

# Little Stoke Gifford *Matters*

June 2025

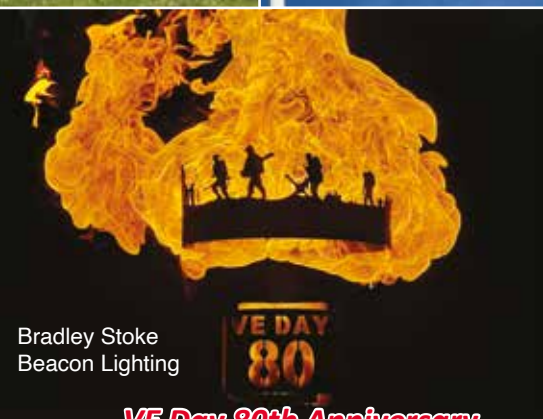
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in the Community  
2005 - 2025



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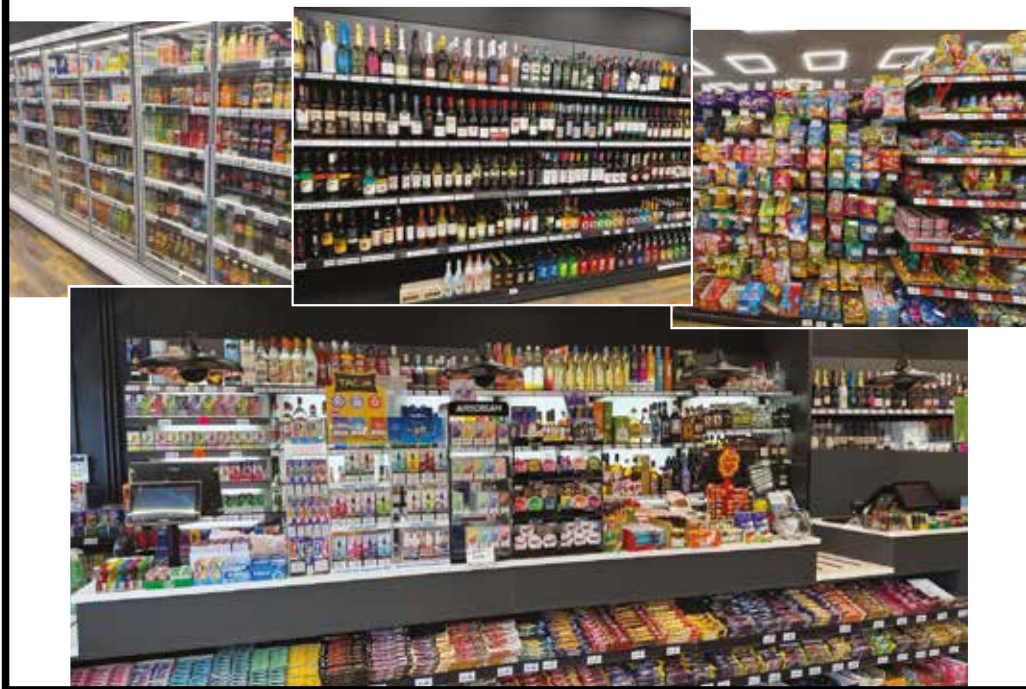


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## Dear Readers....

Welcome to the June issue of your local community magazine. Our front cover illustrates some of the local recognition of the 80th anniversary of VE day on 8th May in remembrance of all those who fought, suffered and died for us all. Thank you to BSTC Councillor Ben Randles and SGPC John Rendell for the photos.

What a great issue we have for you again this month! If you've never heard of the local Repair Cafe, turn the page and you can read all about this local initiative and even get involved! Bradley Stoke Festival takes place over the weekend of 7th and 8th of June, let's hope this fantastic weather of late makes a return for this great community event. Also on 8th June you are invited to travel over 600 years back in history with the Winterbourne Barn Medieval Day. There will be lots of new performers and crafts-people transporting you back to medieval times!

We also have updates from our Police Commissioner and our local MP, as well as the Old School Room Scouts, Little Stoke Ladies Club, ROKH Dance group, amongst others. Abbeywood Community School share their positive Ofsted feedback and also news on further expansion of the 'Good in every category' secondary school.

We have a number of new advertisers joining us this edition, including the new owners of the family run convenience store in Stoke Gifford (see opposite). As you will have noticed from our front cover it has been 20 years since we started the Bradley Stoke Matters magazine back in the summer of 2005, with the Stokes joining shortly thereafter. We have seen many changes over the years and our very first advertiser, Medway Design, is still with us all these years later, along with many others who have been with us from our early black and white days!

If you are a business looking to promote your services across the local area, do get in touch and we will be happy to help. And please, if you get the opportunity, do let our advertisers know that you have seen them within our pages. Enjoy the Read!

Deadline for the July edition is 13th June 2025.

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[www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk)



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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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## Stoke Gifford Repair Café

*Jane Watkivs tells us about the Stoke Gifford Repair Café.*

It all started when our daughter went to the open day at Winterbourne Barn and came back to tell us that Winterbourne Down had a repair café. My husband Mike and I had vaguely heard of repair cafes, but this prompted us to find out more. We learned repair cafes are groups of people with skills in mending things who volunteer their time and skills to repair items so that they get a longer life, and we can reduce what goes to landfill. An eco-church group was started by the operations manager of St Michael's Stoke Gifford, we joined the other interested people in the church, and the group agreed that we should try to set up a repair café.

We visited Brislington and St Anne's repair café and Winterborne Down repair café to see how they worked and had a meeting with people in the church who were interested in fixing things. One thing which did become clear was that it was essential to make sure that the people bringing items to repair know that the repairers were volunteers, not experts, and that we could not make any guarantees about fixing the item.

We held our first repair café on a Saturday in May 2022. At first the Coffee Shop wasn't operating, so we served simple refreshments. One of the earliest things that was fixed was an old Kenwood mixer and the owner was so pleased that she made us a cake to serve. We only advertised in the church to start with so we could get some practice!

After a few months we advertised the café more widely and welcomed volunteers who are not connected to the church, but who wish to prevent so many things being thrown away, to add to our team.



We now fix a variety of items including bikes, small electrical goods, clothes and toys. Sometimes people have to buy parts for the repair and return with them the next month, sometimes we advise people to seek professional advice and sometimes things just can't be fixed. At other times people know what to do, but don't have the tools to achieve the job so they come along to us.

The repair café is on the second Saturday of the month in the Coffee Shop on the green, from 10am to 12pm. We recommend that you come as early as possible, because we can get quite busy. It is also a good chance to have refreshments while you wait. We always welcome new volunteers to fix items, so do come along for a chat to see if you would like to join us.

St Michael's eco-church group have also run clothes swaps, plant swaps and litter picks and we are always on the look out for other ways to encourage the community to care for our world.

More details at: [stmichaelsbristol.org/saturdays](http://stmichaelsbristol.org/saturdays)

Next Repair Cafe dates - 14th June and 12th July at 10am



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





## Bradley Stoke Town Council Community Festival 2025

This year's festival is taking place on Saturday 7 and Sunday 8 June 2025 around the grounds of the Jubilee Centre, Savages Wood, Bradley Stoke, BS32 8HL and Bradley Stoke Skatepark, BS32 9BS.

Natalie Field, Mayor of Bradley Stoke said: *"We are delighted that a full Bradley Stoke Festival is taking place again this year leading on from the successful events which happened last year and the extremely positive feedback that we received about the festival."*



Dayley Lawrence, Deputy Mayor of Bradley Stoke said *"It was great to see so many local people enjoying, having fun and participating in the festival last year and there being something for everyone at this year's festival too."*

The festival is being funded by Bradley Stoke Town Council who have once again commissioned the company Re-energize to organise the event.

### Saturday 7th June

**The main community festival day is on Saturday 7 June 11.30 am - 18.00 pm.**

This year, the music is provided by a mix of local bands including; Longshots, Limited Edition, Sonic Sunrise, The Layers, V-Dubz, Zoom Club and the Saturday Night Bee Gees tribute band.



Local dance groups performing in between the bands are: Stoke Gifford School of Dance, Baby Ballet, 5678 Dance, Danceworks, Street Cred and Emma Kate Dance Academy.

Fun rides for the children include bungee trampolines, giant slides, football games, giant inflatables, plus a Wrecking Ball inflatable, Mash the Mole and Gladiator Duel in the "free to ride" Community Zone. Alongside will be the popular, young children's, Go-Karts.

A tall mobile Climbing Wall will be set up alongside the local BS Scouts stalls which also features tomahawk throwing and junior archery plus a lot of other fun activities.

Over 40 stalls will feature a wide range of arts and crafts, from hair styling and colouring, face painting, to jewellery and accessories plus local services and associations, alongside sideshows and community stalls offering a wide range of local products and novelties.

Town Council youth workers and young people are once again organising 2 days of Skatepark skills and creative art activities. A skatepark half-pipe returns (courtesy of Kings Ramps) and offers exceptional demos, by top riders and skaters, plus, regular 'have-a-go' sessions. Also, the ever-popular street art 'paint a board' sessions supported by youth workers and young volunteers.

Bradley Stoke Youth Football Club will be running their Football Festival as normal, which will include many different age groups starting from Reception and upwards. This will involve small sided matches throughout the day with trophies being awarded to the winning teams and will take place on the top field football pitches starting from 12 noon.

### Sunday 8th June

The 10K race organised by Sole Sisters starts at 09.30 am and finishes at the Jubilee Centre.

To enter visit: <https://www.solesistersrc.co.uk/bradley-stoke-10k>

At the skatepark, the Bradley Stoke youth work will host its festival competition with more



pro-rider demos, 'have-a-go' opportunities and art workshops with Olas Arts (on old Vinyl records), 12 noon to 5.00pm.



# Bradley Stoke Community Festival

## Saturday 7th and Sunday 8th June 2025

**Saturday - Main Festival Day**  
**Bradley Stoke Youth Football Club event**

**Sunday - Sole Sisters 10K Run**  
**Skatepark Competition**

For further information, visit:  
[www.bradleystoke.gov.uk/events/festival](http://www.bradleystoke.gov.uk/events/festival)  
Or call Bradley Stoke Town Council 01454 205020





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## Wellbeing Matters!

### The Benefits of Summer Seasonal Eating for Gut Health and Overall Wellbeing

As summer rolls in, our supermarkets and kitchens can fill with an abundance of vibrant, fresh produce. From juicy strawberries to sun-ripened tomatoes, the season brings an array of fruits and vegetables that not only tantalise our taste buds but also offer incredible benefits for our gut health and overall wellbeing. Embracing seasonal eating during the summer months can improve digestion, boost immunity, and promote more balanced gut health (microbiota), setting the stage for better overall wellbeing.



The gut microbiota is a complex community of micro organisms, including bacteria, fungi, and viruses, that reside in our digestive system. These tiny organisms play a pivotal role in digestion, metabolism, immune function, and even mental health. A diverse and balanced microbiota is essential for optimal health, while an imbalance can lead to issues such as bloating, inflammation, a weakened immune system, even depression.

Seasonal eating, particularly in the summer when nature offers its most diverse and colourful produce, can enhance the diversity of our gut microbiota. The wide variety of fruits, vegetables, and herbs available during the warmer months provides the necessary vitamins, minerals, fibre, antioxidants, and prebiotics that support our beneficial gut bacteria. Examples of seasonal foods that promote a healthy gut:

- 1. Berries** – Blueberries, raspberries, and blackberries are packed with fibre and antioxidants that can help to reduce inflammation in the gut and support the growth of good bacteria. Their high fibre content also helps to regulate bowel movements and prevent constipation.
- 2. Tomatoes** – A summer staple, tomatoes are rich in lycopene, an antioxidant that has been shown to reduce inflammation in the gut. They are also high in water content, which aids in digestion and prevents dehydration during the hot summer months.



- 3. Leafy Greens** – Spinach, kale, and rocket are abundant in the summer and are excellent sources of fibre, magnesium, and other essential nutrients. The fibre in leafy greens helps to support the growth of beneficial gut bacteria while promoting healthy digestion.
- 4. Cucumbers** – With their high water content, cucumbers help to keep the digestive system hydrated and flush out toxins, contributing to a healthy gut environment.
- 5. Herbs** – Fresh herbs like basil, mint, and coriander are not only flavourful additions to summer meals but are also rich in polyphenols, which act as prebiotics. Prebiotics nourish the beneficial bacteria in the gut, helping them to thrive.

There is growing evidence of the connection between gut health and mental wellbeing, often referred to as the “gut-brain axis.” A balanced gut microbiota can positively influence mood, cognitive function, and mental health. The consumption of fibre-rich seasonal foods, which support the growth of beneficial gut bacteria, has been shown to enhance the production of neurotransmitters like serotonin, often referred to as the “happy hormone.” Eating seasonal foods that are rich in antioxidants and anti-inflammatory compounds not only helps reduce digestive challenges like IBS, but also relieves gut-related stress and improves overall mood and mental clarity, particularly during the summer when the mind and body are more active.

Adopting a diet based on summer's seasonal bounty is an easy and enjoyable way to support your gut health and overall wellbeing. **If you need some support or inspiration to make this theory YOUR reality, get in touch and make the most of a happy, healthy summer.**

**Becca**



**Our contact links can be found at**  
[www.linktr.ee/tipthebalance](http://www.linktr.ee/tipthebalance)  
 or call 07721 907780



## ROKH Dance on Tour

ROKH Dance have recently returned from an amazing week long cruise on board MSC Fantasia performing to packed auditoriums of over 1400 international guests.

13 members of the school aged 11 – 16yrs, along with their family and friends, performed four dances over the course of the week, closing the professional shows on board.

Principal Kathryn Hurley said 'It has been an amazing opportunity for the students to perform in front of such a large audience and on a professional stage, whilst touring the Med! The students were also able to have time with the Professional Dancers and Singers on board asking questions and finding out what life performing onboard a cruise ship is like as a profession. What a great week's work experience! It has certainly whetted the girls' appetite for more performance opportunities! I am immensely proud of the girls' professionalism and superb performances which were so well received by the audiences'.

For more information on ROKH dance visit <https://rokh-dance>



## Holistic Retreat in France Update

Local holistic therapist Dawn Clode has featured with her Little Stoke Garden Clinic for the last decade in Matters Magazines. Now she is close to fulfilling her dream of setting up a holistic retreat in France.

**If you're quick you can join the crowdfunder and be in with a chance of winning a trip to France!**

To get the 200 year old rustic French farm house over the finishing line of completion, Dawn has been running a Crowdfunder with some great prizes up for grabs! There are **six first prizes of one week, all inclusive, for two people at the finished house** (worth over £1,900). 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). There are **ten second prizes of a holistic course of your choice**, (worth over £120) in Little Stoke. And finally there are **twenty runner up prizes of a Reiki or Reflexology treatment** (worth £60).

Please support Dawn and give yourself a chance of winning some fantastic prizes, it is only £10 to enter! **The closing date is 26th May 2025** so do enter today! Click on the QR code below or follow a link to the crowdfunding page (and learn more about the retreat, in Charente, France) by visiting [holistic-retreats-france.com](https://holistic-retreats-france.com).



Dawn has recently returned from France and after hard work with a small team the three upstairs bedrooms are now near completion. Downstairs concrete floors have been laid to make it all one level so fully accessible. A final push is needed for the completion, Dawn would be most grateful 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)



## MAGIC MAKERS THEATRE COMPANY

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and a costume team

We rehearse in Almondsbury and this will be our 9<sup>th</sup> panto!  
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## New Walking football club for people living with longterm conditions and impairment

Walking football is an evidence-based activity for people who have physical or cognitive impairments and long-term health conditions. It is a safe, inclusive and fun activity, that promotes movement, social engagement and is mostly about fun with other people.

Each session provides a warmup that encourages coordination, balance and cognitive processes, this is ideal for those with cognitive and neurological conditions.

The football sessions are tailored to the members, the sport is non-contact, walking pace, with an emphasis on keeping the ball below shoulder height. People with all forms of physical limitations and impairments can get involved.

We recognise that people might want to bring their carer or support workers, even a friend or family member, and all are welcome to come along and take part if they wish. Members have to be over 18 and everyone needs to register with the Walking football association to receive full injury insurance. There are no other restrictions. The sessions will be run by a Graduate Sport Rehabilitator, and they will be supported by students from the Sport Rehabilitation programme at UWE Bristol, as part of their placement experience.

For more information email [info.walkingfootball@uwe.ac.uk](mailto:info.walkingfootball@uwe.ac.uk)

### WALKING FOOTBALL FOR IMPAIRMENT & LONG TERM HEALTH CONDITIONS

#### New Monday Morning Club

**Where:** Centre for Sport, Frenchay, Bristol

**Time:** 10:30-11:30

**Drinks:** 11:30-12:00

**Cost:** £5 one-off registration fee  
£4 subs.

**Our new Walking Football Club, in association with WFA and UWE, is a safe and inclusive activity for those who have limited activity abilities**



- You will need a pair of trainers and enthusiasm to join in.
- Tea and coffee will be served afterwards.
- Carers & Partners welcome!
- For more information email : [info.walkingfootball@uwe.ac.uk](mailto:info.walkingfootball@uwe.ac.uk)



## Four Towns and Vale Link Community Transport

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### Accessible Transport for you!

We offer a door-to-door, ring-and-ride service to help transport people who, for whatever reason, cannot access the current transport system. This covers shopping trips, social visits, special events, work/education and medical appointments.

We also have plenty of trips to various places of interest, including pub lunches, garden centres and shopping trips further afield.

There's something for everyone!

Our vehicles can be hired by community groups and we can also provide MIDAS training inhouse.

*Due to demand we need more help from volunteer social car drivers / office admin.  
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## Little Stoke Gifford Matters was delighted to hear from a local young entrepreneur.

Victoria contacted us to introduce her business venture, VESNA Aromatherapy, and enquire about advertising with us. Victoria is just 15, lives in Bradley Stoke and is currently a year 11 pupil at the Winterbourne Academy.

We found her story so inspiring we felt it needed to be shared!

### Here is Victoria's story in her own words ...

*At just 12 years old, I took my first steps into entrepreneurship, driven by a simple frustration: I couldn't find any candles that were both beautiful and made with natural ingredients. I have felt passionate about the environment since I was just 7 years old and, as I started focusing on improving my wellbeing as well, I discovered the incredible power of aromatherapy. The problem I swiftly came across was that the candles available were filled with synthetic ingredients and mass produced; I wanted something better.*

### Rebranding to VESNA Aromatherapy

*As my brand evolved, I knew I wanted a name that truly reflected my vision. That's how VESNA Aromatherapy was born. "Vesna" means Spring in Ukrainian, my mother tongue, symbolizing renewal, growth, and new beginnings. My goal was to create a brand that prioritizes natural, toxin-free ingredients while embodying the beauty of nature through handcrafted, luxury products.*



### Expanding Beyond Candles

*While VESNA Aromatherapy started with candles, I quickly expanded to wax melts, offering an alternative way to enjoy beautiful, natural scents at home. And I'm not stopping there—reed diffusers are currently in development, bringing a new, elegant way to fill spaces with long-lasting aromatherapy benefits.*

### The Values Behind VESNA

*Every VESNA product is made with sustainability in mind, using coconut wax and pure essential oils, nothing synthetic or harmful. The packaging is fully plastic free and either recyclable or compostable and all products are vegan certified. My mission is to help people experience the benefits of aromatherapy while staying true to eco-conscious principles.*

### Running a Business aged 15

*Balancing a growing business with my studies is a challenge, but I make it work by planning my weeks every Sunday, ensuring everything aligns with my short- and long-term goals. I also attend markets, where I connect with customers face-to-face and share my passion. Of course, stress and chaos are part of the journey—especially during mock exam season! But even though it's just me running everything right now, I love the challenge and the opportunity to inspire and empower other young people.*

**VESNA Aromatherapy is offering a 20% discount to Little Stoke Gifford Matters' Readers.**  
Just use the code **STOKES20** when placing your order.

Visit our website for more information: [www.vesnaaromatherapy.co.uk](http://www.vesnaaromatherapy.co.uk)



*"Starting my business at 12 taught me that age isn't a limitation. With passion, creativity, and determination, you can create something truly meaningful."*

*VESNA Aromatherapy is more than a brand—it's my story, my heritage, and my belief that we can build a better, more sustainable future."*

Victoria

## An update from Clare Moody - Police & Crime Commissioner

### Listening to the Public and Keeping People Informed about Policing

As your local Police and Crime Commissioner for Avon and Somerset, my role is to be the bridge between the community and Avon and Somerset Police. This means listening to you, understanding your concerns, and ensuring these concerns help drive the long-term strategy for police and commissioning services in our area.

Policing matters to every corner of our communities, from bustling town centres to rural communities to our coastal towns. To ensure I hear all your voices, I make it a priority to meet local communities, whether that's at public forums, visiting local businesses, or engaging with community organisations. These conversations give me the insights I need to hold the police to account and further drive improvements.

My role is not just about holding the police to account but also about working with partners to drive change, including local authorities, criminal justice and third sector organisations. Through my visits, I've seen the incredible work being undertaken across the Avon and Somerset force area: innovative projects tackling crime, organisations supporting victims, working with young people to build their futures and partnership working to make neighbourhoods safer. These successes show what's possible when we collaborate.

I recently had the pleasure to visit the Wheels Project where I saw young people in action learning motor vehicle studies. The project supports young people between 14-18 years of age, struggling in education or with specialist educational needs from Bath, Bristol and South Gloucestershire.

They run small groups of four, providing young people with practical functional skills, teamwork, communication skills and understanding of safety and risk issues. Reducing serious youth violence is a priority in my Police and Crime Plan. The Wheels Project has been working with the South Gloucestershire Violence Reduction Partnership (VRP) for several years.

Understandably, many individuals have questions relating to day-to-day policing. It's important to know that I am not responsible for operational policing, this falls under the remit of Chief Constable Sarah Crew.

If you need to:

- Report a non-urgent crime or incident
- Share feedback about policing services you or

someone else has received

- Make a complaint against an officer (below the rank of Chief Constable)

These must be reported directly to Avon and Somerset Police, who will be able to assist you as appropriate.

However, my office can help in other ways. If you have gone through the police complaints process but are unhappy with the outcome you have received, you can submit a complaint review request, through the following website: <https://www.avonandsomerset.police.uk/forms/rrc>

Should you wish to share concerns over broader safety issues within your local area, or a lack of police action against incidents, I am also here to listen. I would encourage you to join one of the upcoming public forums that will be published on my website:

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I just want to thank all my customers that enthusiastically attended my Specialist Supplier Presentation evening at the Village Hotel, Bristol, BS34 6FG on 6th May.

This was my first ever self-organised presentation evening, and it was a storming success with over 65 attendees! Thank you once again, the response was incredible and has certainly kept me busy with subsequent holiday enquiries and bookings.

A big thank you also to my hand-selected suppliers that really went the extra mile, giving awesome presentations and staying the evening to chat with customers and to impart their knowledge: Neil (Sandals), Claire (Newmarket), Tom and Carolyn (Tee the World) and Katie (Fred Olsen).

This was the first of many events and destination presentation evenings that I am planning, throughout this year and into 2026. There will be Canadian (including Rocky Mountaineer), Caribbean, Greek (with Greek language study option), Santa Lapland, Ski, Ocean cruise, River cruise and Asia themed presentation evenings. All will be revealed!

From June my company and yours-truly will also have a presence in the largest supermarket in Bristol - Asda Cribbs Causeway - extremely exciting indeed.

I am running an annual 'Win a Free Holiday' Competition. This year a holiday in the vibrant city of Barcelona. Maybe next year the Maldives? Just scan the QR Code to enter and, fingers crossed, you could win yourself a holiday.



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### Schools Out Party – 25th July

Summer starts here! Join the Thornbury team on Friday 25th July from 7pm to 1am for the ultimate Schools Out Party. Whether you're a teacher, student, or just ready for summer, kick off the holiday with music, dancing, and good times in the beautiful surroundings of the club from £25 per person.

### Christmas Party Nights – December Delights

Thornbury Golf Club's Christmas Party Nights are always a highlight of the festive calendar, and this year promises to be no exception.

Choose from six dates – Friday 5th, Saturday 6th, Friday 12th, Saturday 13th, Friday 19th or Saturday 20th December – and enjoy an evening of seasonal sparkle.

For £49.45 per person, guests will enjoy:

- A delicious three-course choice menu.
- A festive glass of prosecco on arrival.
- Stylish seasonal decorations to set the mood.
- An entertaining table magician during food service.
- A lively DJ to keep the dance floor buzzing all night.

These evenings are perfect for office parties, family get-togethers, or catching up with friends before the big day.

### New for 2025: 80s/90s Disco Christmas Party – 18th December

Get ready to rewind the clock with Thornbury's all-new 80s/90s Disco Christmas Party on Thursday 18th December from 7pm to midnight. Dig out your neon, grab your scrunchies, and prepare to dance the night away to retro classics. At just £37.95 per person, this night of nostalgia includes:



- Classic disco hits from two iconic decades.
- A fun and relaxed festive atmosphere.
- Access to a fully stocked bar and festive treats.

Ideal for friends' groups, themed office parties, or anyone who knows the words to every Spice Girls and Duran Duran hit.

### New Year's Eve Disco – 31st December 2025

Say goodbye to 2025 and hello to the New Year in true Thornbury style. The club's New Year's Eve Disco on Wednesday 31st December will keep the party going right through the countdown. Expect great music, a buzzing atmosphere, and a night to remember as you welcome 2026 with friends old and new.

Spaces are limited, and events sell out quickly—so early booking is strongly advised!

To reserve your spot or find out more, contact the Events Team on 01454 281144 at Thornbury Golf Club or visit our website [www.thornburygc.co.uk](http://www.thornburygc.co.uk)





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The nursery has been buzzing with excitement this term, and it's only getting busier and more joyful as the weeks go by!

From welcoming the arrival of spring to exploring themes of new beginnings and growth, the children have been immersed in a season full of learning, discovery, and unforgettable experiences.

One of the most magical highlights has been learning about the life cycle of a chick. We started by carefully placing eggs in an incubator and waited with eager anticipation. The children watched in awe as the tiny chicks began to hatch, bringing the classroom to life with their soft chirps and fluffy feathers. This hands-on experience sparked so many wonderful conversations and learning moments about animals, nature, and wonders of life (photo below left).

We also had a fantastic time celebrating Easter with themed activities, crafts, and stories that brought joy and creativity into the classroom. Our learning continued beyond the nursery walls. Trips to the farm, library, and museum provided a wealth of inspiration and learning opportunities, helping children connect classroom topics with real-world experiences.

The fun isn't over yet. We still have so much to look forward to. Father's day is just around the corner and we are also preparing for our much-anticipated preschool graduation and our annual BBQ.

We can't wait to see what the rest of the term brings!

**If you would like your child to join the fun,  
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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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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](mailto:phoenixpilates02@gmail.com)

07526 409 292

Phoenix Pilates

[@phoenixpilateswithaasha](https://www.instagram.com/phoenixpilateswithaasha)



## Little Stoke & District Ladies Club

**We meet on the 1st and 3rd Tuesdays of each month at Little Stoke Baptist Church and have a variety of events.**

One of our recent meetings, we were lucky enough to have some sea shanty singers called 'Storm Force Shanty' who sang out some excellent ditties. They were very entertaining and we all joined in with the ones we recognised, which was a lot of fun.

Our next meeting was an auction where our members brought along unwanted gifts and other members bidded for them. It was a very social occasion with a lot of banter! We were then treated to a visit by The Fire Service who discussed fire safety in the home and gave us all something to think about and we are all going to make sure we don't leave electrical appliances on and running when not at home, as well as not overloading extension cables! The visit was cut short when they had to leave to answer a call!

In March, we had the Red Dress on display for International Womens Day (photo above). Jenny James and Bradley Stoke Mayor, Natalie Field were in attendance and Jenny gave us an informative talk about empowering women. Our AGM is held at the end of March and we enjoyed a light supper. In April we enjoyed some keep fit using a chair with Michelle. This was all done to up beat music and our chair was our prop. We also had some scarves and exercise bands. Everyone enjoyed this very much. At our second April meeting we had the Fab twins who are not twins but friends and they played 60s and 70s music. At our May meeting one of our member Molly showed us how to put on a sari which is quite complicated.



Future events to look forward to over June and July include a genealogist, a talk on kestrels and a singing duo. We also have some events planned outside of our twice monthly events such as a visit to Babbacombe, a skittles night and a bee keeping experience.

**New members are always very welcome - we would love you to join us. If you are interested in coming along, please contact Julie on 0117 9315 007 or see our facebook page.**

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# Joie de Vive



My name is Sarah and I teach a fabulous group of ladies Burlesque chair dancing. We are called Joie De Vive and we dance on a Thursday evening 7pm - 8.30pm, at the Casson Centre, Patchway.

We are women of all shapes, sizes, ages and abilities. It is essentially an exercise class, learning dance routines and we have alot of fun.

Recently we did a show for charity and raised an amazing £500 for the guide dogs and £1,275.56 to Breast Cancer Research.

We will be performing at the Patchway Festival this year and are lucky enough to have also secured a slot to dance at Bristol Pride in July.

We are a very friendly group of ladies, who enjoy dancing and laughing. If you are interested in joining us, please pop along and see us on a Thursday evening.


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## Abbeywood Community School – Latest Ofsted Inspection & Expansion Plans

We are delighted to share that, following a recent Ofsted Inspection in March 2025, Abbeywood Community School continues to be a Good school. We are proud to report that Abbeywood Community School has been judged as good in EVERY area. Here are some extracts from the report:

*"Pupils thrive at Abbeywood Community School. They value the warm, supportive relationships they have with members of staff. The school has high expectations."*

*"Pupils behave very well. They demonstrate empathy, politeness and kindness towards each other."*

*"Leaders' vision and relentless focus on developing the quality of education is shared by staff."*

Abbeywood is currently undergoing a building expansion programme, with a new 10-classroom building due to be completed for January 2026 in addition to other expansion works in the existing building. The school currently has 1,281 learners from Year 7 to Year 13 and the building expansion is to accommodate a move from 180 to 240 students per year group, requested by South Gloucestershire Council, to reflect the need for more places locally in a successful and oversubscribed school.

**For any families wishing to attend any of our Open Events in September then please see here for more details... <https://www.abbeywoodschool.com/Open-Day/>**

Ben Dilley, Headteacher, said: *"The report reflects what happens at Abbeywood on a daily basis. On behalf of the leadership team and governing body, I would like to thank staff, students, governors and the Abbeywood community for their continued support and commitment to ensure that, as a staff body, we deliver the very best learning experiences for our learners."*

Dave Baker, CEO of the Olympus Academy Trust added: *"This is a high point for Abbeywood Community School in its improvement journey since joining the Olympus Academy Trust at the start of 2013. I offer my thanks and congratulations to Abbeywood's staff, students, governors and community for all that has been achieved under Ben Dilley's leadership and thanks also to the wider Olympus staff team and trustees for their support for the school."*

**The full Ofsted inspection report can be found via: <https://www.abbeywoodschool.com/About-us/Ofsted/>**



## Family Wins Battle to Secure the Right School for their Son

UK parents recently received their local authority's decision on school placements. While many are satisfied, some families now face the difficult decision of whether to challenge their child's allocation. One family's experience highlights how expert legal support can help secure the right educational setting for a child with special needs.

Their son, who has autism, was placed in a maintained special secondary school. However, his parents knew this wasn't the right fit, as he had previously struggled in a larger primary setting. His EHCP required crucial Speech and Language Therapy, which he wasn't receiving. Despite their concerns, the local authority insisted their chosen school could meet his needs, citing a £70,000 annual cost difference with the parents' preferred specialist ASD School.

With the help of specialist Education Lawyers here at HCB Solicitors, the family challenged the decision at the First-tier Tribunal. Independent reports confirmed the child needed a setting with class sizes no larger than five or six, on-site therapy, and a peer group with similar needs. Further investigation uncovered critical shortcomings in the local authority's school, leading them to concede before the hearing.

Three months after lodging the appeal, the family secured a placement at a small independent special school. The difference has been life-changing. Their son now has a one-to-one support worker, tailored teaching, and access to therapy. His progress has been remarkable—advancing in phonics and maths, thriving in a smaller classroom, and growing in confidence.

The family is overjoyed, describing the school's support as exceptional. They urge other parents facing similar battles to seek expert legal guidance, as specialist support can make all the difference in securing the right educational placement.

If you find yourself in a similar position, please do not hesitate to get in touch with one of our Education Law experts today. Every child deserves the opportunity to fulfil their potential and we will provide the expert guidance needed to ensure this is the case.

Samantha Hale, Director,  
Education Law Department  
(Bristol)



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## Scouts from 1st Stoke Gifford OSR Troop officially recognised by the Scouts UK as Planet Champions

During Earth Week 1st Stoke Gifford OSR Troop were officially recognised on the Scouts UK Facebook page as 'Planet Champions' for their work in the local community.

As part of their Earth Tribe award, Scouts from Stoke Gifford took part in a litter pick around the local parks. Spirits were high as the Scouts collected several large bags of litter, with many residents thanking them for their hard work. They'd already received a talk about the dangers of plastic pollution, and learned what happens to the items collected.

Their Scout leader Phelpsie said: 'The comments from local residents were a great boost and we were happy to be involved in the community and give back.'

## OSR Scouts learn all things foraging with Steve England

Wednesday 7th May saw members of the OSR scout troop meet up with local Environmentalist Steve England at Stoke Park Estate where they learnt all about natural antiseptics, what you can eat like mushrooms, garlic and other plants and especially what you mustn't eat!

They also learnt all about different trees and their uses plus fire lightning with fungus and cordage. Wood that will keep your campfire going for longer and parts of trees that are good for making tools and building with.



The scouts and adult leaders had a great evening walking around the estate with Steve who runs tours on foraging, wild foods, history, geology and bushcraft in Bristol.

You can visit his website at Steve England Outdoor Learning – Wildlife, Foraging & Outdoor Education Courses, Bristol

Big Thank You to Steve, it was so informative and certainly kept the scouts focussed with great information and his wealth of knowledge on the topics he teaches.







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# In memory of Nicholas: a sister's tribute and a hospice's milestone

On 11 April 2025, Nicholas would have turned 30. For his younger sister, Adela, this milestone birthday carries an emotional significance – not only because of what it represents for Nicholas, but because 2025 also marks 30 years since Children's Hospice South West's (CHSW) Little Bridge House in Devon first opened its doors to families like theirs.

Nicholas was born in April 1995 with a rare, life-limiting condition which required continuous monitoring, intense medical attention and frequent, often urgent, hospital visits.

Growing up, Nicholas, his sister Adela, and their mum and dad lived in Bristol. Adela shares, "I remember I would tell other children, that he couldn't walk, talk, sit or stand. This was the simplistic, child-like way in which I would articulate my brother's condition. While this was my normal, it wasn't what most would imagine childhood to be."

By the time she was 3, Adela was able to help feed Nicholas via a gastrostomy tube, and by 8, could read his oxygen saturation monitor.

"When I was little, my family frequently visited Little Bridge House for respite care. This was care for the entire family, with a dedicated Sibling Support Team

who spent time with children like me doing arts and crafts, going on day trips to local places in Devon and spending time in the infamous soft playroom. This created an opportunity to meet other brothers and sisters in my situation, and I was able to talk freely about Nicholas without having to explain the backstory. Everyone already understood."

Nicholas passed away on 26 March 2010, aged 14.

To honour the sibling Adela so dearly loved and the 30th anniversary of Little Bridge House, the family hosted an event at home raising over £1,600 for the charity that has, and continues to, support them all.

If Adela's story has inspired you and you'd like to support Children's Hospice South West, please get in touch with your local CHSW fundraiser, Amanda Leonard, at [amanda.leonard@chsw.org.uk](mailto:amanda.leonard@chsw.org.uk).

Nicholas & Adele



## Make a difference this summer! Summer Reading Challenge Volunteers needed

South Gloucestershire Libraries are looking for friendly and enthusiastic volunteers to join the team running the 2025 Summer Reading Challenge, Story Garden.

Volunteers will spend their time supporting children to do the Summer Reading Challenge, talking with them about the books they're reading and helping at a range of fun activities in the library. This is a great opportunity to develop skills in communication, team working and creative projects, whilst having fun and making new friends.

Summer Reading Challenge volunteers say: "I love talking with the children about the books they have read and seeing them progress through the challenge. The volunteering has been a really rewarding experience for me and a big confidence booster. All the library staff are always friendly and approachable which has made the library a lovely place to come and volunteer at over the summer"

The theme for this year's Challenge is Story Garden – adventures in nature and the great outdoors, exploring the magical connection between storytelling and nature. Children aged 4 – 11 take part by reading books they enjoy over the summer holiday to collect stickers and rewards.

The closing date for applications is 22 June. Volunteers must be aged 14 or over.

For more information ask a member of staff at any South Gloucestershire library, email [libraryvolunteers@southglos.gov.uk](mailto:libraryvolunteers@southglos.gov.uk) or visit [www.southglos.gov.uk/library-volunteers](http://www.southglos.gov.uk/library-volunteers).

The Summer Reading Challenge is produced by The Reading Agency and delivered in partnership with libraries.



Story Garden illustrations by Dapo Adeola, illustrations and logo © The Reading Agency 2025

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

The Hearoic Mobile Clinic has been calling in at the Brook Way Activity Centre, BS32 9DA since July 2023. You will find the mobile clinic at the far side of the car park in front of the building, on the second and fourth Monday of each month. Adjacent free parking is available.

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

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



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In addition to the traditional marketing methods adopted by high street estate agents, Nathan also draws upon the benefits of working with local publications and social media including Facebook, Instagram, threads, TikTok and next door to go the extra mile in reaching all prospective purchasers for your property. You can also expect professional photography including aerial/drone images, expertly drawn floorplans, For sale boards, plus marketing via all the major websites.

Contractually Nathan offers zero week contracts with no notice required to terminate.

**If you are looking to sell your home or looking for your next home in South Gloucestershire or Bristol you can reach Nathan Littleboy Property Ltd on 07880496470 / [nathan.littleboy@exp.uk.com](mailto:nathan.littleboy@exp.uk.com)**

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## Life Cycle Calls for Bike Donations for their Recycling Scheme at HMP Bristol

This year, locally-based cycling charity, Life Cycle, is on a mission to help even more prisoners and local people through its Bikes Beyond Bars scheme. They are calling on the public and local businesses to give their unwanted bikes a new life!

Life Cycle's Bikes Beyond Bars project operates within prisons to provide learners with hands-on training in bike mechanics and the opportunity to earn an industry-recognised qualification. Last year, Life Cycle taught 217 prisoners life-changing skills, helping to prepare them for life upon release.

Each year, Life Cycle refurbishes hundreds of donated bikes in prisons and its community Hub. In 2023–24 alone, the charity restored 860 bicycles, preventing an estimated 294,120 kg of CO2-equivalent emissions, and reusing 12,900 kg of metal.

**Help continue the cycle!** Members of the public are encouraged to donate a bike at one of Life Cycle's drop-off points in Horfield or Hotwells. Organisations can sign up to Life Cycle's Corporate Supporters mailing list to express an interest in supporting the scheme. [www.lifecycle.org.uk](http://www.lifecycle.org.uk)

## 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.



#ITSOKAYTOTALK

A full list of clubs can be found at [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) or if you can't travel to a club, please email [info@andysmanclub.co.uk](mailto: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](mailto:jo@samaritans.org) | [www.hubofhope.co.uk](http://www.hubofhope.co.uk)



## Update from Claire Hazelgrove MP

Hi all, it's been great seeing many of you at local events including at the Winterbourne Down Village Carnival and for VE Day, commemorating those who gave so much. Thank you to those who joined my coffee morning in Filton, and advice surgery, on top of speaking with me during my weekly door knocking sessions. My team and I have been working on 362 new cases helping local residents.

If you need support, please get in touch:  
[claire.hazelgrove.mp@parliament.uk](mailto:claire.hazelgrove.mp@parliament.uk)

## News from Westminster

### Cleaning up our rivers and seas

The Water (Special Measures) Act that I was proud to work on in Parliament has come into force to clean up our rivers and seas. This new legislation, introduced as one of the first actions of the Labour government, will clean up our waterways. I spoke about the positive impact this will have on our area in the House of Commons.

### Getting our NHS back on its feet

I'm pleased that our Labour government's Plan for Change has started to fix our NHS – with the new NHS app making it easier to book appointments, prescription charges frozen for the first time in years, along with recruiting 1500 new GPs and delivering 3 million extra appointments. The North Bristol Community Diagnostic Centre in Cribbs has already seen 38,000 tests carried out in its first year.

### Tackling Fly-Tipping

Our government has introduced new powers to clamp down on fly-tipping by using drones and CCTV to track down vehicles used by offenders, to seize and crush them. I see the waste being dumped on our roads and in our waterways, and I'm glad our government is taking tough action to punish and deter waste criminals.



## Community View

Thank you to those who helped organise and attended community events marking the 80th anniversary of VE Day – including those I attended at FACE, Blossom Fields Nursing Home and the Bradley Stoke Beacon Lighting. We will never forget the sacrifice so many made to defend our freedoms.

I recently welcomed the Prime Minister back to our community to visit Rolls-Royce and see the world-leading projects they're working on for our forces and our NATO allies after the Labour government's significant announcements on investing in defence.

I also welcomed the Deputy Prime Minister to Brabazon to see the new homes and green spaces, alongside hearing about the infrastructure and transport links planned – alongside the commercial investment and 30,000 jobs being created.

We had a good discussion at my latest Coffee with Claire – this time in Filton, including around the need for an approach to housing, infrastructure and green spaces that works for all. My next of these will be in Downend. For more information on these events please visit <https://clairehazelgrove.co.uk/coffee-with-claire/>

*Photos: PM Sir Keir Starmer and Claire Hazelgrove MP alongside Rolls Royce Apprentices in Filton; At Blossom Fields Care Home alongside Registered Manager Maggie, Activities Coordinator Rose and many staff and residents; Shaking hands with Rolls Royce Apprentices in Filton*

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### Jointly owned property and Declarations of Trust

**Laura Wilkinson Solicitor from AMD Solicitors offers some advice on options available to you as a joint owner of a property.**

If you are buying a new place together, or moving into a home your partner already owns, then you should think carefully about how you will own it between you. You should be aware that if you split up you may have no right to an interest in the property if it is in your partner's name.

Legally there are two types of joint ownership. You can either own the property as Joint Tenants or Tenants in Common.

Owning as Joint Tenants will mean that the joint owners together own the whole property and do not have a particular share in it. If one of the owners dies the other automatically becomes the sole owner.

Ownership as Tenants in Common however will mean that each owner will have a defined share in the property. The property could be owned in equal shares, or in different sized shares which can be set out in a legally binding written agreement called a "Declaration of Trust" which will contain details of the financial arrangement between the joint owners. People wanting to own a property in separate predetermined shares as set out in a Declaration of Trust, would need to own the property as Tenants in Common.

Under this form of ownership if one of the owners dies, their share of the property will pass on to whoever they specify in a Will, or if a Will is not made, in accordance with the rules of intestacy.

It may be that one party provides the deposit or a substantial share of the purchase price and the other has no or less funds to

contribute. In these circumstances a Declaration of Trust can help you protect your financial contribution and specify how you wish to be repaid in the event that the property is sold. It can also set out how you wish to contribute to mortgage payments and how you wish to be repaid for your contribution should you come to sell the property.

The Declaration of Trust can specify the terms for buying out your joint owner's share in the property and can also help to avoid prolonged legal disputes over the finances in the event that your relationship with your co-owner breaks down.

Declarations of Trust can be as simple, or as complex, as the couple require. Each partner should ideally have separate legal advice. As circumstances change, the deed can be re-written. It can be challenged in court only on grounds of fraud and misrepresentation.

**If you would like any advice or assistance with protecting your property, or any other conveyancing matter, please call us on 0117 973 5647 or 0117 974 4100, e-mail [info@amdsolicitors.com](mailto:info@amdsolicitors.com) or call into any one of our four Bristol based offices.**



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## Local business achieves national recognition

Local window company, The Window Hub, has been singled out as one of the UK's top window installation companies, receiving personal recognition from the CEO of industry's professional body.

With a head office in Staple Hill in Bristol, The Window Hub is proud to display its professional accreditations, including its membership of FENSA, which guarantees homeowners that the windows and doors the company fits meet the latest standards and Building Regulations.

Managing director and owner Danny Robb recently received a personal note from the chairman of the Glass and Glazing Federation (GGF), which owns FENSA, alerting him that his company is now in the top 20 of all FENSA-registered window installation businesses in the UK.

"Given the market conditions we are facing, in a mature market, I am sure you and the team are really proud of your achievement," GGF CEO John Agnew said. "Whatever your secret is tell nobody as they will all want to cash in on it!"

Danny Robb launched the Window Hub during lockdown in 2020 because he wanted to create a business that was "built on quality rather than greed".

Today, The Window Hub has offices, showrooms and installation depots across the South West, selling the latest window and door designs, which offer the very best security and warmth.

"The last five years have been an absolute whirlwind," Danny said. "But the whole team here at The Window Hub are focused on providing homeowners the very best windows and doors, at a decent price, with the friendly service they deserve."

"I knew we have grown quickly, but to get this letter telling me that I am a top 20 business absolutely amazed me. The team here are delighted with the news."



Danny said Window Hub has very strict guidelines that its employees must follow to ensure the customers are always looked after. This includes an ethical sales policy which, in addition to following legal obligations, includes a 'canvassing etiquette' which all salespeople must read, sign and stick to.

"It really isn't rocket science," Danny said. "But we make sure our employees close gates behind them, and don't walk on the lawn. And if they are asked not to return, they must inform their Team Leader immediately, so Head Office can make a record and send out a 'no knocking sticker' so all canvassers know never to return."

"Our sales team also have specialist training on being aware of vulnerable homeowners, so that everyone can make an informed decision. Sales begin and end with treating customers properly."

The Window Hub also has a tree-planting programme as part of a comprehensive sustainability programme, and the company is heavily involved in local charities including youth sports teams and hospices.

This meteoric rise in fortune, despite being launched during a pandemic and facing tough economic conditions, also resulted in The Window Hub being shortlisted for a trade industry award in 2024.

"I am chuffed to bits to be a top 20 installer," Danny said. "But it takes second place to my Trustpilot score, which sits at five stars." 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 company doesn't invite satisfied customers to leave a review, so all comments on that site are genuinely organic.)

For more information, please visit [TheWindowHub.co.uk](http://TheWindowHub.co.uk)

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## Bradley Stoke Library

## What's-on June 2025

A warm welcome awaits you at Bradley Stoke library where you can read the newspaper, relax, do a crossword, use a PC, use the free WiFi, have a chat, study, or read a book. Full details of all our FREE children's events can be found here:

FREE Children's Drop-in Events  
(Term Time Only)Rhyme Time  
Mondays 10.45-11.15Stories & Play  
Fridays 11.00-12.00

## Staffed Opening Hours

Monday: 10:00 - 17:00  
Tuesday: 10:00 - 17:00  
Wednesday: CLOSED  
Thursday: 10:00 - 17:00  
Friday: 10:00 - 17:00  
Saturday: 09:30 - 12:30  
Sunday: CLOSED

Check online or in library for Bank Holidays



## Every Saturday Morning

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

registered place before attending. For more details see: <https://digilocal.org.uk/digilocal-online/>

## Junior Art Club!

Tuesdays 17th June, 22nd July

3.45-4.45pm Age 7-11 years

Like getting creative? Come join the Bradley Stoke Library Junior Art Club, where the only limit is your imagination! FREE Children's Drop-in Event

## Tuesday 10th &amp; 24th June

3.45-4.30 FREE Children's Drop-in Event. Lego™ Clubs are for primary school aged children. All children must bring a grown-up with them.

## Lego™ Club



## Every Thursday at 10am

Join our friendly weekly textile group. No need to book – just turn up! This is a self-led session. Bring a project to work on, learn from others and catch-up with friends in our warm and welcoming library.



## Open Access Hours (Unstaffed)

Use the library when staff aren't there with Open Access. Library members can complete a quick one-off Open Access induction session to register to use Open Access. You can then let yourself in during Open Access hours when staff are not working.

Find out more by asking a staff member or visiting [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries)

## Octopus Drama Group -

Comedy Play  
'The Village Hall'

From 11th to 14th June Octopus Drama Group, now in its 54th year, will be performing the comedy play 'The Village Hall' at Christ the King Church Hall in Castle Street, Thornbury. This is the first full length play written by Ashley Burgoyne which is being directed by Sue Smith and it promises to be a real hoot!

Rehearsals are well under way and the 9 cast members (including 4 new members) have been having a lot of fun playing their roles and are looking forward to bringing this superb play to life. There are so many amusing moments to enjoy within this imaginative script.

Derek, Chairman of the Parish Committee, is determined to win back the coveted 'Village Games' crown for Upper Kingham, which they lost for the first time in a decade to their local rivals, Lower Kingham.

Laura's determined to get her own play produced, so she starts an Amateur Theatre Group. Between the Village Games and the Theatre Group there's a constant hive of activity but there's also a dark undercurrent. Something unpleasant is attempting to disrupt the daily events that exist in The Village Hall.

There will be four performances starting at 7.30pm. Tickets costing £8 can be purchased from Rosie & Rex gift shop in Thornbury at 32 High Street on Mondays, Tuesdays, Thursdays and Fridays from 9am – 4.30pm and Saturdays from 9am – 4pm. As there is seating for only 75 people in this charming 15th century building, tickets are usually in demand.

With plenty of parking nearby, an intimate theatre space and bar facilities, come and join us for a thoroughly enjoyable evening which will be a real tonic. [www.octopus-thornbury.co.uk](http://www.octopus-thornbury.co.uk)

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## Summer at Winterbourne Medieval Barn

Winterbourne Medieval Barn is an extraordinary survivor from our medieval past. It was built in 1342 for Sir Thomas de Bradeston, who was Lord of the Manor of Winterbourne from 1328 until his death in 1360.

In 1393 King Richard II granted Blanche Bradeston the right to hold a weekly market in Winterbourne and a June fair. June was the time in the medieval calendar to celebrate Midsummer, and what a celebration it was!

So, volunteers at the Barn are delighted to be upholding that tradition over 600 years later with a **Winterbourne Medieval Day on Sunday 8th June**. This will be the Barn's main community event of 2025. Come along and enjoy some recreated medieval festivities suitable for all ages on a genuine medieval site!

There will be a varied programme of activities throughout the day from 11am to 4pm. Watch medieval combat displays from the Warwick Warriors, and demonstrations of aspects of daily life in the 1300s from living history group, The Company of Chivalry. There will be wandering jesters and live medieval music. You can have a go at Archery and traditional games, and there are competitions and activities for young children.

Come and explore an exciting mix of Medieval-themed artisan stalls and displays with heritage crafts. There will be plenty of delicious food and

drink available including a hog roast, Persian cuisine, and a range of savoury and sweet bakes. The Barn bar serves alcoholic and soft drinks, teas, coffees, and snacks.

Tickets booked online by 1st June are £5 for adults, £1 for children. Entry on the gate is £7 adult, £2 child (cash or card). There is free parking at Winterbourne Academy with a free shuttle bus running up and down to the Barn all day. No parking is allowed on Church Lane as this causes congestion and obstructs emergency vehicles. Well-behaved dogs are welcome on a lead.

If you would like to find out more about the history of the Barn, and about Thomas de Bradeston who was an important medieval figure, come along to **The Story of Our Barn on 10th July**, or a talk about **Sir Thomas on 25th September**. More information on the website.

Looking at much more recent history, Liz Ferguson gives a talk on **Monday 30th June** about brave and talented local folk named on the **Whitehall War Memorial at Hambrook**. Following on from the 80th anniversary of VE Day celebrations in May, her talk remembers those in our villages who did so much on the Homefront during WWI and WWII.

Summer at the Barn brings another traditional **Barn Dance on 18th July**, and three well-known dramas delivered with more than a hint of comedy. The Pantaloons bring Jane Austen's **Sense and Sensibility on 24th July**, The Festival Players perform Shakespeare's **As You Like It on 14th August**, and IKP offers **Cinderella on 17th August**.

Having been fully booked for months, there are now a few spaces for the popular **Tai Chi classes** in the Barn on Wednesdays. Classes are aimed at over 50s and can be done standing or sitting. Email: [contact@winterbournebarn.org.uk](mailto:contact@winterbournebarn.org.uk) if you are interested.

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

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







## 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 - 11:00 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](http://www.bradley-stoke-scouts.org.uk/join)

**1st Little Stoke Scouts** - 1st Little Stoke Scout Group, Beavers, Cubs and Scouts. E: [littlestokescoutgroup@outlook.com](mailto:littlestokescoutgroup@outlook.com) W: [1stlittlestokescouts.co.uk](http://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](mailto: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](mailto:ambyoung29@yahoo.com)

**Bradley Stoke Radio** - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 [bradleystokeradio.org.uk](http://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](http://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](mailto: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](mailto:admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](mailto: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](http://www.silverwindsflutechoir.co.uk) or email [silverwinds@michellekrawiec.co.uk](mailto: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](http://www.SJA.org.uk) or e-mail the New Volunteers Team at [BAS-NVTeam@sja.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://almondsburytennis.org.uk)

**Aretians Rugby Club for Cubs, Juniors and Seniors** Station Road, Little Stoke [www.aretiansrfc.co.uk](http://www.aretiansrfc.co.uk)

**Black and Blues Netball** - Non-League Social Netball Wednesdays 7.30-9pm Abbeywood Community School, contact: [blackandblues\\_netball@outlook.com](mailto:blackandblues_netball@outlook.com).

**Bradley Stoke Bowls Club** - Baileys Court Activity Centre [www.bradleystokebowls.com](http://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](http://bradleystokecc.play-cricket.com)

**Bradley Stoke Jiu Jitsu Club** - Chris Harris, [maru.jiujitsu@gmail.com](mailto: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](mailto:bsncjuniors@yahoo.co.uk) <http://bradleystokenetballjuniors.org.uk/>

**Bradley Stoke Judo** - Various days and times, Bradley Stoke Leisure Centre, [www.bradleystokejudoclub.com](http://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](http://www.bstfc.co.uk) or contact [bstfc2005@gmail.com](mailto:bstfc2005@gmail.com)

**Bradley Stoke United Football Club** - Football from U7's to U16's see website [bsufc.co.uk](http://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](http://www.bsufc.co.uk) or contact [mlee1@btopenworld.com](mailto: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](http://www.smobrugby.com), 01454 250489 email: [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk)

**Bristol Extreme Allstar Cheerleaders** - Wednesdays 7-9pm Little Stoke Primary School, [bristolxtreme@gmail.com](mailto:bristolxtreme@gmail.com)

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrfc/](http://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](mailto: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](http://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](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto: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](http://www.stokelane.co.uk) or email Club Sect 'steve' [pspayne@blueyonder.co.uk](mailto: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](http://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](http://www.ctkchurch.org.uk)

**City Church** Bradley Stoke Community School, 0117 924 3322 [www.citychurch/visit/bradley-stoke-site](http://www.citychurch/visit/bradley-stoke-site)

**Equippers Church** 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. <https://equippers.co.uk>

**Holy Family Catholic Church** Southsea Road, Patchway 0117 9081247 [www.holyfamilyrcchurchpatchway.co.uk](http://www.holyfamilyrcchurchpatchway.co.uk)

**Holy Trinity Church** Broadcroft, Bradley Stoke 01454 620975 [www.htcbradleystoke.co.uk](http://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](mailto: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  
Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com

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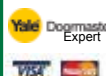
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## INDEX OF LOCAL ADVERTISERS

### Accountants/Book-keeping

1st Stop Accountancy 27  
Rosemary Bookkeeping Bristol 36

**Advertising** 3  
**Aggregate Supplies**  
Earthworks - Aggregates/Topsoil 42

**Appliance Repairs**  
D-CR Domestic App Repairs 58

**Bathrooms -**  
North Bristol Bathrooms 53

**Beauty -** Restore Clinic 27

**Beds -** Bedlam Beds 56

**Builders / Building**  
BluePrint Construction 61

Capricorn Complete Services 48

Vizard and Son 60

**Business -** Small Business Advice 17

**Car Mechanic -** LCM Automotive 3

**Care / Elderly**

Bristol Care Homes 37

Lovell Place Care Home 13

My Homecare 4

Premier Homecare 26

**Carpentry -** Corris Carpentry 60

**Carpets & Upholstery Cleaning**

Bonne Fresh Clean Ltd 61

**Central Heating Engineers**

AMW Plumbing & Heating 1

Baines Heating & Plumbing 56

K J Barton Plumbing & Heating 60

Mayo's Heating & Plumbing 52

**Charities -** Children's Hosp SW 34

**Child Care/Nursery/Preschool**

Ambourne House 23

**Children's Activities**

Aquatic Harmony swim lessons 32

Kumon 32

**Cleaning & Domestic Services**

Caprigems Cleaning 35

Clean & Shiny Homes 25

Clean Oven Co 33

Clover Ovenclean 58

My Homecare 4

**Coffee Shop** Old School Rooms 8

Holiday Inn, Filton 11

**Community Articles / Events**

Andy's Man Club 38

Bradley Stoke Festival 6-7

Claire Hazelgrove MP 39

Drag Bingo 14

Joie de vive 26

Library 35/44

Life Cycle 38

Little Stoke Ladies 25

Magikmakers 10

Octopus Drama Group 44

OSR Scouts 31

Police Crime Commissioner 16

Repair Cafe 5

ROKH Dance 10

Walking Football 12

### Community cont

Willow Brook Beach 18  
Winterbourne Barn Events 45

**Community Groups/Clubs** 46-47

**Conservatory -** Proceiling 57

**Dog Walking -** Lead the Way 25

**Doors**

DCL Doors & Windows 52

Door Express (internal doors) 61

Dream Doors (Kitchen) 30

Price Glass 55

The Window Hub 43

Yate Kitchen Company (Kitchen) 49

**Electrician**

Bradley Stoke Electrical 60

Gary Smart Electrical 61

LA Electrical & Solar 51

**Employment -**

Premier Homecare 26

**Estate Agent -**

Dallas Clements 35

Nathan Littleboy 37

**Fertility Clinic -** Bristol Centre

Reproduction Medicine 22

**Fencing -** Front Row 57

**Flooring (Carpets/Tiling) -**

James Antony Flooring 59

Phoenix Flooring 63

Regenerate Local 58

**Garden Design/Landscaping/**

**Maintenance**

Almondsbury Landscaping 54

Alpine Landscapes 1

Harvey's Garden Services 16

**Golf Club -** Thornbury GC 20-21

**Handyman -**

CRJ Building & Maintenance 57

Sherbourne Home & Gdn Mntnc 51

Stokes Handyman 52

**Health, Fitness & Wellbeing**

Dawn Clode, Holistic Health 11

Gracie Barra Jui Jitsu 24

Hearoic Hearing Care 36

Phoenix Pilates 24

Spirit Health Club, HI Filton 8

Tip the Balance 9

VESNA Aromatherapy 15

**Hotel & Restaurant**

Aztec Spa Hotel 14,64

Holiday Inn, Filton 11

**House / Home**

A1 Home Improvements 50

Technisys (Alarms) 57

Thornbury Stairlifts 51

**Kitchen -** Dream Doors 30

Kitchen Makeovers 38

Yate Kitchen Company 49

**Locksmith**

Dale Clements Locksmiths 56

Lock Stuck & Barrells 54

**Loft Conversions** 42

**Mobility Soln** Thornbury Stairlifts 51

**Mortgage Advisor** Crystal Clear 28

**Opticians -** Harbord Opticians 27

**Painter & Decorator**

A Worsfold 61

Decor8 60

Keith Usher Painter & Decorator 58

NPD Decorating 48

South Gloss Decorating 56

**Party Nights -** 20-21

**Pest Control -** Pestbgone 51

**Plasterer -** Oxbow Plastering 56

**Plumbing / Heating Engineers**

Baines Heating & Plumbing 56

K J Barton Plumbing & Heating 60

Low Cost Plumbing 58

Mayo's Heating & Plumbing 52

WJM Plumbing & Tiling 52

**Roofing -** Rooftech 54

Vizards Roofing 60

**Rubbish Clearance**

BStoke Rubbish Clearance 54

Harvey's Waste Clearance 16

Man & Van Rubbish Clearance 61

Skip Hire - Earthworks 42

**Schools/Schooling** 48

Abbeywood Community school 28

Little Stoke Primary 32-33

**Security -** Technisys 57

**Sewing -** Medway Designs 35

**Shopping**

Family Shopper Convenience 2

Willow Brook Centre 18

**Solar Electricity** LA Electrical 51

**Solicitors**

AMD Solicitors 41

DJF Hoole & Co 34

Grace Cox SH Family Law 25

HCB Widows Mason Solicitors 29

Wards 38

**Swim Lessons**-Aquatic Harmony 32

**Tiling -** Lee Williams Tiling 58

WJM Plmbing & Tiling 52

**Trades & Services -** 48-61

**Training/Tuition**

Holistic Courses 11

Kumon 32

**Travel/Transport -**

Four Towns & Vale Link 12

**Travel Agent** Not Just Travel 19

**Tree Surgeon -** Collins Trees 60

**TV & Aerials**

Aerial Man 51

M D Aerials 58

**Will Writing/Power of Attorney**

Sage & Hollow 28

**Windows/Conversatories/Doors**

DCL Doors & Windows 52

Price Glass 55

Proceiling 57

The Window Hub 43

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