biopsy!

Following Joe's PET scan and biopsy on 17th May, we were told that the tumour was malignant, and Joe was diagnosed with Malignant Peripheral Nerve Sheath Tumour (a rare and aggressive sarcoma). Two weeks later when Joe was due to start chemo, mum couldn't wake him up. She phoned up St Peter's Hospice, who advised her to ring 999 immediately. Within 10 minutes the ambulance arrived. They did observations on Joe and took him into hospital. Following this, my parents were told that Joe was extremely unwell and was now on end-of-life care. This being only 5 weeks after diagnosis. Joe was kept as comfortable as possible during his last few days in hospital.

Joe sadly passed away on 22nd June aged 22. We have since learned that the Neuro team and NF specialists at our local hospital had never seen a case like Joe's.

I made a promise to my little brother that I would try and spread as much awareness as I could about this condition. It has had such a devastating affect on our family.

If sharing our story helps just one family, it could be life changing.

Thank you for reading, if you can help raise awareness by sharing our story or even giving a pound or two to our cause it would be gratefully appreciated. Since May 2023, we have managed to raise just under £4000 for NTUK. This May, my auntie and I will be taking part in the Bristol 10k and raising money for NTUK in memory of Joe.

<https://ajbellgreatbristolrun2024.enthuse.com/pf/rebecca-crocker>

A crisis but not of their making?

Exploring Digital Wellbeing for young people with a ground breaking event in Bristol



Award winning Bradley Stoke based social enterprise, Inclusive Change At Work CIC has joined forces with Digital Safety CIC to bring a ground breaking conference at Leigh Court, Bristol on 25th April 2024.

In today's landscape, the well-being of our young people is paramount, and the impact of the digital world on their lives cannot be overstated. Current headlines are relentless, painting a stark picture of challenges ranging from smartphone addiction to cyberbullying, from misinformation to the tragic consequences of digital vulnerability.

That is why Inclusive Change At Work CIC and Digital Safety are working together to create a unique and innovative event named The Castle Conference; Digital Wellbeing for Young People.

The event will serve as a gathering point for agencies, professionals, and organisations dedicated to tackling the crisis facing our youth in the digital age.

Lucy Smith, founder of Inclusive Change of Work CIC tells us a bit more about the event "We will delve into a range of topics with insights from academia, professionals, and those with lived experiences. From understanding the impact of the big tech companies on young minds to exploring the intersection of neurodiversity and digital vulnerabilities".

The team behind the event believe in making these vital conversations accessible to all, which is why delegate tickets are priced at just £9 each.

You can secure your place at icaw-cic.com/events.

Applications are welcome from exhibitors and stall holders who wish to be part of this transformative event. Your participation could catalyse connections that make a tangible difference in our communities.

Even if you're unable to join us in person, we invite you to stay connected, simply reach out to us at Lucy@inclusivechange.co.uk or Andy.J@ds-cic.com.

The challenges facing our young people in the digital age are complex, but together, through collective action and collaboration, we can pave the way for a safer, healthier online environment.

The inaugural conference was hosted in Durham in September 2023 and was a resounding success, featuring organisations like "if u care share", Kooth, local police forces and British ESports. Our Bristol conference will shine a spotlight on critical issues and include invaluable insights of lived experience from young people.

Get in touch and be part of the solution today.

25 APRIL

LEIGH COURT, BRISTOL

9:00am - 4:30pm

Join us for a day of networking, learning and discussion about the challenges affecting young people online

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For more information email: events@icaw-cic.com

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Exciting times for Kumon Bradley Stoke!

Kumon Bradley Stoke has recently celebrated its 25th anniversary. Almost 200 people (students and their families) attended an awards ceremony to commend students who have reached milestones and high levels of study on the Kumon programmes. Students received certificates and medals and everyone enjoyed some cake!

Also as part of the anniversary celebrations, the students were asked to vote for a charity to receive a donation from Kumon Bradley Stoke, and they chose "Incredible Kids". A VIP representative from the charity was invited to the Kumon office to receive a cheque for £250, presented by Sarah Nutchey, class Instructor.

As the Ofsted-registered study centre based in permanent premises at the Willow Brook Centre has grown and developed, Sarah has also grown and developed her expertise as a Kumon Instructor. She has been awarded Elite status numerous times, meaning that her centre has been internationally recognised within Kumon. To earn the prestigious Elite status, Sarah has developed students who are able to study ahead of their school level, working independently with excellent study skills, and has also nurtured students who are able to complete

both the maths and the English Kumon programmes.

Further expansion and development of the study centre is in progress, with newly trained Instructor, Sonya Willman (inset), forming a partnership with Sarah and joining the team this year. Sonya's six children have all studied the Kumon programmes and she brings valuable experience from a parent's perspective.

Kumon Bradley Stoke offers maths and English study, both paper-based and via KumonConnect, using a tablet. Classes currently run on Mondays, Wednesdays and Thursdays after school as well as Saturday mornings. Assessments are free, and without obligation.

Please contact Sarah on 07808 720208, or email bradleystoke@kumoncentre.co.uk for more information, and visit the Kumon Bradley Stoke Study Centre page on Facebook.



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Terms and conditions apply. Fees vary. Participating centres only. Please refer to your local study centre. Subject to availability. *For research findings on Kumon study, please visit kumon.co.uk



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

World Thinking Day 2024

From Unit Leader Sara Messenger

For those of you whose Brownie or Scout days are just a distant memory or those who weren't lucky enough to join us for scraped knees and jamborees, 22nd February is a special date for members of Guiding as it is our World Thinking Day, an annual event which is celebrated in 150 countries around the world by 8.8 million Girl Guides and Girl Scouts. On this day we celebrate Guiding and its impact on girls and young women. The date was chosen as it is the birthday of both our founder, Lord Baden-Powell (1857) and his wife Olave (1889)

Our WAGGS (World Association of Girl Guides and Girl Scouts) theme this year was 'Our World, Our Thriving Future,' which took us on a journey exploring crucial global issues through the lens of environmental sustainability, gender equality, peace, and poverty. And our South West region organised a flexible online 'Guide your way around the world' event, of course it wouldn't be Guiding if they didn't both come with a badge to be earned!

In addition, we chose to host a Ukraine night as this coincided with the second anniversary of Russia's invasion. We are fortunate to have welcomed to our unit the Ukrainian born Amira, who along with her Brownie sister Adelina and their mother Anna (pictured centre), took us on a journey through their home country. Some things we knew, Patron the detection dog and State Emergency Service of Ukraine mascot has met our Prime Minister and Torvil & Dean received sixes across the board following their skate to Ravel's Bolero at Sarajevo 1984 but many things we didn't. Their flag depicts the sky above and the endless fields of wheat beneath it (the Ukraine is the first in Europe in terms of arable land area), Varenyky dumplings are easy to make and delicious and in the countryside you can find beavers and moose!

Adelina read us her favourite short story, Amira wore her traditionally embroidered blouse and Anna shared 'Patron' chocolate bars with all the girls and a Christmas traditions chocolate gift for myself. Each girl also received a Ukraine fundraiser badge and we made & raced paper swallows (this is what their Brownies are called) so there was much for them to take home.

MP Jack Lopresti received a last-minute invitation but his office had to decline as he was actually in the Ukraine at the time but we have discussed the family visiting his office for a coffee and a chat.

Each Christmas my units adopt an animal and last year 1st Pilning Rainbows supported ifaw who have helped to rescue and care for big cats who were trapped in war-torn Ukraine. Now Alex the white tiger and Leopards Brave & Kiara have new safe homes.

I would also like to gratefully acknowledge the assistance given to us by WAGGS, we have all benefited from their support, receiving both a grant and translated documents to help our Ukrainian girls & volunteers in the UK.



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Mini Athletics Superstar Easter Camp

Mini Athletics Bristol are launching Holiday Camps this Easter, following the successful programme running at hundreds of venues across the UK, Dubai and now the USA.

Little Stoke Primary School will host the Easter Camp over three days from 10-12th April. If you haven't been to a class yet, Mini Athletics is the magical combination of imaginative play, sport and burning energy! Our Amazineer Coaches set Mini Athletics apart from other providers, bringing high energy, enthusiasm, imagination and inspiration.

The camp will be packed with themed athletics games, competitions, personal best challenges and craft activities. Activities will take place in the main school hall and outdoors if the weather is good!

- Wed 10 April - Friday 12 April
- Little Stoke Primary School
- 9.00am - 1.00pm (bring a packed lunch)
- Ages 4-8 years (Reception - Year 3)
- Book one, two or three days
- Theme for each day (Superheroes, Unicorns and Dragons, Pirates)



Everyone will take home a certificate detailing their amazing personal bests in various events. Limited spaces are available now. The cost is £20 per day and £55 for all 3 days. There will be a different theme each day, follow Mini Athletics Bristol on Facebook and Instagram to find out more. Details of the Summer Camp following the Olympic Games in August will be finalised soon.

Please contact Hannah at hshears@miniathletics.com with any questions.



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For more than 30 years; The Children's Hospice South West (CHSW) has been dedicated to making the most of short and precious lives and providing specialist children's hospice care for children and young people with life-limiting conditions. The care offered at Charlton Farm in Wraxall (one of three children's hospices run by CHSW across the south west) is not just about medical and nursing support for children and young people but enriching lives of the children and their whole family.

Charlton Farm provides care and support to over 230 families living in the Bristol and surrounding area who have children with life-limiting conditions. Providing specialist palliative and hospice care for

the whole family, a sibling support service for brothers and sisters, emergency support, end of life care and a bereavement service; CHSW is a lifeline to so many.

Following the Covid 19 Pandemic CHSW had to significantly change the way it worked. Their new care model is based on care at the hospice, at home and virtual; and enables them to continue to support vulnerable children and their families at no cost to the family, however to provide this specialist care at Charlton Farm it costs around £4 million with very little input from the government.

Get in touch – If you would like to know more about the vital work they do or you belong to a community group that enjoys fundraising for incredible causes or are an individual who would like to take on a challenge **please call: 01275 866600** or **email: reception.cf@chsw.org.uk**. The charity would be delighted to tell you more or can provide free speakers at a time suitable for you.



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First Class Learning Bradley Stoke: Attention - Parents With School-Age Children!

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Age UK South Gloucestershire is pleased to announce Rugby World Cup winning scrum-half and Natasha 'Mo' Hunt as the charity's first ever ambassador

As co-captain of club Gloucester-Hartpury, Mo led her side to the Premiership Women's Rugby title last June, lifting the trophy at the temporarily named "Queensholm" stadium in front of 10,000 fans.

An England international, Mo became a Rugby World Cup champion in 2014 and she earned her 67th cap for the Red Roses last November against New Zealand in Auckland. She will be part of the England squad to play in the upcoming 2024 Guinness Women's 6 Nations.

Having grown up in Gloucestershire, Mo has often spoken of the inter-generational support she receives from her family that she attributes to the incredible success she has endured on and off the rugby pitch.

Mo said, "My Gram and Grandad have always been a massive part of my life. I've been fortunate that I knew my great Grandma and my great Grandad for ages too. Growing up, there's always been so much love in our family, especially driven by our grandparents who are now great grandparents to my nieces and nephews. I've always hugely respected them and loved them to pieces."

Speaking about her new role, Mo continues, "I'm super excited about becoming an ambassador for Age UK so that I can help shine a light on this space. Age UK are crying out for volunteers for people to sign up to befriend an older person. There's a six-month waiting list for older people that want to have contact with someone. There's just nobody to fill that void."

"So, we need to give some time back. Until you've tried it, you don't know how much of a positive impact it will have not just on the person you're befriending, but on your life as well – it's a two way thing. It's really special."

Mark Flower, CEO of Age UK Gloucestershire commented, "We are delighted to welcome Mo as an ambassador for the charity and to understand how important older people have



been in her life. Mo's own lived experience means there's a real honesty and passion to her support and that's immensely valuable."

Mark adds, "the demands on our services has more than doubled in the last year. This has put a massive strain on our staff and volunteers. We are excited about appointing Mo as our first ambassador so that she can help us find more volunteers and elevate the areas where our services need support."

Anyone interested in volunteering with Age UK South Gloucestershire can fill in a form on the website at this address:

<https://www.ageuk.org.uk/southgloucestershire/get-involved/volunteer/>

For more information visit:
<https://www.ageuk.org.uk/southgloucestershire/>

photo shows Mo alongside Mark Flower, CEO of Age UK Gloucestershire

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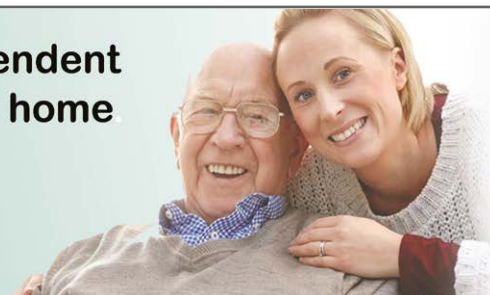
Whether you're in search of a property to buy or an agent to sell your property, I'm here to help you through every step of the process.

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Ambourne House Day Nursery & Pre-School

Est. 1991

MONTESSORI SCHOOL

Nursery is such an important part of child's well-being, offering so many benefits, such as helping to build vital social skills, becoming resilient and learning and developing in a safe environment.

It has been lovely welcoming back our children after the New Year and getting them back into their busy nursery routine.

Some more new friends have joined us and it has been a pleasure settling them in, plus it is amazing watching our Ambourne family grow.

We are happy to share the very exciting news that we have introduced new forest school sessions.

We had a blast learning about birds, from how to recognise them from their sounds to their individual characteristics. We prepared birds food, made crafts and last but not least we enjoyed gathering around the firepit to toast marshmallows with a nice cup of warm hot chocolate. What an incredible experience! We can't wait to learn more about our natural environment!

There is 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.



Ambourne House DAY NURSERY & PRE-SCHOOL

WE ARE OPEN Monday to Friday
7.30am to 6.00pm

- Private Day Nursery & Pre-School Offering Excellent Care & Education
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Take a look at our website ambournehouse.co.uk
and follow us on Facebook



233 Gloucester Road, Patchway, South Glos, BS34 6ND

ambournehouse@3abcare.co.uk

T. 01454 615352



60's and 70's Disco night

Friday 26th April from 7.15pm

Grab your friends, turn back the clock and join us for a night of 60's and 70's disco classics! Includes a welcome drink and a two course dinner. Fancy dress optional!

£39 per person

To book or for more information contact the Events Team on 01454 201090 or email events@aztechotelbristol.co.uk

Part of
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The Pink Wig Gig Bank Holiday Monday 6th May

Chepstow business owner - Carol Mutlow, of 'Hannah's Music' and organiser of the 'Castell Roc Festival', is always trying to think of ways to bring fun events into Chepstow that are a little different. If it can involve local bands and other fun things to entertain the public and bring people together, along with fundraising for good causes, then that is a bonus, says Carol!



For the last two years, Carol, along with another of her groups 'Chepstow Events Team', has organised a fundraising event at the Riverside bandstand in Chepstow. In 2022 it raised funds for Ukraine, and in 2023 for the Earthquake disaster, thousands of vital pounds was raised for these two causes.

Carol tells us that her idea is to make this into an annual event, but to do so, it needs to have a branding name. Bring on 'THE WIG GIG' ...

The Wig Gig is new name of the annual fundraising event to be held on the Spring bank holiday at the bandstand by the river in Chepstow.

OK ... most people will think, what on earth is a 'Wig Gig' !!

Well, it may sound a little weird and whacky, but the idea is to raise funds for different charities using their Charity colour !

For instance, the first event planned for BANK HOLIDAY MONDAY 6th MAY will be

THE 'PINK' WIG GIG - and all money raised will go to a cancer charity !

Next year maybe it will be 'THE BLUE WIG GIG' for MIND !

The Event now becomes known as 'THE WIG GIG' simple !

At each event the idea is for people to join in the fun and buy a wig on entry to support the cause and 'maybe, if brave enough', you can also get involved in simple tasks, games etc !

There will be live music by local artists and bands, so if any musicians would like to offer to play in helping raise funds, please contact Carol at Hannah's Music, 01291 627122 or email carolmutlow52@hotmail.co.uk.

*More details coming soon - keep an eye on our facebook page - **Hannahs Music**.*



Thinking of installing Solar Panels?
Make sure you have all the necessary paperwork.



Climate change awareness and increased interest in sustainability has meant that homeowners in England are increasingly turning to solar panels to reduce their environmental impact and energy bills.

Solar panels can be bought and owned outright by the homeowner or installed on the property by a third party who will take a lease from the homeowner of the airspace above the property to install the panels and then lease the panels to the homeowner.

When installing solar panels on residential properties in the UK, the following considerations may be of relevance to the homeowner:

- 1. Planning Permission: In most cases, installing solar panels on residential properties falls under permitted development rights, meaning planning permission is not required. However, limitations exist, for example, panels should not protrude more than 200mm from the roof slope and should not exceed the highest part of the roof (excluding chimneys). In addition, listed buildings or properties within conservation areas may have stricter regulations.
- 2. Building Regulations: Solar panel systems must comply with building regulations regarding structural integrity and adequate roof support, electrical safety, and fire safety.
- 3. Microgeneration Certification Scheme (MCS): Solar panels should be installed by a specialist MCS certified company. This certification confirms that the installation was compliant with industry standards.
- 4. Grid Connection and Smart Export Guarantee (SEG): To connect your solar panel system to the electrical grid and benefit from SEG, you need to consult with your local District Network Operator.
- 5. Party Wall Act: If your installation involves work on a shared or party wall, compliance with the Party Wall Act may be necessary, requiring notification and consent from your neighbour.
- 6. Buildings Insurance: You should check with your insurance provider to ensure that the installation of solar panels does not affect your coverage and that there is adequate coverage for your solar panel system against damage or unforeseen events.
- 7. Mortgage Lender: If you lease the solar panels you must obtain your mortgage lender's consent to the

lease of the airspace above your property. You may wish to seek legal advice on the terms of the lease if you are at all unsure of your legal position in granting the lease.

Consulting with local authorities, experienced installers, and legal professionals is crucial to ensure compliance with the laws and regulations specific to your location.

When selling a house with solar panels, documentation should be provided to your conveyancer to enable them to pass this on to the buyer's conveyancer to show that the panels have been safely and correctly installed. You should also ensure that there is evidence of regular maintenance and servicing.

If you would like to discuss this, or any other conveyancing matters further, please contact AMD on info@amdsolicitors.com, 0117 973 5647 or pop into any of our four Bristol offices.

AMD Solicitors are delighted to announce our new charity of the year as **Flamingo Chicks**. Flamingo Chicks is a charity tackling social isolation by giving disabled children and those with illnesses such as cancer the opportunity to enjoy dance and explore movement. They also provide a peer support network for parents and carers, intergenerational volunteering, global outreach and advocacy. Various fundraising activities will take place throughout the year, the first major event will be a team from AMD running a half marathon and another running 10K. Sponsorship link to appear on our website soon.

Advice Making a Difference

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

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The Cooper
Flooring throughout & upgraded kitchen
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Upgraded kitchen & single garage
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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. Part Exchange term and conditions, and eligibility criteria apply. Find out more at www.sovereignliving.org.uk/developments/cleve-wood/part-exchange. *Incentives are linked to the successful completion of the purchase. For more information and conditions visit www.clevewood.co.uk. March 2024.

Prime Minister visits Rolls Royce

Jack Lopresti MP welcomed Prime Minister Rishi Sunak to Rolls Royce in his constituency of Filton & Bradley Stoke

- On Thursday 14th March, the Prime Minister visited the facility with Jack Lopresti MP, the area's Member of Parliament.
- The Prime Minister opened the Future Works initiative – an area of the facility which showcase the future of the aerospace sector. Indeed, Rolls Royce were able to demonstrate some exciting, world-leading technologies like composites and Small Modular Reactors (SMRs).
- Rolls Royce had the opportunity to showcase some of the work they are doing and the contribution they are making to the Global Combat Air Programme.

Jack Lopresti MP said: *"I am very proud to represent an area in a region which is the largest defence and aerospace cluster in Europe."*

"I'm also proud we have the Ministry of Defence's Defence, Equipment and Support (DE&S) Abbey Wood which not only procures and acquires kit and equipment for our armed forces but is also doing a huge amount of heavy lifting which is ensuring that our Ukrainian allies are also getting the vital kit and equipment they need to their front line."

"I was delighted to be able to welcome the Prime Minister who was incredibly impressed with what was happening in the Rolls Royce plant, and he really enjoyed meeting the young apprentices who are inspirational."

Following the visit, Prime Minister Rishi Sunak said: *"It was brilliant to visit Roll-Royce in Filton yesterday with Jack Lopresti MP who has been a tireless champion of the defence and aerospace manufacturing sector both locally and in Westminster."*

"It was great to meet with so many at the facility who have worked so hard to bring new technologies like the new Tempest fighter jet to market, and it was particularly great to see so many young, first-class apprentices who are at the beginning of their exciting careers in this innovative sector."

"I know that Jack has been a strong advocate for apprenticeships throughout the defence and aerospace industry and throughout the rest of our economy and will continue to campaign hard for more investment in the wider Filton and Bradley Stoke area."

Prime Minister Rishi Sunak and Siobhan Baillie MP also paid a visit to SGS Berkeley Green UTC Technical College to meet teachers and students.



Photos by Edward Massey / CCHQ



Jack Lopresti, MP - Working for You

This month, I have been delighted to meet so many people in our local area who are doing fantastic work in their communities. I had the pleasure of visiting Snack Attacks at the Park in Norman Scott Park run by Patchway Town Councillor Denise Lansdown and her family (photo). Cllr Lansdown is doing an excellent job in shaking up Patchway Town Council and breathing new life into local democracy.

I am so pleased to see that the Brightwell Centre in Bradley Stoke is going from strength to strength. I recently met with Doro Pasantes, CEO and Geoff Marshall, Chairman of the Trustees. A few weeks later, I met with Richard and Lucy from Inclusive Change, and I held one of my regular surgeries at the centre. From sustainability to the excellent work to help those with neurological diseases access services and get into work, I am so very proud of the work being done here.

The Aerospace Bristol Museum is a marvellous institution which showcases the past and our area's aerospace heritage and combines it with optimism for the future of the industry. I was given a tour by Amy Seadon and Sally Cordwell who showed me some of the new exhibits such as Britannia, as well as showing me the archives. With so many aerospace and defence manufacturers nearby, many of which are featured in exhibitions and displays, I have written to some of them on Aerospace Bristol's behalf to request funds for the museum to hire an archivist.

A good quality education for our young people is crucial for their future. That's why I was so pleased to have recently visited Holy Trinity Primary School in Bradley Stoke to see their excellent teaching standards and to discuss school funding which is improving. I have agreed to return in a few weeks to meet with their school council.

In addition, I have worked hard to ensure that bus services, such as the 459 or 936 which get many local children to school and which have been cut by the West of England Mayor Dan Norris, be reinstated. I have met with the Roads and Local Transport Minister on this matter, and I have made it clear that the current situation is unsustainable for parents in Frenchay, Winterbourne and elsewhere.



I feel encouraged by the news that South Gloucestershire Council have agreed to continue funding the 84/85 and 918 bus services, but it is vital that previously cut bus services are reinstated so that pupils can get to school safely and on time.

I recently returned from my sixth visit to Ukraine. While in Kyiv, I attended the Yalta European Strategy (YES) conference. I had a series of meetings with defence manufacturers in Ukraine and I am working to build better means of cooperation between defence manufacturing companies, as well as defence ministries in our two countries. In addition to good international cooperation in the defence of our allies, I was delighted to meet with so many young apprentices in the aerospace and defence manufacturing sector who are based in our area with companies such as Rolls Royce and GKN Aerospace. I met them at an event in Parliament which showcased the excellent work apprentices do in these strategically important sectors.

We have all seen the terrible news of knife crime in the Bristol area. I have met with Police & Crime Commissioner Mark Shelford and Chief Inspector Dan Forster to discuss the terrible incident which took place in Little Stoke Park. We discussed the ongoing investigation, in addition to how we can get knives off our streets and protect our young people from being lured into a life of violence, crime and thuggery.

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 any assistance or to book a surgery.

Bradley Stoke Library What's-on April 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. Full details of all our **FREE** children's events can be found here:

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

JOIN OUR NEW BOOK CLUB!

WHAT ARE YOU READING AT
THE MOMENT?

WHY NOT
COME AND HAVE A CHAT ABOUT YOUR
FAVOURITE BOOKS WITH OTHER BOOK
LOVERS AT BRADLEY STOKE LIBRARY

EVERY TUESDAY

10:30
ADULTS ONLY



Need a boost? Libraries are good for your health!

For the times in our life when we may need a bit of support or just a mood boost, our libraries have information and activities to inspire you and help lift your health & wellbeing.

Browse now at www.librarieswest.org.uk. Or pop in during our staffed hours and speak to a member of the team.

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

Find out more including Reading Well booklists at www.southglos.gov.uk/reading4health



MAKING OUR DIGITAL FUTURE

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 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.

Lego™ Club



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.

First Tuesday of every month 4-5pm

Next date: **Tues 5th March 4-5pm.**

FREE Children's Drop-in Event!

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



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.

Knit, Stitch and Natter



Need IT Help?



Need some help getting online or stuck on a specific IT issue?

Our Digital Champions are friendly volunteers who run one-to-one support sessions and are available throughout the week.

Please ask staff for further details.



Astro Bunnies!

Free drop-in craft event,
Monday 8th April,
10:30-11:30



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



Be Green! And Save Money Too!

Borrowing a great read for free is a greener alternative to buying.

Library books love to be re-read and re-used to reach as many people as possible.

There's no charge to reserve items from our catalogue of over 2 million items. If it's in a Libraries West library, you can have it delivered to a library of your choice without paying a penny. Search the catalogue and reserve online at www.librarieswest.org.uk or on the free LibrariesWest app or ask staff. You will need your library card number and PIN.

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

Join online Now!

Scan QR code
to sign up





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. £3 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 Holy Trinity church Bradley Stoke. 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, bristolextreme@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 Mautravets 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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Bradley Stoke Town Football Club Update of the 2023/24 Season



All Bradley Stoke Town football teams are well in the last third of the footballing season. The weather hasn't helped this season as there has been a lot of rain which has caused a lot of issues with the fixtures due to waterlogged pitch which has resulted in the season being extended into May. There has also been an instance of the 'all weather' pitch being postponed to snow!

It's been a tough season for the club as the committee took the decision to disband the 5th team before the start of the season. This caused an impact to the B team where again unfortunately the committee had to make the hard decision to withdraw the 4th team from the Bristol & District league. Since life has gotten back to normality since covid, the drive for football has looked to have dropped. This has also been seen in neighboring teams where teams have disbanded which is a sad sight to see.

It has been an interesting season for all teams, the First team have been on the end of some really good results, but also found them on the end of some bad results. Currently sitting 9th in the league, its been a drawn out season for Jon Welsh's team. The first team have 6 games left against some difficult opponents to ensure the safety of relegation back to the Combination League Div 1.

George Haskins' Reserve team did not have the best start to this season but have turned this around in the second half of the season. The Reserves sit 5th in the Senior division of the Bristol & District. A run of good results has secured the Reserves a position in the Senior league for next season. The most recent result was a 2-2 draw vs Pucklechurch in a great game of football from both sides. Sam Peplow scored two fantastic goals with Pucklechurch responding with a goal from open play and a penalty. Pucklechurch had the opportunity to win the game, but Connor Walsh made a fantastic save from another Pucklechurch penalty.

Joe Thwaits has had a big job on his hands this season after keeping the 3rd team afloat. It's definitely not been an easy season, still all to



Photo from match against Olveston United on 24th February

play for currently sitting 10th in the league, fourth from bottom, six games to go with vital points needed to avoid the relegation battle, Joe still has a lot of work to do with his team.

Kieron Jones has taken over the management of the Sunday team. The Sunday team play in Division 1 of the Bristol Premier Sunday league. The Sunday team are in a tough position and looking likely they will be moving down to Division 2.

Bradley Stoke Town FC are still on the look out for new players to take the club forward. The club training Tuesday evenings at Patchway School which will soon be coming to an end as the season finishes but new members are still welcome. Please get in touch via the website www.bstfc.co.uk.

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