

Little Stoke Gifford *Matters*

March 2025

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2005 - 2025

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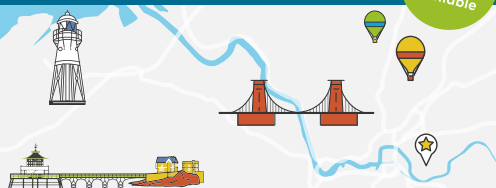


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Terms and conditions apply. Events subject to change. Event details are correct at time of print.
Tickets from £15pp on selected events, 2 for 1 tickets available on selected dates.
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Village Hotel Club Bristol Bullfinch Close, Bristol, BS34 6FG

Dear Readers....

Welcome to the March issue of your community magazine. As I write this mid-February, it is wonderful to see that Spring is unfolding with the snow drops starting to bloom (per our front cover photo) and the daffodils preparing to cheerily shine their golden colours to lift our spirits!

Per our front cover and logo above 2025 sees the 20th anniversary of running this magazine - where have 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.

We have plenty to read inside this Spring issue, with updates from Southern Brooks on a couple of new community development initiatives as well as from Little Stoke Baptist Church on a 5 week course they are running over Easter. Frome Valley Growing Project has a busy spring programme of events, with something for all ages just up the road in Swan Lane, Winterbourne. If you haven't visited this wonderful community garden yet do try to get along to ones of these activities and learn about the great things they get up to. We also hear from the Frampton Cottrell Male Voice Choir who are celebrating their Centenary this year with a Grand Concert at the St Michael's Centre in April.

Fancy some sunshine? Local holistic therapist Dawn Clode is giving people the chance to win a 2 week all-inclusive vacation in her French holiday home, when you support her crowdfunder, see more inside. Did you go to the old Filton High School and have you just turned 70, or about to in the next few months? One ex-pupil is trying to organise a year-group reunion this spring - see page 5 for more information.

If you're lucky enough to still have a mum to spoil, don't forget Mother's Day on the 30th this month - Aztec Hotel & Spa have some great gift ideas! All this and so much more inside Enjoy the read!

Deadline for the next edition is 20th March 2025.

Jaci

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Bradley Stoke Matters

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2005 - 2025

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We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included.

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Filton High School 1966-71/73



Were you a pupil at Filton High School in the cohort who started their first year in September 1966 and went through to leave after O Levels in 1971 or A Levels in 1973?

Or maybe you know someone who was? We have a group of former pupils who maintain loose contact and come together once a year for an informal reunion. This year, as our school year reaches our 70th birthdays, we are putting a renewed effort into spreading the notification for our event, which we plan to hold later in the Spring, as widely as possible and this is why we have kindly been allowed to broadcast this message.

If you were in this school year, or are in touch with someone who was, please make contact with me on one of the following and I will provide all the information regarding arrangements.

I hope to hear from you!

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S.Kelly, Downend



As we near the end of the financial year the Parish Council's finances are looking healthy and in line to fall within the preset budget for the 2024/25 year. Credit to the parish council team who all continue to strike the balance of offering such a great service to the residents in the Stoke Gifford parish whilst at the same time meeting budget requirements.

About Your Parish Council

The Parish Council aims to improve the quality of life for the residents of Stoke Gifford.

We will endeavour to encourage and promote the best social and environmental practices for the parish of Stoke Gifford by managing services, assets and the resources of the Parish Council for the benefit of the local community.

Our Pledge to You

- Provide high standard and cost-effective services to help meet the needs and wishes of local residents.
- Engage in open dialogue with residents to understand their needs and together, work out how we will address these needs within the resources and powers available to the Parish Council.
- Actively pursue a representational role.
- Assist, encourage and empower groups and individuals to address local needs.
- Promote the best interest of the Parish for the betterment of the local and greater community.
- Work together with all sections of the community.
- Engage in the protection of the environment within the means of the Council.

We Provide Leisure Facilities & Amenities

We (Stoke Gifford Parish Council) provide a number of adult and youth football pitches, rugby pitches, funding towards the Youth provision service in the parish and a mixed wheel pump track. In addition, we also manage and maintain five recreational areas of open space, a number of play area facilities and a community Café.

All equipment is periodically checked and serviced (where possible) by ROSPA qualified SGPC staff.

We undertake projects to enhance and upgrade existing facilities and to provide new amenities for residents and visitors to enjoy.

We Support Local Organisations

The aim of the Parish Council's Grants Scheme is to promote an active community in Stoke Gifford. The Parish Council recognises and supports the valuable contribution made by the voluntary sector to the well-being of the community.

We provide financial support for the community organisations working for the benefit of Stoke Gifford parishioners, with the intention of improving the range of services and activities in the parish.

We Act for the Benefit of the Local Community

We act for the benefit of the local community and often conduct public consultation exercises to gauge a representative public view of what local people want and how they would like us to act.

The Parish Council is represented on many organisations and management bodies. We work in conjunction with NALC (National Association of Local Councils) on local issues that affect us all and we liaise with South Gloucestershire Council on parish matters, including planning applications.

We Provide a Service

We strive to provide local residents with a cost-efficient service by providing the best value for money. We arrange and/or host annual events including car boot stalls, fun fair shows, Trust Ground Fete, football tournaments and dog show.

Members and staff of the Parish Council are pleased to assist you. A large proportion of the Council's time is spent representing, lobbying and campaigning for the needs of our community.

An Annual Report is produced to keep local residents informed of the activities of the Parish Council.

Stoke Gifford Parish Council is constantly looking for ways to improve services in the community. If you spot something that needs attention or something that could be improved, please let us know in the Parish office or SGPC website.

Policies

All of Stoke Gifford Parish Council's policies can be found on the Parish website. This includes General policies and Staff policies along with Standing Orders/ Code of Conduct, and Financial Regulations.

Your local Councillors, working for you:



Keith Cranney
Stoke Gifford
North Ward



Jan Brunwin
Stoke Gifford
Central Ward



Keiron Marsden
Stoke Gifford
Central Ward



Neel Das Gupta
Stoke Gifford
Central Ward



Richard Barber
Stoke Gifford
North Ward



Dave Addison
Stoke Gifford
Central Ward



Sue Bandcroft
Stoke Gifford
Central Ward



Penny Richardson
Stoke Gifford
Central Ward



Max Gallagher
Stoke Gifford
North Ward



Mike Brown
Stoke Gifford
North Ward



Andrew Shore
Stoke Gifford
South Ward



Anthony Hyde
Stoke Gifford
South Ward

Meet your local Parish Councillors

Saturday 15th March

Saturday 26th April

Saturday 17th May

1pm-3pm

Poplar Rooms, Stoke Gifford Trust Ground, North Road, Stoke Gifford, Bristol, BS34 8PE

An opportunity for local residents to meet your Parish Councillors, to discuss any concerns about your local area or ask any questions. Parking available on site.

New Play Equipment Scheduled for May (weather allowing!)



The Parish Council is delighted to add to the existing play equipment at Mead park with the addition of a new climbing frame adjacent to the zip wire and slide. The new equipment will feature netting, climbing facilities, a slide, steps, rope bridge and

ladders, and once installed we hope it will bring our young residents many hours of enjoyment.

Community Litter Picking

Councillors Penny Richardson and Sue Bandcroft are taking on the running of the litter picking group.

We're delighted to announce that our Community Litter Picking sessions are increasing to once a fortnight, with sessions now being held on a Sunday morning at 10.30am.

Residents from around the Parish will be able to choose a session near to them, with meeting points at the Trust Ground Park on North Road, Brooklands Park and Little Stoke Park.

The next dates will be:

Sunday 2nd March - Meet 10.30am at Little Stoke Park car park, Little Stoke Lane.

Sunday 16th March - Meet at 10.30am at the Trust Ground car park, North Road.

Sunday 30th March - Meet at 10.30am at the junction of Clover Way/Oxlegh Way, Brooklands Park.

Please join us to help make a difference. Protective clothing and litter picking equipment will all be provided.

Full details of future events can be found on the Parish Council website (www.stokegifford.org.uk) on the Events Calendar or on any of the Parish Council Noticeboards.



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Wellbeing Matters!

Moving from Winter into Spring

As the morning breaks, I'm noticing the light breaking through the curtains. It feels like we're beginning to emerge from winter into spring. It's not easy is it, when met with grey and rainy days, to believe that brighter days are ahead, but I think they are!

As the length of the day stretches out and we wake to these brighter mornings, I've begun to look out of the kitchen window, waiting for the morning kettle, and noticed the old crocus in the garden, the wild primrose growing under the bench, the buds beginning to swell on the gnarly hazel tree outside the window. The world is coming back to life. As you emerge from your winter, the grey, gloomy days begin to pass, what new life can you feel emerging as you begin to enter a brighter, more hopeful time of year?

I love the spring. I love those new early signs of life. I love the first glimpses of colour in the garden, on paths and in hedgerows around us. As we enjoy our wellbeing walks or our adventure walks through the nearby woodlands, it's glorious to feel the sunshine on our faces and see new life bursting around us.

How does spring make you feel? Are you waking in the mornings embracing the lengthening days? Are you feeling more determined in your intentions than you were at New Year? Do you find it easier to do what you say you're going to do when you've literally got 'spring' in your step?!

It's well documented spending time outside helps us to top up our vitamin D levels. Vitamin D is important for strong bones, a healthy respiratory system and good mood and energy levels amongst other things. Just 20 minutes in the daylight, not even strong sunshine, is enough to help our bodies produce the necessary amounts of vitamin D. This in turn, along with the endorphins produced to help us feel good after moving our body, is at the heart of the green wellbeing I believe in so much. Spending time outside is



scientifically proven to improve mental health and the quality of our sleep, both of which have significant impacts on our personal wellbeing.

As the days lengthen, perhaps we also re-engage with our social circles. Whilst some of us enjoy winter nights tucked up in our houses with family and friends, this isn't the case for everyone, and winter can be a long and lonely season. Perhaps spring is a time to reconnect with the world outside. How much more likely are you to get out and about with people as the weather improves, the days get longer and life takes on a sunnier, brighter feel?

Now I do appreciate we live in the UK. There is absolutely no guarantee that spring is a permanently bright and sunny time! Let's face it we do live in the land of April showers! However, even the slightest moments of the sunshine peeping through, the snowdrops, the crocuses, even the bobbing heads of bursting daffodils cannot fail to bring a smile to most faces.

So as spring bursts I encourage you to look outside, get outside if you're able, and begin to feel the sunshine on your face.

For opportunities to find wellbeing support in your community, don't forget to click on our link and find out how you can get involved.

Becca



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

Willow Brook Tenant Talks:

Ben Matthews, WB Operations Manager chats with this edition's selected tenant Alan Harmer, Manager of the Giant Cycle Shop

At Willow Brook are proud to home many prestigious tenants and one of them is certainly the "Giant" cycle store.

As with most successful businesses, they are only as good as those who operate within, and in this case, store manager Alan Harmer and his resolute team.

Alan has been managing the Giant Bristol store since it opened its doors in August 2009 and is one of a few tenants that have traded at Willow Brook since the early years. Very few have intricately witnessed Willow Brook's journey from conception to present. Alan is one of those people.

A stalwart Manager for Giant, Alan's presence during my tenure over the last 8 years has earned him the reputation of being a constant. Highs and lows, Alan has witnessed it all at Willow Brook, if the walls could talk, I can only imagine they would have Alan's voice.

I first met Alan in March 2017, he was very established within his role at that point as I was just beginning my Willow Brook journey. What struck me first was the store - organised, clean, and staff greeting you upon entry - it was evident that the unit was well managed. Over the years I have got to know Alan his passion and care for leading really stood out for me.

At the start of February, I sat down with Alan and discussed all things Giant and Willow Brook. He told me about the ventures that led to him



managing the store. With no experience within the cycle industry, Alan's background was retail management, more specifically furniture. Alan was approached by Giant for his retail management expertise and jumped at an exciting new opportunity. Alan said, *"It was a challenging initially with no prior extensive knowledge of bikes but that ultimately, when you put the differences aside it was my people management skills that eased the transition."*

A skillset for which I can vouch.

When asked about the challenges the store faces in today's retail climate, Alan proudly told me that *"Giant are competitive, with a range of cycles to suit all needs. The real challenge is competing with the online businesses who can operate with next to no overheads."*

Another challenge faced is that the store is located on the lower footfall side of the centre, we spoke on how the centre has been collaborating with Giant and our other tenants to entice customers their way. Through initiatives

that have helped increase dwell time, we have helped raise the awareness for customers who otherwise may not have ventured Giant's way. I asked about the main source of income for the shop. To my surprise, the workshop which conducts services and maintenance tends to be the far busier of the two services. Alan informed me that around 50% of the bikes they work on are not Giant or Liv branded, the exception being electric bikes where they only maintain Giant for software reasons.

Regarding electric bikes, I asked about the demand for them in the area. I was aware that Giant were front runners in their use and application of them, so I was keen to hear Alan's views. He informed me that they were first introduced to the shop as early as 2010, at which point they accounted for 6 – 8% of their total business. Present day it accounts for approximately 35-40%, and purchased for a variety of reasons. More customers are purchasing them for the 'fun factor'. We then spoke about the uses of Giant bikes in general, I asked if bikes were primarily purchased for domestic use, Alan told me that I would be surprised how many are used for racing, trails, and downhill courses. I asked Alan if he had dabbled in any of these purposes to which he laughed and said no. As I already knew, Alan is an avid golf fan and to be fair there are probably a few things to try between the two.

We then spoke about Willow Brook in general and the changes he would have seen over the years. We agree that the additions to the centre over the last couple of years have been instrumental in attracting new customers to the centre. With more asset, marketing and

operational initiatives on the horizon, Alan was keen to see what is in store for Willow Brook over the next year or two.

As the conversation wound down, I asked Alan a series of quick-fire questions.

What do you do to relax? I took up Golf around 10 years ago. Prior to that I always enjoyed squash and cricket.

What is your favorite book or movie? Jimmy Greaves autobiography, film would be the Jungle book. I associate it with watching with my daughter. Another would be Escape to victory.

Favorite holiday destination? I have always visited Lanzarote and Spain, more recently I have had trips to Australia to visit friends.

First job? Woolworths as a trainee manager. They would not let me have Saturdays off to play football, so it did not work out.

Who inspires you? My Wife (this is the only right answer for the record!).

Photo above shows Alan (left) and Ben (right)

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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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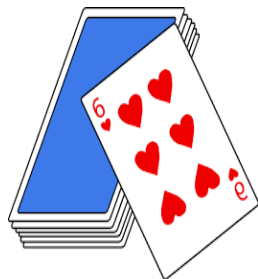
Community Welcome Spaces



Bradley Stoke



EVERYONE WELCOME



Our Community Welcome Spaces are open until the end of March 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

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

Monday to Friday 0930 to 1830



Baileys Court Activity Centre BS32 8BH

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

Monday to Friday 0930 to 1830



Brook Way Activity Centre BS32 9DA

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



Stoke Gifford and Patchway Branches of the Royal British Legion, (RBL), are delighted to announce that their merger is progressing well, and they look forward to a new strengthened branch as a result.

The branch is celebrating its Chairman John Moloney getting a prestigious award, the Gloucestershire County RBL Certificate of Appreciation, at the Gloucestershire County AGM in January. John has been an active member of the RBL for many years and has been Branch Chairman and Poppy Appeal Organiser, and he has also served at County level including as County Training Officer. So congratulations John on your award, very well deserved !!

The branch is hoping to get continued support from the community, and it is seeking more members and volunteers to help with its work and activities, particularly with the Poppy Appeal.

The Poppy Appeal has gone very well this year with the total raised by one Poppy Appeal Organiser a magnificent £42,187.65

All money raised by the Poppy Appeal goes to the RBL Welfare Fund, which provides help, support and guidance for current and ex members of the armed forces and their dependents.

If you or someone you know needs help from the Royal British Legion please contact the National helpline - 0808 802 8080.

The branch also organises social activities! If you are interested in volunteering with or joining our branch please do get in contact via email - rblistokegifford@gmail.com or ring John Moloney on 07802 535591

Please follow and share the branch Facebook page - **Royal British Legion: Stoke Gifford and Patchway District I Facebook**

Easter at St Michael's, Stoke Gifford

Maundy Thursday 17 April

7.30pm Communion - in Church

Good Friday 18 April

10.30am All-Age Worship - in the Centre

12pm Reflective Service - in Church

Easter Sunday 20 April

9am Holy Communion - in Church

10.30am All-Age Communion - in the Centre

6.30pm Evening Worship - in the Centre



stmichaelsbristol.org

Get a Life!

Rev Tania Vaughan, Little Stoke Baptist Church

I am old enough to remember soul II soul's song "Get a Life" released in 1989. According to the lyrics we needed to elevate our mind and free our soul.

Since then many have realised that more information and education is not elevating our mind but filling it to a point of anxiety. Freeing our soul has come to mean every individual has their own truth and their own life which leaves us free from being tangled with the lives of others. All our souls have found is loneliness and isolation. The glimpse we had of a society together was during Covid 19 when we hoped we would see a resurgence of caring for others, connection and meaning but instead the train to the city of individual living picked up speed as it left the lockdown station.

Getting a life seems to be no life at all. What we seem to have discovered is a life without meaning, purpose or direction. Without a common goal or story that binds us we are spinning further out of control and out of community. While there are many common places to gather around like minded people we still exist in individual bubbles bumping into one another on superficial levels. Except in one place.

The family of believers in Jesus is, despite news to the contrary, not dying but fully alive and connected. It is the place where people from all walks of life find meaningful friendships, a deep experience of life and a sense of purpose. How can this be in a world filled with individual truth and life with little meaning? Well it is alive because it is a truth which lives. It is not based on ideas or individualism but on an actual historical person that brought real change, purpose and meaning into the world and continues to do so.



Love, hope, peace, freedom and purpose are the focus of a new series called Alive, exploring the lives of people who have encountered the risen Jesus and found these things for themselves through the life-giving resurrection which is celebrated by millions of Christians around the world at Easter.

Maybe you have tried every other source of life that has been promised and found nothing but dissatisfaction and lack of meaning or purpose. Could it be time to try the way that has been proved over thousands of years, across all continents and many generations. Could it be time for you to get the life that really makes you feel fully alive.

Jesus said "My purpose is to give them [humanity] a rich and satisfying life." John 10:10 NLT

The series runs over 5 weeks in the run up to Easter on a Thursday at 11.30am (with discussion over lunch at 12) starting 13th March, and a Sunday night at 7.30pm starting 16th March at Little Stoke Baptist Church.

EXPLORE PRAYER



Day Conference with
Amy Boucher Pye
Saturday 1st March 2025
10am-4pm

Little Stoke Baptist Church, BS34 6JW

Amy Boucher Pye, author of *7 Ways to Pray* and *The Prayers of Jesus*, will lead us in a day of exploring some of the ancient practices of prayer to help us revitalise our own prayer lives today.

The day will equip you with the tools you need to renew and refresh your relationship with God. Amy is an author, speaker, Spiritual Director and Retreat Leader and writes regularly for *Our Daily Bread*.

The event is for anyone who wants to connect with God and understand or learn the power of prayer.

Lunch is included and **booking is essential**.

The cost is £25 per person.

Concessions and free places available on request.

Book online www.littlestokebaptist.org/prayer-event

or via Rev. Tania



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Is it time to dust off your violin or blow the cobwebs out of your trombone?

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At present we have vacancies for trombones and in the string sections but please get in touch if you play something else – there may be depping opportunities or a waiting list. There are no auditions as we feel people are capable of understanding what is expected – grade 5 is a good starting point. Most importantly the orchestra encourages players to improve.

For more details please visit www.thornburyorchestra.org.uk or contact membership@thornburyorchestra.org.uk

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wards.uk.com

My name is Liz Evans and I am a Community Development Worker for Southern Brooks.

I have been grant funded by Quartet to pilot a year of community development specifically covering Little Stoke and wanted to share what we are working on!

After speaking with residents in various venues across the area last year, I gathered lots of ideas and opinions on what Little Stoke residents would like to see introduced in the area.

Since starting, we have managed to set up a **Welcome Space in Little Stoke Community Centre** – this is a free coffee morning for anyone who would like to come along for a nice hot drink, biscuit, and some company! This is manned by 2 amazing volunteers Nikki and Tom who are more than ready to sit and have a chat with anyone who fancies. If you would like to come along, either alone or with friends, to sit and knit or natter, then this venue is perfect for you!

The new Stay & Play at Little Stoke Baptist Church is open to any families in Little Stoke and surrounding areas who would like to join us from 10 until 11.30 every Wednesday in term time. The group is grant funded and is free with toys, story and singing, snack time for both the kids and the adults all included!

We are also running a free lunch box initiative with Little Stoke Primary School, funded by South Glos Council to prepare and distribute hampers with a week's worth of lunch box food to families in receipt of free school dinners. Any donations towards this would be very welcome.

If anyone wishes to share an idea for a new group in the area then they can email me at lizevans@southernbrooks.org.uk.



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LITTLE STOKE

Stay and Play

Join us for play, craft, story time and singing!
we have a great selection of toys for all ages,
plus free snack for children and
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When: Wednesdays term time from 10am-11.30am

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for more information contact:
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Fancy winning 2 weeks in France?

Local holistic therapist Dawn Clode, is offering an opportunity for readers to win a fabulous holiday to France! We asked Dawn to tell us more.

Why are you offering these holidays as prizes? I currently teach healing courses in my Garden Clinic of Holistic Health here in Little Stoke, soon I will be offering Holistic Learning Retreats in France as well. I am close to finishing the French location but some final funds need raising, so this spring I will be launching a crowd funding raffle.

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.

When does your crowdfunder launch and what is the full list of prizes?

The crowdfunder will launch at the end of February and be active for 5 weeks, so do keep an eye on my website and socials for links to the raffle.

There are three first prizes of two weeks, all inclusive, for two people at the finished house in 2026 (dates to be arranged with the winners). The prize includes buffet style breakfast, lunch at the house or picnic to go out with and dinner (beer and wine with lunch and dinner). Also included are towels, bathrobe and bed linen and a holistic treatment of your choice.

There are three second prizes of, one week all inclusive for two people (with all of the above benefits included as well). And finally there will be some runner up prizes of either a treatment or a place on a holistic course in Bristol. Please do support me and give yourself a chance of winning some fantastic prizes!

 [Life & Soul Empowerment](#)  [life_and_soul_empowerment](#) | [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



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 p24 for special offer this month).



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Discover Gracie Barra Bradley Stoke: A Jiu-Jitsu Hub for All Ages And Levels

Located in the heart of the Bradley Stoke community, Gracie Barra Bradley Stoke is more than just a Jiu-Jitsu school—it's a place where dedication, tradition, and community spirit come together. As part of the globally renowned Gracie Barra network, our club offers top-notch Brazilian Jiu-Jitsu training for students of all ages and experience levels, from beginners to seasoned martial artists.

Classes for Everyone

At Gracie Barra Bradley Stoke, we pride ourselves on our inclusive and welcoming environment. Our schedule features classes for both kids and adults, available seven days a week. Whether you're stepping onto the mats for the first time or honing your skills as an experienced martial artist, our team of professional coaches is here to guide you on your journey.

Beyond Jiu-Jitsu: Fitness and Self-Defense

We understand that fitness and self-defense go hand in hand with Jiu-Jitsu. That's why we offer fitness and striking classes every Tuesday and Thursday from 8pm to 9pm. These classes are designed to improve your overall fitness, teach practical self-defense techniques, and help you build confidence.

Community Involvement

Being part of the Bradley Stoke community means giving back and supporting local initiatives. We've recently celebrated our 5-year anniversary and are proud to have worked alongside the Avon and Somerset police in running free women's self-defense classes. This collaboration reinforces our commitment to fostering a strong, united community both on and off the mats. We encourage our members to participate in community events and embody the values of respect, discipline, and sportsmanship that are at the core of Brazilian Jiu-Jitsu.

Join Us Today!

Starting your journey with Gracie Barra Bradley Stoke has never been easier. Whether you're interested in Jiu-Jitsu, fitness, or self-defense, our diverse range of classes ensures there's something for everyone.

Come and experience the benefits of Brazilian Jiu-Jitsu at Gracie Barra Bradley Stoke. Join our vibrant community, improve your fitness, and learn valuable self-defense skills—all while having fun and making new friends. We look forward to seeing you on the mats!

Gracie Barra Bradley Stoke

Suite A2, First Floor, Bradley Pavilions, Pear Tree Road, Bradley Stoke BS32 0BQ

W: gbbradleystoke.com E: hello@gbbradleystoke.com T: 0117 403 0493



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



Phoenix Pilates with Aasha

APPI Fully Certified Pilates Instructor

My teaching comes from the perspective and method taught and devised solely by physiotherapists.

Are you someone that sits at a desk for a number of hours daily? Do you have any Women's or Men's health issues? Are you looking for something to improve your quality of life? How is your balance and mobility?

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.

✉ phoenixpilates02@gmail.com

☎ 07526 409 292

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Be Strong and Steady with our Falls Prevention classes

Do you sometimes feel unsteady on your feet? You may not have had a fall, but do you feel unstable?

Wesport are thrilled to announce, Stay Strong and Steady exercise sessions starting in Stoke Gifford - they may be just what you need!

These evidence-based sessions are proven to help prevent falls, improve balance, and rebuild strength. The weekly classes are delivered at St Michael's Centre, Stoke Gifford, BS34 8PD, Wednesdays at 9.45 am or at 11.00 am, £4 a class (first three classes free).

To find out more, please contact Emma on 07734 440449 or email info@wesport.org.uk

Severn Vale Flower Club:

Our Spring Open Meeting is on Monday 7th April.

Katherine Kear will be our demonstrator with a demonstration entitled "Doofers" This will be held in the Olveston and Tockington Parish Hall. Doors open at 6.30 for 7.30pm. Tickets are £12 for visitors and £10 for members. Katherine is British Master florist and has won Gold at Chelsea. She is a national demonstrator speaker and has helped to write several books on floristry, so this will be an exceptional evening.

For tickets and further information, call 01453 811089 or 01454 885144.

Stay Strong and Steady Class

- Do you want to increase your mobility?
- Do you want to stay active and independent?
- Come and have fun and meet others all whilst moving your body.

Stay Strong and Steady classes will improve your strength & balance.

Date: Wednesdays: 9.45am-10.45am OR 11am-12pm, both classes followed by tea/coffee & chat.
Instructor: Emma Ellis
Venue: St Michaels Centre, Stoke Gifford, BS34 8PD
Cost: £4 a session (first 3 free)
For information on how to join, contact: info@wesport.org.uk or call the instructor Emma on 07734 440449

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Find us: Holiday Inn, Filton Rd, Bristol, BS16 1QX

*Terms & conditions apply

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.



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
- Relaxation and timeout for busy mums-to-be
- Learn beneficial breathing practices for pregnancy, birth and beyond.
- Meet other expectant mums



- 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.



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Abacus Preschool: Your local childcare provider for over 20 years

The dedicated Abacus team in Stoke Gifford are waiting to give your child a warm welcome in a homely environment, offering free flow play with an attached garden full of natural resources in which the children can explore and thrive in our fantastic outdoor environment. We have a brilliant team who will support your children through their individual learning experiences, a curriculum that is based on the children's interests whilst still teaching values and cultural experiences, ensuring that all children develop at the pace that suits their development.

Abacus@Meadowbrook have recently undergone an extensive renovation which has resulted in an outstanding purpose built provision. With brand new equipment all easily accessible at the children's level, they have the freedom to explore their environment in complete safety. They can free flow play outdoors fully developing their independence whilst being supported by a dedicated, knowledgeable team.

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.

Please call 01454 867285 to arrange an informal visit with your child or contact us at

enquiries@abacuspreschool.co.uk



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Frome Valley Growing Project by Mazzy Fautley

The Frome Valley Growing Project exists for land and for people. On our site at Swan Lane in Winterbourne, we produce locally grown nutrient dense, chemical free, fresh food with low food miles to our local community, including to food banks and community cafes. In addition to growing annual vegetables we have a food forest, wetland meadow, children's play equipment, poly tunnel, herb garden, bee hives and rewilding area.

We have a busy Spring programme of events coming up with something for those of all ages.

In March we will be planting over a hundred trees donated by The Woodland Trust. Some will form a coppice of shade-giving trees and others will be added to the native hedgerow around our site. These tree-planting initiatives, along with the efforts of many other groups in our area, will play a small part towards mitigating the effects of climate change and increasing biodiversity in our area.

If you would like to help with this positive, practical activity and get some exercise and fresh air too then please do come along and join us.

The tree planting will take place on Saturday 8 March and Sunday 9 March (10.30am – 2.30pm) at our site just off Swan Lane. Don't forget to bring along stout boots, warm clothes, waterproofs, drinks and some lunch if you plan to stay all day. We do have a composting loo on site.

Kate MacDonald will be running her popular Children in Permaculture course again for One Planet Matters. This will be at Frome Valley Growing Project on Fridays from 28 February to 18 July (1-3pm) during term time only. It is suitable for children aged 4-13 who are electively home-educated, flexi-schooled or waiting for suitable provision (and their grown-ups).



The Nature and Gardening Group 50+ sessions will also be resuming on Thursdays (10.30am-1.30pm) from 6 March. These are open to anyone over aged over fifty and the varied activities will include mindfulness, seed-saving, no-dig gardening methods, identifying native species and food growing.

Our Wednesday volunteer sessions continue to run throughout the year and are open to those of any age. Some of our members will be on site most weeks from 10.30 am – 2.30 p.m. If you would like to stay up to date with these and other volunteering opportunities, please follow us on Facebook: www.facebook.com/FromeValleyGrowingProject

At Frome Valley Growing Project we're all about sustainable food growing, soil health, increasing biodiversity and letting people enjoy the land.

New volunteers and members are always warmly welcomed. So, if you would like to know more about what we do then please take a look at our webpage, which has full details of where to find us: winterbourne-environmental.uk/frome-valley-growing-project/.

You can email thegrowingproject123@gmail.com, contact us on Facebook or come along and chat to us in person at one of our tree planting or volunteer sessions.

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Zenia's Family Story

Zenia was born in 2019 with serious health challenges. After an emergency C-section, she spent two weeks in the NICU and was diagnosed with a heart murmur. At 4 weeks old, she underwent an 8-hour surgery for a severe heart condition, with only a 50/50 chance of survival.

Though she recovered, more surgery was needed due to fluid in her heart. Later, Zenia was diagnosed with Mowat-Wilson Syndrome, a rare genetic condition, and epilepsy.

Zenia is described as a happy, social child with a strong sense of empathy. She loves interacting with others and is known for giving hugs and blowing kisses. Her family, living in Bristol, continued caring for her at home, but without sufficient support, they began to struggle.

After a referral, the family first visited Children's Hospice South West (CHSW)'s Charlton Farm in Wraxall; Dana, Zenia's mother, said it was as if they had been "scooped up and looked after".

Charlton Farm provided essential respite care, offering the family time to rest and recharge. The staff understood their struggles and helped organise a care package, offering support for the entire family.

Kirianna, Zenia's 11-year-old sister, has also become an active fundraiser for CHSW, organising cake sales, a neighbourhood Easter trail, and a charity netball tournament at her school. She finds comfort in meeting other siblings of children with similar health challenges, creating a shared understanding.

Dana reflects on how the support from CHSW has transformed their lives: "It's been transformational. We feel we have someone in our corner at all times."

The care and support at Charlton Farm have given the family the ability to breathe again and manage their challenges more easily. "Charlton Farm has been a real turning point for us," Dana says.

If you are involved in a community group and are interested in fundraising for a local charity, please reach out to Amanda Leonard at amanda.leonard@chsw.org.uk who would be happy to give a talk on the work CHSW does.

Zenia with her dad at CHSW



Since the New Year Children across the setting have been exploring the winter months learning about ice formation, animal hibernation and what to wear to keep us warm.

As we step into this new term, we are looking forward to a fantastic time filled with lots of learning opportunities exploring the new season changes with the long-awaited arrival of Spring and a late Easter in April this year.

Our much-loved forest school sessions continue, offering children the chance to explore the great outdoors, sport sessions will keep us active encouraging teamwork, coordination and a love for movement. We are also thrilled to continue our Jo Jingles sessions, where music and movement bring excitement and rhythm to our learning experiences. Our toddlers continue to enjoy their Yoga classes on a Friday morning.

With so much to look forward to, we are ready for another term filled with discovery, friendship and fun!

Here's to a wonderful start to the new season!

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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Shopmobility South Glos News

Shopmobility South Glos has recently held its AGM. Alderman Janet Biggin was re-elected as Chair; David Bell as Vice Chair and Press Officer; Christine Howard - Secretary; Linda Bannister and Steve Major - Social Media and Marketing.

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

Its opening hours are Tuesdays, Thursdays and Fridays - 9.30 am to 4.00pm. There is free daily hire with a Concessionary Bus pass.

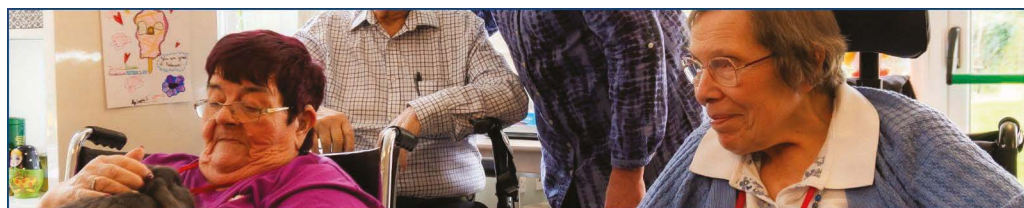
The scheme has been operational since 2006 and provides a vital service to its users helping to access the Shopping Centre and other services, and for social purposes too. The scheme's popular Project



Manager Sheridan Crew is on hand to provide the necessary help and support. Long term hire of wheelchairs and mobility scooters is also available.

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

Please contact the scheme at - 01454 868718 or 07999 574 474 or email shopmobilitysouthglos@yahoo.com and detail what you might be interested in doing or request further information.



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Willow Brook Travel: A Year of Possible Adventures!

Hello, Adventurers, Friends and Customers!

This year is full of exciting destinations, unique experiences, and travel opportunities that you won't want to miss. Whether you're planning a family vacation, a romantic getaway, or a solo adventure, we're here to help you create unforgettable memories.

What's Trending?

Short Haul (Europe)

Tenerife – Warm weather all year round and fantastic hotels at great value for money

Benidorm – Fun, short-flight destination and a home from home.

Turkey – Great value, great hotels and most of my customers choose all-inclusive.

Greece – Stunning, aesthetically beautiful and just good for the soul!

Morocco – Europe meets Africa! Situated in North Africa with Spain only 8.6 miles (14 Km) away from the border.

Iceland – Land of the Vikings, geysers, glaciers, Blue Lagoon, Northern lights and Ragnar.

Santa Lapland – Santa, Elves, Magical Forests, Husky rides, Sleigh rides and so much more.

Tunisia – Explore awe-inspiring Roman ruins. Enjoy shimmering blue waters and golden sands with dramatic desert landscapes.

France Disney – The home of Mickey and Goofy. Ultimate family fun and memory making.

Bulgaria – Rated ski resort, stunning views and fantastically priced ski packages and short flight.

Long Haul

USA – New York, Route 66, New Orleans & Nashville, Disney

Canada – Toronto, Niagara Falls, Vancouver, Calgary, Rocky Mountaineer Train, Quebec and Nova Scotia

Thailand – Bangkok, Ko Samui, Phuket, Krabi, (Temples and Elephants) Phi Phi Islands (The Man the Golden Gun)

Maldives – Tropical Island, languid, sensual bliss.

Japan – Tokyo, Mount Fuji, bullet train, Kyoto, Osaka. Japan is country that most piques adventurous customers interest.

Caribbean – Calypso, reggae, roti and jerk beef, steel bands, rum, beaches and Island kissed by the Gods. I



lived there 5 years, so I am very biased. Again, perfect for Island hopping.

Mauritius – Where hinterland meets the beach. A picture-perfect Island and one of my top destinations when I suggest and book weddings.

Australia – I visit regularly. Ayres Rock, Fraser Island, Cairnes & Barrier Reef, Sydney, Bondi, Blue Mountains, Hunter Valley, Brisbane, Gold and Sunshine Coast. I love it all, off there again in May.

Bali – Surfer and bohemian hangout. Stunning, exotic, provocative.

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Let's make this year your best travel year yet!

Andy and the Not Just Travel Team

Former MP back in Ukraine

Former MP for Filton and Bradley Stoke and Deputy Chairman of the Conservative Party, Jack Lopresti, has volunteered to serve in the Ukrainian military. He is currently serving with the International Legion of Ukraine, Defence Intelligence. As well as his military duties, his focus includes foreign relations and diplomacy, weapons procurement, and some work with veterans and other charities operating in Ukraine.

At the end of January, Jack joined a cross-party UK Parliamentary delegation which travelled across Ukraine and had visits to veterans rehab centres, the main children's hospital in Kyiv, onto Kremenchuk with the fantastic UK charity Hopefull, and had meetings with military commanders in Kharkiv.

Jack said, "It is a huge honour and an immense privilege for me to serve in the Ukrainian military and be able to help the gallant and amazing Ukrainian people in any way I can. They are not only fighting for their freedom and their right to exist as a independent and sovereign nation, they are also fighting for all of us, in Europe and the rest of the free world. If Putin wins in Ukraine we all know he won't stop there. Dictators have to be defeated, or they never stop. The ramifications would also be enormous for the rest of the world, particularly in places like Taiwan. With the authoritarian axis of dictatorships, China, Iran, and North Korea on the march and clearly working together, Ukraine has to be supported and given the tools to win for all of our sakes."

(Note: Photo taken on the front line near Zaporizhzhia 18 months ago when Jack was still an MP and visited to see British kit and equipment being used in action)



Update from Claire Hazelgrove, MP

Hi all, It's been great to see so many of you recently – at my 'Coffee With Claire' in Stoke Gifford, advice surgery in Winterbourne, listening event in Filton with Metro Mayor candidate Helen Godwin, and on the doorstep during my weekly door knocking sessions, in Patchway, Emersons Green and Stoke Gifford so far this month (as I write this mid-February).

I've also been acting on issues that I know matter to us in Westminster.

Tackling the sewage scandal: I've been playing a key role recently in shaping new landmark legislation to clean up sewage in our rivers, lakes and seas, as a member of the cross-party committee scrutinising the Water (Special Measures) Bill line-by-line. I'm pleased to say that this updated Bill has been voted for in the House of Commons and will become law. Future generations should be able to enjoy nature like this, and I'm pleased to have played a key role on behalf of our community in turning back the tide on the last government's sewage scandal.

Supporting future generations to thrive: As the Vice-Chair of the cross-party group of MPs and Peers focusing on improving financial education for young people, I co-led a debate on this in the House of Commons. With financial habits forming around age 7, yet a real postcode lottery in getting financial education at school, I'm encouraging our new government to act. Instead of first learning about mortgages and other types of loans at the point of taking one out, I want everyone to have confidence in making the right financial decisions for them.

Speaking up on the A432 Badminton Road Bridge closure: I spoke in Parliament about the A432 Badminton Road Bridge closure and rebuild. It's important that this state of disrepair – back in 2023 - doesn't happen again, both for safety and due to the disruption this closure has caused, and I welcome the upcoming improved active travel measures. It was good to hear support from our new government's Transport Minister, Simon Lightwood.

Backing national change: In the last few weeks, I have been pleased to support good progress from our new Labour government by:

- Backing new investment and innovation in our economy, set out by Chancellor Rachel Reeves,



from £63 million into the Advanced Fuels Fund supporting aerospace to fast-tracking green investment in offshore wind.

- Voting to introduce an Armed Forces Commissioner to be the voice of service families, who give so much.
- Supporting the welcome news of a £9 billion government contract with Rolls-Royce, supporting good jobs, boosting national security and growing the economy.

Supporting local innovation: More widely, I've met with a range of great local employers recently including Airbus (photo below) and fantastic startups at Future Space. I was also glad to attend the opening of Babcock's new Submarine Availability Support Hub locally with Defence Minister Maria Eagle.



My next 'Coffee with Claire' is in Bradley Stoke on 8th March. Distinct from my regular advice surgeries, these are informal events bringing people together to discuss how we can make ours an even better place to live. **Keep an eye out or sign up for events near you via facebook.com/ClaireRHazelgrove or clairehazelgrove.co.uk**

Please get in touch if I can help:
claire.hazelgrove.mp@parliament.uk

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Octopus Drama Group's Upcoming Read-Throughs

Read-throughs for Octopus Drama Group's next play 'The Village Hall' will be held in Thornbury on Sunday 2nd March and Wednesday 5th March.

'The Village Hall' is a comedy written by Ashley Burgoyne and will be directed by Sue Smith. This is a well observed and character driven play, full of humour with many amusing moments and a good plot. It is written for 4 males and 5 females from late teens/twenties through to seventies and tells the tale of two English villages vying with each other to win the coveted "Village Games" trophy with all the amusing skulduggery that entails. Thrown into the mix is the local drama teacher's determination to get her own play produced, so she starts an Amateur Theatre Group.

Performances will take place at the lovely 15th century Christ the King Church Hall in Castle Street, Thornbury from 11th to 14th June 2025 and rehearsals will start on 12th March at the same venue.

Don't miss out on this opportunity. Whether you have already caught the bug for acting, or you are someone with aspirations of treading the boards and

perhaps been contemplating joining our am dram group here in Thornbury, now is a good time to take that leap. You will be very welcome to attend a read-through.



Both read-throughs start at 7.30pm and will take place at Christ the King Church Hall on Sunday 2nd and in the Parlour at Christ the King Church on Wednesday 5th, located at 11 Castle Street, Thornbury, BS35 1HA. Just turn up on either night or ring 07824 644133 with any enquiries.

ARTS APPRECIATION GROUP

Please join us at 2pm on Thursday 29th March at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ, for an illustrated talk by David Cuthbert on "Matthew Smith, an English artist famed for his colour".

More details from Sally - 07946 508316



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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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The two local woodlands, Sims Hill Community Woodland and Splatts Abbey Wood, are continuing their plans to increase public access and usage of the local woodlands.

Now well into the new academic year the Greenspace / Green Team student volunteers from the University of the West of England (UWE) and the University of Bristol (UoB) have made a great contribution to the delivery of the woodlands' plans. Laura Thomas from the SU at UWE said 'Our new Student Project Leaders (SPLs) have been in post for almost half a year and it has been great to see them grow into their positions. They have guided our student volunteers in sowing a wildflower meadow, coppicing, planting trees, clearing and monitoring bird boxes, litter picking, and path laying. This has greatly improved both Sims Hill Woodland and Splatts Abbey Wood for both people and wildlife.'

Henrietta, one of the SPLs told us "The recent workday at Splatts was a really positive vibe and we completed many tasks! We did some coppicing,



path laying and began our Bee Meadow. Many attendees arrived, there was a friendly and communal feel throughout the day. Luckily the weather held out too!"

Sims Hill Community Woodland is behind Scholars Chase and the Bristol Business Park which is beside the UWE. The woodland group can be contacted at - simshillcw@gmail.com

Splatts Abbey Wood is beside the MoD and the UWE. The group can be contacted at - splattsabw@gmail.com ; Facebook: Splatts Abbey Wood Conservation Group ; Twitter / X: SplattsG

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.

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Bristol-based The Window Hub progresses on green goals



The Window Hub, is aiming to plant 3,000 trees over the next three years as part of its commitment to being a climate conscious business.

The trees will be planted at Boyd Valley Lake, which is located in Bitton. This is in addition to continuing its policy of recycling all old frames so they don't end up in landfill.

The window installation company 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 (BS16 5HN) in Bristol with offices, showrooms and installation depots across the South West.

In fact, a new showroom is scheduled to open this month. 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.

The hard work of Danny and his company was also recently recognised and commended, with The Window Hub being named the 'Best in the South West' at the G24 Awards last year.

In 2025, The Window Hub will grow to cover domestic homes between Cheltenham in Gloucestershire and Lands End in Cornwall.

For more information, please visit

TheWindowHub.co.uk.

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

BABY AND TODDLER GROUPS

Beehive Baby and Toddler Group, The Old School Rooms, Stoke Gifford. Thursdays 10-11.30, term time only. Church office 0117 9692486.

Busy Bees Toddler Group Bradley Stoke Evangelical Church Tuesdays from 10 till 11.30 during school term time phone 0117 931 4716

First Steps Toddler Group - Christ the King Church, Bradley Stoke Thursdays 10.00 am-11.30 am term times. Phone 0117 9312304

Trinity Tots - Mondays 9:30 - 11:30 during term time. Contact Holy Trinity Church Office on 01454 620975

LOCAL CLUBS AND ORGANISATIONS

1st Bradley Stoke Scouts - Beavers, Cubs, Scouts and our marching band meet at Brook Way Activity Centre and Whetafield Primary School. Please have a look on our website for further information for both young people and adult volunteers at www.bradley-stoke-scouts.org.uk/join

1st Little Stoke Scouts - 1st Little Stoke Scout Group, Beavers, Cubs and Scouts. 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.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.bsufc.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.

Parkrun is a weekly 5km event where you can walk or run that takes place in the Three Brooks nature reserve every Saturday at 9.00. You just need to register with parkrun to take part

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 www.bscc.org.uk

Christ the King Church Mautravers Close, Bradley Stoke 0117 931 2304. Coffee mornings with bacon butties Fridays at 9-11am. www.ctkchurch.org.uk

City Church Bradley Stoke Community School, 0117 924 3322 www.citychurch/visit/bradley-stoke-site

Edge Church International. 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. www.edgechurch.co.uk

Holy Family Catholic Church Southsea Road, Patchway 0117 9081247 www.holyfamilyrcchurchpatchway.co.uk

Holy Trinity Church Broadcroft, Bradley Stoke 01454 620975 www.htcbradleystoke.co.uk

Little Stoke Baptist Church, Kingsway, 0117 969 6060. 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

Local Schools

PRIMARY SCHOOLS

Baileys Court Primary School, Breaches Gate BStoke,
01454 838320

Bradley Stoke Community School Primary Phase, Fiddlers
Wood Lane BStoke BS32 9BS 01454 868840

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

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

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

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

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

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

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

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

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

Wheatfield Primary School, Wheatfield Drive BStoke,
01454 868610

SECONDARY SCHOOLS

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

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

Patchway Community College, Hempton Lane
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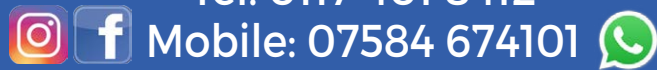
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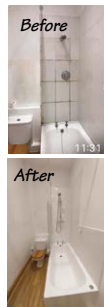
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