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May 2016



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Dear Residents,

Welcome to the May issue of your community magazine, for those of you who don't already know, Winterbourne & Frampton Matters will now be brought to you by some new contributors - Kerry and Jaci. As editors of neighbouring Community Matters magazines we are now pleased to be involved with the Winterbourne edition too. Many of you may already have heard from either ourselves or Andrea as we have all gradually been getting involved with the magazine over recent months; for those that haven't we hope to be in touch with many of you in the future. I am sure you will agree Wendy has done a great job for the past six years and we thank her for all of her efforts.

As always there has been lots of local activity in the area over the last month and there are plenty more events in the planning! Do check

out the community notices throughout the magazine and get some dates in your diary.

We are pleased to bring you articles on some local talented youngsters, to include pupils from St Michael's School and the Ridings Federation as well as Frampton Cotterell residents Zailan and Lexi who have recently picked up awards in Dragon tang Soo!

Community groups have been busy making the local area a better place to live, we hope you enjoy reports from the Floral Friends of Frampton, Ram Hill Colliery, the Friends of Brandy Bottom, as well as news of why Winterbourne is now a safer place to live with the installation of three defibrillators, thanks to the Parish Council.

If you are a local group or resident that has some news to share, please do get in touch with us, we love to hear from you.



Kerry & Jaci x

community@mattersmagazines.co.uk 01454 300900

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What's in a name?

Names can be misleading. Names whose meaning was obvious when coined half a century or more ago are not so clear now, when society and attitudes have moved on.

One organisation whose name seems to mislead some people is Christian Aid. People who have taken part in the house-to-house collection in May in recent years have found that some people are reluctant or refuse to give because the name has given them a wrong impression of what the charity is about.

So, let me try to explain. The word 'Christian' is in the name because it is an agency of the churches in Britain and Ireland and its work is founded on Christian faith, inspired to show practical love and care for our neighbours.

The word 'Aid' perhaps speaks for itself and yet it is here that the problem arises. Does Christian Aid imply that we are working to give aid only to Christians? The answer is an emphatic NO.

Our neighbours are people of all faiths and no faith, and so, working through partner organisations which know and understand the needs of their own people, Christian Aid provides urgent, practical and effective assistance where need is great, tackling the effects of poverty as well as its root causes.

We now work with more than 650 overseas partners in around 50 countries but 70 years on from our founding, the world isn't getting any fairer. The plight of Syrian refugees is a human crisis on a scale not seen since World War II. 15 million people in East Africa face severe food shortages. People living in Bangladesh live in constant fear of flooding. Over 50,000 people having their homes destroyed and cast into the street from earthquakes in Nepal. The list goes on.....

Poverty is an outrage against humanity. It robs people of dignity, freedom and hope, of power over their own lives. So we won't stop now. We'll carry on tackling the causes of poverty. We'll continue to support local organisations to deliver real, practical change.

Christian Aid has a vision – an end to poverty – and we believe that vision can become a reality. We believe in life before death.

Edna Snaith (Local Christian Aid Week Organiser)



CHURCHES TOGETHER



EVENTS IN MAY SUPPORTING CHRISTIAN AID

Friday 6th May: QUIZ NIGHT

7.30pm British Legion, Ryecroft Road

Friday 13th May: FOLK MUSIC

8pm Crossbow House, School Road

Saturday 14th May: BIG BREKKIE

8.30am-1030am Zion Hall, Woodend Road

SUMMER PLANT SALE & COFFEE MORNING

10am-1.30pm Station Road, Iron Acton

Saturday 21st May: COFFEE & CAKE/SOUP LUNCH

11am-1pm St Saviour's Hall, Coalpit Heath

Sunday 22nd May: TRAIN RIDES & CREAM TEAS

3pm-4.30pm Bridge House, Rectory Road

Christian Aid Week – 15 to 21 May

Dear Neighbour

Instead of doing a door to door collection this year, the churches of Frampton Cotterell and Coalpit Heath (Zion United, St Saviours and St Peters) are putting on a number of fun events around the villages which we invite you to. It will be an opportunity to come along, perhaps with the family, have fun and support Christian Aid.

We apologise to anyone who is unable to join us but would like to support Christian Aid. You can make a donation in one of two ways; either by texting the word 'SAFE' to 70040, or if you wish to 'gift aid' your donation or speak to a member of their appeal team, by phoning 08080 006006. The text option will give a fixed sum of £5 and you will be charged this amount, plus the cost of one standard text. If you do not want wish to be contacted in future, you should also text 'OPTOUT' to this number.

Do remember that Christian Aid is an organisation run by the churches whose purpose is to provide financial support to people who are desperate. It is not about giving to the church.

We hope to see you at one of the events.

St Michael's Visit to Church

On Thursday 24 March, St Michael's Primary School made its annual visit to St Michael's Church for our traditional Easter service. This is one of the times in the year when the whole school together makes its way through Winterbourne High Street; a sea of red, dotted this time with the colourful addition of Easter bonnets, hats and a few bunny ears!

Martha and Gabriella in Year 6 wrote a brief account of the visit:

This morning St. Michael's

Primary School walked to our local

church. Year 6 walked with their reception buddies to make sure they were safe. Everyone was wearing their Easter bonnets and hats that they had made for the service. When we arrived at the church Year 6 sat on the pews with their buddies as well. The church was packed full of children, teachers and parents. Once the school sat down the Easter service began. Years 1 and 2 led the service this year. The children took it in turns to read, telling us about the Easter story, and how it is celebrated. During the service we sang the following songs: All in an Easter garden, Trotting trotting, Give me oil in my lamp and Lord of the dance. Mrs Scally played the piano and everyone joined in the singing. At the end of the service, Miss Birley (soon to be Mrs Peachey) danced down the aisle, practising for her wedding! As we left the church, everyone was given a palm cross to help us to remember the Easter story.

Unfortunately, it rained during our walk back, but the weather didn't dampen our spirits, although some of our Easter bonnets and hats got a bit wet!

Years 1 and 2 had been practising their readings at home and at school, and were very excited about leading the service in Church. Afterwards, Year 1 talked about their favourite parts of the service;

Oliver said "At the start I was a bit nervous, but I was OK. I learned what I had to say - In Spring the trees have blossom and start to grow new leaves".

Amber and Jack said they enjoyed walking up and down the aisles with hot cross buns, and Evie said her favourite part was when everyone sang "Sing Hosanna". Olivia said she loved it because everyone was clapping along to the song together. Josh liked it when he received his palm cross, and Lucy recounted how she walked up and down the aisle in her role as the donkey.

Everyone in Year 1 could recall their "favourite bit", and the children were deservedly proud of their contribution to the Easter service. It was a lovely way to end the school term and to begin our Easter celebrations.



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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.



FLORAL
FRIENDS
OF FRAMPTON

News from Floral Friends of Frampton

The results of all the hard work back in the autumn planting bulbs, are showing around the village as the spring flowers appear in planters, parks and roadside grass verges. Take a walk through Crossbow Playing Field to see the



daffodils and crocuses planted by Floral Friends of Frampton, with the help of local Beavers and Guides. They look stunning in the sunshine (see left).

Our thanks to all those who have helped us – and if you would like to join us we would love to hear from you on the contact details below.

Our St George's Day Fundraising event was a great success, we are delighted to have raised over £900, which is absolutely fantastic and will enable us to keep the village looking beautiful with floral displays this year. It was lovely to see so many people enjoying themselves at the event, thank you for supporting us.

Please get in touch with us by e-mailing - floralfriendsofframpton@gmail.com.



New Local Life Saving Equipment

Several years ago Winterbourne Parish Council was approached by a Parishioner, David Lloyd, who had qualified as a Great Western Ambulance Service Community First Responder for Winterbourne and surrounding area.

A First Responder is an unpaid volunteer living or working in a community who is trained by the Ambulance Service to provide basic emergency care to seriously ill patients until an Ambulance can get to the scene.

After hearing from David about the life saving work that a Community First Responder does, the Parish council agreed to fund a medical kit and defibrillator for David to use. The equipment has been in constant use ever since.

The Parish Council have been inspired by the work David does and decided to invest in a number of Public Access Defibrillators and to promote the importance for all of us to learn how to administer potentially life saving CPR (cardiopulmonary resuscitation).

CPR is a lifesaving technique that involves giving someone a combination of chest compressions and rescue breaths to keep their heart and circulation going. A defibrillator delivers an electrical current through the chest, which aims to shock the heart back into a normal rhythm allowing it to pump again.

If you come across someone who is not breathing, the most important thing is to call 999 and start CPR. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent.

When you call 999, the operator can tell you if there's a public access defibrillator nearby. Don't delay or interrupt chest compressions to get the defibrillator send someone else or wait until someone else joins you and ask them to call 999

Winterbourne Parish Council has now installed three Public Access Defibrillators.

It is important that these are easily accessible so they have been installed outside Nat West Bank in Winterbourne, outside The Cross Hands in Winterbourne Down and outside The White Lion in Frenchay.

Public Access Defibrillators are very easy to use. Once a 999 operator has directed a caller to a Defibrillator voice commands and screen messages will guide the user step-by-step through the process and its intelligent technology will only allow it to shock a safe shock to be delivered.



The new Public Access Defibrillators outside Nat West Bank, Winterbourne. Pictured left to right: Tim Bowles (Winterbourne Parish Council); Keeran Lockett (Nat West Bank); Joanna Jones (Nat West Bank); Paul Hemmings (Winterbourne Parish Council)

As CPR is such an important aspect of treating someone who is not breathing Parish Councillors have undergone CPR training.

Winterbourne Parish Council are very grateful to Nat West, to The Cross Hands and The White Lion for allowing their premises to be used for these important pieces of equipment and to David Lloyd for his advice and for his work as our Community First Responder.

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Growing Support

Growing Support is a local organisation supporting older people and people living with dementia to enjoy the garden and stay

connected with their community. We deliver 'social and therapeutic' gardening activities which basically means running gardening clubs with fun, engaging activities specially designed to increase opportunities for light exercise, sensory stimulation and social interaction.

Most people recognise that spending time outdoors, connecting with nature or being active in the garden makes us feel better. Studies show that regular gardening as part of a group can help people with dementia feel a renewed sense of purpose and belonging, reduce agitation and improve sleep and appetite. Yet as people grow older, particularly if they have dementia, they are less likely to be active and more likely to lose the confidence to leave the house, spend time outdoors or meet new people.

Growing Support runs thriving gardening groups across Bristol, with many groups being run in Care Homes in the Winterbourne area. Our typical gardener is over 70 and living with day to day challenges such as difficulty following instructions, problems remembering how to do small tasks, limited mobility or issues with sight or hearing. And yet, our gardeners are always working hard completing all kinds of jobs such as growing and harvesting food crops, creating colourful flower displays and fragrant herb gardens or helping attract wildlife by making bug hotels or bird cakes.

Local volunteers are key to a great gardening group. They provide individual support for the more difficult tasks so that everyone can take part and feel a sense of achievement at the end of the session. An important part of their role is to create a cheerful



social atmosphere, chatting with the gardeners and encouraging reminiscence and story telling.

Perhaps the best way to describe what we do is through the experience of one of our gardeners: Doreen was very agitated and upset when she arrived at the gardening club. Care staff commented that she was 'inconsolable, no matter what we try'. A Growing Support volunteer walked around the garden with her and they chatted until she became calmer. The group leader then supported her to plant flowers using accessible tools. After an hour Doreen was much calmer and interacting with the rest of the group, laughing when they laughed, and contributing to group activity. Care staff were amazed at the change in her!

It is this kind of positive impact on behaviour and mood that Growing Support wants to share with more people across Bristol.

New volunteers are always made very welcome by the friendly team. Full training is provided along with regular social events to help get to know fellow volunteers and share ideas and experiences.

If you would like to find out more about our work please visit our website <http://growingsupport.co.uk/> or if you have a query about volunteering please contact Sam on volunteers@growingsupport.co.uk who will be happy to help.

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Winterbourne's Woman of the Year 2015 & Greatest Loser 2016 reaches 5 Stone target weight loss

Liz Heath (pictured left), explains her Slimming World journey.

My story goes back as long as I can remember. I have always been a 'big girl'

and just tried to put it to the back of my head. Each time I looked in the mirror I felt depressed and was walking around in size 22 clothes, weighing over 16 stone.

I had a stroke at a very young age, just after my son was born and I knew I had to be careful and was being monitored by the doctors. Each time I would go there for a check up, they would mention my weight and I knew that something had to change. My daughter, Steph joined Slimming World and I found that she would eat lots of nice food and still lose weight. I decided I would go along with her but felt nervous about going to a group like Slimming World because of what people might think.

At first, I didn't see how it was possible to eat the amount you could eat and still lose weight but after trying it for a week, I stood on the scales with a loss of 4.5lb. I went back the second week and lost some

more, which gave me the motivation to carry on. However, some weeks I would gain weight and became frustrated but it made me more determined to keep going. My consultant, Frankie and the other Slimming World members at the Winterbourne group became my friends and having their support along my journey has helped with the weight loss.

I joined Slimming World in September 2014 and reached my target weight loss of 5 stone in April 2016. I can now wear size 12 clothes and feel great about myself when I look in the mirror. I can also now visit 'normal' shops and buy the clothes that I previously couldn't. Hearing people saying nice comments like "you've lost lots of weight or you look great" and being asked how? I just respond with Slimming World and smile.

My life has changed for the better and I feel great about the way I look. It's the little things that mean the most, the comments, the pictures and the fact I can run without feeling out of breath all the time. So I just want to say a massive thank you to Slimming World for changing my life and to the people I have met on my journey.

If you would like to join Frankie's Slimming World Group on a Tuesday at the Greenfield Centre, Park Avenue, Winterbourne either at 9.30am, 5.30pm or 7.30pm there will be a warm welcome to anyone that would like to lose a few pounds or more and that wants to change their life forever.

Fired Up Netball Club

Winterbourne Matters was delighted to find out more about a relatively new social netball club training twice a week in Winterbourne.

Fired Up Netball Club started just over a year ago with the aim of providing a friendly and sociable way for ladies to get back to playing netball, meet new friends and get fit at the same time. The group usually plays on the outdoor courts at Fromeside Community Centre, next door to the gymnastics club on a Tuesday evening (7 – 8pm) and also on Saturday mornings (9.30 – 10.30am). However the Tuesday session has currently moved to the Jubilee Centre in Bradley Stoke to take advantage of the floodlights - it will be back in Winterbourne from the beginning of April.

Understanding that everyone has lots of work and life commitments, the club goes the extra mile to make it as flexible as possible. Some ladies are able to train regularly whilst others only train when they can, and this is completely fine. A regular weekly commitment is not expected but obviously it is lovely to see ladies returning week on week and really enjoying having fun whilst having a workout! Fired Up Netball play friendlies with local teams and have also taken part in a few Back to Netball tournaments. There are also regular social events.

You don't need to have any previous experience of playing netball as all the rules are explained. Most of the current group hadn't played since school (which for some was a very long time ago!) The club is open to ladies over 30 of any level of fitness and ability. They have just run some Back to Netball sessions through Avon Netball and have welcomed more new players back to the court, which is great. Hopefully some of our readers will be encouraged to go along and try out your netball skills (good or bad!).

If you would like any more information please contact Catherine Neck on 07773 658446 or email Catherine.neck@btinternet.com.



live happy!

with
Slimming World



Monday

Frampton Cottrell
Watermore Primary School
Woodend Road
5.30pm & 7.30pm
Tel: Alison
07972 376055

Tuesday

Winterbourne
The Greenfield Centre
Park Avenue
9.30am, 5.30 & 7.30pm
Tel: Frankie
07519 347243

Wednesday

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

slimmingworld.co.uk 0344 897 8000

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

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Community Noticeboard

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OPEN GARDEN DAYS

Sat July 2nd and Sun July 3rd 2.00pm – 5.00pm
Nutridge, Ram Hill, Coalpit Heath, BS36 2UF
Admission £3.50. Children under 16 free.

A three acre garden with perennial beds, trees, shrubs and open spaces.

Refreshments incl. Cream Teas and plants for sale
Musicians will perform in the garden during the afternoons.

Proceeds in aid of Genieri, the African village linked with
Charity no. 1057814 www.yate-genierilink.org

Summer Fair St Peter's Frampton Cotterell

Saturday 11 June
2 to 4.30 pm

Bridge House in Rectory Road.

The famous Bridge House Trains will be running. There will be stalls where you can buy pre-owned toys, games and jewellery. There will also be a bottle tombola and much more. Enjoy games such as – park the car in the garage, ball in the bucket, spin a prize etc all with great prizes to be won.

You can also relax in the lovely Bridge House garden with an ice cream, tea or coffee plus of course delicious home made cakes.

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DOWNEND HORTICULTURAL SOCIETY

Affiliated to the Royal Horticultural Society, National Vegetable Society & the Gloucestershire Federation of Gardening Societies.

Our meetings & shows are held at the
Downend Assembly Hall, Salisbury Road,
Downend, Bristol BS16 5RA.

Our Summer Show is on 20th August 2016.

The show is open to anyone to enter and there are prize cards & cups for the winners. Exhibits must be staged between 8am & 10.50am

The show opens to the public at 2pm

Please see www.downendhortsoc.co.uk for details or telephone Hilary Walton on 0117 9792832 or Roger Davis on 0117 9571763

From September to May we meet on the second Thursday of the month at 7.30pm. Our evenings start with tea/coffee and homemade cakes or biscuits. From about 8pm we listen to a speaker on an horticultural related subject until about 9pm.

Non-members are always welcome (Entry £2.00)

We are a friendly group of gardening loving individuals come and join us when you can.

Car Boot sales

Friends of Abbeywood Community School are holding 2 car boot sales this summer at Abbeywood Community School, New Rd, Stoke Gifford, BS34 8SF

Saturday 14th May 2016

Saturday 11th June 2016

9am to 12:00pm

Access to sellers from 8:30 for set up, no need to book. Sellers entry £5 per car and £8 per van. Strictly no admittance to buyers until 9am.

Buyers entry by donation

Organisers reserve the right to cancel due to adverse weather conditions

No smoking or dogs on site

Coalpit Heath Village Hall

Table Top Sale

Saturday 7th May, 1pm to 3pm

Table hire £5

To book: Tel: 07920 145325

Events at WADCA

(Winterbourne & District Community Association)

Watleys End Road, BS36 1QG.

There are a number of fundraising events to attract new people to this fantastic community centre and raise money to repair the roof!

Thursday 12 - Saturday 14 May, Winterbourne Players present 'Bazaar and Rummage' by Sue Townsend, at WADCA, 8pm. Tickets £7 Tel 07899 808943.

Saturday 21 May, Community Disco, 8pm. Tickets £5.

Friday 17 June, Team quiz hosted by James Murden. From 7pm. Tickets £5

Say 18 June "Kick the Cat" Blues Bros/Funk band, 8pm. Tickets £6 in advance, £8 on the door.

Sat. 18th
June
16'

8pm - Late

KICK THE CAT

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For all these events, tickets/information are available from WADCA on 01454 776268 or email CA.winterbourne@gmail.com.

Details about local clubs or facilities for hire at WADCA can be found on www.wadca.co.uk

The 73rd Almondsbury Gymkhana & Pony Show



Sunday July 3rd 2016
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Gates open 9.30am Events commence at 10 am
Entry £2 per car

Horse Show, Gymkhana, Dressage Ring
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Harriet Lambe pictured left

WIA student represents Republic of Ireland women's team

Last week, Winterbourne International Academy student Harriet Lambe (14 years old) represented the Republic of Ireland Women's under 16s football team, in two International friendlies against Wales U17s.

Harriet, also a talented cricketer, had trained with the squad during the Easter holidays before playing in the 2-0 and 4-0 victories against Wales within the space of a few days.

Irish coach, Sharon Boyle said "We did very well. Every player did their job and we were delighted with them.... The girls stood up really well against a strong side and particularly when you consider that they were giving away a year."

These International friendlies were arranged in order to challenge the girls, before a squad is chosen to travel to Hungary in May for an International tournament between the hosts, Hungary, The Republic of Ireland, Czech Republic and Poland.

A Winterbourne International Academy spokesperson said "Women's football is continuing to grow in terms of fanbase and television exposure. We're incredibly proud of Harriet and expect her achievement will help inspire our other female students who play football for our successful WIA team."

Harriet's father, a football coach himself, thanked the Academy for their support.

Medal haul at Bristol Schools Swimming Gala

Winterbourne International Academy swimmers did us proud at the Bristol Schools Swimming Gala Finals in March by claiming FOUR new records and a selection of bronze, silver and gold medals.

The Intermediate boys team did exceptionally well by achieving gold in the Freestyle Relay, breaking the record they set in the heats and then repeated this feat in the Medley Relay. Jedd Woodruff broke another record and took gold in the 50m Breaststroke final. Jack Smith and Sam Lewis took silver in their individual events and the boys were awarded the overall team trophy.

The Junior boys also took gold and broke the record in their Medley Relay and backed it up with a silver from Sam Oxley in the backstroke and a bronze from Sam Taylor in the breaststroke event. Our two girls also swam well in their individual events. Georgie Locke took silver in her breaststroke event.

PE Teacher Trish Lewis said "We are very proud of how our students performed. They are all very talented swimmers! Without the support of parents this event could not have happened so a huge thanks to them for transporting children, volunteering on the poolside and supporting from the balcony!"



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Gold for Talented Young Frampton Residents

Sister and brother, Lexi Johnson (12) and Zailan Johnson (7) recently took part in the Dragon Tang Soo Do championships, held at Bradley Stoke Community school.

Dragon Tang Soo Do is a traditional Korean martial art which teaches self-defence, fighting and weapons. Dragon Tang Soo Do also guides people to

live a healthy and harmonious life.

Lexi, who trains in the Ridings High School, won two golds, and one bronze. Zailan Johnson, who trains with the Bradley Stoke Club walked away with three golds and a silver. They both will get their team names engraved onto the plaque for grand champion.

Both children worked very hard in their categories split in to age and belt grades. The pair, who live in Frampton Cotterell, were grinning from ear to ear when they won their first trophies! They told me,

"We enjoy it because we learn self defence, make new friends and learn new things every week!"



The Manor Hall at Coalpit Heath

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- Adult sessions 18+ Monday 9-10:30am
- Over 50's fitness group - Friday 10-11am

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



Winterbourne Matters was pleased to catch up with Claire White from Winterbourne Rabbits (and Guinea Pigs!) for this issue. We learned that rabbits are the UK's 3rd most popular pet and there are more than 60 breeds to choose from (who knew that!)

Claire and her team know all about rabbits, having over 30 years experience in caring for and working with rabbits and guinea pigs. She offers a 5* holiday boarding service for your pet bunny or guinea, which offers large, clean, airy and spacious facilities, giving you peace of mind to enjoy your time away.

Winterbourne Rabbits operates a non-profit rescue centre for re-homing rabbits and guinea pigs, working very closely with the local vets in connection with re-homing and health checks of the rescued pets. The centre is vet approved and holds a full South Gloucestershire County Council Rescue Licence which allows them to provide a re-homing facility for pets that can no longer be cared for by their owner (for a variety of reasons). Winterbourne Rabbits will not judge anyone who brings in a rabbit or a guinea pig for rehoming - being only concerned about your pets welfare. They will provide a happy caring home for your pet until a suitable loving new home can be found.

However, re-homing is an expensive process, including not just food and board but also vaccinations, neutering (where necessary) and vets' bills. The rescue centre is operated on a very small budget, relying on donations to help contribute towards the expense.

There are plenty of rescues looking for loving homes, so if you are seeking a new pet rabbit or guinea pig, why not contact Claire - she may well have the perfect pet for you?

Winterbourne Rabbits will be at the Royal Bath & West Show on 3rd/4th June this year raising awareness of the Rabbit Rescue, along with some rabbits and guinea pigs looking for new loving homes!

Winterbourne Rabbits are dedicated to the welfare of rabbits and guinea pigs and are happy to provide advice and guidance where needed - there is a wealth of information under **'caring for your pet'** on their website www.winterbournerrabbits.co.uk that you are welcome to browse and Claire would be pleased to hear from you if you require further information. Telephone 01454 774 965 or 0771 373 2210, you can also find them on facebook 'Winterbourne-Rabbits' and follow them on twitter /WbourneRabbits.

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Volunteers Needed to Support Carers

Could you please help develop and increase support to carers, people looking after an unwell, disabled or elderly family member or friend in Bristol and South Gloucestershire? Could you help develop the support that carers can access through their G.P. surgery and other sources? If you are outgoing and could offer two mornings a month to meet, greet and give information to carers when they visit their GP surgery, the Carers Support Centre would be very glad to hear from you. Full training and support for this role is provided. Please contact, Mike Hatch, GP Carer Link Volunteer on 07503 577830: alternatively please send an e-mail with your name and telephone number to mikeh@carerssupportcentre.org.uk.

If YOU look after someone who couldn't manage without you, and would like some information about their services for carers or would just like someone to talk to about caring for the person you look after, please telephone the Carersline on 0117 965 2200 or visit the website www.carerssupportcentre.org.uk.

**If you care,
we care.**
Carers Support Centre
Bristol & South Gloucestershire



Do you love dogs? Are you at home during the day?

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Dear Friend,

Spring is now upon us and we have our usual battle with the leaves. With the mixed weather we have had, nature is very mixed up.

During the winter I developed serious heart problems so the work will continue but at a slower pace as I am restricted to light duties.

The Site – Workdays continue at the site on Wednesdays. Over the winter some fallen trees were cleared, along with leaves and twigs to enable the ground to dry up. This is important especially in the dramway as it sits on a bed of clay.

Work Days: April to October – Wednesdays and the 2nd Sunday of the month 10 am – 4.30 pm.

At the end of last year there were a lot of trees that were hanging over the boundary fence going towards the railway. Some of these have been removed as well as the ivy that was smothering the roots etc. This has made a tremendous difference to the amount of light that the area receives and should encourage a wider amount of fauna to the site.

It was very pleasing to see the growth of the primroses and the spring flowers – daffodils etc.

We get a number of casual visitors and I always gives them a short tour of the site.

There is a social walk planned starting at Manor Hall school on Saturday 21st May. This includes visiting the site.

We open the site twice a year – May and September giving detailed tours of the site and serving refreshments. These 'open days' give visitors the chance to hear the history of the site. The number of visitors vary but we need some help please to – Meet and greet and serve the refreshments. Any help would be much appreciated, please contact David or Marian on 0117 9322 602.

Open Days: The next Open Day is to be held on Monday 30th May 2016. 10am – 4.30pm.

Projects – The lime mortar repairs to the top of the engine house walls are due to start again when the weather is warmer. This is to stabilize the walls as under the earth capping most of the top stones are loose.

The path that leads into the woodland needs a little more attention and also more ivy clearance is needed.

Important Notice to All Members

The A.G.M. will be held on Thursday 23 June 2016, 7.30 pm at The Miners Institute, Badminton Road, Coalpit Heath, South Gloucestershire. BS36 2QB.

Volunteering:

Web Master Urgently Needed – This post does not entail any on-site commitment as all the work can be done at home. Anybody that is interested please contact David on the contact details below.

New Committee members please! – We are a small group but due to ill health we have lost several members of our committee and are now short of several posts. If you have time to spare and would like to help keep this small open space manageable get in touch.

The committee meet every two months at the Miners Institute for about one hour.

On Work Days the time you wish to spend on site can be any time between 10.00 am and 4.30 pm, (to fit in with your commitments).

Please contact Marian or David for further details. Email: da.godden@btinternet.com or Tel: 0117 9322602.

Circular Guided Walks – The Friends of Kingswood Museum organise a series of circular guided walks concerning the history of The Dramway throughout the year. I am sure that all Ram Hill members will know that the Dramway starts at Ram Hill Colliery, and should find these walks very interesting.

Walks take approx 2-2.5 hrs. Exploring the 19th century horse-drawn Mineral line, associated coal-pits and local history. There will be some stiles and possible mud. If you are interested please contact – Chris Quarry, Tel: 0117 9575387 or Mob: 07990 780 203.

Marian Godden, Friends of Ram Hill Colliery

Mrs Tiggywinkle needs you!

Most nature lovers and keen gardeners alike are aware that possibly our most quintessentially British of all mammals the humble hedgehog desperately needs our help. Their numbers have drastically declined from approx 30 million in the 1950's to less than 1 million today!

However it's not all doom and gloom, as it seems they are actually doing rather well in some urban and suburban areas, better it seems than the country side. This is perhaps due to greater biodiversity our many and varied gardens and less use of pesticides, as more and more of us like to try to garden with nature in mind.

These are a few very simple things you can do that will make all the difference to our spiky little friends survival. I can confirm the effort is well worth it, as the sight of a mother hedgehog with three little babies in tow is a wonderful sight to behold and a highlight of summer for us! I live right in the middle of Bristol so if I have hedgehogs you can too.

1. **Make a couple of small holes in or under your garden fence to allow them to roam in and out of your garden freely, the biggest barrier they face is literally a barriers. Fences and walls stop them meeting, mating and gathering enough food to survive and it only needs to be small gap the size of a CD or end of a house brick as they can squeeze through fairly small gaps.**
2. **Create or buy a hedgehog feeding station and place dried cat food and a bowl of water in it (never bread or milk it makes them ill) lots of designs or ready made ones to buy on line.**
3. **Put a ramp in your pond if it has steep sides they can swim but need a gentle slope to get out, also ponds are good for biodiversity and water for them to drink on a hot summer night.**
4. **Create hedgehog hotel/hibernation station, again there are lots of designs to make or buy online.**
5. **Always check before you strim or light bonfires etc, hedgehogs often make rather clumsy day nests so do check.**
6. **Use nature friendly slug pellets or nematodes but once you have happy hedgehogs they will keep the pests down for you, they truly are the gardeners friend.**

Finally if you have hedgehogs in your garden sign your street up online as a 'Hedgehog street' with the PTES (People's Trust for Endangered Species) at <https://ptes.org/> and get your neighbours involved too as it turns out what's good for hedgehogs is also good for us too, a nice community and a bit of TLC from those around us. Good luck!



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Medieval Fayre

Sunday 12 June 2016, 11am – 4pm

Experience vivid displays of daily life in a medieval encampment, as living history group "The Company of Chivalry" returns to Winterbourne Barn for a Medieval Fair. Find out how people lived, worked and fought whilst on campaign during the 100 years' war. Displays will include medieval cookery, archery, crafts and trades, with authentic 14th century items for you to buy, including medieval coins. See what life was like 700 years ago in the turbulent 14th century when Winterbourne Barn was built (1342), in an age where the Lord of the Manor ruled and ordinary people had little freedom and few possessions.

Re-enactments of medieval military combat will take place including common soldiers, fighting knights and displays of medieval canon. Children can join the 'Knights School' and gain a certificate. And everyone can celebrate the birthday of St Anthony who is the patron saint of lost items, by joining in the treasure hunt in and around the medieval barn. Come along and cheer for your favourite knight in battle, or simply relax in the Barn and listen to a talk or medieval music from the minstrels.

There will be plenty of things to do for all ages - stalls, activities, information and demonstrations - and delicious local food and drink available to buy. Entrance - Adults £2.50, children under 16 yrs free. Well-behaved dogs on a lead are welcome.

Basket Weaving Workshop, Saturday 18 June 2016, 10am – 4pm.

Enjoy a day on an introductory basket-weaving course in the beautiful setting of Winterbourne Medieval Barn. For more details and to book a place, please phone Angela on 01454 778436.

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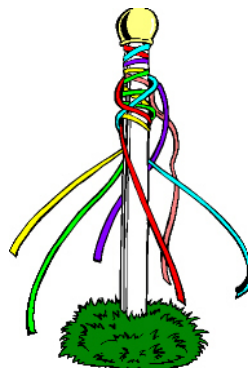
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'Spring has Sprung' and we are now entering the month of May, a month which brings with it a number of festivities like the 'May Day' celebrations marking the beginning of spring on the 1st, with its roots in pagan history. Many rural communities will hold Maypole dancing, parties and feasts, baskets of flowers decorating Village streets and barrels of real ale and cider being made ready for consumption, accompanied by the singing of traditional folk songs and ditties.

May also brings 'International Workers Day' also known as 'Labour Day' for which we receive a grateful Bank Holiday! It is a day when Socialism has historically celebrated the gifts of 'the worker' and the 'Working Class' and the contribution made by faithful workers to the well-being of the state.

The end of the Month holds the celebration of Pentecost (Whitsun), which this year falls on the 15th May, when Christians celebrate the birth of the Church and God's gift of the Holy Spirit to his followers, empowering, strengthening and cajoling Christians to live out the Gospel in their lives.

Christianity is not alone in having festivals in May, Judaism marks Holocaust Day and Lag B'omer. Islam marks Lailat ul Isra wa-l-miraj (The Prophet Muhammad's Night Journey and Ascent from the Dome of the Rock in Jerusalem) and Lailat-ul-Bara'ah (The Night of Forgiveness). Buddhist's mark 'Bodhi Day' on the 21st May celebrating the Buddha's enlightenment under the Bodhi Tree and to bring us full circle the Orthodox Christians this year celebrate Easter on the 1st May, break out the chocolate!!

May is also the month when the Catholic wing of Christianity (which is by far the World's largest Christian denomination with 1.2 billion adherents) dedicates a month of celebration and devotion to the Blessed Virgin Mary, 'The Queen of Heaven'.

Whilst Jesus in his teachings and Ministry shows Christians how they might live out their lives in a transformed way, the way they see and worship God and equally the way in which they should treat and care for their fellow human beings, teaching found in the 'Great Commandment' (Love your Neighbour) and in the 'Golden Rule' (do unto others.....).

On the other hand Mary his mother gives us a clear insight that it is not impossible for humanity to live out what God yearns for from his creation. We can see in her a level of faithful obedience, devotion and love which each of us can truly aspire to and strive for in our Faith Journeys.

May brings much and much is celebrated. It offers us once again the chance to reflect on the past, seek forgiveness for mistakes made, enables us to consider what we are and what we can be, gaining inspiration from the Hero's and Faithful of the past, but most of all it reminds us of future hope as we once again give thanks for God's Grace and the empowerment his love brings for all people.

Fr Malcolm Strange



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May at Winterbourne Library

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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 21 May, 2.30-3.30 pm.

Coming Soon in June! Explore Learning

with be offering a Charlie and Lola themed workshop on Wednesday 1 June, 1.00-2.00 pm. Most suitable for school children aged 6-7. Places are limited so please book with a member of library staff.

Ahoy Me Hearties! Come and join our seafaring antics with pirate-themed crafts for our holiday drop-in on Friday 3 June, 10.00-11.30. Suitable for the primary age range.



The NEW Book Group

for Parents will be meeting on Friday 20 May, 2.00 – 3.00pm. For more information about the group please contact Liz Appleby on 07825 510 079 or speak to a member of library staff

Craft Group the next meetings will take place on Saturday 7 and 21 May, 10.00 am – 12 noon. New members are always very welcome.

HAVE YOUR SAY

Please don't forget you have until 13 May to complete the consultation on the proposed changes to the Library Service. You can respond online at www.southglos.gov.uk/librarychanges or pick up a paper copy from your local library.

Home Library Service Volunteers Needed

- Volunteers for our Home Library Service visit people who are unable to use their local library because of disability, frailty or responsibility as a full time carer.
- Volunteers deliver a selection of books, information and other library materials direct to the homes of our members who are housebound in their own home or in residential settings.
- Volunteers usually take part in selecting books and other library materials for the people they visit.

Do you have a couple of hours to spare once a month and would you like to help deliver this much needed service from Winterbourne Library? If you are interested please contact us via the details below or speak to a member of staff.

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



Why do Libraries Matter?

As a resident of South Gloucestershire who also works for the library service, this year's budget cuts and possible closures come as sad, but unsurprising news.

For many residents the library is a space they no longer occupy. With e-readers in many homes and Internet retailers offering myriad books at discount prices, it is understandable how the traditional role of libraries has been challenged.

However 'books', although intrinsically woven into the fabric of libraries, are in reality a tiny part of the work we do. We are a non-judgemental inclusive community space offering a safe haven, advice, shelter, Internet access, activities, a smile and a friend. Our outreach work with local nurseries and schools is pivotal to engaging the next generation of happy learners. If we close, who fills the gap for those who need any of, or indeed all the above?

I recently attended a service planning meeting where we were asked to share anecdotal evidence of how libraries change lives. The list is diverse and limitless:

- The shy child whose confidence has grown exponentially. The mother attributes this to the half hour Rhymetime sessions held at all South Gloucestershire libraries.
- The first time I.T. user in tears during a 1:1 computer session now accessing our Wifi from her own laptop and able to Skype her grandchildren in the US.
- The recovering alcoholic reconnecting with his passion for sci-fi, delighted to learn of our reservation system accessing over 2 million books.
- The adult with learning difficulties who came accompanied with a carer. She was



withdrawn, unable to communicate or make eye contact with staff or other users. After observing our successful book folding group she returned encouraged to give it a try. Now a regular craft group member she attends unaccompanied and engages with other members of the group.

"This is the most important building in town; it allows people to educate themselves"

Regular Winterbourne Library user

These are but a few examples of real people, real lives who cross our thresholds everyday, finding opportunity and potential within the library. Without libraries there is a significant chance that this potential will remain unrealised resulting in marginalised lives unable to connect. This is a space which can never be filled by Internet retailers or e-readers.

Help your local library please

This is an invitation to the residents of South Gloucestershire to rediscover your local library today: borrow a book or DVD by all means but why not join a group, explore your family history, print your boarding passes for that last minute break or simply say hello and give our foot fall a boost! If not for yourself then come along for your neighbour and for the community in which you live. The community which your children will one day inherit.

South Gloucestershire libraries have entered a period of consultation. Should you wish to have your say on the proposed changes and closures please visit your local library, opening times can be found at www.southglos.gov.uk. Staff are happy to speak with you about the proposals.

By Lee-Anne Jameson



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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.



Frampton Cotterell Computer Group

www.fccomputergroup.uk

If you would like to learn how to use your 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, Woodend Road Frampton Cotterell.

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If you would like to join us please call Jill on:
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- Weekly Forest school sessions
- Highly qualified staff.
- Grant funding for 2, 3 & 4 yr olds
- Strong links with local schools

Other services:

Baby Group, Parent Led Toddler Group and Stay and Play sessions

For more information or to arrange a visit please call Helen on **01454 773781** or see the website

www.stmichaelspreschool.net

E: enquire@stmichaelspreschool.net

The Greenfield Centre, Park Avenue, Winterbourne.

Raising Awareness of Baby Hip Health A local family's story

This month we were pleased to be contacted by a Frampton Cotterell family with a request to help raise awareness of the organisation STEPS – a national charity supporting children and adults affected by a lower limb condition such as clubfoot or a hip condition. This is a charity particularly close to their heart after calling on their support when their eldest daughter was just a few weeks old.

Mum Mady explained to me it was during her baby Beatriz's eight week check that the doctor suspected she may have Hip Dysplasia, a scan confirmed this. At ten weeks young Beatriz was put into a harness, the family were told she would have to wear this for sometime between two months to two years and surgery may be necessary.

Recalling the events Mady told me it was an extremely traumatic time both emotionally and on a practical level. The brace that pins the legs into a frog like position could not be removed at all, so there was no bathing, no swimming and clothes had to be adapted to fit dear Beatriz. It was at this frightening time that the family discovered STEPS. The charity's website filled with practical information was a life saver, the family were also able to read about several success stories on the site and were given hope. "They made the condition seem ok and we could see there was light at the end of the tunnel" said Mady.

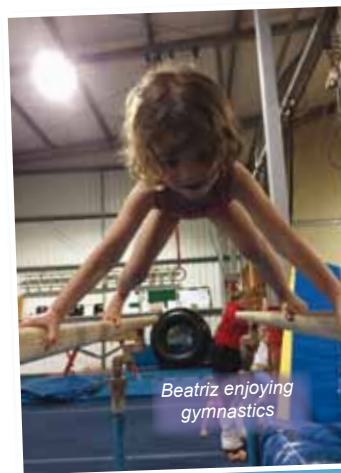
Amazingly at twenty weeks Beatriz was able to be released from her harness. The physio the family saw, told them in twenty five years she had never

seen such a bad case. So it is remarkable what a great recovery she made in that time. Beatriz was signed off with the consultant at twenty months and has never looked back.

Now four years old, she is extremely active and loves swimming and gymnastics.

When I spoke with Mady, Beatriz was tearing around in the garden with little sister Lorena. It was expected that Lorena would be born with the same condition but thankfully this was not the case.

The local family would like to encourage people to support STEPS in anyway that they can, perhaps by hosting a 'Put the Kettle on' coffee morning at home or work to spread the word about baby hip health and help raise vital funds at the same time. Alternatively you can make a donation via the **website – www.steps-charity.org.uk where you will also find lots of helpful advice. Alternatively you can contact the STEPS Helpline on 01925 750271 or email info@steps-charity.org.uk.**





Friends of Brandy Bottom Colliery, Pucklechurch

Progress:
December 2015 –
February 2016

Clearance work in the northern corner of the Vertical Engine House in December uncovered a channel in the south-east wall. The opening leads to a vertical channel on the outside of the wall. The top of the latter channel is located below ground level and is sealed, so the direction of the channel will have to be investigated at a later date when specialist equipment is available.

In January 2016 Historic England agreed to fund restoration work, mainly in the Old Pit area, and CWS Landscaping returned to site. The southern corner of the Cornish Engine House had been rebuilt by the end of January and work on this building was largely completed by the middle of February. A buttress is being built at the southern end of the bob (north-west) wall to support the arch in the wall. The area around the alcove in the south-east wall has also been patched.

The masons are also working in the Vertical Engine House, where the south-east wall is currently being partly rebuilt. This includes the reinstatement of the fireplace, dated 1982. The position of the holding down bolt in front of the fireplace suggests that the latter may have been a later addition.

A buttress is being built against the south-west wall between the winding drum pit and the adjacent engine bay to support an overhanging section of wall that is currently held up by ivy roots.

Clearance work by the volunteers at the heapstead end of the southern fan duct uncovered the bottom of one of the dampers still in place. It is still sitting against a cement seat in that (southern) wall, and there is a mark on the opposite wall where it must have hit when closing the northern duct. The northern duct has been cleared of spoil, revealing a sloped bottom. Spoil clearance outside and to the north of the ducts, has uncovered two square engine beds. Adjacent to them is a length of armoured power cable. An 8½" long glass bottle, marked 'Holbrook & Co' was found in this area. Spoil clearance outside the fence has uncovered what may be the position of the fan. A curved brick built structure has been found under the ground level, aligned with the engine bed found in 2013.

The masons stripped back the ivy and other shrubs growing along the top of the Old Pit heapstead walls so that the tops of the walls could be capped at a later date. This uncovered two structures that were probably tippler slots for loading railway wagons and these were investigated by the volunteers. One artefact found here was part of a spoken wheel, probably from a coal tub. Cleaning off-site separated it into two pieces, the remains of the wheel and an unrelated piece of bent pipe. This area is still being investigated.

Outline of Work for 2016

Following discussions with Historic England about a grant, it was decided to use professional masons to rebuild/patch/repoint/cap various walls in 2016. This will stop further deterioration of the structures by sealing surfaces against the ingress of rain. As well as the work on the Cornish Engine House, Vertical Engine House and Old Pit heapstead ramp wall that has already been described, the contract includes capping of the tops of the Old Pit heapstead walls and repointing the brickwork on the outside of the top of the chimney. Other work that will hopefully be completed this year is the capping of the top of the New Pit heapstead walls, rebuilding the edges of the doors and windows in the Horizontal Engine House, and repairs to both the brickwork of the passage under the Pumping Shaft crossover and the fan ducts.

There is still plenty for the volunteers to do. As well as continuing their work in the Fan Engine house area, there are a number of features elsewhere that have been uncovered by the masons and which need investigating. There are some walls that need rebuilding and repointing. And by the time they finish that lot, Brandy Bottom is bound to have pulled something else out of the hat!

Forthcoming Work Parties

Access to the site is limited to days when there is a work party in progress. The dates for work parties for the remainder of 2016 are currently: Wed 04, Sat 14, Wed 25 May; Sat 04, Wed 15, Sat 25 June.

For further information about the project or to enquire regards working parties, please visit www.aibt.org.



Above: The dogtooth gap of missing masonry in the north-east wall of the Cornish Engine House, taken from the inside of the building.



Above: The inside of north-east wall of Cornish Engine House during the rebuild and afterwards below.



All images thanks to R Whitworth ©

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Triathlete Champion at Launch of Triathlon in aid of MS Therapy Centre

The West of England MS Therapy Centre held its launch party at the Players Club, Chipping Sodbury, on Thursday 10th March, for their first annual Players Spirit Triathlon.

Matters Magazines was delighted to be invited along to learn more about the event that will take place on Sunday 2nd October 2016.

The triathlon will include a 750 metre swim, a 20 kilometre bike ride and a 5 kilometre run in what will be the charity's biggest ever event, raising funds for the services provided at the local Centre for people living with Multiple Sclerosis and other neurological conditions.

Jane Leslie, mother of MP Charlotte Leslie and British Champion Triathlete, opened the event registration stating "for those of us lucky enough to have health and opportunity we must try to give something back. I really hope we will be very well supported in this."

"If you are thinking about setting yourself a physical challenge this year, this event is perfect; to get fit and at the same time support people in our community, it is a win, win situation all round!"

Jane Leslie, British Champion Triathlete

Speaking of the importance of exercise for everyone at the launch Jane said "If you are thinking about setting yourself a physical challenge this year, this event is perfect; to get fit and at the same time support people in our community, it is a win, win situation all round!"

It was a pleasure to chat with Jane, who only started running herself in her fifties and in 2014 became Gold medalist in Edmonton! She told us "it's about your ability, how hard you train and how good your diet is. It's not about age". She went on to say "I got hooked; it's a lot of hard work and 7 hours at a time on a bike can be gruelling but the rewards outweigh the pain". Jane encourages anyone who's not tried before to give it a go, with the advice of finding a good training partner (she has John, pictured with her above) as well as the right equipment and a coach. She is a testament that you don't have to be in your twenties to compete in a triathlon and, with her biggest following being young women, Jane hopes that she can be an inspiration to all and proof that anyone can achieve anything they want to if they set their mind to it.

The launch party was attended by some of South Glos' finest dignitaries to promote and assist The West of England MS Therapy Centre's good work. Councillor Erica Williams, Chairman of South Gloucestershire Council, commented: "It is lovely to have this event in South Gloucestershire. MS is not as widely supported as a lot of national charities but I think this will certainly raise the profile and it certainly deserves the support."

Terri McDonald Head of Fundraising for the MS Centre said "The Triathlon will be held at The Players Club, one of the region's most prestigious golf courses and the first of its kind to be held at the championship golf club."

"The course will see participants swim 750m in an open-water lake, cycle 20km through village lanes and finish with a 5km run along the scenic greens of the course itself. We will be working alongside Triathlon England, governing body for the UK's Triathlon, with their wealth of experience from health and safety regulations, accreditation and having a Triathlon England race official at the event will put our Players Spirit Triathlon on the map in the West Country".

Competitors can now register online at www.mstherapybristol.org.uk/triathlon.

Opportunities for event sponsorships are also available with packages starting at £500; please email terri.mcdonald@mstherapybristol.org.uk or emma.sansom@mstherapy.org.uk or call 01454 628725 for more information.



Jon Greenwood, GB Triathlete and Jane Leslie, British Champion Triathlete

Health Matters at Frome Valley Medical Centre

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 result.

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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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

Wind Band Association Celebrates Charity Status

Two years after its formation, Avon Wind Band Association is celebrating being granted full registered charity status by the Charity Commission.

The Association came into being in February 2014. It comprises four bands with a total of nearly 90 members. Between them the bands cater for players of all levels and abilities ranging from Grade 8 players to complete beginners.

The Phoenix Wind Band (top photo) is the senior band with the majority of its 28 players being of Grade 6 standard and above. It rehearses at Emersons Green Library on a Monday evening. The Phoenix Band was also formed in 2014.

The Apollo Band (photo 2) has been together for just over three years and caters for players of around Grade 3 and 4. It meets in Yate on a Tuesday evening.

The Westerly Winds Staple Hill Band (photo 3) has been playing for just over two years and, as its name implies, meets in Staple Hill Library on a Wednesday evening.

The most junior band is Winterbourne Winds (photo 4) which was formed just under eighteen months ago for complete beginners and returners. They meet at the Greenfield Centre, Winterbourne on a Thursday evening.

Having a "family of bands" at all levels offers the opportunity for players to move to a different band as their skills develop. Currently the minimum age for band membership is 18 years but the Association is on the point of offering membership to 16 and 17 year olds. Although based in South Gloucestershire, many of the players were attracted to the bands from further afield.

Keith Hunt, Chairperson of the charity, said *"We are always open to welcome new members of all abilities and it would be a fitting way to celebrate the new status of the Association if the membership reached 100 this year."*

Anyone interested in joining should contact Keith on 0117 9049125 or by e-mail keh35@blueyonder.co.uk who will be pleased to answer any questions. Further information can be found on the Association's website

avonwindbandassociation.com



News from Crossbow Singers

Crossbow Singers are now well into rehearsals for their Summer Concert, under the temporary leadership of Carolyn Dutton, ably assisted by Liam Grogan and accompanied on the piano by Mary Darby. Our regular Musical Director, Rachel Gittoes, is currently on maternity leave and we all wish her well. At the time of writing, Rachel is still awaiting her new arrival, but, by the time this article goes to press, all that may have changed! Good Luck, Rachel, we send you our love.

The music for our Summer Concert has been chosen by our newly appointed Music Committee. They have decided upon the theme 'Great Music for Great Britain', choosing music written by British composers from various ages and genres – hopefully something there to suit all tastes. Our **Summer Concert will take place on Monday and Tuesday, 4th and 5th July, so put it in your diary now and look out for our posters around our area nearer the time.** All profits from the Summer Concert will be shared between two charities nominated by members of the choir. We rehearse and perform in Crossbow House, School Road, Frampton Cotterell. Before the concert, however, Crossbow Singers will be holding their AGM, when the items under discussion will range from business matters such as appointing officers, to what refreshments to have



at the concerts and whether we should change our dress code! The important matter of the charities to be supported this year will also be decided. The AGM will be held at 7.30 pm on Monday, 11th April in Crossbow House.

Would you like to join us?

As always, and sadly in common with many mixed choirs, we are in need of more tenors and basses. **We are a friendly group who meet each Monday evening during term time, starting at 7.30 and finishing around 9.00 pm.** Although helpful, it is not necessary to be able to read music – all 4 parts are practiced thoroughly. However, a love of singing is essential! So, if you sing tenor or bass and have Monday evenings free, why not come along and give us a try? We look forward to welcoming you.

A rather belated Happy New Year to all our supporters.

Chris Palmer, Choir Secretary

News from Winterbourne Down WI

At our April meeting, we welcomed Nicola Eaton from The Really Expensive Chocolate Company. She informed us that she started making chocolate after her family gave her a present of a day's training at Betty's in Harrogate 10 years ago.

She explained the cocoa beans are grown in Tropics, where it has a hot and humid climate. The Spanish made a thick bitter drink with the beans that Christopher Columbus brought back from the Tropics. Chocolate is made from cocoa mass and butter and milk can be added with sugar to make the chocolate we eat today. A couple of facts. In Britain we eat an average 10 kg of chocolate per year per person. Cadburys chocolate has vegetable fat so will not temper (melt and set again).

We then tasted delicious champagne truffle chocolates and orange cream chocolates that were made while we watched. Nicola had a few chocolates of different flavours such as ginger, raspberry and orange and chocolate numbers for sale. A most enjoyable evening.

Our meeting on 5 May is our resolutions meeting and on June 2, we have Robert Tinker talking on Interesting Nooks and Crannies in Bristol. All are welcome to join us at All Saints Church Hall at 7.30 pm.





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Community Matters cont ...

Volunteer to bring joy to the lives of older people: Volunteers (aged 50+) are sought by respected charities, Alive! and RSVP, to lead activity sessions for older people in care homes involving music, poetry, reminiscence and armchair exercise. Make a real difference to the lives of older people and have a great time doing it. Comprehensive training and ongoing support will prepare you for one of the best voluntary roles in town. Feel good, meet new people, develop your skills and use your outgoing personality to light up lives in Bristol care homes. For further information: contact jan.snook@rsvp-west.org.uk or ken.dolbear@rsvp-west.org.uk or 0117 942 3085.

Carer's Club at Zion, 2-4 pm, Wednesday 11 May. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean on 01454 775 786 or Rona 01454 886 925.

Barnforce Morning Usually the 3rd Saturday each month, 10 am - 1 pm. A small friendly group which maintains and improves the barn site, and tends the productive garden. Anyone welcome on any Barnforce morning - ring Robert on 0117 957 4921 for details or just turn up! Check the website for dates. www.WinterbourneBarn.org. **Garden Group Friday mornings** 9.30 - 12.30. For 5 years the team have been growing vegetables at the Barn and selling some produce to 'Melanie's Kitchen' in Downend. The Barn acts as a allotment for people who have some, or no, expertise in growing vegetables, to learn and have fun. They meet on site on Friday mornings in a very informal manner - those who want to turn up do. For more details ring Liz Smith 01454 775306. www.WinterbourneBarn.org.

Frampton Folk Music Club, Friday 13 May at Crossbow School Road, 8 pm.

Forget-me-not Singalong Group, Wednesday 25 May at Zion, 2 pm to 3.30 pm. For local people who like to have a sing along. Details details from Jean on 01454 775 786 or Rona 01454 886 925.

The Bradley Stoke Lions April meeting was held in the Travellers Lodge on the A38, to enjoy a social meal whilst conducting their business. Some of the group are off to Eastbourne in May for Multiple District Convention, to discuss and debate Lions matters and compare experiences as well as enjoying a formal ball on Saturday night. Would you like to make new friends whilst raising money for those in need in our local and global communities, as well as enjoying social activities? If you would like to learn more about Lions and what they do, please ring 07737 106836 or come to their next meeting on 11 May at the Hilton Hotel, Bradley Stoke.

Helpline Volunteers Needed Womankind Helpline offers listening support to women experiencing mental health difficulties and emotional distress, including those with experience of domestic and sexual abuse. They are seeking volunteers for their next training course which starts in April 2016 - the training and the Helpline are run from our offices in central Bristol. They offer: High quality training programme; Experience of volunteering using listening skills; Support and supervision; Expenses; An opportunity to meet and socialise with other volunteers. For further information or an application pack contact Nicola or Suzi at nicola@womankindbristol.org.uk or suzi@womankindbristol.org.uk Tel 0845 4582914 or 0117 9166461. Please note that this role is best suited to women only, over the age of 21 years.

Caravan Bookings: Paul's Place caravan on the Haven Site is disabled friendly and is situated on a perfectly flat area in Burnham-on-Sea. There are lovely facilities which include two swimming pools, two fishing lakes, Spar shop, café/restaurant and evening entertainment perfect for kids and adults. It is a short walk along the promenade to the town centre which is all on the flat and completely suitable for wheelchairs. Caravan facilities include: portable Hoist, portable shower chair, underneath bed clearance for hoist, sufficient wheelchair access around caravan, twin room, twin room with hoist, put up bed, pull out double bed in lounge, accessible veranda area with patio table and chairs, TV, DVD player and full kitchen. Caravan site facilities include: crazy golf, cash Point, indoor and outdoor pools, kart hire, two fishing lakes, launderette, restaurant and takeaway, show Bar, archery, bowling, and so much more. Bookings are now being taken for 2016. If anyone has any interest regarding prices and bookings then please contact the office on 01454 777236 / info@paulsplace.org.uk or disabledholidays.com.



Are you looking for very reasonable rentable hall space?
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Local Estate Agent Sponsors Sports Department

MacKendrick Norcott is the proud new sponsors of Frampton Cottrell C of E primary school sports department having supplied funding for PE teacher Mr Osborne to design four new full sports kits for the Netball, Football, Basketball and Rugby teams.

As a thank you, members of the Winterbourne-based estate agent were invited along to assembly to present the children with their new kits, and in return were presented with a beautiful bouquet of flowers (in company colours too!).

MacKendrick Norcott would like to take this opportunity to wish the children the best of luck in all their sports competitions for this year!

MacKendrick Norcott is the longest established estate agent in Bristol and South Gloucestershire, having survived and grown stronger through many market fluctuations in its 39 years. The local agent is actively engaged in selling, letting and managing property across a wide area surrounding its Winterbourne base and continues to work with its original objective in mind - "When we deal with customers we hope to retain their business for life and aim to provide a very personal committed service. Being a part of, and supporting, the local community has always been an important and integral part of our company and supporting the local primary school with their new sports kit is just one way in which we are actively involved."



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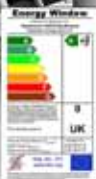
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