

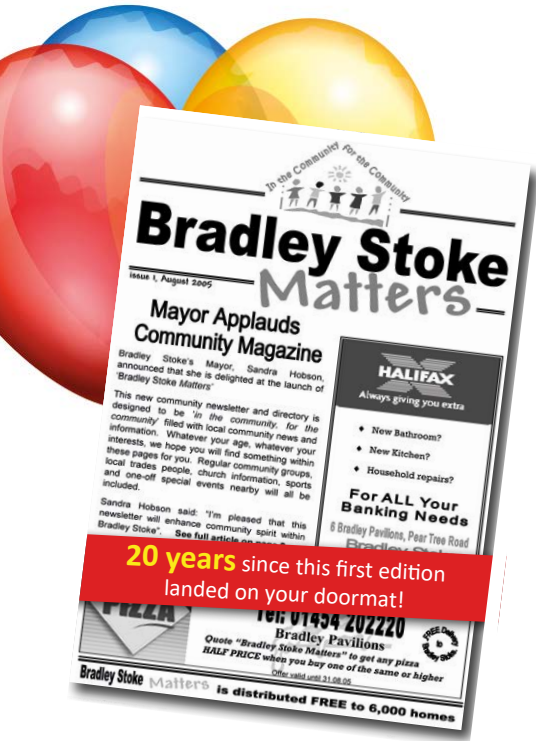
Bradley Stoke Matters 20

July/August 2025

Telephone 01454 300 900



Celebrating 20 Years
in the Community
2005 - 2025



★★★★★ 5 Star Google Reviews

AMW PLUMBING & HEATING

Finance options available

Heating Specialists
Bristol and the South West

WORCESTER
Approved Installer

BOSCH

12 YEAR Guarantee

Bathroom Installs now available, please get in touch for a quotation

Installations | Servicing | Repairs

0117 990 2735 amwheating.co.uk

Alpine Landscaping

Established Family Firm with over 30 years' experience

Senior Citizens Special Rates Calls welcome 7 days a week

- Garden Clearance - Regular or One Off
- Patios
- Fencing
- Tree Work
- Turfing
- Hedgecutting
- Planting (Shrubs etc)
- Organic Manure Delivered - Also applied
- Professional and Guarantee Work
- Brick and Blocklaying

Call Joe for a Free Quote 0117 959 2143 / 07891 253 122

www.alpine-landscaping.co.uk

25% Off
with this advert!

20

Proud to be serving the community for 20 years!

Bradley Stoke & Little Stoke Gifford Matters reaches 15,000 homes in the Five Stokes area

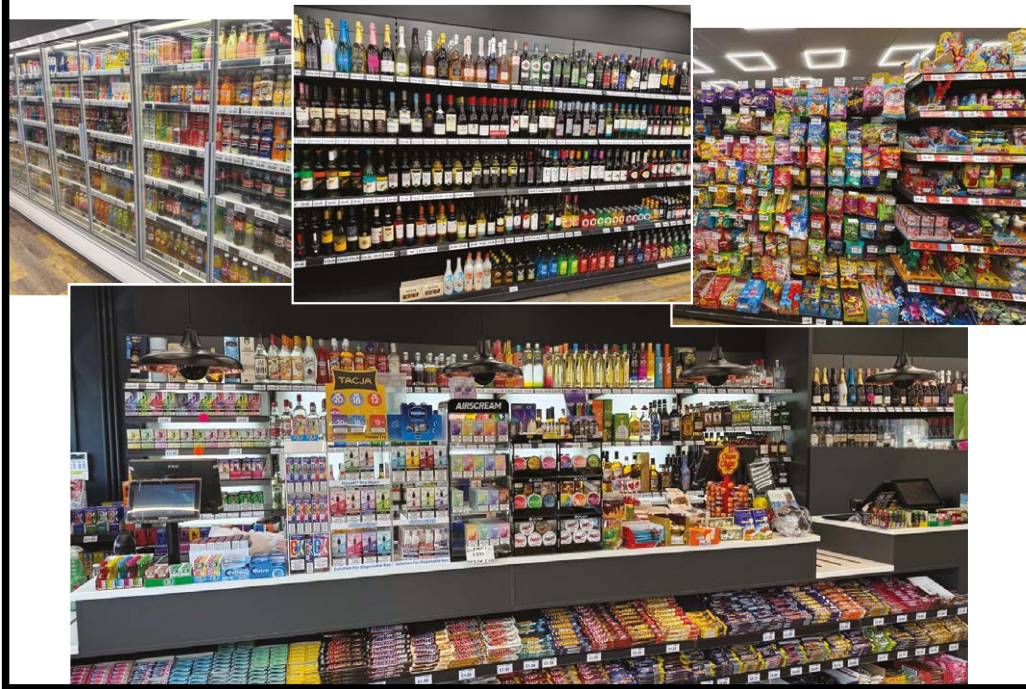


New Local Convenience Store Family Run Business in Stoke Gifford

Unit 1, Simmonds View, Stoke Gifford, BS34 8HR

Open Monday-Saturday 8am - 11pm, Sunday 9am-9pm

- off license • cold drinks • fresh milk and grocery items
- hot food to go • snacks and sweets •
- coffee from lavazza • parcel services • cash machine/ATM



Dear Readers....

WOW Happy 20th Birthday to Us! It's hard to believe that what started as something to do whilst I stayed at home with my first born (soon discovering there was no where to find out any local information on the community in which I lived), has grown into a 20 year endeavour - with both of my children now at University!

A huge thank you to all of our local community and to all of our advertisers who have supported us over the last 20 years. Amazingly our very first advertiser, Medway Design, is still with us, along with many other small businesses owners who have been working locally and advertising with us since our old black and white days. Initially, as you can see from our very first front cover, highlighted on this edition's front cover, we only delivered to 6000 homes, and now we cover 15,000. We have also spread to cover neighbouring areas.

We have seen many changes over the years and have covered in our pages, and been present for, a lot of Bradley Stoke history in this time. We are also not the only ones celebrating 20 years! Both the Bradley Stoke Festival and 10k run also held their first events in 2005, the Bradley Stoke Football Club was founded in 2005 and the Bradley Stoke Community School also opened its doors to its first cohort in September 2005. This is off the top of my head! I am sure there are others.

Inside our pages this month we bring you reports from the activities over the Bradley Stoke Festival weekend, along with more local events for you to enjoy over the coming summer months. We have school news from three of our local primary schools, notice of forthcoming school open days that we have been made aware of, as well as a new local author in our community - his novel sounds intriguing!

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. As I write this it is 28 degrees outside! Enjoy the summer and enjoy the read, with a glass of something cool!

Deadline for the July edition is 18th July 2025.

Jaci

KEEP UP WITH EACH EDITION OF YOUR FAVOURITE COMMUNITY MAGAZINE VIA
www.bradleystokematters.co.uk



Bradley Stoke Matters
Celebrating 20 Years in the
Community 2005 - 2025

01454 300 900

sales@mattersmagazines.co.uk

www.bradleystokematters.co.uk

Matters Magazines Ltd, 130 Aztec West,

BS32 4UB

Co Regn No: 8490434

The Bradley Stoke, Little Stoke and Stoke Gifford community matters magazines are independently published and delivered FREE to homes (c 16,000 copies) in Bradley Stoke, Little Stoke, Stoke Gifford, Stoke Lodge and the edges of Patchway (to the A38 border) and Harry Stoke. The views and opinions expressed are not necessarily those of the editor (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in August of 2005 we have used many of the services ourselves). Any feedback or experience is welcomed.

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.

All artwork created by us must not be published in any other media without our permission. Thank you to Freepik for blue roller image used.

© Matters Magazines Ltd 2005...2025



	SERVICING from	£139.00
	MOT TESTING	£54.85
	TYRES from	£59.00
	BRAKES from	£159.00
	A/C REGAS from	£79.00

LCM AUTOMOTIVE

Unit 4 Fairway Industrial Centre,
Golf Course Lane,
Filton, Bristol
BS34 7QS

Tel: 0117 239 9683

www.LCMautomotive.co.uk

Helping you remain independent in your own home



Our local care team can help you or your loved one live comfortably and safely at home.

In 2015 My Homecare introduced our person-centred style of caring across the whole of the country. We have an established branch in Bradley Stoke, covering the whole Bristol area, which has fully trained, DBS checked and dedicated carers.

We help people who either through illness or injury, require assistance to maintain their well-being, whilst continuing to live in their own home and neighbourhood. We provide a range of care services including: Personal care and support around the home; specialist care services including 24 hour live-in care, palliative care, supported living and outreach.

My Homecare's compassionate and hardworking care team have a clear goal to maintain our first class reputation for providing high quality care.

We can help with privately-funded care or local authority and NHS commissioned support.

Inspected and rated

Good



- Care at Home and Support
- Live in Care • Meal Provision
- Befriending Service
- Personal Care • Cleaning
- Waking Nights

- Short or long visits
- Daily or weekly
- Trained and DBS checked staff
- Consistent carers
- Consistent times

0117 440 6397

Unit 9, The Courtyard, Bradley Stoke, BS32 4NQ

E: bristol@myhomecare.co.uk W: bristol.myhomecare.co.uk



Summer Fun at Willow Brook!

Willow Brook Summer Beach is now open ready for the summer holidays, right up until 8th September. Two fun days are also planned, a Superhero funday on Thursday 31st July and a Teddy Bear Picnic on Saturday 30th August - more details below.

Save the dates, come along and join in the fun, all events are FREE!



News from the Bradley Stoke Mayor: Councillor Natalie Field

I hope this edition finds you well and that you have a good summer.

I recently attended the Annual Service of Remembrance at the Memorial Woodlands to pay respects as Mayor of Bradley Stoke to all those who had served for their country. The laying of wreaths at the Memorial Stone took place after a poignant service in the chapel concluded.

As I write this, we have just concluded the Bradley Stoke Town Festival over the weekend of 7th and 8th June. I'd like to express my thanks to all the community groups, volunteers, staff and Councillors who helped make this year's festival another successful event.



Thank you to everyone who made donations at the Festival to the three Mayor's Charities (Mamas, The Brightwell Centre and Diabetes UK). All of these do important work to support local people.

The main festival day was a combination of music, dance, community stalls, food and drink, rides, displays and demonstrations, the youth football festival and a street art project. It was wonderful to see people having fun, so many young people taking part in the Bradley Stoke Youth Football Tournament and the dancing of the different community dance groups in the Oak Hall.



On the Sunday the Sole Sisters 20th Anniversary 10K run started and finished at the Jubilee Centre and I was delighted to be able to open the start of the race and to take part in the race itself. Around 550 competitors ran with a very quick time of just under 32 minutes being achieved by the winner.

Also on the Sunday, the Bradley Stoke Town Council's Youth Workers and local young people hosted their popular package of skate park and art activities. The annual Festival competition (for Scooter, BMX, Skateboards, and Inline Skates) was interspersed with rider demonstrations and 'have-a-go' opportunities, with the support of Kings Ramps. Art activities gave young people the opportunity to produce their own piece of artwork to take home, using old vinyl records as a canvas for street art style creativity.



As you can see opposite, the Town Council is planning more family fun this summer - do keep an eye on our website www.bradleystoke.gov.uk for more information!

Your local, friendly bookkeeper Bristol & surrounding areas

Deadlines, Tax, Questions from Accountants...?
We're a local name you can trust to help get things organised ahead of financial deadlines throughout the next tax year. Whether you're in need of some last minute help, or wanting smarter solutions for managing your books, we've got you covered! Reach out for your FREE consultation.

- VAT Returns
- General Bookkeeping
- Software Set Up
- Exclusive Discounts & Rates- Xero
- Keeping You Compliant With UK Law
- Meeting Your Financial Deadlines
- Working With Accountants
- Keeping Your Finances in Order
- Making Tax Digital (MTD)
- Regular Insights & Reports

★★★★★

bristol@rosemarybooks.co.uk | 01454 821545
www.rosemarybooks.co.uk/bristol



Charity Bug Trail

This Summer Holidays!

Dates
coming
soon



Workshops, walking & plenty to explore!

Keep an eye out for more information in the coming weeks on the Town Council

website: www.bradleystoke.gov.uk

Or contact ivy.brown@bradleystoke.gov.uk for further details.

Diabetes UK
KNOW DIABETES. FIGHT DIABETES.



the brightwell
a centre for neurological wellbeing & physical recovery





Bradley Stoke Town Council Community Festival 2025

In spite of gloomy weather, it was great to be able to pop down to the Bradley Stoke Festival for the main event on 7th June.

Saturday 7th June 2025 – Main Festival day at the Jubilee Centre
Report by BSTC

The main festival day was a combination of music, dance, community stalls, food and drink, rides, displays and demonstrations, youth football festival and a street art project. Unfortunately, the weather was not in our favour, but the predicted thunderstorms and accompanying gusty winds did not materialise and by the afternoon, the sky cleared, and the sun even came out for a short while. A number of rides, attractions and a few community stalls were not able to attend due to the predicted inclement weather and the dance displays had to be moved inside, but the planned full programme of music and dance took place.

This year, the music was provided by a mix of local bands; Longshots, Limited Edition, Sonic Sunrise, The Layers, V-Dubz, Barrelhouse Strangers and the Saturday Night Bee Gees tribute band. Local dance groups performing in between the bands were: Stoke Gifford School of Dance, Baby Ballet, 5678 Dance, Danceworks, Street Cred and Emma Kate Dance Academy.

Once again, the Town Council provided a large Climbing Wall operated by qualified staff with volunteer support from the local 1st Bradley Stoke Scout Group which encouraged children to climb the wall in full safety harnessing and ropes as well as offering the opportunity for locals to find out about the world of scouting. The scout group also offered the safe opportunity to have a go at axe and tomahawk throwing.

Within the Community Zone there were inflatable rides which were free-to-use for local residents and children. Parents had the opportunity to donate to the Bradley Stoke Mayor's chosen charities when using the Community Zone rides, but there was no obligation to do so. Spread across the Jubilee Centre site were large number of community group stalls, local companies and food stalls alongside sideshows and a range of fun rides for the children include a giant slide, bouncy castle and the ever-popular, children's Go-Karts.

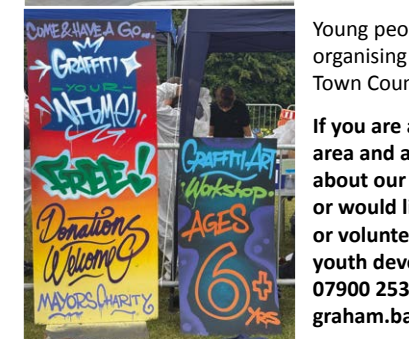
Bradley Stoke Town Council's Youth Work team once again provided the very popular combination of free 'have a go' graffiti workshops (with professional artists) and a large portable skatepark half-pipe; provided by King Ramps. There were regular pro rider demos interspersed with 'have a go' sessions and music and a display of Town Council Youth Work project information. As always, the supervised graffiti workshops proved very popular with many families queueing for the opportunity to spray paint their names on a take-home graffiti board. Those involved in this were provided with all-encompassing PPE to protect themselves and their clothes.

All Donations will go to this year's 3 Mayor's Charities – Mamas Bristol, Diabetes UK and The Brightwell Centre.



Bradley Stoke Youth Football Club Event

On the top football pitch, Bradley Stoke Youth Football Club once again ran their Football Festival which involved 145 children from Reception up to U13 girls age groups. All the participants enjoyed playing matches on proper pitches with correct goals in a fun and friendly environment where results did not matter. The children played with a smile on their faces while the parents watched and appreciated all the good play from all the teams. Everyone received a medal and each team got a cup. The rain came down, but the children still enjoyed every minute of the day. The penalty shoot out against the Minion was also very much enjoyed again this year. The Mayor and Deputy Mayor presented the medals to all the participants and trophies to the different age groups.



Skatepark Event

Once again, this year, Bradley Stoke Town Council's Youth Workers and local young people hosted their popular package of Skatepark and Art activities. A mix of skate park skills and creative arts ran alongside the annual Festival Skatepark competition. The competition was interspersed with rider demonstrations and 'have-a-go' opportunities, with the support of Kings Ramps, along with music and an MC.

The Skate Park Competition featured a mix of competitions in all skate park disciplines, interspersed with more pro rider demos with the additional half-pipe being relocated from the Jubilee Green to alongside the skate park to provide extra capacity.

The Art activities gave young people the opportunity to participate in workshops run by Olas Arts and those attending produced their own piece of artwork to take home. The artist has worked with the Town Council in the past, running popular workshops and, this year, once again used old vinyl records as a canvas for street art style creativity.

Young people's involvement in planning and organising the festival is supported by Bradley Stoke Town Council's youth workers.

If you are a young person living in the Bradley Stoke area and aged 11 to 19 who would like to find out about our other youth work sessions and projects, or would like to get involved as a young person or volunteer, come along for a chat or contact the youth development and participation worker on 07900 253826 or email graham.baker@bradleystoke.gov.uk





Football Festival

Report from Martin Lee, BSYFC

On Saturday June 7th 2025 at the Jubilee Centre, the annual free Bradley Stoke Youth FC Football Festival was held and this year we had a good mixture of age groups at the event. In the morning we had the Reception children, Year 1, Year 2 and Year 3 children playing their fun based matches.

The Reception, Year 1 and Year 2 children had a penalty shootout with the Minion in goals. I think the Minion is improving as it saved a few this year!

Then in the afternoon we had the U11/12 children and the U13 Girls playing their matches. The number of children playing at the event was 147. They all received a medal and a cup with the Reception and Year 1 children also receiving a goody bag.

The Mayor and Deputy Mayor of Bradley Stoke did a fast and efficient job of handing out the medals and cups to the excited children. We also had the pleasure of having Matt Wheaton from the Luke Wheaton Legacy Trust to present the annual Luke Wheaton Memorial Cup to the Year 1 children for all of their effort on the day. We also had Caroline and Chloe Jones attending to present the new award, the Terry Jones Memorial Cup to the U12 winners.

The club would like to thank Bradley Stoke Town Council for their ongoing support with the Football Festival. The football pitches looked very good this year and the medals supplied by the Town Council were fantastic.

The club would also like to thank the Luke Wheaton Legacy Trust and McDonalds for their ongoing support for this event and other funding they provide to the community.

Also we would like to thank all the helpers on the day as without them there would be no Football Festival. Their hard work and dedication is much appreciated.

The weather was wet and the children and helpers did get soaked especially in the morning matches but we all still had smiles on our faces.

If you want to find out more about Bradley Stoke Youth FC just visit our website at www.bsyfc.co.uk



This year was a special milestone for Martin Lee who has managed and organized the Festival for the 20th time. He has announced that this one would be his last. He will still continue to do all his other duties for the club but feels he has done his time on the Festival and hopefully someone else will now take it on.



Editors note: Martin is a real community legend - he is always so passionate and encouraging and has made a positive impact on so many children over so many years. Organising these Football Festivals has been a lot of hard work and it was great to see Martin presented with his own trophy after so many years of handing them out! Thank you Martin.

WHAT WE OFFER?

- ✓ JIU-JITSU FOR KIDS
- ✓ JIU-JITSU FOR ADULTS
- ✓ K1 & KICKBOXING
- ✓ MMA
- ✓ HIT FITNESS CLASSES

7 DAYS P/ WEEK

30+ CLASSES P/ WEEK

BRADLEY STOKE

JIU-JITSU FOR EVERYONE

SCAN THE QR CODE FOR A SPECIAL OFFER!

WHY JOIN US?

- ✓ WORLD-CLASS TRAINING
- ✓ NATIONAL & INTERNATIONAL CHAMPION COACHES
- ✓ SAFE & FRIENDLY TRAINING ENVIRONMENT
- ✓ TIGHTER COMMUNITY, BUILDING MEANINGFUL RELATIONSHIPS
- ✓ INDIVIDUALISED INSTRUCTION, CLOSE INTERACTION WITH INSTRUCTORS

SCAN ME

BOOK NOW

GRACIE BARRA BRADLEY STOKE

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

W: gbbradleystoke.com E: hello@gbbradleystoke.com T: 0117 403 0492

Instagram: @GBBradleyStoke

★★★★★

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

**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



Facebook



Sole Sisters 20th Annual Bradley Stoke 10K

**Report by Jenny, Bradley Stoke 10k Race Director,
Sole Sisters North Bristol Running Club.**

For the 20th time, Sole Sisters running club hosted the Bradley Stoke 10k on Sunday 8th June, as part of the annual Town Festival. Over the years, the club has had to overcome some interesting race-day challenges, one year we had air balloons landing on the field next to the HQ and on the same date the police cordoned off a section of the course prompting a last-minute route change. This year we had the road works on Bradley Stoke Way to contend with, but we have been in close contact with the works manager for the last couple of months to ensure that the final route was open to us, safe, and measured as closely as possible to the 10k in distance. Being a mixed terrain race there isn't a requirement to have the route officially measured and so we used our usual method of asking club members to run it using their own GPS to make sure we were at 10k.

This year's race was won by Jamie Williamson in a very quick 31 minutes 58 seconds and the first female competitor Debbie Hale ran in a time of 45 minutes and 4 seconds. We were really pleased that the 600 entries sold out before race day, and on the day, we had 544 finishers (which is 60 more finishers than the previous year), 167 of whom were registered as Bradley Stoke residents. The first Bradley Stoke resident Stephen Honight ran the race in an impressive 37 minutes and 7 seconds.

This event would not be possible without the amazing support of the Bradley Stoke Town Council, our sponsors (proudly displayed on the back of the 2025 t-shirt), the local residents, the guides, brownies, and rainbow groups who love being involved as well as the Evangelical church who kindly manned the first water station just up from their premises. A big shout out also to our warm-up extraordinaire 'Terry the Tornado' and Pete Tang and his team from the Physio Clinic who provided post-race massages. We are eternally grateful for the superb marshalling team which amounts to around 90-100 volunteers out on the course and at HQ, who received such terrific feedback from entrants and spectators.

Sole Sisters has really enjoyed hosting this special event over the past 20 years and we love to see the event t-shirts out and about in the local area – we especially look forward to seeing this year's black with a sparkly gold logo, which was chosen especially to reflect the 20th event.



Four Towns and Vale Link Community Transport

T: 01454 250500/510

E: info@4tvl.org.uk

W: www.4tvl.org.uk

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.
Please give us a call for details.**



Crossbow House, 58 School Road, Frampton Cotterell, Bristol, BS36 2DA

Harvey's Waste & Garden Services

**We do all the hard work
so you don't have to!**

Rubbish clearance - cheap and fast! Full house clearance to single items removed.

All garages, sheds and gardens cleared.

Small demolition projects - eg sheds and garages - completely removed.

List of Services:

- Fencing supplied & fitted
- Hedge and grass cutting
- Tree trimming and felling
- Turfing • All garden waste removed

No job too big or too small!

Fully licensed & 10% discount for over 65s

Call **07956 548756**
or email Harveyswgs@outlook.com

The role of Pilates and Posture



"Never slouch as doing so compresses the lungs, overcrowds other vital organs, rounds the back, and throws you off balance." (Joseph Pilates)

Different postural types place strain and load on different joints, ligaments and muscles in the body, which in time cause stiffness and sensitivity in the tissues.

This results in weakness in the affected muscle groups, as the body adopts this new 'normal' posture. The body then becomes more susceptible to injury, even at low load and range of movement.

Aims of a Pilates program are therefore to:

- Improve Core Stability
- Improve Flexibility of Joints
- Improve Balance and Awareness of your Standing Posture

Working on these aims and raising self awareness of your own posture, also helps to reduce the risk of falling.

As an APPI instructor I constantly reinforce the importance of postural alignment during my teaching. Do get in touch if you would like to know more.

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

📱 Phoenix Pilates

📷 @phoenixpilateswithaasha



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.



Tip the Balance
NATURAL NUTRITION & WELLBEING



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
or call 07721 907780

Wellness for all
0117 910 4296 | spirit@hibristolfilton.co.uk
Holiday Inn, Filton Rd, Bristol, BS16 1QX

3 hours free parking *

Free friends Friday *

20% off drinks

Member referral scheme

Under 4s swim for FREE!

Fuel Your Fitness!
Join as a Spirit member before July 20th and receive a complimentary lunch voucher to enjoy in our hotel lounge*

*Terms & conditions apply



GIVEAWAY:

LED Light Therapy for Someone in Need

At The Restore Clinic, we believe that everyone deserves to feel good in their skin - especially those going through a tough time. That's why we're offering free LED Light Therapy treatment to someone in our community who needs a little extra care right now.

Whether it's due to chronic skin issues, long-term pain, post-surgery healing, or just needing a confidence boost, LED Light Therapy can provide powerful relief and support - naturally and non-invasively.

This giveaway is open to anyone who:

- Is struggling physically, emotionally, or mentally
- Could benefit from light therapy for skin, pain, or healing
- Deserves a moment of calm, comfort, and care

Nominate someone special (or yourself!)

Send us a short message sharing why they (or you) should receive this treatment. All nominations will be kept confidential, and one deserving person will be gifted a session in our calming Winterbourne clinic.

Let's shine a little light where it's needed most

- With love, Karen at The Restore Clinic

hello@therestoreclinic.co.uk



**15% off
BABY SWIM
OR FREE TRIAL
SESSION
with this advert**

**Baby to Preschool
Swimming Lessons &
Pregnancy Aqua Natal classes
at
The Milton Bradley Stoke**

**Baby to primary & adult swimming
classes available at our
other local locations
For more info'**

hayleigh@aquatic-harmony.com
www.aquatic-harmony.com
07789852729



New skin rejuvenation and wellness clinic

THE
Restore
CLINIC

The Restore Clinic has just opened in Winterbourne – a garden sanctuary where owner Karen offers award-winning aesthetic treatments designed to refresh your skin and restore your glow.



Here's a glimpse of what's on offer:

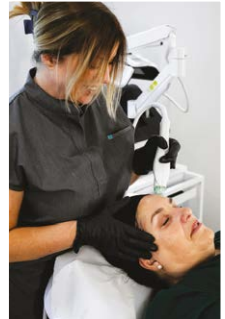
- **RF Microneedling:** Boosts collagen to tighten skin, smooth texture, and reduce wrinkles or scars, with minimal downtime.
- **HIFU:** Known as the "lunchtime facial", this non-invasive treatment lifts and firms the face and body without surgery.
- **Dermalux LED Phototherapy:** Uses light to calm redness, improve pigmentation, fight acne, rejuvenate skin and accelerate healing.
- **Skin Boosters:** Deeply hydrates and improves texture for a lasting, radiant glow.
- **Madero Therapy:** Natural wood massage to tone, sculpt, and detoxify.

Ready to see how The Restore Clinic can help you?

Karen invites you to book a **free 15-minute consultation** to explore personalised treatments for you.

• therestoreclinic.co.uk • 07947 864 036

 @ _the_restore_clinic  TheRestoreClinic



The Coffee Shop

The Green, Stoke Gifford BS34 8PD

**Speciality Teas & Coffees, Breakfast, Lunches, Snacks,
Cakes, Board Games and much more.....**

**New!
£5 Grab 'n' Go
Lunches**



**Ice Creams
Afternoon
Teas**

Food served all day
Mon-Fri 8.30am-4pm (4.30pm June & July)
& Sat 10am-1pm
See our menu for more details



**Life is easier
with a cleaner ...**



Let the award-winning CapriGems ease your life!

We pride ourselves on our reliability, affordability, care and attention to detail, leaving every home or business spotlessly clean.

Drop us a line or give us a call for a FREE quote.
01454 506117 | admin@caprigemscleaning.com
www.caprigemscleaning.co.uk

Grace Cox – S H Family Law

**Your local Family Law Legal Specialist
based in Bradley Stoke**

Initial appointment free of charge

**0117 9601437 /
07969 313980**
g.cox@shfamilylaw.co.uk
www.shfamilylaw.co.uk



Dallas Clements
Your local, personal and dedicated

ESTATE AGENT

- ✓ Rightmove and Zoopla advertising
- ✓ Rightmove premium displays
- ✓ Social media advertising
- ✓ Honest and constructive feedback
- ✓ Personal service from Sale to Sold
- ✓ Accompanied viewing 7 days a week
- ✓ Available outside of office hours
- ✓ Local knowledge and experience

SCAN TO
LEARN MORE



Office: 01454 803 446
Mobile: 07900 550 220
dallas.clements@theagencyuk.com
www.theagencyuk.com



Later Life Planning – The Importance of Lasting Powers of Attorney

When we think about planning for the future, most of us focus on making a Will or putting money aside for retirement. But one area that is often overlooked, is what would happen if you were to lose mental capacity during your lifetime.

It might come as a surprise to many, that without the right legal arrangements in place, your closest family members, including even your spouse, would not have the legal authority to manage your property and finances or make decisions about your health and welfare if you could no longer do so yourself.

A Lasting Power of Attorney (LPA) is a legal document that gives you the ability to appoint someone you trust to act on your behalf should you lose capacity, known as an attorney. There are two types of LPAs: one covering property and financial affairs, and the other relates to health and welfare.

A LPA for Property and Financial Affairs allows your chosen attorney(s) to handle matters such as managing your bank accounts, paying bills, collecting benefits, and dealing with your property. The health and welfare LPA enables your attorney to make decisions about your daily routine, medical care & needs, and even consenting to or refusing life-sustaining treatment. An LPA also gives your attorney(s) the authority to request medical records should this be required when considering future care provision.

Without an LPA in place, if you were to lose capacity due an illness or serious accident, the only way for someone

to legally manage your affairs would be to apply to the Court of Protection for a Deputyship Order. This can be a lengthy, costly and emotionally draining to which there is no guarantee the Court would appoint the person whom is making the application. As Deputyship Orders can take time to be issued, there is often a period where no one has authority to make any decisions.

Planning ahead by putting LPAs in place provides clarity and peace of mind for both you and your loved ones. It means your wishes are respected, and allows you to give those closest to you the legal authority to act swiftly and confidently on your behalf.

Whereas an LPA takes care of your affairs during your lifetime, it's important not to overlook the importance of a Will which takes care of your wishes after your death. A Will ensures that the right persons are appointed to deal with your estate and that your estate passes to your intended beneficiaries. Together a Will and LPA provides vital protection to both you and your loved ones.

If you would like to enquire about making a Will or Lasting Powers of Attorney please contact Esther Trevelyan (Head of Private Client):

esthertrevelyan@hcbgroup.com



Your Trusted Local Legal Experts.

Delivering exceptional legal services tailored to both individuals & businesses.

We have expertise in

- Education Law
- Residential Conveyancing
- New Build Conveyancing
- Commercial Property
- Business Transactions
- Wills, Probate & Private Client (later life planning)
- Litigation
- Family Law
- Employment Law
- Criminal Law
- Medical Negligence
- Personal Injury



Bristol: Aztec West
t: +44 (0)1454 275 190

Cardiff: Cardiff Gate Business Park
t: +44 (0)29 2240 8700

Find out more
www.hcbgroup.com



ENJOY
3 WEEKS FOR
THE PRICE OF 2!

THIS SUMMER, LIVE THE LIFE YOU DESERVE AT LOVELL PLACE LUXURY CARE HOME

Discover a place where comfort meets care. Our home offers exceptional living, exquisite surroundings, and discreet support whenever you need it.

Schedule a private tour today:

0117 171 2313 | enquiries@hamberleycarehomes.co.uk

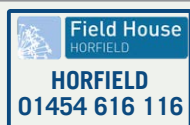
Lovell Place, Sparrowbill Way, Patchway, Bristol BS34 5AU



Alternatively, visit our other luxury care home near Bath:
Search **Meryton Place Care** to find out more.

FEEL AT HOME WITH EXCEPTIONAL CARE

- ✓ In-house physiotherapy team
- ✓ Continuous decor upgrades
- ✓ Automated care plans
- ✓ 24/7 on-site nursing support
- ✓ Adapted wheelchair car
- ✓ Idyllic gardens & grounds
- ✓ Amazing activities plan



**YOUR SPACE,
YOUR WAY
MEET, WORK
OR CHILL**



Find out more
0371 942 9014
ihg.com #YourPerfectSpot

- Free WI-FI
- 3 hours free parking
- Starbucks coffee
- All day dining

Now open, find us
**Holiday Inn, Filton Rd,
Bristol, BS16 1QX**

Holiday Inn

AN IHG HOTEL
BRISTOL FILTON

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.



- Most holiday makers prefer to book via an ATOL Protected Travel Agent. In fact, as polled by ABTA 52% of consumers are happy to pay more to book with an ABTA member (up from 47% last year!).
- 73% say they only trust companies that are ABTA members (up from 63%).
- A massive 88% are more likely to book with an ABTA member over a non-member.

NOT JUST TRAVEL
Andy Cunningham



- 84% say brand awareness – growing fast, especially with younger travellers.

People want peace of mind, confidence, safety, and expertise when booking a holiday – and that's exactly what we offer every day.

We can help with planes, trains, automobiles and ships. From package holidays, specialist tours, ski, golf, ocean and river cruises and staycations.

- Talk to me about my Zero Interest Monthly Payment Plan and let's plan the dream holiday that you so deserve.
- WhatsApp or call on **07863 802342** or book a Video call appointment with me! Just message or call me to arrange!
- Prefer face to face? My pleasure! If you're local to Bristol area we can meet up in my office and chat over a coffee! Just contact me to arrange at my office Village Hotel Bristol, BS34 6FG!

email: andy.cunningham@notjusttravel.com
https://andycunningham.notjusttravel.com/
FB; <https://www.facebook.com/NJAndyCunningham/>

ABTA (K9413) Accredited and ATOL Protected Holidays

Cruise Specialists and CLIA Member (Cruise Lines International Association)

POST 16 OPEN EVENTS FOR SEPTEMBER 2026 ENTRY



Abbeywood Community School
Tuesday 4th November / 5:30pm - 7:30pm
www.abbeywoodschool.com



Bradley Stoke Community School
Wednesday 5th November / 5:30pm - 7:30pm
www.bradleystokeschool.co.uk



Winterbourne Academy
Thursday 6th November / 5:30pm - 7:30pm
www.winterbourneacademy.org.uk

Further information on booking talk times and attendance can be found on the Olympus Academy Trust website and also on individual school websites



Subject staff will have stalls on the night for students to talk through the different courses on offer.
Information about courses can be found here:
www.olympustrust.co.uk/post-16/

SECONDARY SCHOOL OPEN EVENTS FOR COHORT 2026



Abbeywood Community School
Tuesday 16th September / 5:30pm - 7:30pm
www.abbeywoodschool.com



Bradley Stoke Community School
Tuesday 23rd September / 5:00pm - 7:00pm
www.bradleystokeschool.co.uk



Lyde Green Community School
Monday 15th September / 6:00pm - 8:00pm
Wednesday 24th September / 6:00pm - 8:00pm
www.lydegreenschool.org.uk



Patchway Community School
Thursday 18th September / 5:30pm - 7:30pm
www.patchwayschool.co.uk



Winterbourne Academy
Thursday 25th September / 5:00pm - 7:30pm
www.winterbourneacademy.org.uk

Further information on booking talk times and attendance can be found on the Olympus Academy Trust website and also on individual school websites



Subject staff will have stalls on the night for students to talk through the different courses on offer.
Information about courses can be found here:
www.olympustrust.co.uk/post-16/

IS YOUR CHILD STARTING PRIMARY SCHOOL SEPTEMBER 2026

Want to find out more about the process involved?

COME ALONG TO OUR ADMISSIONS
INFORMATION EVENT EVERYONE WELCOME

**Monday 29th
September 2025**
Starts at 5:00pm

Bradley Stoke Community School, Fiddlers Wood Lane,
Bradley Stoke, South Gloucestershire, BS32 9BS

Bring along your children and join us for a cup of tea and a biscuit. All parents and carers welcome not just those intending to apply to an Olympus Trust School!
There will be an informative presentation at the start of the event so please arrive promptly, this will be followed by questions and a chance to chat with Primary Headteachers and Admissions Co-ordinator. This event will last about an hour.

Register your interest at:
olympustrust.co.uk/NewsandEvents

Further information on booking talk times and attendance can be found on the Olympus Academy Trust website



www.olympustrust.co.uk

PRIMARY SCHOOL OPEN EVENTS 2025 - 2026

Bradley Stoke Community School
Tuesday 7th October / 6:00pm - 8:00pm
www.bradleystokeschool.co.uk

Callicroft Primary Academy
Thursday 16th October / 5:30pm - 7:30pm
www.callicroftprimary.co.uk

Charborough Road Primary School
Thursday 9th October / 5:30pm - 7:30pm
www.charboroughroadprimary.co.uk

Filton Hill Primary School
Wednesday 8th October / 5:15pm - 7:15pm
www.filtonhillprimary.co.uk

Meadowbrook Primary School
Thursday 2nd October / 5:00pm - 7:00pm
www.meadowbrookprimary.co.uk

Stoke Lodge Primary School
Tuesday 14th October / 5:00pm - 7:00pm
www.stokelodgeprimary.co.uk

Further information on booking talk times and attendance can be found on the Olympus Academy Trust website and also on individual school websites



www.olympustrust.co.uk



Update from the children at St Mary's Catholic Primary School - Year 6 Camp



On June 2nd, year 6 went on an extreme trip to PGL! We stayed there for 2 nights and 3 days. But I must warn you these days go by very fast because you will have so much fun and not one bit of boredom. The trip to Barton Hall (Devon) took around 2 hours and 10 minutes so you are welcome to bring a book, sing songs or just chat with your friends.

Camp is all about having fun with your friends and facing your biggest fears! To conquer challenges, you need to work as a team but if you are on your own you need confidence and strength to complete them. You will get various activities to do and these activities are: paddleboarding; you get to jump into the water and catch rubber duckies (mega fun), Archery tag, it requires a lot of skill so be prepared! We also had Jacob's ladder which was very slippery because it was pouring down with rain but that didn't stop us from pushing through and having A BLAST! Swimming was next (the pool was heated) and then we headed to orienteering. Now the scariest of all ... Abseiling! Once you start doing it, it's not as scary as you think.

When we had free time, we played games and sang songs; our class's favourite was the jungle game. Also, whilst you walk to your activities, we always sang songs. Not just any songs, some HILARIOUS songs. You might be wondering how the food is but trust us it is amazing! You have various options to choose from so if you are one of those picky eaters you don't have to worry. You sleep in accommodation; once you walk in you are greeted with a clean room with an en suite bathroom. Sharing a room with your friends is very interesting, but you will end up in hysterical laughter together!

In summary, camp is surely something you would not want to miss! You will make memories that will last a lifetime and you will realise how much you need your friends to help you. There are many opportunities

to try out things you would never imagine yourself doing. We all loved it!

By Maria and Liliana Y6

On 2nd-4th June 2025 for our residential trip, Year 6 St Francis class went to PGL camp in Devon, Torquay, Barton Hall. When we arrived at camp we received out accommodations and the adventure started!

In the afternoon, we all thoroughly enjoyed paddleboarding and balloon splash, as they were both water-based activities and included teamwork. Although it was raining, on the 2nd day, we had the most challenging activities: Jacob's ladder and abseiling, but then we had a relaxing swim in the warm, spacious pool! It had stopped raining by then and the sun was back! Before we left, we were able to have rifle shooting and buggy-building too.

We all missed camp so much when we had to leave. Overall, our favourite activity was paddleboarding, however we really liked the campfire and buggy building, as well. During campfire we sang silly songs and ate roasted marshmallows. One of our favourite songs was "Petunia Petunia" which was very repetitive, yet so enjoyable! Buggy building was a blast as we got to build our own buggies and ride them. The teachers even joined in!

In general, we all loved this trip and wished we could stay longer! We recommend this to year 5 and all the future classes.

By Freya, Alice and Megan



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



BCRM

Bristol Centre for
Reproductive Medicine

www.fertilitybristol.com

BCRM Bristol's longest running fertility clinic, provides expert advanced fertility assessment, treatment and advice.

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



A Wonderful Season of learning and adventures at nursery!

The past couple of months have been full of joy, discovery, and meaningful moments at nursery. From exciting day trips to thoughtful conversations, our children have experienced a rich variety of activities that have helped them to grow, connect, and explore the world around them.

We kicked off this season of adventures with trips to the Bristol Museum and Art Gallery, where the children were captivated by the fascinating exhibits. From ancient artefacts to towering dinosaur skeleton, their curiosity was truly sparked! Preschool children dived into the deep blue with a visit to the Bristol Aquarium, where the children got up close with colourful marine life and learned about the importance of protecting our oceans. Once of the most exciting outings was our trip to Weston-Super-Mare, where we enjoyed a classic day at the seaside!

Back at nursery, we have been busy too! We celebrated World Bee Day, where the children learned all about the importance of bees in our ecosystem. Through fun crafts and nature walks, we explored how these tiny creatures make a big impact. We also took time to talk about our feelings during Mental Health Awareness Week, helping children to understand and express their emotions in healthy and supportive ways.

A particular heartwarming experience was our visit to a local nursing home. This inter-generational connection brought so much joy to both the elderly residents and our little learners.

As we look ahead to the summer, we are filled with excitement for the adventures still to come. Whether near or far, every day brings something new to discover, and we can't wait to keep exploring, learning, and growing together.

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



Ambourne House WE ARE OPEN Monday to Friday
DAY NURSERY & PRE-SCHOOL 7.30am to 6.00pm

- Private Day Nursery & Pre-School Offering Excellent Care & Education
- Only Local Nursery Offering the Montessori Approach
 - Grant Places for 2, 3 And 4 Year Olds
- Homely & Stimulating Environment • Amazing Outdoor Play Areas

Take a look at our website ambournehouse.co.uk
and follow us on Facebook



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

ambournehouse@3abcare.co.uk

T. 01454
615352



Tockington Manor School and Nursery

for boys & girls aged 2 - 13



OPEN DAY - Friday 19 September

By appointment only. Book your space today!



We're more than a school. We're a family.

Set on 28 acres of countryside just a few miles from Bradley Stoke, we offer small friendly classes, a family approach to education and wrap-around care for busy parents. Find out how we could be the perfect fit for your family.

Call 01454 613229 or email registrar@tockingtonmanorschool.com
www.tockingtonmanorschool.com

Tockington Nursery Shines in South West Awards

Tockington Manor School's on-site Nursery has been recognised as one of the Top 20 providers in South West England.

Presented by Daynurseries.co.uk, the accolade recognises its exceptional nursery provision and commitment to early childhood education among over 1,300 other nurseries in the region.

"We are absolutely delighted to receive this recognition." Says Headmaster of the School and Nursery, Stephen Symonds. "It is a testament to the passion, creativity, and hard work of our Nursery staff, who create a vibrant, inclusive, and inspiring environment for our youngest learners every day."

The Top 20 Awards are based on reviews from parents and carers. Tockington Manor Nursery received praise for its child-centred approach, strong family partnerships, and dedicated team of early years professionals. *"The Nursery at Tockington Manor is absolutely fantastic and our kids are so happy there."* Said one review. *"From welly walks in the school grounds, sports days in the walled garden, to swimming in the pool, it really is an incredible and natural environment for the kids to enjoy and benefit from."* The Nursery is well recognised for its imaginative play-based curriculum, excellent facilities, and strong focus on wellbeing and development, as well as its specialist teaching in French, swimming and music.

Parents and carers also highlighted the positive impact the Nursery has had on their children's confidence: *"I've seen such an improvement in her learning since she started, and I feel confident knowing she's in such a nurturing environment. Highly recommend TMS to any parent looking for a place that truly fosters growth and happiness!"*



Daynurseries is one of the UK's most comprehensive nursery directories with almost 15,000 facilities listed, 1,314 of which are in the South West. Tockington Manor Nursery is also the only early years provider in the Top 20 which is attached to an independent prep school, making it the perfect start for children's school career.

"We would like to congratulate Tockington Manor Nursery on being rated by parents as a top nursery in South West England! It is a huge achievement to be rated so highly by the families and carers of children who attend the setting." Says Amanda Hopkins, reviews manager of daynurseries.co.uk.

To see Tockington Manor Nursery reviews go to <https://www.daynurseries.co.uk/daynursery.cfm?searchazref/65432218677>



School stops for summer, learning doesn't have to



Keep your child's education on track over the summer months

Whether you want your child to retain their school learning or catch up on any weaker topics this summer, find out how Kumon study can help your child catch up and get ahead.

Bradley Stoke Study Centre
07808 720208

kumon.co.uk
This centre is Ofsted Registered
at home | in centre | online

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





Two Top Authors visit Wheatfield Primary School

At the beginning of May, Wheatfield welcomed two fantastic authors.

Abi Elphinstone (top photo) came to visit KS2 to promote her Ember Spark series. She spoke to the children about how she finds her inspiration for stories from ordinary every day objects and asking 'what if...'

Lots of children returned to the classrooms keen to write their stories. Scarlett (Y3) was really excited to meet Abi as she has read all her books!

The following day Cressida Cowell (photos right) visited Wheatfield on Day 1 of her Dragon School Tour. She gave a fantastic presentation to years 2-6 about her new book 'How to Train your Dragon School: Doom of Darkwing'.


After her presentation, Cressida spoke with children about their artwork.

'It is so cool that she came to see us at Wheatfield' Niva (Y4)



You are invited!

25th Anniversary of St Mary's Catholic Primary School



Join us as we celebrate this special milestone with a Mass of Thanksgiving. Past staff, parents, students, and members of the community are warmly welcome.

Monday, 21st July
9:30 AM

Come and celebrate with us at St Mary's Refreshments will be served after Mass.

DOGGIE HIKES

Not just a walk, it's a woodland adventure!

Dogs are collected, safely transported in a van with crates and walked in country woodlands in a maximum group of 4. All dogs are fitted with GPS trackers and their live location is shared with you.

Call/WhatsApp: **07352 460 537**

Email: manvir.malhi@doggie-hikes.co.uk

FB: <https://www.facebook.com/doggie.hikes.mm>

ECO DEVELOPMENT FOR SUSTAINABILITY

SOLAR BIKES

In the UK there are around 1500 high-rise buildings and many of them have solar panels on their roofs. Solar panels can produce electricity. A bike with solar panels can be used to power a small light or a small fan. This is a great way to use renewable energy.

SELF-CHARGING AIR CONDITIONING

The street vacuum is an appliance that cleans the streets and pedestrian paths. The street vacuum collects litter and puts it inside its bag. After it is full, it is taken to the nearest bins and sorted. The litter is then collected. The street vacuum is powered by solar panels and a small fan. This is a great way to use renewable energy.

CYCLE FOR ENERGY

Cycle for energy is a smart and efficient way of generating and producing energy. It is a great way to use renewable energy. A cycle can be used to power a small light or a small fan. This is a great way to use renewable energy.

SENSOR-CONTROLLED ESCALATOR

Normally escalators run continuously when it rains all the time it wastes a lot of electricity. Making it sensor operated means it only runs and uses energy when something or someone approaches it.

WINDMILL POWERED HOUSES

Here in the UK there are around 20 million houses and buildings. The other thing we have a lot of is wind. If both of these things were combined we could produce up to 600 billion watts of energy as one small windmill can produce around 400 watts to 20 kilowatts electricity.

AT SCHOOL WE CAN BE GREEN

At school we can be green by using renewable energy. We can use solar panels to power our lights and our computers. We can use wind turbines to power our fans. We can use rainwater to water our plants. This is a great way to use renewable energy.

Holy Trinity's Net Zero Heroes!

For the past few years, Year 5 and 6 pupils at Holy Trinity Primary School have taken part in the 'Net Zero Superheroes' competition run by AtkinsRéalis. The idea is to inspire younger generations to make an impact and consider careers in engineering by teaching them about the challenges of meeting Net Zero, particularly from an engineering perspective.

During this time, the children who attend design and build several projects from recycled materials such as a wind turbine, a nuclear fuel transporter and a solar oven in which they cooked a marshmallow! These practical activities inspire them to create their own inventions which they research, design and present to enter the competition.

The aim of the competition is to create innovative designs that could be developed towards helping their school or local community contribute to Net Zero.

This fantastic opportunity is always an exciting time at Holy Trinity where the talents and creativity of our children really can shine in an impactful way that could one day help make the world a better place.

This years' entries included 'Music Wave Productions', which uses sound waves to create energy; plans for an Eco-School which harvests rainwater, encourages children to 'play for power' and has plans for food sustainability; and 'Re-Becca', a waterproof robot who will tackle the problems of ocean pollution!

For each of the last three years students from our school have made it through to the national finals. This year AtkinsRéalis had 260 submissions from 40 schools across the UK. Being a finalist involves presenting their ideas to a judging panel of industry experts in a 'Dragons Den' style pitch and answering questions about their inspiration and aspirations for their design in the future. This can be a little scary but the children's passion for their projects really shines through when they explain their ideas. Pupils from our school have placed third twice receiving prizes for themselves and their class for their efforts and we have also been 'Highly Commended'.

With so many fantastic ideas about how we can harness energy and reuse as much as possible, maybe the future of our planet is in safe hands!



Transform Your KITCHEN

for a fraction of the cost!

save
£250

when you mention
this advert



Before

After

Find out how we can transform your kitchen
with less hassle, in less time and at a lower cost.

01172 565 089
www.kitchenmakeovers.co.uk

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

Next Repair Cafe dates - 12th July, 9th August, 13th Sept at 10am



THORNBURY IS MORE THAN JUST A GOLF CLUB



MEETINGS



FUNCTIONS



ACCOMMODATION



For more information please visit our website
or email info@thornburygc.co.uk



Celebrate in Style at Thornbury Golf Club

Parties, Prosecco & Plenty of Festive Fun

Thornbury Golf Club is swinging into the social season with a packed calendar of events guaranteed to get the party started. Whether you're marking the end of the school term, toasting to the holidays, or counting down to 2026, there's something for everyone on the horizon at this popular local venue.

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

THORNBURY
Golf & Lodge

WARDS
SOLICITORS

solving your legal problems ...locally

For You:

Accident and Injury | Cohabitation | Conveyancing | Court of Protection | Crime | Disputes
Employee Relocation | Employment | Family Law and Divorce | Medical Negligence
New Homes | Notary Public | Probate | Probate Disputes | Wills and Mental Capacity

For Your Business:

Business Disputes | Business Employment | Business Relocation | Commercial Property
Commercial Services | Crime | Debt Recovery | New Homes Developers | Notary Public

Get in touch: 01454 204880

6-8 Fountain Court, New Leaze, Woodlands Lane, Bradley Stoke, Bristol BS32 4LA

wards.uk.com

Premier Homecare recruiting now!

Care Assistants, full-time and part-time opportunities

- Up to £16 per hour
- 45p per mile
- Block pay
- Flexible hours to suit lifestyle
- Fully paid travel time
- CQC rated 'Outstanding'
- Refer a friend scheme
- Training and support provided

PREMIER HOMECARE
Part of Trinity Homecare Group



Call and speak to our friendly
recruitment team today on

03331 882 415

SCAN ME TO APPLY



premier-homecare.co.uk

Moonlight Memory Walk Returns to Clevedon for a Night of Remembrance and Reflection

Children's Hospice South West (CHSW) is inviting the local community to come together for a heartwarming evening of remembrance as the Moonlight Memory Walk returns to Salthouse Fields, Clevedon, on Saturday 4 October.

Now in its third year at this beautiful seaside location, the event offers a special and uplifting opportunity to honour the memory of loved ones. The evening begins with a touching memory ceremony before participants set off on a peaceful 5 km walk along Clevedon's scenic seafront. Along the route, walkers will encounter reflective moments, live music and meaningful activities that provide space for remembrance and celebration.

"This is a very special evening for anyone remembering a loved one," said Hollie Thorogood, Events Fundraiser at CHSW. "Whether you're walking in memory of a child, parent, grandparent or friend, the setting and atmosphere offer a truly meaningful way to celebrate their life."

The event welcomes people of all ages and backgrounds, and encourages participants to raise sponsorship in memory of their loved ones. All funds raised will support the vital work of Charlton Farm, CHSW's local children's hospice in Wraxall, which provides care and support to children with life-limiting conditions and their families.

Last year's event raised over £19,000, and this year's walk promises to be just as moving and memorable, with a heartfelt speech from Jessica, a parent whose family has been supported by the hospice.

To take part or find out more, visit www.chsw.org.uk/moonlight or call 01726 871 800.

This year's Moonlight Memory Walk is generously sponsored by Irwin Mitchell.



1st Stop Accountancy & Tax Services Bristol Ltd

Based in North Bristol

Reliable and Affordable Bookkeeping, Accountancy and Taxation Services

Free quotes and initial consultations

0117 298 0054

0779 213 3175

info@1st-stopaccounts.co.uk

www.1st-stopaccounts.com



HARBORD
OPTICIANS

Welcome to Mike Harbord Opticians - a family practice in Winterbourne Village.

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

A wide range of spectacles from NHS to handmade and bespoke frames.

Call today for an appointment

01454 775530

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX

The Curious Roast

An exclusive Sunday roast experience at Curious Kitchen.

First Sunday of every month 12.30pm - 2.30pm

Two courses £28 per person
Three courses £35 per person

To book call 01454 201090 or
scan the QR code for more information



Aztec West, Almondsbury, Bristol BS32 4TS
01454 201090 | aztechotelbristol.co.uk

Can Hambrook Sports Club be saved this winter?

Is there a more quintessentially British summertime sound than the gentle 'thwock' of leather on willow? A cricket ball soundly meeting a bat immediately conjures thoughts of sun-soaked afternoons, crisp white flannels and –naturally– a refreshing tipple to top it off. Hambrook cricket club is one of Bristol's oldest; founded in 1846, the game has been played on Whiteshill Common since 1878.

In the member-subsidised bar, older members fondly recall county cricket tours. (And their associated adventures!) Three senior teams play at the club; on Friday evenings you'll find the Common filled with youngsters learning the rules of the game, surrounded by parent volunteers helping mentor, staffing the bar, or enjoying a drink in the sun. And yet, sadly, the coming winter could call time on this invaluable community asset.

"Covid really took a toll on our members," says Mitch Vardy, Club Treasurer, "Our bar used to be full of members seven days a week, with the function room calendar packed with bands, birthday parties, and even weddings. People don't realise we're still here, with the bar open on Fridays, Saturdays and match days. Then there's the cost of living, which has hit everyone hard, but our winter fuel bills are just killing us."

Hambrook Sports Club Committee recently held a forum to invite members to think of ways to save the club. "It won't take much community involvement

to keep us afloat this winter," says Dr Alastair Kilfoyl, Club Chairman, "We're working with a highly-qualified fitness instructor to offer pilates, a mother-and-baby, and a yoga wheel class to the local community during the week. What we need to get us through this winter is for more people to book the function room for events – it's perfect for kids parties, or classes. Just one extra booking a month could make all the difference. Although, we wouldn't say no to more social members coming to support the bar – so we can start getting proper craft ales in on draught!"

Search Hambrook Sports Club on Facebook to find out more about this special community.

The club website is being relaunched with more details at www.hambrooksportsclub.co.uk.

Alternatively, email hambrooksportsclub@gmail.com for more information and to book.

House CLEANING SERVICES

We provide personalised cleaning services to meet your needs.

- Reliable • Friendly • Professional Cleaning
- Reasonable Rates

Call Now: 07759 461 915
Cleanandshinyhomes@mail.com

100% SATISFACTION GUARANTEED

Chris Ridgway
Mortgage & Protection Advisor

0117 931 4423 / 07771 888 792
13 Brake Close, Bradley Stoke, BS32 8BA
chrisridgway@ccfpm.biz www.localmortgage.co.uk

Crystal Clear Financial Planning & Mortgages is a trading style of Martin Jones Financial Planning Consultants LLP, which is an appointed representative of The Openwork Partnership, a trading style of Openwork Limited which is authorised and regulated by the Financial Conduct Authority.

SAGE & HOLLOW

**WILLS | POWER OF ATTORNEY
CONTRACT DRAFTING & REVIEWS**

In-Person or Online
Evening & Weekend Appointments
Fixed Fees With No Hidden Costs
Expert Legal Services for Peace of Mind
Serving North Bristol & South Glos

enquiries@sageandhollow.co.uk
www.sageandhollow.co.uk T: 07923 565610

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



MODERN

CLASSIC

TRADITIONAL

CONTEMPORARY

- › Up to 50% less than a new fully fitted kitchen
- › Replacement kitchen doors
- › Cost effective made to measure solution
- › Worktops and appliances
- › Quick installation in 2-3 days by local professionals

11-12 The Promenade,
Gloucester Road,
Bristol, BS7 8AL

Call us now for a free estimate:

01179 443 223

Checkatrade.com 9.8/10
Where reputation matters

dreamdoors.co.uk

THE UK'S #1 KITCHEN MAKEOVER COMPANY



Local Holistic Courses

with experienced holistic therapist Dawn Clode Lic MET Lic CR

Would you like to be empowered with the skills and knowledge to enable you to treat minor ailments at home? Dawn has been teaching Reiki and Seichem for over ten years, and began teaching other therapies in 2018. She has now developed courses for the "lay person" to enable them have a better understanding of holistic therapies, for them to use safely at home on themselves, their families and friends.

Are you a Therapist looking to add to your portfolio? If you are a professional therapist looking to add to your skill set, Dawn runs courses in Reiki 1, 2 and 3

(Master), that enables you to become a certified practitioner. In fact, if you would like to learn any of the below therapies to a professional level, contact Dawn to find out what base qualifications you need to have in place, before starting.

Dawn is offering a range of Holistic Learning Courses in North Bristol during 2025. You can book on to individual or small group courses, starting at £125. Simply select the holistic discipline you are interested in learning about. Dawn can tailor a course to your holistic learning interests.

You can select from a series of introductory courses in Anatomy, Aromatherapy, Homeopathy, Kinesiology, Massage, Mindfulness, Reflexology as well as Certified Reiki courses at all levels.

Get in touch: For more information and to book onto a course, contact Dawn on, **0795 1099 491**

www.life-and-soul-empowerment.co.uk

Dawn is a knowledgeable and enthusiastic teacher. I have studied several different topics with her including reflexology. She is able to present the information in a positive and accessible manner.

Student Sarah Cox



Students Sarah & John practicing Reflexology

CleanOvenCo

Summer Offer!

10% OFF

ALL bookings made from 01.06 to 31.08

USE CODE: BSMOFF10

Get in touch, or visit our website for more details



07942 863741



info@cleanovenco.co.uk



cleanovenco.co.uk

*T&C's Apply

Local Resident Publishes First Novel: *The Furniture Being* by Simon Ingsworth

We were pleased to hear from local Bradley Stoke resident John Edwards, who has published his first novel.

John (who writes under the pen name Simon Ingsworth) tells us he has a strong interest both in the spiritual world and in neurodiversity (the latter being something he experiences first hand, having been diagnosed with Asperger's syndrome in 2013). He started writing *The Furniture Being* in November 2023 to raise awareness and to support people who have similar diagnoses such as Autism, ADHD, Bi-polar amongst others, which affect their everyday lives. In this book John has also tried to represent the creativity and historical significance of Britain and British culture as well as a foreigner's perspective on Filipino culture and cultural values.

The Furniture Being is about Alexander who, grieving the loss of his mother, feels alone and isolated. His days consist of lying in bed, watching tv and entertaining himself through reading books and playing chess. He has lost the ability to socialise and is unable to find work. This all starts to change when he encounters a Victorian creation who takes a liking to him. This marvel takes Alexander on a journey of self-discovery: Employment: Romance: Travelling: personal independence - what could possibly go wrong?

Join Alexander on a journey that will take you through some of the harshest and most soul-destroying times, but also through the most beautiful and uplifting times. This is a story full of triumph, struggles and the battle for every inch of success. This is a story that will fill you with every emotion imaginable. This is a story that you will never forget.

The book is available on Amazon in paperback or Kindle versions.



Reader Reviews on Amazon:

"If you are looking for a refreshingly different novel, which blends pathos, humour and fantasy then buy or download a copy of this book now."

"An entertaining, moving, and insightful story."

THORNBURY Art Club 60th Annual Summer Exhibition

The Thornbury Art Club is excited to announce its Diamond Annual Summer Exhibition! The artworks depict a wide variety of subjects and materials. Many are for sale, some for as little as £10. There's nothing like having some original art to adorn your home!

Our members range from people who have started creating this year to people who have been members for many years, amateurs and professionals. You will have a chance to meet and talk with the artists, and be able to stock up on greeting cards. Claire Young MP will be attending to open this special event and on the Saturday mornings you're invited to have a go at some sketching with us.

Everyone is welcome, free entry, wheelchair accessible.

26th July - 3rd August 2025
Monday to Sat 10 am - 6 pm, Sunday 2 pm - 4 pm.

Thornbury Methodist Church Hall, door off Castle Court, BS35 2FS.



You too could be a Thornbury Art Club Member

Be part of a vibrant, friendly, supportive art club with monthly demos, exhibitions and creative meet-ups. Learn, create and connect with like-minded people.

More information is available on our website
www.ThornburyArtClub.co.uk



Classic Cleaning Services

With over 20 years experience we offer a range of Professional Commercial and Domestic Cleaning across the local area.

Our team of trained, friendly and reliable staff, use tested products and offer a Weekly or Bi-Weekly service, as well as "One off" Spring Cleans.

Contact us for a free quote on:
07891 679339 or 07496 021151
E-mail: info@classic-cleaning.co.uk



MEDWAY DESIGNS

Sewing & Alterations

- Bridal Wear • Alterations • Day & Evening Wear
- Soft Furnishings & re-upholstery

Ask about sewing lessons

Delivery & Collection Service Available

Lois Coulson - 0117 969 1798 / 07950 396064

loiscoulson@gmail.com

14 Watch Elm Close, Bradley Stoke



THE FILTONES CHOIR

invites you to its



22nd Annual Charity Concert

FRIDAY 11th JULY 2025

at 7.30 p.m.

at St Andrew's Methodist Church
Elm Park, Filton, Bristol BS34 7PS

TICKETS £10

IN ADVANCE FROM MEMBERS OF THE CHOIR, OR AT THE DOOR

Cash or Cheques only on the door please

Refreshments available by donation please

Accompanied School Age Children free of charge

Raffle and Retiring Collection in
aid of the Charity

inHope.

For those who need us most

For further information please ring 07870 984760

Or check out our website www.thefilttones.co.uk

DJF HOOLE & CO

PART OF THE DJF SOLICITORS GROUP

Do you have a Will? Don't leave it to chance.

Over half of the UK die without making a Will, risking everything they own by letting the law decide who should inherit. Make your Will today and ensure peace of mind for the future.

OUR SERVICES INCLUDE:

- Lasting Powers of Attorney • Trust Registration • Probate
- Estate Administration • Wills • Court Protection

HOME VISITS AVAILABLE

Hoole & Co. 65 Gloucester Road, Patchway, Bristol, BS34 5JH

Tel: 0117 9691436 | Email: enquiries@hooleandco.co.uk | www.hooleandco.co.uk

ROOFING SERVICES

07593 704412
caseywebb@hotmail.co.uk
www.webbsroofing.co.uk

Over 15 Years Experience

NO JOB TOO BIG, OR TOO SMALL

SERVICES

- New Roofs
- Roof Tiling
- Timber Work
- Dry Verge Systems

SOLUTIONS

- Roof Repairs
- Lead Work
- Flat Roofing
- Chimney Repairs
- Fascia, Soffit & Guttering

✓ Honest
✓ Reliable
✓ Local

FREE QUOTATIONS
7 DAYS A WEEK

WRS
WEBBS ROOFING SPECIALISTS LTD

Fully Licensed

NEED HELP SELLING PROPERTY?

NATHAN LITTLEBOY

DEDICATED LOCAL PERSONAL ESTATE AGENT

07880 496 470
www.nathanlittleboy.exp.uk.com
nathan.littleboy@exp.uk.com

• 24 YEARS EXPERIENCE
• AVAILABLE 7 DAYS INCLUDING EVENINGS
• PROFESSIONAL PHOTOS & FLOORPLANS
• RIGHTMOVE / ZOOPLA / ON THE MARKET / SOCIAL MEDIA

I cannot express how much Nathan has helped me during the sale and even the purchase of my new property. He helped in every way possible night and day. Always contactable even out of hours. I've never known an estate agent put as much effort into selling a property as Nathan has. I could not recommend him enough.

S.Kelly, Downend

AMD Solicitors welcome Jennifer Chudleigh to family department

Any form of family dispute is an incredibly challenging time for all individuals - including those that are closely connected to them. Whether it is dissolution of a marriage or civil partnership, reaching a financial remedy or making arrangements for children of separated parents. Instructing the right person to be in your corner is not only about legal knowledge and expertise, but also about someone who has the life experience to empathise with your situation.



Jennifer has been practicing family law for many years, both in the South West and London, dealing with a broad range of demographics and communities. She joins the family team at AMD, headed by Jo Morris, specialising in Divorce/Civil Partnership dissolution; Financial Remedy matters, cohabitation disputes; disputes concerning children and pre-nuptial agreements.

Jennifer understands that any form of family dispute is stressful and traumatic for those involved and therefore provides friendliness and unwavering empathy to her clients – all whilst delivering a practical approach to resolving disputes. She takes time to understand her clients, familiarise herself with their needs and advise on their best course of action. Jennifer believes that reaching a solution with the client is always better than telling the client what to do.

Working collaboratively and maintaining communication is important for anyone navigating family trauma, and having the right Solicitor who encourages this will produce the outcomes that works best for all involved.

Jennifer is based at our office at 100 Henleaze Road. For advice on divorce, child arrangements and family law please contact Jennifer or any other member of our team on 0117 962 1205 or email info@amdsolicitors.com.

PROCEILING

TRANSFORM YOUR CONSERVATORY

Is your conservatory too COLD in the winter and too HOT in the summer?

- Save money on heating bills.
- Use your conservatory all year round.
- Reduced rain noise.

Contact us today for a **free survey!**

01242 506 558
info@ProCeiling.co.uk

FIXED PRICE GUARANTEE **5-YEAR GUARANTEE**

Advice Making a Difference

AMD

SOLICITORS

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

EARTHWORKSUK

GRABS • TIPPERS • AGGREGATES • TOPSOIL • SKIPS



GRAB HIRE



TIPPER HIRE



AGGREGATES & TOPSOIL



SKIP HIRE

Earthworks UK are a local company that covers all aspects from waste removal to aggregate supplies. We pride ourselves on competitive pricing and giving a reliable service. If you haven't used us before give us a go, you'll be pleasantly surprised!



Enquire today. Tel: 01179 828265 | WhatsApp: 07782 472727
Email: info@earthworksuk.co.uk | Visit: earthworksuk.co.uk

USE YOUR LOFT SPACE

Bristol's & Bath's local specialists in loft boarding and loft insulation

Transform your loft
Gain storage space
Reduce your heating bills
Free up room and add value to your home

- Boarding & Clearance
- Insulation
- Ladders & Hatches
- Shelving, Lighting & Lining
- Enquiry response within 24 hours
- Better energy efficiency
- Price guarantee
- 350+ 5 star ratings on Trustpilot

Tel: 0117 2980810

E-mail: info@useyourloftspace.co.uk

Visit: useyourloftspace.co.uk



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

GET IN TOUCH TODAY for a **FREE** no obligation quote from the **ONLY** company in the South West & South Wales in the final of the industry's Prestigious G24 Awards.

Bristol: 0117 3134 862 **Exeter:** 01392 642 634

Newton Abbot: 01626 932 964

E: info@thewindowhub.co.uk
W: www.thewindowhub.co.uk



Bradley Stoke Library

What's-on July 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 10:45-11:15

Stories & 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!

Tuesday 15th 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



Lego™ Club

Tuesday 8th July

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.



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

Bradley Stoke & Little Stoke Gifford Matters is delivered to 15,000 homes across the Stokes. We also produce the Winterbourne & Frampton Matters, which is delivered to 6,500 homes across the local villages. To advertise your business with us, please call 01454 300 900 or email: sales@mattersmagazines.co.uk

Summer at Winterbourne Medieval Barn

Winterbourne Medieval Day 2025

What a fantastic day the community enjoyed on Sunday 8th June, when 650 people came through the gates to experience some recreated medieval festivities. The varied programme of activities included 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. Wandering jesters and live medieval music added to the entertainment. People enjoyed having a go at archery and traditional games, it even stayed dry all day!



Talks – 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 1360. He was an important medieval figure, very close to the king, and fought at the battle of Crecy. As a result he became very wealthy, and St Michael's church contains amazing stone effigies of him and wall paintings which include his coat of arms. You can find out more about the man, the Barn, and his links with the church at an illustrated talk **The Story of Our Barn** on **10th July** at 7pm, and enjoy a summer evening looking round both the barn and church with volunteer guides on hand to answer questions.

On **Monday 4th August** we have a completely different talk from celebrated historian Prof Ronald Hutton, talking about King Arthur's great counsellor and magician, **Merlin**, the most famous wizard in traditional European literature. Merlin is a tantalisingly complex character found in both native Welsh legend and medieval French romance, but is he a historic figure or not? Ron Hutton looks at the original sources of the legend and its later development up to the present.

Music & Dance – The popular **Summer Barn Dance** returns on **Friday 18th July** at 7.30pm (picnics from 6pm). What could be better than a proper barn dance in a real barn? And a spectacular Heritage barn at that! Fabulous local band, Sargent's Mess provide the rousing tunes and experienced caller, Rob tells you the steps as you go along. No experience is necessary. Suitable for all ages. Chaos and fun guaranteed! And if you can't get up and dance, just come along and listen to the traditional folk music. Bar open from 6pm.

Theatre – Summer Dramas start with The Pantaloons' comic dramatisation of **Sense and Sensibility** on **Thursday 24th July** marking the

250th anniversary of Jane Austen. The Pantaloons are known for their family-friendly, funny, physical shows with live music and audience interaction, so this should be great fun.

The comedy continues on **Thursday 14 August** with the Shakespearian favourite **As You Like It** with all its cross-dressing chaos and confusion. As in the Bard's day, The Festival Players perform with an all-male company of skilled professional actors and a minimal touring set, to bring out the fun of this rom-com.

And on **Sunday 17 August** we have a relaxed afternoon production of **Cinderella** – expect magic, madness and plenty of silliness from IKP's unmistakable brand of "delightfully daft" family-friendly theatre. There will be designated spaces for guests who may find sitting still for a whole show challenging, and space to move for those who may need a sensory break.

Craft – In the summer holidays there is a **Mosaics** morning for adults and children (age 5–16) to take part in together on **Monday 18 August**. Bookings are also open for adult **Fused Glass workshops** on **16 September** to make a Wave in a Frame. Full details are on the website.

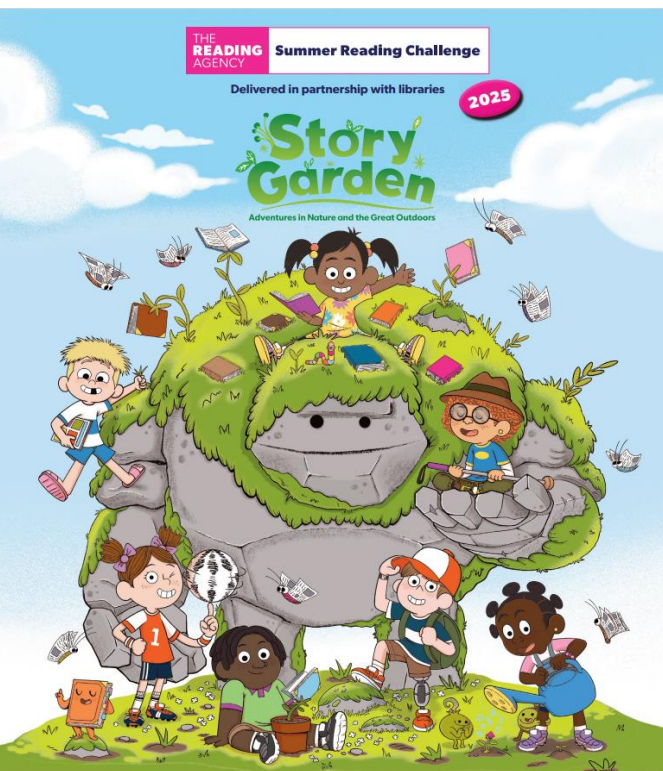
Nature at the Barn

August brings two very different **Nature Walks**. On **Thursday 7 August** local Bushcraft expert, Steve England does a **Walk on the Wild Side** at 10.30am, aimed at adults and children together. This two hour guided walk around the nature reserve looks at habitats, plants and trees, with fascinating facts and practical uses of them for food, medicine, bushcraft, and fire! On **Thursday 21 August** there is a **Bat Walk** at 8pm, followed by a drink and nibbles in the Barn. This bat walk is just for adults or teens.

Free parking at the Barn for all events. The Medieval Barn is fully accessible for wheelchairs.

www.winterbournebarn.org.uk | Facebook @winterbournemedievalbarn

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



summerreadingchallenge.org.uk

It's FREE and FUN! Earn stickers and rewards for reading!

Join at a South Gloucestershire Library from 5 July - 13 September and pick up your FREE activity pack.

www.southglos.gov.uk/summerreadingchallenge

For children aged 4 – 11. Available whilst stocks last.



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

1st Little Stoke Scouts - 1st Little Stoke Scout Group, Beavers, Cubs and Scouts. E: littlestokescoutgroup@outlook.com W: 1stlittlestokescouts.co.uk

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

Bradley Stoke Community Singers - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all info@bscsingers.co.uk or call 07725 890120

Bradley Stoke Lions meet every 2nd Monday in the Willowbrook Centre, 1st floor conference room at 7.30 pm Ailsa Young, 07737 106836 ambyoung29@yahoo.com

Bradley Stoke Radio - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 bradleystokeradio.org.uk

Bradley Stoke Rotary Club Meets on the 1st and 3rd Wednesday of the month at the Doubletree Hilton hotel in Bradley Stoke. Contact Secretary Karen on 07540 458119

Bradley Stoke Sew and So's - New members welcome! Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, bradleystokesewandsos.weebly.com

Gifford Ensemble - A small and friendly group looking to grow to a full orchestra. We rehearse Sunday evenings from 7.15 to 8.45pm at The Trust Hall, Stoke Gifford during Term Time. For more information find us on our Facebook page: Gifford Ensemble or e-mail secretary@giffordensemble.uk

Gifted drama group Saturday 10-11.30am. Term time at Holy Trinity church. Ages 8-12 years. Contact Hayley Thomas via church office 01454 620975

Girl Guides, Brownies & Rainbows - admingirlguidingbsg.org.uk, girlguidingbsg.org.uk

Goldies - a light hearted weekly fun sing along session for those who enjoy the songs from the 50s, 60s and 70s. Not a choir, just a get together to have some fun. We meet every Tuesday 2-3pm The Old School Rooms, Stoke Gifford. £3 per session. All welcome.

Knit, Stitch & Natter Bradley Stoke Library Thursdays 10am, bring your own project, just turn up and join our friendly group. Adults only.

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

Sevenside Ramblers - walks most Sundays and alternate Fridays. Check out our website for details <https://sevenside-ramblers.org.uk>

Silverwinds Flute Choir - meet once a month on a Thursday evening 19:00 - 21:00 at Christ the King Church. For more details please visit www.silverwindsflutechoir.co.uk or email silverwinds@michellekrawiec.co.uk.

St. John Ambulance - 100s of volunteer roles available for 18+. Your local unit meets in Bradley Stoke on a Thursday evening. More information at www.SJA.org.uk or e-mail the New Volunteers Team at BAS-NVTeam@sja.org.uk

Stoke Gifford Community Choir We are a friendly mixed choir singing a wide range of music. No auditions. We rehearse at Stoke Gifford Retirement Village Hall, BS16 1YG, on Tuesdays, 7.00-8.30 pm. For further details, email natasheya.archer@extracare.org.uk.

Stoke Gifford Royal British Legion Looking for members and volunteers. We meet 3rd Mon of each month 7:30pm Little Stoke Park Hall. Contact Ray: sgbinfo@gmail.com See us on Facebook . or <http://www.britisshlegion.org>

U3A - Bristol U3A - For retired or semi-retired. Meet new friends and enjoy an amazing range of interests and activities. See us at <https://www.u3asites.org.uk/bristol/welcome>. Our "Stokes" Social Group welcomes new members. Email Andy: andyclarke2@pm.me

Willowbrook Townswomen's Guild - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Call 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 Bradley Stoke 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, bristolxtreme@gmail.com

North Bristol Rugby Club, Rugby teams from 4+ www.pitchero.com/clubs/northbristoljuniorsrfc/ .

North Bristol Running Group friendly group, 3 evenings per week, Tues, Weds, Thurs, in the Bradley Stoke area. Tuesday evening is aimed at Beginners whilst all levels are welcome on any of the evenings. Alan 0789 0182387. Find us on FB.

North Bristol Triathlon Club: Swim, Bike and Run sessions throughout the week around North Bristol/South Gloucestershire. Suitable for all levels. Find us on Facebook or email membership@northbristoltri.co.uk.

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.bsec.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

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

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
Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com

NPD Decorating

Local Painter and Decorator

Professional, high quality
interior and exterior work

Contact Nigel:

07915 061314

nddecoratingsw@gmail.com

Capricorn

Complete Services

*We offer a huge range of
building services across the
local area*

- Windows
- Doors
- Conservatories
- Warm Roofs
- Kitchens
- Extensions
- Garage Conversions
- Garden Rooms
- Composite Decking

07508 066 854

info@capricorn-complete-services.co.uk

www.capricorn-complete-services.co.uk



BOUTIQUE BATHROOM DISPLAYS



NORTH BRISTOL BATHROOM SHOWROOM



**Gloucester Road
Almondsbury
Bristol
BS32 4HY**



Scan the QR code for a
No obligation
Survey, Design & Quotation
Appointment

Showroom opening hours:
Monday : Friday 8am-4pm
Saturday: 8am - 4pm
Closed Sundays & Bank Holidays



☎ 0117 980 7419
✉ showroom@nbbs.plumbing
📷 nbbshowroom
f North Bristol Bathroom Showroom

James Antony FLOORING

"Proud to deliver excellent products, installation and customer service all at a price the customer is happy with."

This is what Antony Egan shared with me when I caught up with him recently. He and his twenty-strong team are delighted with how well received and successful their showroom has been at 357 Filton Avenue, since they expanded from a mobile service two years ago. The business is pleased to be part of this community to which they love giving a helping hand to.

The professional flooring company fits Carpets, Luxury Vinyl Tiles, Laminate Flooring, Vinyl Flooring and Artificial Grass to both residential and commercial properties. They are proud to offer their customers excellent service at a competitive price. They offer discounts to OAPs and NHS workers, and promise to beat any like-for-like quotation on Carpets, Laminates and Vinyls.

To read 5-star reviews, and view the range of projects they work on, visit their Facebook page: [jamesantonyflooring](https://www.facebook.com/jamesantonyflooring) or [jamesantonyflooring.co.uk](https://www.jamesantonyflooring.co.uk) | T: 0117 401 8412 | M: 07584 674101



"I recently had my one bedroom flat carpeted throughout, everything supplied and fitted by James Antony Flooring. Antony was brilliant in helping me pick out the best carpet and underlay not only for comfort but also to help with noise reduction as I am in an upstairs flat. He also supplied and fitted the vinyl flooring for the bathroom. Not only did he beat any other quotes that I had from other people he beat the price with a better quality carpet and underlay than what I was priced for by others. James Antony Flooring is highly recommended by me and many others."

D-CR DOMESTIC APPLIANCES

DOMESTIC APPLIANCE REPAIRS

- WASHING MACHINE
- TUMBLE DRYER
- DISHWASHER
- FRIDGE FREEZER
- COOKER
- HOB OR HOOD

Tel 01454 850522 or 07917441539

EMAIL: d-cr@live.co.uk

www.d-crdomesticappliances.co.uk

Keith Usher

Painting, Decorating & Property Maintenance
Established 1991

Interior / Exterior / Insurance Work
Free Quotations / Advice
with no obligation

Tel: 0117 979 0536

Mob: 07778 536 780

235 New Road, Stoke Gifford, Bristol, BS34 8TQ

LOW COST PLUMBING



- Taps, Washers ✓
- Toilets, Cisterns ✓
- Leaks, Blockages ✓
- Tanks, Overflows ✓
- Lead Pipes, Stopcocks...etc... ✓

OAP DISCOUNTS and NO VAT

0117 957 5092

clover ovenclean

Clover Ovensclean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system

Call Heath on 07943 870400

www.cloverovenclean.co.uk

Professional Oven Cleaning Services



James Antony FLOORING

Residential & Commercial

- Carpets • LVT • Vinyls • Herringbone Flooring •
- Laminate Flooring • Engineered Flooring •

OAP &
NHS
Workers
DISCOUNT*
PLEASE ASK
FOR INFO

- Over 23 years experience •

- All work carried out guaranteed •

- Free measuring and estimating service •

- Quality flooring at competitive prices •

"Will beat any like for like quotation on Carpets, Laminates and Vinyls"

Tel: 0117 401 8412 Mobile: 07584 674101

Email: jamesantonyflooring@gmail.com www.jamesantonyflooring.co.uk

357 Filton Avenue, Bristol BS7 0BD



Mayo's Heating & Plumbing

Boiler fitting, repairs and full system upgrades including radiators!

Full Bathroom upgrades, including wetrooms.

Landlord certificates and general plumbing.

Call James:
0117 904 3172 or
07952 272 851
m6yos@hotmail.com



THE STOKES HANDYMAN

Here to help with those niggly jobs, big and small, that you don't seem to find time for

- Home Maintenance
- Decking & Fencing
- Custom Built Gates
- Fiat Pack Assembly
- Small Electrical Work
- Gutter Repairs & Clearing
- Internal & External Painting

All jobs undertaken - No Job Too Small

For a free quote Whatsapp Aaron on 0771 530 8211

W.J.M Plumbing & Tiling

OAP DISCOUNT 24 hour call out - No Job Too Small

Bathrooms ~ Kitchens
Unblocking Drains ~ Leaks Repaired

Reliable, Affordable
Friendly Service

Tel: 01454 851 830
Mob: 07902 383219



Based in Coalpit Heath

PEST GONE

PROFESSIONAL PEST CONTROL

A professional, independent pest control company who can help with just about any pest control problem you have in the home or workplace. For all our services see our website.

Wasps ... they're back!

This year is going to be a busy time for wasps ... we have had very little frosts and cold weather over the winter period to eliminate hibernating queens. If you have noticed an increase in wasp activity or spotted a nest call us to carry out a guaranteed wasp treatment.

Contact Andrew on 01454 219296
www.pestbgone.co.uk

LA ELECTRICAL & SOLAR

Need an ELECTRICIAN?

Call our trusted, friendly team now!
01454 633 336

GO SOLAR SAVE BIG

Electricity bill was £129/month
NOW! £28/month

Save 70% on your electricity bills!
Call 01454 633 336 or laelectrical.com

Google Reviews 5 stars, Trustpilot 5 stars, MCS, EPC, Approved Contractor, Octopus, Freesat, Freeriview

Sherbourne Home and Garden Maintenance

Local Handyman (based in Bradley Stoke)



'All Work Considered'
(painting & decorating, gardening, fencing, jet washing, repairs)

Contact: Alan
07717 476 722 / 0117 9791061

DCL

DOORS & WINDOWS

Doors

- Composite Entrance • Bifolds • French/Sliding

Windows

- U-PVC • Aluminium • Sash • Cladding
- Glass Replacement • Fascias & Guttering

07960 097 170

Enquiries@dcldoorsandwindows.co.uk
https://www.dcldoorsandwindows.co.uk

@dcldoorsandwindows



Thornbury Stairlifts

SALES SERVICING & REPAIRS

- New & Re-conditioned Stairlifts & Warranty
- Removals & Relocations
- Free Surveys & Quotes - No Obligation
- Rentals for Straight Stairs
- Independent, Professional & Friendly Advice
- Over 24 years practical experience

Independent Stairlift Specialist
01454 413 748 • 07833 318 722
www.thornburystairlifts.co.uk

THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

- Poor Reception Problems Solved
- Digital Aerials
- Sky Work
- Free Quotes
- Two Year Guarantee
- Additional TV Points
- Repairs
- OAP Discounts

Freesat, Freeriview, Which? Trusted Trader

01454 660 046
07818 413 451
www.theaerialman.co.uk



Useful Trades and Services for the Home

Bradley Stoke Rubbish Clearance Licensed waste carrier

- We load and clear • Same day service
- Single item jobs • Cheaper than a skip • No VAT
- Household, Garden, Garage and Shed cleared



Contact Stuart or Sue on
07770 944727
stuart.thistlewood@yahoo.co.uk

From a single tile
to a whole roof, all
build and roof works
undertaken, pitched and flat.



We have over 20 years experience
are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey,
just give us a call.

Call: **Ben Peters: 07540 861550**

E-mail: roof-tech@hotmail.com

Emergency number: **07798 905 337**

Keep it in your mobile

Lock Stuck and Barrels

The complete door and window service

Locked out?
Need to replace or
change your locks?



- Swift LOW cost emergency service to all home/commercial lock outs.
- Non destructive methods gaining entry quickly and efficiently from the initial call.
- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.

ALSO: LOW cost Repair / replacement of UPVC / ALUMINIUM WINDOW and DOOR: LOCKS, HINGES, HANDLES AND MISTED UP / BROKEN DOWN DOUBLE GLAZED UNITS.

Full explanation and costs given before any works carried out. All work fully guaranteed. No call out fee

Call Dave on 07798 905 337



www.thebristollocksmith.co.uk
Based in Frampton Cotterell



Almondsbury Landscaping

Creative Professional Service

Patios • Paths • Block Paving Driveways • Tarmac Driveways
Ponds & Water Features • Fencing • Turfing • Decking • Pergolas • Planting
Brick and Stone Walls • Shed Bases • Complete Design & Build Service

Call Nick for a free quote

0117 9870959

07545 867348

Nick@almondsburylandscaping.com

almondsburylandscaping.co.uk



Price Glass

WINDOWS • DOORS • CONSERVATORIES

FENSA registered

10 year insurance backed guarantee on all Doors & Windows

Established 1973

- PVC, ALUMINIUM & HARDWOOD WINDOWS & DOORS
- SLIDING SASH WINDOWS
- BI-FOLDING DOORS
- FRENCH & PATIO DOORS
- SECONDARY GLAZING
- CONSERVATORIES
- BESPOKE GLAZING SERVICE
- GLASS CUT TO SIZE
- LEADED LIGHTS
- COLOURED SPLASHBACKS

Call - 0800 975 7967 | www.bristol-doublinglazing.co.uk



office@priceglassbristol.co.uk

Price Glass and Glazing Bristol

Visit our
showroom at

**4-6 Ashley Down Road
Bristol, BS7 9JW**

OPENING HOURS

Monday to Friday
8.00am – 5.00pm

Saturday
By appointment only

Sunday Closed



Useful Trades and Services for the Home



CR Baines
Plumbing and Heating Ltd

- Gas Boiler Breakdown & Servicing
- Oil Boiler Service & Installation
- Landlord Safety Checks
- Worcester Bosch Approved Installer
- Up to 12 Year Guarantee
- Oftec Registered 137746
- Gas Safe Registered 549988

07825 999510
01454 279732
www.crbainesheating.co.uk





- Free local delivery
- Free assembly
- Free disposal of your old bed

Mobile Viewing Service
for the Elderly and Housebound

Divans / Mattresses / Bunk Beds / Wall Beds / Pine Beds / Ottoman beds / Beds Made to Measure / Memory Shaping & Latex Mattresses

Open Mon-Fri 9am-5pm & Sat 10am-3pm

Visit our showroom:

The Old Post Office, 26a Gloucester Road,
Rudgeway, Bristol, BS35 3RY

01454 617277 / 07887 853479
enquiries@bedlambeds.com

Useful Trades and Services for the Home



- Property maintenance • Shed repairs
- Painting & Decorating
- Shelves & Picture hanging
- Garden landscaping and Pressure washing

Call Craig on **07563 883211**
info@crjco.uk



HOME ALARM & CCTV SYSTEMS

- Installation of wireless & wired alarms
- Repairs & Servicing
- New bell boxes, detectors and door contacts
- HD CCTV and Intercoms

Call us **0117 9075709**

Email - info@technisys.co.uk
Technisys.co.uk - Based in Stoke Gifford



FRONT ROW FENCING

Working in your local area for over 20 years

call Ben Pearce: 07506 475402 / 01454 416695

or email f.r.fencing@outlook.com

South Gloss Decorating

Painters & Decorators

Interior and Exterior
Affordable, Reliable, Professional

Dave Beauchamp

07739 382 524

www.southgloss.co.uk
www.facebook.com/southgloss



DOUBLE GLAZING REPAIRS & LOCKSMITH

Dale Clements

- Locksmith Service (all types of doors)
- Locks, Handles and Hinges Repaired
- Misted and Broken Glass Replaced
- Realign Dropped Doors and Windows
- Trading for over 15 years

01454 740446 /
07970 019830



www.daleclements.co.uk



T: 01454 418 341
mikemdaerials@gmail.com

M: 07817 304 236
www.mdaerials.co.uk

All types of aerial and satellite work undertaken including:

- Reception problems
- TV wall mounting
- CCTV
- Free Quotations
- Additional room feeds
- Setting up and tuning
- WI-FI access points

Over 34 years' experience!



Flooring and Carpentry Services

Specialists in carpets, laminate and vinyl, including all necessary carpentry works

Free quotations

07760 146 153



Oxbow Plastering
All internal & external work undertaken
07938 724358
or email: oxbowpl7@gmail.com

Lee Williams Tiling & Repair Specialist

Is your bathroom leaking?

Have your tiling repaired, regouted and resealed!

Over 30 years' experience

Call Lee for free advice:

07976 359055

leewilliamstiling@outlook.com

Before



After



Useful Trades and Services for the Home

BS
Bradley Stoke Electrical LTD

Your trusted electrical contractor serving Bristol & the surrounding area.
Providing a comprehensive range of Domestic & Commercial Electrical services.
Don't be shocked when we turn up on time!

CALL TODAY
For Your **FREE** estimate

- Domestic
- Commercial
- EV Charging

www.bradleystokeelectrical.co.uk
T 01173327200 M 07443476097
E info@bradleystokeelectrical.co.uk

Steve Corris
Carpentry & Home Improvements
Local, Friendly, Reliable, Professional

- Door Hanging • Wardrobes • Laminate Flooring
- Kitchen and Worktops Installation
- Under Stairs Storage • Staircase Balustrade
- Decking and Pergolas • Loft Ladder Installation
- And All General Carpentry Jobs

Call Steve for a free quote: 07523 961869
corriscarpentry@gmail.com
FB: SteveCorrisCarpentryandHomeImprovements

D.R. VIZARD and SON
01454 416948 /
07769 155561
vizfam@live.co.uk

ROOFING SERVICES

- UPVC Soffit • Fascia & Guttering
- Stonework • Roofing Repairs
- Chimney Repairs • House Maintenance

RELIABLE LOCAL BUILDERS
Registered with Age UK

DECOR8
PROFESSIONAL DECORATING SERVICES

FOR ALL YOUR DECORATING NEEDS
CALL ANDY TODAY FOR A FREE QUOTE

07779 321 228
www.decor8-bristol.co.uk | decor8-bristol@hotmail.com

COLLINS
TREE SERVICES

Free quotes Fully insured

Pruning Hedge Trimming
Felling Stump Grinding Planting

All work considered All waste recycled
Friendly and professional service

0752 591 6882 0117 965 8399
info@collinstreeservices.co.uk

Useful Trades and Services for the Home

GARY SMART ELECTRICAL
Domestic, Commercial and Industrial Installations

All electrical work undertaken ...
Rewiring • lighting • bathroom showers • kitchens
• garden and garages etc

Safety inspections, Periodic Testing,
Fault finding and Repairs

Fully qualified City & Guilds
Electrician 17th Edition Part P Registered
07805 070 947 • 0117 987 1437 • garysmart@sky.com
All backed with a 6 year Niceic insurance policy

APPROVED CONTRACTOR

BLUEPRINT
www.blueprintbristol.co.uk

Building, Maintenance & Landscaping

- Kitchens
- Bathrooms
- General Building
- Fencing, Decking
- Patios, Pergolas
- Driveways
- Property Maintenance

07733 326 437
blueprintbristol@hotmail.co.uk

YOUR BUSINESS HERE

Advertise your business here and reach
15,000 local homes across the Stokes!

Prices from just £29.50 per month
(inc of VAT and based on 12 month booking)

Call: **01454 300900**
email: sales@mattersmagazines.co.uk

A. Worsfold
Painting and Decorating
30 YEARS EXPERIENCE

INTERIOR & EXTERIOR WORK

Tel: 01454 772442

Mob: 07860 502152
Web: www.aworsfold.co.uk
Email: a.worsfold@hotmail.com

SPECIAL OFFER

5 DOORS
FITTED IN
YOUR HOME
FOR ONLY
£579

Any 5 white primed 'Suffolk' or
'Colonial' doors complete with a choice
of 7 different handles, hinges and
latch. Fitted in your home.

DOOR EXPRESS
08000 973333 - 07767 376770
A PHONE CALL WILL SECURE YOUR
FITTING ORDER DATE
This offer applies to door sizes 78"x 30" & 78"x 27"

www.doorexpresssouthwest.co.uk

BonneFreshClean
Carpet & Upholstery Cleaning Specialists

NCCB
NATIONAL CLEANING CONTRACTORS ASSOCIATION

Professional carpet, upholstery
and leather cleaning carried out
with care by an all-female team

For a free no obligation quotation call Karen on
01454 436001 or 07774 908410
www.bonnefreshclean.co.uk
44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ

INDEX OF LOCAL ADVERTISERS

Accountants/Book-keeping

1st Stop Accountancy 35
Rosemary Bookkeeping Bristol 6

Advertising 3,61

Aggregate Supplies
Earthworks – Aggregates/Topsoil 44

Appliance Repairs
D-CR Domestic App Repairs 52

Bathrooms -
North Bristol Bathrooms 51

Beauty - Restore Clinic 16,17

Beds - Bedlam Beds 58

Builders / Building
BluePrint Construction 61

Capricorn Complete Services 50
Vizard and Son 60

Car Mechanic - LCM Automotive 3

Care / Elderly
Bristol Care Homes 20

Hamberley/Lovell PI Care Home 19
My Homecare 4

Premier Homecare 34
Carpentry - Corris Carpentry 60

Carpets & Upholstery Cleaning
Bonne Fresh Clean Ltd 61

Central Heating Engineers
AMW Plumbing & Heating 1

Baines Heating & Plumbing 58
K J Barton Plumbing & Heating 60

Mayo's Heating & Plumbing 54
Charities - Children's Hosp SW 35

Child Care/Nursery/Preschool
Ambourne House 25

Children's Activities
Aquatic Harmony swim lessons 16

Kumon 27
Cleaning & Domestic Services

Caprigems Cleaning 17
Classic Cleans 40

Clean & Shiny Homes 37
Clean Oven Co 39

Clover Ovenclean 52
My Homecare 4

Coffee Shop Old School Rooms 16
Holiday Inn, Filton 20

Community Articles / Events
Bradley Stoke Mayor 6

Bradley Stoke Festival 8-9
Bradley Stoke 10K 13

Charity Bug Trail 7
Festival Football 10-11

Filtones Choir 40
Hambrook Social Club 37

Local Author 40
Library 46

Repair Cafe 31
Thornbury Art Club 41

Walking Football 12
Willow Brook Summer Events 5

Winterbourne Barn Events 47

Community Groups/Clubs

Conservatory - Proceiling 57
Dog Walking - Doggie Hikes 28

Doors
DCL Doors & Windows 54

Door Express (internal doors) 61
Dream Doors (Kitchen) 38

Price Glass 57
The Window Hub 45

Electrician
Bradley Stoke Electrical 60

Gary Smart Electrical 61
LA Electrical & Solar 55

Employment -
Premier Homecare 34

Estate Agent -
Dallas Clements 17

Nathan Littleboy 42
Fertility Clinic - Bristol Centre 24

Reproduction Medicine 59
Fencing - Front Row 59

Flooring (Carpets/Tiling) -
James Antony Flooring 52-53

Phoenix Flooring 63
Regenerate Local 59

Garden Design/Landscaping/
Maintenance

Almondsbury Landscaping 56
Alpine Landscapes 1

Harvey's Garden Services 13
Golf Club -

Thornbury GC 32-33
Handyman -

CRJ Building & Maintenance 59
Sherbourne Home & Gdn Mntnc 55

Stokes Handyman 54
Health, Fitness & Wellbeing

Aztec Hotel & Spa 64
Dawn Clode, Holistic Health 39

Gracie Barra Jui Jitsu 11
Phoenix Pilates 14

Spirit Health Club, HI Filton 14
Tip the Balance 15

Hotel & Restaurant
Aztec Spa Hotel 36

Holiday Inn, Filton 20
House / Home

Technisys (Alarms) 59
Thornbury Lift Services 55

Kitchen -
Dream Doors 38

Kitchen Makeovers 30
Locksmith

Dale Clements Locksmiths 58
Lock Stuck & Barrells 56

Loft Conversions
Use Your Loft 44

Mortgage Advisor Crystal Clear 37
Opticians - Harbord Opticians 35

Party Nights -
Thornbury Golf Club 32-33

Painter & Decorator

A Worsfold 61
Decor8 60

Keith Usher Painter & Decorator 52
NPD Decorating 50

South Gloss Decorating 58
Pest Control - Pestbgone 55

Plasterer - Oxbow Plastering 58
Plumbing / Heating Engineers

Baines Heating & Plumbing 58
K J Barton Plumbing & Heating 60

Low Cost Plumbing 52
Mayo's Heating & Plumbing 54

WJM Plumbing & Tiling 54
Roofing - Rooftech 56

Vizard's Roofing 60
Webbs Roofing 42

Rubbish Clearance
BStoke Rubbish Clearance 56

Harvey's Waste Clearance 13
Skip Hire - Earthworks 44

Schools/Schooling 50
Holy Trinity Primary 29

OAT Open Days, All Ages 22
St Mary's Catholic Primary 23,28

Tockington Manor 26-27
Wheatfield 28

Security - Technisys 59
Sewing - Medway Designs 40

Shopping
Family Shopper Convenience 2

Willow Brook Centre 5
Solar Electricity LA Electrical 55

Solicitors
AMD Solicitors 43

DJF Hoole & Co 41
Grace Cox SH Family Law 17

HCB Widows Mason Solicitors 18
Wards 34

Stairlifts Thornbury Lift Services 55
Swim Lessons-Aquatic Harmony 16

Tiling - Lee Williams Tiling 59
WJM Plmbing & Tiling 54

Trades & Services - 50-61
Training/Tuition

Holistic Courses 39
Kumon 27

Travel/Transport -
Four Towns & Vale Link 12

Travel Agent Not Just Travel 21
Tree Surgeon - Collins Trees 60

TV & Aerials
Aerial Man 55

M D Aerials 59
Will Writing/Power of Attorney

Sage & Hollow 37
Windows/Conversatories/Doors

DCL Doors & Windows 54
Price Glass 57

Proceiling 42
The Window Hub 45

Phoenix Flooring Limited



DISABLED ACCESS



RESIDENTIAL & COMMERCIAL FLOORING SPECIALISTS

Carpets • Luxury Vinyl Tiles • Laminates
Engineered Wood • Room Size Remnants
Vinyls • Artificial Grass

OPEN TO THE PUBLIC AND TRADE

Tel: 01454 620707

email: enquiries@phoenixflooringltd.co.uk

www.phoenixflooringltd.co.uk



Unit 15 Hemingway Business Centre
Walker Way, Thornbury, Bristol, BS35 3US



a taste of summer · a taste of summer ·
£129
· a taste of summer · a taste of summer ·

A Taste of Summer with Caudalie

Enjoy...

- 3-hours of relaxation in our pool and thermal experiences
- Bespoke Caudalie Facial (50-minutes)
(Including a shoulder and scalp massage)
- 2-course lunch with a summer sip
(A half pint of our Paradise No3, a totally tropical Pale Ale with mango and pineapple ensuring a refreshing burst of flavour)

PLUS a complimentary Caudalie gift

For more information please call 01454 201019
or email spatreatments@aztechotelbristol.co.uk

Plus!
Bespoke tote bag
and flip flops to
take home



**SPA
AT AZTEC**

Available throughout June, July and August
(£10 supplement Sat-Sun).

Aztec West, Almondsbury, Bristol, BS32 4TS
aztechotelbristol.co.uk | danielhwaite.co.uk
01454 201019