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Dec 2016



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CHRISTMAS PARTY SEEKERS

Welcome



PARTY NIGHTS

Candy Land Christmas Party Nights

Get into the Christmas spirit with one of our Candy Land-themed party nights.

There will also be a sweet treat gift for everyone.

Mid-Week Christmas Party Nights

We promise you a fun-filled evening with great food and great music whilst enjoying excellent mid-week savings.

Price for all nights includes:

- Half bottle of wine per person
- Chicken and potatoes
- Disco until 1am
- Access to our 'winter station' where we provide the poppers and you provide the camera!

Private hire available, held in the Sequoia Suite or Junction Restaurant



TRIBUTE NIGHTS

Held in the Sequoia Suite, our popular tribute nights are always a sell-out.

Join us this year for our Ultimate Boybands act including hits from Take That, Backstreet Boys, Five, Westlife and Blue plus many more.

Alternatively, enjoy being serenaded by the one and only Michael Ball's tribute.

CHRISTMAS DAY

Christmas Lunch

Let us be your home-from-home this year.

Join us for Christmas lunch in our Junction Restaurant and we'll take care of every last detail to make sure you enjoy the most special of days.

Dear Residents,

Welcome to the December issue of your community magazine, as I type this preparations for Christmas are in full swing! If you don't quite feel in the festive spirit yet, we bring you news of numerous, wonderful community activities that will be sure to give you some seasonal cheer!

As well as details of all the local Christmas fairs, markets and shows we are pleased to share with you listings of church services and carol services for you all to enjoy. There is something so special and heart warming about attending a carol service.

We are pleased to welcome Reverend Malcolm Strange to our community and thank him for sharing his Christmas message with us.

Please do try and support your local traders in the build up to Christmas, you can find details of local butchers and farm shops within this magazine as well as gift ideas from beauty treatments, to vouchers for holistic treatments or even arranging for somebody to have their oven cleaned!

There are reports from all your favourite local groups and plenty of ideas for activities to take part in. If you have a community group or activity you would like to share with fellow readers in the New Year, then please do get in touch with us.

We would like to take this opportunity to wish you all a very Merry Christmas and look forward to bringing you further community good cheer in 2017!

Kerry & Jaci x

community@mattersmagazines.co.uk 01454 300900



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Holiday Inn
BristolFilton



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

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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The Smokehouse Saloon is offering a 10% discount off your food bill during the month of January 2017 on production of this advert (excludes Sunday carvery)



News from Floral Friends of Frampton

Community Sensory Garden – As you can see below, work has started on transforming the garden at the Bickeridge Centre into a Sensory Garden. Contractors Newlook Surfacing of Winterbourne have begun the hard landscaping and the work is progressing fast. Once the landscaping is complete, Floral Friends will undertake the planting in the early Spring. It will be a great place for local residents to relax and enjoy the garden once it is finished.



More Wild Flowers and Bulb Planting – With help from Buglife and Green Mantle, Floral Friends are extending the wild flower area at the Glebeland to attract more pollinators and wildlife to the area.

More spring bulbs – have also been planted – with a little help from our friends. We hope both these schemes will continue to brighten up the village.

Olympics Scarecrows –

Floral Friends took part in the Frampton Cotterell Scarecrow Trail, which this year had the theme of the Olympics. Our five entrants proudly took their place on the planter bench outside the Church and we hope everyone enjoyed seeing them.

Winter Displays – Floral Friends have been hard at work filling the village planters and gateways with Winter bedding and bulbs for a lovely display. The hanging baskets are also now in place. We hope that they cheer up the village during the winter.



Preparing for wild flowers at Glebeland



Floral Friends bulb planting



The Floral Hat Festival – an exhibition of hats decorated or made with flowers to remember our local hatting industry and celebrate Summer flowers – will be open on the weekend of 24th-25th June 2017 at the Zion United Church, Frampton Cotterell. Please put this in your diary now – more information will be available shortly.

Much more information about our activities is available on our website – <http://ffframpton.wix.com/frampton-cotterell> – and if you'd like to help us (no gardening experience necessary!) please email us at floralfriendsofframpton@gmail.com

Winter Events at Winterbourne Medieval Barn



Apple Grafting Workshop, Saturday 25 February 2017, 10am - 4pm

The workshop, run by Ben Raskin of the Soil Association, will explain why grafting is used and share some of the techniques used. It will involve individual hands-on work in learning to cut the wood, prepare it for grafting, and then make your own graft from start to finish, ending up with a new apple tree. There will be the opportunity to make at least three grafts, and there may be additional root stocks on which to make further grafts at a small cost. Some common varieties will be provided for grafting, but if you have a favourite that you wish to propagate then take your own wood to graft. If you know of a particular variety that you wish to propagate, but do not have wood, please let the organisers know well in advance and they will attempt to procure wood (£1 extra on the day). The only equipment you will need is a very sharp knife, eg. Stanley Knife.

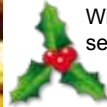
Cost is £35 in advance, plus £7.50 on the day for materials. This workshop is limited to 8 people, but if demand is sufficient, it may be repeated the following weekend. To book, please download the booking form from the Barn website www.winterbournebarn.org.uk and complete and return it as indicated. For enquiries, please tel. Robert on 0117 957 4921.

This workshop could make an interesting and unusual Christmas present!

Winterbourne Medieval Barn, Church Lane,
Winterbourne BS36 1SE
www.winterbournebarn.org.uk



Carols in the Barn - Saturday 10 December and Sunday 11 December, 3:30pm



Winterbourne Medieval Barn makes a perfect setting for a traditional Christmas celebration. Carols in the Barn will take place on two consecutive afternoons, with gates opening at 3.30pm for visitors to enjoy mulled wine, fruit juice and mince pies, before the carols begin at 4pm. The wonderful medieval barn provides an atmospheric setting for everyone to sing their favourite carols, which will be interwoven with a dramatised version of the Christmas story put on by members of neighbouring St Michael's Church.

Tickets are £2 for adults, £1 for children, which includes mulled wine/juice and mince pies. They will be available from 7th November from Daisy's Coffee Shop, Flaxpits Lane, Winterbourne, or ring Gill on 01454 774479. There may be some tickets on the gate, but numbers are strictly limited so availability on the day cannot be guaranteed.



Only limited parking will be available on site, so where possible please walk to the Barn. If using a car, please approach from Beacon Lane only. (ie. one-way system exiting onto Winterbourne High St).

Carols in the Barn

Saturday 10th December
&
Sunday 11th December



4pm
Gates open at 3.30
at
Winterbourne Medieval Barn
Church Lane, Winterbourne, BS36 1SE

To ensure your place

Tickets £2 (£1 for children) to include mulled wine, fruit juice & mince pies

from
Daisy's Coffee Shop, Flaxpits Lane, Winterbourne
or phone 01454 774479
or see www.WinterbourneBarn.org.uk

**LIMITED PARKING, PLEASE WALK IF YOU CAN
APPROACH BY CAR FROM BEACON LANE ONLY**

Wrap up warm!

Bring a torch

Uneven floors



Knit & Natter at The Beacon, Zion Church

The ladies of the Knit and Natter group who meet each Tuesday morning at The Beacon Centre, Zion United Church have been busy knitting!

The Knitvity shown in the photograph is destined for the Butterfly Project in Malawi for their newly completed primary school. The group were introduced to this project by one of their members – Miriam Gudgeon. They have been supporting this project for over a year, and have also knitted over 90 school jumpers for the primary school.

It is a friendly group who always welcome new members, why not drop in and see them one Tuesday morning between 10am and 12 noon.

Contact, Mary Thexton on 01454 850704.

You can see the Knitvity on display at the Christmas Tree Festival at St Peters Church, Frampton Cotterell at the beginning of December.



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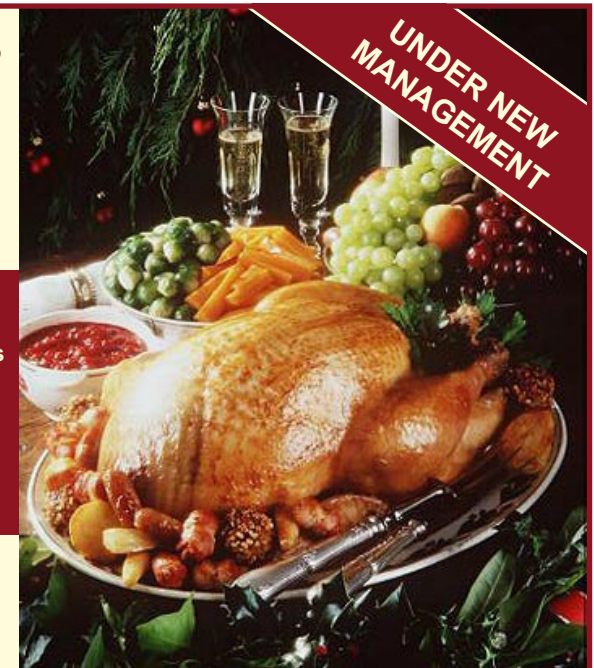
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Focus On

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 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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Please send us your used postage stamps and take on the fight! (Stamps cut outside the perforations will earn the charity more) We are also grateful for any unwanted stamp collections, old and foreign coins, £3,304.95 has been raised to date.

Your Contribution Will Make A Difference.

The Difference – Money used by RP Fighting Blindness goes to the help line service and research into a cure for the disease which affects 25,000 people in the U.K.

Thank you to everyone who has helped us to date. You have made a difference. For further information from Ron & Gina Pritchard, Winterbourne, Tel 01454 772927 or Email bristolsglosfightingblindness@gmail.com

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Catherine Smart DHP MNCH CHBP

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- Stress and anxiety



Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts and actions you'd like to banish or acquire, or emotional suffering that is too overwhelming or has gone on too long.

Call me on: 07964 991689

E: Catherine@SmartHypnotherapy.co.uk

Based in Winterbourne

2017 Your Best Year Yet

As you are reading this article, you might be wondering how it can be we're talking about 2017. Or you might be thinking how next year could be your best. And it's a good thing to wonder; because if you're wondering then that means that you're motivated (if a little surprised at another year over).

As you read I'll bet you'll learn something new, something that perhaps only now has occurred to you about your own life. And everything, every single thing that you can learn, will provide you with new insights and with new understanding about what it is you are looking for in 2017.

You can learn new things about yourself at any time. You can learn in a million different ways. For example, you can learn to make one small change daily, that through 2017 would add up to a massive change when you look back this time next year. Sometimes it's better to do that, because making little adjustments can make an enormous difference and you might want to change something quickly, or slowly, or even right now!

John Seymour trained me in personal coaching and is known world-wide for his expertise in NLP, which is the 'art and science of excellence, derived from studying how top people in different fields obtain their outstanding results'. He would say "the secret is to find the smallest thing that would make the biggest difference". Leverage if you like. He says that people often overestimate what they can do in a day and underestimate what they can do in their whole lives.

And so the question I'd like to leave you with is:

What one small thing could you change that would make the biggest difference to 2017?

Written by our local Personal Coach:

Aimée Knott BSc (Hons) DipM AMAC

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www.pluckypeople.com
or call 07879 642731



Bradley Stoke Lions spotted in City Farm and Japan!

The Bradley Stoke Lions are pleased to share their news with the readers of Winterbourne Matters below.

President Robin and Lion Ailsa, visited St Werburghs City Farm in late September, to celebrate the official opening of their new Connection Centre. The farm has been open for years delivering outdoor learning of animals and plants to school children, youngsters and adults with learning difficulties. The new facilities include three classrooms, a training kitchen, a covered outdoor teaching space and three new toilets! All of which will greatly improve the already marvellous job they do in bringing a taste of the country into the city. A plaque on their wall includes the Lions as one of their sponsors.

A visit to Japan recently was made even more special when Robin and Ailsa met up with the Kyoto Shujaku Lions. Club Banners were exchanged and although the Japanese Lions spoke little English and we spoke even less Japanese, they welcomed us enthusiastically and sincerely. Photos were taken, hands were shaken and another link in the International chain was forged. On arriving at Takayama, a lovely city in the Japanese Alps, we met the President of the hotel we were staying in, who turned out to be the President of the Tourist Association and also a Lion! He presented Robin with a badge and Robin gave him a club banner. Sometimes it's good to know that we are not just one little club struggling to do our bit, but a part of a huge organisation with little clubs like ours all over the world doing the same things we do, trying to help our communities as well as giving support to disaster areas such as the recent devastation from the hurricane in Haiti.

Remember, if you are interested in finding out more about the Lions, please contact President Robin on 07712 046644.



Looking to the future in Winterbourne

Jim Ellis, Branch Manager, Andrews Winterbourne

Earlier this year we announced our purchase of the long-established Mackendrick Norcott in Winterbourne. But this wasn't simply another acquisition – indeed, for us they never are. Instead we had identified an opportunity for growth through a well-regarded business and existing team which shared the values that we also value here at Andrews.

Established in 1977, Mackendrick Norcott had built an excellent reputation in the local area. This was important to us, and as we now look to the future we're committed to dovetailing our own values and vision with those of the existing team – one which the local community has clearly embraced.

For those of you not already familiar with Andrews, let me provide you with a quick overview. We were established 70 years ago by Cecil Jackson Cole who was pivotal in the establishment of Oxfam and other well-known charities. He was a firm believer that business should be run in such way as to benefit the wider society and that remains at the heart of how we still operate today. Owned by three charitable trusts, each year we present them with significant dividend payment that is made possible by the hard work and dedication of the entire Andrews' team.

We're also really active in the communities where we work so expect to see the local team here doing something fun and charitable before too long. Indeed, given its our 70th anniversary we're currently all focused on our P70 campaign which aims to purchase homes for young people leaving the care system.

Aside from our unique ownership model and deep commitment to our social responsibilities, we like to think that we do things differently to the rest of the industry in other ways too. Indeed, we're particularly looking forward to getting to know the local community better so that we can demonstrate this.

A colleague of mine recently wrote that external factors such as economic decline; our departure from the European Union; or even a shock result in the US election, shouldn't be cause for major



Andrews Winterbourne team:

Back Row, Left to Right: Becky Weaver, Sarah Wheeler, Sheryl Corrish, Faye Vennall, Charlotte Sowden, Jim Ellis. Front Row, Left to Right: Fransisca Van Der Park, Kate Chapman.

concern IF the way in which we manage our business and our relationships with those we serve is based on solid values.

The quality of our service, we believe, stands us in good stead to weather the ups and downs that the property market throws in our direction. In a world where life is increasingly managed online, we acknowledge that there are still many customers who value a face to face relationship – that's why we're continuing to invest so heavily in our branch network: not least of all, here in Winterbourne.

For those, however, who have braced the digital world, we offer an award-winning website and brand new mobile app – a simple acknowledgement that we need to work with all our customers in the ways which suit them best.

So, whether you pop in to the branch or visit us online, we're looking forward to carrying on the work that the Mackendrick Norcott team built and strengthened over almost 40 years, and relish the opportunities of the coming 40 years.

Visit us on the High Street in Winterbourne or by logging on to: www.andrewsonline.co.uk

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Owl Prowl at Says Court Solar Farm

The Avon Wildlife Trust and Hawk and Owl Trust came together to run a series of hugely popular wildlife sessions at Says Court Solar Farm during the late summer and Autumn.

Nature walks and Owl and Bat evenings have been embraced by interested local families.

Nicole Daw from Avon Wildlife told me, "It has been wonderful how many local people have come and enjoyed the events, we will definitely plan some more for the spring so do watch this space in the New Year for dates of future local activities."

www.avonwildlifetrust.org.uk



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Rectory Road Frampton Cotterell

E-mail: oscars.terrapin@btconnect.com

Telephone: 01454 250528

Registered Charity No: 1133716

Local Mother & Daughter win bronze at Martial Arts World Championship

Young Frampton Cotterell resident, Lexi Johnson (age 12) attended the Martial Arts World Championship finals in Manchester this October, after impressive qualification.

Lexi usually trains in Dragon Tang Soo do but after month of training with her mum at the boxing gym, she fancied her chances at the kick boxing event. It was a good decision, as she came away with a bronze medal for sparring in the under 40kg girls category and a bronze medal for forms / patterns. These fantastic result make Lexi third in the world!

Her mum, Hayley Fenning also entered and equally as well – picking up a bronze medal in the under 65kg over 18 female category for sparring.

The event attracted hundreds of competitors from around the world, including Spain and Germany.

It was a great experience for both mother and daughter to enter the same competition and come away with such brilliant results for team GB. Winterbourne & Frampton Matters wishes this talented family a huge congratulations and looks forward to following their successful progress.



Trumphant mother & daughter Team – Hayley & Lexi



Based at both The Greenfield Centre in Winterbourne & St Michaels C of E School. Ofsted rated 'Outstanding' we provide a range of services for local families

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

www.winterbournepreschool.co.uk

E: enquire@winterbournepreschool.co.uk

The Greenfield Centre, Park Avenue, Winterbourne

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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**

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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**

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www.newlifeclasses.com

Community Noticeboard

For free listings contact
community@
mattersmagazines.co.uk

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



Thursday 8th December 2016, 7.30pm
St Peter's Church, Frampton Cotterell
Licensing Service for Revd Malcolm Strange
Led by The Bishop of Swindon, The Rt Revd Dr Lee Rayfield & Archdeacon Christine Froude

Charity quiz night at manor hall
Coalpit Heath on Sat 21 Jan 7.30 pm.

Teams of 4 £2.50 per person. Bar and raffle. Contact Pam Eynon on 01926173042

This is the fifth event in the series of ...



Spiritual Warfare & Kingdom Advancement

21st - 25th August 2017

(Monday coffee time to Friday lunch time)

Zion United Church
Woodend Road
Frampton Cotterell, near Bristol

Equipping and releasing the saints for ministry and evangelism in the power of the Holy Spirit

A series of training events designed to equip people for spiritual service and leadership in the church as it seeks to obey the Great Commission in the power of the Holy Spirit. Dunamis provides a safe environment for teaching, discussion, and practical experience.

Full details and background information 01454 319135 or online:

www.dunamis.org.uk

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 Dec 8th at 7.30 pm

Christmas social and Quiz

Non-members are always welcome (Entry £2.00)

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

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

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

Events at Coalpit Heath Village Hall

Table Top Sale
Saturday 3rd December, 1pm to 3pm

UB40 Tribute Night with Neil Sartain
Saturday 3rd December, 8pm to late
Tickets available now £5 per person

The Miners Christmas Party
Saturday 17th December, 8pm to late
Tickets £3 each. Bring your own nibbles

New Years Eve Party
Saturday 31st December 8pm to 1am
Tickets £8 per person - includes first drink*

Disco & party favours supplied
Bring your own nibbles
(no prams or pushchair allowed)

*Terms & conditions apply

Tel: 01454 776958

South Gloucestershire Mines Research Group



Bristol Locomotive Builders: 1840 to 1984

by Dr Martin Murray and David Martin
Wednesday 7 December 2016 at 7:30pm for 8:00pm
in the Miners Institute (aka Coalpit Heath Village Hall),
214 Badminton Road, Coalpit Heath, BS36 2QB



Dr Martin Murray has researched locomotives built in Bristol for 13 years; He is a expert on the Harbour Railway. Hear about the history of the locomotive building in Bristol from 1840 - 1984, showing many which still survive around the world.



Also the long awaited update to the famous book 'Killed in Coalpit Heath' will be on sale.

Non-members welcome - £2 each (Membership £17.50 per year)

ALMONDBURY PRIMARY SCHOOL CHRISTMAS FAYRE

6-8pm FRIDAY 2nd
DECEMBER 2016
IN THE MAIN HALL



All the usual stalls including chocolate tombola, the ever popular "Gift Room", children's crafts, nearly new toys and books, raffle etc.

Hot refreshments, delicious cakes and hot festive snacks.

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For more information call 01454 612517 or email almondsburyschoolpa@gmail.com

*(for collection on evening of the Fayre only)



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To begin the Water Aid Christmas Tree festival at St.Peter's Church, Frampton Cotterell

We have a concert of Christmas music by the

WINTERBOURNE BRASS BAND



Friday
2nd December
7.30 pm

ADMISSION £4

Includes hot non-alcoholic punch, mince pies and sausage rolls

Tickets available at church services or Ring Geoff on 07873300582



RIGHT CHOICE
RIGHT LIFE

A parent/carer led community housing project for people who have learning difficulties and live in the South Gloucestershire area

WHO WE ARE

- ❑ We are a group of parents and carers who are working together to support our learning disabled sons and daughters to take the next step in their lives.
- ❑ This group of 10 young people have a variety of special needs but ALL want to live their lives with their friends in a community environment.
- ❑ As parents and carers, we believe passionately that our young people have the right to choose where and who they live with for the rest of their lives - rather than being 'placed' in inappropriate accommodation with people they don't know.

OUR GOAL

- ❑ Our goal is to develop an innovative and environmentally sustainable housing project through partnerships and collaboration with local organisations, including a housing association, government and care providers. The project will create 10 single bedroomed apartments with communal space to help our young people socialise and avoid isolation and loneliness.
- ❑ We have cared for our young people for over 20 years and many are now at local and residential colleges learning life and basic vocational skills so they can live semi independently in their community.
- ❑ We want our young people to be happy and lead fulfilled lives, making the most of their talents and abilities. We are desperate to avoid passing on the burden of care to their siblings.
- ❑ We are liaising closely with similar, innovative housing projects that have already delivered community housing for young people with learning difficulties in other parts of the UK.

OUR PRIORITIES

- ❑ Our immediate priority is to find a suitable and affordable plot of land in or around South Gloucestershire or Bristol. We are ideally looking for a plot circa 0.5 - 1 acre in size, close to a community, with good access to local services and transport links. But we are open minded!
- ❑ This is a fantastic opportunity for you to help a group of young people with learning difficulties who have been dealt a tough 'hand' and are facing a lifetime of challenges.

If you are able to help with our search for land, or in some other way, we would love to hear from you!

Contact: Penny Cutbill (07885 830356) or Anne Berrow (07971 314152)

Email: enquiriesrightchoicelife@gmail.com

More Volunteers Needed at Local Community Woodlands

The Sims Hill Community Woodland and the Splatts Abbey Wood woodland and the UWE GreenSpace team have restarted their workdays for the new academic year. The Splatts Abbey Woodland is near the MoD and Cheswick Village. Sims Hill is round the edge of the Bristol Business near the UWE. The UWE Student volunteers are keen, enthusiastic, and hard working and are making such a great difference to the woodlands.

One of the tasks that will be done by volunteers at workdays will be to put up the Bird Boxes made by UWE students. Tom Haines student project leader with UWE GreenSpace said: *"It has been a pleasure for myself & students from UWE to participate in the creation of these bird-boxes, further establishing the close ties which the students and university have with both woodland sites. We look forward to this relationship continuing and the resumption of our workdays - in which we hope to see the bird-boxes put to good & lasting use."*

The two woodlands are holding workdays and would like to get more community involvement in their group, including recruiting more volunteers. So if you are interested in finding out about your local woodlands and getting involved in conservation activities please get in touch. Both woodlands run work days which include activities such as cutting back brambles, clearing pathways in the woodland and coppicing trees. No experience needed as they will train you on the day and it's a great way to learn a new skills, get some fresh air, meet new people and get a bit of exercise! Get in touch to give it a try and see if you like it.

The Sims Hill Woodland Committee can be contacted at: - simshillcw@gmail.com
The Splatts group can be contacted via: - splattsabw@gmail.com



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News from – Frampton Cotterell WI

This month we were fortunate enough to welcome a fascinating speaker to our meeting at Crossbow. Alan Vowles (pictured right), has a passion for ancient Egypt and with the ITV drama Tutankhamun currently gracing our TV screens on Sunday nights, it was very well-timed to find out more about the discovery of the boy Pharaoh's tomb. It's amazing to think that Tutankhamun was only 18 years old when he died and was buried in the Valley Of The Kings near Luxor (formerly known as Thebes). When Howard Carter eventually discovered the tomb in 1922, over 5,000 items were found which can now be seen at a museum in Cairo.

November's meeting featured a review of the past year with an update from the Committee, followed by elections for next year's Committee members.

At time of writing we are preparing for a Christmas Craft Evening, where we will be making jewelled Christmas tree decorations for our tree at St. Peters Church.

For December we have a number of social opportunities with a festive theme, including carols, a Christmas Bingo night at Crossbow House, our book club Christmas meal at The Rising Sun and our contribution to the Christmas Tree display at St. Peters Church. In the New Year we also have our annual members' meal out to look forward to, at Alveston House Hotel near Thornbury. A new events programme for the New Year is currently being organised – please watch this space for further details!

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 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. If you fancy joining us, please do come along to find out more or maybe even volunteer help out in organising our events, clubs and activities.

Please search FramptonCottWI to find out more, and do like our page.

CHIPPING SODBURY MUSIC SOCIETY

In 1947 the Downleaze Music Club was founded by a group of music enthusiasts to encourage the appreciation of music by means of illustrated talks, lectures and gramophone recitals. Over the following years the club developed and prospered so by the 1960s live concerts were introduced. Supported by local financial assistance and sponsorship, musicians of considerable talent and acclaim were engaged and the club gained a reputation for promoting music concerts of the highest quality and excellence.

In 1990 the Downleaze Music Club changed its name to Chipping Sodbury Music Society, attracting members and sponsorship from a much wider area. It also enhanced its reputation by promoting concerts given by artists of international renown and by engaging young talented musicians at the beginning of their careers.

In the 21st century the objective of the society is no different from that of those enthusiasts who met over sixty years ago "... to bring together lovers of good music and musicians in a friendly and convivial atmosphere..."

Chipping Sodbury Music Society presents seven concerts in Chipping Sodbury's Town Hall from October through to May and all concerts commence at 7:30 pm. Season membership is £70 and visitor tickets are £13 but there is always FREE admission for school-age children.

The next concert takes place on Tuesday 6 December 2016 - 7.30pm – GBH BIG BAND

The Gorgeous Big Horns Big Band was formed in 1999 by a group of young, like-minded musicians who couldn't think of an original band name. After an evening in the Green Tree in Bath GBH was born and has now grown to be one of the leading big bands in the South West featuring ten of the original members and the pick of a new crop of new younger talent.

www.csmusicsociety.co.uk • www.facebook.com/Chipping.Sodbury.Music.Society
• twitter.com/sodburymusicsoc

News from Coalpit Heath WI

Our Annual Meeting took place in November, with the usual election of committee and the adoption of minutes. This year it was also a time of reflection, as we said "goodbye" to Betty Taylor, who passed away. A minute's silence was observed for thoughts of Betty.

On a happier note Catherine Proudlove, our secretary, reviewed the year's events and speakers, there was laughter and tears. We have had some great speakers over the year, Richard Cornock "the funky farmer" was a favourite, along with the presentation by Sita on Recycling. We have had some fabulous visits to local farms and some gorgeous treats at the Vintage Birdcage. It wasn't just a time for goodbyes' as we have also welcomed baby Emily into our WI family too. Judy Eke, Treasurer, gave a brief report on our finances, whilst we will never be wealthy we have given to various different causes over the year too, such as the Food Bank and Samaritan's purse. Jennie Mitchell, President, gave a short speech as to why she enjoys leading our group, with the hope of many more positive events to come. This year also saw the beginning of a new relationship with Laycock WI, with who we are now twinned.

A collection of boxes for Operation Christmas Child was made.

At our December meeting (7th), we are going to have a demonstration of gift wrapping, hopefully this will provide some good tips and help with that last minute chore!

December is going to be a busy month with our stall at St Saviours' Christmas Fete and the Christmas tree festival at St Peters, our collection for the food bank and various Christmas meals and lunches.

A reminder that everyone is welcome at our Annual Carol service at St Saviours Church on Wednesday 14th December at 7.30, that will get us in the mood for Christmas.

We meet on the first Wednesday of the month in St Saviours Church Hall at 7.45pm, all visitors are welcome to join us in the New Year.



A summer farm tour with Richard Cornock

the WI
INSPIRING WOMEN

**Christmas Carol Concert of
Coalpit Heath WI**



**Wednesday 14th December 2016,
7.30 pm**

**St Saviours Church Hall,
Coalpit Heath**

*Come and share the Festive Season with us.
Mince Pies – Everyone Welcome*

South Glos Libraries Consultation - Your Input Needed

Following the successful consultation process in the Spring, the council has adopted a new preferred position with the aim to future-proof South Gloucestershire's libraries for the long term and ensure that no library buildings should need to close. **A new three month consultation is now running until 2nd January 2017 to hear what the public has to say about the new proposals and information is available online at www.southglos.gov.uk/librarychanges and in your local library and council offices.**

The new preferred option is to reduce the library service savings target from £650,000 to £500,000. This would mean a smaller reduction in staff hours required to meet that target. The council will consult with library users and non-users alike on how best to deploy staff among local libraries. It is proposed that the mobile library service be replaced with community centre based libraries across South Gloucestershire and run by volunteer groups. The Council would also fund the building costs of

Chipping Sodbury Library with the service being delivered by volunteers. These plans would mean that no library building would have to close as a result of the savings.

The council has also agreed to continue to develop plans to use technology that would allow registered members to use library facilities for 11 hours a-day, seven days a-week, between 8.30am and 7.30pm. This technological approach to delivering library services would build on existing self-service kiosks by providing access to library buildings for registered users out of staff hours, it would be a new approach for South Gloucestershire. The council wants to hear from existing library users as well as those who perhaps cannot currently use these facilities during current opening hours, about how they feel about this option.

After the new consultation process, a final decision on how to proceed will be made in the New Year. Changes in public-facing library services would not take place until October 2017.

Winterbourne Musical Theatre December Production.

Continuing their celebration of four decades of performances in our local area, the Winterbourne Musical Theatre's December production will feature their very first show staged – *Trial by Jury* by Gilbert & Sullivan. As this is only a one act work the remainder of the evening will feature extracts from two of their favourite shows from the last twenty years – *Me and My Girl*, and *Salad Days*.

See full performance details below.

Winterbourne Musical Theatre presents

40 years and counting

A celebration of four decades of musical entertainment.

Trial by Jury

By Gilbert and Sullivan.

Repeating the company's first production

Plus extracts from:-

Me and My Girl

and

Salad Days.

Two favourite shows from the last 20 years

Wednesday, Thursday & Friday,
December 7th, 8th & 9th 2016.

At 7.30pm daily.

Winterbourne Community Centre,
Watleys End Road, Winterbourne.

Tickets £9 (including nibbles).

Telephone 01454 317408



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December at Winterbourne Library

Rhymetime:

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

Pre School Storytime (Term Time only):

Wednesdays 9.30 – 10.00am for stories and crafts

Stories Round the Christmas Tree:

seasonal stories, songs and a craft activity on
Wednesday 21st December 10.00 – 11.00am
Suitable for young children and their families

The Book Group for Parents will be meeting on

Friday 9th December 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 Saturday 3rd

and 17th December 10.00am – 12.00noon.

New members are always very welcome

Christmas Singalong

Friday 16th December 2.00-3.00pm

Join library staff and friends to sing a selection
of well-known carols and Christmas songs.



December at Bradley Stoke Library

Monday: 10:30 - 18:00 • Tuesday: 10:30 - 20:00

• Wednesday: closed

• Thursday: 10:30 - 18:00 • Friday: 10:30 - 20:00

• Saturday: 09:30 - 17:00 • Sunday: 11:00 - 15:00

Rhyme Time (Term time only)

Monday 5th December 10:30 - 11:00

Monday 12th December 10:30 - 11:00

Storytime (Term time only)

Thursday 1st December 11:00 - 11:30

Thursday 8th December 11:00 - 11:30

Thursday 15th December 11:00 - 11:30

Volunteer Drop in Session

Thursday 1st December 14:00 - 16:00

Chatterbooks

Saturday 3rd December 14:30 - 15:30

Craft Group

Saturday 10th December 10.30 – 12.00

Biggerbooks

Saturday 17th December 14:30 - 15:30

"Jingle All The Way" - Christmas Craft

Thursday December 22nd 10:30 - 12:00



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come and visit us...

Instore Butchery

Licensed cafe serving great food

eat in or take away.

Homemade ready meals, pastries
and pies, cakes, quiches and snacks.

Fresh fruit and veg

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We are on the Frome Valley walkway.
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Check out our social media for updates



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St. Michael's at Christmas

We always look forward to celebrating Christmas at St. Michael's CofE Primary School. The children have been very busy over the last few weeks getting things ready and rehearsing plays. Here are some of the exciting events which are happening at St. Michael's CofE Primary School over Christmas.

Christmas Fayre • Infant Nativity • Christmas Fun Evening • Reception Nativity • Class Christmas Parties • Whole School Pantomime • Christmas Lunch • Christmas Jumper Day

The Crossbow Singers Christmas Concert

The Crossbow Singers are now busy rehearsing for the Christmas Concert. This will take place on Monday and Tuesday, 12th and 13th December.

As usual, the programme will be packed full of seasonal melodies designed to put you in the Christmas mood. Our Musical Director, Carolyn Dutton, has been putting the choir through their paces, aimed at bringing out the best possible sound. So please come along and support your local choir.

The concerts start at 7.30 and tickets are £6 each. These will be available from November 1st, by contacting Rose on 01454 772675 for Monday tickets, or contact Mary on 01454 887885 if you would like to come along on Tuesday.

THE CROSSBOW SINGERS' CHRISTMAS CONCERT



A PROGRAMME OF CAROLS & POPULAR FESTIVE MUSIC WITH SPECIAL GUESTS 'THE FORTUNES'

**Monday & Tuesday
12TH & 13TH DECEMBER, 2016
7.30 PM**

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TICKETS £6.00

TICKETS FROM:
MONDAY 12TH - ROSE 01454 772675
TUESDAY 13TH - MARY 01454 887885

BIG BAND

at Chipping Sodbury Town Hall, BS37 6AD
on Tuesday 6 December 2016 at 7:30 pm



Mince Pies and Mulled
Wine on sale from:



Tickets available on the door Adults £13.00,

School-age children FREE

or from <http://www.ticketsource.co.uk/csmusicsociety>
(a small booking fee will apply)



For further information:
phone: 01454 315741
<http://csmusicsociety.co.uk>



Sheiling School Thornbury

Christmas Market

Saturday 3rd December

★ 12-4pm ★



Park Road, Thornbury, BS35 1HP

The Churches Together in Frampton Cotterell
& Coalpit Heath Invite you to

THE BIG CHRISTMAS SING FOR CHRISTIAN AID



A real COMMUNITY event, support your local
choirs and sing your favourite carols

Date: Thursday 1st December 2016

Time: 7pm to 9pm

Venue: St Peter's Church, Frampton Cotterell

Cost: Entrance free (retiring collection)

Call 01454 776618 for more information
Join Voices to Fight Poverty



The annual Santas on the Run 2k fun run is back in Bristol on Sunday 11 December 2016.

Grab your family, friends and colleagues (and dog!) and take part in this extraordinary dash across the city dressed as Santa and raise vital funds for local charity, Children's Hospice South West (CHSW).

Last year over 2,000 people descended upon Bristol's Harbourside dressed in their complimentary Santa suits to dance/walk/jog/skip their way round the city. The event was a huge success and raised over £53,000 in sponsorship for CHSW's Charlton Farm hospice, which supports approximately 200 families who have children with life-limiting or life-threatening conditions as well as over 55 bereaved families. Registration for Santas on the Run is £15.00 per adult, £7.50 per child or £37.50 for a family ticket and £135 for a team of 10 adults. Entry includes your Santa suit, medal and festive treats!

Sign up at www.chsw.org.uk/santasbristol

Boxing Day Mummers Play

On 26th December

The Christmas Boys & Winterbourne
Down Border Morris will be performing
at the usual spots :

10.30 Junction Stone Lane / The Dingle

11 am All Saints Church Hall

11.45 Colston Close

12.15 Cross Hands Down Rd.

Christmas Services

All Saints, Winterbourne Down

Wednesday 7 December, 6.15pm – Christingle Service

Sunday 18 December, 6.00pm – Carol Service

Saturday 24 December, 4.00pm – Crib Service

Sunday 25 December 9.15am – Said Holy Communion

Bethesda Methodist Church, Winterbourne Down

Saturday 3 December, 5 - 7pm – The Family Social Event, this will be games and light refreshments - hotdogs, sandwiches etc. Everybody welcome to join in the fun!

Sunday 4 December, 10.30am – Toy Service

Sunday 18 December 18th, 6.00pm – Joint Carol Service at All Saints

Saturday 24 December, 11.15 to 11.55pm – Christmas Eve Midnight Service

Sunday 25 December, 9.15 to 10.00am Christmas Day Family Service

Salem Methodist Church, Watley's End

Saturday 3 December, 10 am – Quiet Morning of readings and meditations on the Advent theme.

Sunday 4 December, 10.30 am – the first Sunday of Advent is the Christingle and Gift Service. Everyone is invited to bring a gift for the Bristol Methodist Centre – a centre where the homeless and vulnerable are made welcome – and to make a Christingle.

Wednesday 14 December – The local primary school will visit on for their Carol Service and in the evening the Guild will hold a Christmas evening with music and refreshments.

Sunday 18 December, 10.30 am – The Sunday School children will be presenting the Nativity story in their own special way on the morning. Followed by the Carol service, led by Mr Chris Leese at 6 pm.

Saturday 25 December, 9.15am – There is something for everyone at the Christmas morning service. This will be led by the vestry stewards. All are welcome.

St James the Less, Iron Acton

Sunday 11 December, 4.00pm – Christingle Service

Sunday 18 December, 6.30pm – Carol Service

Saturday 24 December, 4.00pm – Crib Service

Sunday 25 December, 9.15am – Family Communion

St Michaels the Archangel, Winterbourne

Saturday 10 December, 3.30pm – Carols in the Medieval Barn

Sunday 11 December, 3.30pm – Carols in the Medieval Barn

Sunday 18 December, 10.30am – Christingle Service & Holy Communion

Sunday 18 December, 6.00pm – Carol Service in the Church

Saturday 24 December, 4.00pm – Crib Service

Saturday 24 December, 11.30pm – Midnight Mass

Sunday 25 December, 10.30pm – Family Communion

St Peter's, Frampton Cotterell

Sunday 11 December, 4.00pm – Christingle Service

Sunday 18 December, 6.00pm – Carol Service

Saturday 24 December, 4.00pm – Crib Service

Saturday 24 December, 11.30pm – Midnight Mass

Sunday 25 December, 8.00am – Parish Communion

Sunday 25 December, 10.30am – Family Communion

St Saviour's, Coalpit Heath

Sunday 18 December, 6pm – Service of Christmas Carols and readings

Saturday 24 December, 5pm – Crib Service – dressing-up for children, with nativity story & tableau

Saturday 24 December, 11.30pm – Christmas Midnight Mass

Sunday 25 December, 10am – Christmas Day Family Communion Service



Dear Friends

Soon the Office Parties will be in full swing. "So here it is Merry Christmas" by Slade will ring out from our radios, especially if we are tuned to Radio 2. Already our schools are preparing for their nativity plays with their exciting new angles on the old story, as time travellers, donkeys, even mice discover the significance of this wondrous story! Our shops are in their full commercial swing tempting us to spend, spend, spend on those we love and the ice rinks are full of revellers despite the lack of snow!

Christmas is now a universal festival in which Christians, members of other faiths and none can have a good time. At a push, somewhere we find time for family, although these days that can be a multi-day epic in trying to fit it all in. So in amongst the tinsel and the mistletoe, somewhere between the party poppers and the 'hangover', please take time to reflect on what this season is all about. 'Glory to God in the highest and peace to his people on earth with whom he is well pleased' the angels sang. At Christmas we remember that God entered our human condition, became literally one of us and showed us a better way. We talk about a light which shines in the darkness and brings love, peace and hope to all humanity. We are called by Jesus to love each other as the greatest fulfilment of our love for God, as the true expression of being fully human.

Christmas and 'love' walk hand in hand, you don't need to party to the early hours to show love, you don't need to spend, spend, spend. God's love and grace are free, Christmas reminds us of that. Likewise, our love for each other needs to be freely given. In all the fun of the season do not forget that if the story we remember on the 25th is to go beyond the stable, then it has in some way got to transform our lives and how we treat each other. If we are open to that possibility then we can truly say 'Merry Christmas'

God Bless you and all you love this Christmas and always,

Malcolm Strange

Rector of the Fromeside Benefice of Churches

Zion United Church, Frampton Cotterell

Sunday 27 November, 10.30am – Gift Service

Sunday 18 December, 10.30am – Young People's Nativity

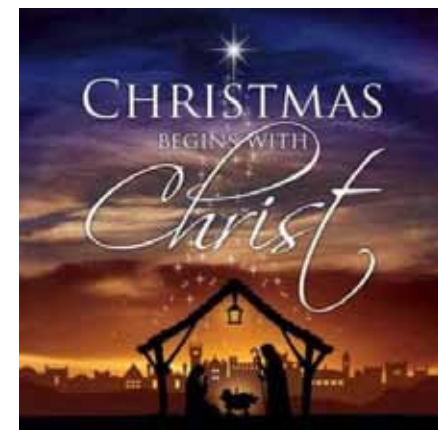
Sunday 18 December, 6pm – Carol Service with Orchestra

Saturday 24 December, 4.00pm – Christmas Eve Family Carols

Saturday 24 December, 11.15pm – Midnight Communion Service

Sunday 25 December, 10.30am – Family Celebration

Sunday 1 January, 4pm – United afternoon tea followed by an informal Carol Service





Five fresh approaches will be piloted in Bristol to boost older people's mental health and wellbeing

Positive wellbeing and good mental health are key when it comes to stopping older people from being lonely. Studies from similar projects suggest that about 75% of the people identified as isolated and lonely are likely to have some form of mental health problem, mostly depression, which could be the cause or result of their loneliness and isolation.

Funded by Bristol Ageing Better (BAB), 5 new pilot projects providing different approaches to enhancing older people's wellbeing will be rolled out in the coming months. The Bristol Ageing Better Programme aims to fund projects which identify the most isolated older people and that provide activities and services to empower them and improve their contact with their community.

Carers Support Centre are delighted to have received funding from BAB and to be working in partnership with Dhek Bhal to pilot a telephone counselling service for older carers. Keith Sinclair, CEO of Carers Support Centre, said: "We know that older carers face a range of issues including grief, loss, isolation and loneliness. The pilot aims to help older carers manage their own health and wellbeing better. Providing counselling by phone means that carers do not have to go out to an appointment, as leaving the person they care for on their own can be very difficult."

Second Step, a mental health charity based in Bristol, has also welcomed the announcement: "Second Step are very excited to be launching a pilot project in partnership with Brunelcare which will offer solutions-focused psychological interventions and holistic support to older people. Our aim is to provide support today to develop skills and improved resilience and connectedness for the long term", said Bryony Campbell, Operations Delivery Manager.

These pilot projects will run for 9 months, after which a larger service will be commissioned in Summer 2017.

www.bristolageingbetter.org.uk

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*For people aged 60 and over (or 50-59 if eligible to be registered for priority services).

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Remembering Roy Fudge

Winterbourne & Frampton Matters was pleased to hear from the Frampton Cotterell and Coalpit Heath Branch of the Royal British Legion this month, although it was with the sad news that the last of their branch members to have served in the 1939 - 1945 conflict has now passed away.

Mr Royston Fudge, late President of Frampton Cotterell and Coalpit Heath Branch of the Royal British Legion, passed away on 9th September 2016, aged 90 years. Roy joined the Royal Navy in 1942 and served with distinction till the end in 1945 on HMS Beagle, HMS Formidable and HMS Hogue. He was in the Battle of the Atlantic escorting vessels carrying supplies to Russia for which he was awarded two medals from the Russian Government - one from President Mikhael Gorbachev and one from President Vladimir Putin. He received an additional medal from the people of the Soviet Union in gratitude for his duties. Roy also served on one of the Ships that liberated the Channel Islands, for which he also received a medal.

Roy was very well known in the village, having lived in Frampton Cotterell for many years. He joined the Frampton Cotterell and Coalpit Heath Branch of the Royal British Legion, (RBL), where he remained a regular for the rest of his life. On speaking to members, Winterbourne Matters has heard that Roy was a young and active man despite his years. Always smiling and fun loving, he particularly loved his dancing; often on the door of the club he loved to get up on the dance floor - and this was still the same right up to just a few weeks before he died. Roy also loved his bingo and was a regular at the Coalpit Heath Miners' Club.

Roy liked to help others and took on the mantle of Branch Welfare Officer for many years, visiting those who were ill or infirm, and he always had a ready smile and a kind word wherever he visited.

Roy served on the Branch Committee and rose to become Branch President. He will always be remembered by the Officers and members of Frampton Cotterell and Coalpit Heath Branch of the Royal British Legion.

Rest in Peace Roy.

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Emma and Jo have lost 4 stone 3 pounds together!

Emma's Story – I had always been slim as a young adult. In 2011 I returned to the UK from the Philippines where I had been working but as I readjusted back to UK life, I began to put on weight. I made all kinds of excuses about it - it was the stress, it was English food, it was the weather, it was...my age...! The final straw came when I went for a routine medical appointment and the nurse said, 'You're overweight'.

So early in January 2016 I said to Jo, 'we're off to Slimming World this evening' and we went along to Watermore Infants School in Frampton Cotterell. Just over 6 months later I reached my target weight, having lost 1 stone 10 lb. Jo joined me at target a few weeks later.

I feel better, look better, and I'm much fitter. I had begun to hate pictures of myself and now I'm actually pleased and relieved when I see pics of me, and I've stopped avoiding the camera!!

Jo's Story – Like Emma, I had recently visited the GP surgery for a health check, and was shocked to hear the nurse tell me my weight. I knew that I should address my continuing weight gain, but it was hard to actually DO something about it.

So when I came in from work on the first Monday of 2016 and Emma said we were off to Slimming World, I was slightly taken aback.

But I decided to commit to the Slimming World way of life, and my mind-set around food changed.

Also, I started taking the dog for far more walks, walking between offices at work, and even running. It helped massively that Emma and I followed the Slimming World way of life together,

cooking and eating the same healthy food and encouraging each other - perhaps even being a bit competitive!! I finally hit my target weight loss of two and a half stone in early August. I am enjoying being consistently lighter than I have been for about twenty-five years, and feeling so much better for it!



Emma & Jo - before & after, below



Shopmobility South Gloucestershire, Yate Library, Yate Shopping Centre.

The service hires out battery powered scooters and also wheelchairs, to help people who have limited mobility to retain their independence and to use the facilities of the centre. You can also hire scooters and wheelchairs for longer term if required. If you have a South Glos Council Diamond card then you can use that on the service.

It has proved immensely popular and successful as it has enrolled many active users, who benefit greatly from its service.

The Shopmobility office is open Tuesday and Friday 9.30 am - 4 pm, and Thursday and Saturday 9.30 am - 2 pm

Or Telephone 01454 868718 or 07999574474 for more information or e-mail: shopmobilitysouthglos@yahoo.com

Events at WADCA

(Winterbourne & District Community Association)
Watleys End Road, BS36 1QG.

Wed 7th – Fri 9th December – “Trial by Jury” and music from “Me and My Girl” and “Salad Days”. Three very different British musicals from the 1870s, 1930s and 1950s, to celebrate 40 years of Winterbourne Musical Theatre. Tickets £9 from 01454 317408. www.winterbournemusical.co.uk

January 26th – 28th – Pirates of the River Frome. St Peters Players will perform this fun panto each evening at 7.30pm with an additional matinee on Saturday 28th January at 2.30pm.

Saturday 18th February – Fun Picture-based Team Quiz with John Parsons, 8pm. Tickets £6 from 01454 773370 from 1st January.

Friday 24th February 2017 – “Magical Mystery Four”. 8.30pm. Beatles cover band. Tickets £8. To book tel. 01454 776268 or 07972 821508 or email: ca.winterbourne@gmail.com

For details about local clubs or facilities for hire visit www.wadca.co.uk / 01454 776268.



Monday

Frampton Cottrell

Watermore Primary School
Opposite the Brockeridge
Centre, Woodend Road
5.30pm & 7.30pm
Tel: Alison
07972 376055

Tuesday

Winterbourne

The Greenfield Centre
Park Avenue
9.30am, 11.30am
5.30pm & 7.30pm
Tel: Frankie
07519 347243

Wednesday

Frampton Cottrell

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

Friday

Coalpit Heath

The Manor Hall
Coalpit Heath, 7.30pm
Tel: Lisa 07815 759118
New Morning Group

slimmingworld.co.uk 0344 897 8000

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

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

Dear Friends

So it is official we are now a Benefice, the Archdeacon commissioned and blessed us all at Iron Acton in a wonderful service and celebration on the 9th October. However the truth is, we have legally been a Benefice since the 27th July, so now both the Diocese and the Crown have given their blessing so its full steam ahead, all we need is the New Rector!

On the 8th December I will take up that position and together we will begin an exciting and challenging journey to truly establish the 'Fromeside Benefice' as a living and vibrant faith Community. Four distinct parishes, with their own traditions and uniqueness working together for the 'Kingdom of God' in this beautiful part of his world. What we can do better together we will and as for the rest we will encourage and offer loving support to each other in the key areas where we continue to minister in our particular local communities. We will be, I hope, a living example of 'Unity with Diversity'.

I have been asked to share with you this month what my priorities are? I believe there are three key areas which we need to focus on over the next 18 months;

1. Establishing the Benefice
2. Equipping ourselves for Discipleship and Mission
3. Work with Young People, Young Families and the Local Schools

We have already done a considerable amount of work here and our key focus will be to develop it further and cement our working partnership effectively. However as further ideas and initiatives grow, I want to see more of us readily embrace our corporate action, laying aside the limitations of parochialism, There will be so much more we can do effectively together if we share resources, use our many gifts and skills strategically, both underpinned with prayerful love.

If we are to successfully make connections within our communities bringing new disciples to faith within the Christian Community we have to first deepen our own faith both in study and prayer. I want to see the establishment of Study/Prayer Groups, meeting regularly to enable both study of and nurture in the faith, availing to everyone support and care. All this is vital if we are truly to discern Gods will for us as we move forward. If we are to make disciples of others I feel we must build ourselves up for the task ahead.

In the New Year I will be bringing together all who work with young people in our Parishes to discuss our strategy for taking this vital work forward. It seems to me that or greatest priority is to work with the Young and Young Families. Hopefully by Easter we will have introduced an alternative service to engage with those on the fringe of Church life and those who are seeking. I will also be giving a high ministerial priority to my work with the three Church schools and trying to establish stronger links with the other schools in the Benefice area. We must never forget that young people are 'The Church of today and the hope for tomorrow'.

It is for me a great privilege to serve you all as your New Rector, I believe deeply that God is calling us together to enable something powerful to happen for the Kingdom in our Benefice area. We will make connections with the local communities and each other, we will build on the traditions we hold dear and which have been established so lovingly over the years. But most of all, our four Parishes together will be a solid rock on which the Christian faith continues to be built and where love of God and love of neighbour will be at the heart of all we do.

Exciting times! God Bless

Malcolm Strange



All Saints Church, Winterbourne Down



The Dodington Parish Band will be performing their Christmas Concert at All Saints on Saturday 17th December, 7.30pm

Tickets available from Wendy 01454 886070 or come on the night. £10 per person to include canapes and wine.

Frampton Cotterell and Coalpit Heath Village Diary

December 2016

Thur 1st - Community Singalong. Crossbow, 2-3.30pm. £3 includes tea and cakes.

Fri 2nd - Brass Band concert, St Peters church, 7.30pm.

Fri 2nd - Quiz night, Crossbow, 8pm. Open to anyone £1.50 Tel. 01454 772947 www.fcdca.co.uk

Wed 7th, Thur 8th & Fri 9th - Winterbourne Musical Theatre '40 Years & Counting' triple bill show, WADCA, 7.30pm. Tickets £9 from 01454 317408. www.winterbournemusical.co.uk

Sat 10th & Sun 11th - Carols in the Barn, Winterbourne Medieval Barn, 3.30pm. Adult £2, child £1. Booking required, Tel. 01454 774479 www.winterbournebarn.org.uk

Sun 11th - Bingo Night, WADCA, Watleys End 7pm. Tel: 01454 776268 www.wadca.co.uk

Wed 14th - 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.

Thur 15th - Community World Dance, 2-4 pm, Zion Church Hall.

Fri 16th - Christmas Party & Meal, WADCA, Watleys End 7.30pm. £30/head. Tel: 01454 776268.

Fri 16th - Bingo Night, Crossbow, 8pm. All welcome. Tel. 772947 www.fcdca.co.uk

Wed 28th - Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a Singalong! Details from Jean 01454 775786 or Rona 01454 886925.

Sat 31st - New Year Party, WADCA, from 8pm. Tony Graham of "The Alligators" sings 50s, 60s, 70s hits and DJs your requests. £20 incl food. Adults only. www.wadca.co.uk

January 2017

Thur 5th - Community Singalong, Crossbow, 2-3.30pm. £3 includes tea and cakes.

Wed 11th - 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.

Thur 19th - Community World Dance, 2 - 4 pm, Zion Church Hall.

Wed 25th - Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a Singalong! Details from Jean 01454 775786 or Rona 01454 886925.

Thur 26th, Fri 27th & Sat 28th - "Pirates of the River Frome" Panto from St Peters Players, WADCA, Watleys End Road, 7.30pm (Two performances on Saturday with matinee at 2.30pm). Tickets £10 adult, £5 child.

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Morfa Bay Adventures

What a start our Year 6 had to the year – a five day residential in South Wales! It was an action packed week, filled with lots of fun activities.

Before we left Winterbourne, the bus was buzzing with excitement and the first of the sweets had already been opened! On arrival at Morfa Bay camp we were whisked straight off to squeeze into our wetsuits for the first activity – boobyboarding at Pendine Sands. I have never seen so many children (and adults) so happy to be in the water at once, splashing about and trying to catch the ultimate wave. Our first evening was spent 'hiking up and down dale' with the intention of wearing the children out for their first night away – it worked!

The rest of the week went equally as smoothly with our children participating in all of the activities with courage and vigour. Many of the activities were new to the children and one of the highlights for them must have been the mud assault course during which they rolled around in large muddy puddles, climbed through water filled concrete tubes and tested their balance skills out above large ponds of muddy water amongst numerous other obstacles. Fears of height and small spaces were overcome by many of the children who went climbing, on the high ropes course, the zip wire and caving.

The teamwork that was displayed throughout the week and the care the children had for each other was second to none – they were a real pleasure to take away. We returned with some very tired children, but they created memories that week which will last them a lifetime.

Kirsty Robson

Deputy Head, St Michael's Primary School, Winterbourne



Students of Winterbourne International Academy plan more fundraising for Mexico project

A group of students from Winterbourne International Academy are working hard to generate funds for an overseas project that will support two poor primary schools in a rural village of Mexico.

This bi-annual project, has previously seen Winterbourne's year 11 and 12 students help supply material and build a playground in a Mexican school while living with Spanish speaking Mexican families, going on cultural excursions to Mayan ruins, teaching English to primary children and helping with beach cleans.

The students, parents and teachers involved in the project have already generated £4598 for next years project thanks to cake sales, washing staff cars, 'rowing the English Channel', bag packing, a quiz nights, and collecting sponsorship for knitting the longest scarf!

During November the team successfully sold candles, cards, face painting, nail painting and refreshments at Winterbourne's Christmas Fair. They will also be running a year 7 & 8 discos and packing bags for customers at Marks&Spencers.

WIA would like to thank every who has donated so far including the Academy's clothing supplier Initially Yours, Viva La Mexicana, Otomi, Wahaca, Casa Mexicana, Chiquito's and Sainsburys.

Further information can be found on the Academy's website: www.trfwia.org.uk/mexico-2017-project. If you would like to donate to the project then please contact emma.kirby@trfwia.org.uk

Yate students offer Hair & Beauty treatments to the public

Cotswold Edge Sixth Formers studying Hair & Beauty at Yate International Academy are opening their doors to the public once a fortnight to deliver a range of beauty treatments.

During their opening on Thursday 10th November, students offered Eyelash perming, Eyebrow shaping, Eyebrow and Eyelash tinting and facials. Further treatments will be launched over the coming months

including spray tanning ear piercing, makeup, waxing, manicures and pedicures.

The impressive Hair & Beauty salon was built in 2012 as part of the new Academy building at Yate International and delivers vocational qualifications and real-life experience to students wishing to develop a career in the industry.

Bookings are available every other Thursday from 11:30am -5pm. There will be a small charge to cover the cost of the products. To book, please contact Kirsty. dennis@trfyia.org.uk





New Service 'COMMUNITY CONNECTORS' launched to help local residents improve their wellbeing

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.

For more information and to discuss how these services could benefit your service users, please contact Jack Bailey jack.bailey@curo-group.co.uk or Robin Woodward 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

Stay Well This Winter

A national campaign to help people prepare for winter weather has been launched across the country by NHS England and Public Health England. The message is to Stay Well This Winter and to encourage people most at risk from cold weather, including those with long-term health conditions and the over 65s, to prepare for the lower temperatures.

More people die over the course of each winter compared to other times of the year and there are a range of conditions worsened by the cold weather - 80 per cent of these deaths are accounted for by people with circulatory diseases (such as heart disease, lung illnesses and stroke), dementia and respiratory diseases (such as asthma).

Exposure to cold indoor or outdoor temperatures increases blood pressure, thereby increasing the risk of heart failure, kidney disease, stroke or dementia. Cold temperatures can also make blood more likely to clot, which can lead to heart attacks and stroke. In addition, cold can also affect the respiratory system, which reduces the lung's ability to fight off infection explaining why lower temperatures are linked with bronchitis and pneumonia.

Colder weather is not only associated with an increase in deaths but also has a significant impact on the number of people becoming ill, increasing the winter pressures felt by the health care services. Research shows that for every one degree centigrade drop below five degrees in outdoor average temperatures, there is more than a 10 per cent increase in older people consulting their GP for breathing problems, a 0.8 per cent increase in emergency hospital admissions and a 3.4 per cent increase in deaths.

The campaign messages, which includes TV, radio and social media, urge people to be ready for the colder season and to seek immediate advice and help from a pharmacist as soon as they feel unwell, before their condition gets more serious.

Professor Keith Willett, Medical Director for Acute Care at NHS England said: "The NHS is here to help but there are important things we can all do to take care of ourselves during the winter months. It is vital that the most vulnerable people take preventative steps to keep healthy and stay well. We have a high number of A&E attendances over this time that are due to issues which could have been avoided had people asked for medical advice at the first sign of illness.



Professor Paul Cosford, Director for Health Protection and Medical Director at Public Health England said:

"Throughout the cold weather, looking out for yourself and others is essential to keeping healthy. With winter on the way, now is a good time to make sure you, and those you know who may be particularly at risk from the cold, are as prepared as possible. If you qualify for the free flu jab, get it now. Also remember that eating a healthy, balanced diet and that staying physically active can keep you healthy.

"There are a variety of ways you can apply for help to keep your house warm, such as Winter Fuel Payments, Warm Home Discounts and Cold Weather Payments. If you meet the criteria, register for priority service with your energy and water suppliers.

"Try to maintain indoor temperatures to at least 18°C (65°F), particularly if you find it hard to get around, have a long-term illness or are 65 or over. You may prefer your living room to be slightly warmer. Make sure your gas, solid fuel and oil burning appliances are serviced by a registered engineer so that they are working effectively and safely before the winter sets in. If we all look out for each other this winter we can really make a difference."

Meteorologist and weather presenter Lucy Verasamy is also supporting the campaign. Lucy said:

"Cold weather narrows the blood vessels. This is why we see an increase in things like heart attacks over winter months. There are also other practical dangers when the weather gets cold such as icy pavements, which lead to an increase in slips and falls, particularly amongst the elderly. I'm supporting the Stay Well This Winter campaign because I really believe in raising awareness of the small steps we can take to look after ourselves and others when the mercury drops."

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If your group, organisation or business would benefit from appearing in this magazine please call Jaci on 01454 300 900.

Bristol charity launches Christmas Appeal

Southmead Hospital Charity today launched this year's Christmas Appeal to raise money to buy presents for every patient and every baby who is in one of North Bristol NHS Trust's hospitals over the festive period.

"For most of us, Christmas is a fun time to spend at home with family. But some people will be spending Christmas away from their loved ones, in hospital. With our Christmas Appeal we want to make that time a little bit better for them." Explains the Charity's Community Appeals Manager, Adrian Brown.

"With everyone's help we can give our patients who are here over Christmas something to unwrap on Christmas Day. We also want to thank our staff who will be hard at work here."

There are lots of ways people can support the Charity's Christmas Appeal and help spread some sparkle at Southmead:

- **The Great Brunel Buskathon Christmas Special** Pop in to Southmead Hospital's Brunel building for live music on most days throughout December and make a donation to the Christmas Appeal. Our performers will also be in Broadmead on Friday 2nd December, and John Lewis on Saturday 10th and Sunday 11th December.
- **Knit a wonky-eyed teddy** Knit a wonky-eyed teddy to give as a woolly gift to a baby who is in hospital. Follow the simple pattern, choose a special name for your teddy, and send it in.
- **Dedicate a decoration** For £5 dedicate a decoration to someone you love, or miss, or just want to thank to decorate our special tree at the hospital.
- **The Festive Sock Drop** Simply buy a pair of festive socks and drop them off at the Charity – they'll be given as part of the Christmas presents for patients.
- **John Lewis Christmas Display** Visit the cosy Christmas room set which will be on display in the Brunel building from 1 December, thanks to the generosity of John Lewis Cribbs Causeway. Take a selfie in the armchair, post it online using #SHCXmas, and make a donation!
- **Charity Christmas Float** Keep an eye out for the Southmead Hospital Charity Christmas Float which will be on tour around North Bristol, raising money for our Emergency Department.
- **Festive Bake Well cake sales** Pop in to the Brunel building for a festive treat on Mondays and Wednesdays, or host your own festive Bake Well sale at your school, work or club.

Full details of all of the Appeal's activities including the full list of Buskathon performances, teddy pattern and Float timetable are on our website:

www.southmeadhospitalcharity/christmas



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