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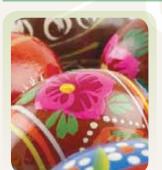
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Dear Residents,



A very happy New Year, I hope 2016 is a great one for you all!

It is at this time we think about making changes to improve the quality of our lives. Whether that be getting fitter or healthier, joining a local group or perhaps volunteering on a community project. Whatever your thoughts, there is a huge selection of wonderful local services and organisations that would welcome you getting in touch.

This month I enjoyed catching up with local resident Ian Haddrell, who as well as being involved in many community activities and events, is an author with a number of books in publication. I hope you enjoy finding out more about this interesting, community minded man.

New contributor Lee-Anne Jameson had a great time visiting WADCA (Winterbourne & District Community Association), catching up for coffee and a chat with Business Development Manager - Mandy Nicholls. The local organisation has great plans for 2016, see how you can get involved!

There are several more interesting reports and updates from local groups and societies throughout the publication that I hope will be of interest to you all.

Thank you for another great year! Take care until next time.

Wendy X



Please get in touch, we love to hear from you. community@mattersmagazines.co.uk 01454 300900



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Building the 'Heart of the Community'

Unable to attend the recent, hugely successful WADCA open day, I was pleased to pop in for a coffee and a chat with Business Development Manager - Mandy Nicholls, to hear more about the day and their plans for the future.

Excepting a rather raucous 40th birthday soiree, this was my first time within the community centre, which now employees a part-time management team to work alongside a dedicated committee, staff and network of volunteers. I was stunned at the sheer size of the centre, an almost labyrinthine space of rooms complete with stage, bars, skittle alley and sports hall, centred around a freshly decorated lounge area, where local artists are encouraged to exhibit and sell their work. The fresh, new turquoise decor of the skittle alley hints at the fifties diner feel the team aspire towards.

Mandy explained how the open day was designed to showcase the facilities on offer. The well stocked kitchen provided tasty jacket spuds, whilst a Keep-Fit group burst into flash mob exercise routines. Live music was provided by acoustic group - 'The Shillings', before Blues and Soul cover group - 'Kick the Cat' rocked the stage. Stalls selling an assortment of gifts and crafts were housed within the skittle alley.

Award winning start up company - Synergetic Media have also seen the potential in their local community centre and have opted to base themselves within an







upstairs meeting room. Keen to help out, this fresh faced team are redesigning posters and banners for WADCA as well as supporting their promotional campaigns.

Continuing their new approach, the WADCA team have reworked the newsletter into a full colour A5 magazine, packed with information on the numerous clubs and groups who make the community centre their home, alongside workshops, sports events and performances you may wish to attend or even host yourself! Rates are very competitive starting at only £8 per hour hire for members and with plenty of parking available, a fully licensed bar, utensils and crockery catering for unto 100 people, why travel further afield?

Can you help? – Looking to the future, the renovation campaign continues throughout 2016. The centre really needs the support of local businesses and individuals to complete this much needed revamp. Can you spare a few hours? - WADCA have been invited by Asda Patchway to raise funds by bag packing at checkouts. They ideally need a team of 10-12 cheerful, happy folk to help raise a fantastic £1,000!

New members welcome! - Don't forget, new members are always welcome, currently only £5 per year entitling a third off any room bookings!

Find out more at the new website www. wadca.co.uk or find, 'like' and share on Facebook – 'WADCA Winterbourne Community Centre'.



CALL 111 if you need medical help fast, but it's not life-threatening.

VISIT YOUR PHARMACIST for expert advice on common illnesses and ailments, as well as emergency prescriptions.

BOOK TO SEE YOUR GP for illnesses that won't go away. For the outof-hours GP service, dial 111.

VISIT YOUR LOCAL MINOR INJURIES UNIT, walk-in centre or urgent care centre for on-the-spot treatment of minor injuries and illnesses.

Remember, A&E IS FOR EMERGENCIES. If in doubt, call 111 first.

FOR MORE INFORMATION

Visit bristolccg.nhs.uk/choosewell | Call NHS 111, free, at any time. **Download** the Bristol NHS service finder app for Apple or Android.

Frampton Cotterell and Coalpit Heath Village Diary 2016

January 2016

Sun 3rd - Epiphany Praise Service, St Saviours, 10am. (display of cribs in the windows).

Tues 5th - Short stroll (1hr) or rural walk, meet opposite cafe Church Road 10.20am.

Fri 8th - Frampton Folk Music Club,

Crossbow, School Road, 8pm.

Sat 9th - Children's Film, St Saviours, 6pm. For more details, ring Andy Tel: 01454 882867.

Wed 13th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Wed 20th - Short stroll or rural walk (1 - 2 miles). meet Golden Heart. Kendleshire 10.20.

Wed 20th - Community Coffee morning,

Manor Hall, Coalpit Heath, 10.00-12.00. Free entry. Sponsored by NISA. Contact Alison Allan Tel: 07873 747513 for more details.

Wed 20th - Frampton Local History Society, Zion church, 7.30pm. rockthom@btinternet.com.

Sun 24th - Christingle Celebration

(Oranges and candles), St Saviours, 6pm. Sun 21st - Bishop Mike visiting St Saviours Church, 10am. Tel: 01454 882867.

Wed 27th - Forget-me-not Singalong Group.

Zion, 2pm-3.30pm. For local people with dementia. Carers welcome to stay. Details from Jean, Tel: 01454 775786 or Rona 01454 886925.

February 2016

Tues 2nd - Short stroll or rural walk, meet Coalpit Heath Village Hall (Miners), 10.20am.

Tues 9th - National Clown Theatre, WADCA 2.30pm. 80 min show for kids in half term. Tickets £5. Bookings Tel: 01384 423496 / www. wadca.co.uk

Wed 10th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 12th - Frampton Folk Music Club, Crossbow, School Road, 8pm.

Sat 13th - Advanced Soap-making workshop, WADCA, 10am - 4pm, Make 6-10 bars of soap to take home. £45. Bookings Tel. 01454 776268 or 07467 319373 www.wadca.co.uk.

Wed 17th - Community Coffee morning, Manor Hall, Coalpit Heath, 10.00-12.00. Free.

Wed 17th - Frampton Local History Soc, Zion Church, 7.30pm. rockthom@btinternet.com. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

Sat 20th - Community Centre Dance, WADCA, Watleys End Road. 7-11pm. Tel: 01454 774997.

Wed 24th - Forget-me-not Singalong Group, Zion, 2pm-3.30pm. For local people with dementia. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Fri 26th - TFI Friday 90's Music with The Inflatable Sharks, WADCA, Watleys End Road.

8pm. Tickets £5 Tel: 01454 776268 or 07467 319373 / email ca.winterbourne@gmail.com.

Sat 27th - Apple Grafting Workshop, Winterbourne Medieval Barn. Booking required. £35 plus £5 for materials. Tel: 0117 957 4921 or see www.winterbournebarn.org.uk.

March 2016

Sat 5th - Barry Walsh Band, country music, WADCA, Watleys End, 8pm. Tickets £5. Tel: 01454 776268 or 07467 319373 email: ca.winterbourne@ gmail.com / www.wadca.co.uk.

Wed 9th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 11th - Frampton Folk Music Club, Crossbow, School Road, 8pm.

Wed 16th - Community Coffee morning, Manor Hall, Coalpit Heath, 10.00-12.00. Free entry. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

Wed 16th - Frampton Local History Society, Zion Church, 7.30pm. rockthom@btinternet.com.

Sat 19th - Community Centre Dance, WADCA, Watleys End Road. 7-11pm. Tel. 01454 774997.

Wed 23rd - Forget-me-not Singalong Group,

Zion, 2pm-3.30pm. For local people with dementia. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.



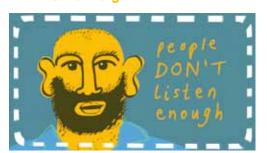
At the end of November St Peters Church Frampton Cottrell celebrated 'Listening Day' with Network Counselling and Training.

The Bristol and South Gloucestershire charity offered church communities an animated voxpop video from the streets of Bristol 'How do you listen?', which offers some simple steps to better listening to celebrate the value and importance of listening.

Children at their Gift Service (where gifts were offered to local charities), were asked about gifts that would not cost any money but would be highly valued. The children suggested 'kindness', 'peace', 'friendship' as well as the gift of our 'time' and suggested 'you could just listen to someone else'. This was a perfect introduction to show Network's Listening Day video which was appreciated by everyone young and old alike.

Network Counselling and Training have been providing low cost counselling and training in Bristol and the surrounding counties for almost thirty years. Director Nick Ruff explained what the charity hoped to achieve, "Listening better is something we can all do with a little help and its key to all our relationships. Simply being aware of some of our habits helps. such as thinking about what we want to say, before the person speaking has finished. Its something most of us are guilty of doing sometimes. This video give some simple steps to help – we hope it will be a useful for any church or community group offering support or pastoral care or in-fact anyone how would like to listen better to friends and families"

To find out how you can listen differently go to: www.network.org.uk



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Seasonal News from Coalpit Heath WI

Since our last report, things have been a bit of a blur - where has the time gone?!

We kicked off Christmas in November, with the St Saviours Christmas fare, Our members made handmade body scrubs, hand creams, dog biscuits, earrings and brooches as well as a lovely

array of cookies in jars, salsas and chutney. It was a lovely festive occasion which we all enjoyed.

Our film club is in its infancy but a few members went to see Lady in the Van. starring Maggie Smith. It made us laugh and cry and we were all glad to have seen it – we will have to put a few films on the viewing list for 2016.

The December meeting was a lot of fun, Catherine Proudlove gave us a demonstration on how to make bath bombs. She was obviously ready for us to ask if it would actually fizz, because she came armed with one that she had made earlier! And fizz it certainly did. We had a break for a bit of a buffet and mulled wine and then we decided to do some speed dating (well not really). Our membership numbers have swelled over the last 12 months and some members had not really met. We therefore decided to have a two minute chat to introduce ourselves to each other, it was a great exercise and judging by the noise levels in the room it was much enjoyed.

Last year's hamper raffle went very well so we decided to repeat the experience. Members had brought their offerings to the November meeting. Marcia Caple then created one large hamper and one smaller one, plus a third and fourth prize too. Funds were raised and some members went home armed with Christmas puddings, wine, and various other festive delights.





Clockwise: Our winning ticket holders for the hamper raffle! Leigh decorating the Christmas tree & Catherine demonstrating how to make bath bombs.

We are going to start 2016 with more craft activities so members

were asked for ideas for additional craft evenings so ladies get your thinking caps on.

St Peter's Church was the venue for the Christmas tree festival on 6 December, for Water Aid. Thanks to Debbie and Leigh who set the tree up as well as Tracy and Wendy for decorations too, the tree looked lovely. It was decorated with dried orange and lemon slices, pine cones, origami stars and snow baubles. The church looked very festive with all the lights from the trees and it was a pleasure to

The January meeting sees Mel visiting from Mel's Kitchen so we are looking forward to some tasty homemade desserts.

Our meetings are held at St Saviours Church Hall, Coalpit Heath on the first Wednesday of every month start time 7.45 pm, new members are welcome.

A very Happy New Year to you all!



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News from Winterbourne Down WI

Our WI has its meetings at the beginning of each month so on the December 3, we celebrated Christmas rather early!

Thirteen guest members from other local WI's braved a very windy night out to join us. We hope they enjoyed their evening sharing conversation, a very tasty buffet supper, a Christmas Raffle (with 24 floral arrangements as prizes) and live music from the talented Steve Price Duo.

Steve who originated from Lawrence Weston plays the banjo and quitar (he has about 20 different banjos and various quitars all of which have lovely tones). His musical colleague Pete, is from Northern Ireland and he also plays the quitar.

They entertained us with various folk, country and gospel songs, some serious and others humorous. Steve had written a song to raise money for a new scanner at Frenchay Hospital before it closed. It was extremely amusing and had us in fits of laughter. In the past Steve has done a great deal of swimming to raise money for Charity. Including swimming The English Channel which is some feat!

Forthcoming Meetings

Thursday 7 January

Our Speaker will be Michelle Fricker from 'Crust and Crumbs Bakery' in Mangotsfield. Michelle is an artisan home baker using organic and natural ingredients.



Thursday 4 February

We will be entertained by 'Flanders and Swan', we are looking forwarding to a fun filled evening of song.

Everyone is welcome to come and join us at 7.30 pm in All Saints Church Hall, Winterbourne Down.



Monday

Frampton Cottrell

Watermore Primary School 7,30pm Tel: Alison 07972 376055

Tuesday

Winterbourne

Elm Park Primary School Nicholls Lane, 7.30pm Tel: Frankie 07519 347243



Bradley Stoke The Willow Brook Centre Tel 01454 275 020

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Tuesday

The Greenfield Centre Park Avenue, 9.30am Tel: Frankie 07519 347243

Wednesday

Frampton Cottrell

Frampton Cottrell C of E Primary School, 7.30pm Tel: Lisa 07815 759118

slimmingworld.com 0844 897 8000 **f**



In a relaxed environment, our volunteers will show you how to use a computer (PC, laptop or tablet) for word processing.

creating spreadsheets, writing emails and using the internet.

Whether you are a complete beginner or someone who wants to improve their skills, we can help.

We use our own PCs, laptops and tablets but you are welcome to bring your own with you and our volunteer helpers will be happy to help with any questions which you may have resulting from use of your own computer or tablet. With one helper for every 2 students, you will learn through practical exercises with someone always on hand to help if you need it.

The Computer Group meets at the Brockeridge Centre in Frampton Cotterell on Monday to Thursday mornings. Each session lasts for 2 hours and costs just £2.50.

You can attend as many sessions as you like as our courses are designed so that each person can proceed at their own pace. You can join the Computer Group at any time as soon as there is space available on the day you would like to attend.

If you would like to book a place, please contact: Jill Allan on: 01454 864442.



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Frampton Cotterell Computer Group

www.fccomputergroup.uk.

If you would like to learn how to use vour computer or brush up on old skills, we are here to help you with one to one and group sessions. We meet at The Brockeridge Centre, WoodendRoad Frampton Cotterell.

Mon - Thurs 9.30am - 11.30am for each 2 hour session the cost is £2.50

If you would like to join us please call Jill on:

01454 864442

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UII Football Success at St Michael's, Winterbourne

by Coach, George Haskins

On the 10th November we entered the St Michael's boys football team into the ESFA 7-a-side boys' tournament at the GFA Headquarters in Almondsbury. The team played 3 group matches. winning 2 and drawing one to finish at the top of the group. After some tricky performances in both the quarter finals and the semi finals we reached the final, where we unfortunately lost on penalties! However, lucky for us it was the top two finalists that qualified for the Qualifying round for the County Championships!

The Qualifying round was held on the 27th November, also at the GFA Headquarters. The team was put into a round-robin league of 4 teams. the winner of which would earn the honour of representing South Gloucestershire at the County Championships!

Two matches down and we had won them both! However our final opponent had also won both their games, so it all came down to the last result. In our favour was the fact that our team had scored more goals in the first two games, so if we drew we would win the group!

The last match started well but, seemingly out of no where, our opponents scored first. The match continued with lots of near misses but in the last 30 seconds of the match we scored to make the final score an even 1-1! The final whistle went and we had won the group on goal difference by 1 goal!

So, little St Michaels Primary School in Winterbourne are now representing South Gloucestershire in the U11s Boys County Championships due to take place on the 16th December in Gloucester, (just after we went to print on this edition). The boys (and their coach!) are loving every second of this adventure!

Community Noticeboard

For free listings contact community@ mattersmagazines.co.uk

Forget-Me-Not Sing along group

For local people who enjoy a good sing song!

Held at the Beacon Centre Zion Church

2 – 3:30pm, Wednesday 27th January

Details from -Jean 01454 775786 or Rhona 01454 886925



Every Sunday & Tuesday

at Coalpit Heath Village Hall (The Miners Club), in the main hall, starts 8.15 pm

Come along for a fun filled evening of 'Bingo' and our special 'Snowball game'

Players must be 18 years and over to play. Terms and conditions apply.

Free entry, free membership

Cash prizes! Contact 01454 776 958

Frampton Cotterell Village Friends

Invite you to join their small friendly over 50's group for coffee/tea and a chat.

Brockeridge Centre on Woodend Road Wed from 11 till 12 noon.

Visits or lunch out once a month Tel; 01454 887953

New Deliverers Wanted!

Would you like to assist in delivering your much loved Winterbourne & Frampton Matters?

Please get in touch with Wendy on 07715 745 854 or wendy@winterbournematters.co.uk for more information.

Winterbourne Netball Club

Train 7 - 8 pm or 7 - 9 pm every Thursday evening at Winterbourne International Academy.



They have 2 teams who play in the Avon Netball League in Division's 1 & 8.

For more information on joining please contact Becci Calver (beccicalver@hotmail.com)

Friday Nights

at Crossbow House, School Road

1st Friday of every month - QUIZ

2nd Friday of every month -Folk Music Club 3rd Friday of every month -

BINGO

All starting at 8 pm. Everybody welcome!



Apple Grafting Workshop: Saturday February 27th, 2016.

Ever wondered why we graft? Do you have an old favourite that you wish to propagate? Or simply want to acquire this skill?

Come and attend this workshop run by Ben Raskin of the Soil Association and find out how to graft and take away three grafts that you make on the day.

Some common varieties will be provided for grafting. If you have a favourite that you wish to propagate then bring your own wood to graft. If you know of a particular variety that you wish to propagate, but do not have wood, please let us know and we will attempt to procure some wood (£1 extra on the day). The only equipment you will need will be a very sharp knife, e.g. a Stanley Knife.

Cost £35 plus £5 for materials. Please see website www.WinterbourneBarn.org.uk for booking form and how to apply or telephone contact below. Only 8 people can be accommodated at this workshop, but it may be repeated the following weekend if there is the demand. Robert Beetham 0117 957 4921.

For further information please see website: www.winterbournebarn.org.uk



The Manor Primary School, Coalpit Heath are looking for 2 Lunchbreak Supervisors to join our friendly, hardworking team and help contribute to making lunchtimes a

fantastic experience for our young learners.

You will be required to assist children in the dining room and supervise them in the playground or indoors during wet weather. The successful candidate will enjoy working and interacting with young children and have a positive, caring approach. The successful applicants will need to act professionally at all times in their dealings with staff.

6.75 hours per week: Monday – Friday 12.05-1.25pm, Term time only. HAY13 £2538 per annum

For an application pack please either email manorprimary@sgmail.org.uk or contact Mrs Aldom on 01454 866 555.

The school is committed to safeguarding and promoting the safety and welfare of children and young people. All staff and volunteers are expected to share this commitment and all appointments will be subject to appropriate vetting, including an enhanced DBS disclosure check.

Some roles may need to comply with the 'Childcare Act 2006' and the 'Childcare (Disqualification) Regulations 2009' where additional disclosure of information will be required.



Coal mining in the Brislington Area

A talk by SGMRG member David Hardwick

Wednesday 6 January 2016 at 7:30pm for 8:00pm

in the Miners Institute (aka Coalpit Heath Village Hall), 214 Badminton Road, Coalpit Heath, BS36 2QB

Brislington Engine House

Part of an old map, showing the Engine House and "Coleworks" locations

Non members welcome - £2 each (Membership is £15 per year)

There is more information on the group at www.sgmrg.co.uk



News from the Friends of Brandy Bottom Colliery, Pucklechurch

Work on site during the quarter was concentrated on the Vertical Engine House, where a drain was uncovered under the floor of the winding drum pit. together with an engine bed in the eastern corner of the building. There have

also been discussions with Historic England about a possible grant for the patching and capping of some of the walls on site by professional masons.

The brick edge of the Old Pit heapstead is about 30 cm high, and is currently unsupported as the stone face of the heapstead below has crumbled away. Rebuilding the wall is one of a number of items on the contract of work that is currently being drawn up. The top of the central wall in the Vertical Engine House was uncovered during the summer (Image 1), allowing an assessment to be made of the work needed to cap it and also to build it up its south-western end to support the overhanging section of wall.

Continued spoil removal in the winding drum pit of the Vertical Engine House uncovered the existence of two stone structures, both originally thought to be drains. Further clearance showed that one is indeed a drain, while a holding down beam was inserted into the other. So far it has not been possible to establish where the drains came from or where they were going to.

One of the items on the masonry contract is the strengthening of the walls of the Vertical Engine House, rebuilding where necessary and also capping the walls to protect the walls from rain. A start was made in October on clearing spoil from the inside of the south-east wall, starting at the doorway and working northwards. This first uncovered a lone stub of a holding down bolt near the entrance. This bolt is line with a row of others to its north. Then several cream-coloured bricks were found with fragments of the word 'Bovey', which may have been part of the fireplace. This is an area where a 1982 photo showed there to have been a fireplace. These bricks may well have come from the brickworks at Bovey Tracey. If so, why was the local supply of bricks ignored?

As the spoil clearance continued northwards. the remains of an elevated engine bed was fully uncovered in early November (Image 2), lying under the heavy stone slab seen lying behind it against the wall. Finding the engine bed was totally unexpected. As the 1900 sales catalogue mentioned two cylinders, the next item on the agenda is to find where the second was located.

engine house in October unearthed a brick-lined pit in the eastern corner of the building (Image 3). It is approximately in line with the northern fan ducts. and its purpose, as is so often the case at Brandy Bottom, has still to be established. It was closed by a trapdoor, suggesting that frequent access was needed.

There have been many discussions during work

parties about the various phases of building at the Old Pit heapstead One current area of interest is in the Vertical Engine House, where there are changes in both brick size and bond pattern in the heapstead

wall above the southwestern end of the winding drum pit. This wall would have been underneath the path of the winding ropes between the drum and the headgear.

The SGMRG has

Brandy Bottom. The most recent, from the Western Daily Press of 16 October 1937, announced the sale by private treaty of the buildings and 20 acres of land of both Parkfield and Brandy Bottom. The agents were Albert Ford, Howes & Williams of Small up as the sales catalogue, if it existed, might contain details of the remaining machinery.

2016 Work Party Dates -Saturday 9, Saturday 30 January, Wednesday 10 February and Saturday 27 February.

Please note that these dates may be altered at short notice, so newcomers are advised to first make contact via the AIBT's email address of info@aibt.org.

www.aibt.org







unearthed some more old press cuttings about Street, Bristol, and this is another lead to be followed

nined in Small animal and Dog First Aid





The Thornbury Musical Theatre Group will be performing 'Aladdin' at the Armstrong Hall in Thornbury from Wednesday 10th to Saturday 13th February.

This traditional pantomime of the famous Oriental rags to riches tale has jokes galore, provides ample opportunity for audience participation, slapstick and a vibrant mix of singing and dancing - a perfect pick you up for mid-February, suitable for all ages.

The refreshingly new script, written by Alan P. Frayn, is a laugh-a-minute and adds another dimension to the great panto classic. Join Aladdin as he falls in love with the beautiful Princess, seeks out his fortune and returns to claim her hand in marriage. Along the way, Aladdin will shirk from his duties in the laundry, hide from a dodgy pair of policemen, overcome the trickery of a deceitful "Uncle" and benefit from the powers of the genie of the lamp. When all seems lost, along comes the good Spirit to right all wrongs, ensuring a happy ending.

Performances start at 7.30 pm nightly and there will also be matinees at 2.30 pm on the Friday and Saturday. Tickets are bookable online at www.tmtg.org.uk. £12 Adults, £10 Concessions and a family ticket for 4 costs £36. Group discounts of 10% can be arranged via our Box Office for 10+ seats. For enquiries call Angie at the Box Office on 07516 270140. Tickets are also available at Lisa Costa Residential Sales and Lettings at 53 High Street, Thornbury from the beginning of January.

For more information about 'Aladdin' and our group generally, take a look at www.tmtg.org. uk or contact us by e-mail at membership@ tmtg.org.uk. You can also follow us on Facebook.



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Why not become a READING



Become a Reading Hack Volunteer and meet new people, learn new skills and inspire others to read.

South Gloucestershire Libraries are seeking young people aged 13 to 24 to take part in their exciting new volunteer scheme.

Getting involved gives young people the chance to meet new friends and learn skills including: marketing and promotion, creative skills, team working, communication skills and many more. Volunteers will work as part of a friendly team and there are a range of volunteering opportunities available depending on the volunteer's skills and interests.

This new, year round volunteering scheme is part of Reading Hack, a programme led by young people who do reading activities and volunteering to gain skills and experience. One 17 year old Reading Hacker said, "It's an amazing idea in that it tries to actively engage teenagers to read and get involved with changing their community for the better."



Encouraging young people to take part. Martin Burton, Community Cultural Services Manager for South Gloucestershire said, "Volunteering with South Gloucestershire Libraries offers young people a unique opportunity to gain new skills and experience, supporting them in their college, university and job applications."

For an application form or more information, ask a member of staff at any South Gloucestershire library -

visit - www.southglos.gov.uk/libraries or email emma.fisher@southglos.gov.uk

The Manor Hall at Coalpit Heath Registered Charity Number 1093035



Would you like a local venue for a private party, wedding reception or christening? Or a private place for a meeting or conference?

Or maybe you have a dance or fitness class that you would like to start up.

The Manor Hall in Coalpit Heath has all the character of a Victorian building, but with all the modern facilities vou need.

Self -catering and bring your own alcohol welcome. This lovely Grade 2 Listed building has a beautiful Community garden and ample car parking.

Further photographs are available on the website : www.manorhall.org

To arrange a viewing or for further details please contact the Hall Manager on 07873747513.



environment for children aged 2-5yrs. Rated "Outstanding" by Ofsted.

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07715 531066 or 07979 475757 E-mail: Charnicholls12@hotmail.co.uk

Floral Friends of Frampton

At the end of 2015, Floral Friends planted thousands of bulbs around the village including daffodils, crocuses, aconites and wild hyacinths.

Members of the first Frampton Guides and the Second Frampton Beavers helped us to plant daffodil and crocus bulbs provided by the Parish Council under trees at Crossbow Park, whilst Watermore School children and Brockeridge After School Club children planted bulbs, strawberries and pansies at the Brockeridge Centre. Despite some dreadful weather the volunteers were very enthusiastic and did the job quickly and well.

Well done to all involved in the bulb planting activities around the village. Frampton Cotterell will look beautiful this Spring thanks to all of you.

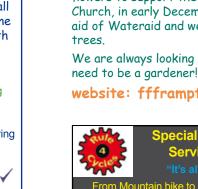
Our winter hanging baskets have now arrived and are being put up to replace the summer baskets. They are filled with with pansies to complement our planters and will create a lovely display over the cold winter months.

Floral Friends decorated a Christmas tree with fabric flowers to support the local Tree Festival at St Peter's Church, in early December. The festival is an annual event in aid of Wateraid and we hope people enjoyed seeing all the

We are always looking for volunteers to help us (you don't need to be a gardener!) and details on how to contact us are available on our

FLORAL

website: ffframpton.wix.com/frampton-cotterell.



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January/February at Winterbourne Library

Open: Tue and Fri: 9.30 am -7.00 pm Wed & Sat: 9.30 am - 5.00 pm Closed: Mon, Thur and Sun

Rhymetime: Rhymes and songs for parents and babies/toddlers to enjoy together every Tuesday morning 9.30 - 10.00 am.

Pre School Storytime: Join us weekly on Wednesdays 9.30 - 10.00 am for stories and crafts, term time only.



Pre-school Stay 'n' Play sessions! Join library staff every Friday afternoon 2.15-2.45 pm for stories, colourings and play. This session will run throughout the year.

Chatterbooks group for young people in Years 5 and 6.

The next meetings will take place on Saturday 23 January and Saturday 20 February, 2.30-3.30 pm.

Book Group for Parents will next be meeting on Friday 15 January and Friday 19 February, 2.00 - 3.00 pm. New members are welcome - please speak to a member of staff or contact the group's

OSCARS is a well established playscheme providing before and after school club and holiday childcare for primary school aged children.



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See our website for full details www.oscarschildcare.org.uk

The Terrapin Frampton Cotterell CofE School **Rectory Road Frampton Cotterell**

Email: oscars.terrapin1@virgin.net

Telephone: 01454 250523

*terms and conditions apply Registered Charity No: 1133716

facilitator Liz on 07825 510 079.

Monkey Crafts! We'll be 'Monkeying Around'

on Wednesday 10 February, 10.00 - 11.30 am making cheeky monkey crafts to welcome in the Chinese New Year. Join us for this FREE drop-in suitable for the primary age range.

Craft Group the next

meetings will take place on Saturday 9 and 23 January and Saturday 6 and 20 February, 10.00 am - 12 noon. New members are always very welcome.

National Libraries Day Saturday 6 February is National Libraries Day. Visit your local library to find out all that we have to offer. There'll be free refreshments throughout the day and a special Storytime for our younger visitors at 11.00 am.

Astrosaurs Literacy Explore Learning will be running an Astrosaurs Literacy Workshop on Friday 12 February 2.00 - 3.00 pm. Suitable for ages 5 – 8 (school years 2-4). Limited places so book early to avoid disappointment!



Based at The Greenfield Centre in Winterbourne we are a long established centre providing a range of services for local families.

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E: enquire@stmichaelspreschool.net

The Greenfield Centre, Park Avenue, Winterbourne.

South Gloucestershire and Stroud College **Computer Classes** for Beginners

South Gloucestershire

and Stroud College will be running their next FREE course for beginners starting in February. This is an eighteen week course that takes place at Winterbourne library on a Thursday morning, 9.30 am - 12.00 noon. Please speak to a member of staff to book your place.

IT Assistance If you don't have time for an extended course then Mike, our IT volunteer, is on hand every Wednesday morning 10.00 am - 12.00 noon. Mike can help you with all your computer queries, from setting up an iPad to accessing Universal Jobmatch as well as helping you to get started with Learn My Way, an online course for beginners. You can book a one to one session with Mike by speaking to a member of staff.

Are you eligible for a low cost professionally refurbished starter computer?

Are you 65 years of age or over, registered disabled, on a low income or an unpaid carer? Have you considered the many benefits that owning your own computer can give?

South Gloucestershire Council has teamed up with an IT provider to offer a range of low cost professionally refurbished starter computers at special discounted prices to eligible residents and registered UK charities. Prices start from under £90 including Windows 7 and Microsoft Office 2010 plus a 12 month return to base warranty.

To find out if you are eligible and for more details visit: www.southglos.gov.uk/goonline.



Tel: 01454 857 529

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Home Library Service: Are you someone who has difficulty visiting the library and do you have no one to get your books for you? If so our Home Library Service volunteers may be able to help. Please speak to a member of staff for more information. We'll be happy to help.

Other facilities at Winterbourne library

include daily papers, laminating and fax services (charges apply), free internet access and free WiFi. Staff will always be happy to make you a cup of tea or coffee for only 40p. Did you know that you can reserve and renew books online? You can also download e-books, e-audiobooks and e-magazines.

For more information: Tel: 01454 868006 Email: winterbourne.librarv@southglos. gov.uk Website: www.southglos.gov.uk/ libraries Twitter: @southgloslibs 'Like' us on Facebook: South Gloucestershire Libraries for all the latest news.

> Winterbourne Library Staff would like to wish everyone A VERY HAPPY NEW YEAR!

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and meeting new friends. Bookings now being taken for Summer holiday club

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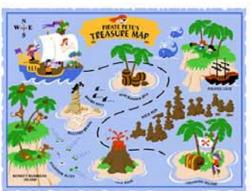
For More information or to book a session please call Gemma on: 07845 900 434

The Manor Hall, Henfield Road, Coalpit Heath.

TREASURE ISLAND

Last term, we thoroughly enjoyed watching a visiting theatre production of Treasure Island. We also attended a workshop with the cast where they explained how they put the performance together, including the secrets behind some of the special effects they had used. Our recent work has all been inspired by the story of Treasure Island.

In maths, we have been using coordinates to make treasure maps. We have also played some games using co-ordinates and perimeter such as 'What are the co-ordinates?', 'Colouring Co-ordinates', 'Capture the Island Perimeter Challenge' and 'Battleships.' We used our co-ordinate knowledge to draw treasure maps. which we made to look old by dragging a wet teabag across them.



By Megan Campbell & Isabel Ogram, Year 4,

St Michaels School, Winterbourne

In art, we made collages of ships in bottles. We added our own extra details, such as pirates and sea creatures. This week we are designing and creating models of our own pirate ships.

In English, we have been writing instructions to tell the reader how to get to the buried treasure on the maps we created in maths. We have also written Quest stories based on Treasure Island. We wrote some diary entries as the character of Jim Hawkins and wrote a description about a desert island. Finally, we wrote a dialogue and changed simple sentences into compound sentences by using "FANBOYS".

We have been singing pirate songs such as 'What Shall We Do With the Drunken Sailor?' and each class performed some of these songs to our parents as well as showing some of the work we had completed.

We have really enjoyed learning about Treasure Island!



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The Ridings' Federation appoint Mr Adam Williams as new Chief Executive Principal



Mr Lazarides & Mr Williams

The Ridings' Federation of Academies is delighted to announce that Mr Adam Williams will be taking the helm as Chief Executive Principal from 1st February 2016.

Adam will oversee the education and development of over 2,700 students through the Federation's seven subsidiaries; Winterbourne International Academy; Yate International Academy; Woodlands Primary Phase; Woodlands Nursery; Winterbourne Sixth Form Centre; Cotswold Edge Sixth Form; and Ridings' Commerce Ltd.

In 2008, Mr Williams became Principal of John Cabot Academy at the age of 33, making him one of the youngest Principals across the UK. After 18 months as Principal, the John Cabot Academy underwent an Ofsted inspection and achieved its outstanding rating that still stands today.

In January 2012, Mr Williams set upon a new challenge to become the Principal of an academy previously facing closure and with a Special Measures status. At Bath Community Academy (also part of the Cabot Learning Federation) he developed a learning organisation with ambition and aspiration for young people and staff. His work within the Cabot Learning Federation has involved the leadership of many groups across both primary and secondary schools including research projects both nationally and internationally.

Mr William's adaptive leadership and approach has clearly benefitted both struggling and outstanding schools; and in the early part of 2015 he was invited by the Regional Schools Commissioner to assist with the intervention of St Aldhelm's Academy in Poole during its transition to a new sponsor.

Upon his appointment, Mr Williams said,

"It is clear that the community serving The Ridings' Federation has been through a very challenging vear. I want to connect with stakeholders, both internally and externally and ensure that the Academies are offering the best they can to all their students at every stage of their educational

"The Federation has the right people and the capability to become a centre of excellence within the South West, and it is my intention to make sure that each child fulfils their potential."

Mr Lazarides. Chair of The Ridings' Federation of Academies Trust, said,

"We are thrilled with the appointment of Mr Williams. He was an outstanding candidate and a popular choice amongst the staff and students who were involved throughout the recruitment process. We recognise the significant challenges the lie ahead and are looking forward to working with Adam in developing strategies for student achievement and high educational standards".

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For full timetables check the website www.fromesidegym.co.uk Contact us on: 01454 776873 Email: office@fromesidegym.co.uk

FOCUS ON: Local resident Ian Haddrell

This month it was great to catch up with Frampton Cotterell resident Ian Haddrell, who is heavily involved in many aspects of community life, as well as being an accomplished author with a number of books in print.

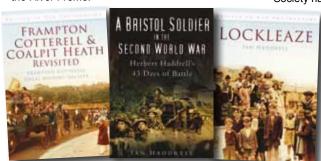
In future issues of Winterbourne Matters, we look forward to him contributing articles, in the meantime enjoy finding out more about this talented local resident.

How long have you lived in Frampton Cotterell and what made you chose this area to set up home with your family?

Mv wife, daughter and I moved from Bristol to Frampton Cotterell 20 years ago, in 1995, having spent all of my life up to that point living in the city. We had all developed an interest in horse riding and wanted a more rural location to live in, in order to be closer to riding schools and stables, and our daughter Georgina was at an age when she was becoming interested in having her own pony. We liked the ambiance and feel of the Frampton area, the history of the place, the closeness to the countryside, and the sense of community in the locality.

What are your favourite parts of village life?

With a keen interest in the past, I do enjoy the richness of the history, the old buildings and the dry stone walls which remain giving the area it's unique character. And despite Frampton Cotterell and Coalpit Heath being very much "commuter villages" there is nonetheless a great sense of community in the area, with many organisations available for local residents to participate in. I eniov being able to walk to all the local amenities, whether that be the local pubs, post office, or the number of small shops, which need to be supported in order that they remain viable. I also enjoy the close proximity of the countryside and in particular the walks along the River Frome.





I believe you were involved with the Twinning group, were there any particular memorable events that took place?

We joined the local Twinning Association soon after we came to Frampton Cotterell and I became actively involved, joining the committee before becoming Chairman for a number of years. Frampton Cotterell is twinned with Kelbra, located at the foot of the Harz mountains, a village that was formerly in East Germany. We have regularly visited Kelbra and welcomed German guests to our home, which has resulted in many longstanding friendships with many of the Kelbra residents. The actual twinning ceremonies, in Frampton and Germany were memorable events. as was my performance as James the Butler in 'Dinner For One', as part of the celebrations in Kelbra to celebrate 20 years of twinning! The short British play from the 1960s is shown on Germany television every New Year, and is something of an institution there.

Can you tell me a bit about the local history group you are involved with? Did your association with the group lead to the publication of your first book Frampton **Cotterell and Coalpit Heath?**

Frampton Cotterell and District Local History Society has been active for many years, providing

talks at their monthly meetings, carrying out research in local matters, and producing publications on local history. I have been on the committee for a number of years and was keen that the collection of old photographs and postcards, in the possession of Trevor and Maureen Thompson, was made more readily available to those with an interest in the area. Publication also ensures a permanent record. It was from this idea that the society produced its

first book of old photographs in 2007, followed by a second publication 'Frampton Cotterell and Coalpit Heath Revisited, five years later. We are planning to produce a third volume of old photographs in the near future, and always welcome contributions from residents who have old pictures that we could include. Our meetings, held on the third Wednesday of each month, 7.30 pm at Zion Church are well attended, reflecting the quality of the speakers and diversity of topics.

You have gone on to write a number of other publications, how did you chose the subject matter for these?

I am very interested in local history, family history and have supported Bristol Rovers since I was a young lad. It's these interests that have determined the subject matter for the books that I have written. I attended Lockleaze Secondary School in Bristol, and rescued approximately 150 photographs of the school, that were going to be thrown away, when the school closed in 2004. These pictures formed the basis of the two Lockleaze books. together with former pupils' and residents' photographs. As previously mentioned I have been instrumental in the production of the two Frampton Cotterell and Coalpit Heath publications. Together

with an old junior school chum of mine, Mike Jay, who happens to be a Bristol Rovers historian, we have co-authored four books about the club: two about successful seasons (1973-74, 1989-90) and two about significant former players (Geoff Bradford and Harold Jarman).

The book that I am most proud of is the one that I wrote telling the story of my father's experiences in the army in Normandy during the Second World War. 'A Bristol Soldier in The Second World War'. Fortunately I was able to publish it whilst both my parents were still alive.

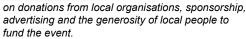
My next project is a book of old photographs and history of Dings Crusaders, the Lockleaze based rugby club, who began their existence in the St Philips area of Bristol in the late 19th century. I would also like to publish a third volume of old Lockleaze photographs.

If people would like to get hold of copies of one of your books where can they purchase them?

The books are available in book shops and from book sellers on the internet. The Frampton books can also be obtained locally from the society's Chairman, Trevor Thompson, on 01454 775265, and I have a stock of my own books, call 01454 772706

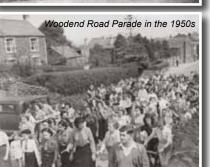
Are there any other local projects you are involved with?

For three years I have been involved in helping to organise and run the Frampton Festival, a free community event for local residents, put together by a small group of volunteers, that takes place annually in Centenary Field, Mill Lane, Frampton Cotterell. This vear's festival will take place on Saturday 16 July 2016, and will feature many of the usual attractions; fairground rides, beer tent, tractor rides, food stalls, entertainment. and live music. The finale will be the lighting of the beacon followed by a firework display. We are always looking for new or different things to include in the festival and welcome enquiries from anyone interested in being part of the festival. We rely entirely



If people would like to volunteer or get involved with 2016 festival who should they get in touch with?

We have started organising the festival already and if any one would like to join the committee or become a volunteer to help keep the festival running, then why not come along to one of our very informal committee meetings held alternatively at The Globe and The Rising Sun, the next meeting is on Monday 11 January 2016, 7.30 pm at The Rising Sun. If anyone would like to help on the day itself, even for just an hour or two, that would be a great help.



* BRISTOL UNITED BREWERIESL

RISINC SUN

Head from the Sawa Sawa Academy in Kenya visits local players at St Mary's Old Boys RFC, Winterbourne

The local rugby club were delighted to be asked by Bradley Stoke Community School if they could introduce the Head of the Sawa Sawa Academy in Kenya. The school were hosting a visit from Mr Zablon Maina, the Headteacher of their partner school in Kenva last week.

They continue to work on projects with Sawa Sawa Academy after linking some four years ago and look for opportunities to support the school and the students as well as exploring ways to work together in the future. Mr Maina showed an interest in the local rugby club and therefore visited during training. He quickly recognised many BSCS students from the classrooms he'd visited who were training in their various age groups. Impressed with the set up and drills as well as the equipment that is often taken for granted, he mentioned the cost of a football locally is £35 and not of great quality - he has just one for the school. Zablon was therefore very appreciative to be presented with 5 rugby balls by the club's Chair, Peter Phelps, to take back to Kenya for his own students to use. He also took away a players shirt and club tie to display proudly in his own school building.

Mr Maina presented the club with a gift from his



Pete Phelps, Chair of St Mary's Old Boys RFC with Zablon Maina, Sawa Sawa Academy, Kenya (in the club playing shirt) alongside BSCS students from years 7 & 9.

academy, which will be displayed in the clubhouse with a plague. The club look forward to building links with the academy overseas and has already pledged to send playing shirts as they are replaced during a three year program, having benefitted from new shirt sponsorship this season.

Bradley Stoke Community School also commented, "It has been an absolute pleasure to have Mr Maina see first-hand how our school. Abbeywood and Meadowbrook function and I know he has had an incredibly rewarding and worthwhile visit. He has left us with some amazing gifts for the school for which we are very grateful".



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Frome Valley Medical Centre (FVMC) is one of the larger GP Practices in the region, caring for 14,600 patients. The Practice is committed to providing a high standard of professional care to patients of all ages, as recognised by the recent 'Outstanding' Care Quality Commission

FVMC adopts a holistic approach to medicine and hosts regular multidisciplinary Team Meetings to ensure that the best care is given to patients. There is an independent pharmacy next door, and the Surgery is utilised by visiting Health Visitors, Physiotherapists, Dieticians, Audiologists and Chiropodists. Diabetic Retinal Screening and Counsellors.

Doctors visit patients at residential and nursing homes locally. Practice Nurses run a variety of special disease management clinics for asthma. COPD, diabetes and heart disease. Patients with these conditions attend regular health reviews. We offer Cervical smears and contraceptive services, immunisations, travel health, child health and health promotion. Over 75 year olds are offered an annual health check and the most vulnerable patients are identified and regularly reviewed.

We have to date given 3,500 flu vaccinations to

patients this year. Do get in touch if you are eligible but have not yet arranged to have yours. You are entitled to a free flu vaccination if you are 65 years or above, or if you have a chronic condition such as diabetes, heart or kidney disease or asthma. We have also provided nasal flu vaccinations to children aged 2, 3 or 4 again this year. We offer private flu injections separately for those not eligible for the free NHS vaccinations at a cost of £10. Free Shingles vaccinations are also given to eligible patients who are 70, 78 and 79 this year, who should already have received an invitation.

If you care for a relative, friend or neighbour and would like support, do tell us. A carers group meet regularly at the surgery and find it a useful opportunity to support each other and exchange information. We also have an active Patient Participation Group which meets regularly to discuss the patient experience and help us to provide the best possible service. The Friends of Frome Valley Medical Centre continue to provide very valuable support, fundraising to purchase items of equipment which might otherwise be difficult to fund. All these groups welcome new members if you have a little time to spare. Do let us know and we will put you in touch.

FVMC: Main Switchboard number 01454 772153. Out of Hours Service 111.



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Opening Times: Monday 8.00 am - 6.30 pm Tuesday 7.30 am - 7.00 pm Wednesday 7.30 am - 7.00 pm Thursday 8.00 am - 6.30 pm Friday 8.00 am - 6.30 pm

The surgery offers a variety of clinics during these times. Phone lines are open from 8.00 - 6.30













Super Cyclists Return!

Last summer, Winterbourne Matters was pleased to bring you news of keen local cyclists - Steve Green and sister Jackie Moxhan, embarking on an epic cycle from Frampton Cotterell to Kelbra Germany. The pair were pleased to use the bike ride to raise funds for Paul's Place, an amazing local resource that supports physically disabled people to fulfil their full potential. This month, now fully recovered, we were pleased to catch up with Steve to learn more about their adventure.

How far was the cycle from Frampton to Kelbra? When did you start and finish?

We did 1,400 km (870 miles) in 12 days! Setting off 29 August and returning on 12 September 2015.



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Was it harder/different than you expected?

Certainly different. This is because the long range weather forecast, right up to a few days before the off, looked very pleasant – highs of 20C and mostly sunny. At the 11 hour the forecast changed and we had rain, rain! Thankfully the last three days were ok. The sun came out and we picked up a tailwind.

What were the highs and lows of the trips?

The low was the day we went from Emmen to Oldenburg. We were trying to reach Bremen (to make up the 20 miles we'd lost the previous day, when we were forced to stop early due to atrocious thunderstorms). On this day a strong and cold north wind caused us both to develop nasty aches and pains in our necks and shoulders. We gave up on Bremen to stop in Oldenburg. We got there cold, wet and grumpy only to find it hard to locate a room for the night.

Did you receive good support from people along the way?

In Holland, you only have to look at a map and someone comes up to ask (in perfect English) if they can help. In cities, it was not unusual for a Dutch cyclist to say "follow me" rather than describe the route.

Was this the first time that you had visited the Frampton's twin town Kelbra? What did you think of it?

Yes it was our first time. It's a lovely little town about a third the size of Frampton Cotterell on a lake. The people were so friendly. Our 'welcoming committee', along with the mayor and local press, were there to meet us (we were 6 minutes late!) with a big banner made by local schoolchildren. They showed us their village and into their houses. They told us what life was like behind the Iron Curtain and how life changed for them (not for the better) with the Reunification of Germany.

Was it good to share this trip with your sister Jackie, did you boost each other's spirits?

We did! It was good to spend so much time with each other and to be so dependant upon each other. For, both of us, it was a long time to be away from our partners.

How much money did you raise for Paul's Place and was it enjoyable handing over the cheque?

We raised, a little over £1,800. We would lave liked to have raised more. Of course, it was a pleasure for us both to hand over the money to Kath and her helpers at Paul's Place. We spoke to some of the physically disabled members who were there on the day and they gave us a smile and a round of applause. This was emotional for us and made us feel proud.

Do you have any plans to embark on another adventure in the future?

No plans at the moment. But, we would love to do something like it again. Especially in the sun. Any suggestions?

Congratulations Steve and Jackie for fulfilling a challenging ride for a great cause.





Last month the Western Area Judo Team Championships took place in Weston Super Mare. This brought together all 7 counties, as far down as Cornwall, to compete for 5 Shields / Trophies,

Gloucestershire had 4 Teams involved with 17 players from Bradley Stoke Judo Club. After a day of epic battles the 4 teams of Gloucestershire came away triumphant with all four teams winning GOLD!

The U12s team won Gold by 1 fight. The team of Boys 13-17 year olds won their Gold 7-1. The Girls Team 13-17 year olds won their final 4-0 (all of these were B.S.J.C Players) and finally the Senior Men's Team beat Bristol in the final 5-0.

This feat has never been achieved by one county in the 60 years of holding the Teams event!

As a Club B.S.J.C filled over half of the places in these teams.

Bradley Stoke Judo Club Enjoy Medal Haul at British Championships

Two weeks after helping Gloucestershire dominate the Western Area Judo Team Championships, members of the Bradley Stoke Judo travelled north to the city of Sheffield over the first 2 weekends in December to take part in the British Judo Championships for under 15s, 18s, 21s and senior groups.

On the first weekend it was the turn of the pre-cadets (u15) and cadets (u18) players to compete against the best the UK had to offer. The club took 14 players and achieved

an amazing 2 golds, 2 silvers, 3 bronze and 3 5th places. This was the most successful British Championships in the Club's history and left the Club in 2nd in the medal table. The kids produced some fantastic judo and confirmed that Bradley Stoke are not only the premier club in the South West but also in the UK.

Attack your Pain this New Year with VIBROCISE

January is traditionally the month for New Year resolutions! The perfect time to make changes for the better - our health and well-being should be at the top of this list. Why not take a leaf out of Geoff Woods book, take positive action to increase your mobility whilst decreasing pain.

After being fit and healthy the majority of his life, 68 year old Geoff Wood, suffered a heart attack in June 2010. As a result he then had a heart bypass within the next few weeks. Following on from this he started the cardiac rehabilitation exercise programme with Kara, a specialist fitness instructor.

Geoff enjoyed the classes but found them painful on his knee, where he suffers with arthritis. In 2013 when Kara took over the ownership of Vibrocise Studios (a vibration plate studio in Downend), Geoff, although very sceptical at first, decided to give it a go. He started by attending three, twenty minute sessions per week and soon began to find the pain in his knee decrease.

"I noticed an immediate effect with Vibrocise, my joints were less stiff and painful, and I found walking up and down stairs much easier, my clothes have got looser and my waist line has decreased!"

Geoff has seen a huge improvement in strength and muscle tone both in his upper and lower body. His posture has also improved and he finds it more natural to stand tall.

"Kara makes the sessions enjoyable so you don't dread going like I used to with the gym, she's knowledgeable and extremely positive and friendly, which is what keeps me going".

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*Offer expires 31st January 2016



Chernobyl Children's Life Line

Supporting children affected by the aftermath of the Chernobyl nuclear disaster

Could you make a difference to the life of a Chernobyl Child?

2016 will mark the 30th anniversary of the Chernobyl nuclear disaster, an event that the population of Belarus can never forget.

Their people are forever affected by the legacy of the world's worst nuclear disaster – the radioactive fallout was nearly 400 times greater than the bombs dropped in 1945 on Hiroshima & Nagasaki combined. The World Health Organisation has classified 500,000 of the children in Belarus as being "at risk" – or to put it another way – only 6% of the children are healthy!

The Chernobyl Children's Life Line charity was founded by Victor Mizzi M.B.E. in 1991. Building on his example, we bring a group of 16 children from Belarus each summer for a month's respite holiday, giving their immune systems a chance to recuperate.

It is estimated that a month staying with a family here, eating uncontaminated, nourishing food, resting from the relentless radiation and breathing clean air can add up to two years to their life expectancy.

Could you share your home with two 11 year old children for two weeks? There is a network of support for host families – you would not be on your own. The children will be encouraged to participate in the activities we will organise on their behalf. These events range from sports to the arts, from local visits to coach trips to the sea or country. There will be two Belarusian teachers (who act as interpreters) with the group and they are on hand around the clock should there be any language difficulties or advice sought.

If you think that you can help us to help these most unfortunate children please call Andy March: 07812 159942, email: bristol@ccll.org.uk or visit our web site at www.ccll.org.uk/bristol to find out more, and visit the Gallery so that you can see all the fun and activities from previous summers.

Thank you.

Andy March

Chair, Chernobyl Children's Life Line Bristol Link











January 2016 activities at Zion United Church

Woodend Road, Frampton Cotterell, BS36 2HY

If you would like more details about any of the activities mentioned please ring the Church Office on 01454 776618.

4 January, 2.30 - 4 pm Women's Fellowship -Short Service & Afternoon tea. Traidcraft. Lower

5 January, 10 - 12 noon Knit and Natter -Beacon. (All welcome).

7 January, 5.30 - 7 pm CRASH -Beacon/Sanctuary. (Children in Y1-6).

8 January, 7.30 - 9 pm Rock Solid -Hall. 8.30 - 10 pm Klub - Hall. (Youth group).

9 January, 3.30 - 5.30 pm CRASH TOGETHER (Crash stands for Children Really are Special Here: This group meets on the second Saturday of each month. It is for Children and their families to spend time together doing craft activities and thinking about Christian meaning and values. It always concludes with a light meal suitable for all generations. For more details call 01454 776618 or office@zuchurch.co.uk.

11 January, 2.30 - 4 pm Women's Fellowship -Rosalie Doyle, 'Just a Chat' - Lower Hall.

12 January, 10 - 12 noon Knit and Natter -Beacon. (All welcome).

13 January, 2 - 4 pm Carers Group -Beacon (Adults). 7.30 - 9.30 pm. Ladies Circle -Butterfly Project - Beacon.

14 January, 5.30 - 7 pm CRASH -Beacon/Sanctuary (Children in Y1-6).

15 January, 7.30 - 9 pm Rock Solid -Hall (youth group). 8.30 - 10 pm Klub - Hall (youth group).

17 January, 10.30 am ... Zion Churches Together United Service Rev Jo Vickery from Downend leading us to think about how to be effective Christians in the world.

18 January, 2.30 - 4 pm Women's Fellowship -U3A - Ukelele Players - Bring & Buy - Lower Hall.

19 January, 10 - 12 noon Knit and Natter -Beacon (All welcome).

21 January, 5.30 - 7 pm CRASH -Beacon/Sanctuary (Children in Y1-6).

22 January, 7.30 - 9 pm Rock Solid -Hall (youth group). 8.30 - 10.00 pm Klub -Hall (youth group).

25 January, 2.30 - 4 pm Women's Fellowship -Cyril Lowe - Slide show - Lower Hall.

26 January, 10 - 12 noon Knit and Natter -Beacon(All welcome).

27 January, 7.30 - 9.30 pm Ladies Circle -Poetry in Motion - Beacon.

28 January, 5.30 - 7 pm CRASH -Beacon/Sanctuary (Children in Y1-6).

29 January, 7.30 - 9 pm Rock Solid -Hall. 8.30 - 10 pm Klub - Hall.



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Community Matters: Local Police Team

There has been a change in your local neighbourhood policing team this year. PCSO Tom Dexter joined the Winterbourne team around five months ago, transferring from the Kingswood team. Elizabeth Ball is the Beat Manager for the area. Winterbourne remains an area with few crime issues and there are no current crime

or ASB issues to report at present.

With Christmas just around the corner the team wants to make sure that everyone stays safe and doesn't become a victim of crime, so here are a few little bits of advice that you might find helpful:

PCSO Tom Dexter

- · Don't leave presents on view in the house or your vehicle;
- Don't leave empty boxes out for recycling showing everyone what you had for Christmas;
- · With the darker night's drawing in, remember to leave lights / radio on to give the impression that someone is home;
- · Don't leave your vehicle unattended whilst defrosting your windows - this is enough time for someone to take your vehicle:
- Remember to property mark your items and where possible register all items on the free website www.immobilise.com

Once every 3 weeks the team holds a beat surgery at the Green Fields Centre Park Road, Winterbourne.

Upcoming dates are:

13th January 4pm-6pm 10th February 4pm-6pm

Please come along if you wish to speak with the beat team about any issues or concerns you may have. Or even if you just wish to say 'hi'.

If you would like to talk to a member of the team but cannot make this date then feel free to send an e-mail and they will arrange a time to see you.



Stay safe and Happy Holidays from your local beat team.

Tom Dexter, PCSO 8065 Mobile: 07889 656 672 Tom.dexter@avonandsomerset. police.uk

Elizabeth Ball, PC 3699 Mobile: 07889 656 329

Elizabeth.ball@avonandsomerset.police.uk



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Bradley Stoke Cricket Club Celebrates 25 Years!

In the middle of winter it may be strange to be talking cricket but 2016 sees a major landmark for the Town's cricket club.

Based at Baileys Court Activity Centre in Baileys Court Road, Bradley Stoke Cricket Club celebrates its 25th anniversary this year!

During the preceding 25 years the Club has grown into one of the largest in the local Bristol & District league. It operates six adult teams each weekend and also plays some midweek games. It also has a thriving youth section with five teams playing in the B & D Youth league.

Youth training with qualified coaches takes place during the season on Sunday mornings and ages range from five to eighteen. Congratulations go to the under 15 team (photo) who won their league last season winning all of their games.

BSCC plans to mark its 25th anniversary by staging a very special event involving the former England and Gloucestershire wicketkeeper JACK RUSSELL MBE, who will be present at the clubhouse on Sunday 5th June.

In an illustrious career from 1981 to 2004, Jack made over 500 first class appearances including 54 tests and 40 one day internationals for England. He scored over 18,000 runs including over 2,000 for England. He also took nearly 1,400 catches and almost 150 stumpings.

Outside of cricket, Jack is a very talented and renowned artist and indeed has been commissioned to paint many landscapes, cricket related subjects and well known celebrities including Sir Norman Wisdom, Sir Bobby Charlton, Eric Clapton and even HRH Prince Philip the Duke of Edinburgh.

He will spend a few hours with the Club and the public, who through the purchase of a souvenir programme, will be able to meet him and obtain his autograph/photograph if desired. There will also be the opportunity to purchase one of his books, sketches or paintings which will be on display.

Entrance to the event is by souvenir programme only. Each programme is individually numbered



and includes a prize draw entry form inside. The entry form gives each programme buyer the chance to win one of six major prizes on the day.

The Club has purchased three of Jack's paintings (prints), plus three other prizes of a full sized cricket bat signed by the 2015 Australian test squad, a full sized cricket bat (retail value £250) and a family ticket to a T20 match involving Gloucestershire CCC this coming season.

Jack will personally make the draw during the afternoon and present the prizes to the lucky winners. (It is not essential to be there on the day to win, as entry forms can be posted prior to the day).

On the same day and at the same venue, the Club also plan to have a charity auction of sporting memorabilia, a youth T20 match, followed by a T20 match involving some local celebrities. The club bar will also be open and Radio Bristol will be there too.

Programmes are now available at only £3 each which admits one adult, or one adult and one child (under 16) free, into the event.

You can purchase one by sending a cheque/ postal order for £3 (made payable to Bradley Stoke Cricket Club) along with an A5 stamped addressed envelope to Mr. M Mundy, Bradley Stoke Cricket Club, Baileys Court Activity Centre, Bailey Court Road, Bradley Stoke, Bristol. BS32 8BH.

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