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including Coalpit Heath & Winterbourne Down

# Matters

June 2016



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Thursday 1st December

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## Dear Residents,

Welcome to the June 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.

This month we had a fantastic day joining in the Winterbourne Down Carnival celebrations. It was a reminder of what a special community

this is, with so many people coming together to have fun, a little rain had no chance of dampening spirits.

In this issue we share with you the success of local sporting talent, with news from the triumphant St Michael's Primary school Football team, Frampton Cotterell residents who have picked up awards in Dragon tang Soo, Frampton Rangers ladies football and lots of activity at St Mary's Old Boys RFC.

St. Peter's Church is celebrating its 700th year with a series of community events. We bring you an account of the successful 'Super Teddies' launch day as well as news of their forthcoming Family Open Weekend.

WADCA have a whole host of summer activities for you to take part in, as do many other local groups, do check out the community notices for further info. Have a great month!



**Kerry & Jaci x**

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## St Michael's Football Success 2016

**This School football season at St Michael's Primary school has been a season that will be forever in the history books! Let me give you a run through our magnificent season!**

It all started last season when the children were in Year 5, and the boys' school football team won the School football league for the first time, having gone many years without a trophy. This year, as years 6, the team were hungry for more success. After winning our first 4 league games, we were sitting pretty at the top of the league table. We had also won our two cup games, so were progressing nicely through the cup. It then came to the annual Danone National Cup, which is a huge tournament held across England! We had entered into the County qualifying round part 1, in order to qualify for Part 2 and then on to qualify for the County Championships – something the school has NEVER achieved. After a tough group stage we managed to win, going on to win the quarter final and the semi-final however we lost in the final on penalties. As we were finalists, it meant we qualified for the County tournament two weeks later. We won again, so we were on our way to the County Championships in Gloucester in December.

Before we knew it December had come around and the boys were on the mini bus heading off to the County Championships. Needless to say, they were very excited! We arrived in Gloucester to an Astroturf packed with very talented teams. The winners of this tournament would go on to represent Gloucestershire in the Regional Finals in Bath in May. The boys knew the prize that was at stake. They played their hearts out in an extremely tough six team league, to win the entire thing! The team were making history, not only to be the first team from St Michael's, Winterbourne to be in the County Championships but also to be going to the Regional Championships. The boys were buzzing and we had a very happy and very loud mini bus ride home late that evening.

In between all of these tournaments, we also had

a league and cup to compete in. After playing eight league matches from September to February, St Michael's had played eight games, and won all eight which meant we had won our League unbeaten for the second year in a row. It was a very close and tense affair, but we managed to pull off the victory with a 3-1 win to secure the School League Cup. Our school team has not been beaten in a league or cup match since December 2014, which I am sure will be another record they will hold for many years to come.

During March, we were invited to play in the Bristol Sports Cup, which was held at the Home of Bristol City FC – Ashton Gate. After playing on the immaculate football pitch, which was an experience in itself, we went and won The Bristol Sports Cup! There were great scenes and it was an experience they will never forget.

After all those successful outings, it was finally time for the Regional Championships. Odd Down Sports centre was filled with the best teams from the Counties. But it wasn't meant to be for us. We couldn't get past the group stage. We had ran out of luck and ran out of steam. What the boys have been able to accomplish this year is never the less, a fantastic achievement. Probably the best boys football team this school has ever had and maybe ever will be!

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# News from Coalpit Heath WI

We welcomed Sally Harrison to our May meeting, to give a talk on quilting. Sally brought many of the quilts she had made both in the States and in the UK, and explained all the different patterns and methods involved. Sally is a very keen quilter and an inspiration to those interested in the craft. You certainly need patience and an eye for detail.

We also made it through to the last 8 of the WI skittles competition, and were drawn against Locking Green WI which involved the team travelling to the Kings Arms, Easton in Gordano, for what was to be our final match in this year's competition. Both teams found the alley a little strange as neither side had played with runner balls and skittles before. It was a closely fought match, with at times only 3 points between the teams. However, Coalpit Heath's top scorer Jackie Dean with 32 was unable to pull the group through to the semi finals and the final score was Locking Green 152, Coalpit Heath 137 and saw Locking Green pull away to be well deserved winners.

Coalpit Heath's captain Marcia Caple, said, "The Coalpit Heath ladies should be very proud of themselves, it was the first time in the WI's history the team had got so far". Better luck next year ladies.

The May craft completion was a challenge – we needed to make a floral arrangement, but not from flowers. Entries included items made from lego, marshmallows and tissue paper! However it was Jenny Gray who was the winner with a delicate sugar paste arrangement. Well done Jenny.

We also need to make arrangements for the Hawkesbury and Horton Horticultural show in August, as we are going to enter a table in the WI event. We really need to get our thinking caps on so ladies please get in touch with the committee if you would like to get involved.

Following a recent tour, our ladies revisited Thornbury Castle for a Ladies that Lunch event on

May 9th. We had an amuse bouche, a choice of mackerel or rabbit ravioli for starters and the mains were sea bass or pork belly.

We even managed desserts. The food was delicious and the wine very good indeed – though the price of the Malbec was a bit fruity! Everyone agreed it was a lovely way to spend a Monday lunchtime and we are now on the look out for another venue for later in the year.

Our June meeting will see Sita visiting to give a talk on recycling, and July we will host Sandra Bateman who is giving a talk on The Bronte Sisters – dispelling the myths. Any visitors wishing to attend will be very welcome.

**Coalpit Heath WI meet on the first Wednesday of the month in St Saviours Church Hall at 7.45pm.**



## The Manor Hall at Coalpit Heath

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# Events at Winterbourne Medieval Barn

Church Lane, Winterbourne BS36 1SE • [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

The following summer events take place at this unique historical building, built in 1342, to raise both awareness of this fantastic community asset and funding for it's preservation and transition into full community use. Winterbourne Barn is owned by South Glos Council, a registered charity and managed by WMBT, a trust run entirely by volunteers.

**Medieval Fayre Sunday 12 June, 11 am – 4 pm** – 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, as well as 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, 10 am – 4 pm.**

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.

**The History of Cider with guest speaker Dr Richard Stone,**

**Tuesday 5 July at 7.30 pm** – This free talk follows the AGM of Winterbourne Medieval Barn Trust which is at 7 pm, and is open to everybody (all welcome to sit in on the AGM beforehand too). No event at the Barn would be complete without a taste of the produce from the 200 year old wooden cider press! Refreshments will be available to purchase after the talk.

**Opera in the Barn La Cenerentola, Sunday 10 July, 6 pm – 8 pm**

Cinderella...but not as you know it! Tessitura Opera presents a fresh take on one of Rossini's most loved operas. Set in modern day England, this sparkling comedy follows the story of Angelina, a harassed PA stuck at the bottom rung of her step-father's business, a Prince in the most royal of reality shows, with a litany of other colourful characters, can true love still triumph in the 21st Century? Tickets cost £13.50 adults, £10 under 16s, and are available from Tessitura on 07967 991902 or online from [tickets@tessitura.co.uk](mailto:tickets@tessitura.co.uk) (booking fee) or from Daisy's Coffee shop from 27 June. Refreshments will be available to purchase during the interval. You are welcome to bring a picnic to eat in the grounds beforehand (from 4 pm).

**West Gallery Singing Workshop, Saturday 16 July, 10.30 am – 4 pm** – West Gallery music is the type of folk music sung in churches in the 1700-1800s, led by the village choir and the village band. Sadly it was such fun that the Victorians strongly disapproved and threw out the choirs and bands in favour of organs and robed choirs! The music is accessible to all and you can learn by ear or read the music. It is sung in four parts, so whatever your voice range, there is a part for you. String or woodwind instrumentalists are also welcome at this workshop. The day costs £15, payable on booking (cheques to WMBT please), which includes tea, coffee and biscuits. Please bring a packed lunch. There is a small additional charge for printed music, payable on the day. Booking forms can be downloaded from the website [www.WinterbourneBarn.org.uk](http://www.WinterbourneBarn.org.uk) or are available from Linda Hall at [lindajhall61@gmail.com](mailto:lindajhall61@gmail.com), Tel. 01633 889019 or 07891 688581.



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## Another fine performance from Winterbourne Musical Theatre



Winterbourne Musical Theatre Group were pleased to celebrate its 40th anniversary with their recent performance of *Patience*.

The show was a great success – almost a sell out! Some commented that they never knew Gilbert & Sullivan could be so funny! Their next show will take place in early December. As they are still on their 40th year kick, they are putting on a 3 part show – *Trial by Jury* (as a nod to Gilbert & Sullivan), and bits from *Me and My Girl* and *Salad Days*, (two favourites they have done in the last few years).

Winterbourne Musical Theatre is a lively and friendly group who make everyone welcome. They meet at the Winterbourne Community Centre at 7.30 every Thursday evening and are always on the lookout for new (and certainly younger) talent. Why not go along and join in? You never know what you can do until you try!



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## Get involved with your local community hub - WADCA

We are very excited about our Summer Party on Saturday 9th July, 10-2pm and Rock 'n' Roll band 'Twenty Flight rock' in the evening, doors open from 8pm. Tickets for the band are only £5 each and the daytime is Free Entry.

We host a **monthly coffee morning** on the second Tuesday of the month, from 11am, all are welcome to join us.

**Volunteers Please!** We are always looking for volunteers to come and help in any way they can – decorating, donating raffle prizes, ideas, etc. Later this year we have plans to build a changing room for our Sports Hall, so any DIY skills would be welcomed too.

The centre has so much to offer, with its **Skittle Alley**, great for an hours fun at the weekend, or for a party. This room also hosts its own toilets and access to the Bar (opened on request). Some new classes taking place in this room include – Yoga, (Monday and Thursday evenings), Boogie Bounce (Tuesday morning), Pilates, (Tuesday evening).

Our **Main Hall** is a great space for **parties, performances, conferences** and more. We have two theatre groups who perform regularly throughout the year and there is talk of a Pantomime next January, so watch this space!

This area also hosts Centre Squares (Monday and Tuesday evenings), Street Dance for Disabled teenagers (Friday evening), Keep Fit (Tuesday morning and Wednesday evening). It has a large stage and full lighting and projector are available at an extra cost.

We also have a **Sports Hall**, which is home to 'Short Mat Bowls' (5 sessions per week), Shinwa Karate (Monday and Wednesday evenings), Epic Martial Arts (Friday evening) and Badminton (various sessions day and evening).

Other activities are **'Scrabble club'** on Monday afternoon and **'Bingo'**, every second Sunday of the Month from 8pm. **All areas are available to hire** for Members and Non-Members, but we would suggest that by becoming a Member, (just £6 per annum) you get a third off the price to hire any of the rooms. Prices from just £8 per hour. We have a fully licensed bar. We welcome people to come and have a look for yourselves (by appointment) or check out the website: [www.wadca.co.uk](http://www.wadca.co.uk)

Each month there is a WADCA evening, to help raise funds to keep this place alive. This month we

have a **Quiz night on Friday 17th June**, hosted by QVC's James Murden, tickets just £6 each, teams onto 8 max, each table gets a sharing platter included.

We also have a return visit from **'Kick the Cat'**, a fantastic Blues Bros, Soul, Disco, Funk band, who will get you dancing and singing along for the night. Tickets £6 each.

July is our **Summer Party!** It will be a day in two parts – 10-2pm for stalls, lunches, raffle, games, entertainment and some activities for children – free entry. In the evening there will be a Rockabilly group playing called **'Twenty Flight Rock'**, tickets just £5 each in advance.

So you can see there is a lot happening at our centre and more to come. Please come and bring a friend or two.

**If you would like to know more then please contact us, e-mail: [ca.winterbourne@gmail.com](mailto:ca.winterbourne@gmail.com), Tel: 01454 776268 or check us out on Facebook [winterbournecommunitycentreWADCA](https://www.facebook.com/winterbournecommunitycentreWADCA)**

We look forward to seeing you there  
WADCA

# WADCA

Winterbourne & District Community Association

Sat. 18<sup>th</sup> June 16' 8pm - Late



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## Rugby Community Supports Liam's Day

Around 1,200 people packed St Mary's Old Boys' rugby ground in Trench Lane, Winterbourne in May to boost a major fund-raising event for Liam O'Keeffe.

The 25-year-old captain of the Saints suffered life-changing injuries in a match before Christmas and Liam, who is now receiving treatment at the Spinal Injury Unit at Salisbury, made an emotional return to the club for the day which featured three special matches, a raffle and an auction, raising a five-figure sum for a fund set up to assist him.

St Mary's chairman Pete Phelps said: *"It's hard to believe the response we've had from the rugby family, it's been overwhelming and very touching. We definitely exceeded all expectations ... the kitchen ran out of food and the bar has been drunk dry, but most importantly people have all been talking about what a great day they've had."*

*"We're very grateful to so many people for all their hard work and support."*

The great majority of clubs in the Bristol area were represented in the three games which began with the Bristol Wanderers facing the Combination Vets, refereed by Bristol Society chairman Steve Leyshon. The under-17 cup final from ten years ago, between St Mary's and Old Reds, was then replayed with Ivor Sobey again the man in the middle. The last match saw a St Mary's President's XV take on the Bristol Combination, a first half squad being selected from clubs in the Gloucestershire and Somerset divisions before clubs from Western Counties North and above took to the field after the break with former international official Tony Spreadbury in charge.



A raffle of a long list of prizes further boosted the fund for Liam before a series of signed shirts, including two England Grand Slam jerseys donated by Billy and Mako Vunipola who played at junior level for Thornbury, went under the hammer.

Pete Phelps added: *"We've got plenty of adding up to do as money continues to come in from clubs for the sale of programmes, but a significant five-figure sum has already been raised for Liam which is absolutely tremendous."*

Fund-raising efforts continue with the Bristol Combination hosting a golf day at Henbury on 3rd June while St Mary's are organising a dinner at the Marriott on 20th August.

## SMOB Ladies Unbeatable in 2015/16 Season

St. Mary's Old Boys Ladies rugby team received their silverware after an incredible season in the NC2 South West North league this season. The ladies only lost one league game and have been untouchable since September, finishing on a 13 league game unbeaten run.

Having only a small squad of 16 last July, the ladies have worked hard and welcomed players of all abilities, signing a total of 11 players this season, half of which had never played before. The team spirit and commitment from all players and coach have been the driving force this season and they look forward to celebrating their success together at the clubs Annual Dinner.

Captain, Kirsty Fido, praised her squads achievements this season and is looking forward to new challenges in a new league next season, under new coaching staff, saying *"We have a great set up at St Mary's with fantastic facilities. The girls are excellent and are always helping one another on and off the pitch, I wouldn't want to be a part of any other team!"*

The ladies will now enjoy some well deserved rest ready to start pre season on Tuesday 12 July.

**If you'd like to join the ladies next season as an experienced player or are interested in taking up a new sport, you can find the ladies on Twitter @SMOBL and Facebook, St Mary's Old Boys Ladies. Alternatively, feel free to give Kirsty a call on 07811 805 917.**



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## Community Noticeboard

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## OPEN GARDEN DAYS

Sat July 2<sup>nd</sup> and Sun July 3<sup>rd</sup> 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](http://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.

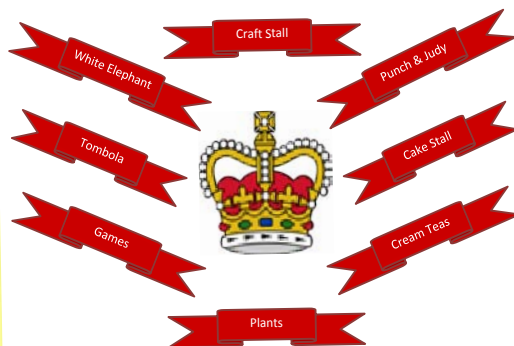
You can also relax in the lovely Bridge House garden with an ice cream, tea or coffee plus of course delicious home made cakes.

In celebration of

Her Majesty the Queen's 90<sup>th</sup> Birthday

## A Royal Celebration Fair

at Salem Methodist Church, Watleys End  
Saturday June 11<sup>th</sup> 2016  
2.00pm to 5.00pm



Arrive in style and wear a hat!  
Proceeds to Great Western Air Ambulance

## DOWNEND HORTICULTURAL SOCIETY

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

Join our outing to Spetchley Park Gardens on Sunday June 12<sup>th</sup> form Downend Baptist Church. To book call Roger Davis 0117 9571703 or Hilary Walton 0117 9792832.

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](http://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 sale

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

**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

## Severn Counties Foreign & British Bird Society

Venue: Winterbourne Down  
Methodist Church Hall, Down Road,  
Winterbourne Down, BS36 1BN

Meeting on 3<sup>rd</sup> Thursday of the month  
Talks and slide shows at 8 pm

The local club for people of all ages interested in keeping birds. Monthly lectures, social events, day trips

[www.foreign-britishbirds.info/index.html](http://www.foreign-britishbirds.info/index.html)



## The 73rd Almondsbury Gymkhana & Pony Show



Sunday July 3<sup>rd</sup> 2016  
at Washingpool Hill, Tockington, Bristol BS32 4NY

PROCEEDS TO Great Western Air Ambulance,  
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Four rings set in beautiful parkland.  
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Gates open 9.30am Events commence at 10 am  
Entry £2 per car

Horse Show, Gymkhana, Dressage Ring  
Dog show from 12 noon

Refreshments, Raffle  
Stall space available. Enquiries to 01454 412235

## An Evening of Clairvoyance & Mediumship with Romany Gypsy Medium Lee Petulengro

**Friday 10th June 2016**

The Miners Coalpit Heath Village Hall  
Doors open at 7.30pm starts at 8pm  
Tickets in advance £5 from the bar or £8 on the door  
Tel: 01454 776958 / [www.cphvh.co.uk](http://www.cphvh.co.uk)

## Spring/ Summer at Bethesda, Winterbourne Down

Dates for your diary:

\* Invitation to all -  
Picnic and games at  
Blaise Castle 11<sup>th</sup>  
June – time 10.30am  
to 2.30pm

\* Invitation to all -  
BBQ at the Church  
16<sup>th</sup> July - 3.30-6pm  
(food from 4.30pm)





## 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, 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 extremely 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!"*

Following on from this local success, Lexi went on to compete in Cardiff, which earned her the titles of International Champion in Forms (patterns) and Sparring.



This month will see her compete for a chance to qualify for team GB in West Bromwich, before going on to the World Championships in Manchester in October. We wish this talented young lady the very best of luck, who along with her brother has a very promising future in this martial art.

**Dragon Tang Soo Do club caters for people with a wide range of abilities and ages (5 years and above). Whether you want to train for fitness and health, or are safety conscious, or simply want to find a hobby to relieve stress, then this maybe for you!**

**For more information visit [www.dtsd.co.uk](http://www.dtsd.co.uk).**

## Super Teddies!

**If you were around in Frampton Cotterell on Sunday 1st May, you may well have heard the cry, "Is it a bird?...., Is it a plane?...., No it's a flying Super Teddy!"**

As part of the 700th year celebrations of St. Peter's Church tower, a fun event was held where children could make parachutes for their teddies and then they could watch as they were launched from the top of the tower. Over 120 local children turned up clutching their favourite teddies and allowed them to join in this family event.

The Teddies loved it! There had been great anticipation as the event was postponed last August when bad weather and problems with the weather vane prevented the event taking place. This time the rain kept off and the wind blew just the right strength for the teddies to be launched.

There were some spectacular flights from some of the teddies and other soft toys – it seemed that some of them turned out to expert parachutists! There were lots of Ooh's and Aah's from the owners and their families as teddies flew brilliantly. Then there was the anticipation of just where, and if, they would make a safe landing. Thankfully most of them did, only a few chose to fly so far that they ended up on house roofs or in local residents gardens!

By the end of the day all the teddies had been recovered and returned to their rightful owners and they were all able to go home for a rest after all the



excitement of the day! There was also a display of some old teddies in the church who had some interesting stories to tell of past escapades in WWII. They enjoyed a picnic in the church and saw their young friends preparing themselves for their flights.

A great time was had by all, please join in other church events this year celebrating the 700th year of St. Peter's. See page 35 for details of our Family Open Weekend.

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### 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  
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For full timetables check the website [www.fromesidegym.co.uk](http://www.fromesidegym.co.uk)  
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**Telephone: 01454 250528**

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## Join the Barking Mad Family!

John and his partner Ros enjoyed being hosts for Barking Mad Bristol North, and also utilised the service by sending their Jack Russell to stay with other like-minded hosts when they went on their own holidays. Impressed with the excellent-home-from home service, run by dog lovers for dog lovers, they decided to buy the local franchise!

*"Our customers' dogs are our priority - we take the time to get to know them so that we can match them with loving 'host' families who provide a caring home environment, similar to their own, where all existing routines are maintained, including medication if required. We will find the most suitable dog for you. We provide a chauffeur driven service from the owner to your house, and the dog arrives with everything he or she needs, so that all you have to do is offer the same love and care that their owners give! Our dogs love their holidays!"*

**John and Ros are now looking for additional hosts - individuals, couples or families - to meet the growing demand.**

If you are an experienced dog lover with time on your hands, a secure garden and plenty of love to give, please call John for a preliminary chat on **0117 3258222**

or email [john.johnson@barkingmad.uk.com](mailto:john.johnson@barkingmad.uk.com)

If you'd like to enter the competition visit [www.barkingmad.uk.com](http://www.barkingmad.uk.com).



## News from Frampton Cotterell WI

At a recent meeting we all had the opportunity to meet with Monica Cave, who came in to give us a talk on Guide Dogs. Monica was accompanied by Jan Peters with her guide dog Celia, and retired guide dog Jangle also came in to meet us all.

None of us had any idea how much hard work goes into training the dogs – most are Labrador/Labrador crosses or German Shepherds, as these breeds are easiest to train. The dogs are bred at the specialist training centre in Leamington, where at 6-7 weeks old they are passed out to puppy walkers for their initial training and familiarization with external and internal environments. At 14 months they then return to Leamington for harness and specific task training. Jan told us that once a guide dog is allocated to its owner (sadly there is a waiting list as you might expect), a trainer then comes in every day for intensive training on routes to local shops, hospitals etc. – amazingly many dogs pick up the route after only one trip! Most dogs work for around seven years before taking a well-earned retirement.

We had a Beetle Drive social evening at Crossbow House earlier in the month, which was great fun as always. Also, the Book Club went on a trip to the Bristol Old Vic to see Jeremy Irons and Lesley Manfield in A Long Days Journey Into Night, which was enjoyed after a lovely lunch on board The Glassboat. And, our Darts team have continued to play a very successful season, at time of writing they are preparing for the semi-finals against Bath.

We now have our summer meal out all booked up to look forward to – this year, The Globe is hosting a Greek night, so we're all be sampling sharing platters consisting of treats such as hummus, olives, garlic mushrooms, feta salad, etc. and sampling delightful main courses ranging from home made Moussaka to Beef Stifado (slow cooked beef in red wine – delicious!). The meal will take place on the evening of June 16th, so we'll also be hoping for some Greek-style sunshine!

As always, we are involved in the Frampton Festival in July, where we will be hosting our regular cake stall and selling copies of our very own members' cookery book.

Our other events coming up over the summer months will include craft demonstrations, a chance to learn about and try Morris dancing and a presentation from a local award-winning gardener.

**Visitors are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month. There is a charge of £2.50 for the evening and any new**

Adorable Guide dogs Celia (working) & Jangle (retired).



**members can join by paying a membership fee. Special interest groups that meet separately including a book club, choir and our skittles and darts teams. Please search FramptonCottWI to find out more, and do like our page.**



Celia and her owner Jan

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[info@companionshaven.co.uk](mailto:info@companionshaven.co.uk)



## 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!



## News from Floral Friends of Frampton

All the hard work planting bulbs last autumn has paid off with the beautiful displays of spring flowers around the village. It will soon be time to plant wildflower seeds and, as last year, we are hoping that local school children will be able to help us.

Thanks are due to the local residents who kindly donated some tulip bulbs to us – they flowered beautifully around the village throughout May; other residents have kindly given us primroses and English bluebells and these will be planted around the village to give more flowers next Spring. A number of local businesses have been generous in providing support to Floral Friends of Frampton. This support, whether it be financial or donations of goods and services, is vital in enabling us to provide the floral displays which are enhancing our village.

A big thank you to everyone who supported our St George's Day Fayre – we have raised over £900 which is wonderful 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. We are very grateful to all the local businesses who supported us by donating prizes; to everyone who donated plants, books, cakes and other lovely things for us to sell; to the

many people who helped on the stalls on the day; and to everyone who came and, hopefully, enjoyed themselves.

The summer bedding plants for the planters, floral gateways and hanging baskets around the village will



be arriving in the first week of June, so members will be busy ensuring that they are all planted as quickly as possible. Look out for a truly royal display.

Floral Friends are continuing to work on their plans for a Sensory Garden at the Bickeridge Centre. A vegetable planter has been built and edible plants will shortly be planted and looked after by children from the After School Club.

The Parish Council has funded the purchase of a table and bench, and the results of grant applications are awaited: these would fund the purchase of more equipment and the hard landscaping.

**Floral Friends are always happy to welcome new volunteers. If you'd like to help us – even if only for an hour occasionally (and you don't need gardening experience!) – then we would love to hear from you: email [floralfriendsofframpton@gmail.com](mailto:floralfriendsofframpton@gmail.com) or take a look at our website <http://fframpton.wix.com/frampton-cotterell>.**



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(Location map on reverse)

## St Mary's Old Boys RFC has recently become an official O2 Touch Centre with the backing of the RFU

O2 Touch at St Mary's Old Boys will run a minimum of 30 sessions throughout the year – ensuring it's not just a summer only activity. Once players are registered they can access training sessions and games advertised on the O2 Touch website and app.

Touch is a great way to improve fitness and have fun, whether you're 16 or 80, a beginner or seasoned player. Sessions are inclusive giving the perfect opportunity to get together with mates or meet new people. We now have 60 registered players with a regular 30+ attending training. Some parents of our Bradley Stoke Youth players now play Touch and two mums, who have never picked up a rugby ball previously, have just qualified as referees!

Sessions take place every Tuesday 1830hrs - 2000hrs at St Mary's Old Boys RFC. During the Winter season, we will be utilising local astro turf pitches and indoor sports halls.

The O2 Touch Centre is an RFU initiative with St Mary's Old Boys RFC receiving funding for the first three years of the programme, ensuring that in years 4 onwards the club still continues to run O2 Touch but by that stage should be self-sufficient. The first session is therefore offered for free and then just £1 for any subsequent sessions which is payable on the day. There are no upfront costs or obligations to attend every session!

We are currently in the process of putting together a league structure for those who would like to compete. There is no requirement to enter a league, so whether you're looking for a fun way

to get  
fit and  
meet new  
people  
or to  
compete  
against other teams, we cater for all.



The centre is run by volunteers: 3 Operators, who will run the sessions, book facilities, organise fixtures etc and 2 Ambassadors, who will work in a more promotional role driving social media, organising socials, and promoting O2 Touch in the local community. Training for volunteers will be provided by the RFU throughout the year and their partner, the England Touch Association, will provide Touch specific refereeing and coaching courses for free to O2 Touch centres.

In fact, the local Touch volunteers have in mid-May attended the Touch Takeover at Twickenham with on pitch training sessions and interactive workshops to increase the numbers playing Touch in Bradley Stoke. Kit has been provided for the 5 volunteers as well as equipment including balls, bibs and cones with branded flags and banners to help advertise the centre.

**New players welcome - even those who have never thrown an oval shaped ball before!**

For more info, look up Facebook.com/SMOBTouch, follow us on Twitter @SMOB\_TouchRugby or email for queries or if you'd like enter a team into a league.  
[smobtouch@gmail.com](mailto:smobtouch@gmail.com)

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## Winterbourne Down Village Carnival 2016



Though you can plan and prepare for Carnival Monday twelve months in advance only Mother Nature can decide what weather she is going to bless you with on the day. Did it rain? Absolutely it did. Did the carnival continue? Absolutely it did.

Although dull and overcast for the first few hours and with the weather reports saying that rain would be arriving around lunch time, it didn't stop our stall holders arriving early to set up their tables with chocolate and sweet tombolas, bric-a-brac, home-made knitted items, jams and chutneys, jewellery – to name but a few. The Scouts and Cubs constructed their skittle alley and stocks, along with a pool for the hook-a-duck. Even the fair ground rides were up and ready for the official opening. By 10 am, Down Road, Camp View and the grounds of both church halls were crowded with happy carnival folk buying and selling.

The procession was led by the wonderful City of Bristol Pipeband followed by the May Queen and her two attendants in their open-top sports car. The Fancy Dress section of the procession included a variety of mythical and mystical creatures – the spectacle was enchanting. Then came a large group of children from the local Scout and Cub

groups who marched to the sound of the bagpipes. The streets were lined with people to cheer the procession along its way.

Our chosen charity was the Red Cross and a delegate from the charity, Roy Marshall judged the Fancy Dress competition and distributed the prizes, crowned the May Queen and her attendants and opened the carnival. The number of children and adults which took part in this year's fancy dress was probably one of the highest. Well done, everyone.

Entertainment was provided throughout the day including performances from 5678 School of Dance, Morris Dancers and the Panama Jazz Band played both in the Methodist Hall and again in the All Saints Church Hall whilst delicious cream teas were served and the raffle was drawn. Due to the heavy rainfall during the afternoon, sadly the Rainbows and Brownies couldn't take part in the Maypole dancing. Hopefully, we will see them again next year. Fingers crossed for sunshine all day!

Highlights – City of Bristol Pipeband leading the procession, performances by the 5678 School of Dance and the variety of delicious food available throughout the day – all received rave reviews.

**Sue Cessford** (Festival committee)  
Facebook page [www.facebook.com/wdcarnival](http://www.facebook.com/wdcarnival).



Chair Fred Smith  
leading the parade



Crowning of the beautiful  
May Queens



## 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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## 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.**



## FROME VALLEY MEDICAL CENTRE

2 Court Road, Frampton Cotterell, Bristol, BS36 2DE. Telephone 01454 772153 [www.fromevalley.nhs.uk](http://www.fromevalley.nhs.uk)

Frome Valley Medical Centre is an NHS medical practice which offers a broad range of services.



### NHS Services Include:

Management of chronic diseases  
Early / Late clinics for working people  
Family Planning and 'No Worries'  
Stop Smoking  
Carers Group  
NHS Healthchecks  
Immunisations

### Plus a range of Private Services:

Travel vaccinations (including Yellow Fever)  
Medicals for employment and HGV  
Private Smears  
Physio, Acupuncture and Podiatry

**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



# June 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 18 June, 2.30-3.30 pm.

**NEW! 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.

**Craft Group** the next meetings will take place on Saturday 4 and 11 June, 10.00 am – 12 noon. New members are always very welcome.

**Lincombe Barn Photographic Exhibition**  
Wednesday 1 – Friday 17 June.

**Autism Awareness information display**  
Tuesday 27 June – Friday 1 July.

**Volunteers needed for The Big Friendly Read, Summer Reading Challenge.**

You will spend your time engaging with children taking part in the challenge, participating in a range of activities with them and encouraging their reading.

This is your chance to have some fun and make new friends this summer as you develop your skills in communication, team working and creative projects.

**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.



## Support for young people's wellbeing and mental health available free at South Gloucestershire Libraries

Reading Well for young people is a national scheme which helps young people to understand and manage their wellbeing and emotional resilience by providing high-quality information, support and advice on a wide-range of mental health issues such as anxiety, depression, eating disorders and self-harm, and difficult life pressures, like bullying and exams.

Reading Well for young people's list of 35 books has been selected by mental health experts and young people and includes a wide range of self-help and information titles, as well as memoir, graphic novels and fiction.

The scheme is supported by a range of health organisations including NHS England, Public Health England, Mental Health Foundation, Mind and YoungMinds. Gaby, a Young Advisor from YoungMinds who helped select the books on the list, says:

*"I believe Reading Well will challenge stereotypes and misconceptions surrounding mental illness, educating young people about mental health in general. The easy accessibility of the books that are part of the scheme is key, enabling young people to explore the topic of mental health discretely and at a speed they are comfortable with."*

**All the Reading Well for young people books are free to borrow from any South Gloucestershire Library. The list is at [www.southglos.gov.uk/shelfhelp](http://www.southglos.gov.uk/shelfhelp) and you can find out more at [www.reading-well.org.uk/shelfhelp](http://www.reading-well.org.uk/shelfhelp).**

## From Girls to Ladies: The story of Frampton Rangers Girls Football Team

Winterbourne & Frampton Matters was pleased to hear from the local Frampton Rangers Girls Football Team this month. The team was first formed in 2011 by Tony Michael and Paul King in order for their daughters to play football as part of a team and the majority of those players are still part of the team today!

**Over the 5 seasons they have played as a girls team they have a hugely impressive list of achievements. They have played 80 games and won 78! They drew one game and don't talk about the one they lost! Over those 80 games they have scored an amazing 667 goals!!**

From their very first season they wanted to play in an annual tournament and 'go on tour'. The first year they had to play in a boys tournament as at that point they didn't really exist for girls. This was a bit of a hard introduction for the 11/12 year old girls but they won the Fair Play Award! Since then they have gone on tour every year and won! This year the tour took them to Great Yarmouth where they entered the ladies section. Despite playing against some significantly older, bigger and harder women they made it to the final, where they lost, but only 1:0.

This year a few of the girls made up a team to enter the People's FA Cup. They got through the qualifying rounds and then had to travel to Sheffield for the final....but the journey was worth it because they won! They are now People's FA Cup champions 2016 and will get presented with their Cup at the FA Cup Final at Wembley Stadium.



Being part of Frampton Rangers Girls Football Team has brought together a group of girls and their families who would probably not have met otherwise. They are now a close knit group and the parents enjoy the social side and the fun on tour as much as the girls enjoy the football!

Over the weekend of 14/15th May the girls won the Somerset County Cup, to add to the Gloucestershire County Cup that they also recently won, making the team current U16 Girls Champions for both these cups! They really have had an amazing 5 seasons and this season must be their best yet!

The majority of the girls are now busy revising for their GCSEs so football is on the back burner, but only for a short while as they are hoping to enter the Ladies League from September 2016. They are hoping to be able to compete well in the ladies league of course, although it will be a big challenge and a huge step up from youth football.

Huge Congratulations to the girls for their successes to date and W&F Matters looks forward to hearing more news next season!



Hi everyone,  
Kath Aldom here, Paul's Place are extremely proud to announce we are very close to completing adaptations on the recently purchased bungalow, making it fully accessible for the use of two Paul's Place members who were in great need of social housing.

For many years we dreamt of the day that we would be able to provide social housing for people who were in need of a home they could enjoy, feel part of a great community and of course feel totally supported by Paul's Place, which is based just round the corner.

*After a very long wait and many years of fundraising, we were finally able to show our members the almost completed apartments. To say they are excited is understatement of the year!*

*The identical bungalow apartments are on Beesmoor Road so slap bang in the middle of Coalpit Heath, Frampton Cotterell and Winterbourne. We hope everyone who meets the two new tenants will make them feel very welcome, I am sure you will as we know how warm hearted our locals are!*

*Please see [www.paulsplace.org.uk](http://www.paulsplace.org.uk) for more news! Thank you for letting me share this wonderful news with you, Kath Aldom MBE.*





## 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](mailto:volunteers@growingsupport.co.uk) who will be happy to help.**



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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 Bockeridge 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](http://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 Bockeridge Centre, Woodend Road 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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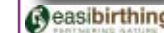
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**Call me on: 07964 991689**

**E: [Catherine@SmartHypnotherapy.co.uk](mailto:Catherine@SmartHypnotherapy.co.uk)**  
 Based in Winterbourne





Dear Friend,

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.

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.

**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](mailto: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*

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## The Fromeside Churches The Parishes of Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down, in The Diocese Of Bristol

I heard an interesting suggestion on Radio 2 driving to school this morning – apparently once we have past the age of fifty we feel that time goes much faster! I have to say in my case that is definitely true. To me 2016 is still a very New Year and yet as you read this we are already in June, almost half way through the New Year! Whether or not this has anything to do with age I don't know but I am quite sure it is related to the frenetic pace at which we have a tendency to live our lives.

If we are not careful, life can end up being a constant rushing from one thing to another, endeavouring to meet often unrealistic targets and deadlines and in the midst of all this rush often feeling there is not enough time to (a) appreciate all those good things in our lives – our loved ones, brilliant friends and colleagues, the beautiful world God has given us and (b) just to 'be' rather than 'driven'.

One of the subjects I found fascinating during my lay minister's training was that of 'thin spaces'. My simplistic understanding of these are those places, situations, sometimes even activities where we feel particularly close to God (hence the 'thin space' phrase – a 'place' where the space between God and us is 'paper thin'. I personally have one particularly special thin space – it is on a beach in Spain where we go on holiday each year. Mal enjoys 'lying in' each day whilst we are there but I get up every morning as the sun rises, go down to the beach which is very quiet at that time and sit on a wall looking out over the sea and watch the sunrise. On that wall I feel very close to God and am able to really enter into that prayerful reflective time of just soaking up His love and care. There have been moments in my 'thin space' where I have felt that I could almost reach out and touch God. These moments are not just special whilst being experienced, but leave me feeling refreshed, re-energised and reassured of all that our faith means to us. They can often lead to a greater understanding; a revealing of what it is that God wants us to do next in our lives. But most of all they leave us with a deep sense of God's peace and his unconditional acceptance of us 'warts and all'.

In the 31st chapter of the gospel of St Mark, our Lord says to his friends "Come with me by yourselves to a quiet place and get some rest." As we continue to hurtle through 2016 my prayer for us all is that we find our own 'thin space' and step into it away from the frenetic pace of life and allow God to come close and refresh us – as the old advert for Heineken lager says, 'refreshes the parts other lagers cannot reach!' Find your thin space and allow God to refresh you!

God bless,

Jo Strange, Lay Minister



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## Community Matters cont ...

**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](http://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 an 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](http://www.WinterbourneBarn.org).

**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](mailto:nicola@womankindbristol.org.uk) or [suzi@womankindbristol.org.uk](mailto: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



Are you looking for very reasonable rentable hall space? We have an excellent sized hall that would accommodate a multitude of fitness activities and classes; children's parties; craft events etc and it is available to hire from 5 – 9pm during the week, and all day Saturday and Sunday during term time. In the school holidays it is available every day, all day. If you are interested in finding out more please contact Lynn Ingle on 01454 866750. Elm Park Primary School, Nicholls Lane, Winterbourne, Bristol BS36 1NF.



### Unwanted Foreign & Old Coins Appeal

The back of drawers, in sofas we all have little corners we have not looked in for ages. Please have a look and put your old coins to good use, it will enable RP Fighting Blindness to continue giving help and support where it is needed.

The Used Stamp Appeal continues, Gina and Ron would like to say a big thank you to all who have sent stamps previously, if you have not, but would like to send us your used stamps please do (If you can trim outside the perforations we get more money for them) also unwanted collections are welcome.

Do you belong to a group or club that have speakers? Would they like someone to come along and give a talk? The talk is designed to be Interesting, Informative, & Humorous, (we do not charge for the talk) so please feel free to contact us. Ron & Gina Pritchard 22, Huckford Road, Winterbourne, Bristol, BS36 1EA

Tel 01454 772927 or email [bristolsglosfightingblindness@gmail.com](mailto:bristolsglosfightingblindness@gmail.com)  
[www.rpfightingblindness.org.uk](http://www.rpfightingblindness.org.uk)

for 2016. If anyone has any interest regarding prices and bookings then please contact the office on 01454 777236 / [info@paulsplace.org.uk](mailto:info@paulsplace.org.uk) or [disabledholidays.com](http://disabledholidays.com).

**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](mailto:jan.snook@rsvp-west.org.uk) or [ken.dolbear@rsvp-west.org.uk](mailto:ken.dolbear@rsvp-west.org.uk) or 0117 942 3085.

**St. Peter's Church Summer Fair** takes place on Saturday 11th June, at Bridge House, 2pm until 4.30pm, lots of stalls, games, refreshments. The steam trains will be running and available for rides!

### Family Open Weekend at St. Peter's Church

**St. Peter's Church continues to celebrate its 700th year with a Family Open Weekend on the 24/25/26th June.** This begins with "Folk at St. Peter's" on the Friday evening (24th) where many local folk groups will be performing. Entry will be £5



(payable on the door) and there will be a bar and snacks available.

On the Saturday (25th) there will be a Church Open Day when ploughman's lunches and cream teas will be served. Visitors will be able to enjoy a climb to the top of the tower to see the superb views of the area and to see the bells and the church clock workings. There will be a chance to look around the church and listen to some music from the organ while you toast the 700 year old tower with a glass of wine. The weekend will end with a service of Songs of Praise on Sunday (26th) chosen by the local community. You are all invited you to come along and join in the fun!

## Go on, throw a Blooming Great Tea Party!

Get together with friends and family between **20 and 29 June** and raise money to help us support people living with a terminal illness across the UK.

For your free fundraising pack, visit [mariecurie.org.uk/teaparty](http://mariecurie.org.uk/teaparty) or call **0800 716 146**



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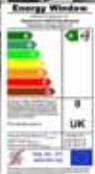
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