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# Winterbourne & Frampton

including Coalpit Heath & Winterbourne Down

## Matters

Oct 2016



A rewarding day out for  
Paul's Place

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## MacKendrick Norcott

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## Dear Residents,



Welcome to the October issue, I write this on the day of the equinox, marking the official start of autumn

in the northern hemisphere.

We may have said goodbye to the summer but there is still plenty to celebrate in our local community.

The Winterbourne Medieval Barn is busy preparing for its Orchard Harvest Day on Sunday 2 October, 11am to 4pm.

We get creative with a report on St Peter's recent Art exhibition. We also share the wonderful 200 year celebrations that took place at the church of Whiteshill and we welcome a new rector - Revd Malcolm Strange to the Fromeside Benefice.

Elm Park School share the fun they had taking

part in Roald Dahl day, there were some fantastic costumes.

As you can tell by the front cover picture, members of Paul's Place enjoyed a great day out attending the award ceremony of BBC Points West Garden Competition.

We bring you news of a lovely nature walk at Says Court Solar Farm that would make a perfect Autumnal activity.

As always WADCA community venue has a whole host of activities for you to enjoy, both on a weekly and one off basis.

All this along with news from local WIs, the Friends of Brandy Bottom, the Cross Bow Singers, Bradley Stoke Lions, Floral Friends of Frampton Cotterell, Winterbourne Library, Village Diary, Community notices ...

Lots to keep you entertained until next time!



**Kerry & Jaci x**

community@mattersmagazines.co.uk 01454 300900

## Experience a Christmas party with a difference at the MERCURE Grange Hotel

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## News from St Michael's Church of England Primary School Winterbourne

We welcome Winterbourne Early Years preschool on to our site. We look forward to building a successful and long term relationship.



Winterbourne Early Years Centre is a registered charitable organisation overseen by a parent committee, and managed on a day to day basis an Early Years Professional and a team of qualified and experienced Early Years Practitioners. Based in the Greenfield Centre, Winterbourne Early Years Centre offers preschool provision for 2, 3 and 4 year olds as well as free community baby and toddler groups.

This September the centre has expanded to provide a wonderful new preschool provision; Rainbow Bears room at

St Michaels Primary School, Linden Close, Winterbourne, which is initially open on a Monday, Tuesday and Wednesday 9am – 3pm, and will expand to the full week as demand increases.

Rainbow Bears room is led by Preschool Leader Jean Essom (pictured top left), a qualified teacher in Early Years, and Deputy Preschool Leader Freda Walker (pictured bottom left), a highly experienced NVQ qualified Practitioner. The management of the setting is overseen by the Centre Manager, Sally Bowd.

The children have access to a wide range of stimulating learning activities both in and outdoors and will have the opportunity to learn through 'forest school' activities as Jean commences her Level 3 Forest School Leader qualification.

**If you would like further information about 'Rainbow Bears' please contact Sam (centre Administrator) on 01454 773781 or email [enquire@winterbournepreschool.co.uk](mailto:enquire@winterbournepreschool.co.uk)**

We look forward to hearing from you.



## A Bloomin Beautiful Day for Paul's Place

This year Paul's Place entered their community garden into BBC Points West Garden competition, we were pleased to receive the below account of the award ceremony by two members of Paul's Place for you to enjoy.

On 30th August, Joe, Annie, Joe and Kath travelled to Bowood House for the BBC Points West Garden Competition. We had teas and coffees first of all, whilst they explained what the day involved. We then went for a tour around the private walled garden, with our guide Mandy Dobson. We viewed a massive variety of different plants, our personal favourite was the Aztec Dahlias.

We then returned to the marquee, where we had sandwiches and a question and answer with Capability Brown at Bowood House and Matthew Pick head gardener from the prestigious gardens of Prior Park and they did the first 3 awards.

Ours was the first award, unfortunately we were runners up in the Community Garden category, but they said it was a really hard decision.

We had to have an interval whilst Alex Lovell had to do her part for the BBC Points West introduction, then it went to live TV for the final award "Best Private Garden"

Afterwards we all had a chance to mingle with Alex, Lord Landsdown and the other competitors and had a group photo in front of Bowood House.

A great day had by all!

Joe & Annie (Paul's Place members)



Joe & Annie meeting Alex Lovell

**Winterbourne  
Early Years  
Centre**

Based at The Greenfield Centre in Winterbourne our Ofsted rated 'Outstanding' centre provides a range of services for local families

**Pre-School sessions from 2 years:**  
*Integrated Forest School activities  
 Highly qualified and experienced staff  
 forming a well established team  
 Grant funding for 2, 3 & 4 yr olds  
 Strong links with local schools*

**Free Community Groups:**  
*Baby Group, Toddler Group,  
 Stay and Play sessions*

For more information or to arrange a visit please call Sam on **01454 773781** or see the website **[www.winterbournepreschool.co.uk](http://www.winterbournepreschool.co.uk)**  
 E: [enquire@winterbournepreschool.co.uk](mailto:enquire@winterbournepreschool.co.uk)  
 The Greenfield Centre, Park Avenue, Winterbourne

## Wizkidz

### After School & Holiday Club

**[www.wizkidzclub.co.uk](http://www.wizkidzclub.co.uk)**

**WIZKIDZ CLUB**

Creative Activities

Construction

Outside Play

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Dressing Up

And lots lots more

Wizkidz club offers a wide range of activities specially designed to deliver the key elements of the EYFS, encouraging self-esteem, learning new skills and meeting new friends.

**Bookings now being taken for  
Summer holiday club**

**HOLIDAY CLUB HOURS**

All Day ~ 8am - 6pm or 8am - 4pm  
 School Day ~ 8am - 4pm  
 Half Day ~ 8am - 1pm OR 1pm - 6pm

For More information or to book a session please  
 call Gemma on : 07845 900 434  
 The Manor Hall, Henfield Road, Coalpit Heath.



# Empowering all to excel

## Year 5 & 6 Open Evenings



The Ridings' Federation  
Winterbourne International Academy

Thursday 6 October  
4pm - 8pm

[www.trfwia.org.uk](http://www.trfwia.org.uk)



The Ridings' Federation  
Yate International Academy

Wednesday 5 October  
6pm - 8pm

[www.trfyia.org.uk](http://www.trfyia.org.uk)

## Winterbourne International Academy students celebrate a recording breaking leap in results

Winterbourne International Academy is celebrating a fantastic set of GCSE results. The headline figure of 5 passes at A\*-C, including Mathematics and English, has jumped up by a massive 9% to 73%. This is a record breaking increase and an astonishing success. In all, 22% of grades were at A\* or A; over half of all grades were at A\*-B. The new 'Progress 8' measure was positive, showing the strong progress made by Winterbourne students. 76% of students got at least a C grade in both Mathematics and English.

Special congratulations go to the many students who achieved at the very highest level. 11 students attained 5A\*s or more. Top of the class was Alex Williams, who achieved 9A\* and 3A grades, closely followed by Katie Baker who got 8A\* and 4As. Ellie Boyle, Hannah Powell and James Labuschagne all attained 7A\* and 4As and Isaac Chilcott got 6A\* and 5A grades. Yasmin Dickinson, Callum Fitzgerald, Rafael Obligar, Olivia Sussex and Rebecca Sussex all achieved 5A\* grades. Scores of students, too numerous to mention, got 7 or more grades at A\*/A.

Many subjects put in stellar performances. The English results were stunning, with English Language and English Literature both achieving A\*-C pass rates of 86%. The English Language pass rate increased by 16% this year. Mathematics results also held up well with 78% of grades at A\*-C; Science at 79% has confirmed its sustained, high level of performance. Particular congratulations must also go to Art, Drama, Engineering, Further Additional Science, Music, PE, Photography and Religious Studies who all achieved A\*-C pass rates in excess of 80%.

The Academy Principal, Mr Richard Haupt, said, "We are incredibly proud of our students; these results are testament to their hard work; their success is well-deserved. Congratulations must also go to our teachers; they have demonstrated unwavering commitment and dedication to getting the best results for their students. These results taken together with our record breaking A Level results, show we have put the past well and truly behind us and taken Winterbourne back to where it belongs among the highest achieving schools in South Gloucestershire and Bristol".

The Federation is looking forward to yet another successful academic year. There are still 5 places available for Year 7; given the outstanding results

this year, competition for these spaces is likely to be fierce. Please contact the Academy as soon as possible, if you would like your son or daughter to come to Winterbourne in Year 7 this September.

**Our Open Evening will take place on 6 October 4pm-8pm**, do come and join us to see what Winterbourne has to offer.



Pictured above: Winterbourne also enjoyed celebrating their A level results, breaking the "60%" barrier with improved A Level results for the 3rd year in a row.

## Maths + English + study skills = dream job

Contact your local **Kumon maths and English Study Centre** to book your **two-week Free Trial**.

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Terms and conditions apply. Fees vary. Participating study centres only. Please refer to your local study centre. Subject to availability.

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## A Fab Family Nature Day at Says Court

Right at the end of August, Avon Wildlife Trust was joined by the Hawk and Owl Trust and six families to eek out the last of the summer holidays with a family nature day and picnic at Says Court Solar Farm.

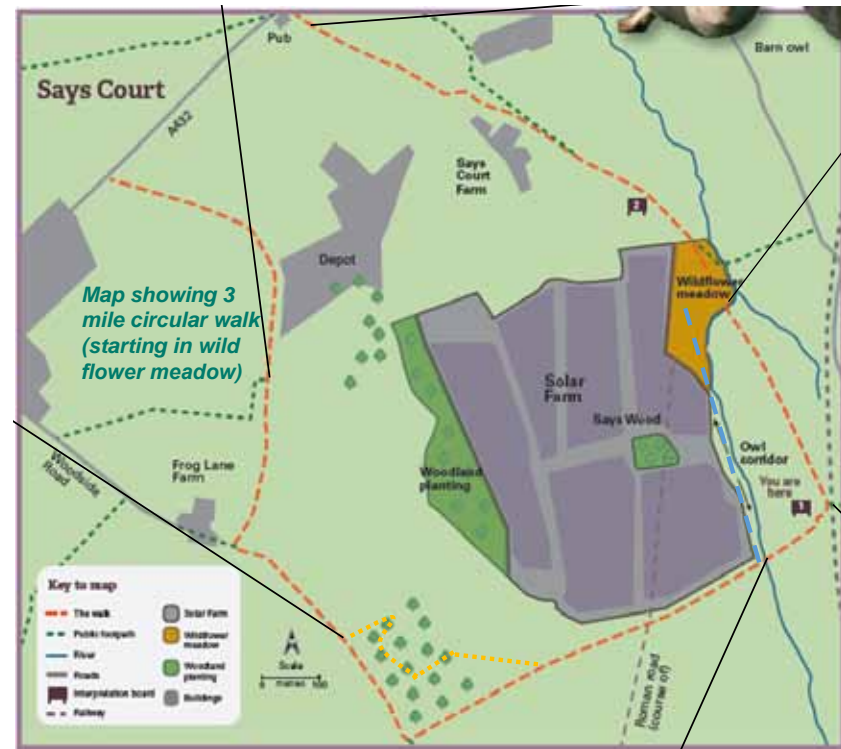


In the glorious sunshine, armed with digital cameras to record our nature finds we walked across the farmland to the new wildflower meadow, stopping on route to look at the owl box and learn all about the birds of prey who use the farm. We also spied a wheateater in the field stocking up before its long journey to central Africa.

Once in the wildflower meadow, surrounded by bird's foot trefoil, oxeye daisies and red clover, we went on a mini-beast hunt. Grasshoppers were the most impressive find, but we also found butterflies and ladybirds as well as bugs, spiders, flies and much more. Everyone also had the opportunity to make a bird feeder and bug hotel to take home – to encourage wildlife into their gardens. There was even time to do a spot of charcoal drawing, taking inspiration from what we had spotted on our walk and bug hunt. We all then relaxed over a picnic and took time to edit our photos (or take more!) before heading our separate ways again.

### Did you know?

- Says Court Farm is a fascinating site with a solar farm at its heart. In addition to 84 acres of solar panels, two new wildlife areas have been created to improve biodiversity and benefit the residents of Westerleigh. As the site develops Avon Wildlife Trust will provide opportunities for people to explore the area and discover more about the nature on their doorstep this event was the first. There is also a 3 mile circular walk which is great to enjoy at autumn time (featured opposite).
- The new eastern habitat consists of a barn owl hunting corridor of tussocky grassland plus a species rich grassland and is crossed by the public footpath, enabling walkers to enjoy this new nature rich landscape alongside the fast flowing stream.
- Over 97% of all flower-rich grasslands have been lost in Britain since the 1930s, reducing pollen and nectar sources and leading to a serious decline in the wildlife depending on wildflower-rich habitat. The creation of new flower rich meadows will provide essential food for pollinators who in turn provide food for us.
- The solar panels on Says Court farm have been generating electricity since April 2014. Avon Wildlife Trust and Westerleigh parish council are working alongside the landowners and AEE Renewables to restore the natural environment and increase biodiversity alongside increased renewable energy capacity.
- The addition of native hedgerow plants such as hazel, hawthorn, blackthorn and field maple will thicken old hedges, create new natural corridors and provide valuable flowers and berries for insects and birds.



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unit 2a, Mays Hill Industrial Estate, Frampton Cotterell.



## Focus On

### Our Local Osteomyologist Dawn Clode Lic MET, Lic CR, MAO

Dawn Clode is a warm, lovely person whose occupation as a healer, both of body and mind is one that she was born to do. Luckily for us her holistic health practice, launched in 2009, is now based in Little Stoke, where she also lives.

#### So what exactly is Osteomyology?

If we start by breaking the word down, Osteo means bone, myo means muscle, ology is a suffix meaning 'the study and treatment of'.

The Association of Osteomyology's website states, "...Osteomyology puts aside the usual tunnel vision of rigidly trained philosophies and allows the practitioner to switch seamlessly from one bodywork protocol to another even combining some methods together, this way the practitioner is never defeated as his/her armoury is limitless".

**Treatments available.** Having so many helpful tools in her kit to call upon when treating her patients is one of the many things Dawn loves about being an Osteomyologist. A selection of the treatments she is qualified to practice include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy,

Joint manipulation (HVT), Life Coaching, Massage, Muscle Energy Technique (MET), Neuro Linguistic Programming (NLP), Reflexology and Reiki (Dawn is a Reiki Master).

#### Common pain relieved or cured.

Conditions that Dawn frequently, successfully treats include; Frozen shoulder, RSI, back, neck and joint pain, depression, stress and low self esteem.

Having suffered severe back pain for over 20 years herself before discovering Osteomology, Dawn has

a strong sense of empathy with her patients. Using her tool kit of holistic therapies to help people have less physical or emotional pain makes Dawn's job a joy, "Witnessing my patient's relief of pain is like winning the lottery!".

If you are living with pain or know somebody that is, NOW is the time to get it sorted out.

**Reader Offer: £10 off your first appointment!**

Visit [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk) for full details or call Dawn on 0795 1099 491.



Dawn performing Cranial Sacral Therapy.

*"I am privileged to meet and treat an array of fantastic people everyday. The thrill of having somebody walk in with pain and leave with significantly less or none is something I will never tire of."*



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*By Myriam*



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**Coalpit Heath Village Hall**

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## News from Coalpit Heath WI

Our September meeting was full of passion – a passion for pearls, an engaging talk by Frances Benton. Who would have thought we could learn so much in such a short time, Frances (despite living in Burgundy, France) travels the length and breadth of the UK exhibiting her fabulous collection of pearls. I think we were all slightly spellbound by the vast array of pink, bronze, blue strings of pearls before us. We learnt the differences in faux, natural and cultured pearls and the different myths and legends surrounding their collection.

The profits made from the sale of her pearls are used to make a difference to the lives of street children in Pretoria. Frances visits the country and helps try to build trust with these kids, giving them food, shelter and very importantly education. As well as having her own children, Frances adopted a Zulu son, once given the opportunity of education he has since graduated with a law degree and has returned to Pretoria. Knowing about this fabulous cause gave us all the impetus we needed to buy strings of pearls for ourselves. I don't think a meeting has ever gone on for such a long time before, as we tried on pearls in all shapes, sizes and colours. Thank you Frances, we had a wonderful evening meeting.



Now to talks of all things crafty. Our ladies again entered the Hawkesbury and Horton Horticultural show – this year the theme of the table was to be a Paid Occupation. Rising to the challenge we opted to enter with our theme being the "Undertaker". Our relish, flowers in a top hat, with sympathy card and cake (shaped like a coffin) gained a highly commended. A lot of thought goes into the preparation as well as a lot of fun.

With our craft evenings under way we are now looking at making twiddle muffs, also known as fidget muffs. These muffs provide stimulation for restless hands and help soothe those suffering from dementia. Coalpit Heath ladies, get your crochet hooks and knitting needles ready as we will be starting these at the meeting at the end of the month. If anyone local knows someone that could benefit from one of these muffs, please let us know. You can contact us by visiting our Facebook page.

*We meet on the first Wednesday of the month in St Saviours Church Hall at 7.45pm, all visitors welcome.*





## News from – BRADLEY STOKE LIONS

At our August meeting at the Hilton Hotel, Heather Lamb, an Interstitial Lung Nurse from Southmead Hospital gave us a talk. Heather and her colleagues not only look after patients with lung problems on a daily basis, they also give of their own time to run a Support Group every three months in a church hall in Southmead. This is done on a voluntary basis with no financial support from NHS and the money required to fund the hall and provide tea and biscuits for their members is raised from raffles each meeting. Some of the nurses even cycled to Amsterdam and back to raise sponsorship money to cover these costs. Bradley Stoke Lions President Robin decided to make this Lung Support Group one of his two annual charities this year and has promised Heather and her colleagues £300 to (hopefully) cover their expenses for the year.

Our club is also supporting Noah, a young boy from Patchway who suffered a bleed on his brain whilst still in the womb and who now has multiple problems which inhibit him from supporting himself. His mother is trying to raise money to purchase an "Innowalk" machine to provide essential physical support and aid in physiotherapy. Further information at <https://www.gofundme.com/qpvhpn>. The family have already raised some of the funding

required to buy this expensive piece of equipment and BS Lions have pledged £200 towards it.

We support the Julian Trust Homeless Shelter in Little Bishop Street throughout the year and have promised to give Caring at Christmas (C@C), which takes over from the Julian Trust over the Christmas period, £200 to buy fresh food for their "guests". Some of the Lions volunteered to help at C@C last year over the festive period and will volunteer again this year. Once you get involved, you find you want to continue because there is such a great atmosphere as all the guests are so pleased to be there. Ed Reed who runs C@C gave a talk to our Parent Club, Bristol Brunel at the September meeting, hoping to recruit more volunteers.

I don't want to give away too much information so-----shsh, but I hear Santa will be coming to Bradley Stoke again this Christmas, so-----watch this space.

**Remember, if you are interested in finding out more about the Lions, come to a meeting at the Hilton Hotel, Woodlands Lane, on 2nd Wednesday of the month, 7.30pm start. Or, contact President Robin on 07712 046644.**

# SMOKEHOUSE SALOON

**At THE SWAN, 114 HIGH St, WINTERBOURNE BS36 1RE**  
**THE Hootiest, Tootiest, Chuck Wagon East of the Pecos!**

**Authentic American Smokehouse**  
**Regular Live Music**  
**Children's Menu and Play Area**  
**Takeaways and Children's Parties**

**FORTHCOMING LIVE MUSIC EVENTS:**

**Saturday 1st Oct "Rock Solid"**  
**Saturday 29th Oct "Roadhouse"**  
**Saturday 26th Nov "Fab Twins + 1"**  
**Friday 23rd Dec - Bad Kato**

**01454 771 854**  
**HOWDY@SMOKEHOUSEHALOON.CO.UK**

**10% Discount**  
 In conjunction with Winterbourne Matters, The Smokehouse Saloon is offering a 10% discount on your food bill during October 2016 with this advert!

## SMOKEHOUSE SALOON

**Winterbourne Matters was delighted to be invited along to visit the new and very exciting Smokehouse Saloon at the Swan in Winterbourne.**

The venue has undergone a complete transformation since local resident Robyn Maggs and his partner Sandra took over the lease two years ago. As a long time local living right on the pub's doorstep, Robyn was determined not to see the place closed for good, or taken over by a chain offering the same as so many others across the area.

Robyn and Sandra's goal was to maintain the feel of a local pub, as well as offering a brand new themed restaurant with food to match, offering something completely different that would appeal to a wide audience.

With the support of the brewery and extensive self help, the restaurant has been completely refurbished using re-cycled timber wherever possible. The 'rickety' tables and the new bar are made from old scaffold planks while the picture frames and window pelmets are from pallet timber. A range of children's games and play items are available in the 'reservation' area to entertain the 'young guns'.

Growing up enthralled with tales of cowboys and indians, and after much research across both the UK and the US, Robyn and Sandra have chosen a 'Wild West' theme for the restaurant.

Inspired by Cowboys gathered around the chuck wagon, open fires out on the range and the smokey ranch houses at night, The Smokehouse Saloon will be serving good quality meats smoked low 'n' slow in their own smoker and served in a fun atmosphere in the brand new themed restaurant. Made popular through TV programmes like 'Man v Food' and 'Drive Ins/Diners and Dives', the ethos is very simple; produce good helpings of good quality food in a fun atmosphere and people will visit time after time.

Being the only wild west themed saloon east of the Pecos! (definitely the only one in the county!) The Smokehouse Saloon brings something very different to the local area. Menu options include Saloon Chowders, Rootin' Tootin' Cuts (also Cattleman's Cuts and Homestead Cuts), Pancho's Nachos, Bill's Buffalo Wings, Ribs, Surf & Turf and Build Your Own Meat Plate, Trail Blazing Burgers and Vegetarian options for non-meat-loving diners. Sides include Sweet potato fries (my favourite!) and Blazin saddle beans! You can also order off the menu for takeaway. **There is a 'Young Guns' menu too priced at just £4.95 or one child can eat free with two adult main meals. The Smokehouse Saloon is offering a 10% discount off of your food bill with this October edition of Winterbourne Matters - be sure to make the most of it and pay a visit!**

Not wanting to lose what is already popular at The Swan, it will still be offering its more traditional lunch menu through the week, and a traditional Carvery on Sunday. There are also plans for live music nights on the last Saturday of the month, and occasional mid-month Country nights too - so watch out for details of these in future issues of your favourite community mag!

**NEXT EVENT** There are two live music events in October as listed on the adjacent advert. Come along and join in the fun!





## Community Noticeboard

For free listings contact  
community@  
mattersmagazines.co.uk

### S Severn Counties Foreign & British Bird Society

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

Meeting on 3rd 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)

## ANTIQU & VINTAGE FAIR

SUNDAY 2ND OCTOBER 10AM - 3.30PM  
£2.00 ENTRY (UNDER 16s FREE)



Ashton Court Mansion, Bristol BS41 9JN  
40 beautiful indoor stalls  
Café open plus afternoon cream teas  
£2.00 entry under 16s free  
Main car park: Kennel Lodge Entrance via  
Portishead Rd A369

## FASHION SHOW & SALE

In aid of Paul's Place



Thursday 27<sup>th</sup> October 2016

7.00 pm for 7.30 pm

Paul's Place, Coalpit Heath Cricket Club,  
Serridge Lane, Coalpit Heath, BS36 2TT



SD Fashion Co. Ltd. will be presenting  
the clothes on the evening

Tickets: £5.50

A full range of sizes will be available with prices that most purses  
can afford and an opportunity to try before you buy.

Get your tickets now and join friends for a bit of fun and bargains  
at what promises to be a good night out.

For tickets and further information,  
please contact Paul's Place on 01454 777236

Registered Charity No: 10650



## Traidcraft Goods for Christmas

Coffee and Lunches

Saturday 5<sup>th</sup> November

Zion United Church



Frampton Cotterell

10.00 a.m - 3.00 p.m

Light lunches of soup or jacket potato available  
12 noon - 1.30pm in the Hall

Table Top Sale  
Coalpit Heath Village Hall  
Saturday 1st October 1pm to 3pm  
To book tel: 07920 145352

## 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 next meeting on Oct 14th at 7.30 pm

A talk by Bill Howe on Growing flowers for cutting.  
Non-members are always welcome (Entry £2.00)

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.

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

## The Manor Hall at Coalpit Heath

Registered Charity Number 1093035



### Community coffee morning on 19th October 2016

Held in the Jubilee Room on the 3rd  
Wednesday monthly, 10am to 12noon.

All profit from the sale of refreshments  
will be for the Manor Hall Charity.

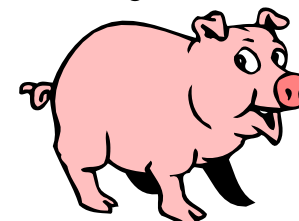
Handmade cards on sale in aid of the  
BRACE Charity

Thank you to NISA for sponsoring our  
coffee morning and donating the  
tea and coffee.

## PAUL'S PLACE PIG RACE

7.30PM 

FRIDAY 14<sup>th</sup> October 2016  
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### Christmas Fair St. Peter's Frampton Cotterell - Saturday 19th November 10.30am to 1pm.

Christmas is coming and Saturday 19th  
November is the time to start getting into the  
festive spirit at St. Peter's Christmas Fair  
(Church Road, Frampton Cotterell). Stock  
up with Christmas essentials, browse the  
stalls and enjoy soups, teas and delicious  
home made cakes. Father Christmas will be  
arriving by horse and cart at 10.45am and will  
be delighted to greet all of the  
children in his grotto. The Fair  
runs from 10.30am to 1pm. See  
you there!





## Autumn Events at WADCA

A new **Zumba class** has started at WADCA on Friday morning, 10.30 – 11.15am (£3.50). For active adults who are looking for a lower intensity class but still with the moves you love! Working on balance, range of motion, co-ordination and fitness with uplifting music.

**Rock 'n' roll band 'The Alligators'** perform Saturday 1 October. The well-renowned Rock 'n' Roll band are back playing all the 50s and 60s hits - come and dance to Elvis, Roy Orbison, Little Richard and more. Doors open 8pm. Tickets £8 in advance or £10 on the door. Bookings by email [ca.winterbourne@gmail.com](mailto:ca.winterbourne@gmail.com) or ring 07467 319373 or 01454 776268 (ansafone). Or contact WADCA via Facebook.

**New! Las Vegas performer** coming to do a 'Spirit of Divas' night on Saturday 15 October.

**Halloween Party**, for the whole family, with disco takes place on Saturday 29 October.



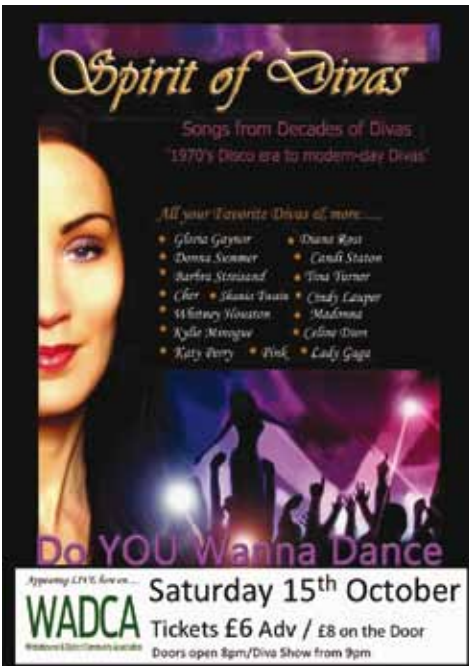
**Coffee mornings** every 2nd Tuesday of the month, all welcome.

**All sorts of activities available** – Why not check out the range of regular clubs and societies that meet at WADCA (badminton, bowls, karate, scrabble, theatre, etc) and try a new activity for the autumn. Or perhaps get a group of friends together and hire the newly-painted skittle alley for a fun evening, from just £12 an hour. For twenty people that's just £2.50 each for a Saturday night out - bargain! Bar available, and catering can be arranged on request. Bookings 07467 319373 or 01454 776268.

**WADCA, Watleys End Road, BS36 1QG**

**[www.wadca.co.uk](http://www.wadca.co.uk)**

**FB: [winterbournecommunitycentre/WADCA](https://www.facebook.com/winterbournecommunitycentre/WADCA)**



## Elm Park's Marvelous Roald Dahl Day

On Tuesday 13 September, children and staff at Elm Park Primary School celebrated 100 years of Roald Dahl. It proved to be a wonderful day with everyone coming to school dressed as one of Dahl's fantastic book characters.

Each key stage showed off their costumes during a fancy dress competition. The Enormous Crocodile and Violet Beauregarde stole the show in their respective key stages.

The children were completely immersed in the works of Roald Dahl; Key Stage One created a beautiful collage of the Enormous Crocodile, Lower Key Stage Two designed dreams in their own dream jars, and Upper Key Stage Two created new storylines involving a plethora of Dahl's most famous characters. Children also enjoyed a Roald Dahl themed school dinner.

It was a truly fabulous day topped off perfectly by a cake sale to raise money for Roald Dahl's Marvellous Children's Charity, an organisation that supports children with life-limiting illnesses. All cakes sold were kindly made and donated by some of our wonderful Elm Park families. A fantastic day all round!



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E-mail: [Charnicholls12@hotmail.co.uk](mailto:Charnicholls12@hotmail.co.uk)



## News from Winterbourne Down W. I.

In September we had a member of The Yeomen of the Guard, Shaun McCormack give us a talk. The Guard is the oldest British military corps and was formed in King Henry VIII reign. The name beefeaters may come from when they were rationed to beef and beer when in active service. The red and gold uniform stems from this time and the Guard purely accompany the Sovereign on ceremonial occasions such as the annual Royal Maundy Service, State opening of Parliament and Royal Garden Parties today. He brought his uniform and pictures of the Seward and partisan to illustrate his talk.

**Our next meeting is cupcake decorating on Thursday 6th October at 7:30pm at All Saints Church Hall in Winterbourne Down. Visitors are all welcome.**

## New Season's programme of South Glos Decorative & Fine Arts Society

Members come from all over South Glos and Bristol to Bradley Stoke, usually on the third Thursday evening of the month to pursue their interest in decorative and fine arts.

The new season of illustrated lectures begins on Thursday, 20th October with a talk on William Morris and the Arts and Craft Movement followed by Theatre Design and Architecture on 17th November. The varied programme of nine lectures include – The Forbidden City, First World War Artists and The Hands of Leonardo. The speakers are all professionals in their respective fields and come from across Britain.

We meet at Bradley Stoke Community School, Fiddlers Wood Lane, BS32 7BS (near the library and leisure centre), with plenty of parking. Refreshments are available from 7.00pm and the illustrated lectures begin at 7.30.

New members of all ages are welcome. For further details please contact the Chairman, Sally Kitching by phone: 01454 774401 or by email: [sallykitching@googlemail.com](mailto:sallykitching@googlemail.com)

## St Peter's Art Exhibition

Over the sunny Bank Holiday weekend there was a successful Art Exhibition held at St. Peter's Church, Frampton Cotterell. There were over 200 original paintings on display all from local artists and the standard was pleasingly high.

Having completed some recent changes in the church,

including the moving of the Font, the new space in the church lent itself more suitably to the display of the works of art.

There were many positive comments from the visitors and the artists on how well the pictures were presented and how the recently completed work in the church led to a very pleasant atmosphere during the three-day exhibition.

We would like to thank the public for their support during the exhibition and also our grateful thanks goes to everyone who was involved in setting up the beautiful displays, helping with the refreshments and stewarding of the event. Finally, a huge thanks and congratulations to Carol Green for her hard work in organising this very enjoyable event.



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### Winterbourne Down Art Group Bi annual Art Exhibition October 15th & 16th

At St Michaels Rooms (opposite Tesco garage) to show our paintings, of which some are for sale. Entry is free and teas are available.

Opening times are Saturday 10 till 5pm & Sunday 11 till 4pm.

Members meet every Thursday to paint and socialise over a cup of tea. Our members have a mixed range of abilities up to very experienced who are happy to give advice.

## Craft Exhibition

**Thursday 13th to Saturday 15th  
October 10am-4.30pm**

**Bath & West Showground,  
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**Ticket Line: 0345 3040222**



## Funding Boost for Community Sensory Garden

Floral Friends of Frampton are celebrating the news that they have received a £8,425.00 funding award from SUEZ Communities Trust (formerly SITA Trust) for a Community Sensory Garden.

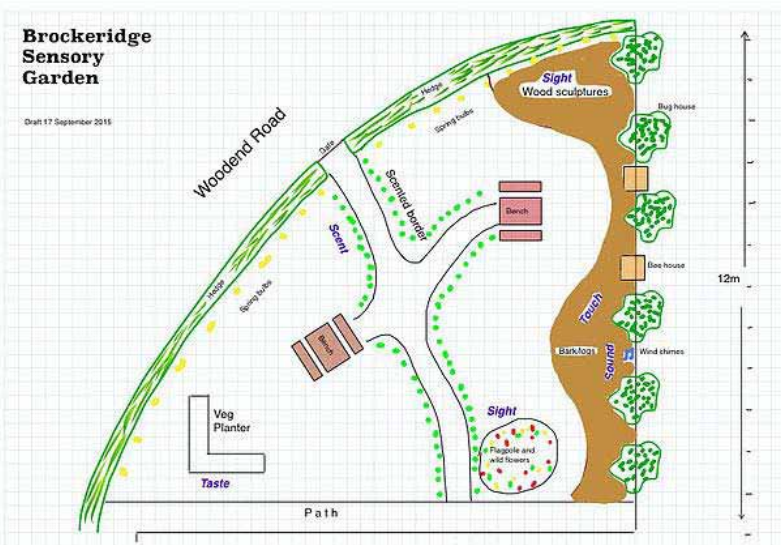
The award will allow the group to create an attractive, tranquil space at the heart of the village and will aim to benefit residents of all ages, from young children to older folk.

It will be carefully planted with colourful, fragrant and tactile plants and will be fully accessible, with seating and picnic benches providing a place for people to meet. Spaces for bird feeders, a bug 'hotel' and homes for bees and other insects will be provided thus enhancing the space for all!

Celia Zlobec, Chair of Floral Friends of Frampton said, "We are delighted to receive this funding which will help us to provide an oasis of beauty and tranquillity in the centre of our village for residents and community groups to enjoy."

Lisa Helyar of SUEZ Communities Trust added "Floral Friends of Frampton are an enthusiastic voluntary community group, set up to improve their local environment by planting flowering plants around the village of Frampton Cotterell. Our funding will see the creation of an attractive community sensory garden that will be accessible to all. We can't wait to see how this project evolves. SUEZ Communities Trust provides grants through the Landfill Communities Fund. This important source of funding has been available since 1997 and has provided such worthy projects with more than £1.4 billion."

Winterbourne & Frampton Matters looks forward to keeping you posted on this exciting prospect for the local area, congratulations Floral Friends!



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## News from the Crossbow Singers

The Crossbow Singers have now started back and are beginning rehearsals for their Christmas Concert. This will take place on Monday and Tuesday, 12th and 13th December, but more about that in a later edition!

Our Summer Concert, which was held in July, was a resounding success, with comments such as 'best concert ever', 'lovely choice of music' and 'beautiful sound' ringing in our ears. This year we donated the proceeds of the Summer Concert to two charities – a Nicaraguan Charity 'Peace and Hope', which supports healthcare and education in some of the poorest neighbourhoods of that country; and the Wild Goose Café, which is a charity helping to feed the homeless in Bristol. We also had a retiring 'bucket' collection for the Great Western Air Ambulance. As a result, we were very pleased to send off cheques for £400 each to our two main charities and a cheque for £100 to the Great Western Air Ambulance. A successful concert in every way!

### Why not join us?

As with many mixed choirs, we are still looking for tenors and basses to swell our numbers. **Please come along to one of our rehearsals on a Monday evening at 7.30, in Crossbow House, School Road, Frampton Cotterell, or contact our Chairman, Jenny Hollister on 01454 313037, or Vice-Chairman, Bob Brain on 01454 772742.** You will receive a warm welcome. At present, we cannot accept any more altos or sopranos, but there is a waiting list, if you are interested in joining us – telephone numbers as above.

Very best wishes to all our loyal supporters - and we look forward to seeing new faces in our audience at Christmas!

**Christine Palmer, Secretary**

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# October 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 – 10.00am

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

**Chatterbooks group:** Our Chatterbooks group for young people in Years 5 and 6 will have the first meeting on Saturday 8 October 2.30 – 3.30pm when we'll be getting to know each other with some fun activities. It's not too late to sign up for the group – please speak to a member of staff if you're interested.

**Join library staff for 'Leaf it Out'!**  
Wednesday 28 October 10.00 – 11.30am.  
Come and make some leafy crafts at our half-term drop-in suitable for the primary age range.

**The Book Group** for Parents will be meeting on Friday 7 October, 2.00 – 3.00pm. New members are very welcome – please speak to a member of staff or contact the group's facilitator Liz on 07825510079.

**The Craft Group** is meeting on 8 and 22 October, 10.00am – 12 noon for more knitting and nattering. Come along to the meeting on the 8th to see a display of their work.

**Discover Festival continues until 16 October 2016**

For the full range of events for the festival go to [www.southglos.gov.uk/discover](http://www.southglos.gov.uk/discover) Whether you want to learn something new, find a hobby, meet new friends, get out and about in nature, catch a performance or explore one of our historic buildings, you are sure to find something to enjoy. Events are run by South Gloucestershire Council, local community groups and businesses across the area so find out what is right on your doorstep.

And if you want to get the very latest updates why not like our Facebook page at [www.facebook.com/discoveringsouthglos](http://www.facebook.com/discoveringsouthglos). Tell us what you've enjoyed about the festival or share your upcoming events.

## Discover Events at Winterbourne Library

**Crossbow Camera Club** Display of photographs by club members from **Saturday 1 – 15 October**.

**J Fry & Sons a talk by Alan Freke Saturday 1 October 2016 10.30-11.30am.** Alan is chair of the Francis Tuckett Society and an expert on the history of Frenchay. He'll be telling us the story of how the famous chocolate family passed down the generations – with a few diversions along the way! Book your FREE ticket with library staff.

**Line Dancing with Laughter in Line Saturday 15 October 2.30-3.30pm.** Line dancing: it's fun, friendly and you don't need a partner. Come and experience it for yourself at a short taster session at Winterbourne library. It's free and the library will provide a drink afterwards. Free tickets are available from the library.

**Murder in the Library Wednesday 26 October 7.30pm.** Join us for an interactive murder mystery presented by The Red Herrings. Can you guess whodunit? All tickets £3. Available from the library or [www.southglos.gov.uk/discover](http://www.southglos.gov.uk/discover)

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



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 Bickeridge 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 Bickeridge 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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## Celebrating 200 years

The church at Whiteshill enjoyed three days of celebration over the August Bank Holiday weekend, marking its 200th anniversary.

A busy Saturday afternoon saw lots of visitors come to view the church decked out with floral decorations, see a local art exhibition and enjoy a display looking back over the chapel's history.

The Sunday of the holiday weekend was the exact date, two centuries ago, when the very first service was held in the chapel building. There was a big turn-out for a celebratory service, with visitors from further afield including the previous two ministers of the church and their wives.

During the service, the Bishop of Bristol – Rt Rev Mike Hill unveiled a commemorative plaque in the church foyer. Joined by the current and previous Whiteshill ministers, this short ceremony was relayed, live, back into the main church for the rest of the congregation to see.

Not far short of one hundred people stayed on for lunch in marquees on the church lawn and at 4pm there was a Songs of Praise service. This was rounded off by the ceremonial cutting of a 200th anniversary cake by current pastor David Horton and his wife Hazel. The cake was one of two, made especially for the occasion by a church member.

Festivities continued on Bank Holiday Monday, with a garden party in the church grounds. There were games for the youngsters, live music, cream teas – and importantly, glorious sunshine all day.

Some visitors took the opportunity to go on a conducted walk through Hambrook that linked local history with the early days and people of the chapel, while others inspected a display of old or unusual motorbikes.



Having this year undergone what is probably its most extensive renovation ever, the church also welcomed visitors on the South Gloucestershire Heritage Open Days this month, when those from beyond the immediate vicinity could take a look inside the newly-renovated Grade II listed building and learn something of its history.

Other events during the church's 200th anniversary, beyond its normal 11am and 6pm Sunday services, can be found on [www.whiteshill.com](http://www.whiteshill.com).



## Heritage Open Days at Winterbourne Church and Barn

Visitors to Winterbourne Church and the adjacent medieval Barn enjoyed a feast of bellringing during Heritage Open Days weekend, as well as exploring the history and architecture of the two buildings.

In the church, CCTV cameras were installed so that visitors could simultaneously watch the ringers in action in the ringing room and the bells themselves up above, with the heaviest weighing over a ton. The Barn was host to the Lichfield Diocesan Mobile Belfry, a set of small bells (up to 80 pounds in weight), which arrived on a trailer and was set up in the middle of the Barn. Ringers from local towers

were on hand all weekend to demonstrate ringing on both sets of bells, to give visitors the opportunity to have a go, and to talk about what a wonderful hobby they have. The visitors were fascinated to watch the bells rotating in response to the ringers pulling on the ropes below, quite unlike the popular perception of monks flying up and down on the ends of the ropes! And after the visitors had left on the Saturday, the ringers continued to enjoy a social evening with colleagues from the area around Wotton under Edge and from Portishead and Clevedon, ringing the bells and tucking in to a fish and chip supper from the local chippie in Winterbourne.

## The most popular annual event at the Barn! Sunday 2 October – Orchard Harvest Day – 11am – 4pm.

Visit our wonderful medieval barn dating from 1342. Celebrate and discover the bounty of local orchards, locally-produced food and drink, and local crafts and rural skills. Adults £2, Children under 16yrs FREE.

Watch traditional cider making using a Victorian stone apple mill – and taste the results! There will be apple displays and we will have expertise on hand able to identify varieties of apple – so bring yours along.

Marvel at the work of the medieval craftsmen who built the magnificent Barn and watch a peregrine falcon in action. Find out all there is to know about weaving and basket-making, bees and honey, or try your hand at archery and skittles.

Children will love seeing the pigs, geese, horses and llamas, and can enjoy a variety of games and activities, including the very popular ferret-racing!

Enjoy locally-produced hot food, or cold ice-cream from the Icicle Tricycle, and locally-brewed beer and cider, or tea and cakes. Sing along with the Frampton Shantymen (audience participation is expected!) and cheer the Winterbourne Down Border Morris while you drink your cider. Access dogs and well behaved dogs on a lead are welcome.

A parking charge of £2 per vehicle will be collected on behalf of Paul's Place; a local charity for disabled people. Please do not impede traffic flows by parking on the narrow lane.





# Frampton Cotterell and Coalpit Heath Village Diary

## October 2016

Sat 1st - Table Top Sale, Coalpit Hth Hall (The Miners), 1-3pm. Table £5 Tel. 07920 145325.

Sat 1st - The Alligators, Rock 'n' Roll Band, WADCA, from 8pm. Tickets £8 in advance or £10 on the door. Tel. WADCA on 01454 776268 / email: ca.winterbourne@gmail.com.

Sat 1st - St Peters church Harvest Supper, 7.30 - 9.30pm.

Sun 2nd - Orchard Harvest Day, Winterbourne Medieval Barn, 11am - 4pm. £2.

Fri 7th - Quiz night, Crossbow, 8pm. Open to anyone £1.50 Tel. 772947 www.fcdca.co.uk.

Sun 9th - Bingo Night, WADCA, Watleys End 7pm. Tel: 01454 776268 www.wadca.co.uk.

Wed 12th - Short Stroll or Rural walk, meet 10.20am Gingerbread Man cafe. All welcome.

Wed 12th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for, or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 14th - Folk @ Frampton, Crossbow, School Road, 8pm, Small charge. All welcome.

Sat 15th - "Spirit of Divas" live disco hits, WADCA, 8pm. Tickets £6 in advance/£8 on door. Bookings T. 01454 776268 or 07467 319373 / email: ca.winterbourne@gmail.com.

Fri 21st - Bingo Night, Crossbow, 8pm. All welcome. Tel. 01454 772947 www.fcdca.co.uk.

Tue 25th - Short Stroll or Rural walk, meet 10.20am Live and Let Live. All welcome.

Tue 25th - Frampton Cotterell W.I., St Peters Hall, School Rd, 7.45 - 10pm Tel. 01454 773426.

Wed 26th - Litter Busters, meet 10am Heather Avenue. All welcome.

Wed 26th - Forget-me-not Singalong Group, for local people that enjoy a sing-a-long! Details from Jean 01454 775786 or Rona 01454 886925.

Sat 29th - WADCA Halloween Party. Watleys End Rd, 7.30pm www.wadca.co.uk

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Community Connectors is a new service designed to counter social isolation and loneliness by helping people re-connect with each other, local services and communities. The service is a three year programme and is being delivered in partnership with Curo, a not-for-profit housing and support organisation, and will involve GP surgeries, the Voluntary Sector and local community groups working across the whole of South Gloucestershire.

### Support available includes:

- Information and guidance over the phone, face-to-face or by email
- Tailored support to help people play a more active role in their communities
- Help to set up groups and activities that benefit their community
- Opportunities to meet new people, learn a new skill or to volunteer
- Sign-posting to local services and agencies.

### Who would benefit from being referred to Community Connectors?

The service is being targeted at the following groups:

- People regularly presenting at GP practices whose wider needs cannot be supported through traditional medical treatments on their own.
- People at risk from or experiencing social isolation and loneliness who may not be eligible for statutory services.
- People who's physical and mental wellbeing needs may also be met through non-medical interventions and can be supported through "social prescribing".
- People who have experienced a life-changing event that has impacted negatively on their confidence and wellbeing.

**Referring individuals** – Council staff, South Gloucestershire based GPs, community health and voluntary sector partners can all refer to the scheme. Additionally, individuals can self-refer:-  
By calling Curo's dedicated phone line: 0300 123 2464 or email – [communityconnectors@curo-group.co.uk](mailto:communityconnectors@curo-group.co.uk).

**For more information and to discuss how these services could benefit your service users, please contact Jack Bailey [jack.bailey@curo-group.co.uk](mailto:jack.bailey@curo-group.co.uk) or Robin Woodward [robin.woodward@curo-group.co.uk](mailto:robin.woodward@curo-group.co.uk) at Curo.**

**Frampton Singalong** meets on first Thursday afternoon in the month, 2 pm – 3.30 pm at The Community Centre, Crossbow House, School Road, Frampton Cotterell, where members of the community can enjoy singing favourite songs lead by experienced singers and musicians and take a break for cup of tea and homemade cakes. The next Frampton Singalong is on Thursday 6th October 2016, 2 pm.

**Frampton World Dance** meets on 4th Thursday afternoon in the month, 2 – 4pm at Zion Church Hall, Upper Chapel Lane, Frampton Cotterell, BS36 2HY. The dances are taught by an experienced teacher, are suitable for beginners of all ages and no partner is needed. They are gentle dances from around the world including from Balkan, Jewish, Greek, Welsh, English and other traditions and danced to live music. The next Frampton World Dance will be on Thursday 27th October 2016.

**Community Connectors are looking for volunteers** interested in helping with to run these groups. Circle dance teachers, singers and musicians are also welcomed. For more information about these groups or to volunteer please contact Hilary Jay, Wellbeing Worker, Mob 07792 495 367 or email: [hilary.jay@curo-group.co.uk](mailto:hilary.jay@curo-group.co.uk)



## 700 Year Celebrations at St Peter's

As a part of our 700th year celebrations we held an open weekend and invited the local community to come and toast the tower with us.

On the Friday evening there was a Folk Evening at which there were a number of singers and groups from around the area. A reasonably full church was treated to some excellent entertainment and we were grateful to those who helped set everything up for this event. The bar and refreshments were busy during the evening and added to the pleasant atmosphere in the church.

On the Saturday the church was open to visitors. There was plenty of room in the newly arranged back of the church for coffee, lunches and cream teas as the day progressed. There were various displays in the church including some of the old documents from the church archives which proved popular and very interesting.

The weather was quite good during the day which enabled lots of our visitors to take a trip up to the top of the 700 year old tower to enjoy the views around the area and to see the bells and the clock mechanism. These tours were much appreciated by our visitors. During the day the visitors were also entertained by David our organist and by a group from The Crossbow Singers which all added to a very pleasant time in the church.

Sunday brought the close of the weekend with a Songs of Praise service for the benefice, during which the new room, and the moving of the font were dedicated and blessed for us all. There were some final celebrations with tea and cake helping us all to relax after the busy few days. Our thanks once again must go to all those involved in any way with the planning and organising of the weekend.



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**www.manorhall.org**

**Please contact the Hall Manager on 07873747513 to arrange a viewing or for further details.**

## Theo's Day Matters

Twins Theo and Ollie Cameron were born to parents Scott and Sarah in 2010. Shortly after his birth young Theo was diagnosed with a rare terminal condition called 'ARC Syndrome'. Theo sadly passed away at only 9 months old. Throughout his short life Scott, Sarah and their family were supported by Bristol Charity – Jessie May.

Jessie May was founded in 1996 and have supported over 175 children and their families with life limiting illnesses in the Bristol, South Gloucestershire and North Somerset area. The Trust is almost entirely reliant on charitable donations, as no charge is given for the incredible services and support they provide the families.

Shortly after their young son's funeral, Scott and Sarah began fundraising in memory of Theo for Jessie May, and after many events 2016 would prove to be bigger and better than ever for the family.

Theo's Day took place on Saturday 9 July, at the Cross Hands Pub in Winterbourne Down. The event is aimed for the whole family to enjoy and proves increasingly popular every year with the local community.

Entertainment was provided throughout the whole day from local businesses such as – Parody Portraits the caricaturist, Jessica's Faces (the very talented and patient face painter), live bands and tombola. All of these activities were made possible thanks to individuals giving up their time to be a part of a special day. The popular raffle was once again well supported by local traders, with donations of hairdressing, beauty treatments, meals out, family passes to country parks and many more. The family are extremely thankful to all those who generously donated.

Along with a BBQ, cider and pie stall, bouncy castle, some special guests from Disney and of



course the most welcome glorious sunshine, the day could not have been more perfect for the family. We are delighted to report just under £3,000 was raised which is a tremendous effort from the local family and all those that supported the day.

Theo's mum Sarah told us, "We have enjoyed another fantastic day in memory of Theo. We can't thank everybody enough for coming along to support us. I am always blown away by people's generosity. Again this year I have felt very humbled by the amount of people who turned up to make the day such a success."

A fantastic well done to Scott, Sarah and the Cross Hands Pub in Winterbourne Down for organising an amazing event, with a wonderful atmosphere. A truly inspirational family who most certainly keep Theo's name alive and his memory in our hearts.



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Contact us on: 01454 776873 Email: [office@fromsidegym.co.uk](mailto:office@fromsidegym.co.uk)





## Please Give Blood

Blood donations are vital for helping save and improve lives. Each donation can help up to three people.

Craig Shellard, (pictured right), from Little Stoke, knows just what an amazing gift blood donation is. The 35-year-old received numerous transfusions of blood and platelets after being diagnosed with a type of blood cancer called Follicular Lymphoma. "I took it relatively well, the most difficult part was telling family and friends," said Craig. "At the time it was considered non-curable." After the cancer was diagnosed in 2008 Craig began a treatment journey that took many years. Both cancer and chemotherapy damage the body's bone marrow, which is where blood and platelets are produced. Blood transfusions are a vital part of treatment for many cancer patients. Unfortunately Craig's cancer returned after treatment and he also needed a stem cell transplant – receiving both his own stem cells and stem cells from his brother in 2013. When Craig then developed Graft Versus Host Disease – his immune system started attacking his own body – he was given only a 10 per cent chance of survival. Craig had specialist treatment at NHS Blood and Transplant's Therapeutic Apheresis unit in Bristol, and a further blood transfusion. He recovered gradually and was able to return to work as a



business analyst in spring 2016. Craig said: "I have needed many blood products over the years and I am indebted to donors for the help I received."

Blood is always needed and hospitals in England rely on around 6,000 units a day to treat patients. NHS Blood and Transplant particularly needs people with blood groups O negative, B negative, AB negative and A negative to come forward, and people from Black and South Asian communities.

**Bristol's blood donor centre is on the grounds of Southmead Hospital and it is open every week day and every other week day with free parking and wifi. Please make and keep your appointment to donate this Autumn by calling 0300 123 23 23 or visit [www.blood.co.uk](http://www.blood.co.uk)**

## Slimming & Swimming Success

Lynne Hewlett (pictured right), who has lost 1 1/2 stone at Winterbourne Slimming World group, has raised an amazing £350 for Cancer Research by swimming 50 lengths!

Lynne has Benign Hereditary Chorea, so is unable to walk long distances and therefore couldn't take part in Slimming World's Race for Life in July 2016. Lynne was however keen to do something to raise money for this amazing charity! Lynne has proven that anyone with a disability can lose weight and change their lifestyle for the better!

**If you would like to join Frankie's Slimming World group then come along to – The Greenfield Centre, Park Avenue on a Tuesday either at 9.30am, 11.30am, 5.30pm or 7.30pm where a warm welcome awaits.**



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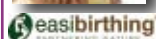
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### Wednesday

#### Frampton Cottrell

Frampton Cottrell C of E  
Primary School, 7.30pm  
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## Older people across the city support each other to tackle isolation and loneliness

*"When I came out of detox, a peer support worker took me out for coffee, and that changed and saved my life; it took me out of my depression",* says one of Bristol Drugs Project's Champions, sharing his experience being supported by a peer during his recovery. Now this group of older people are returning a hand, helping others overcoming similar issues.

The Champions are a group of older people who have been trained to support peers in their journey to recovery. These volunteers have undergone 6 weeks of training that has given them the confidence and tools to make home visits to people facing similar issues who are in earlier stages of recovery. BDP's Champions is one of 17 projects funded by Bristol Ageing Better as part of their group work and peer support stream of funding.

Andy Bowles, BDP's Older People's Service Worker, highlights the need for peer support when addressing this issue among Bristol's older population: *"If you are visited by someone of a similar age who has had a similar experience, you'll feel less judged, more comfortable and more able to accept help, hopefully."*

Bristol Ageing Better, a partnership of organisations working together to reduce loneliness and isolation among older people in

Wonderful champions



Bristol, recognises peer support groups as a key element to address social isolation. Peer support provides a safe and understanding helping hand at difficult times in people's lives, and gives hope of a better future.

Following seven pilot contracts awarded in September 2015, BAB commissioned another 10 group work and peer support projects to further support isolated older people in the city. These projects include gardening group activities for people living with dementia and their carers by Growing Support CIC; 'Living together with dementia' counselling for couples by The Harbour; Bristol & Avon Chinese Women's Group multicultural cooking classes; and Wellbeing Champions training for older people by Happy City.

**For more information about Bristol Ageing Better and these pilots, please visit [www.bristolageingbetter.org.uk](http://www.bristolageingbetter.org.uk) or call 0117 928 1539.**

## Open Day! Avon Riding Centre for the Disabled



The Avon Riding Centre for the Disabled is opening its doors to the wider community in a celebration of what people with disabilities CAN do! They are planning: Riding demonstrations,

falconry, wheelchair-friendly woodland walks, 4 x 4 Safaris, Barbeque, etc. They are inviting

representatives of charities and disability sports groups to come and show their wares. The local riding centre will also be showing off the beautiful 100-acre estate and their woodlands. People with disabilities and their families will of course be most welcome; there is plenty of parking, accessible loos and above all, opportunities! It will be a fun day out for all the family, as well as a chance to check out one of Bristol's secret wild places.

**Why not join them on Sunday 9 October 2016, 11am—3pm at Avon Riding Centre for the Disabled, Kings Weston Road, Bristol BS10 7QT. [www.avonridingcentre.org.uk](http://www.avonridingcentre.org.uk). Tel 0117 959 0266.**

## News from the Friends of Brandy Bottom Colliery, Pucklechurch

The masons have completed rebuilding the tippler slots and the adjoining top of the north-west wall of the Old Pit heapstead. They have also finished repointing the outside of the octagonal section of the chimney and repositioned displaced

stones around the shoulder. We have started on planning for the next stage of conservation, which will cover work on the Horizontal Engine House and the walls of the New Pit heapstead. We have also had discussions with Ibstock Brick about extending the fencing to enclose the Fan Engine House, and about removing some trees along the cycle path to give passers-by a better view of the site. Spoil clearance in the Vertical Engine House restarted after the site clear-up.

During the course of a site visit in early July, Historic England informed us that they could not provide any more grants for conservation work. As a result we are in the process of finding alternative sources of funds. A photographer from Historic England came in mid-July to take a photo of the site for possible use in HE's 2016 Register of Heritage at Risk. We will only know if that is the case when the register is published in November.

The AIBT had a stand at the 2016 South Gloucestershire show adjacent to that of the South Gloucestershire Mines Research Group (SGMRG). Several visitors told us about playing in the buildings as kids, and one said that many objects had been thrown into the pond in the 1950s. Another talked about some of the people living in the cottages. We have invited these visitors to come to Brandy Bottom during a work party and point out features they remember. None of them appear to have photos from that date. Sadly Brandy Bottom appears several times in the new book<sup>1</sup> published by the SGMRG on accidents, mainly fatalities, in

the area's coal mines. This is an update of the author's 1980s book, and the reports

give some idea of where the Brandy Bottom miners lived. Bearing in mind that the information comes from a small number of reports, we can say that Brandy Bottom's miners lived in Mangotsfield, Pucklechurch, Siston, and Soundwell.

They had a fair distance to walk to get to work, and get home afterwards in their grubby clothes. There were no such luxuries as pithead baths in those days.

### Future Work Parties

At present 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: Sat 03, Wed 14, Sat 24 September; Wed 12, Sat 22 October; Wed 09, Sat 19 November; and Sat 10 December.

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

There is now a location map on the website, currently accessible only from the 'Location and Public Access' section of the main Brandy Bottom page. A description of how to get to the site from the car parking area, and links from other Brandy Bottom pages, will be added shortly.

**To receive an e-mail with a detailed newsletter on all the recent activity that has taken place, please e-mail: [info@aibt.org](mailto:info@aibt.org). or visit [www.aibt.org](http://www.aibt.org)**

Photos thanks to © R Whitworth 2014-2016.



North-west wall of Old pit heapstead from below, showing part of the brick pillar between the tippler slots balancing over the edge of the wall.



The same stretch of wall after rebuilding was completed, with the pillar between the tippler slots at the top of the photo.



Two AIBT members and a visitor look at the Ram Hill display on the SGMRG stand





## The Parishes of Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down, in THE DIOCESE OF BRISTOL

On July 27th Parliament passed the measure to establish the Fromeside Benefice as a legal partnership of four Churches

– All Saints at Winterbourne Down, St James the Less at Iron Acton, St Michael the Archangel at Winterbourne and St Peter's at Frampton Cotterell.

To mark the new status of the Benefice, there will be a special evening Eucharist service on Sunday 9th October, 6.00pm at St James, Iron Acton and this will be attended by Archdeacon Christine Froude.

**New Rector Appointed – Revd Malcolm Strange** – The Benefice is delighted to announce the appointment of a new full time priest from December. Malcolm (pictured below) is already well known in the Frampton Cotterell area and has been part of the team of Ministers who have worked part time in the four Churches over the past few years. The article below gives insight into his life so far and the influences on it. Malcolm will continue in his post at St Bede's for the next few months and we look forward to a new phase of Benefice life under Malcolm's leadership. Malcolm's induction service will take place at St Peter's on Thursday 8th December at 7.30pm. Learn more about Malcom in his own words below.



**Childhood** – I was born in Swindon and after school, in common with other local lads, I joined British Rail Engineering. I was brought up in an Ecumenical Parish - a good thing perhaps as my father was a Methodist and my mother an Anglican. The parish also included Roman Catholics so I had a good introduction to the breadth of the church in this country.

**Career** – I trained for the ministry at Salisbury and Wells Theological College and was ordained Deacon at Newcastle Cathedral in 1985 and Priest in Hexham Abbey the following year. Weddings and funerals featured large in my curacy in Ashington, the largest pit village in Northumberland with a population of 36000. For the team of three of us, there were 300 funerals in my 3 years and it was nothing for there to be 6 weddings on a

summer Saturday - the bride couldn't afford to be late on those days. The church featured large in the life of the village whose greatest claim to fame was as the birthplace of the footballers Bobby and Jackie Charlton.

Following this experience, my first role as vicar was in a totally different part of the country, at Ogbourne St George & Ogbourne St Andrew in Wiltshire. In the Ogbournes I used to hold a weekly "surgery" in the local pub, a place which along with the church is usually one of the most important buildings in a small village. Life in the Church of England is never simple and I had to juggle my role as vicar of the two parishes with responsibility for the area youth work and chaplaincy of the local psychiatric hospital. Then as team vicar of St George's, Wash Common, Newbury, I continued my work with youth but now in the education sphere as chaplain to St Gabriel's Independent C of E school.

A spell in Devon as Rector of Torridge Estuary Team Ministry was followed by a complete change of direction with a Post Graduate Certificate in Education at Bristol University and a full-time move into the teaching profession. For the past 10 years, I have been Assistant Principal of St Bede's Catholic College in Bristol and since 2008, a self-supporting priest at St Peter's, Frampton Cotterell. At St Bede's, as well as my management responsibilities, I teach Religious Studies and Ethics to GCSE and A level students. I'm passionate about teaching and especially encouraging kids who otherwise struggle to really get involved in their studies. It will be a real wrench to move away from education but after much thought and prayer decided I should return to the full-time ministry.

**Family and interests** – I'm married to Jo and between us we have four children. We enjoy walking and through our holidays have developed a love of Spain. I've always been keen on sport of all kinds but my Swindon roots have led to a passion for Speedway and Swindon Town football club – the club frequently gets a mention in my sermons! On a quieter note, I enjoy fly fishing. Music is important in my life – I've played the guitar since I was 14, playing with folk bands both here and on the continent. "The vicar busks" at the Globe in Frampton Cotterell seems to have become a tradition over the past few years.

To sum up... Perhaps I'll use a quotation from a friend who said that I celebrate the Eucharist like a Roman Catholic, preach with the zeal of a Methodist and minister to my flock with the openness of a liberal.

**Weddings, baptisms, funerals and general enquiries can be made to the Benefice Office at: St Michael's Rooms, 95 High Street, Winterbourne, BS36 1RD. Tel: 01454 776518 & Email: fromesidepartnership@yahoo.co.uk.**

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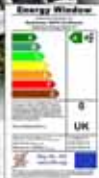
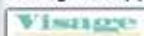
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