

Bradley Stoke Matters

Jan/Feb 2025

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Dear Readers....

Happy New Year to you! We know January is often a month when people vow to give things up, deny themselves treats and spend less money – well, we're going to suggest an alternative approach, where you take up something new, add more into your life and get happier at the same time! Throughout the pages of the magazine there are many local groups who would welcome you to join them and learn or experience something new and many of them don't cost a penny!

This is also the time of year when we often think about our physical and mental health. There are plenty of local businesses and groups here to give you new ideas, support you with your goals and promote wellbeing. Spirit Health Club at the Holiday Inn Filton have an offer this month to help jump start your fitness goals.

If you are determined to make this the year the time you tackle that much desired or needed house or garden project, there are a huge range of skilled local businesses and trades within our pages to help make that happen for you.

To combat the January blues, local travel agent Not Just Travel invites you to visit his new location where he would love to help you plan your next holiday. On that theme, local holistic therapist Dawn Clode is giving people the opportunity to win 2 weeks in her french holiday home, when you support her crowdfunder. The Aztec Spa are offering a Taste of Winter package - why not treat yourself?

Per our front cover and logo above 2025 sees the 20th anniversary of running this magazine - I am not sure where the years have gone! We are honoured that our very first advertiser is still with us all these years later, along with the many others who have been with us much of this time too. Advertising with us really works! So if you are a business looking to promote your services across the local area in 2025, do get in touch and we will be happy to help.

Deadline for the next edition is 8th February 2025.

KEEP UP WITH EACH EDITION OF YOUR FAVOURITE
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Jaci



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2005 - 2025

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Wellbeing Matters!

Make 2025 the Year You Put Yourself First!

It's a true privilege to begin another year with the 'Matters' team as your regular Wellbeing contributor. Exploring and celebrating the topics in our world of Wellbeing over the coming months is one of the many ways we enjoy supporting you here at Tip the Balance!

This year marks 20 years for me, living here in our little corner of South Gloucestershire, raising our family in the beautiful community of Winterbourne. I built my business from our home since 2011 and have seen it evolve from a small, home-based business to serving clients nationally and internationally as the 'Clinic Without Walls'™ that we now operate, drawing in professional expertise from over 30 different wellbeing referral partners in the area (and beyond) to support our clients with their varied wellbeing needs. I love to showcase some of the brilliantly talented and passionate people I work with and how they might help you too.

As an experienced teacher, trainer and post-graduate biological scientist, my passion has always been the human body – when it works well and especially when it doesn't! So, we take a very holistic approach to the wellbeing needs of our many clients and work with them to build their knowledge and understanding of their own personal experiences. Despite initiatives to support physical and mental health, all too often we lack the courage to seek help or the time to build the relationships and trust that supports and encourages us to ask for the help we need.

Our Wellbeing Clinic is centred around building those relationships with you, so you feel safe to explore whatever you need to rebalance your sense of wellbeing. This is one of the things I love about working within our community.

The Nutrition Clinic is a joy and taps into my love of all things food, digestion and performance. Whether it's families or



individuals, we support a wide variety of challenges, so also created a very supportive online community to tap into for both accountability and inspiration. Organisations can need help with fuelling teams for performance too!

The Workplace Wellbeing Clinic now supports the wellbeing of teams in organisations across the country, stretching the North of England, through the Midlands, down to London across the South and into Europe too. This year we have supported teams in manufacturing, construction, design, law, education, hospitality, marketing and media, finance and pensions, sport, events, charities...what an honour.

As a Nordic Walking Instructor, I've taught many new walkers this year and led and grown the Tip the Balance Fitness & Wellbeing walks in the local area.

In January 2023 we created a community-based, social walking group - 'Walk Mates Winterbourne' who meet every Wednesday night, to walk, chat and support each other to 'Move More and Make Friends'. We venture out in all weathers and I'm so proud to witness the blossoming friendships developing every time we meet - What 'Community' is all about! Our women's Awe + Wander Adventure Walking group has seen some beautiful routes and gorgeous groups venturing all over South Gloucestershire, Somerset and South Wales too with more to come in '25!

As you begin 2025, ask yourself what, if anything, is holding you back from meeting your health and wellness needs. If it's education, support, accountability you are looking for, reach out. If it's a community to belong to so you don't feel like you have to do this on your own, we've got just the people at hand!

Make 2025 the year you put yourself first.

Becca



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

Local author celebrates publication of new historical novel set in Bristol

Based on a true family tale of attempted murder, mystery and love

Bristol-born author Frederick J Hillberg is celebrating the publication of his new historical novel, 'The Dangerous Journey'. Set in 1840's Victorian England, the story brings to life the brutal attempted murder on Bristol accountant William Miller Mackreth in the Shropshire town of Ludlow - a crime that reverberated across Britain and the colonies. Based on real events, this gripping tale of mystery, love and endurance, is written by William's great-great-grandson who recreates a moving and faithful account of the shocking attack by the enigmatic Josiah Mister, William's recovery and the sensational trial that followed.

Fred, who is retired and lives in Bradley Stoke with his wife Maureen, shared his insights into researching and writing his great-great-grandfather's extraordinary near-death encounter over 150 years ago, "I began working on the project several years ago when investigating our family tree. I knew that William Mackreth was a wealthy businessman in Bristol but it wasn't until a visit to the Bristol Archives and a reference to the 'Ludlow Chest' that the full story began to unfold."

A trip to Ludlow revealed an unexpected truth: William Mackreth had been at the heart of a famous local tale of mistaken identity, culminating in a vicious attack with a razor blade and a landmark legal case in British history. "As I delved deeper, I was amazed at the extent to which my great-great-grand father's ordeal had captured the attention of Victorian society. Even Charles Dickens is believed to have mentioned the case in a letter to a friend." Fred added.

The novel not only recounts the events in Ludlow but also paints a vivid picture of life in Bristol during the era, highlighting Mackreth's struggle to recover with the help of his fiancée, Jane. It explores a time when Bristol was governed by 'Bristol Time' and 'Bristol Nails', and where an 'upstairs downstairs' culture was still prevalent and the scourge of cholera outbreaks spared no one.

The author added, "It is a remarkable tale, almost stranger than fiction, not only due to the nature of the crime and the sheer number of coincidences but also the fact that my great-great-grandfather survived the attempted murder that left him scarred



for life. I am incredibly proud to have been able to bring this piece of family history to light. I think the book will appeal strongly to anyone with an interest in local history, crime and mystery, or a touch of romance."

When not writing, Fred is an active figure in the local community. He has been involved with the conservation of Splatts Abbey Wood near Bradley Stoke for the last twenty years and is currently its vice-chairman and treasurer.

As many readers will remember, Fred published his first children's book, Brave Cat Millie, last year which we were also pleased to highlight within the magazine.

The paperback version of The Dangerous Journey published by Brown Dog Books (<https://www.browndogbooks.uk/>) is priced at £9.99 (RRP) and is available to order from all bookshops as well as on-line. An eBook version priced at £3.99 will be available via Amazon (Kindle), Kobo devices and Apple eBooks.

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Osteoporosis

This is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures than in normal bone. 1 in 3 women and 1 in 2 men post-60 will suffer an osteoporotic fracture (Royal Osteoporosis Society stats). Government guidelines have now been updated to encourage everyone to move more, whereas previous thought processes re osteoporosis were to remain inactive. The main areas are the wrists, the hips and the spine.

How can Pilates help with this?

Specially trained Pilates teachers like myself can help with a specific set of exercises designed solely to help build your strength and increase your bone mass density (BMD). By practicing weight bearing exercises that help keep you strong, steady and straight, you will be able to improve your own BMD. Prevention is key and it is never too late to start building - you can still do a specialised selection of exercises even if you have already received a diagnosis of Osteoporosis. Do get in touch with me if you would like to know more (contact details opposite) and I will be pleased to help!

Aasha



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With the help of Pilates I can really help with these areas of your life...and others too! To find out more, contact me for an initial assessment/discussion.

All classes currently run at the St Michael's Centre in Stoke Gifford on a Wednesday and Friday.

Pilates does not discriminate and neither does Phoenix Pilates. All are welcome.

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Reboot Your Health & Wellbeing for the New Year

January can be a challenging time for our health. It is a long month, the days are cold and dark, and everyone's optimism is low. But it is a New Year! Here are some tips on rebooting your health and wellbeing to create a New You!

After the festivities of the previous month, January can seem a hard month for our health and wellbeing. The days are cold and dark, many of us seem overcome with fatigue after spending months building up to Christmas and spring seems a long way away!

Longer days, every day!

In January, each day the days are getting longer. By the end of the month, they are almost ninety minutes longer more than on the first. That is the length of a football match!

How can we reboot our health and wellbeing? We need to get our body and mind active! And to do this we need to set goals and try and follow routines.

Let's get physical!

Walk Wednesday – is something we can all do. Speak with friends, family and colleagues, about going for a walk every Wednesday, come rain, shine or snow! Rambling legend Alfred Wainwright once said; *'There's no such thing as bad weather, only unsuitable clothing.'* Invest in a good warm, waterproof coat and wellies and get walking. Becca at Tip the Balance offers Walkmates Winterbourne on a Wednesday evening - see page 5.

Flight-full Friday – let's all start taking the stairs instead of the lift whenever we can. Start by doing this every Friday at work for instance and try adding other days. Stair climbing is great exercise.

Evening runs – why not join a group who go for weekday evening runs. You might be on the way to 5K!

Yoga / Pilates – enrol in a local class (check out Phoenix Pilates opposite) or try an online course. It's good for body and soul.

Mindfulness and mental stimulation

Exercising our brains as well as our bodies is also a great way to reboot our wellbeing for the year ahead. And by starting in January, you are laying strong foundations to build upon.

Start a new hobby – perhaps someone bought you a sketch pad or water colour set for Christmas, why not watch some online tutorials and get creative. Why not enrol in an art class or find a one-to-one tutor.

Enjoy a crafternoon, or evening - you can learn some new skills and meet some new friends.

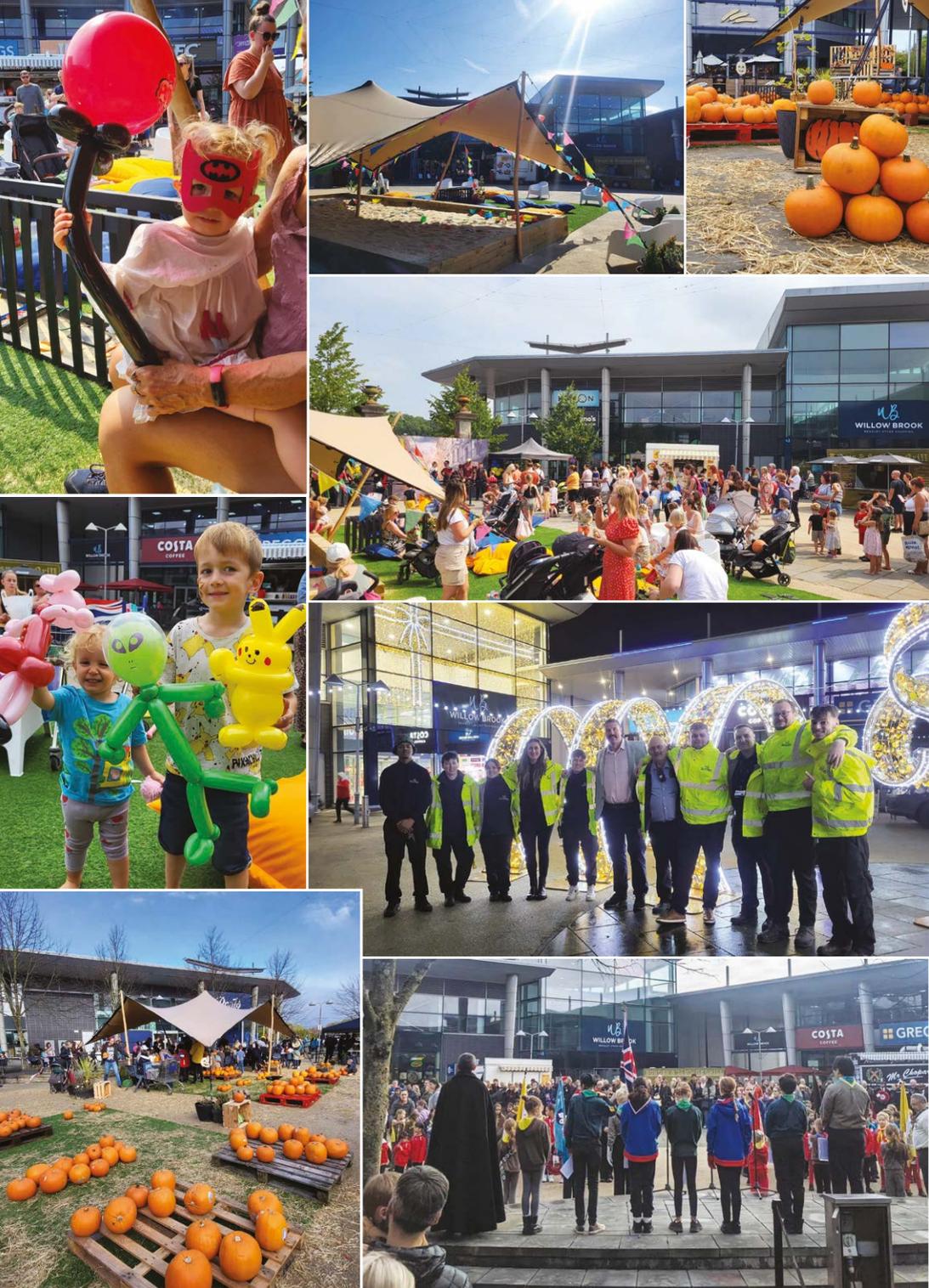
Make beautiful music – by learning to play a musical instrument. Why not dust off that old guitar in the attic. They are easy to tune yourself or you could get some expert advice from a music store (Hannah's Music in Chepstow is fabulous!).



Mindfulness and meditation classes – these are the perfect way to reboot your mental health and wellbeing for the year ahead. (Tip the Balance can also help with this - see page 5)

It's a New Year/New You, there are so many ways to reboot your physical and mental health for the year ahead.

Rob Bullock <https://robbullockauthor.blogspot.com>



As we start 2025, we want to pause and look back at all the events that came with 2024.

We want to thank all who visited us, be it shopping, grabbing a bite to eat, unwinding at our beach, or joining us for our fundays. We feel incredibly fortunate to be a part of such a fantastic community!

We are very excited for what is to come in 2025, and we look forward to welcoming you again.



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Holy Trinity Pupils Win Redmaids' High School Maths Challenge

By Avani and Bhavatharani

On Thursday 14th November, we journeyed to Redmaids' High School to take part in their annual maths challenge. Last year, our school entrants tied for first place so this year we were hoping for more.

When we arrived, we felt quite apprehensive. Luckily, because we were among the first to get there, we had plenty of time to settle in. After a short wait, while we grew more nervous, the competition finally began.

There were four rounds altogether. In the first round, 'Find the Value', we had to complete eight questions in 8 minutes. These weren't too tricky so helped us to get into the competition and settled our nerves.

Round two was called 'Countdown' and was slightly harder. We took it in turns to answer questions, skipping the harder ones and coming back to them after we had finished the more straight forward ones.

Round three took much longer and was a bit different to the others. Once we had solved each question, we had to ask the teachers to check our answer and couldn't move on to the next challenge until we were correct.

The final round, 'Climb the Ladder' was actually the easiest! As it was not too complicated, we managed to finish really early and had plenty of time to check our work.

We had what felt like a very long wait before the results were finally announced. We were hoping to get third place as we really did not believe we could come first. When they announced third place and it still wasn't us, all of our hope was lost. Feeling a little deflated, we waited to find out who the lucky winners were. We couldn't believe our ears when our names were announced.

Once the initial shock was over, we headed over to the stage to collect our prizes. We were



awarded with a certificate, a book and a game called Tangram.

Although winning was nice, the best part was actually when everyone got donuts and a drink at the end. Our head teacher was so proud of us, he took numerous pictures of us and our classmates so that we could celebrate our success in school.



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Community Welcome Spaces



Bradley Stoke



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Our Community Welcome Spaces have now reopened for the winter at our three sites (Jubilee Centre, Baileys Court Activity Centre and Brook Way Activity Centre). Whether you are looking for a cosy spot to relax, work or socialise, these spaces offer a friendly welcome and free refreshments plus free Wi-Fi. The welcome spaces are partially funded through South Gloucestershire Council grant funding.



Jubilee Centre BS32 8HL

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Baileys Court Activity Centre BS32 8BH

Re-opening on **THURSDAY 2nd JANUARY – MONDAY 31st MARCH 2025**

Monday to Friday 0930 to 1830



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Re-opening on **FRIDAY 3rd JANUARY – MONDAY 31st MARCH 2025**

Monday 0930 to 1700

Tuesday 0930 to 1700

Wednesday 0930 to 1700

Friday 0930 to 1700

2025 marks one hundred years since the formation of the Frampton Cotterell Male Voice Choir; one hundred years of unbroken comradery in song and charitable activity by a group of like-minded men.

This Centenary is being commemorated with a grand concert at the St Michael's Centre auditorium in Stoke Gifford on 26th April at 7.00pm.



The talented young Welsh tenor, Travis George, who was a finalist in the 2023 Britain's Got Talent TV show, will be a guest performer at the concert and will sing along with the choir as well as perform his own material. The concert will be a joyous occasion for the choir and an enjoyable and memorable event for the audience. A souvenir programme, which includes a full history of the choir, will be available on the night.

The choir's repertoire will include songs that were sung at the very first concert by the original male voice choir in 1925. It is interesting to note that the inaugural choir sang a mixture of hymns and music hall numbers; including songs related to "that new-fangled dance" the Charleston! Please note the date (26th April) in your diaries and look out for posters advertising the event. Tickets will be available soon.

On 3rd May the choir will be performing some of the concert recital on board the SS Great Britain to the lucky visitors to the exhibition that day. Dressed in waistcoats and bow ties they will fit right in with the Victorian vibe of one of Bristol's finest attractions. The singers of yesteryear (see early photo below) would not have been familiar with terms such as mental well-being and maintaining neuroplasticity but they knew in their souls that singing in a choir was good for them. It offers physical activity and increased cognitive function as well as social interaction which, as we now know, is vital to us all as we get older.

Anyone wishing to join the choir would be most welcome. No previous experience is necessary and there is

no audition. Pop along to the Zion church, Frampton Cotterell any Friday evening at 7.30 pm from September to April and give it a go.

For more information visit the website:

fcmvc.com

or email: sec.

fcmvc@gmail.com.



Photograph of Frampton Cotterell Male Voice Choir taken at Mr Benson's, Ryecroft House, Frampton Cotterell, 1926



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Little Stoke Community Café

Little Stoke Community Café, based at the Community Hall in Little Stoke Park, serves the community with a selection of affordable menu items, including 'all-day' breakfasts, burgers, paninis, sandwiches, and homemade cakes.

We also offer tea, coffee, and cold beverages, along with a popular afternoon tea option for £14.50 per person.

Open Tuesday to Sunday from 9:00 am to 3:00 pm, we aim to provide a friendly, accessible place for locals to gather and enjoy fresh, simple meals in a relaxed setting.



Abacus preschool has been a long standing childcare provider within the local community for more than 20 years and have the most wonderful teams waiting to care for your children.

The staff at Abacus can support you in claiming the funding entitlement to make your childcare cost effective for your family and we look forward to welcoming you to our Abacus family.

Please call 01454 867285 to arrange an informal visit with your child or contact us at enquiries@abacuspreschool.co.uk.

We have an experienced Forest school leader in our Baileys Court setting who has introduced learning through nature, with aspects of forest school activities. This is based in our beautiful wooded garden, where the children have access to our new outdoor 'snug' classroom. We encourage all the children in our care to be active team players, curious, creative, with hands on learning on how to care for themselves and the world around them. The children are excellent learners whilst in the natural environment and are all stimulated and encouraged to grow by our amazing Abacus team. Children quickly become confident, free thinking learners enjoying the freedom of interacting with nature and learn the safety rules when taking part in real open campfire activities and tools.



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S.Kelly, Downend

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Top Tips for Moving House

by David Roberts, Head of Property Department (Bristol), HCB Solicitors

Moving house can often be one of life's most stressful events but with the right preparation and approach, it doesn't have to be. From experience, I've seen how a few well-thought-out steps can make the process significantly smoother.

Plan Ahead

Start early! Create a moving checklist with tasks like decluttering, booking movers, and notifying utilities. Keep a timeline and store key documents, such as mortgage agreements, in one folder for easy access.

Choose the Right Conveyancer

A good conveyancer is essential. Select someone transparent and responsive to handle legal checks, searches, and updates, helping to avoid delays.

Declutter Before Packing

Reduce stress by clearing out what you don't need. Donate, sell, or recycle unused items to save on packing time and removal costs.

Book Reliable Movers

Research and book a professional removal service early. Compare quotes, read reviews and consider packing services for added convenience. Label boxes clearly for easy unpacking.

Notify Key Contacts

Inform utility providers, banks, insurers, and your GP of your move. Set up postal redirection with Royal Mail to avoid missing important mail.

Prepare for Moving Day

Pack a "first-night" box with essentials like toiletries, chargers, and tea bags. Arrange childcare or pet care and ensure utilities are connected at your new property.

Understand Completion Day

Your conveyancer will manage fund transfers and key exchanges. Be prepared for potential delays, especially if part of a chain.

Settle In Gradually

Unpack essentials first and establish a routine. Update your address on official documents, such as your driving licence and electoral register.

Moving can feel overwhelming, but with careful planning, it's an exciting opportunity. My team and I are here to guide you every step of the way, ensuring a stress-free transition. Call us today to learn how we can help.

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Winterbourne Medieval Barn News & Events

Carols in the Barn – The Barn made a wonderful venue for our three carol performances. The afternoon sessions enjoyed welcoming lots of families with young children, many of whom came up onto the stage at the end for the last carol (and cute pictures of course!). The final Sunday evening performance was mainly adults, but was beautifully atmospheric with all the little lights in the ancient building contrasting with the darkness outside. Everyone enjoyed mulled wine and mince pies before the carols, and were well entertained by the excellent, St Michaels Handbells Ringers. A great start to the festive season!

New Year, New Opportunities

Volunteer Open Evening, Thursday 23rd January, 6–8pm. Would you like to be a part of keeping a unique historical building alive? Could you volunteer to help occasionally at the Barn? There are all sorts of opportunities for using your current skills, learning new ones, and making new friends, while being part of keeping this important heritage building in use by the community. It's very much a team effort, and very rewarding to be involved with looking after such an old building.

The Trust is particularly looking for more volunteers who enjoy doing practical tasks, to join Barnforce. This group meets one Saturday morning a month to do maintenance, repairs, and improvement works in the buildings and grounds.

Come along on 23rd January to talk to existing volunteers and find out about the range of opportunities available, from Barnforce to welcoming visitors at events, from bar work to operating AV equipment, or helping with communications and publicity. There is no commitment – just come along and find out what goes on at the Barn. Tea, coffee and biscuits provided. Parking available on site.

If you are not able to attend the evening, do have a look at the Volunteering page on the Barn website (the *Support Us* tab). Feel free to contact us via the website or social media for any further information.

Craft & Skills Workshops

Fused Glass workshops, Thursday 23rd January. Rachel returns with more of her popular sessions. In two hours learn the principals of working with fused glass and make your own decorative glass panel.

Apple Grafting Workshop, Saturday 22nd February. On this one-day course you will discover the principals of grafting, and make some new

fruit trees to take home with you. A wonderful skill for any gardener or grower to learn.

Wood Carving workshop will take place in early spring 2025, details will be on the Barn website shortly.

Talks, Music & Drama

The monthly programme of varied talks will resume in Feb/March 2025, and tickets will be online soon.

GreenMatthews, Thursday 20th March. The Barn welcomes back the excellent GreenMatthews with their hilarious show, *A Brief History of Music*. This duo are both amazing musicians and great entertainers, and will whisk from medieval tunes to 20th century hits, and everything in between, on a bewildering array of instruments, with lots of humour. Not to be missed! Book online.

All workshops, talks and performances can be booked on the Barn website, where you will also find further information on the events taking place.

www.winterbournebarn.org.uk

Facebook [@winterbournemedievalbarn](https://www.facebook.com/winterbournemedievalbarn)

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



Teacher runs 5k a day for a month for CHSW

Dan Dyke (pictured), a keen football player from Bristol, battled his way through driving rain and plunging temperatures to complete the challenge of 5k a day throughout November, in aid of Children's Hospice South West (CHSW). Dad of one, Dan, who plays for Paulton Rovers, had previously only ever completed a 5k as part of his football training.

Dan shared, "I'm not a keen runner to be fair. Up until this challenge, I'd not done a 5k for around a year. I ran a variety of different routes every day, but liked the ones that went down hills the best! It's been pretty gruelling at times with the weather."

Dan's daily runs – either before or after his work as a teacher at Chippenham Town Football Club – has seen him improve on his times. "When I first started it was taking me 30 minutes, but now I'm down to 22 which is great," he said. Dan was inspired to raise money for CHSW after a friend's nephew was supported by the charity. Dan explained, "They spoke so highly about the charity and the work it had done to support their nephew it inspired me to raise money as part of the challenge." Dan originally set himself a target of raising £750. But he has now smashed this and has already doubled it to more than £1,600!

CHSW Area Fundraiser for Bristol, Amanda Leonard, said: "Dan has been a true inspiration and a great ambassador for the Children's Hospice South West.

Not only has he raised an incredible amount of sponsorship but he was also determined to do something that has brought him out of his comfort zone, all while raising awareness of our work. Dan has raised enough money that could fund a whole family stay at Charlton Farm over Christmas, where families going through the most challenging times can make special memories together and be looked after in comfort."

With a New Year here, many people are looking for new challenges: CHSW urges you to get in touch to find out how you can support them please.

Anyone who has been inspired by Dan's story and would like to support the Children's Hospice South West and help local families, please **contact: amanda.leonard@chsw.co.uk.**

Anyone who wants to make a donation in support of Dan's efforts can visit his JustGiving page at **www.justgiving.com/page/dan-dyke**.



The Holiday Inn Bristol Filton, located in Filton near the M5 and M4, is open following a multi-million-pound refurbishment. The hotel has undergone extensive upgrades, including the revamp of its 211 bedrooms, public spaces, leisure facilities and meeting rooms.

Our newly designed Open Lobby, showcases a stylish full-service bar and restaurant, as well as a cosy lounge area serving Starbucks. The revamped space offers guests a variety of seating options, a versatile menu, and convenient plug points, creating an ideal environment for eating, drinking, working, relaxing or socialising and is open to non-residents.

Margaret Coffey, General Manager for the Holiday Inn Bristol Filton said: "I am delighted to welcome back guests to our upgraded hotel, Nearly every aspect of the hotel has been significantly revamped, always with our guests' needs in mind, and I'm confident that local residents, networking groups as well as our loyal business and travel guests will love what we've done."

The hotel features meeting and event spaces with capacity for up to 260 delegates, 300 parking spaces and a well-maintained leisure club with an indoor pool, gym, and saunas. This work and opening completes the first phase of the Holiday Inn Bristol Filton project with further refurbishments due to be unveiled in the coming months including improved meeting rooms and the full extent of the bedroom upgrades.

Our Spirit Health Club features a 12 x 8-metre pool, single sex saunas and a well-equipped air-conditioned gym. Membership is available, call 0117 910 4296 for further details (see page 2 for special offer this month).



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Celebrating Success at Kumon Bradley Stoke Study Centre

Students and families of the Kumon Bradley Stoke Study Centre recently gathered in the main hall of Bradley Stoke Community School to celebrate their accomplishments in the Kumon Maths and English programmes. The Awards Ceremony highlighted the impressive achievements of students excelling beyond their school age level, aligning with the event's theme: "Building Skills for the Future." This focus was not only on academic improvement but also on personal development.

Kumon students showcase a positive attitude toward learning, marked by confidence, self-belief, and stamina. They hone essential skills such as concentration, organisation, time management, and resilience, which benefit their academic study and contribute to their overall personal growth. Guest speakers Aaradhya and Miro, both Year 5 primary school students, shared their stories on how Kumon has helped them develop these skills and their aspirations for the future.

Over a hundred students from the Bradley Stoke Study Centre were eligible to receive Bronze, Silver, or Gold awards based on their level of achievement in Kumon. Certificates and medals were awarded, with



many students recognised in both Maths and English. Special awards celebrated students demonstrating outstanding independence and those who have completed the programmes.

The celebration concluded with everyone enjoying a delicious slice of cake baked by Sarah Nutchey, the Instructor at Kumon Bradley Stoke Study Centre.



For more information about Kumon for your child, please visit www.kumon.co.uk or contact Sarah for a free, no-obligation assessment at 07808 720208 or email bradleystoke@kumoncentre.co.uk.

Aquatic Harmony with Hayleigh

Hi I'm Hayleigh I am the founder of Aquatic Harmony swim school which has been established since 2012. We run baby to preschool swimming classes, preschool to primary classes, pregnancy aqua natal classes and 1:1 swim lessons. Our classes are held in small groups and warm pools at The Double Tree Hilton Bradley Stoke, Gable Leisure Wroxall, Parson Street Bedminster and Blacklands in Calne.

We believe every parent wants their child to be water-confident and learn to swim and we can help with this by offering baby-led classes from birth to small group sessions with experienced teachers for children over four years.



- Specialist movements to ease backache, pelvis pain (SPD, PGP) and other pregnancy-related symptoms
- And many more!



Over the past twelve years, it has been an honour to teach thousands of pregnant ladies and children from birth to childhood and see them progress in their swimming journey with us.

For more information on classes please contact Hayleigh on 07789 852729 or hayleigh@aquatic-harmony.com.

The benefits of Baby Swim

Swimming can.....

- Offer bonding time and water confidence
- Beneficial in strengthening babies' muscles and joints
- Improves the strength of their heart and lungs, heart and brain too!
- Improves sleep pattern and improve a baby's appetite.
- And put them in good stead for independent classes when they are four years.

The benefits of Aqua natal classes for your pregnancy

- Offers weightlessness using the natural buoyancy of the water supported by floats,
- You can join from 12 weeks gestation right through to 40+ weeks and don't have to be a swimmer
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- Learn beneficial breathing practices for pregnancy, birth and beyond.
- Meet other expectant mums

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



Harry Christmas to New Family of Four!

Three years after the birth of the baby girl created from their last-but-one frozen embryo out of 12, Sky News editor Emily Decker and husband, BBC Points West's Will Glennon, are celebrating the arrival of their "last chance" baby, little Harry – the happy ending to their mammoth 12 year fertility journey.

At the time of writing and looking forward to their first Christmas as a family of four, Emily said: *"We love being parents so much, and when Olivia turned two last year we thought about the one frozen embryo we had left and decided to see if we could give her a sibling."*

"If that 12th and final frozen embryo hadn't matured to become Harry we would have been grateful just to have had our beautiful Olivia after such a long wait, but I was already 42 then so if we were going to try, time was running out."

"To be honest, our expectations weren't high since it had taken nine years of treatment and 10 rounds of IVF before Olivia was born from our 11th cycle."

"But thanks to the continued dedication and expertise of the team at BCRM, here is Harry - and it just feels like he was meant to be. Olivia is besotted, and tells us constantly: 'Harry is my best friend'".

Emily and Will's long association with Bristol Centre for Reproductive Medicine (BCRM) had led to them being invited to officially open their new Aztec West premises in April 2022, and featuring as guests of honour at a party earlier this year celebrating 40 years of 'made in Bristol' IVF babies (previously also shared in Bradley Stoke & Little Stoke Gifford Matters).

Emily said: *"We consider ourselves very lucky to be living at a time when fertility treatment is quite widely available and can produce such miraculous results because being able to have a baby naturally is not something everyone can take for granted."*

"Will and I fell into the huge group of people who have 'unexplained' fertility issues. We began fertility treatment with BCRM when I was 30. I was 39 when I finally became pregnant with Olivia, 40 when she was born and 43 when Harry arrived."



"If we had lived a few decades ago, before IVF was available, things would probably have been very different, but now not a month goes by without more developments in the field that directly benefit current patients."

"So I would urge anyone with fertility issues to be patient and keep trying if they can because our own perseverance did finally pay off, although I appreciate we are among the lucky ones, given that people sometimes run out of hope, money or strength and can only go so far."

"Obviously nobody wants to be going to a fertility clinic in the first place, but if you do have to go to one, you want to have faith in them. It says a huge amount about the team at BCRM that we stayed with them throughout our entire, very long, IVF journey."

"We trusted and believed in them, they cared for us so well, and their research is second-to-none."

"We always felt that if treatment was going to work for us anywhere, it would work there – and in the end it did."



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

A Rare Treat for G&S Lovers!



Bristol Gilbert & Sullivan Operatic Society (BGSOS) presents *The Grand Duke*, Gilbert & Sullivan's final and rarely performed operetta, in a grand, traditional production.

BGSOS invites you to an exciting opportunity to see a show that even some of our most seasoned members – performing G&S for over forty years – have never had the chance to do!

Directed by Sarah Nash, this year's performance promises a classic experience with all the beloved Gilbertian wit and Sullivan's soaring melodies, just as they were meant to be enjoyed. With a professional orchestra and a dedicated cast, **The Grand Duke will light up the stage on 27–29 March at the Redgrave Theatre, Clifton.**

Tickets available at www.bristolgsos.co.uk now, or directly from the Redgrave Theatre.

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It can be bittersweet when a beloved community shop relocates. My travel shop has relocated from the Willow Brook Centre to the amazing Village Hotel, Bullfinch Close, Filton, Bristol. BS34 6FG.

We are now rebranded as Willowbrook Not Just Travel.

The Village Hotel is certainly warmer and in a more professional setting! Easy parking, plush office environment and free hot and cold beverages. The response from my customers had been amazing and beyond expectations. Customers prefer the new business location and can visit me in complete comfort without having to wear thermal clothing.

The role of a personal Travel Agent has never held more relevance and the importance of a knowledgeable, trustworthy guide through the labyrinth of global travel has never been clearer.

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Octopus Drama Group's Pantomime - 'Alice's Adventures In Pantoland'

Octopus Drama Group's forthcoming pantomime is 'Alice's Adventures in Pantoland' which will be performed in Christ the King Hall in Castle Street, Thornbury from 8 to 11 January 2025. Written and directed by Alison Bagnall, this pantomime promises to be a real gifflefest!

When Alice falls down a rabbit hole, she mysteriously finds herself in a magical garden filled with familiar pantomime characters such as Snow White, Peter Pan, The Pied Piper and many more.

She stumbles upon a robbery and with the help of a traditional but faded Fairy Godmother, she must find out who is guilty! Can the dotty Hatter and sleepy Dormouse, not to mention the wise but confused Caterpillar help her solve the mystery and save the adorable White Rabbit from the evil clutches of the wicked Queen of Hearts before it's "off with his head!"

There will be 5 performances:

Wednesday, Thursday and Friday at 7.30pm and Saturday at 11am and 2.30pm.

The box office will open on Friday 29th November at Rosie & Rex gift shop at 32 High Street in Thornbury. Tickets costing £8 for adults and £6 for children under 18 can be purchased between 9am-5pm Monday to Saturday.

Get your tickets soon to avoid disappointment.

Christ the King Hall has plenty of parking nearby and refreshments will be available during the interval.

All for panto!

The Whitefield Players are pleased to be returning to Patchway Community Centre in the New Year, to perform Tracy Rogers' pantomime "The Three Musketeers" - Friday 31st January and Saturday 1st February.

Rehearsals have been going well and the scenery is looking good. Expect songs, swords, dancing, a dame, and plenty of panto puns!

We'll be raising funds in support of Young Lives vs Cancer.

Octopus Drama Group...it's Panto Time!
8th ~ 11th Jan 2025
 Written and directed by
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 in Pantoland**
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 Christ the King Church Hall
 11 Castle St., Thornbury
 Wed to Fri: 7.30pm, Sat: 11am, 2.30pm
 @OctopusDrama
 www.Octopus-Thornbury.co.uk

The Whitefield Players present a pantomime by Tracy Rogers



The Three Musketeers

at Patchway Community Centre

31st January 2025 at 7.00
 1st February 2025 at 2.00 and 7.00

Tickets £10 adults and £5 children
 Online at www.thewhitefieldplayers.co.uk
 Or ring 07749276378

Supporting Young Lives vs Cancer



This term has been a wonderful busy one at nursery, filled with new faces, exciting outings, and seasonal celebrations!

We were also thrilled to welcome new children into our nursery community bringing fresh energy and smiles.

As we reflect on the past two months, we are filled with joy and gratitude for the wonderful run-up to Christmas at nursery - it has truly been a magical time!

The children had so much fun making festive crafts, filling the nursery with creativity and cheer. We delighted in the sound of Christmas songs, which brought holiday spirit to life every day.

We also welcomed Jo Jingles for some musical fun, we hosted a grandparents morning, shared delicious Christmas lunch together, and were thrilled by a special visit from Father Christmas himself!

What a memorable time we have had, creating precious moments, and spreading holiday magic. As we look ahead, we are excited to embark on new adventures in the New Year.

Here's to another year filled with learning, laughter, and lots of fun!

If you would like your child to join the fun,
 please call Roberta or Sarah to book a visit on
 01454 615352.

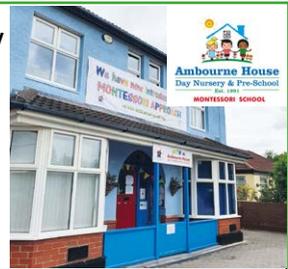


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Update from Claire Hazelgrove MP

Hi all, I hope you and your loved ones have been enjoying the Christmas period and making plans for 2025. It has been lovely to see so many of you at Christmas lights and markets – thank you to all involved in putting these on. As usual, it's also been good to sit down with some of you at my latest local advice surgeries.

News from Westminster

While it has only been a few short months since the election, I've been working hard to make every day count in serving you, doing politics differently and playing my part for us in making change happens that matters here.

In the last few weeks alone, thanks to your support in July, our new government has been able to:

- Commit almost £15 million in improving our buses here in the West of England.
- Start to bring our railways back into public ownership, beginning with South West Railways.
- Increase police funding, including a Neighbourhood Policing Guarantee.
- Set up free breakfast clubs in schools, with 750 early adopters starting from April.

More widely in recent weeks, I've met with the Housing Minister to discuss HMOs and the challenges that we're seeing locally in approaches to conversion. I've asked the Foreign Secretary a wide range of questions about the impact of the last government's cuts on Britain's standing on the world stage, and on climate leadership, and work being done to repair this. I've also been appointed to support the ministerial team at the Department for Environment, Food and Rural Affairs. I know these are issues that matter to us locally and am looking forward to working hard at a national level to clean up our rivers, lakes and seas, boost nature again and more.



It was an emotional day in Westminster for the vote on the Terminally Ill Adults (End of Life) Bill. After deep consideration, going through the Bill line-by-line and listening to many local people with a range of views, I voted to support this Bill proceeding for further scrutiny and consideration. When this returns to the Commons, my final vote will come down to the specifics of the Bill. Thank you to everyone who has been in touch and I welcome any further views – I have a survey on my website, with a detailed video about my first vote, too: clairehazelgrove.co.uk/assisted-dying-views

Community View

Thanks to brilliant support from Independent Age, my team and local volunteers have held local Pension Credit signup sessions across our community, supporting people to receive support they're entitled to.

I also held my first regular 'Coffee with Claire' event, in Emersons Green. These are informal events I've set up to bring people together locally to discuss how we can make ours an even better place to live. I will be holding similar events across the constituency so if you're interested in joining, please sign up for updates at

clairehazelgrove.co.uk/coffee-with-claire

As always, please do get in touch if there's anything I can help you with:

claire.hazelgrove.mp@parliament.uk

Thank you,
Claire

Photo left: Claire Hazelgrove MP at the Winterbourne Wonderland lights switch on



Claire Hazelgrove MP following a recent advice surgery in Stoke Gifford

Local window company nominated for national excellence award

Bristol-based home improvement company, The Window Hub, was named the 'Best in the South West' at the recent G24 Awards in London. The team were narrowly pipped to the 'Best Installer' gong, but were able to leave the English capital with a smile on their faces thanks to the 'Best in the South West' title.

The winners of G-Awards were announced at a glittering gala dinner at the Park Lane Hotel on November 29. "Out of 12,500 companies across the UK, we made it to the last six! Best in the South West, narrowly being pipped to the UK title by another family-run independent business in Lancashire," The Window Hub's managing director Danny Robb said.

The Window Hub was launched during lockdown in 2020 by seasoned industry professional Danny, who wanted to create a business that was "built on quality rather than greed". From humble beginnings, The Window Hub now operates from a head office and showroom in Staple Hill in Bristol with offices, showrooms and installation depots across the South West. Danny launched The Window Hub because he wanted to be much more than just a double glazing company. "We know that choosing new



windows and inviting someone into your home can be stressful, so we have introduced as many initiatives as possible to be fair and reasonable in our approach to give our customers the best experience possible," he said. "Sales begin and end with treating customers properly. And you know what? It is so easy to be amazing if you don't cut corners."

And the Window Hub has the customer reviews to prove it – 90% of reviews for The Window Hub on Trustpilot are for five stars, with customers celebrating the company's professionalism, friendliness, tidiness, and attention to detail. As well as being open and honest, The Window Hub is keen to raise environmental awareness. "All of our products will help homeowners reduce their energy usage because they are extremely energy efficient," Danny said. "We also buy the majority of our products from companies in the South West. When we remove old windows and doors, everything is recycled, and we are currently planting a tree for every customer at a wildlife park near where we are based."

For more information, please visit TheWindowHub.co.uk

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Aztec W, Almondsbury, Bristol BS32 4TS



Local Residents achieve Medal Success at GKR Karate National Championships

We were delighted to hear from local resident Georgia Johnson at the start of December, who shared her and her daughter's karate success with us at the Nationals that weekend.

Both Georgia and her daughter Pixie train at the St Michael's Centre in Stoke Gifford. "It's never too late to start something new" Georgia told us. After having children and realising she had zero hobbies for herself, Georgia was motivated to find the karate classes at the local centre where she signed up three years ago. 2023 was Georgia's first time qualifying for the Nationals and she came home with a Gold!

Children can join the club from the age of 5 and Pixie, now 7, has been training for around a year. With GKR Karate you compete in divisions according to your age and belt grade, enabling the mother and daughter to attend the same competitions and championships at their appropriate levels.

Both mother and daughter attended a championship tournament in Cannock, Birmingham in September and both were delighted to attain qualification to enter into the 2024 National Championships which took place in Sheffield on 30th November. This was Pixie's first National Competition and she won a Bronze medal, with her mother winning Gold again this year!

Georgia tells us "Karate is not just about competitions, it's so much more than that! It's suitable for all ages and genders - helps you keep fit, it's great for mental health, teaches the younger children about respect, focus and discipline, self confidence and best of all, a sense of belonging. We love being part of a club that shows support for each other, it's like a second family! It's also great fun being able to go to a tournament and cheer on your 'team mates'."

Georgia's black and white belt in the top photo above, signifies that she is now a Senpai (instructor's assistant) and she is pleased to help teach classes with other Sensei's (instructors) in both Stoke Gifford and Filton.

GKR karate hold classes all over Bristol and all over the UK (even in America, Japan and Australia too). Bristol is Region 49 and there are classes held in Bradley Stoke, Filton, Patchway, Yate and more. Whilst your main dojo is your local club, members are free to attend other classes in the region.

Local classes take place at:

GKR Karate Bristol Bradley Stoke
Bradley Stoke Community School,
Fiddlers Wood Lane, Bradley Stoke BS32 9BS

GKR Karate Bristol Stoke Gifford
St Michael's Church Centre, North Road,
Stoke Gifford BS34 8PD

Contact: 07951 947280
or email: region49uk@gkrkarate.com

For more information on GKR Karate visit
<https://www.gkrkarate.com/>



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0117 9601437 /
07969 313980

g.cox@shfamilylaw.co.uk
www.shfamilylaw.co.uk



Buy your tickets for The Pajama Game by The Parish Players



Wednesday 19th February to Saturday 22nd February 2025
7.30pm, Olveston and Tockington Parish Hall BS32 4LQ

The Pajama Game is a much-loved and well known, light-hearted musical, sure to bring joy and laughter on a February evening.

This romantic comedy is set in the Sleep-Tite Pajama Factory, where the employees decide to campaign for a pay rise. The fun really starts when sparks begin to fly between superintendent Sid Sorokin and union leader Katherine 'Babe' Williams. 'Steam Heat' and 'Hernando's Hideaway' are just two of the famous classics in the lively score by Jerry Ross and Richard Adler. The story is based on the 1953 novel '7½ Cents' by Richard Bissell, who adapted it into the musical with George Abbott.

Our 2024 production of Brigadoon was a sell-out success, with leading lady Emily Harris nominated for best actress in the Rose Bowl Awards. We are sure that The Pajama Game will be just as popular, so save the dates in your diary now and be ready to buy tickets when they go on sale on Saturday 11th January from our Box Office on 01454-202011.

The Parish Players is a local theatre group, with members from right across the local area. We stage a musical at Olveston and Tockington Parish Hall every February. If you'd like to help back stage or front of house it's not too late to get involved this year - do get in touch.

Box office 01454-202011 opens 11th January

Ticket prices £12 Adults £8 Children £14 Premium seats

Find the latest info at <https://www.facebook.com/OlvestonParishPlayers> (not ticket sales)

Fancy 2 weeks in France in 2025?



Holistic teacher Dawn

This month we caught up with local holistic therapist Dawn Clode to find out what exciting plans she has for 2025!

How long have you been a holistic therapist and how has your business grown over the years?

I have been a holistic therapist for over 15 years, I have never tired of helping people achieve their goals to happiness or bringing relief to long and short-term pain. Over recent years I have transitioned to sharing my healing skills by teaching others in my holistic courses. I have my Garden Clinic of Holistic Health here in Little Stoke and soon I will be offering Holistic Learning Retreats in France!

Please tell us more about France?

I have a lovely old rustic house, which is over 200 years old, in Charente, France, set in the beautiful village of Suris, a ten minute drive from stunning lakes with their beaches and the Vienne river. Once I have finished the renovations to the house, I will be offering learning retreats where people can come and learn or progress in a holistic therapy and also have free time to explore the stunning local area. I am close to finishing but some final funds need raising, so I am soon to be launching a crowd funding raffle.

When does your crowdfunder launch and what can people be rewarded with?

The top prize is a two week holiday in the completed house in France, for up to 10 people! Second prize is a one week holiday in France, then there are three further prizes, of a free place on any of my holistic courses in Bristol. **You can enter the draw** by either buying raffle tickets via my **Facebook, Instagram** or **website** below or directly on **crowdfunder.co.uk**, from **26th December 2025 until 28th January 2026**. Go on, have a go! Thanks in advance for your support.

Life & Soul Empowerment [life_and_soul_empowerment](https://www.instagram.com/life_and_soul_empowerment) | [life-and-soul-empowerment.co.uk](https://www.life-and-soul-empowerment.co.uk)



Support Dawn's crowdfunder and be in with a chance of winning a holiday in picturesque East Charente, France

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For Your Business:

Business Disputes | Business Employment | Business Relocation | Commercial Property
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Get in touch: 01454 204880

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ANDY'S MAN CLUB

Andy's Man Club is a free to attend talking group that runs every Monday, 7-9pm (EXCEPT bank holidays).

There are over 200 ANDYSMANCLUBS nationwide. The groups are open to any man aged 18 and over.



A full list of clubs can be found at www.andysmanclub.co.uk or if you can't travel to a club, please email info@andysmanclub.co.uk and they can send you details to attend online.

If you are in urgent need of support, please contact the emergency services on 999. If you need someone to speak with before attending one of the sessions, please call the Samaritans on 116 123 or text SHOUT to 85258 for dedicated text support.

A new NHS service is also available and details can be found at NHS crisis support including children in England; this service can be accessed using the 111 NHS number and selecting the mental health option.

Here are some more services that could help email jo@samaritans.org | www.hubofhope.co.uk

Sevenside Ramblers provides a rich variety of walks for a wide range of capabilities.



Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier.

Sevenside Ramblers has always aimed to be friendly and welcoming - the main aim being to enjoy ourselves and appreciate the countryside.

Whether you'd like to join a led walk over a short or long distance or just want to download a route to walk by yourself, you'll find information about walk programmes and walking routes on the website <https://sevenside-ramblers.org.uk/>

Friday Ambles, consisting of short, two-hour local walks on alternate Friday mornings, followed by a pub or café stop for (optional!) tea/cake/lunch are consistently popular, while the more challenging Sunday walks ranging from between 6 and 13 miles with a much wider geographical reach, are

Every Tuesday 10:30 at Bradley Stoke Library



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!

Knit, Stitch and Natter



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

Bradley Stoke Library
Thursdays at 10am



This group is for adults only

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.

great for those who are a little more adventurous. For these we generally meet up at Aztec West.

Our next Coffee Mornings are booked for Friday 3rd and Friday 31st January, at Poplars Cafe & Farm Shop in Frampton Cotterell, BS36 2AW from 10.00am. A table is booked for us to the rear of the cafe. As well as good coffee there is always a choice of tempting treats. Contact Jean Williams 0117 976 1445.

If you would like to find out more about Sevenside Ramblers please contact our Secretary via

info@sevenside-ramblers.org.uk

Talking Books



Speaker Vernon Samuels, Olympic & Commonwealth Games Triple jumper, sat talking with members

Walkers & Talkers welcomes everyone

Walkers and Talkers is a fantastic group not too far from Bradley Stoke that meets weekly for some exercise, socialising and to learn something new from their guest speaker. This weekly meeting was set up by former Gloucestershire County Cricket wicket-keeper, Andy Brassington, nearly three years ago. Andy recognised the value in meeting up with people, taking some exercise, having a coffee and providing a safe space for people to share the highs and lows of their week. Walkers and Talkers has become a lifeline for many of their now 200 members (and counting!).

Initially, it was sporting guests invited to give talks but the range of speakers soon expanded to reflect the diverse community they welcome each week. From Netherlands International Cricketer, Paul Van Meekeren, to award-winning composer, William Goodchild, Bristol community and theatre legend Ruth Pitter MBE, to award-winning chef, Josh Eggleton.

The unique experiences and insights of every guest speaker sparks thought-provoking conversation and leaves a lasting impression on the group. All the speakers kindly give their time for free, and all feed back they have got as much out of the session as the inspired audience.

Each Wednesday, hosted at our local Seat Unique Stadium, the meetings kick off at 10am with friendly chat over some complimentary teas and coffees (thanks to Andy's business Finders-Keepers), then the group take a stroll around the cricket ground, before returning to enjoy a guest speaker.

Walkers and Talkers is always looking to grow and reach more people who would benefit from this weekly, social interaction. The meetings are completely free and open to anyone of any age; everyone who attends is welcomed and looked after. Why not go and see for yourself on a Wednesday soon; you don't need to book, just turn up.

The Seat Unique Stadium, is the home of Walkers and Talkers, where they meet every Wednesday morning at 10am to 12pm. On occasions however, they do meet at other sporting venues; up-to-date information can be found on their website.

To find out more, do get in touch with Andy, he couldn't be more enthusiastic or welcoming.

E: andy@finderskeepersuk.com

T: 07831 532670

www.walkersandtalkers.org

"I know through speaking with other Walkers and Talkers just how big an impact the weekly get-togethers have had on their wellbeing and the positive ripples it has created, both within the group and beyond."

Gary Sainsbury, Walkers & Talkers member

January / February 2025 meetings

All taking place at The Seat Unique Stadium, Nevil Road, BS7 9EJ, 10am – 12pm

Walkers & Talkers invite you to...

08 Jan, Q&A with Charlie Ross

Join us for this rare offer to hear antiques expert, presenter and auctioneer, Charlie Ross. Going once... going twice... SOLD!

15 Jan, Q&A with Angie Belcher

Get ready for a laugh out loud session with Comedian Angie Belcher.

29 Jan, Q&A with Mark Cosgrove

Join us for our talk with Watershed Cinema Curator, Mark Cosgrove.

05 Feb, Q&A with David Pleat

Join us as we welcome footballer turned manager, and sports commentator David Pleat to our Q&A session.

12 Feb, Q&A with Bryony Roberts

This week, we're joined by Content Director at We The Curious, Bryony Roberts.

19 Feb, Q&A with Lloyd Russell

This week we're joined by former British and International Karate champion, Lloyd Russell.

26 Feb, Q&A with Sheila Morrow OBE

Join us as we talk with President of Great Britain Hockey, Sheila Morrow OBE.

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:

CarersLine: A confidential phone and email information and support service for carers in Bristol and South Gloucestershire to ask questions or discuss concerns about their caring role - 0117 965 2200/ carersline@carerssupportcentre.org.uk

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.

Wellbeing service: We provide counselling and befriending services, as well as running Walk and Talks where our friendly support worker leads group walks offering a listening ear and providing support to help carers in their caring role.

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.

Contact Us : If you'd like more information call CarersLine on 0117 965 2200 or visit our website at www.carerssupportcentre.org.uk.

ARTS APPRECIATION GROUP

Please join us at 2pm on Thursday 16th January at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ for a costume presentation, "Dressing the Georgians", with Angela Rendell and Kate Peake.

More details from Sally - 07946 508316

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Understanding TOLATA Claims

Property ownership disputes often carry significant emotional and financial burdens, particularly when they arise between family members, cohabiting partners, or business associates. The Trusts of Land and Appointment of Trustees Act 1996 (TOLATA) provides a legal framework for resolving such disputes, enabling the courts to clarify ownership rights, regulate property use, or order a sale.

What is a TOLATA Claim?

When two or more individuals jointly own property, a trust of land is created. TOLATA governs the legal and equitable rights associated with land or property held in trust. Disputes often arise regarding ownership, use, or distribution. Under TOLATA, the court may:

1. Declare ownership interests.
2. Order the sale of property.
3. Regulate property use, including occupation rights.

Who Can Bring a TOLATA Claim?

TOLATA claims typically involve disputes between:

1. Unmarried couples: Following the breakdown of a relationship, disagreements often arise over the division of jointly owned property.
2. Family members: These disputes frequently involve disagreements over inherited property.
3. Business partners: Where property is jointly owned for business purposes, conflicts may emerge regarding its use or sale.

Key issues in TOLATA Claims

Ownership disputes form the crux of many TOLATA claims. While legal ownership appears on the title deeds, beneficial ownership, reflecting the right to use the property or receive income from it, may differ. Disputes often arise when a party seeks a larger share based on financial contributions or other factors.

Disagreements over selling property are also common, where one party may wish to retain the property while another seeks its sale. In such cases, the court assesses the circumstances and decides whether a sale should proceed.

Occupation rights frequently arise in disputes involving cohabiting partners with children. Courts can regulate these rights under TOLATA, considering factors such as the welfare of dependents and the purpose of the trust.



When deciding a claim, the court will consider any express agreements, implied trusts (e.g., those arising from financial contributions), and factors under section 15 of TOLATA, including the intentions of the parties and the purpose of the trust.

Costs of a TOLATA Claim

Potential claimants must carefully consider the costs of litigation. Complex and protracted proceedings can incur significant legal fees. In certain cases, the losing party may be ordered by the Court to pay the successful party's costs.

Alternate Dispute Resolution (ADR)

The courts actively encourage parties to pursue ADR, such as mediation or negotiation, before issuing proceedings. ADR is often more cost-effective and faster than litigation and is particularly advantageous where ongoing relationships must be preserved.

Conclusion

TOLATA claims require meticulous preparation and a sound understanding of property law. Whether you seek to establish ownership, oppose a sale, or assert occupation rights, obtaining expert legal advice is crucial.

If you require advice or assistance with a TOLATA claim, please contact Martin Hall on 0117 973 3989 or email us at info@amdsolicitors.com.

Advice Making a Difference



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



Local Clubs and Groups in and around Bradley Stoke, Little Stoke and Stoke Gifford

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!

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. E: littlestokescoutgroup@outlook.com W: 1stlittlestokescouts.co.uk

Arts Appreciation Group - Join us as the Greenfield Centre, Park Avenue, Winterbourne on the third Thursday of the month at 2pm from October to June.

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 07725 890120

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 & District Ladies Club - meets the 1st & 3rd Tuesdays 7.30pm at Little Stoke Baptist Church, Kingsway. T: Julie 0117 931 5007

Sevenside Ramblers - walks most Sundays and alternate Fridays. Check out our website for details <https://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.britisshlegion.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 Janice 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.

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.aretiansrffc.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/northbristoljuniorsrffc/ .

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. The Place community coffee & lunch Thursday mornings 10am-2pm. 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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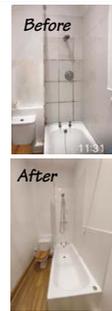
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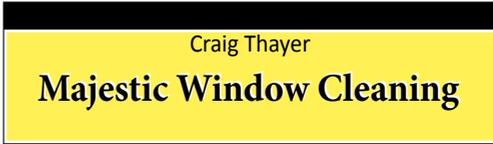


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INDEX OF LOCAL ADVERTISERS

Accountants/Book-keeping		Community Articles / Events cont		Musical Theatre Events	
1st Stop Accountancy	12	Willow Brook Centre Review	10-11	B Gilbert & Sullivan OS	28
Advertising	3, 54	Winterbourne Barn Events	21	Opticians - Harbord Opticians	28
Aggregate Supplies		Community Groups/Clubs	42-43	Painter & Decorator	
Earthworks - Aggregates/Topsoil	28	Conservatory - Proceiling	16	A Worsfold	57
Appliance Repairs		Doors		Decor8	56
D-CR Domestic App Repairs	54	DCL Doors & Windows	48	Keith Usher Painter & Decorator	54
Bathrooms - Inspired Bathr.	52	Door Express (internal doors)	57	NPD Decorating	44
Beds - Bedlam Beds	52	Dream Doors (Kitchen)	15	South Gloss Decorating	53
Builders / Building		Price Glass	51	Pest Control - Pestbgone	47
BluePrint Construction	57	The Window Hub	33	Plumbing / Heating Engineers	
Capricorn Complete Services	44	Yate Kitchen Company (Kitchen)	45	Baines Heating & Plumbing	52
Criterion Construction	47	Electrician		Home Care Plumbing & Heating	53
Vizard and Son	54	Bradley Stoke Electrical	56	K J Barton Plumbing & Heating	56
Car Mechanic - LCM Automtive	3	Gary Smart Electrical	57	Low Cost Plumbing	54
Care / Elderly		Employment -		Mayo's Heating & Plumbing	48
Bristol Care Homes	37	Caprigems	18	WJM Plumbing & Tiling	48
My Homecare	4	Premier Homecare	22	Roofing - Rooftech	50
Premier Homecare	22	Estate Agent -		Vizards Roofing	54
Carpentry - Corris Carpentry	56	Nathan Littleboy	18	Rubbish Clearance	
Carpets & Upholstery Cleaning		Flooring (Carpets/Tiling) -		BStoke Rubbish Clearance	50
Bonne Fresh Clean Ltd	57	James Antony Flooring	55	Man & Van Rubbish Clearance	57
Central Heating Engineers		Phoenix Flooring	59	Skip Hire - Earthworks	28
AMW Plumbing & Heating	1	Regenerate Local	54	Schools/Schooling	44
Baines Heating & Plumbing	52	Fertility Clinic - Bristol Centre		Holy Trinity Primary	12
Home Care Plumbing & Heating	53	Reproduction Medicine	26-27	Security - Technisys	53
K J Barton Plumbing & Heating	56	Garden Design/Landscaping/		Sewing / Alterations	
Mayo's Heating & Plumbing	48	Maintenance		Medway Designs	40
Charities - Children's Hosp SW	22	Almondsbury Landscaping	50	Solicitors	
Child Care/Nursery/Preschool		Alpine Landscapes	1	AMD Solicitors	41
Abacus	17	Golf Club - Thornbury GC	20	Grace Cox SH Family Law	35
Ambourne House	31	Handyman -		HCB Widows Mason Solicitors	19
Children's Activities		Sherbourne Home & Gdn Mntnc	47	Wards	36
Aquatic Harmony swim lessons	25	Stokes Handyman	48	Storage - North Bristol	49
Cleaning & Domestic Services		Health, Fitness & Wellbeing		Swim Lessons-Aquatic Harmony	25
Caprigems Cleaning	18	Aztec Hotel & Spa34,60		Tiling -	
Clover Ovensclean	47	Dawn Clode	37	Lee Williams Tiling	53
My Homecare	4	Phoenix Pilates	8	WJM Plmbing & Tiling	48
Coffee Shop -		Spirit Health Club, HI Filton	2	Trades & Services -	44-59
Little Stoke Community Cafe	16	Tip the Balance	5	Training/Tuition	
Old School Rooms, Stoke Gifford	8	Hotel & Restaurant		Holistic Courses	37
Community Articles / Events		Aztec Spa Hotel	34,60	Kumon	24
Andy's Man Club	38	Holiday Inn, Filton	23	Travel Agent NJT Willow Brook	29
Arts Appreciation Group	40	House / Home		Tree Surgeon - Collins Trees	56
Author Fred Hillburg	6	A1 Home Improvements	46	TV & Aerials	
B Gilbert & Sullivan OS	28	Technisys (Alarms)	53	A1 Aerials	56
BSTC Free Tree	7	Thornbury Stairlifts	47	Aerial Man - Dan Grace	53
Carers Support Centre	40	Kitchen -		M D Aerials	54
Claire Hazelgrove MP	32	Dream Doors	15	Wills - Hoole & Co	11
Community Warm Spaces BSTC	13	Yate Kitchen Company	45	Windows/Conversatories/Doors	
FC Male Voice Choir 100 years	14	Locksmith		DCL Doors & Windows	48
Holy Trinity Primary	12	Dale Clements Locksmiths	53	Price Glass	51
Karate Medallists	35	Lock Stuck & Barrells	50	Proceiling	16
Library events	38	Loft Conversions	18	The Window Hub	33
Sevenside Ramblers	38	Mobility Solutions		Window Cleaning	
Pantos	30,36	Thornbury Stairlifts	47	Majestic Window Cleaning	54
Walkers & Talkers	39	Mortgage Advisor			
		Crystal Clear	18		

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