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Dear Readers....

Welcome to the New Year issue of your local community magazine and a very Happy New Year to all our readers, we hope 2026 brings you peace and good health. A big thank you to Ambourne House Nursery for supplying our lovely polar bear cover photo this month!

As we reflect on the year that has gone, now is a great time to think about what we would like to do more of or reconnect with in the months ahead. We are lucky that across our community we have a wealth of caring groups that would welcome new members or volunteers. We have tips on staying active, art groups, social clubs, sports clubs, gardening groups, or may be you would like to just have a cup of tea and friendly chat in a warm space, there is something for everyone. So, if you are feeling lonely or would just like to embrace more of what our local area has to offer, I hope you will be inspired by the many local groups we feature throughout the magazine.

Now is also the perfect time to allow yourself some self care and address any niggly aches or anxieties you have carried for too long, or just allow yourself a restorative beauty treatment, there is care available from many local businesses who can support you or perhaps you would just prefer to escape the cold altogether and head for some winter sun!

Thank you to all our advertisers who continue to support us, we couldn't produce this magazine without you. Please, if you get the opportunity, do let our advertisers know that you have seen them within our pages.

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.

Deadline for the March edition is 13th February.

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Head Coach Pete Douglas Selected as England Coach for the 2026 Commonwealth Championships in Glasgow

Bradley Stoke Judo Club is proud to announce that our head coach, Pete Douglas, has been appointed as one of three coaches for the England squad at the 2026 Commonwealth Championships in Glasgow. This selection recognises years of committed work on the mat, a depth of technical knowledge, and a consistent record of bringing the best out of the athletes under his guidance.

Pete's appointment reflects the values our club stands for, steady discipline, clarity of purpose, and the belief that proper coaching shapes character as much as performance. His work with players across all age groups has played a central role in the growth of the club. It has also helped to establish our reputation within the wider judo community.

Representing England at a major championship is a responsibility, not a headline. Pete has earned that responsibility through sustained effort and high standards, and we are pleased to see that acknowledged at national level.

The 2026 event in Glasgow will gather leading judoka from across the Commonwealth. Pete will be part of the coaching team preparing England's athletes for an intense and demanding competition.

This is a significant moment for him and for the club. It sets a clear example for our members of what long term commitment and well grounded coaching can achieve.

Bradley Stoke Judo Club's Club Manager Ro Santus, E: judo@bradleystokejudoclub.com M: 07762 183012

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RE-OPENS MONDAY 5th JANUARY –
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Claire Hazelgrove MP Welcomes Patchway Community School to Parliament ahead of UK Parliament Week

At the end of November, eighteen students from Patchway Community School, serving as student ambassadors and members of the school council, visited the Houses of Parliament for what they said was an educational and inspiring experience.

The group enjoyed a guided tour of the historic building and had the unique opportunity to watch part of a live debate in the House of Commons. This visit aimed to deepen their understanding of democracy and the role of Parliament in shaping the country's future.

As part of the day, the students met with Claire Hazelgrove, MP for the Filton and Bradley Stoke constituency, for an engaging Q&A session. Discussions covered Claire's priorities as an MP and the students' own ideas for improving their local area, including topics such as the NHS and support for students with SEND.

The visit took place shortly before UK Parliament Week, an annual event which aims to spread the word about what Parliament is, what it does and how young people can get involved.



Claire Hazelgrove, MP for the Filton and Bradley Stoke constituency, said: "It was a real pleasure to welcome students from Patchway Community School to Parliament. Having visited the school not long ago, I knew they'd have brilliant questions and ideas – which they did! - and I was really proud to see them here. They were all a real credit to the school and our community.

"I believe in opening doors for others, and that Parliament should be accessible to all. That's why I've written to all our local schools inviting them in. If you're a teacher at a local school and would like to bring a class to Parliament, we'd be thrilled to help."

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Bradley Stoke opticians raise more than £500 for charity with sponsored ride-a-thon

Specsavers in Bradley Stoke has pedalled its way to success, raising £511 for Diabetes UK through a sponsored 128.5 mile ride-a-thon.

The event, held from 10am to 5pm, saw staff from Specsavers take turns on exercise bikes stationed outside the store, rented from Anytime Fitness Bradley Stoke. While the team completed sections of the challenge throughout the day, buckets for cash donations and QR codes linked to a JustGiving page were placed around the store to encourage contributions from customers and passers-by.

'We're so proud of the team, they absolutely smashed the challenge,' says Specsavers Bradley Stoke store director, Gaurav Patel. 'It was fantastic to see everyone come together for such an important cause. Promoting a healthy lifestyle is something we're passionate about, and we're grateful to everyone who donated and supported the team on the day.'



The fundraising event also highlighted the vital role regular sight tests play in detecting diabetes. During a sight test, opticians can spot early signs of diabetes and related complications such as diabetic retinopathy. Detecting these changes early can help prevent vision loss and support better health outcomes.

Diabetes UK is the leading charity for people affected by and at risk of diabetes in the UK. Its mission is to create a world where diabetes can do no harm by campaigning for better care, funding ground-breaking research, and providing vital information and support to help people live well with the condition. The charity also works to prevent type 2 diabetes and strives for breakthroughs that will one day lead to a cure.

For more information, or to book an appointment at Specsavers Bradley Stoke, visit www.specsavers.co.uk/stores/bradleystoke or call 01454 275020. Alternatively, you can pop into store at Unit MU4, The Willow Brook Centre, BS32 8EF.



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All trees/hedges should fit in a standard car. Offer limited to one per household and are available on a first come first served basis.



WILLOW BROOK
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As we start 2026, we wanted to reflect on all the events that 2025 brought.

We want to thank all who visited us last year. We feel incredibly fortunate to be a part of such a fantastic community! We are very excited for what is to come in 2026, and we look forward to welcoming you again.



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Wed 1 April 2026

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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



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Wellbeing Matters!

Your Winter Balance

The seasons have definitely changed; we have cold, wet, windy days, and the evenings are drawing in fast. For some, winter feels like a warm blanket; for others, it can feel heavy, quiet and 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 (turkey, eggs, oats, nuts & 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". Remember... 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!**

Becca



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

News from the Bristol Civil Service Sports Club – where you can enjoy a pint for under £4.00!



2025 saw us celebrate our 100th anniversary and now we look forward to the next 100 years!

The club has a number of rooms that can be hired for meetings, conferences and parties. Our main function room is licensed for events for nearly 200 people, and our smaller room for up to 40 people. Our meeting and conference facilities include audio and visual equipment. Our affordable refreshments and catering packages make our location one of the best value conference facilities in Bristol, including free parking for up to 100 cars. We've already got wedding parties booked for 2027! If you are planning an event, please get in touch.

Originally opened to provide sport and leisure activities for civil servants, the club is now available for all to enjoy, subject to becoming a member. For the equivalent of less than 11p a day, you can enjoy a pint of beer from under £4.00 in a friendly pleasant environment. With two full size snooker tables, a pool table, two dartboards, two skittle alleys and the largest table tennis club in the southwest of England, there's plenty on offer inside the club, not to mention the outdoor sports as well.

We also have a self-contained pavilion building that is available for short or long-term hire. This is ideal for running classes or even as a base for a small business.

So, whether you are planning a celebration for your family and friends, or a meeting or team-building day for work, come and see what we have to offer, you won't be disappointed.

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**.



Little Stoke Community Café

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:

Tuesday - Friday 9am - 3pm, Saturday 9am - 4pm and Sunday 9am - 3pm. Ample parking and free WiFi available.

Exciting News! 2026 sees us expand into our second cafe at the new Community Centre in Brooklands Park, opening in February. We look forward to being a part of the Brooklands Park Community too!



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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 telephone.
- 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.

- Drink plenty of fluids to keep hydrated, as this can help keep your blood pressure stable and reduce dizziness. This includes water, squash and tea/coffee. Consider trying decaf options if you drink lots of tea/coffee.
- Take up an active hobby or join a community based activity such as my exercise class in Stoke Gifford!



Emma, Stay Strong & Steady class instructor, St Michael's Centre, 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

Local start-up awarded £109k funding from Freight Innovation Fund

Congratulations to Stoke Gifford urban transportation start-up company, SLANT Sustainable Technologies, after being awarded £109,000 under the Freight Innovation Fund.

The Freight Innovation Fund works to give up to £130,000 to each of its winning bids to trial their innovations with industry partners in real-world environments. The latest round awarded £1.1 million to nine small businesses and startups nationally.

SLANT will use the funding to trial their electric trailer system that will help deliver cargo without using a motor vehicle and has chosen Bristol-based cooperative, The Pedal Collective, as its industry partner.

SLANT has been developing a modular, electrified trailer system for last-mile delivery and urban logistics. It has been designed for small courier companies with the aim to demonstrate an alternative to short van trips that can reduce urban congestion and emissions. The design is patent-pending and is being developed for real-world usage, with multiple letters of intent from cycle logistics operators, including our local Pedal Collective but also the Royal Mail.



The trial will test how the system performs in real-world deliveries, focusing on ease of use, safety, speed, and the impact on rider fatigue. Data will be gathered on operational efficiency, delivery capacity, and rider experience to refine the system.

Artemis Fragkopoulos, Founder of SLANT Sustainable Technologies said:

"It's great to see our sustainable technologies receiving the support from our Labour Government and that our local MP Claire Hazelgrove has advocated for our work to improve sustainability and congestion on the roads.

"Our electric trailer system will help ensure cargo is



Photo credits: SLANT for team photo (above) and photo of the Modular Electric Trailer System attached to a bike

delivered around the UK faster and safer without using motor vehicles and, unlike other electric solutions, our product is modular, meaning it can electrify any trailer and designed for small courier companies who need affordability and flexibility, not expensive fixed equipment."

"The funding from the Freight Innovation Fund will allow us to trial in partnership with The Pedal Collective how systems will perform in the real world with a focus on ease of use, safety, speed, and impact on rider fatigue. We will then collect data to refine the system before launch."

Claire Hazelgrove, MP for the Filton and Bradley Stoke constituency, said: *"The Freight Innovation Fund is part of our Government's commitment to finding creative solutions to tackle the climate emergency and we are lucky here in the Filton and Bradley Stoke constituency to have creative thinkers like the team at SLANT.*

"The work both SLANT and The Pedal Collective will do with this fund will help move the logistics industry towards a greener future, something I know we care about in our community. I'm looking forward to hearing how SLANT's work goes as part of this and wish them the very best of luck!"

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



Santas on the Run success at local children's hospice

More than 300 participants joined Santas on the Run North Somerset to raise vital funds for Children's Hospice South West on Sunday 7 December.



This popular fundraising event saw over 300 supporters of all ages dressed in a range of Christmas costumes, take on the festive 2K route around the hospice's beautiful grounds and saw participants enjoying the event village with food vendors and festive activities based at The Downs Preparatory School.

Hollie Thorogood, Events Fundraiser at CHSW, said: "We are so delighted at what was a fantastic Santas on the Run event this year, and it was brilliant to see so many people dressed up and running around our wonderful Charlton Farm surroundings. We saw Santas, reindeers, elves and much more."

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 in Wraxall, Somerset.

The hospice supports children with life-limiting illnesses or conditions, and their families, providing short breaks, respite and palliative care, as well as end of life care and bereavement support. Charlton Farm's doors are open 365 days a year and will be a home from home for families over the festive period too.

Get involved in 2026! If you are interested in taking part or organising a fundraiser this year for the charity, we would love to hear from you. www.chsw.org.uk | 01275 866600



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Four Top Tips for Savvy Travellers

Hello - I'm Andy Cunningham from Not Just Travel — your friendly neighbourhood travel expert based at the Village Hotel in Filton, Bristol.

For the past eight years, I've had the pleasure of helping more than 3,000 customers enjoy unforgettable holidays. From cruises and honeymoons to city breaks and family adventures, if it involves travel, I'm here to make it effortless.

But as we head into the colder months, I would like to give you my Four Top Tips to ensure you get the holiday you want in 2026 and beyond.

1. Winter Sun is Closer Than You Think

One trend is impossible to ignore — the soaring demand for Winter Sun. As the nights draw in and the temperatures fall, more and more people are choosing to swap frosty mornings for warm breezes, golden sands, and a well-deserved dose of sunshine. And honestly, who can blame them?

And the wonderful news? Winter sun doesn't have to mean long-haul flights or eye-watering prices.

Within just six hours you can be basking in the warmth of Cyprus, the Canary Islands, or even Senegal, all offering fantastic value. If you want to travel further, the world is your oyster — Dubai's iconic skyline, the powdery beaches of the Maldives, and the Caribbean's turquoise waters are waiting.

Nothing delights me more than helping people trade their jumpers for sunglasses!

2. Cruising: The Fastest Growing Holiday Trend

Cruising is absolutely booming — it's now the fastest-growing sector in travel. And it's easy to see why.

Why settle for one view when you can wake up to a new horizon every day? Why limit yourself to two restaurants when a cruise offers ten or more? Why choose between two bars when you can enjoy a dozen — plus live entertainment, West End-style shows, and activities for every age?

Whether you're cruising from a UK port or flying out to begin your voyage abroad, cruises offer extraordinary value and adventure.

3. Book early to get what you want

The travel world is approaching what we call the Peak Trading Period, or simply "Peaks," which runs from January through March. During these three months, an incredible 80% of all UK holidays are booked. That

means around 80% of travellers are simultaneously competing for the best flight times, the most desirable hotel rooms, and the top cruise cabins.

And it's not just summer holidays people are snapping up. We're seeing:

- Families grabbing last-minute escapes to the Canaries
- Retirees booking extended stays in Madeira or Morocco
- Active couples ditching grey British drizzle for sunny hikes and cycle routes
- Families securing those precious free child places
- Solo travellers jetting off for their own slice of sunshine

Now here's the insider tip: don't wait until the end January to think about your next holiday. By then, many of the best flight options, family rooms, and premium cabins are already snapped up — and dynamic pricing means that as availability drops, prices rise.

The savvy travellers — including many of my customers — are booking now, from the 1st of January to secure the best deals for 2026 and 2027.

4. Make It Easy — Spread the Cost

To make your dream getaway even more accessible, I offer a Zero Interest Monthly Direct Payment Plan. No fees, no hidden extras — simple, affordable payments spread over time.

I hope my Four Top Tips have stirred your desire to travel and would love to welcome you at:

The Village Hotel, Bullfinch Close, Filton, BS34 6FG

Or you can reach out anytime to discuss your plans.

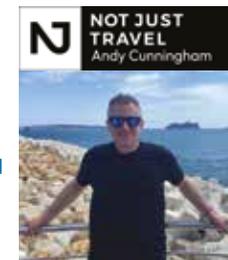
Wherever you want to go next — winter sun, a cruise, or a summer family adventure — I am here to make it happen.

- Andy

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Future-proofing our kids' spine health

with experienced holistic therapist Dawn Clode Lic MET Lic CR

Most of us do not experience serious aches and pains in our bodies until we hit our 50s, 60s and beyond. Some of the injuries or wear and tear are inevitable with age and our working or leisure environment – or so we think! A number of our issues, especially when it comes to spine health (that links with nerves to all areas of our body) could be prevented or significantly reduced if we looked after our backs before any sign of problems occur. Never a truer word spoken that, 'prevention is better than cure.'

It was extremely interesting to hear Dawn speak on the subject with the extensive knowledge and experience she has. Having Dawn in my life as a holistic therapist for over a decade has benefitted both myself and my boys. There are two key times to get kids' holistic health off to the best start.

The first is when they are young babies, birth involves a significant physical stress on babies (and mother's too of course!). Both my boys benefitted from a baby cranial sacral session with Dawn. My first born was uncomfortable latching on his left side. One session and we never looked back. My youngest son suffered with an aggressive rash in the nappy area and again, one session of baby cranial sacral and the rash and associated discomfort calmed and then disappeared.

Fast-forward ten years and Dawn asked to see the boys again. Now they both play regular, physical sport, it was time to check their spine alignment.

My eldest's (10) spine wasn't running quite straight, some gentle manipulation put this right.

My youngest (8) was running straight in his spine but complaining slightly of a sore ankle. Dawn asked if he chewed things a lot (he regularly sits and chews or sucks on clothes or soft toys) as an area of jaw was related through fascia tissue to the foot and he again received some gentle manipulation to ease this. It really was a fascinating session and my boys think Dawn can work magic! For advice on children's spine health, do get in touch with Dawn.

Dawn. **Call: 0795 1099 491 or visit: www.life-and-soul-empowerment.co.uk**



Giving Your Child A Voice

Many couples who have gone through separation or divorce may be familiar with mediation – whether it is to settle finances or to reach agreement about child arrangements. Mediation has proved a successful non-contentious resolution tool as it gives the individuals control over decisions; is a quick and less expensive way of resolving conflict, compared to the Court process; and is flexible.

Regardless of the reason for a relationship breakdown, the best interests of the child(ren) are paramount. When parents are separated the child(ren) may feel isolated and ignored if they are not listened to; particularly when the parents are trying to reach a decision on whom the child should live with and how much time a child should spend with each parent.

What is Child Inclusive Mediation?

It is not necessary to wait for contentious proceedings to be issued in order to ascertain the child's views. Child inclusive mediation can be used to look at child arrangements and specific issues such as the choice of the child's school or even on issues of relocation.

Child inclusive mediation is less formal than being interviewed by a Court Officer (CAFCASS) which makes it a less stressful process for the child.

The main benefit of the process is that children get to meet a neutral person who can convey their wishes and feelings. The process is respectful to the child and the mediator will only feedback what the child expressly agrees to. Child inclusive mediators have specialist training to enable them to carry out this type of mediation, to ensure the meetings are handled sensitively.



How old should the child be in order to take part in the process?

The general guidance is that children should be aged 10 or over. However there have been instances where younger children (Particularly ones with older siblings) have taken part in the process. Both parents will know and understand the maturity of the child.

Ultimately the decision-making will be that of the parents – and the child will be told this, but the process shows the child that they are respected by their parents and that their voice is an important part of the process.

At AMD Solicitors our team of specialist family solicitors can provide you with advice and guidance alongside the mediation process. We can advise you of the options available if you are unable to reach an agreement following child inclusive mediation or the traditional mediation process.

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

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A Magical Christmas Countdown at Nursery

The festive season has truly sprinkled its magic over our nursery for December! Our children have been buzzing with excitement as we prepared for Christmas, filling our days with creativity, discovery and plenty of sparkle.

From glittery arts and crafts to colourful paint projects, the children have loved expressing their imaginations and bringing a touch of Christmas cheer into their artwork. Sensory play has also been a big hit—especially exploring our trays of soft, fluffy fake snow and practicing counting skills as we track how many days are left until the big day.

One of the highlights was our exciting ZooLab visit, where the children learned about different animals, asked brilliant questions and even got to meet some fascinating creatures up close. We also enjoyed lovely trips to the library, sharing Christmas stories together, and to the garden centre, where the children were mesmerised by the beautiful decorations twinkling all around them.



And as we write this, the festive fun isn't over yet! We still have our special Christmas dinner to look forward to, and of course, the most magical moment of all—a visit from Father Christmas himself for our little ones.

It's been a wonderful season so far, full of joy, learning and festive sparkle, and we can't wait to see the children's smiles as we continue celebrating together.

If you would like your child to join the fun in 2026, please call Roberta or Sarah to book a visit on 01454 615352.



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Stay Strong and Steady Class Celebrates Its First Birthday at St Michael's Centre, Stoke Gifford

Our Stay Strong and Steady exercise class at St Michael's Centre has officially celebrated its first birthday after a fantastic year of helping local residents build strength, balance, and confidence.

To mark the occasion, we held a special celebration following the class. After completing their exercise session, attendees enjoyed a slice of birthday cake, a cup of tea, and plenty of time to socialise. It was lovely to welcome some familiar faces who hadn't been able to attend for a while but still came along to join the celebrations. We were delighted to have 25 people attend, including several participants who have been with us since the very first session and continue to enjoy both the exercises and the friendly, supportive atmosphere of the group.

The class continues to grow, and there are still places available. New participants are always warmly welcomed, so if you're looking to improve your strength and balance — or simply meet new people — please do get in touch or feel free to come along and give it a try.

Emma, the class instructor, commented: *"It's been wonderful to see the group grow stronger and gain more confidence over the past year. The exercises are just part of it, the friendships and support everyone gives each other are what really make this class special."*

One long-standing participant shared: *"I've been coming since day one, I remember Emma suggesting I came along and it's been fantastic. The exercises help me stay strong and steady, and I love the chance to meet everyone and have a chat over tea afterwards."*



Little Stoke & District Ladies Club have been busy for the last couple of months.

On 9th Dec we had our Christmas meal at Filton Golf Club which was attended by most of our members. Everyone enjoyed it and thought the food was delicious. In November we had a quiz night and a fish and chip supper.

We meet twice a month on 1st and 3rd Tues of the month at Little Stoke Baptist Church.

New members are very welcome. Please telephone Julie on 07814 443793 or see our face book page.

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Ponies Bring Festive Cheer to Residents at Bristol Care Homes

Bristol Care Homes spread Christmas joy in the most unique way possible - with ponies!

Just as we were going to print on this edition, Field House was looking forward to welcoming the Theraponies, a wonderful initiative that brings calm, gentle ponies into care homes for residents to enjoy. This heartwarming visit is part of Bristol Care Homes' ongoing commitment to creating meaningful experiences for those in our care.

Over the past few months, our homes have hosted several pony visits (photos are from Halloween visits), and the impact has been extraordinary. Residents, including those living with dementia, have experienced moments of pure joy and connection. We've seen smiles light up faces, laughter fill the rooms and even tears of happiness as Jammy and Daisy - two adorable ponies - gently interact with residents right at their bedsides.



Why is this so special?

It's not every day you can say a pony visited you in a care home! These visits go beyond novelty — they provide emotional comfort, reduce stress, and spark conversations and memories. For residents who struggle to communicate, the presence of these animals often brings a sense of calm and companionship that words cannot express.

This festive visit is a beautiful way to showcase what life in our care homes is truly like: vibrant, engaging, and full of heart. We believe in creating moments that matter, and this event is a perfect example of how we bring joy and connection to our Bristol Care Homes residents during the holiday season.



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My Fair Lady in Tockington

The Parish Players' 2026 production of 'My Fair Lady' is taking place at Olveston and Tockington Parish Hall (Upper Tockington Road BS32 4LQ) at 7.30pm every evening from Wednesday 18th to Saturday 21st February 2026 (in February half term) – with an extra matinee performance at 2.00pm on Saturday 21st!

This well-known and lively show is packed with some of the most famous songs from the world of musicals: 'Wouldn't It Be Lovely?', 'With a Little Bit of Luck', 'The Rain in Spain', 'I Could Have Danced All Night', 'On the Street Where You Live' and 'Get Me to the Church on Time' – to name a few. It's great entertainment for all the family and certain to brighten everybody's winter evenings.

Based on George Bernard Shaw's play 'Pygmalion', My Fair Lady was written by Alan Jay Lerner and Frederick Loewe. It was first performed on Broadway in 1956, starring Rex Harrison and Julie Andrews, and won six Tony Awards, including Best Musical. The 1964 film version starred Audrey Hepburn and Rex Harrison, and won the Academy Award for Best Picture.

Tickets go on sale from Saturday 10th January, after which you can order online at <https://bit.ly/PPorders> or call 01454-202011. Prices are £12 Adults, £8 Children and £14 Premium seats.

Parish Players tickets always sell quickly, and My Fair Lady will be popular – so don't delay!

Find out more at www.facebook.com/OlvestonParishPlayers (not for ticket sales).

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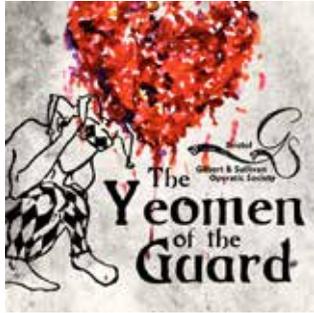
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The Yeomen of the Guard

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

Sleeping Beauty

On the 9th of December 2025 St Mary's Catholic Primary School went on a whole school trip!

We went to the Redgrave Theatre in Clifton to watch the pantomime Sleeping Beauty.

We had to take three coaches to the theatre. Once we arrived, we all found our seats. Y6 sat with their buddies and comforted them during any scary bits of the performance while the rest of KS1 sat closer to the front. In the performance we were all encouraged to cheer and boo the actors which was great fun. There was bubbles, smoke and even a water pistol!

When the first half ended, we had a 20-minute break and during that we were given digestive biscuits- yummy!

In the second act, we joined in with some of the songs and loved all the jokes.



Over £1800 Raised at Joie de Vivre Christmas Event

On 29 November, Joie de Vivre - the local burlesque chair dance group - put on a Christmas show at Stoke Gifford Retirement Village which was well attended by both residents and the public.

We also had a singer - Francesca Carly - perform some Celine Dion and Christmas songs. A raffle was held and there were in excess of 50 prizes which Joie de Vivre had managed to collect.

Altogether we raised in excess of £1800 - a fantastic amount - and this will be split between Breast Cancer Now and Suicide Prevention.



Overall, the whole show was immaculate, hilarious and everyone enjoyed it fully. The cast did amazingly well, and we'd like to say a big thank you to all of them.

By: Klaudia, Jocelyn, Kavya and Bella
St Mary's Year 6 Journalists

Bradley Stoke Library

Staffed Opening Hours

Monday: 10:00 - 17:00
Tuesday: 10:00 - 17:00
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Thursday: 10:00 - 17:00
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Junior Art Club! 4-4.45pm Age 6-11 years

Tuesdays 20th Jan, 17th Feb, 17th March

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**



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.



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Active Libraries

ARTS APPRECIATION GROUP

Thursday 15th January - an illustrated talk by Justine Hopkins on "May Morris, William's talented daughter"

Thursday 19th February - an illustrated talk by Kirsty Hartsiotis on "Stained glass in the Cotswolds from the 20th century to today"

Both events at 2pm at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ.

More details from Sally - 07946 508316

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Tuesday 27th January
Tuesday 10th February
Tuesday 24th February
Tuesday 10th March
Tuesday 24th March

More Dates TBC 😊

Active Libraries

Local window company wins national award

Bristol window company, The Window Hub, has won a major national award after being judged the best by its peers in the glass and glazing industry.

With a head office in Staple Hill, The Window Hub won Installer of the Year at the G-Awards, an annual glittering event, which recognises and awards the best window, glass and door companies in the UK. The local business welcomed judges from respected inspections and auditing body, Risa, earlier in the year, who compared entries from dozens of window companies from across the British Isles.

Managing Director, Danny Robb, shared, "We've got a 'Treating Customers Fairly' policy, to make sure that we do the right thing for our customers, from when they first speak to us all the way through the process to when we leave them with a Fensa certificate after the installation. And I'm hopeful that that's what shone through during the judging process."

The win came just weeks after two employees won awards at the National Fenestration Awards, another national event where winners are judged by their peers. Adam Smith won Office Manager of the Year, while Bradley Barber won Young Person of the Year. Danny said The Window Hub has 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 sales-people 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 ensure all canvassers know never to go back.

"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.

90% of reviews for The Window Hub on Trustpilot are five stars, with customers celebrating the company's professionalism, friendliness, tidiness and attention to detail. (The company doesn't invite customers to leave a review, so all comments on that site are genuinely organic.) www.thewindowhub.co.uk



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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 Valérie loves to capture the great



THORNBURY Art Club

outdoors 'alla prima'. In fact often she has been invited to paint live events such as 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](https://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.

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

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet across the Five Stokes area, along with Church and School information. If your details have changed, please let us know at community@mattersmagazines.co.uk and we will update it for you!

BABY AND TODDLER GROUPS

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

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

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

Trinity Tots - Mondays 9:30 - 11:00 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 - rosalingd@tiscali.co.uk

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

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

Women's Institute (WI) - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 07887 373924

Young At Heart Club meets at the Christ the King Church, Bradley Stoke every 2nd and 4th Thursday of the month from 2pm - 4pm. Set up 20 years ago and aimed at people over the age of 50 who would like to make new friends, enjoy games, speakers, outings.

SPORTS CLUBS

Almondsbury and Bradley Stoke Tennis Club - Opportunities for all levels, inc pay and play lessons for all on Saturday mornings, no booking needed. almondsburytennis.org.uk

Aretians Rugby Club for Cubs, Juniors and Seniors Station Road, Little Stoke www.aretiansrffc.co.uk

Black and Blues Netball - Non-League Social Netball Wednesdays 7.30-9pm 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/northbristoljuniorsrffc/ .

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

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

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@goolemail.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

Bowland Green Primary School, Ellicks Close BStoke, 01454 866766, bowlandgreen.org.uk

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

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

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

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

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

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

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

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

Wheatfield Primary School, Wheatfield Drive BStoke, 01454 868610

SECONDARY SCHOOLS

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

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

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

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Hambrook Sports Club – Community Update

In October, we sadly lost our Chairman, Alistair Kilfoil. Alistair was a dedicated leader, a tireless volunteer, and a true champion of community cricket. His wake, held at the club on 21st November, brought together friends, members, and neighbours to share memories and celebrate his enormous contribution to Hambrook Sports Club. He will be deeply missed.

At our AGM in November, Naomi Bowler was voted in as our new Chair – and the first female Chair for HSC! Naomi moved to Hambrook at the end of 2024 and has been an active member of the club; we are confident she'll help guide us forward into a positive new chapter. 2026 marks the beginning of new fundraising efforts to deliver significant upgrades to our facilities, which were built in the 60s and are ready for a change.

We warmly invite local residents to join Hambrook Sports Club — either socially, or through our friendly Cricket and Football teams. The club is home to five Skittles teams, weekly Pilates classes, darts, and cribbage nights. Membership is just £10 per year, and as a not-for-profit organisation, every penny goes back into making sport and community activities accessible for people in Hambrook and the surrounding villages.

We are also excited to begin laying foundations for a junior football programme for both boys and girls. To make this possible, we are seeking male and female volunteer coaches. Coaching training and DBS checks will be provided. In addition, we are looking for more ladies' cricket coaches. In the past, we have proudly been the only female-coached ladies cricket team in the area, and we would love to welcome more women who want to get involved for we can regain that title!

If you'd like to support the club, get active, or help shape its future, we'd be delighted to hear from you. Here's to building a stronger, more connected Hambrook community together! www.hambrooksportsclub.co.uk

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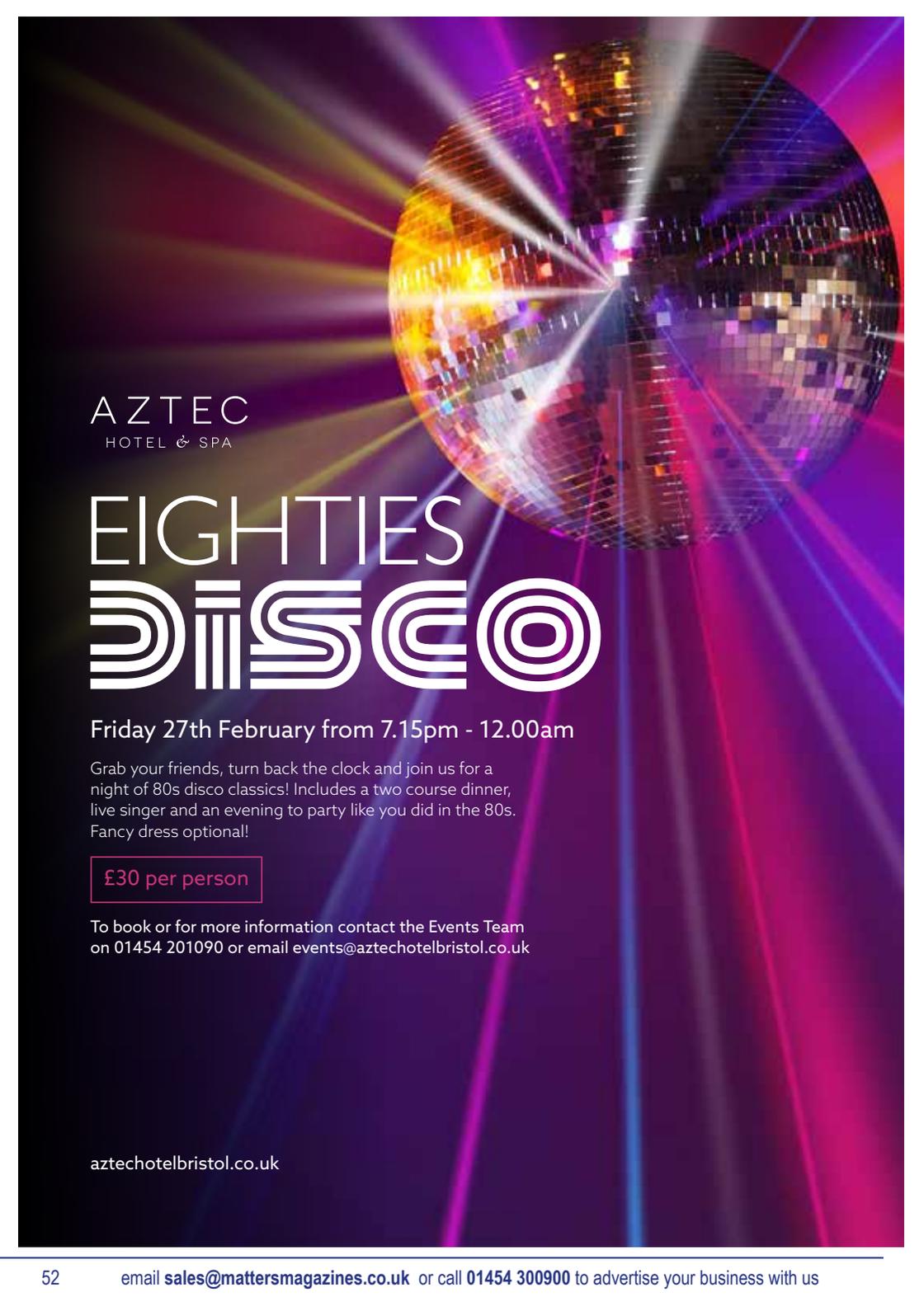
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