Little Stoke Gifford Matters

December 2025

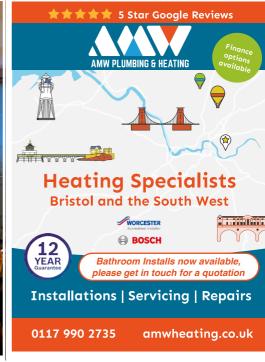
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Celebrating 20 Years in the Community 2005 - 2025







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FREE PARKING



Dear Readers....

'Tis the season to be jolly and we have events and activities throughout the magazine that will get you in the Christmas spirit! From Santas on a bike and Santas on the run, to concerts and choirs, carols services and pantos - there is something for everyone this month. Carols in the Barn is always a highlight and Paul's Place are pleased to invite you to their first Christmas Market this December.

The Willow Brook Centre kick off the festive cheer on 28th November with their Christmas Jamboree offering an evening of festive fun with lots of free activities for the whole family to enjoy! The Aztec Hotel is offering Wreath Making on 26th November & 3rd December and Sunday lunch with Santa on 7th & 14th December.

Please do support local businesses when you work down your Christmas gift list, beauty vouchers make a wonderful present, a book by our local author or tickets to a local show, a training opportunity or a fun workshop perhaps, a trip to the driving range, or the gift of being organised, or even the gift a house clean! Lots of ideas that our local advertisers can help you with if you get stuck!

All this, as well as tips to keep you active this winter, focusing on your winter wellbeing, updates from the local Parish Council, 1st Stoke Gifford School Scouts, Little Stoke Primary School, our local MP and regional Mayor and much more!

Thank you to all our advertisers who continue to support us. If you are a business looking to promote your services across the local area in 2026, 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.

We wish you a happy festive season and look forward to writing again in 2026!

Deadline for the January/February edition is 8th December.

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Bradley Stoke Matters

Celebrating 20 Years in the Community 2005 - 2025

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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.

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Charitable trust behind Active Lifestyle Centres celebrates 20th anniversary

The charitable trust responsible for running South Gloucestershire's five Active Lifestyle Centres is celebrating its 20th anniversary with a nod to the past and a vision for the future.

Circadian Trust was formed on 1 November 2005 when South Gloucestershire Council handed over the reins of its in-house leisure operation to the trust, a social enterprise operating as an independent charity, tasked with balancing commercial reality with social conscience.

Its not-for-profit status has enabled the Trust to reinvest more than £16m in modernising services and facilities

at its centres in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate, including a £2.5m refurbishment programme for the gyms at all five centres, and £1m on rooftop solar panels.

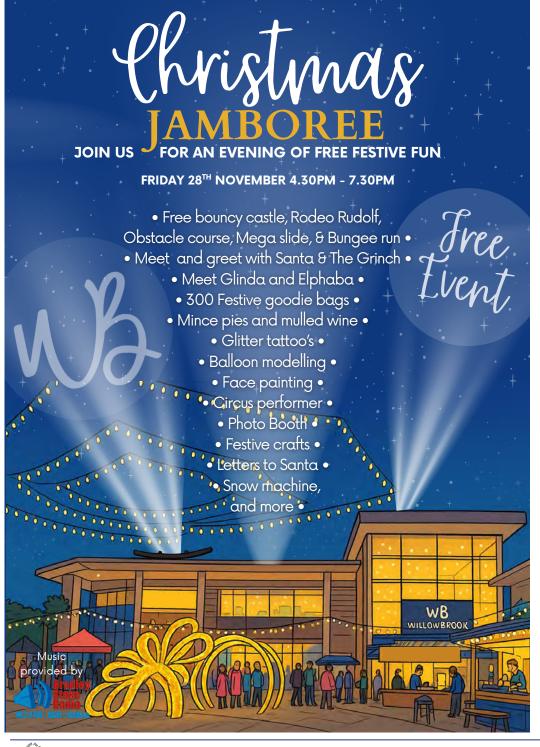
Members and visitors will see the anniversary being celebrated with helium balloon displays, banners and bowls of sweets in each centre's reception.

CEO Mark Crutchley, who has been at the helm for all but six months of Circadian's 20 years, says: "We've had to shape the vision - several visions over 20 years, in fact - to deliver congruent strategies that improve performance but also compliment stakeholders' requirements.

"That's taken some doing in terms of coalescence, shared understanding and a direction that is seeing us pivot towards health and wellbeing and not just fitness."

The most recent example of the pivot is community support days for people with musculoskeletal (MSK) conditions at Bradley Stoke and Thornbury Active Lifestyle Centres, giving patients access to healthcare professionals, such as physiotherapists, to help them manage their condition while fast-tracking anyone in need of further help and support.









STOKE GIFFORD

PARISH COUNCIL

Recreation and Leisure Committee Report Councillor Penny Richardson (Chair)

Stoke Gifford Parish Council's 'Recreation and Leisure' committee is responsible for a wide range of local amenities that our residents enjoy, including sports pitches, BMX track, play parks, green spaces and youth services, to name just a few. Here is a round-up of some of our recent projects:

Park equipment

The popular set of tyre swings in the Trust Ground park on North Road sadly reached the end of its lifespan recently and has now been dismantled and removed. The Parish Council has already ordered new play equipment to replace this - a new set of swings plus a triple-tower climbing frame for slightly younger children. As soon as we've got details of when this is due to be installed, we will let residents know.



40 Acres River Clean

Together with Bristol Avon Rivers Trust (BART), the Parish Council organised a Stoke Brook River Clean in 40 Acres at the end of October. 18 local residents volunteered their time, and thanks to their combined efforts we cleared away a vast amount of rubbish from the Brook, including: cans, bottles, concrete kerb stones, builders' bricks, netting, metal pipes and cutlery.

Other projects

A new footpath has been installed at the far end of Little Stoke Park (parallel to Clay Lane) to provide a wider and more level surface for pedestrians and cyclists to use. 2 new mixed recycling bins have been put in to Little Stoke Park and Mead Park to increase the volume of recycling we carry out as a Parish and reduce the amount of rubbish sent to landfill. And our Grounds Team has been working hard over recent months to restore our sports pitches to tiptop condition after a long, hot, dry summer. Pitch maintenance forms a big part of the Team's work schedule and thanks to the addition of top soil, new grass seeds and improved drainage, these pitches are looking better than ever.

And finally

Our team of local litter picking volunteers continue to do an amazing job of helping to keep our streets and green spaces clean. We meet every third



Sunday at 10.30am and hold sessions in each of our 3 wards. Full details are posted up regularly on our Parish Council noticeboards and website and on local Facebook groups. If you're interested in coming along to help, please keep an eye out for a session near you.

Beat Surgery

Wednesday 3rd December 2025 - 10am-12noon

The Community Hall (Café), Little Stoke Lane, Little Stoke, BS34 6HR

Come along and meet your local Little Stoke/Stoke Gifford Neighbourhood Policing Team. You can talk to us about any issues or concerns and get crime prevention advice.

Citizens Advice Drop-in Sessions at Little Stoke Community Hall

Citizens Advice provide free advice twice a month. Drop in from 12:30pm to 2:30pm on the second and fourth Mondays of the month for free advice around such issues such as:

- Benefits Employment Housing Immigration
- Relationship breakdowns Pensions

Next dates: 8th December, 22nd December

Talk to us online: www.citizensadvice.org.uk or Call us: Freephone 0808 278 7947

STOKE GIFFORD PARISH COUNCIL MEETING DATES 2026

Meetings will be held on a Tuesday.

All meetings to take place at 19:00 unless stated but may be subject to change.

Please refer to the noticeboards and Parish Council Website.

Venues: Little Stoke Community Hall (BS34 6HR) or Brooklands Park Community Centre

Full Council (Second Tues of Month)

Tuesday 13th January 2026

Tuesday 10th February 2026

Tuesday 14th April 2026

Tuesday 12th May 2026 (Annual Meeting)

Tuesday 9th June 2026

Tuesday 8th September 2026

Tuesday 13th October 2026

Tuesday 10th November 2026

Finance And General Purpose (Second Tues of Month)

Tuesday 10th March 2026 Tuesday 14th July 2026

Tuesday 8th December 2026

Recreation And Leisure Committee (Third Tues of Month)

Tuesday 20th January 2026 (14:00)

Tuesday 21st April 2026 (14:00)

Tuesday 21st July 2026 (14:00)

Tuesday 20th October 2026 (14:00)

Planning And Tranportation Committee (Fourth Tues of Month)

Tuesday 27th January 2026

Tuesday 24th February 2026

Tuesday 24th March 2026

Tuesday 28th April 2026

Tuesday 26th May 2026

Tuesday 23rd June 2026

Tuesday 28th July 2026

Tuesday 22nd September 2026

Tuesday 27th October 2026

Tuesday 24th November 2026

Meet your local Parish Councillors

Sat 17th January 2026

Little Stoke Community centre @ 10.30-12.00

Sat 21st February 2026

Poplar Rooms, Trust Ground @ 13:00-15:00

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

Your local Councillors, working for you:



Stoke Gifford North Ward



Jan Brunwin Stoke Gifford Central Ward



Keiron Marsden Stoke Gifford Central Ward



Stoke Gifford Central Ward



Stoke Gifford



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Stoke Gifford Central Ward



Stoke Gifford Central Ward



Max Gallagher Stoke Gifford North Ward



Mike Brown Stoke Gifford North Ward



Stoke Gifford South Ward



Stoke Gifford South Ward

Thomas the Tomte and the Reindeer

A new book by local author Freddie Hillberg

Freddie has lived in Bradley Stoke with his wife Maureen for over 25 years, and Matters Magazines has previously been pleased to showcase two of his other books within our pages - last year he published The Dangerous Journey which is based upon a true family tale of attempted murder, mystery and love and his first published book in 2023 was another children's booked called Brave Cat Millie.

For this latest book Freddie has delved into his Swedish Ancestry to write this delightful story from Scandinavian Folklore.

A Tomte or Tomten, as he is known Sweden, is a little creature who normally lives around farms in the countryside, but now also lives in villages and towns. He is very industrious and will protect you, your family and animals; but, if you are unkind he will take revenge, and play all sorts of unpleasant tricks on you.

At Christmas time they will leave little gifts for the children and, in return for his care and all his work. Tomte likes to be to be rewarded with a big bowl of his favourite food. Porridge!

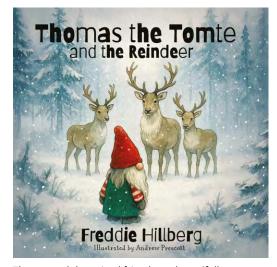
Humans never see a Tomte, well perhaps occasionally, but children especially know he is there. Only animals can see them and they can speak their languages due to their magical powers.

Thomas is no exception, but one day whilst in a strange area of the dark forest Thomas suddenly loses his powers and sinks into the deep snow and his life starts to fade. Fortunately he is found by a small herd of reindeer who have never seen a Tomte before but instinctively help him.

The Story Begins! And has a delightful twist in the end...



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Thomas and the animal friends are beautifully illustrated by Andrew Prescott and will be instantly recognised by children everywhere.

In Denmark Tomte are called Nisse. In Norway they are called Nese and in Finland they are called Tonttu. In the UK we probably know them as gnomes!

A fantastic stocking filler this Christmas, Thomas the Tomte is published by Brown Dog Books and is available to order on line or in local book stores.





Wednesday After School 3.45pm to 5.45pm (Doors 3.30pm)

> St Michael's Centre, The Green Stoke Gifford, Bristol. BS34 8PD

www.stmichaelsbristol.org/children-families/

Wed 5 December 2025

We Wish You A "Messy" Christmas

Wed 7 January 2026

Messy Church Does Science "Animals"

Wed 4 February 2026

Messy Church Does Science "Human Body"



Wed 4 March 2026

Messy Church Does Science "Power and Energy"

Wed 1 April 2026

Messy "Easter"

Wed 6 May 2026

Jesus Miracles Water Into Wine

Wed 3 June 2026

Jesus Miracles Calming A Storm

Wed 1 July 2026

Jesus Miracles Feeding 5000 People



Scan QR Code To Book



Santas on the Run returns!

A much-loved Christmas event – Santas on the Run, which will see people dressed as Father Christmas, elves and other festive characters, is being held on **7 December** in the grounds of Children's Hospice South West's (CHSW) hospice at Charlton Farm in Wraxall.

This is the third year the 2k festive run has been held in the beautiful grounds of Charlton Farm. Last year's event raised an incredible £15.000 for CHSW.

People are encouraged to arrive in festive fancy dress, with prizes on the day for the best dressed child, adult, pram and dog. Money raised from Santas on the Run will go towards offering care and support to local families who use CHSW's three hospices, including Charlton Farm.



Tickets are available to buy online at www.chsw.org.uk/event/santas-run-north-somerset-2025

Also included in the ticket price is half-price entry to Noah's Ark Zoo Farm on the weekend of the event for the ticket holder and up to four friends and family.

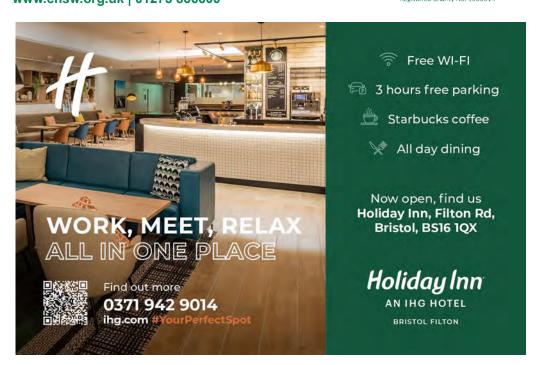
CHSW Events Fundraiser, Hollie Thorogood, said: "We can't wait to see all of Santa's little helpers at our Santas on the Run event this year and hope everyone can join us for another fun-filled day. We're delighted to hold the event at Charlton Farm for the third year and show people our amazing hospice."

All money raised from Santas on the Run will help CHSW to continue providing care to local children living with life-limiting conditions and their families. Participants are encouraged to raise £25 in sponsorship as an individual and £70 per family.



www.chsw.org.uk | 01275 866600

12





Santas On A Bike was started way back in 2004, starting with around 25 bikes meeting on the Downs in Bristol. Each year it has grown exponentially and the last few years we have had around 1,000 bikes attend.

Date for this year's ride is Saturday 6th December with bikes meeting from 10:30 to 12:30 and setting off shortly after 12:30.

The ride starts at Winterbourne Academy (BS36 1JL). All bikes, trikes, guads and scooters are welcome to join - there is no charge to attend but all donations to Children's Hospice South West are appreciated. Meet from 10:30 onwards and enjoy the festive atmosphere. Get there early and you'll be first in the queue for a complimentary hot drink and mince pie!

Route will be from the Winterbourne Academy through Bradley Stoke as per previous years - but due to the closure area on Bradley Stoke Way the ride will go down past Baileys Court Pub, and ioin Brook Way. We ride along Brook Way then turn right heading towards the Three Brooks Pub, passing across the roundabout on the entrance to Tesco. We then rejoin our normal route on Bradley Stoke Way adjacent to Tesco and the Leisure Centre.

Bikes will then go down the Gloucester Road into Bristol with the ride ending at the Long Ashton Park and Ride. The route will be fully marshalled. The ride takes place entirely on open public roads - so all bikes should be road legal and all normal road

Collection buckets will be available along various parts of the route. Plus there will be a Raffle with some pretty special "pledges" kindly donated by local companies and hotels.

Every penny raised is donated to the Bristol Children's Hospice South West with our main contact at the Hospice being Lucie Perryman. A limited number of bikes attend the Hospice so it is not too overwhelming for the residents.

Please do look out for the Santas on their Bikes as they pass through on 6th December and support their fundraising efforts for this worthwhile charity if you can.



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How to Stay Active this Winter

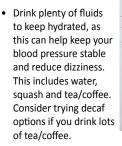
With the clocks having gone back and the nights drawing in; it is tempting to be less active than in the summer months. However, it is important to stay active to keep your body stronger, your mood brighter and energy levels higher!

I'm an Occupational Therapist and Fitness Instructor, running exercise classes in Stoke Gifford to increase strength, improve balance and reduce the risk of falls. During my career working for the NHS with older people, I have seen first-hand how isolation and reduced activity can contribute to poor health, illness and loss of independence. Being active can improve health conditions like diabetes, high blood pressure, anxiety, and depression.

When we stop being active our muscles and bones get weaker, our joints get stiffer and our fitness levels reduce. This can affect our balance, make it harder to carry out daily activities and cause loss of confidence and social isolation. This can lead to further reduction of activity levels, causing further weakness, it's a vicious cycle!

Here are my top tips for staying active and reducing your risk of falls this winter:

- Avoid sitting for longer than 2 hours at a time.
- Get up and move around during TV advert breaks or between episodes of your favourite show.
- Use the stairs regularly when out and about, and at home if you have them.
- Add movement into everyday tasks such as waiting for the kettle to boil, cleaning your teeth, or talking on the
- Check your shoes and slippers are well fitting, supportive and have a good grip on the sole. Avoid wearing backless slippers, high heels and shoes that are too big or small. If you struggle to get your shoes on/off then try using a long handled shoehorn.
- Get your eye sight and hearing checked regularly, as changes in sight or hearing can affect your balance.
- Ask your Pharmacist or GP surgery to review your medications – especially if you are taking 4 or more - as some combinations of medicines can cause dizziness.
- Review your home environment and check for anything that could cause a fall, such as loose rugs/ carpets, trip hazards, trailing cables, or poor lighting. Ask family or a friend to help you remove any hazards, or contact We Care Home improvements who can arrange a handyman to help.





• Take up an active hobby or join a community

based activity such as my exercise class in Stoke Gifford

The Stoke Gifford Stay Strong and Steady Exercise Classes focus on gentle exercises to increase muscle strength, improve balance and promote flexibility of joints, in a fun and friendly environment. All the exercises can be done in sitting or standing and all abilities are welcome. The groups regularly go for coffee and chat afterwards, and this social time is just as important as the exercise. We have had very positive feedback from participants, including:

"I enjoy the social aspect of the class and I believe my fitness level has improved."

Stay Strong and Steady Class

"These classes help me stay strong balanced, and I have made some great new friends along the way."

- · Build your strength to keep doing the things you love every day.
- · Improve your balance for the freedom to move with confidence.
- · Feel confident with every step you take.
- Keep active to stay mobile and enjoy life to the fullest.
- · Stay strong, steady, and independent for longer.



Day: 2 classes - Wednesdays at 9.45am and 11.00am Venue: St Michael's Centre, Stoke Gifford, BS34 8PD Cost: £4 a session (first 3 sessions free) For information on how to join contact the instructor Emma on 07734440449 or email info@wesport.org.uk









Little Stoke Community Café, based at the Community Hall in Little Stoke Park offers a warm, friendly, accessible place for locals to gather, meet up with friends and family and enjoy fresh, simple meals in a relaxed setting.

We serve great coffee, breakfast, lunches, jacket potato, freshly made sandwiches and paninis as well as yummy cakes and snacks! We also run a drinks loyalty card reward system and now we have a Sunday breakfast club card reward system too - your 10th breakfast is on us!

Open Tuesday to Sunday:

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For more information, contact Sue: W: https://yourspaceandplace.com E: sue@yourspaceandplace.com M: 07525 929085





Community Welcome Spaces Bradley Stoke











Jubilee Centre BS32 8HL
WEDNESDAY 1st OCTOBER – TUESDAY 23rd
DECEMBER 2025 – (then closed for
Christmas/New Year), re-opening
MONDAY 5th JANUARY – TUESDAY 31st
MARCH 2026



Baileys Court Activity Centre BS32 8BH

Monday to Friday 0930 to 1830

WEDNESDAY 1st OCTOBER – TUESDAY 23rd DECEMBER 2025 – (then closed for Christmas/New Year), re-opening MONDAY 5th JANUARY – TUESDAY 31st MARCH 2026

Monday to Friday 0930 to 1830

Wellbeing Matters!

Your Winter Balance

The clocks have changed, the air feels sharper, and the evenings draw in fast. For some, winter feels like a warm blanket; for others, it can feel heavy, quiet and a little overwhelming. However you find this



season, here are some simple tips to help you move through the colder months feeling more content.

Rest + Sleep

Shorter days naturally change our rhythms, so lean in. A consistent wind-down routine, lower evening light, and heading to bed earlier can make a noticeable difference to your energy, mood and immunity. Think of sleep as your winter medicine. Foods rich in tryptophan — such as turkey, eggs, oats, nuts and spinach — help your body produce serotonin and melatonin for a calmer mind and deeper sleep. Tip: A warm drink, softer lighting and screens off 30 minutes before bed.

Move Daily (and Wrap Up!)

Movement in winter just needs to be consistent. Even 10–20 minutes outdoors gives your metabolism a nudge, supports immunity, and boosts mood thanks to daylight exposure and those lovely endorphins. So, layer up, and think "keep warm, keep moving". If a full workout feels tough, a brisk walk, gentle mobility session or dancing in the kitchen still counts. Tip: Try not to sit for longer than an hour at a time. Winter sedentary syndrome is real! Local? Check out Walk Mates - Winterbourne on Facebook for friendly walking buddies and motivation.

Stay Connected

It's tempting to hunker down when it gets dark at 4pm, but winter isolation can creep in.

Aim to spend time with others at least once a week — a walk, a coffee, a craft activity / exercise class or even a phone call. Social connection isn't optional for wellbeing; it's essential. Balance cosy nights with people-time.

Eat to Nourish + Energise

Comfort food is one of winter's great joys — just keep it balanced. Pair satisfying carbohydrates with quality protein: stews, chilli, bean dishes, casseroles, soups with lentils or chicken, or roasted fish and veg. You'll stay fuller for longer, keep blood sugar steady, and support mood, muscle and



energy. Tip: Get those recipe books out or join Tip the Balance Support Group on Facebook for some inspiration. Winter produce can still be vibrant. Think squash, beetroot, mushrooms, parsnips, cabbage and winter greens. Frozen berries and mixed vegetables are brilliant too —

nutritious, budget-friendly, and zero waste. *More colours = wider nutrients = a happier immune system*.

Hydrate (Even When You Don't Feel Thirsty)

Cold weather dulls our thirst and central heating dries us out. *Aim for 6–8 glasses of fluid a day* - water, herbal tea, even tea & coffee count - It all supports hydration, digestion and a winter glow.

Support from the Inside

Vitamin D is important in winter when sunlight exposure is low. Public Health England recommends 10 micrograms (400 IU) daily in autumn and winter for most adults. Omega-3 and probiotics can also support immunity, mood and gut health. *Tip: Unsure what you need? just ask — personalised guidance beats guesswork.*

Warmth & Fresh Air

A warm body supports your heart, immune system and mental wellbeing. Layer clothing, use blankets or hot-water bottles safely, and aim to keep living areas comfortably warm — ideally >18°C. Tip: Once a day, open a window briefly to let stale air out, shift germs, moisture and condensation, and gives your brain a lift.

Winter isn't about perfection — it's about rhythm, nourishment and connection.

Choose two or three practices that feel achievable and revisit them each week. Small, steady actions create big seasonal shifts.

Need some help with all this? You know where to find us (details below)!

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





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Winter Sun: Turn Cold Days into Hot Adventures! Escape the Cold. Unlock the Fun.

As summer winds down, we will all be dreading the oncoming long, grey UK winter.

But, Never Fear, Andy's Here!

My Winter Sun Campaign is designed to help chase away the Winter Blues - whether it's families needing half-term ideas, couples chasing sunshine, or retirees escaping the cold for a big chunk of the winter.

Why am I launching this initiative now? Because Winter Sun is most popular holiday trend, and this your golden window to capitalise on it. With the Summer winding down, everybody is on the hunt for just the right winter break. And, if they book early, they can bag a Winter bargain.

Booking early give you prime advantage:

- **Best Prices**
- Flight times that you actually prefer
- Hotel rooms and board that best suit you
- (Before they all sell out)

What Do We Mean by Winter Sun?

'Winter sun' is something the savvy holiday makers specifically look for. It's all about:

- Warm, easy-to-reach and reasonably priced destinations that break up the UK chill.
- The opportunity to be active and outdoors rather than huddled under blankets indoors.
- A real health boost sunshine, vitamin D, and an escape from the aches and pains that the damp, cold Winter brings on.

From Spain and the Canary Islands to Cyprus, Morocco, Madeira, and even Senegal and the Red Sea, these short-haul escapes are exactly what customers are searching for.

They're sun-drenched, affordable, and just hours from home — the perfect way to keep your mood and momentum high until summer.

I also cater for staycations, from beachside cottages in Cornwall to glamping in the Cotswolds, to lock and barges holidays to Castles in Scotland and ferries to outlying islands.

12 Short Haul Winter Sun Options -

Marrakech, Morocco, Tenerife, Egypt, Senegal, Cape Verde, Madeira, Cyprus, Malta, Gran Canaria Antalya, Turkey



TRAVEL

10 Long Haul Winter

Sun Options - Cape Town & the Eastern Cape, Thailand, Canada, Australia, Mexico, Florida & California, Japan, Vietnam, Dubai, Sri Lanka

Cruising is the best-selling holiday genre year after year - Fjords, Spain & Portugal, Caribbean, Greek Isles, Canaries, British Isles

Why Andy? With my network of trade contacts and exclusive tools, I can spot deals and offers that most people never see. From finding the perfect resort to sorting all the boring bits like transfers and insurance. And because the travel companies pay my commission, this service costs you absolutely nothing

Top Tip: Don't wait until New Year to book an appointment with me to sort your Winter Sun. I have already been taking bookings for 2027 since August, and my diary is starting to fill up already. I always prefer personal meets if you have the time, so book in an appointment to see me at my office in the Village Hotel, Bullfinch Close, Filton, BS34 6FG.

Grab those bargains, and flight times and exact hotel room options that you deserve.

Win a 2-Night Getaway in Beautiful Barcelona!

Haven't entered yet? It only takes a minute — just scan the QR code below and vou're in.

Final entry date 31st December 2025.



Get in Touch!

Give me a call or Whats App message to book a face to face visit, or an online appointment if easier for you. You can also talk to me about my Zero Interest Monthly Payment Plan.

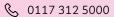
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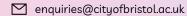
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Little Stoke Primary School

We have had a very busy and exciting start to the new school year! Our new Reception pupils have settled in exceptionally well and are already embracing school life with enthusiasm.

Our Year 6 pupils set off on an unforgettable adventure to Osmington Bay, full of excitement, teamwork, and challenges! The five-day residential trip gave everyone a chance to step out of their comfort zones, build new friendships, and make memories that will last a lifetime.

One of the highlights was raft building, where teamwork truly came to life. Using barrels, ropes, and planks, each group worked together to design and construct their own floating creations.

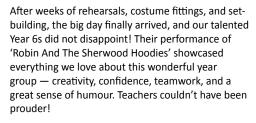
The fun continued with archery, where pupils put their focus and precision to the test. After a bit of practice, some budding Robin Hoods emerged, hitting the target with confidence and cheering each other on with every arrow.

Perhaps the most thrilling activity was the high climbing challenge. Pupils strapped into their harnesses and bravely tackled the towering climbing walls and beat the teachers to the top!

Evenings were filled with laughter, games, and stories about the day's adventures. By the end of the trip, everyone returned home tired but proud — a little muddier, a lot braver, and full of fantastic memories.

Year 6 have enjoyed attending camp and are now holding weekly bake sales to raise funds for their end-of-year celebrations. We have also been delighted to welcome parents into Forest School, where they have taken part in a range of engaging outdoor activities.

The atmosphere was filled with excitement, laughter, and a few happy tears as our Year 6 pupils took to the stage for their Leavers' Performance — a brilliant celebration of their time at Little Stoke Primary (main photo).



Our Year 2 parents had a fantastic time during Forest School morning! They enjoyed making delicious pizzas and sipping hot chocolate around the campfire — a wonderful way to spend the morning outdoors!













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





We have had such an exciting start to the school year, full of celebration, creativity and new learning experiences.

The children absolutely loved exploring Diwali, the Festival of Light. We talked about how families celebrate, looked at beautiful rangoli patterns and made our own colourful lamps.

We also had a fantastic time celebrating Halloween together! The children dressed up in brilliant costumes and helped to decorate our room with spooky ghosts, spiders and pumpkins.

There were so much imagination, role play and storytelling – it was wonderful to see.

Then we moved on to Bonfire Night. We created beautiful fireworks pictures using a range of materials and techniques and chatted about firework safety. The children were very interested in the loud bangs and sparkles that fireworks make, and we loved listening to them describe the sounds using their own words.

As well as all these celebrations, the children have been out and about exploring the local community. We have taken trips to the library and visited our closest park. Our preschool children especially enjoyed going pumpkin picking and continuing their Forest School sessions outdoors.

From yoga to sports classes, we have always been super busy — and now we are getting ready for the most magical time of the year: Christmas! We cannot wait to see what these last few weeks of the term have to offer.

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

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







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News roundup from 1st Stoke Gifford School Scouts report by Marcus Booth





Summer Camp in Torbay

On the first day of the school holidays, the 1st Stoke Gifford School Scouts packed themselves and their kit into 2 minibuses and set off down the M5 to Torbay District Campsite, on the outskirts of Torquay. The weather was set fair, but when we arrived there were a few rumbles of thunder, which made for getting the tents erected in record time! Luckily the rain passed us by.

The campsite is set on top of a steep hill, up a narrow lane, with adjacent fields popular with local dog walkers, so some interesting manoeuvering at times if we met a car coming the other way!

Having set up we walked from the campsite to Watcombe Beach along the cliff path. This was a steep descent and ascent and certainly helped with sleeping that night!

The following day we set off to Oddicombe Beach, where sea kayaking and paddleboarding awaited us. The scouts had a 2.5 hour trip kayak around the coast back to Watcombe Beach, but still had the energy to have their first experience of paddleboarding afterwards. Though more time seemed to be

spent in the sea than on the board! A trip into Torquay followed, with the scouts being able to explore and buy souvenirs.

Day 3 was a beach day on Teignmouth Beach, with swimming, sandcastles and games, as well as fending off the local seagulls, who seemed intent on sharing our lunch. A trip to the pier followed and the 2 penny falls were a hit!

Our penultimate day was spent at Woodlands Family Theme Park, near Totnes. The scouts were able to explore and enjoy the rides and naturally the leaders had to test them out as well to ensure that they were

suitable! This somewhat backfired on the numerous log flumes. The sign saying "You will get wet" was quite accurate!

On our return we made homemade pizzas and enjoyed wide games. Our evenings were spent as always around the campfire, with songs, jokes and stories told by all.

Back up the M5 on Sunday, with a lunch stop at Huish Woods Scout Campsite near Taunton, before returning to Stoke Gifford, tired but very happy after a great camp! It's what Scouting is all about!

26



A STATE DANGER

A fun-packed Autumn Term for the 1st Stoke Gifford School Scouts

Only a month after our Summer camp in Torquay the School Scouts embarked on their Autumn camp, along with the School Cubs at Cranham Scout Centre, near Gloucester. Unfortunately this time the weather wasn't quite as kind and it proved to be a wet weekend. Despite the weather all enjoyed a productive weekend of hiking, camping skills and backwoods cooking

Our Autumn term activities have included a night at Woodhouse Park, collecting conkers for a themed night the following week. Despite our concern that there might not be enough, we managed to collect over a 1,000 on the night and also on other foraging missions! We also had a very interesting evening with a Mountain Rescue Team, who demonstrated their equipment and vehicles and the scouts were duly engaged in all of this.

November is always about Remembrance and the scouts have worked on the Poppy Badge, visited our village war memorial

and learned about those who gave their lives in both World Wars. Our Remembrance Parade on 9th November was also well attended by all Sections as well as other local Groups from Wallscourt and Little Stoke.

Other planned activities included the DIY badge, a visit and talk from a local farmer,

a night hike around Stoke Park and a final night of crazy golf in Cabot Circus. However, the highlight of the term is always our Christmas camp, at the end of November! Here we cover everything from Christmas crafts, a full Christmas dinner followed by a festive movie, decorating the hall and tree, then its Secret Santa and of course lots of cheesy Christmas music as background! Always well attended and the scouts can sport their Christmas jumpers and enjoy some early celebrations.

And finally a trip to the Pantomime at the Hippodrome to look forward to, to round off a busy term!

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





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Aqua Natal Classes and Baby to Primary school age swimming lessons

20% OFF for new swimmers (group lessons only) or a free trial session

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





Christmas Market and Santa's grotto at Paul's Place Hub

Get into the festive spirit at the Paul's Place Hub Christmas Market on Saturday 6th December! Browse a wonderful selection of local stalls and visit Santa's Grotto for a truly magical experience. It's the perfect opportunity to shop for unique gifts, decorations, and treats, all while supporting Paul's Place and its vital work for disabled people. You'll feel great knowing your festive shopping is making a real difference!

Step inside Santa's Grotto to meet Santa Claus himself! Children can share their Christmas wishes and receive a special gift to take home. Don't let your little one miss out on this unforgettable festive moment. Spaces are limited, so pre-book your tickets at: paulsplace.org.uk/christmasmarket

And join the fun hunting for Elves! Santa's mischievous helpers are hiding all around the market. Can you find them all? At the entrance pick up a sheet and start your search. Find every elf to uncover the secret password and claim a small prize at the end. Perfect for families and young adventurers!

There's something for everyone to enjoy — from seasonal refreshments and festive games to activities throughout the day. Bring your friends, your family, and your Christmas spirit for a day filled with laughter, joy, and community warmth.



Give the Gift of Being Organised This Year

As the year draws to a close and thoughts turn to Christmas and the new year ahead, many of us promise that next year we'll get organised. Sort the Will, put a Lasting Power of Attorney in place, or tidy up (or locate) paperwork.

None of us know what's around the corner, and the best gift you can give your loved ones this year is the peace of mind that everything is in order. Getting legally organised is more than just having a Will. It's making sure your loved ones know where to find it. Around one in ten Wills are never located after someone dies, leaving families stressed and uncertain. I always suggest keeping a simple list of your bank accounts, property, investments, and important contacts with your Will and Lasting Powers of Attorney (LPAs). Small steps like this make a huge difference

Too many people wait until care or nursing home discussions begin but once capacity is lost, it's too late to put an LPA in place. An LPA allows someone you trust to step in while you're alive if you're unwell or unable to manage your affairs - it is for all ages to help protect yourself and your loved ones.



If you own a business, property, or pension, an LPA isn't just personal it's essential. It ensures someone can pay staff, sign contracts, or even sell a property to cover care costs. Without it, everything can come to a standstill at the worst possible time. I work with freelancers and business owners who need to cut costs without cutting corners. A short, solid contract review now costs far less than fixing a dispute later.

So, this Christmas, give yourself and your family (and business) the gift of being organised ready for whatever the new year brings. Merry Christmas!

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The Night Sky

I love going to dark sky sites. They are often found in national parks and remote locations where there is little or no light pollution. Without the glare of lights from the street, cars and buildings more stars can be seen in contrast against the night sky.

I have found myself in these places looking up in wonder at the sheer number of stars that are always there but I can't always see. In sheer wonder I realise that I am part of a much bigger story in creation and in the universe. However, it is often the case that because I can't see the stars I forget they are there. They are never gone, it is just that from my garden in Little Stoke I see only the few brightest of stars. The rest are crowded out by the lights from the ground clouding the sky and masking the contrast.

I find Christmas can be like this. This time of year is lit with fairy lights and tinsel, crowded with busyness and noise and filled with the distractions of family and shopping. When I can step away for a moment into a quiet place all of a sudden I can see more clearly. As the lights and noise fall away I can see Christmas in all its glory. I stand looking in wonder at the true meaning of Christmas and all the hope and promise it brings.

I wonder at the tiny infant Jesus, born in a manger to young and unknown parents. I wonder at the promise of that life filled with hope for all of humanity. I wonder sometimes if I am too busy and am in danger of missing out on what life is really all about. This

Christmas at

Bradley Stoke Evangelical Church

Sunday 21st DecemberAll Age Carol Service 10:30am

Christmas Eve

Carols By Candlelight 6pm

Christmas Day

All Age Christmas service 10.30-11.30am

Join our Christmas celebrations this year!

All Welcome



Christmas season I want to slow down, take some space and find myself in that place of wonder. A place where what is real and true crowds out the tinsel and lights.

This year Little Stoke Baptist Church is taking a journey of wonder through advent considering the real meaning of the coming of this tiny infant and the infinite life he brings. Our services will be a place where our wonderings can be set free and our questions about life and purpose and truth can find meaning.

You are welcome to join us on our advent journey online with LICC https://licc.org.uk/ourresources/small-wonder-a-christmas-devotional-journey/

And at any of our services:

Saturday 13th December from 5pm The Christmas Float stops by and we offer food,
activities and hot chocolate while you wait.

Sunday 21st December 10.30am -A Wonderful Message

Sunday 21st December 7.30pm - Christmas Carols Christmas Day 10am - The Word of Wonder

Rev. Tania Vaughan, Little Stoke Baptist Church









Holy Trinity Church

Broad Croft, BS32 0BD

(HTC) Children's Activities Carols by Candlelight All-age Crib Service Midnight Communion Christmas Eve (Wed 24th), 11:15pm

Sun 14th December, 3-4:30pm Sun 21st December, 6:30pm Christmas Eve (Wed 24th), 5pm



32

Christ the King

CK Christmas Fayre Carols by Candlelight Quiet Christmas Communion Sun 21st December, 6:30pm

All-age Crib Service Christmas Communion Mautravers Close, BS32 8EE

Sat 6th December, 10am-12noon Sun 14th December, 6:30pm

Christmas Eve (Wed 24th), 3pm

Christmas Day (Wed 24th), 10am

12noon-3pm Christmas Day at Christ the King

Community Christmas Dinner Because no-one should spend Christmas alone If you'd like to attend, please contact the CTK office on 0117 9312304 or ctk@bradleystokeparish.org.uk

'Small Wonder'

As the last month of the year unfolds, fairy lights appear in windows, carols spill softly through shop doors, and the familiar hum of Christmas returns. Small wonder, that amid the glitter and grandeur, there's a quieter story to rediscover — one that reminds us that the truest magic of Christmas is not in what dazzles the eyes, but in what stirs the heart.

The first Christmas was, after all, a small wonder. A child, born not in a palace but in a stable; wrapped not in luxury, but in love. There were no parades, no grand announcements — only a star, a few shepherds, and the gentle awe of a mother holding her newborn Son. It was a moment of divine simplicity, an eternal reminder that Kingship can be seen in servanthood.

Small wonder that in our fast-paced world, it's easy to equate the season with abundance — of gifts, of gatherings, of glittering expectations. But when we slow down, when we really look, we find the true meaning of Christmas thrives in the smallest of places: a handwritten note tucked into a card, a shared laugh over a mug of coffee, a guiet act of kindness unnoticed by most.

"Small wonder" is more than our Christmas theme at St Michael's this year — it's a way of seeing. It's pausing long enough to notice the frost on a windowpane, the joy in a child's eyes, or the calm that comes when we take a deep breath. It's realising that the true meaning of Christmas can't be wrapped or bought — it's felt, experienced, and given freely.

This season, may we choose to see through the lens of small wonder. May we marvel again at the ordinary miracles around us - the warmth of friendship, the comfort of family, the enduring hope that Jesus' light can, and does, drive away darkness.

Because Christmas has never been about big things. It's about one small, shining wonder — Jesus, and the way He continues to illuminate the world, one heart at a time.

Have a 'wonderful' Christmas and a peaceful new year.

Revd Canon Simon Jones, Vicar St Michael's Stoke Gifford





stmichaelsbristol.org/christmas

Plus our usual services and celebrations every Sunday





Why not learn Reiki or Reflexology for yourself?

with experienced holistic therapist Dawn Clode Lic MET Lic CR

As well offering holistic treatments for many years, local practitioner Dawn Clode teaches them to others too. She has developed courses for the "lav person" to enable individuals to have a better understanding of holistic therapies and be able to use them safely at home on themselves, their families and friends.

Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep. You can take courses with Dawn, that will equip you with the knowledge to treat yourself, family and friends.

If you are a professional therapist looking to extend the treatments you can offer. Dawn also runs courses that will enable you to achieve qualifications as a certified practitioner.

Two popular courses are Reiki and Reflexology.

Dawn shares, "I teach Reiki levels 1, 2 and Masters. This gentle practice is wonderful to relieve stress. worries and help your body re-set. It is soothing for the practitioner as well as the person receiving the treatment. To help counterbalance the stress of busy lives this is a lovely therapy to share with family and friends and it is great to aid mindfulness."

She went on to say, "With Reflexology it never ceases to amaze me how much we can learn about our body from our feet! We can assist the healing of different kind of ailments from headaches to skin conditions. stomach

complaints to achy joints. This is a fascinating and effective treatment to both teach and deliver."

Course info - Day courses take place over the weekend and start from £150 per day – which includes lunch and work books. Sessions are located at Dawn's holistic therapy space in Little Stoke.

Courses make a wonderful aift!

Do you have a loved one who has an interest in holistic treatments and would like to learn more? The gift of a course with Dawn would make a lovely, original present - perfect for those difficult to buy for.

To find out more and to book in, please contact Dawn. Call: 0795 1099 491 or visit: www.life-and-soul-empowerment.co.uk



Pop in for a warm welcome from our staff and volunteers.

Open Monday to Friday 8.30am - 4pm Saturday 10am - 1pm Check online for Christmas opening hours!

facebook.com/stokegiffordcoffeeshop



December at Winterbourne Medieval Barn



Craft Workshops

Metalwork Christmas Decorations - Wednesday 3rd December, 6.30-9pm



Create your own brass or copper Christmas tree decoration in this relaxed and festive evening workshop. You will use a piercing saw and a combination of texturing hammers, Christmas-inspired

punches and letter punches, and spend time playing with heat colouring and patina techniques using cooking torches, before polishing and adding your chosen ribbon. The price includes full tuition and all equipment and materials, along with mince pies, mulled wine and Christmas music to enjoy your evening.

Music and Drama

Carols in the Barn - Saturday 13th and Sunday 14th December, 3pm

Experience the old Christmas story told through a light-hearted drama suitable for all ages. The medieval Barn makes a very atmospheric setting for a quirky re-telling of the story by members of St Michael's Church, and the drama is interspersed with lots of well-known traditional carols for everyone to sing along. Tickets include mulled wine and mince pies, served from 2.15pm before the Carols start at 3pm.

Looking for Christmas presents?

Why not book a workshop place or a ticket for an event in 2026 for an unusual gift? A selection of craft workshops for January to March 2026 will be on sale shortly, including fused glass, wood carving, making medieval clay tiles, and willow weaving. Numbers are limited to small groups and workshops tend to sell out very fast. Varied musical events restart in

March with a St Patrick's Day ceilidh. Full details of the early spring events will be on the website in December

Event booking – All events at the Barn should be booked online at Ticketsource or via the Barn's website. If you need to book in person, contact the office (open part-time) to arrange a time to visit.

The Medieval Barn is fully accessible for wheelchairs. Free parking at the Barn for all events. and plenty of space for drop off / pick up and bicycles.

Interested in Volunteering in 2026?

The Barn is a wonderful heritage building kept open for the community by a large team of local volunteers. The Trust is always looking for more people (age 18+) to help with maintaining the site. preparing for events (setting out chairs, tables, stage blocks) or clearing away, helping on the day at events (on the door, bar work, car parking, etc), or being part of the team running community events (including admin, publicity, social media etc). It is very rewarding to be part of this community team and know you are preserving a very important historic building. More information can be found on the Barn website and Facebook.

www.winterbournebarn.org.uk Facebook @winterbournemedievalbarn

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





Octopus Drama Group Performs:

CINDERFILLA

From 7th to 10th January 2026 Octopus Drama Group will be performing their very own take on everyone's favourite fairytale, Cinderella, which is written and directed by Abi Baskerville. There will be many new faces on stage and this pantomime is sure to be a crowd pleaser!

After Cinderella's father remarries, his new wife (the elegant but jealous Baroness) and her two intriguing looking daughters move in. Life changes dramatically when the Baron dies, leaving Cinderella at the mercy of her stepmother and stepsisters, who force her into a whirlwind of chores day and night. Cinderella is loved by everyone, even the mice, and gets by each day with the friendship of her fellow house staff and the evercheerful Buttons. Meanwhile Prince Charming and his trusted bestie Dandini are avoiding the King and Queen's demands for the Prince to marry. In a final attempt to find love for himself the Prince agrees to host a Ball inviting every eligible lady in the kingdom to try and win his heart, but not before some dance lessons from a very special guest! As the story unfolds, Cinderella's fortunes change thanks to her Fairy Godmother and the support of her friends. She attends the royal ball, captures the heart of Prince Charming, and, after the famous glass slipper test, is finally freed from her life of drudgery. Oh ves she is!

There will be 5 performances: Wednesday, Thursday and Friday at 7.30pm and Saturday at 11am and 2.30pm at Christ the King Hall in Castle Street, Thornbury. Tickets go on general sale at 9am on Saturday 6th December at Rosie & Rex gift shop. 32 High Street, Thornbury. Tickets costing £8 for adults and £6 for children under 18 can be purchased Monday to Friday from 9am -4.30 pm and from 9am-4pm on Saturdays. Get your tickets soon to avoid disappointment!

ARTS APPRECIATION GROUP

Thurs 18th December at 2pm

An illustrated talk by Richard Box on

"Christmas & New Year Customs & Traditions"

at The Greenfield Centre, Park Avenue, Winterbourne, BS361NJ

More details from Sally - 07946 508316

36





Bradley Stoke Library

What's-on December 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:

Staffed Opening Hours

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

Check online or in library for Bank Holidays

FREE Children's Drop-in Events (Term Time Only)

Rhyme Time Mondays 10:45-11:15

Stories & Play Fridays 11:00-12:00



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 16th December

4-4.45pm Age 6-11 years

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

Tuesday 9th December

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.



Leao™Club

Open Access Hours (Unstaffed)

Use the library when staff aren't there with Open Access. Library members can complete a guick 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





our FREE digital skills courses at your local library! Learn in a relaxer every step of the way.

- Comparing prices and shopping online
 Video chatting with friends & family
- Sending emails, messages & attach

Thursdays - Winterbourne Library

different subject, it's still possible to join later, subject to availability

For bookings or further questions please email Cindy Corbett or Sarah Parker.









The Yeomen of the Guard

Gilbert and Sullivan's dark masterpiece



Bristol Gilbert & Sullivan Operatic Society (BGSOS) returns with The Yeomen of the Guard, the show that nearly made it to the stage in 2020 before the world shut down

Under the direction of Sarah

Nash, and with John Pitts conducting a professional orchestra, this darkly dramatic tale finally comes to life at our new home, the Olympus Theatre. Widely regarded as Sullivan's finest score, Yeomen blends grandeur, melancholy and wit in a uniquely powerful masterpiece.

BGSOS will be performing The Yeomen of the Guard from 19 to 21 March at the The Olympus Theatre, Filton, BS34 8LP.

Tickets available at www.ticketsource.co.uk/bgsos





Celebrating our community

Update from Claire Hazelgrove, MP

I hope you've enjoyed the fantastic community events we have had at this time of year. Thanks to everyone involved.

This month, my small team and I have worked on 704 new cases, supporting fellow residents. I held my advice surgery in Charlton Hayes and informal 'Coffee with Claire' events at the Beaufort Arms in Stoke Gifford and in Stoke Park (photo right). In a time where, unfortunately, some seek to divide, I believe that coming together, listening (whether we agree or not) and making positive change happen together matters. This will always be my approach as your MP.

Locally, I've been advocating for residents by meeting with FirstPort to raise concerns about leaseholders' issues. I also met with members of our Hong Kong National (Overseas) community to hear a range of experiences and have some raised

concerns they shared with the Home Office.

I welcomed Transport Secretary Heidi Alexander to Airbus in Filton), where she saw more of the important work here shaping the future of flight. It was useful to visit JobCentre Plus in Horfield, and I was pleased to welcome St Peter's Hospice Superstore to Filton.

UK Parliament Week saw schools and community groups explore how democracy works. It was super to visit Callicroft Primary Academy and SGS College Filton to hear and answer questions from young people.

Thank you to all who volunteered or gave to the Poppy Appeal. I attended powerful Remembrance events in Downend, Filton, Stoke Gifford, Patchway and at MOD Abbey Wood. I was also proud to lay a cross on our community's behalf in Parliament. With family members who served, this has always felt such an important time of year. It was a privilege to speak at a memorial unveiling at Aerospace Bristol, remembering those who died during test flights with the Bristol Aeroplane Company between 1910-1960.



home in what has been a lottery. Ending 'no fault' evictions and introducing the right to request a pet are among the living standards boosts. I'm always proud to champion our community in Parliament (top photo). I welcomed the UK-Türkiye Typhoon

fighter jet deal, supporting jobs at Rolls-Royce in Filton and SMEs.

I hosted an event with GW4 in Parliament to showcase the impact of universities in our part of the world, and welcomed Tom El-Shawk from Future Space - a thriving hub for start-ups - at UWE to No11 Downing Steet for a SMEs reception with the Chancellor.

Attending St. Michael's PTFA fireworks night and Christmas events across our community has been a truly lovely end to the year. Thank you to everyone involved in these.

Thanks to you for reading, getting in touch, taking part in my events, and giving so much to our community in 2025. I wish you a joyful Christmas, and all the best for 2026.

> As ever, please get in touch anytime: claire.hazelgrove.mp@parliament.uk

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News from Bristol Civil Service Sports Club

In September 2025 we celebrated our 100th birthday and we would like to thank those who came along to celebrate it with us. Local singer, Lucy Winter, provided

the entertainment for the night and we were pleased to be joined by local politicians and representatives of the other Civil Service Clubs in the UK.

On 1 November we held our annual Halloween Spooktacular including our fireworks display. Adults and children adorned in fancy dress came along for the Neon Disco hosted by DJ Kool Kidz and the Display by Firemagic. A great and, most importantly, a safe evening was had by all.

If you are not a member, why don't you come along and see what we have to offer? With Sky and TNT sports live, pool, snooker, skittles, table tennis to name a selection of activities on offer, we should have something for everyone and, with a pint for members starting at just £3.75 - surely you can't go wrong. If you enjoy a traditional quiz night with pen and paper - come and join us - we like it the old-fashioned way!! And no, you don't have to be a civil servant to become a member.

If you're looking for a venue for a party, a celebration of life, a work

event - conference or funday, come and talk to us. We have plenty of facilities and at a price you'll find hard to beat. We also have a stand-alone pavilion building that can be hired for other events. If you've left it a bit late organising your work or social group **Christmas party** – give us a call and let's see if we can help you.

May we take this opportunity to wish you all a very merry Christmas and a happy New Year.

If you would like to find out more do pop in and say hello, from 7pm weekdays and 11am at weekends; email: office@bristolcssc.co.uk or call: 0117 951 4259.







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Meet the AMD Solicitors Family Law Team!

AMD Solicitors have welcomed two new members of the Family Law Team to join Jo Morris, Solicitor/Director and Collaborative Lawyer. Experienced Solicitor, Jennifer Chudleigh, joined us in March, and Trainee Solicitor, Katie Andrews, will be qualifying into the Department later this year.

What recent changes to Family Law do you think will help families?

Jo Morris: On April 2024 the Court rules. the Family Procedure Rules, changed, with an emphasis on resolving matters outside of Court and supporting and encouraging families to resolve their disputes in a different way. As a member of Resolution and a Collaborative Lawyer, I have always supported Non Court Dispute Resolution (NCDR) with a focus on resolving matters as constructively and amicably as possible, which has many benefits. NCDR can be particularly beneficial where there are children involved, and it can assist with co-parenting moving forward. It can be much less costly overall as well.



Jennifer Chudleigh: My mother was a young widow so I experienced life with a single parent. She also fostered children, which instilled in us empathy. I have seen relationships between friends and family that have broken down and witnessed how parents have worked together for stability of their children. I feel very strongly about the impact a good family life has on communities and everyone's overall well-being.

I worked for several years with a Women's' Refuge representing victims of domestic abuse. When my own children became teenagers, I also became a foster carer. Having another perspective on family life has helped broaden my approach to my work.

Whether nuclear, joined, mixed, single or blended, every adult and child has a right to enjoy a good



for a client has made their lives a little better. Why do you want to be a family

and happy family life. Job satisfaction is

in knowing that whatever I have done

Why do you want to be a family lawyer?



I use my own personal experiences to assist me in showing empathy and an understanding to a client's circumstances. My hope is that moving forward this will allow me to make a positive impact in making a daunting process more manageable for clients. Through my time observing matters and court hearings as a trainee, I have experienced first-hand the positive impact being a family lawyer can have on a client who is navigating this area.

In addition, I find the variety of Family Law to be enjoyable, yet challenging to enable me to continually develop my skills.

If you would like to arrange an appointment with one of our Family Team please contact us on 0117 9621205 or info@amdsolicitors.com







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



The region's Mayor reflects on her first six months in office and looks to the future

Helen Godwin, Mayor of the West of England, said:

"Since May, we have started a new chapter for the West. I'm proud to be doing things differently. Kids Go Free this summer saw more than 910,000 free journeys for children and young people across our region.

"We've already secured the best part of £1 billion – including £752 million for better buses, more trains, and mass transit plans. On top of that, the government is investing £40 million into Twerton and Hartcliffe, devolving £25 million for us to grow our creative industries, and funding solar panels for two dozen schools.

"Working with council leaders and partners, we're investing in new and existing train stations, rolling out green electric buses, and launching new routes. Regional funding is supporting better walking and cycling options across the West, and investing in parks and high streets.

"Together, we've launched an ambitious new Growth Strategy with a plan for 72,000 new jobs over the coming decade. Our new business board will help secure investment while the Youth Guarantee gets more young people into work and training.

"We've made a strong start. There's more to do and the best is yet to come."

Attached photo credit: West of England Mayoral Combined Authority



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Shopmobility South Gloucestershire News Update

Shopmobility South Gloucestershire, based in Yate Shopping Centre next to the library are very pleased to be joined by a new Project Worker, Louise Harris. Louise has many years' experience working in the voluntary sector, managing services and volunteers, mainly people with disabilities and mental health issues.

After a period when we were open reduced hours, we are very excited to announce that we will now be open Tuesday, Thursday and Friday from 10am to 4pm. However, this will still vary occasionally subject to volunteer and staff availability, so we always advise you phone us first before dropping in.

We have a new telephone number 07749 954275 and if we aren't able to answer, please leave us a message. You can also email us at info@yate-shopmobility. org Our website is https://myyate.co.uk/yate/ shopmobility-yate and you can find us on Facebook too. facebook.com/yateshopmobility.

We offer for hire mobility scooters of different sizes, including those that can be taken apart and put in the boot of a car, and wheelchairs that you can selfpropel, or a carer can assist you with.

Yate shopping centre is an ideal location for people using mobility scooters and wheelchairs as it is flat and has over 100 shops, a mixture of independents and chain stores, all of which are accessible, along with a good choice of coffee shops and cafes. The shopping centre has plenty of disabled parking and we can meet you at your car or the bus stop with a scooter or wheelchair. The shopmobility office has a disabled toilet as does the shopping centre.

Anyone with limited mobility is welcome to use our service, young and older people, those with a permanent or temporary disability or injury, or perhaps you are deciding whether to buy your own scooter and want to try one out for a couple of hours first. If you or a relative are on holiday in our area, you are very welcome too.

As demand varies, it is advisable to book in advance, but feel free to drop in too or phone us with any aueries.

We also offer longer term hire of the scooters that dismantle and wheelchairs if you want to use one for a week or two due to a temporary disability such as following a hip replacement or have a relative visiting who needs one.

We are always on the look out for volunteers to join our small but friendly team, for either a regular half day or full day. Full training will be given, you can drink as much tea and coffee as you like, and if it's a quiet day, you can even read the



newspaper or a book! You do have to be fit enough to move the equipment around and demonstrate how it all works, including dismantling and reassembling the transportable scooters. Please call Louise for a chat if you are interested. Shopmobility is a non-profitmaking charity (Registered charity no. 1107379), funded by South Gloucestershire Council, donations, sponsorship and grants.

We look forward to seeing you soon!





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Thornbury Art Club -New members always welcome

Thornbury Art Club members are a diverse group, brought together through the love of art and creativity. We enjoy meeting up to share ideas and techniques. Many find this a refreshing alternative to on-line learning. Our membership and activities are thriving. If you get a buzz from being arty and creative then maybe we're the Club for you?

Annual membership is just £46, which includes:

- · Monthly evening Club Nights when a variety of professional artists will visit to demonstrate their art skills and style. During the tea break we can catch up with each other, chat to the artist about materials and techniques plus items for sale.
- Our monthly Saturday morning Outdoor Sketchers Group is very popular. We meet and sketch at different venues then socialise over tea and coffee in a local cafe. We try to car share where possible.
- Saturday Workshops with a professional tutors (additional fee).
- Members can display their work in Club Exhibitions and our Art In the Community programme.

Our club is open to everyone, regardless of artistic

experience or medium. Some of our members just paint for fun, while others are successfully running their own art businesses. Come and give us a try, we're always keen to have new members.

Tuesday 27th January 2026 Club Night

For our opening night in 2026, we have a water soluble oils demonstration by Valérie Pirlot. This will be a landscape as Valerie loves to capture the great



outdoors 'alla prima'. In fact often she has been invited to paint live events such weddings, parties, fairs, circus shows and music festivals such as Glastonbury. Valerie is a member of the Royal Institute of Oil Painters and a founding member of The British Plein Air Painters group. Her teaching will encourage us to paint with freshness, confidence and spontaneity and will include tips for plein air painting. Valerie aims to depict the essence of a subject in a few well-placed brushstrokes. It should be a captivating evening.

We'll have a short break during the evening for free tea, coffee, and biscuits. This will give us an opportunity to catch up with each other and say hello to our visitors. There will be some time to chat to the artist and ask questions. Don't miss this fantastic chance to learn, socialise, and enjoy an evening of art, whether you're just starting out or looking to refine your skills.

If you're interested in joining the Club, our membership secretary, Pat will be on the door to give you more information, or else contact us below.

To find out more, visit:-

www.thornburyartclub.co.uk, www.facebook.com/ ThornburyArtClub, email: publicrelations.tac@gmail.com

Members free, non-members very welcome - £6 on the door, cash or card.

7.15 for 7.30pm until 9.30pm.

Venue: SMCH - St Mary's Church Hall, Eastbury Rd, Thornbury, BS35 1DR Free parking on-site.





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









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

Severnside Ramblers - walks most Sundays and alternate Fridays. Check out our website for details https://severnsideramblers.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 htp://www.britishlegion.org

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

Willowbrook Townswomen's Guild - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Call Jannice on 01454 615040 or email Ros - rosalindg@tiscali.co.uk

Winterbourne Wind Band- Thursdays 7.30-9.30pm at Holy Trinity church Bradley Stoke. Brass, woodwind, percussion, bass players wanted. Loan Instruments available. Contact Dan 01172 395210.

Women's Institute (WI) - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact bradleystokewi@ gmail.com; FB: Bradley Stoke WI; https://bradleystokewi.org

Women's Institute (WI) - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30.pm 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.bsyfc.co.uk or contact mlee1@btopenworld.com

Bradley Stoke Youth Rugby at St Marys Old Boys Rugby Club for Minis, Juniors and Seniors - Trench Lane, Almondsbury website: www.smobrugby.com, 01454 250489 email: clubhouse@smobrugby.co.uk

Bristol Extreme Allstar Cheerleaders - Wednesdays 7-9pm Little Stoke Primary School, bristolextreme@gmail.com

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

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

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

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

Bowsland Green Primary School, Ellicks Close BStoke, 01454 866766, bowslandgreen.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.stmichaelssg.co.uk

Wheatfield Primary School, Wheatfield Drive BStoke, 01454 868610

SECONDARY SCHOOLS

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

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

Patchway Community College, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, patchwaycc.com









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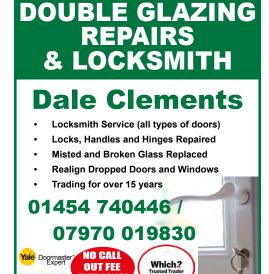




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INDEX OF LOCAL ADVERTISERS

Accountants/Book-keeping		Community Articles / Events (0	Cont)	Locksmith	
1st Stop Accountancy	10	Community Warm Spaces BSTC		Dale Clements Locksmiths	58
Advertising	3	Library	37	Lock Stuck & Barrells	56
Appliance Repairs		Local Author	10	Loft Conversions - Use Your Loft	
D-CR Domestic App Repairs	61	Local MP update	39	Mortgage Advisor - Crystal Clear	
Bathrooms -	0.	Mayor of W of England Update	44	Opticians -	
North Bristol Bathroom Showroom	51	Messy Church, St Michaels's SG		Harbord Opticians	17
Beauty - Restore Clinic	17	Old Down Illumination Trail	30	Specsavers	47
Beds - Bedlam Beds	58	Panto - Cinderella	36	Painter & Decorator	77
Blinds - Northavon Blinds	50	Roots of Jazz night	38	A Worsfold	61
Builders / Building	50	Shopmobility	45	Decor8	60
BluePrint Construction	61	Thornbury Art Club	46	Keith Usher Painter & Decorator	52
Capricorn Complete Services	52	Winterbourne Arts Appreciation	36	NPD Decorating	50
Vizard and Son	60	11		South Gloss Decorating	58
Car Mechanic - LCM Automotive	3	Community Groups/Clubs	48-49	Parish Council	7-8
Care / Elderly	3	Decluttering/Home Organisation	on	Pest Control - Pestbgone	46
Bristol Care Homes	28	Space & Place (Decluttering)	17	Plasterer - Oxbow Plastering	58
My Homecare	4	Dog Walking - Doggie Hikes	27	9	50
,	60	Doors		Plumbing / Heating Engineers	58
Carpentry - Corris Carpentry	60	DCL Doors & Windows	54	Baines Heating & Plumbing	
Carpets & Upholstery Cleaning	61	Door Express (internal doors)	61	K J Barton Plumbing & Heating	60
Bonne Fresh Clean Ltd	61	Dream Doors (Kitchen)	40	Low Cost Plumbing	52
Central Heating Engineers		The Window Hub	57	Mayo's Heating & Plumbing	54
AMW Plumbing & Heating	1	Electrician	0.	WJM Plumbing & Tiling	54
Baines Heating & Plumbing	58	Bradley Stoke Electrical	60	Roofing - Rooftech	56
K J Barton Plumbing & Heating	60	Gary Smart Electrical	61	Vizards Roofing	60
Mayo's Heating & Plumbing	54	LA Electrical & Solar	55	Webbs Roofing	55
Charities - Children's Hosp SW	12	Fertility Clinic - Bristol Centre		Rubbish Clearance	
Child Care/Nursery/Preschool	0.5	Reproduction Medicine	24	BStoke Rubbish Clearance	56
Ambourne House	25	Fencing - Front Row	59	Harvey's Waste Clearance	52
Children's Activities	07	Firewood		Schools/Schooling	46
Aquatic Harmony swim lessons	27	Vince's Logs (free delivery)	41	City of Bristol College	20
Kumon	23	Flooring (Carpets/Tiling) -		,	2-23
Cleaning & Domestic Services	4.0	James Antony Flooring	53	Security - Technisys	59
Caprigems Cleaning	13	Phoenix Flooring	63	Sewing - Medway Designs	13
Clean & Shiny Homes	45	Garden Design/Landscaping/		Shopping	_
Clean Oven Co	42	Maintenance		Willow Brook Centre	7
Clover Ovenclean	10	Almondsbury Landscaping	56	Solar Electricity LA Electrical	55
My Homecare	4	Alpine Landscapes	1	Solicitors	40
Coffee Shop	4.0	Harvey's Garden Services	52	AMD Solicitors	43
Little Stoke Cafe	16	Golf Club - Thornbury GC	14	Grace Cox SH Family Law	39
Stoke Gifford Coffee Shop	34	Handyman -		Sage & Hollow	29
Community Articles / Events		CRJ Building & Maintenance	59	Wards	44
	5-27	Sherbourne Home & Gdn Mntnc		Stairlifts Thornbury Lift Services	55
BGSOS Yeovil of the Guard	38	Stokes Handyman	54	Swim Lessons-Aquatic Harmony	27
Bristol Civil Service Club	41	Health, Fitness & Wellbeing	0 1	Tiling -	
Circadian Trust Anniversary	6	Dawn Clode, Holistic Health	34	Lee Williams Tiling	59
Christmas Services		Gracie Barra Jui Jitsu	29	WJM Plmbing & Tiling	54
- Bradley Stoke Evangelical	31	Spirit Health Club, HI Filton	16		0-63
- Holy Trinity & Christ the King	32	Stay Strong & Steady	15	Training/Tuition	
- Little Stoke Baptist	31	Tip the Balance	19	Holistic Courses	34
- St Michael's	33	Hotel & Restaurant	10	Kumon	23
Christmas Events		Aztec Spa Hotel	64	Travel Agent Not Just Travel	21
- Christmas Jamboree, WBC		Holiday Inn, Filton	12	Tree Surgeon - Collins Trees	60
- Christmas Market/Santa'sGrotto	28	House / Home	12	TV & Aerials	
- Christmas Wreath Making	5	Space & Place (Decluttering)	17	Aerial Man	55
- Filtones Choir	36		59	M D Aerials	59
- Santas on a Bike	13	Technisys (Alarms) Thornbury Lift Services		Will Writing/Power of Attorney	
- Stoke Gifford Ensemble Xmas	38	Kitchen -	55	Sage & Hollow	29
- Sunday Lunch with Santa	64	Dream Doors	40	Windows/Conversatories/Doors	
- Willow Brook Giving Tree	6	Yate Kitchen Company	40 2	DCL Doors & Windows	54
- Winterbourne Barn events	35	rate Michell Company	_	The Window Hub	57



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