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October/November 2026 Telephone 01454 300 900



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Dear Readers....

As we enter into October mindful of the clock change on the 25th October, we know that the year is rapidly coming to a close, the evenings are getting darker and everything feels a little bit different, especially when we compare it to the incredibly hot summer we've had. Try and take the time to walk in the woods or nature reserve and savour this special time of year (it's a favourite activity of mine hence the cover photo!).

November brings us Remembrance day, a time when we pause to reflect on those who have been lost during the 'Great' wars and those that have happened since. As we face winter with various factions in the world still in dispute, and the resulting rising costs to us all, let us hope that resolutions can be swiftly found. Peace grows when people build understanding, compassion, and respect instead of separating into opposing sides. Let us all look out for each other across our local community over the coming months. Check in on each other, especially if you know someone who might be struggling. Bradley Stoke Town Council have opened up their warm spaces again this winter, so if you'd like a space to enjoy a free cuppa and a chat, with wi-fi and games available to play, please do make use of these.

The annual Fireworks display is on 1st November this year - see page 24 and the Brightwell are recruiting volunteers to help with collection buckets at this community event. We are pleased to be new sponsors of the Bradley Stoke Ladies Football Team - see page 7 for more on their excellent start to the season.

As always, a huge thank you to all our advertisers and contributors who continue to support us, we couldn't produce this magazine without you. Do let our advertisers know that you have seen them within our pages and if you are a business looking to promote your services across the local area, do get in touch and we will be happy to help. Keep safe and enjoy the read!

Deadline for the next edition is 6th November.

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Jaci



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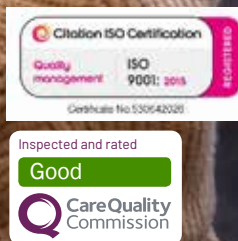

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Willow Brook Launches Free School Uniform Scheme to Support Local Families

Willow Brook Shopping Centre has launched a new free school uniform scheme to help ease the financial pressures many local families face, while also promoting sustainability through the reuse of good-quality clothing.

Following an overwhelming response from the local community, more than 450 items of school uniform have already been donated. Thanks to the support of Timpson, all donated items have been professionally cleaned and are now available for families to access free of charge.

The uniforms are displayed in a discreet area of the shopping mall opposite Giant, where anyone in need can browse and take items suitable for their children.

The scheme includes hundreds of branded uniform items from local schools including Wheatfield Primary School, Bradley Stoke Community School, Bowsland Green Primary School, Holy Trinity Primary School, Meadowbrook Primary School, Charlton Wood Primary Academy, St Michael's Primary School, Bailey's Court Primary School, Stoke Lodge Primary School, Patchway Community School, Callicroft Primary School, St Mary's Catholic Primary School, St Chad's Primary School, and Holy Family Catholic Primary School.

There is also a wide range of generic school wear available, including trousers, shorts, skirts, dresses, shirts and jumpers, all in excellent reusable condition and with plenty of life left in them.

Sophie St Leger, the Marketing Manager at Willow Brook said:

"We understand the financial pressures many families are facing, and the cost of school uniforms can be a significant additional burden. By providing free access to clean, good-quality uniforms, we hope to ease some of that pressure and ensure children have everything



they need for school. We want the scheme to be accessible, welcoming and dignified for anyone who may benefit from it."

The project has been a true community collaboration. Bradley Stoke Town Council kindly provided two clothing rails to display the uniforms, while Timpson generously cleaned donated items, ensuring they are ready for their next owner.

Alongside supporting local families, the initiative also has a strong environmental focus. By encouraging the reuse of school uniforms, the scheme helps prevent perfectly wearable clothing from going to landfill, giving garments a second life and reducing unnecessary waste.

Willow Brook is continuing to welcome donations from members of the public. Anyone wishing to contribute can drop off reusable school uniform items at the uniform donation point located in the Town Square lobby next to the postbox.



The shopping centre hopes the scheme will continue to grow, helping even more local families access essential school clothing while strengthening community support and promoting sustainable practices.

Families are welcome to visit the uniform area opposite the Giant store and help themselves to any items they need, completely free of charge.

inform

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Bradley Stoke Ladies FC (BSLFC) – Season 2026 - 2027

Bradley Stoke Ladies FC for the 2026/2027 season have retained (along with Bradley Stoke Youth FC) the award of being an England Football 3 Star Accredited Club (new name for the previous FA Charter Standard Community Club) which is the highest award a football sports club can receive. Both clubs have successfully retained this highest status since 2010 so we are very proud of this as there are only a few clubs in South Glos with this accreditation.

The club provides football training for female's 16 years old and above. We currently play in Division 3 of the Gloucestershire County Women's League. Our current crop of players range in age from 16 to 42 years old. We have very close links with BSYFC to ensure we have a female pathway from Reception age and into adult football.

Last season the Ladies had a strong finish to the season and just missed out on 4th position in the League by one point. We are hoping for another good finish this season. We have started strongly with 2 wins and 1 draw from our first 3 matches and are currently 2nd in Div 3 table.

The club is very pleased to announce we have secured sponsorship from two local companies. This will allow us now to return to our original colours of orange and black with every player receiving a new kit. The club would like to say a big Thank You to **Bradley Stoke Matters** and **Inform Consulting Engineers** who are totally funding the whole kit for the squad. We just hope we can repay them with some good results.

BSLFC train every Tuesday evening at the Bradley Stoke Community School so if you are interested in attending just get in touch with the Manager Martin Lee email mlee1@btopenworld.com

All players are welcome to attend and we try to be a friendly and safe environment where fun and enjoyment is the priority.



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Best Front Garden Competition 2026

Report by Sara Messenger

As we're now in our 14th year I think we can safely say that our annual best front garden competition is a firm fixture in the town events.

We started back in 2013 with just 5 gardens and our first winner was Maureen Hopkins who, despite everything life threw at her, continued to always be in the top three. Maureen, although very shy about her green fingered talents, always bought a megawatt smile and a sense of impish fun to the competition, so we were very saddened to hear of her recent passing. Maybe in her memory, next year we will have a trophy to award to the best single hanging basket.



Maureen Hopkins collecting her first prize in 2013 – from then Mayor Brian Hopkinson

This year like last year the extended period of exceedingly hot weather wilted both gardens and gardeners alike and put many off from entering, and from those that did enter, we had several urgent emails along the lines of 'please hurry up and do the judging before we get a hosepipe ban!' We were lucky in that all those that did enter were in the large garden category so the small garden shield is now resting for a year in my filing cabinet, a 'safe place' I am sure to forget. For 2027 we are thinking of running the competition late spring or early summer to avoid the heat waves that seem to have become a permanent part of our British weather.



However, I am sure you just want to know who won this year so without further ado I would like to say Congratulations and Well Done to everyone that entered

Our 2026 winners are:

Best Large Garden 2026

- 1st place: Paul & Judith Johnson (Garden I)
2nd place: David & Jenny Neale (Garden D)
3rd place: Richard & Gill Love (Garden A)

Facebook Favourite 2026

Richard & Gill Love (Garden A)

Greenest' Garden 2026

Paul & Judith Johnson (Garden I)

Runners up (in alphabetical order)

- Bluebell Gardens Gardening Club (Garden H)
Jitesh Mistry (Garden E)
Krishnan Rambadhran (Garden C)
Michael Mundy (Garden F)
Richard & Alisa Aquilina (Garden G)
Swati Vyasa (Garden B)

Our 1st place winner received the main shield, which is returned after a year and also, to keep, an engraved glass trophy and gold medal, a framed certificate and a £25 Almondsbury Garden voucher.

Our 2nd place winner received an engraved glass trophy and silver medal, a framed certificate and a £20 Almondsbury Garden voucher.

Our 3rd place winner received an engraved glass trophy and bronze medal, a framed certificate and a £10 Almondsbury Garden voucher.

And our Facebook Favourite and Greenest Garden winners each received an engraved gold medal, a framed certificate and a £10 Almondsbury Garden voucher. With the Greenest Garden also getting an engraved glass trophy.



Our runners up didn't go home empty handed as they also nabbed an engraved medal and a framed certificate.

All the gardens had their own strengths showcasing everything from amazing perfume, dazzling colours, an abundance of fruit and flowers, food and water for the local wildlife and hanging baskets groaning under the weight of blooms, but the highlights for us were:

1st Paul & Judith Johnson – "I'm not sure exactly what clinched this prize again for them maybe it's the awesome veg bed with companion planting, or the bird feeders or the insect boxes or the bees or maybe the pond, there was just so much to look at."

2nd David Neale & Jenny – "a garden full of charm, quirks & colour. A new rope spiral and an abundance of red roses, hops and a love seat makes me think that romance and beer aren't dead here, even if the fairies tried to trip me up" (first time in the top 3 for this lovely garden).



3rd Richard & Gill Love – "the sheer exuberance of this garden has in the past given them 4 consecutive wins, and with so much to see it was also an obvious choice for the Facebook Favourite. This is another garden that has changed much over the years along with a pond full of huge koi and some very cute gnomes"

I'd like to say Thank You to this year's judges for putting up with me snuffling all the way through the judging process, to Bradley Stoke Town Council who started the group and support us all the way, and to our current Mayor, Jenny James and Deputy Mayor Jon Williams, who faultlessly handed out the prizes. To Timpsons who not only still seem to charge us little more than they did in 2013 but who also never tell in advance who the winners are!! And of course, to Richard at Almondsbury Garden Centre who always provides us with many generous vouchers.

The BSIB team and I are now going to enjoy our own gardens for a while but we look forward to seeing you all again next year!

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The Back-to-Routine Reset: Working With Autumn, Not Against It

There's something about September that feels like pressing the reset button. The summer holidays wind down, school bags reappear, alarm clocks get set a little earlier and suddenly the diary is filling up again. Even if you're not tied to the school calendar, there's a noticeable shift; mornings feel darker, evenings start to draw in and that slightly cooler, crisper air reminds us that summer isn't going to last forever. For some, this return to routine feels welcome. For others, it can feel like someone has pressed fast-forward.

Our bodies are remarkably responsive to changes in our environment. As daylight hours reduce, our circadian rhythm, our internal body clock, has to adapt. Reduced daylight can influence sleep patterns, energy and mood, which is one reason some people notice a seasonal dip as autumn progresses. But we don't need to wait until winter to start paying attention. Autumn offers us an opportunity to make small adjustments before the darker months really arrive.

The temptation can be to put outdoor movement, social plans and self-care on hold as the weather becomes less predictable. But this is where we can get caught in a familiar cycle; less daylight makes us feel less energetic, we move less; we spend more time indoors, our routines become less consistent, and now we're waiting for spring again!

Think adapt, rather than abandon.

A brisk lunchtime walk instead of an evening one. A shorter route when it's cold. An indoor workout when the weather's rubbish. A coffee and chat with a friend rather than evening doom-scrolling. The NHS recommends regular physical activity and reducing long periods of sitting, but it doesn't have to mean a particular type of exercise or a perfect weekly routine. Small amounts count, and finding activities you enjoy makes consistency much more achievable.

Our Autumnal Suggestions:

1. Chase the daylight, not the perfect weather

Where possible, get outside during daylight hours. Even on a cloudy day, you're giving your body a stronger light signal than you'll typically get indoors. A morning walk, school-run detour or lunchtime loop all count.

2. Create anchors rather than rigid rules

What can you do most days? A regular wake-up time, a morning dose of daylight, movement at lunchtime or a screen-free wind-down in the evening? Consistent routines can support sleep as the seasons change.



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3. Start adapting now

Don't wait until you're exhausted to think about what helps you feel well. Make a list of the things that restore you; movement, nature, good food, connection, creativity, quiet time, and get them in your calendar.

And as the days get shorter...

Perhaps the biggest autumn wellbeing shift is recognising that we don't have to maintain summer energy all year round. As we move towards shorter days, consider how we regulate, recover and restore. This is where nervous-system care can become part of the conversation, not as another wellbeing trend or promise of perfect calm, but as a practical reminder to notice when we need movement, when we need rest, and when we need to pause.

At Tip the Balance, our Elemental Approach to Wellbeing encourages exactly this kind of whole-person thinking. Don't fight the season and don't wait for it to pass. Work with it. Adapt your habits. Notice what you need. And keep choosing the small things that help you feel well. If you'd like to explore your own approach to wellbeing or find out how the Elemental Approach could support you, connect with us at www.linktr.ee/tipthebalance

With love,
till next time
Becca x



Dr Rebecca Brooks, Founder, Tip the Balance, The 'Clinic Without Walls'™
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Local campaign for stronger laws on non-consensual photography in gyms:

Bradley Stoke resident Hannah Jones reached out to us to feature a campaign that means a great deal to her and her family, she would appreciate your support. Hannah's story:

The campaign was inspired by an incident involving a family member who was repeatedly photographed and filmed without their knowledge or consent whilst using a gym. An older man repeatedly took photographs and videos of her while she was exercising, without her knowledge or consent. She was the only person he targeted.

The images were eventually discovered by gym staff, who immediately banned him from the gym and reported the matter to Avon & Somerset Police. Whilst grateful that the gym took swift action, our experience with the initial police investigation was incredibly disappointing.

Despite the behaviour taking place over a prolonged period, and the man admitting he had done so as he found her attractive, it could not be prosecuted as apparently under the current law the legal threshold had not been met for stalking or harassment.

No one should have to worry about being secretly photographed or filmed while exercising, yet there

is currently a gap in the law that leaves many victims without adequate protection.

For my family member, the impact went far beyond simply having photographs taken. A place where she should have felt safe became somewhere she no longer felt comfortable. Whilst the gym itself is in no way to blame, the knowledge that someone had secretly watched, photographed and filmed her over such a long period had a significant emotional impact.

The case was closed without further investigation. We were left feeling that the seriousness of what had happened had not been recognised. We weren't prepared to let the matter end there... We contacted our local MP, Claire Hazelgrove, who supported us in getting the case reopened. We also raised our concerns with an Inspector from the Office of the Police and Crime Commissioner, who arranged for a completely new police team to take over the investigation.

The difference between the two investigations was remarkable. The new officers believed they already had sufficient evidence to arrest the suspect before carrying out any further enquiries, demonstrating that the evidence had been there all along.

<https://petition.parliament.uk/petitions/772563>

Although grateful the police eventually took action, I was shocked to discover that there is still no specific criminal offence covering repeated non-consensual photography and filming in places such as gyms when the images are not considered to be sexually explicit. As I researched the issue further, I realised this wasn't an isolated problem. Similar incidents have been reported across the country, yet victims often discover that the law does not adequately address this type of repeated behaviour.

I have therefore started a UK Parliament petition calling for this to become a specific criminal offence to hopefully bring about a change in the law to better protect people. This campaign isn't about stopping people from taking ordinary photographs in public. It's about protecting people from deliberate, repeated, targeted behaviour that invades their privacy, causes genuine distress and impacts their confidence and wellbeing.

The petition has already received fantastic public support, and I hope that by continuing to raise awareness, we can encourage Parliament to strengthen the law so that future victims receive the protection they deserve.

Please do support us by signing the petition if you can at: <https://petition.parliament.uk/petitions/772563>

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Snowy Adventures and Easter Escapes

As the evenings start drawing in and summer becomes a distant memory, it's a great time to start thinking about your next adventure. And right now, there are two holiday periods worth having on your radar, winter escapes and Easter 2027.

Fancy Hitting the Slopes?

Whether you're an experienced skier, haven't been on the slopes for years, or have always fancied giving it a go, a ski holiday can be an incredible winter escape.

And it's not all about the skiing! Think snow-covered mountains, traditional alpine villages, cosy restaurants, après-ski and spectacular scenery. There are resorts to suit everyone, from beginners and families to experienced skiers looking for more challenging slopes.

Planning your first ski holiday can seem a little daunting, where do you go, which resort is best, and what about ski passes, equipment and lessons? That's where I can help. I can look at the whole holiday and help you find the right resort and accommodation for you.

Or How About the Magic of Lapland?

For something completely different, Lapland is one of those holidays that can create memories to last a lifetime. Imagine snowy forests, husky sled rides, reindeer, festive activities and, of course, the chance for the children to meet Santa.

Lapland is incredibly popular with families, and the most sought-after dates can fill quickly, so it's definitely one of those trips worth planning ahead.

Thinking About Easter 2027?

If you'd rather swap the snow for sunshine, Easter 2027 is another holiday period to start thinking about now. Whether it's the Canaries, Cyprus, Turkey or Egypt, a family beach holiday, cruise or city break, there are plenty of possibilities.

For families tied to school holidays, booking ahead can give you more choice of flights, family rooms and hotels before availability becomes more limited.



Andy's Top Tip – Beat the Booking Rush!

January is traditionally a busy time for holiday bookings, so why wait for the rush? Planning earlier can mean more choice and better availability, particularly for school holidays, popular ski resorts, Lapland dates and Easter getaways. Booking ahead isn't just about price - it gives you a better chance of securing the right flights, accommodation and dates for you. So, if you already know you'd like to get away, start looking now and beat the January rush!

Never Fear, Andy's Here!

Whether you're dreaming of the ski slopes, planning a magical Lapland adventure or searching for some Easter sunshine, tell me what you have in mind and I'll help you find the right holiday.

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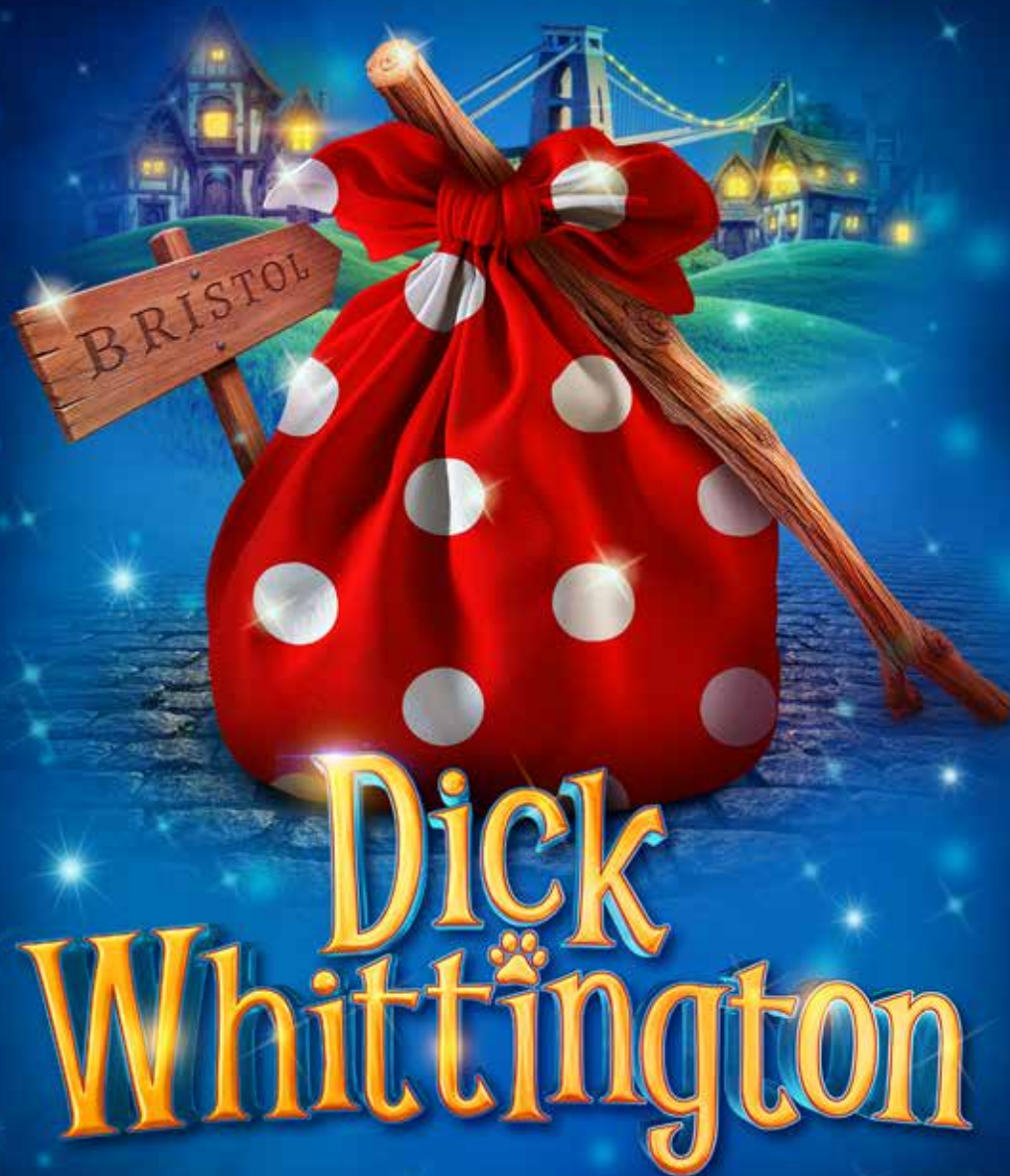
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Bradley Stoke Community School Celebrates a Number of Achievements

We are delighted that after achieving the Eco Schools Green Flag – distinction - last summer, we have been accredited the 'good' accreditation by Modeshift Active Travel Ambassadors; the highest we could achieve in our first year. This was for our students' work to reduce the numbers of cars around the school site and supporting with bicycles and scooters for students who face disadvantages financially. We are now looking forward to receiving our tree samplings in November after successfully applying to the Woodland Trust for a community tree pack.

Our Bradley Stoke Promise guarantees every student the chance to represent their school and be a role model; and we are delighted that our Student Council for Years 7-11 officially launches this term after a trial term last summer. Our council will be meeting with our catering company to provide student voice from across the school and we are hoping they will also be meeting our MP, Claire Hazelgrove on her visit later this year.

The careers team are busy preparing for another year of events and opportunities after the success of us being awarded the national Quality in Careers Standard last March.

Our first Business Breakfast is on Thursday 22nd October and if you're interested in finding out more about attending this or a future one, please get in touch with the school - it's a great chance to meet local, regional and national businesses as well as our wonderful students (and to grab a free breakfast!)

And finally... You may have seen a lot of construction traffic going into BSCS, not for the roadworks this time, but to work on our new 2G astro pitch. After 20 years of use, it was coming to its end and we are really looking forward to its official opening ceremony in October.

We are one of the few 2G pitches in the local area and if you'd be interested in hiring it, please do get in touch with our lettings team via the school reception.



Our newly appointed Active Travel Ambassadors working together on the campaign: "Strap On Your Helmet and Pedal to the Prize"





Bowsland Green Primary School

Are you looking for a school place for September 2027?
We would like to welcome you and your little one into our warm and welcoming school.



Dates 2026-2027

- Head Teacher presentation and school tour: AM and PM
Wednesday 30th September 2026
Wednesday 4th November 2026
Wednesday 6th January 2027
- Stay and Play session 9:30am - 10:30am
Saturday 3rd October 2026
Saturday 7th November 2026



[More events here!](#)

www.bowsland.org.uk | school@bowsland.org.uk | 01454 866766



Welcome to our new 'Discovery Hub'

The EYFS team at Bowsland Green primary school have been hard at work this summer, creating a brand-new classroom full of joy and play.

Not only are our littlest learners in Reception able to enjoy this wonderful environment, our children in Year 1 also access it daily as part of their vital 'Discovery Hub' slot.

We are so proud of how the children enjoy and respect these beautiful new spaces.



Reception Admissions for September 2027 open on 1st October 2026!



Mrs Carver (Headteacher) with pupils from years 4, 5 and 6



Reception Tours- September 2027

We would love for you to visit our school and see everything we have to offer at one of our open days on:

- Tuesday 29th September @ 9.45am or 5.00pm
- Monday 12th October @ 2.15pm
- Monday 9th November @ 9.15am or 5.30pm
- Friday 11th December @ 9.45am
- Wednesday 6th January @ 9.15am

We are also running **Stay and Play** sessions so your child can come and experience our school for themselves! Call our office to book a space on the following dates:

- Wednesday 25th November 3:45 - 4:15pm
- Wednesday 9th December 3:45 - 4:15pm

Reserve your space now:

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Stay & Play at Coniston Community Centre where Families Connect, Play and Grow

Every Tuesday morning, Coniston Community Centre welcomes children aged 0-4 and their parents and carers to Stay & Play. The low-cost group gives children a safe place to play, build confidence and make friends, while helping families and carers connect with others and their community.

Stay & Play has a full range of activities that support early development through a wide range of toys and equipment. In rooms 3 and 4 at Coniston Community Centre the children can make use of building blocks, puzzles, books, musical instruments, balls and soft play. They can even role play, ride-on toys, and go through tunnels.

Coniston Community Centre is actively applying for grants to extend its activities, so pre-school children can enjoy messy play, painting, playdough, sensory play, singing, stories and seasonal crafts. These experiences help pre-school children to learn and grow their confidence through play before starting nursery or school.

Stay & Play is particularly important for many families facing financial pressures. The cost of toddler groups, classes and other activities can quickly become difficult for families on tight budgets. The group aims to keep Stay & Play affordable at £2 per session for each family, so the cost does not prevent families from taking part.

Stay & Play also supports adults as well as their children. Parents and carers can meet other local families, share experiences and build friendships. This can make a real difference for families



experiencing isolation, limited transport or a lack of local support.

Mai brings Mabel and Roma to Stay & Play every Tuesday morning. She says, "Stay & Play has been so beneficial for both me and my child. It gives them the chance to socialise, build confidence and enjoy new activities in a safe and welcoming environment. It is also lovely as a parent to meet

other families, share experiences and feel part of a supportive community. We always look forward to coming each week!"

Parents and carers with children aged 0-4 are warmly invited. Just pop into Coniston Community Centre from 9.30am on a Tuesday, no need to book.

For more information visit the Coniston Community Centre website or follow them on Facebook for session details and updates.

www.conistoncommunitycentre.org.uk

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News from Bristol Civil Service Sports Club



Bristol Civil Service Sports Club (BCSSC) is gearing up for their fantastic annual, family – **Halloween Fancy Dress Fireworks Spooktacular!** This much-loved event, open to everyone takes place on

Saturday 31 October from **6pm** when **DJ Kool Kidz** gets the **Neon disco** underway! Enjoy the spooky disco and then make your way outside for the fabulous **fireworks at 7.30pm!**

Early bird tickets – if you purchase your tickets before 10 October adults are £8 and children £6; after that date and on the door (if available) adults are £10 and children £7.50. Numbers will be limited so it's best to buy your tickets in advance. Tickets are available from the bar now!

**All children must be accompanied by an adult. No private fireworks and no sparklers allowed for safety reasons.*

The Club's entrance is on Filton Avenue (near the junction of Muller Road and Filton Avenue, BS7 0AT). It has a large, free carpark. **Club opening times** can vary so it's best to go along from 7pm weekdays and 11am at weekends.

Club membership is open to anyone paid from the public purse. Locally we are now offering access to the club with a local social membership where, in return for an annual fee, you can use the club and most of the facilities, including a bar where the price of a pint starts at just £4!

Join our team as the Assistant Bar Manager at the Bristol Civil Service Sports Club. We are looking to add a suitably qualified person to our team. Experience in hospitality (bar and catering) is essential. Working days and hours will be flexible to suit the needs of the business.

If you think you've got what it takes to add to our team, please send your CV together with any additional relevant information you may wish to share to bristolcssc@virginmedia.com.

Get in touch! To book an event or find out about membership, **email:** office@bristolcssc.co.uk or call: **0117 951 4259**.



We have had a fantastic start to the new academic year!

September is always such a busy and exciting time in our setting as we welcome new children and families, as well as reconnecting with friends who have been away enjoying their summer holidays.

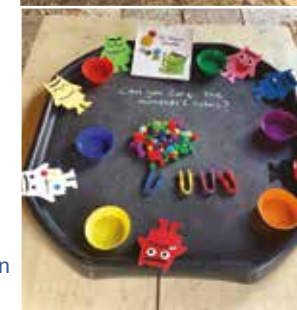
Across the whole setting, we take time to get to know each child as an individual, learning about their interests, personalities, and families, while creating opportunities for them to talk about themselves and share their experiences. We also spend lots of time exploring feelings and emotions, helping the children to develop their emotional intelligence, build strong relationships, and feel more settled, confident, and secure in their new environment.

Alongside our daily learning, we continue to enjoy our trips and extracurricular activities, while getting ready to explore the beautiful Autumn season and all the wonderful colours, textures, and changes it brings to our environment.

Another exciting change this year has been the reconfiguration of our rooms. Our downstairs Baby Room now welcomes children aged 0–2 years, while upstairs we have our Toddler Room for children aged 2–3 years and our preschool environment. This new structure will support the children as they grow and transition between rooms, while giving them wonderful opportunities to explore Montessori materials and experience the Montessori ethos throughout their journey with us.

We are ready for another exciting term filled with learning, adventures, new friendships, celebrations, and lots of wonderful memories!

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



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Severn Counties Foreign & British Bird Society Cage Bird Show

Saturday 31st October 2026
The Methodist Church Hall, Down Rd, Winterbourne BS26 1BN

Open from 2pm
Admission: Adults £1, children free

See a large variety of birds including canaries, finches, parrotlike and others and meet keepers and exhibitors – we will be happy to advise any visitors on birdkeeping.

We also have monthly meetings on the 3rd Thursday of each month at 8pm – All Welcome.

Contact Alan Goldsmith for more information via email - birdsandbutterflies2022@gmail.com



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Be the welcoming face of our community

The Brightwell is honoured to be one of the Mayor's chosen charities. We are seeking enthusiastic volunteers to represent our community at Bradley Stoke Town Council's annual Fireworks Evening on Sunday 1st November, 4.30-7pm.



As a volunteer, you will warmly greet spectators and hold collection buckets, helping spread vital awareness and cheer throughout a magical evening for all ages.

Support our Charity

Every bucket filled and every conversation held directly supports our mission of providing vital therapy to individuals living with chronic neurological conditions.

Two and a half hours of your time on Sunday makes an enduring difference to our Charity and our members. And you get to watch the Fireworks display!




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Dawn Clode – Celebrating 10 years of her holistic, garden treatment room

Dawn has been offering holistic treatments for over 20 years in a variety of locations but this September she celebrated 10 years of her very own holistic treatment room in Little Stoke.

Dawn shared, "I don't know where those years have gone but they have been the happiest of my professional life. I am still as passionate today about the healing I deliver to my wonderful clients as when I first launched Life and Soul Empowerment."

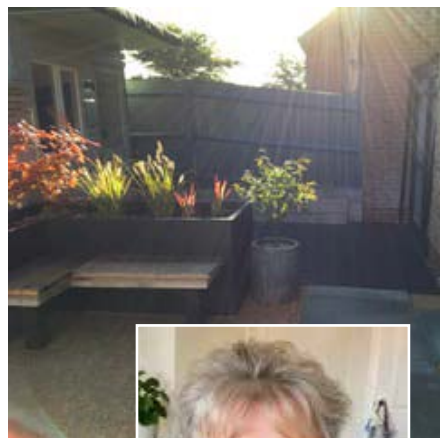
From working on her own to a team of therapists who she now shares the garden treatment room with – Reiki practitioner Ella, Massage Therapist, Eva and Louise, a Chiroprapist, Reflexologist and Reiki Practitioner.

Dawn went on to say, "It has been a privilege to learn so much from so many amazing people and I now love sharing my extensive knowledge on healing during the different teaching courses I lead. Beginners or professionals can join me on my courses on Reiki, Reflexology, Aromatherapy, Mindfulness and more. Looking to the next 10 years, I am excited to launch my French Holistic Retreat in 2027 so watch this space!"

Reader Giveaway! To celebrate this milestone, Dawn in happy to giveaway a **FREE Reiki session!** To enter, simply email: Jaci@mattersmagazine.co.uk with the title 'Dawn Reiki' with the answer to the following question – *How many years is Dawn celebrating at her garden treatment room?* Closing date is 31/10/26.

Get in touch to book in for a treatment or if you would like to book onto one of Dawn's teaching courses.

Call: 0795 1099 491 | Visit: www.life-and-soul-empowerment.co.uk



Dawn Clode, still loving her work



Make it a Christmas to remember at Thornbury Golf & Lodge

Christmas is all about getting together, celebrating and making memories – and Thornbury Golf & Lodge has plenty to help you do just that this festive season.

Get the celebrations started with our Christmas Party Nights, the perfect opportunity to gather colleagues, friends or family for a fantastic evening of festive food, drinks and entertainment. Whether you're planning your annual work Christmas party or simply looking for an excuse to get together, Thornbury provides the ideal setting for a memorable night out. Dates available throughout December.

For those looking for a more relaxed festive experience, our Christmas Wreath-Making Workshops are a great way to get creative and embrace the Christmas spirit. You can also combine wreath making with a delicious Festive Afternoon Tea, complete with sandwiches, cakes and traditional scones with clotted cream and jam.

So, whether you're looking to party the night away, enjoy a festive afternoon or get creative with friends, Thornbury Golf Centre has something to make this Christmas special.

Celebrate Christmas with us at Thornbury Golf Centre and make this festive season one to remember! For more information see advert on the back page or call 01454 281144.



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Bristol Cabot Probus Club

We are looking for retired people to join our luncheon club. Essentially a men's club, membership consists of gentlemen from a wide range of diverse backgrounds.



We meet every third Wednesday in the month for a three course lunch followed by coffee and a talk by a local speaker. Wives and partners are invited to four lunches a year.

The Bristol Cabot Probus Club was started in October 1996 with members who come from Bristol, South Gloucestershire and North Somerset. Probus is an amalgamation of PROfessional and BUSiness.

Why not sample this welcoming, comradeship in a relaxing atmosphere at the BAWA Club, Southmead Road, Filton.

Contact the Secretary on 07551 503955 or email rogerbonner@gmail.com

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Preparing your SME for sale: Why the Legals Matter

Many SME owners focus on growing their business, naturally so, but they can often overlook whether their business is ready for sale should an opportunity arise. The old adage of "you can't time the market" applies so it is always advisable to ensure a business has a sale checklist in mind, as it progresses through growth.

Corporate compliance and company structure

The Companies Act 2006 is the primary piece of legislation that regulates companies in this country. The legal foundation matters and is sometimes overlooked by smaller SME's who have not built a working relationship with a corporate legal team. What sounds expensive and synonymous with large corporations really is a concept of film. The majority of businesses in the UK are SMEs and whatever the size, there is a place for ensuring the company prospectus is maintained, in case a sale opportunity arises or comes unexpectedly.

Establishing clean corporate governance with documented board minutes, shareholder agreements and formal policies illustrates professionalism and awareness of statutory obligations. This can also reduce the time legal due diligence can take and ultimately reduces the risk of a buyer walking away or renegotiating price.

Financial and contract maintenance

Potential acquirers will scrutinise contracts, customer agreements and supplier arrangements. Undisclosed liabilities, informal verbal agreements or contracts containing onerous conditions or exit penalties can push a buyer towards a reduced offer or to demand a retention (to hold part of the purchase price in escrow until key customers or suppliers commit to a market standard legal agreement).

When to start planning for exit

Exit readiness is not a 'one size fits all' process. We are always having strategy conversations with our clients as market forces can change all too often in the SME world. Typically, 12-18



months is a good time to start the company clean as going to market and finding a buyer will also take some time. Identifying any vulnerabilities that could impact a sale will at least bring into scope the time or cost needed to polish.

Bottom line

Engaging legal and tax support early on in the sale process should play an important role in helping to achieve a valuation that will not be chipped away at. For most SMEs, selling their business is a one-time shot and for that reason it is imperative not to leave value on the table or leave the door open for post-sale disputes.

Your exit strategy isn't something to tackle when you've found a buyer. It is something to build and plan for in advance.

The corporate team at AMD specialise in advising SME business owners and family owned businesses on acquisitions growth and exit strategy. Contact the team on commercial@amdsolicitors.com or 0117 9621205 as the team are always delighted to hear from business owners.

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From frustrating computer problems to reliable IT upgrades, Anthony Broadhurst has built a reputation for providing honest, friendly and professional technology services across Bristol, South Gloucestershire and Cardiff.

Based in Bradley Stoke, Anthony, founder of BITS - Broadhurst IT Solutions, has spent many years helping home workers overcome their IT headaches.



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It's easy to take technology for granted, until it stops working! A laptop suddenly refuses to switch on, a business computer crashes, or the wi-fi drops out. For many people these situations can be stressful, inconvenient and expensive. *"Technology can feel intimidating"* Anthony explains *"People often think they'll be overwhelmed with jargon or pressured into buying expensive equipment that they don't really need. I don't believe in that approach. My job is to make technology easier, not more complicated."*

Whether visiting a local family home, helping a small business or supporting larger clients in central Bristol and Cardiff, Anthony brings the same professionalism and attention to every job.



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Bailey Bird Nursery officially takes flight at Bailey's Court Primary School

A new chapter began at Bailey's Court Primary School on Monday 7th September, as the school officially opened the doors to its brand-new Bailey Bird Nursery.

The opening marked the culmination of months of planning, hard work and collaboration, transforming existing school space into a bright, welcoming nursery environment for the school's youngest children.

The special celebration was attended by the Chair of Governors, representatives from the Local Authority, ETS – who undertook the building and renovation work – families and members of the Bailey's Court community. The whole school also joined in the celebrations, with children and staff receiving a special Bailey Bird cake to mark the occasion!

Headteacher Andrew Lynham welcomed guests and spoke about the significance of the new provision and the opportunities it will provide for children and families in the local community.

The official opening was then marked by Deputy Headteacher Sophie Elliott cutting the ribbon and declaring Bailey Bird Nursery officially 'open'!

The nursery has been developed as part of the school's vision to provide high-quality early education within the Bailey's Court community. Designed around the needs of three- and four-year-olds, the new provision provides a carefully considered environment where children can learn through purposeful play, build confidence and develop the strong foundations they need for their next steps.

For Sophie Elliott, who has been closely involved in leading the nursery project from its earliest stages, the opening was a particularly special moment.

"This has been a real labour of love, and seeing Bailey Bird Nursery finally open its doors has been incredibly special. So many people have contributed to making this happen, from our Governors and Local Authority to ETS, our nursery team, school staff, families and the wider community. We wanted to create a nursery where children feel happy, safe and excited to learn – somewhere their confidence can grow and where they are encouraged to spread their wings. We are incredibly proud of what we have created together."

The opening also celebrated the fantastic support received from families throughout the development of the nursery, from the initial consultation and interest in places to helping shape the vision for the new provision.

With its distinctive Bailey Bird branding, welcoming environment and dedicated team, the nursery is now ready to begin its journey.

The doors are open, the Bailey Birds have landed – and a brand-new adventure has begun!



Headteacher Andrew Lynham and Deputy Headteacher Sophie Elliott



Investing in You!

Clare Moody, Police and Crime Commissioner (PCC) for Avon and Somerset

From my experience as your Police and Crime Commissioner (PCC), I know that the people closest to local challenges often have the clearest understanding of what could help address them.

I also know there is no shortage of passion, expertise and determination in our communities across Avon and Somerset. Over the past two and a half years, I've heard brilliant ideas from grassroots organisations, volunteers, residents and community leaders.

But I have also heard that access to funding can be one of the biggest barriers to turning these ideas into action.

That is why I am investing half a million pounds over the next two years to support community-led projects that prevent crime, reduce harm and make communities safer.

My new Community Fund invites Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations to apply for grants up to £10,000 for projects that will make a real difference and support my Police and Crime Plan priorities.

Those priorities include reducing crime, violence and anti-social behaviour, preventing crime, supporting victims, and strengthening community relationships.

More than 1,000 people across Avon and Somerset helped shape these priorities during my time campaigning and when I was elected as your PCC. They reflect the challenges, issues and priorities that you raised with me.

While the police have a vital role to play in delivering these priorities, lasting improvements depend on partners, organisations and residents working together to prevent harm and improve safety in our neighbourhoods.

This fund is about supporting you to do just this. It's about backing local solutions and enabling more of our communities' ideas to become reality. It's about driving positive local change and helping people who are at higher risk of harm, victimisation or offending.

Applications for projects in Somerset are being administered through Somerset Community Foundation.

Organisations in Bath and North East Somerset, Bristol, North Somerset and South Gloucestershire should apply through Quartet Community Foundation.

I encourage you to look at their websites for application rounds and criteria, and to explore whether the fund could support your work to improve safety and deliver these priorities.

There will be several opportunities over the next two years to apply for grants through the Community Fund, as part of my ongoing commitment to investing in you and your ideas, wherever you live in Avon and Somerset.

I look forward to seeing the ideas, projects and partnerships that emerge through this fund, and the difference they will make to people across our region.



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Making Your Voice Heard – In Our Community and in Parliament

I hope you are keeping well and getting back into full routines again after the summer has been as smooth as possible.

This month, my small team and I worked on 528 cases to support residents directly - including at my advice surgery, held in Bradley Stoke.

I ran my latest 'Coffee with Claire' event in Winterbourne, bringing residents together to share their experiences and make the case for better buses, particularly for journeys across our community. I have shared local views from this, and my online survey, directly with Transport Ministers, First Bus, and the West of England Combined Authority.

I spoke in the Commons about the importance of our local pubs, and welcomed Government action to cut their business rates bills by 20%. My first job was waitressing and pot washing in a pub aged 14, and I know how much they all matter to us locally.

I hosted the Hydrogen in Aviation Alliance's new report launch, highlighting our area's world-leading aerospace heritage and potential to lead the future of hydrogen-powered flight – reducing environmental impact. I want to see Britain seize the opportunity to lead this, with Filton at the very heart of it.

I also met with Luke Pollard, the Defence Procurement Minister, to discuss the important work so many do locally to support our national security and that of our NATO allies. This is all the more important in these more uncertain times globally, and our local contribution is highly valued by the Government.

Following my visit to the Frenchay Brain Injury Rehabilitation Unit, I was pleased to co-chair a parliamentary roundtable on brain injury



rehabilitation with the team based there and other experts from across the country.

I also heard directly from our new Prime Minister as he set out his key priorities to continue our work in cutting the cost of everyday essentials, bringing key services under greater public control, and supporting communities to thrive.

Thank you to everyone who shared my survey, particularly local residents Sue and Hillary who helped take paper copies around, and the Lincombe Barn team for kindly taking in returned paper copies. This shows what we can do, working together as a community, for our community.

I also visited 'mydentist' in Filton following the launch of my second survey on local NHS dentistry. This was the first issue I raised for us in Parliament, and we've seen some good progress with over 19,000 more urgent NHS appointments in our NHS area, but there's more to do.

As with my first survey, I will use this insight to continue to champion what we need locally. Please share your experiences here: clairehazलगrove.co.uk/survey-dental-services.

Please get in touch anytime:
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LIFE SKILLS

By Eleanor, Carine, Urenna And Susana,
Year Six Pupils at St Mary's Catholic Primary School

On 16th September, which was a lovely day, Year Six journeyed to Life Skills. Life Skills is an enormous building where they learned what to do in different scenarios. This was in connection to their Enquiry question : How are lives saved?

Firstly , they embarked on a coach where they were all shaking with excitement. When they finally arrived at Life Skills (it was a 40-minute bus drive), they felt intimidated, and foreign, as the building was such an extraordinary size.

At the very beginning of the trip, they participated in a silent quiz. Afterwards they were sorted into groups of three and four, then the adventure began!

They learnt about leaks, fires and they even got to dial 999 and 105.

Other hazards they discussed were about carbon monoxide (co), and how you cannot see, smell or taste it. They finally learnt, what to do if you heard someone screaming for help and what happens in an electrical blackout.

One student quoted that, *"It was so creepy and scared me to death, but it was great to experience what to do in stressful situations."*

Miss Molloy added, *"It was informative and educational."*

What an amazing day for Year Six and as Abigail said, *"It was an experience I will never forget."*

Overall, it was highly recommended as one of the top best trip across their time in St Mary's. Yet they must not forget to say a great big thank you to all the volunteers which helped them on the day at the Create Centre.

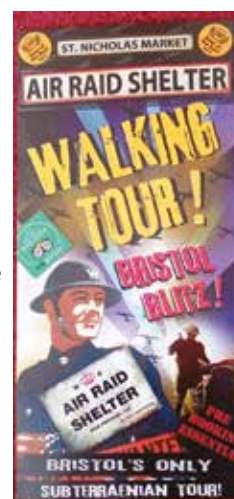
Editors Note: Life Skills at the Create Centre in Bristol is an immersive, interactive safety education facility featuring a realistic indoor "village" designed to teach vital life and safety skills.



Update from Stoke Gifford WI

Although we do not hold a meeting in August, approximately 25 of our members arranged to take a Walking Tour of the Bristol Blitz. We met up at the Corn Exchange building where our Tour Guide, Duncan, took us round the local area of St Nicholas Market. He then showed us into the Air Raid Shelter under the market which was used during the Bristol Blitz.

Duncan was very informative and amusing and we all enjoyed this tour. It was called a Walking Tour though it included more standing than walking, which was a bit more challenging for a few of us. However, it was definitely worth a visit and we would recommend anyone who has not taken this tour, to do so.



Meeting With South Glos Council/Waste and Recycling Centre

Our President, Jo Janes, welcomed members and visitors to our WI meeting on Wednesday 2nd September 2026.

Our Speakers this evening were Kirsten Wilson and David Burliston from South Glos Council/Waste and Recycling who gave us an interesting and very enlightening insight into what happens with our bin collection waste.

I am sure many of us have groaned when we have received yet another bin, box or bag to separate our waste into. However it seems we may not have fully appreciated how this helps our environment and our climate for future generations.

All of our general waste is disposed of in the UK and most of it goes to local "Energy-from-Waste" facilities where it is burnt to generate electricity. This Council's team have managed to arrange that very little of our waste ends up in landfill, in fact only 1.5% and as a last resort. Every year South Glos/ waste and recycling carry out a study of the waste in black bins to find out what is being thrown away.

The results of the last audit found that 47% of waste in black bins could have been recycled from home. The average black bin in South Gloucestershire in 2025 contained the following: 19% food waste 28% recyclable items, 29% soft plastics, 24% non-recyclable waste.

Approximately one third of global greenhouse gases come from food production which is why it is so important to waste as little as possible. 70% of all food waste in the UK comes from households, which is more than double the amount wasted by supermarkets, restaurants, farms and factories.

Our food waste is sent to a processing plant in Avonmouth which is fed into an enclosed tank containing micro-organisms that break it down into biogas and biofertilisers. The biogas is used to generate renewable energy. Some food waste cannot be avoided, like banana skins, tea bags and vegetable peelings but these are all perfect for home composting along with our garden waste. From our Council tax only £7.50 of every £100 goes to funding 4 Sort It recycling centres, recycling and black bin collections, and the disposal costs of waste.

Perhaps we should applaud South Glos Council Waste and Recycling team for recycling our waste, which was only 8% in 2004 but is now up to 58%.

Our next meeting will be on the 7th October when we will be visited by a musical group called Revival who will be entertaining us with songs from the 50s, 60s, 70s and 80s.

Visitors will always find a warm welcome at our WI Group which is held on the 1st Wednesday of the month in the Trust Hall, Stoke Gifford so please come along and join us.

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Barn Dance with Jig Mad Wolf Ceilidh Band

Friday 9th October 2026 -
Doors open 7pm
St Mary's RFC, Trench Lane

Wanted! Fun-lovin' folks to attend the Rotary Club of Bradley Stoke Barn Dance with Jig Mad Wolf Ceilidh Band.

Vittles - Bar - Raffle

Tickets (including supper) £15
Available from Peter Randall / Allan Ashby
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allan.ashby1@outlook.com / 07895 215756

All money raised will go to charitable causes supported by Bradley Stoke Rotary.

FRIDAY 09/10
DOORS OPEN 7PM

TICKETS £15 WITH SUPPER

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All money raised will go to charitable causes supported by Bradley Stoke Rotary

Severn Vale Flower Club

Our Christmas Open Evening will be held on
Tuesday 3rd November.

"A Natural Christmas"

a demonstration by Angela Turner

Angela is a National Demonstrator and a floral designer. She has been flower arranging for several years and has also competed at Chelsea, winning gold.

This will be held at Olveston & Tockington Parish Hall.

Doors open at 6.30pm for 7.30pm
For tickets and more information call
01453 811089 or 01454 885213.

Harvest Day Fayre at Winterbourne Medieval Barn

Sunday 11th October
11am - 4pm

A great day out for all the family at an affordable price. Gate price £7 adults and £2 child.

Church Lane, Winterbourne, BS36 1SE
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Bradley Stoke Library

Normal Opening Hours: 10am-5pm on Mon, Tues, Thurs and Fri; 9.30am-12.30pm on Sat or do an Open Access induction and access the library 7 days a week!

Free Drop in Events Term Time Only -

- **Rhymetime** - Every Monday, 10.45-11.15am
- **Stories & Play** - Every Friday, 11am-12noon

Digi Local - 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! 4-4.45pm Age 6-11 years, Tuesdays 20th Oct, 17th Nov, 15th Dec



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

Knit Stitch & Natter

Tuesdays at 1pm and Thursdays at 10am

Join our friendly weekly adults-only 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.



LEGO CLUB 3.45-4.30pm

Tuesdays 13th Oct, 10th & 24th Nov, 8th Dec

FREE Children's Drop-in Event.

Lego™ Clubs are for primary school aged children. All children must bring a grown-up with them.

Lego™ Club



Chatterbooks 4-4:45pm

Tuesdays 6th Oct, 3rd Nov, 1st Dec

Our book club for children aged 6-12 has spaces available! *Spaces are subject to change so please ask if you are interested



BRADLEY STOKE LIBRARY PRESENTS... TEEN CLUB!

Launching Friday 9th October
3:45-4:45
Ideal for ages 13-16

Come along to session one to help shape YOUR Teen Club

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Launching Friday 9th October 3:45-4:45pm

A new club, ideal for 13-16-year-olds, where you get to shape what you do.



Dad's Rhymetime
Bradley Stoke Library
Saturday 3rd, 17th, & 31st October,
9:30am - 10:30am,
Term Time Only
Free drop in activity for all Dads and their little ones. Uncles and Grandads welcome too!

Wonderful Woodland!
Bradley Stoke Library,
Monday 26th October
10:30am-11:30am
FREE drop-in craft activity most suitable for primary school aged children
Children must be accompanied by an adult.

Free Computer Courses

Want to improve your computer skills and connect with others? Join our FREE digital skills courses at your local library!

When & Where: Tuesdays • Downend Library
Wednesdays • Bradley Stoke Library
Thursdays • Winterbourne Library

The courses begin in mid-September. However, as each week covers a different subject, it's still possible to join later, subject to availability. Find out more on this or any of the above by asking a staff member or visiting: www.southglos.gov.uk/libraries

Bradley Stoke Sew and So's meet on the third Monday of each month at the Jubilee Centre from 1.30 to 3.30pm.

Our August meeting was our annual afternoon tea and this year we combined it with a fundraiser for Breast Cancer Now. Members and guests enjoyed a delicious tea and we played guess the weight of the cake, teacup sweepstake and other games and held a raffle. The event raised £148 for Breast Cancer Now.

At our September meeting we welcomed ladies from Project Linus UK whose mission is to provide love, a sense of security, warmth and comfort to children who are sick, disabled, disadvantaged or distressed by donating gifts of new, homemade, washable quilts and blankets. We were pleased to be able to donate quilts made by our members.

We always welcome new members so if you are interested please go to our website bradleystokesewandsos.weebly.com or email bradleystokesewnsos@gmail.com.

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In late 2025, The Window Hub was crowned the UK's Number One Installer at the prestigious G Awards, the fenestration industry's most coveted accolade. Going up against the country's biggest names, this Bristol team proved that genuine craftsmanship, honest pricing and an unwavering commitment to customers can outshine companies many times their size.

And the recognition hasn't stopped there. The Window Hub has just been announced as a finalist in not one, but two categories at the National Fenestration Awards: **Customer Care Company of the Year** and **Managing Director of the Year**. It's a remarkable double-nomination that speaks volumes about the culture and leadership behind the brand — a company that doesn't just fit windows, but treats every home as if it were their own.

What makes this story so compelling isn't simply the silverware. It's what those awards represent: thousands of happy homeowners across the South West who've experienced a refreshing alternative to the high-pressure sales tactics that have plagued our industry for decades. Transparent quotes. Premium products. A team that turns up when they say they will.

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