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Matters

Jan 2017



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Members benefit from a free towel and car parking as well as receiving a 25% discount in the hotel's food and beverage areas. Additional benefits include social activities such as quiz nights, Summer BBQ and a Christmas Party.

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**Terms & Conditions: This voucher entitles you to 5 x 1 day passes to be used in a 2 week period from date of activation. Available to first time visitors only. Visitors must be 18 years and over and must call in advance of the first visit 0117 970 1462 to arrange a time. This offer cannot be used in conjunction with any other offer. We reserve the right to cancel or vary this offer without prior notice. Subject to availability. For full terms ask in club.*



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when joining in January 2017





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5 day trial to be used during January & February 2017, further terms apply see note above

Dear Residents,

A warm welcome to the January 2017 issue of Winterbourne & Frampton Matters, we hope the new year ahead brings you much happiness.

If you are looking to get involved with your local community this year, you can make a positive difference by volunteering. There are many wonderful groups enjoying working together to achieve great things. You will find evidence of this throughout the magazine with updates from the Floral Friends of Frampton (some of which are our cover girls), Splatts Abbey Wood, Winterbourne Medieval Barn and WADCA community centre, who are keen to enlist enthusiastic local people this year to assist with further improving the community resource. Why not feel good and get involved!

Although Christmas is over for another year, there are still local events taking place to look forward to, St Peter's Players presents Pirates of the River Frome at the end of this month which is not to be missed, Oh no it isn't!

You can check out other activities that you might like to join in, on the Community Notice board and Village Diary.

We are pleased to bring you account of heart warming, festive celebrations enjoyed by local schools and Women Institutes.

Thank you for supporting your community magazine for another year, please get in touch with us throughout 2017, we love to share your events and good news stories.



Kerry & Jaci x

community@mattersmagazines.co.uk 01454 300900

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Did you know South Gloucestershire Council runs MOT tests at its purpose-built facility in Yate?

Local authority MOT testing facilities are recommended by financial experts including Martin Lewis, of MoneySavingExpert.com, because they do not offer repairs and are therefore truly independent.

South Gloucestershire Council's MOT station, at Broad Lane in Yate, does not offer deals but the pass rate is high because the authority's team of highly experienced mechanics will never fail your car for 'faults' which aren't really there.

There is a waiting area with free WiFi and a café on site and staff are on hand to go the extra mile to help.

Motorists who have been using the facility for years come back time and again because they know they are guaranteed an objective test.

"The present facilities are a credit to the council. The staff have always, and continue to be, first class," said one customer.

"Can't fault it – 10 out of 10," said another.

Martin Lewis says: *"The feedback we've received from council run MOT centres is fantastic, as people tend to find their vehicle passes with far less faults – though important safety problems are always highlighted.*

"The fact councils don't offer repairs and therefore have no vested interest in erring on the side of fails has a lot to do with it."

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Tel: 01454 863920

Email: mot.bookings@southglos.gov.uk

Address: MOT Test Centre, Broad Lane,
Engine Common Lane, Yate, Bristol BS37 7PN

Council MOTs are recommended by the Money Advice Service

www.southglos.gov.uk



News from WADCA

Winterbourne & District Community Association,
Watleys End Rd, Winterbourne BS36 1QG

Have you made New Year's Resolutions? Get fit? Get out more?

Learn something new? Well take a look at what WADCA has to offer.

There are a host of regular clubs and activities based at the Community Centre covering all sorts of sports from martial arts to short mat bowls, plus dance, drama, musical theatre, scrabble and more. The badminton club is looking for more members to play on Monday or Tuesday evenings from 8pm to 10pm – ring Robert Britton on 01454 775050 or 07788 271410. It costs £25 a year plus £2 per session. The Musical Theatre group is looking for a stage manager and more backstage help for their October show – contact through the website www.winterbournemusical.co.uk.

If what you're looking for is not already up and running, maybe now is the time to start up your own group? Contact WADCA on 07972 821508 or ca.winterbourne@gmail.com to discuss room hire. Hall, skittle alley and sport hall are all available for private parties and social occasions. Bar and catering can be provided. The newly-fitted kitchen can also be hired. Membership of the Community Association is only £6 a year and allows WADCA to maintain high quality local facilities available for the community.

Perhaps your New Year's Resolution is to give something back to the community? WADCA is a volunteer-run community organisation and would always welcome new volunteers. If you can spare a couple of hours a month, why not come on the management committee. Or maybe you can offer voluntary help with building maintenance and improvements, gardening, bar work, or fundraising. If you can offer anything, please contact us. Volunteering can be very rewarding and can help you meet new friends and get more involved with your community.



Events at WADCA

Watleys End Road, BS36 1QG.

Tuesday 10th January – Community Coffee Morning, 10.30am - 12.30pm. All welcome.

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.

Tuesday 14th February – Community Coffee Morning, 10.30am - 12.30pm. All welcome.

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

Saturday 4th March 2017 – Red Baron Disco. Tickets from ca.winterbourne@gmail.com or Tel: 01454 776268 or 07972 821508 or Facebook.

Tuesday 14th March – Community Coffee Morning, 10.30am - 12.30pm. All welcome.

Future Plans at WADCA

Over the coming months WADCA will be working on a grant application, as we wish to carry out a full refurbishment, update of the facility and improve the already fantastic space that we have here to offer for hire, clubs, events, conferences etc.

Where possible, we would like to collaborate with local businesses on areas that may benefit us all, such as signage, car parking, advertising etc. If any business reading this has any ideas of things that may support each other for the future, then please feel free to contact us, we can easily get together for a chat at a time that is convenient to all.

We are also planning to run a competition to redesign our outdoor spaces and welcome help with this. It would be wonderful to get a group of volunteers together to maintain and utilise it for the people around the area and visitors to WADCA. It could be garden space, art installation, children play area, whatever the imagination brings for entries. If there are any enthusiastic people who would like to get a group together of community people, please do get in touch with Mandy Nicholls at WADCA on **01454 776268**, we hope to hear from you soon!

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Looking to the year ahead with Winterbourne Medieval Barn

Winterbourne Medieval Barn Trust (WMBT) is in the process of finalising a varied programme of events for 2017, and a list of events is attached. All details will be shown on the

website – www.winterbournebarn.org.uk

Winterbourne Medieval Barn is currently being supported by the Heritage Lottery Fund (HLF) and has appointed a team of consultants to manage the development project for the long-term future of the Barn as a community and heritage asset. This requires the Trust to raise £400,000 in the next year to release £1M of funding from the HLF at the end of 2017. The final appointments to the team of consultants have recently been made, with Steve Simkins of West Waddy ADP from Oxford as the Architect, and Interpretation Design provided by Steve Roberts of Footprint Design in Stroud.

This is an exciting time for the Medieval Barn, and the Trust would be delighted to hear from more local people who would like to be involved as volunteers. People can give as much or as little time to the project as suits them, and while certain skills are very useful for some roles, there are plenty of volunteering opportunities for people with no particular experience. Those who enjoy hands-on physical work might like to help with "Barnforce" who meet one Saturday morning a month, or the Gardening Group who meet on a Friday morning (ring 01454 775306). But the Barn would also love to have more people to help out at one of the Events, maybe as a car park attendant, or manning a stall, or standing on the gate, or helping with setting out or clearing up. Many hands make light work as they say! Volunteering can be a very rewarding experience, and can introduce you to new friends and new activities you might never have considered. Potential volunteers can contact the Trust through the website or by emailing – sue.parsons6@btinternet.com or if you do not have internet access ring 0117 957 4921.

For those unable to get involved in person, financial help can be given to this magnificent medieval

building by becoming a member for just £5 a year (see WMBT website) or if you are a Co-op Member by nominating WMBT to receive money from the Co-op Local Community Fund. Just log-in to www.coop.co.uk/membership and choose Winterbourne Medieval Barn Trust.

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.

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



Une leçon de Français à Winterbourne Academy

At the end of last term, our current Year 6 were treated to a French lesson at the Winterbourne International Academy. Mrs Nathalie Adams hosted the event, which gave our pupils the chance to interact with some Year 7s and experience a lesson taught entirely in French. The pupils learnt some new vocabulary around the topic of clothes and there was great participation in the games and the speaking exercises. I was particularly impressed with their attitude to learning and their exemplary behaviour. They were a pleasure to take and certainly represented our school well. Bravo! Each pupil received a personal certificate and some even earned guild points for their older peers. Here are some of the comments made by the pupils:

"I learnt that the teacher says everything in French."
(Sam Parsons).

"It was fun. The things I have learned today, I will remember in Year 7." (Lucy Nicholas).

"I really liked working with my partner. It will give me a head start at WIA" (Ellie Bennett)

"It got me ready for Year 7" (Finn Anderson)

"I definitely enjoyed the French lesson because I learnt lots and enjoyed talking to the Year 7s." (Jemima Clarke)

"I liked all the games." (Ella Starr)



H Wishart (French Coordinator)

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Start the New Year Pain Free

With Osteomyologist Dawn Clode Lic MET, Lic CR, FAO

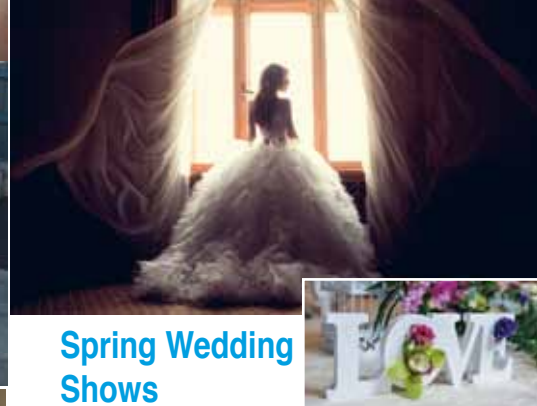
Many of us live with pain of some sort – aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier, healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

From her Holistic Health Practice in Little Stoke, Dawn treats people of all ages, suffering with numerous different types of physical or emotional pain.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

For some people one session is enough to rectify their pain completely; for others a few sessions are required. Dawn told me, "The ideal is to balance the patient, get them moving in tune with themselves, and then see them every few months for a check up to ensure that you are on track!"

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491** or visit: www.life-and-soul-empowerment.co.uk



Spring Wedding Shows

This Spring, Wedding Show Organiser, WOW Weddings Shows West have organised some fabulous Wedding Shows for you to enjoy. All of their Shows are FREE but still manage to offer you the best entertainment, amazing suppliers and outstanding venues.

Sunday 22nd January 2017 sees The North Bristol Wedding Show taking place at the newly named Doubletree by Hilton North Bristol, Bradley Stoke. The Hotel has been refurbished and upgraded, so we will be showing off the new Function Suite and Bedrooms on the day.

There will be many suppliers, including cakes, dresses, décor, photobooth, photography, transport, wedding rings, stationery and so much more.

So join us at this wonderful Wedding Show, enjoy your bubbly and canapes on arrival and meet the fabulous wedding suppliers and of course, view the new decor! Visit the Show's website for further information and also a chance to win a bridal hair accessory!

www.TheNorthBristolWeddingShow.co.uk

Diary of Wedding Shows

WOW Wedding Shows West's other Shows include:

January Shows:

Stonehouse Court Hotel (15th Jan),
Doubletree by Hilton North Bristol (22nd Jan)
Cheltenham Chase Hotel (29th Jan).

February Shows:

Guildhall, Bath (12th Feb)
Ashton Court Mansion (19th Feb)
Cheltenham Racecourse (26th Feb)

For further information on all WOW Wedding Shows, please go to <http://www.wowweddingshowswest.co.uk>

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Call me on: **07964 991689**

E: Catherine@SmartHypnotherapy.co.uk

Based in Winterbourne

Love Life - Live Happy in 2017

Well Frampton Cottrell, Coalpit Heath and Winterbourne members are starting 2017 off over 979 stones lighter! Thanks to the support from there Slimming World Consultants Frankie, Lisa and Alison, who themselves have lost over 10 stone between them. They are helping almost 300 members live a healthier lifestyle each and every week.

"Since losing 2 1/2 stone myself over three years ago and seeing the difference it has made not just to my health, but my young family. I love seeing people change before my eyes. Knowing that they aren't dieting but changing the way they cook, shop and eat as part of a lifestyle change. The way the groups help and support each other never fails to blow me away," says Lisa who runs two local groups.

But Slimming World doesn't only help people to change the food that they are eating. Frankie has developed the love of running. *"Though what we put in to our bodies is vital for weight loss, Body Magic is the key for an active lifestyle and as a target member."* Frankie regularly goes out running to maintain this.

"We see amazing weight losses and support within our groups each and every week," says Alison, "but it doesn't stop there. We are there for our members all the way to their target weight and beyond. Between our 5 groups we have seen almost 130 members reach their dream weight loss target. We welcome them to still attend group to support and to offer advice to other members. We are all really excited about the New Year and the many more local people we can help find a happier, healthier them in 2017."

For more information about local groups please search 'Frampton, Coalpit Heath and Winterbourne Slimming World' on Facebook or check out www.slimmingworld.com



Local Mother & Daughter win bronze at Martial Arts World Championship

Young Frampton Cottrell 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.



live happy!

with
Slimming World

Monday

Frampton Cottrell

Watermore Primary School
Opposite the Broomfield
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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Yarn-bombed Christmas Tree to Double as Blankets for Homeless

Knitters from a local church have not only created their own Christmas tree from yarn – but when the decorations come down they're recycling it into blankets for local homeless charities.

Over 800 woolly green squares have been knitted or crocheted and then stacked into a 6 foot tall Christmas tree by the St Michael's Yarn Bombers from Stoke Gifford. Whilst 1000s of real Christmas trees are recycled into compost – the knitted tree will be dismantled and sewn into at least 10 woolly blankets for two Bristol charities supporting homeless people.

The yarn bombing group has been delighting local people with surprise displays and decorations at community events in Stoke Gifford since early 2016. But when they launched the Christmas tree project they were joined by around 100 other knitters across Bristol and beyond. Church members, craft groups, family, friends and children produced squares. They were even sent three green squares from a knitter in Washington DC in the United States!

848 different green squares have been stacked into to the woolly Christmas tree. 816 have been knitted or crocheted. 32 are made of felt and were decorated by children at the Messy Church which meets once a month at St Michael's, Stoke Gifford.

Kia Harris, one of the leaders of St Michael's Yarn Bombers, said,

"At St Michael's we strive to be the heart of the community, by living to make a difference. Involving so many people is helping us to celebrate Christmas as a whole community, and very soon our work will be making a real difference to homeless people in Bristol as well."



The group estimate they have enough knitted squares to make over 10 warm blankets which will be donated to Emmaus Bristol and the Julian Trust Night Shelter – charities which St Michael's Church has supported for many years.

The idea originally came from a craft group in East Anglia, but has exceeded all expectations as it caught the imagination of knitters across the local community and beyond. While the knitted tree is now finished, it's not too late for more squares to be added to the project. Contributions need to be 6 inches (15cm) square, made from any yarn, in any stitch. Donations can be dropped into the St Michael's Church Office on North Road, Stoke Gifford.

Further details can be found at the St Michael's Yarn Bombers (SMYB) Facebook page.



Members of the St Michael's Yarn Bombers (SMYB) shown left to right: Debbie Bambridge, Emily Preston, Kia Harris, Sara Clothier, Zoe Garde-Evans



Fromeside Gymnastics Club

- Pre School Classes for walking age - 4yrs - mornings & early afternoons Monday - Friday.
- Recreational classes for school age children 4 - 17yrs - weekday evenings & Saturday morning.
- Adult sessions 18+ Monday 9-10:30am
- Over 50's fitness group - Friday 10-11am



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

Elm Park put on a Good Show



Reception Nativity at Elm Park – The children in our Reception classes learnt about the Nativity story. We are incredibly proud of our Reception children as they worked hard to learn the songs and lines for the show. All of the children performed well and enjoyed having the opportunity to perform to a large audience.

Key Stage One Christmas Performance – The children enjoyed presenting a nativity play with a twist! The children in year 1 and 2 performed 'The Sleepy Stargazer' to the school and their parents. As you can see by this photo – they all looked fabulous in their costumes as they showed off their fantastic acting skills. This was all topped off with wonderful singing from all of the children. We look forward to the new term.

Mrs Bond, Deputy Head at Elm Park Primary School, Winterbourne



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Downend - Nailsea - Portishead - Westbury-on-Trym
GLOUCESTER: Abbeydale - Quedgeley - Stroud

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

THORNBURY SEA CADET UNIT IS LOOKING FOR ADULT VOLUNTEERS

Every week across the UK thousands of young people, aged between 10 and 18, get involved in Sea Cadet activities. To make this happen we need the help of volunteers. We have lots of roles to match your skills from instructional staff to unit management. Instructional opportunities range from sailing to marine engineering, navigation to catering, first aid to adventure training. Training for would-be cadet instructors is available so anyone interested should not be put off because they don't know anything/much about a particular subject. Unit Management opportunities include marketing and PR, asset management (buildings or boats or equipment), organising events, recruitment (adult volunteers and cadets).

Date/Time: We meet every Monday and Thursday, 1845-2100.

Please get in touch on how to find out more,

Email: ChairmanThornburySeaCadets@gmail.com
Telephone: 07803 259 511

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



Spiritual Warfare & Kingdom Advancement

21st - 25th August 2017

(Monday coffee time to Friday lunch time)

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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 January 12th at 7.30pm
is a talk on Unusual plants of the world by
George Hargreaves

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

New Years Eve Party

Saturday 31st December 8pm to 1am

Tickets £8 per person - includes first drink*

Disco & party favours supplied

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(no prams or pushchair allowed)

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CONCERT Band of the Avon Fire & Rescue Service



Raising money for the ...



Monday, 20th February 2017
7.45 p.m.

Winterbourne Down Methodist Church

Entrance Ticket: Adults £5.00

Children free, when accompanied by an adult

Tickets can be purchased from Carnival Committee members or telephone 01454 777820 for information

Price includes light refreshments

Christingle Service
Sunday 29 January, 6pm at
St Saviours, Coalpit Heath.
In aid of The Children's Society
Children's Society collecting boxes can be brought along for counting and emptying. Hear news about the work of the Society and everyone gets a Christingle orange.

The Manor Hall at Coalpit Heath

Registered Charity Number 1093035



Community coffee mornings on 18th January & 15th February 2017

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.

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 07926173042

Friday 20th January
Bradley Stoke Rotary Club are holding a
Wine and Cheese evening
at All Saints Church Hall,
Winterbourne Down £12 to include a delicious ploughman's supper. Contact Karen Holley 07540458119 for tickets.

Know Your Place touring Exhibition

Have you ever wondered what makes a place the way it is now? Or wished you could travel back in time and discover how your area has changed over the years?

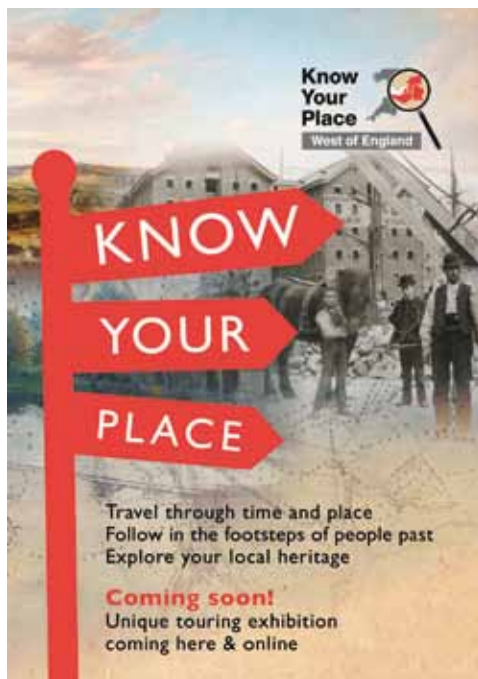
Know Your Place is a cutting-edge exhibition which is coming to Bradley Stoke Library from 5th January to 28th February 2017 as part of an ambitious tour to 12 venues across the West of England running from November 2016 to April 2017.

The exhibition will also be available online and can be viewed from any smartphone or connected device.

Featuring extraordinary images from archives, museums and heritage collections across the West of England, Know Your Place gives an unique insight into the history of the places where we live, work and visit every day.

This exhibition is part of Know Your Place – West of England, the digital mapping project to share your neighbourhood's heritage online through old maps, historic images and heritage data.

Find out more at: www.kypwest.org.uk/exhibition
This exhibition is supported by the Heritage Lottery Fund.



News from Floral Friends of Frampton

Tree Festival –

Floral Friends set up a Christmas tree in St Peter's Church as part of the Tree Festival (held in support of Wateraid) to celebrate the start of the Christmas Season. There were many other trees on display from local community groups and businesses that all looked amazing.

Community Sensory Garden –

Work continues on the new community sensory garden at the Brockeridge Centre, as a bark area is created and resin bound surfaces are laid in preparation for two seating areas (see images right). Floral Friends will plant fragrant herbs in the Spring to border the paths and create a sensory haven

for people and wildlife. A formal opening of the Garden is planned for Saturday 29th April 2017. More details will be available shortly.

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://fframpton.wix.com/frampton-cotterell> – and if you'd like to help us (no gardening experience necessary!) please email us at floralfriendsofframpton@gmail.com



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Keep Cool with 'The Snow Queen' this February

The Thornbury Musical Theatre Group will be performing 'The Snow Queen' at the Armstrong Hall in Thornbury from Wednesday 15 to Saturday 18 February.

TMTG follows last year's Rose Bowl Award-winning pantomime, with this super-cool offering, written and directed by their own Lizzie Lindsell. Based on Hans Christian Anderson's fairy tale, 'The Snow Queen' is packed with all the traditional fun – audience participation, hilarious comedy, catchy music, drama, romance... and tap-dancing penguins!

Around February in the town of Björnburg, the Winter Fairy passes the Season Baton to the Sprite of the Spring. But this year Queen Bianca is determined to make sure it stays winter forever! With her snowflake subjects to obey her every command, will she succeed? Can young Kristin save her fiancé Henrik from the Queen's icy clutches? Will Dame Gerda ever manage to organise her granddaughter's wedding? So come in out of the cold for this frozen frolic; it'll be "ice" to see you!

Performances are 7.30 pm nightly and matinées at 2.30 pm on the Friday and Saturday. Tickets are bookable online at www.tmtg.org.uk with no booking fee. £12.50 Adults, Concessions £10.50/£11.50 and a family ticket for 4 costs £40. Group discounts of 10% for 10+ seats can be arranged via the Box Office or online. For enquiries call Angie at the Box Office on 07516 270140. Thanks goes to Lisa Costa Residential Sales and Lettings for their generous offer to run the Box Office at 53 High Street, from Saturday 7 January. The staff are big fans of TMTG and always delighted to meet audience members, but remember it's a very busy office so please be patient if they're not available the first time you call.

For more information about 'The Snow Queen' and the dramatic group generally, take a look at www.tmtg.org.uk. You can also follow them on Facebook.



How computing supports our learning at St Michael's Primary

It has been an exciting term in St Michael's Primary School, with many classes using a range of software and hardware (on and off screen resources) to programme, animate and design.

Our Year 2 class have been writing programmes to get pro bots and bee bots to move about in the classroom. The children have had to work together as a team and use their problem solving skills to ensure their robot moves to its end location.

Our Year 4 class have been inspired by Aardman animations, particularly the creation of Morph, and have explored the history of animation. They have begun to use programmes to create their own multi framed, mischievous Morph animations. The children have developed their media skills alongside laughing aloud at their hilarious creations. These lessons leave everyone with a smile on their faces!

Our Year 5 class have been replaced with a classroom of architects! They have been using a programme called Sketch Up to design onscreen three dimensional houses. Their creations could rival those on 'Grand Designs'. The class have shown a passion and great enthusiasm for their learning.

Our Year 6 class have developed their own animated stories this term. They have used a programme called scratch to bring stories to life and entertain an audience. It is always amazing to see the children work creatively and together to produce fantastic and engaging work that others of all ages would enjoy. Not only are their stories fascinating but the programming they have developed is incredible!



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www.winterbournepreschool.co.uk

E: enquire@winterbournepreschool.co.uk

The Greenfield Centre, Park Avenue, Winterbourne



News from – Frampton Cotterell WI

At the end of 2016 we held our AGM, featuring a review of the past year with an update from the Committee, followed by elections for next year's Committee members. There was also a Christmas Craft Evening on the 24th November, where we met up at Crossbow House, to make jeweled and felt Christmas tree decorations, which was great fun.

December brought a number of festive social events, 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 have our annual members' meal out to look forward to at Alveston House Hotel near Thornbury. For our January meeting, we are

due to be given a talk by Myriam Rogers from Beauty Plus in Frampton Cotterell – Myriam will be giving us all some hints and tips on top to toe winter health and beauty care to give us an inspirational start to the New Year.

A new events programme for the New Year is currently being organised – please watch this space for further details, however to give you some idea of the range of subjects we already have a drum workshop, history talk and cheese and wine event in mind!

Visitors are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the 4th 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. Please search FramptonCottWI to find out more, and do like our page.



News from Coalpit Heath WI

We ended 2016 busily creating festive, crafting bits and bobs ready for the St Saviours church fete. It was a cold, sunny day and there was a lovely atmosphere in the church hall. Earlier in November Rosemary Knight held a coffee morning, selling costume jewellery also in aid of the Church – and on the day with sales from the jewellery and our WI craft stall we raised £130 for St Saviours.

The annual trip to a Christmas market, this year took our ladies by train to Cardiff. A thoroughly good time was had by all. Jennie Mitchell does a sterling job of organising and I know she is on the case ready for next year.

At our monthly craft meeting we made stars made from beads, ready for the St Peter's Christmas tree festival. Our advent tree, complete with little advent surprise boxes looked lovely with all the other festive trees. At the end of the day, all our little boxes were sold so we were to be able to contribute the takings to Water Aid. Good to see so many community groups taking part in the event.

Unfortunately our speaker for December had to cancel due to a family illness so it was all a bit last minute but we managed to pull a Christmas music quiz out of the bag. I have never heard the hall so quiet, you could hear the cogs turning. Then with the Guess that Christmas tune round, there was a great deal of humming – all very good fun. I think the mulled wine helped! Well done to Leigh Smith who volunteered her service as chief mulled wine taster, after 2 glasses, she declared it fit for WI consumption. Thank you to all the visitors who attended – we hope to see you again very soon.

Sarah Purchase did a wonderful job making our Christmas hampers this year, for the raffle, they looked amazing. Not content on having a treat ourselves, there were also donations for the food bank – thank you to all who gave. Let's hope they make someone's Christmas a little easier.

There were more mince pies and mulled wine at the carol service at St Saviours, in aid of the Frenchay After Burns Children's Club.

Happy New Year, let's make 2017 a great one!



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 14 February 2017 – 7.30pm – IVO VARBANOV and FIAMMETTA TARLI – Pianist, Ivo Varbanov, is a leading figure of Bulgarian music and culture abroad. Career highlights include performances at the Wigmore Hall, Cadogan Hall and St. John's Smith Square in London, Carnegie Recital Hall in New York, and the Philharmonic Hall in St. Petersburg. He is partnered in duets by his wife Fiammetta Tarli.

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



Jan & Feb 2017 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.

The Craft Group will be meeting on the following Saturdays – 14 and 28 January and 11 and 25 February 2017, 10.00am – 12.00noon. New members will always be made welcome by this friendly group. Share tips and ideas for your knitting, sewing or crochet projects.

South Gloucestershire and Stroud College Computer Classes for Beginners

South Gloucestershire and Stroud College will be running their next FREE course for beginners starting on 30 January. This is an eighteen week course that takes place at Winterbourne library on a Monday morning 9.30am – 12.00 noon. Please speak to a member of staff to book your place.

If you don't have time for an extended course then Mike, our IT volunteer, is on hand every Wednesday morning 10.00am – 12.00 noon. Mike can help you with all your computer queries, from setting up an iPad to accessing Universal Jobmatch as well as helping you to get started with Learn My Way, an

online course for beginners. You can book a one to one session with Mike by speaking to a member of staff.

February Half Term Activity:

Come and join us for 'Out of this World!' and make some space and alien crafts.

Our FREE holiday drop-in will be on Wednesday 15th February 10.00 – 11.30am.

Suitable for the primary age range.

More great services: Other facilities at Winterbourne library include daily papers, laminating and fax services (charges apply), free internet access and free WiFi.

Staff will always be happy to make you a cup of tea or coffee for only 40p.

Did you know that you can reserve and renew books online? You can also download e-books, e-audiobooks and e-magazines. Find out all that's on offer on our website.

Winterbourne Library Staff would like to wish everyone a Very Happy New Year!

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

Frampton Cotterell & Coalpit Heath – Walking for Health

Short Strolls 1 – 2 miles or less on easy terrain

Wed 4 Jan: Duck Pond & Blackberry Brake

Gentle footpath stroll at village edge. 2 miles, approx 1 hour. Meeting at 10.30am, Miners Village Hall, Badminton Rd, Coalpit Heath, BS36 2QB. Bus Routes 46, 47, 86. Park on right in car park – or side roads if not using Hall. There is a café stop during walk.

Tues 17 Jan: Old Mill & Centenary Field

Short stroll with historical interest 4. 1.5 miles, approx 45mins. Meeting at 10.30am, St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB. Bus routes 46, 82. Park in Mill Lane. Coffee & cake £1.50

Wed 1 Feb: Country Stroll by Half Moon fields

Pleasant country views. 2 miles, approx 1 hour. Meeting at 10.30am, Badminton Arms, Badminton Rd, Coalpit Heath BS36 2KJ. Bus route 46, 47, 86. Park in Woodside Rd if not using pub.

Tues 21 Feb, Bury Fields & Woods

Varied scenery in Frome Valley & pretty lanes. 1.8 miles, approx 1 hour. Meeting at 10.30am, Golden Heart pub in Down Road, off A432 at Kendleshire BS36 1AU. Bus route 47. Park at bottom of pub car park.

Wed 8 March, Stroll to Hover's Ford

Country track with lovely views across Frome Valley. 2 miles, approx 1 hour. Meeting at 10.30am, opposite café, Church Rd, Frampton Cotterell BS36 2JX. Bus route 82. Park on side road.

Tues 21 March, Glebe Daffodil Stroll

Gentle riverside stroll with grassland. 1.5 miles, approx 45 mins. Meeting at 10.30am, St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB. Bus route 46, 82. Park in Mill Lane. Coffee & Cake £1.50.

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

Pantomime Matters - News from St Peter's Players

St Peter's Players was formed in 1999 and our first production was the pantomime Cinderella at Crossbow House in Frampton Cotterell. Since then, the pantomimes have moved to the Winterbourne Community Centre (WADCA) which is a larger venue, seating around 120 per performance.

From 1999 to 2010, the pantomimes were written and directed by Godfrey Laundry. However, Godfrey decided to have a rest from pantomime, having written and directed ten pantomimes for us. So, after a year's break, we returned in February 2012 on our own with the pantomime King Arthur by Chris Liversidge (as supplied by Limelight Scripts).

This was our first foray into buying a script, and following King Arthur; Carolie Green took the bit between her teeth and wrote the next two scripts and directed The Sleeping Beauty and Cinderella.

St Peter's Players are a friendly bunch of like-minded people who enjoy putting on pantomimes, either being involved in acting or backstage or both and we have raised money for local charities such as Paul's Place as well as supporting St Peter's Church, Frampton Cotterell.

In January 2017 (see full details on poster below), we are returning to a seafaring theme with a "piratical panto" Pirates of the River Frome, again from the pen of Carolie Green, directed by Rosie Williams and assisted and produced by Hamish Constable.

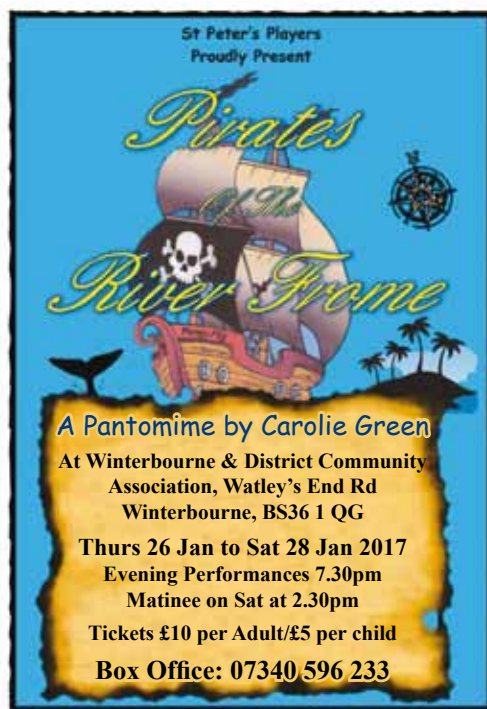
Please join us in 2017

Putting on a pantomime is great fun, but it is also hard work and requires organisation, commitment and a certain amount of madness to get it going and make it work.

If we were to continue and be able to put on a new pantomime we need more people to take over, on and off stage, who would be interested in joining the fun and to help make the magic happen.

If you would be in interested in committing some of your time to us, even if you have no previous experience, we would love to hear from you, please call Hamish on 0785 1199784.

Tickets for Pirates of the River Frome 26th to 28th January 2017: Please call 07340 59623



Past Productions:

1999 – Cinderella
2001 – Robin Hood & His Merry Men
2003 – Peter Pan
2004 – Aladdin
2005 – Dick Whittington
2006 – Little Boy Blue
2007 – Treasure Island
2008 – Babes in the Wood
2009 – Little Red Riding Hood
2010 – Ali Baba
2012 – King Arthur
2013 – The Sleeping Beauty
2015 – Cinderella
2017 – Pirates of the River Frome

Why not get involved in your local Community Woodlands this year?



Splatts Abbey Wood held a successful Community Day at the end of 2016, organised by the Forest of Avon Trust, and Wallscourt Farm Academy school in Cheswick Village.

The Forest of Avon Trust organised woodland crafts. The community day was attended by teachers, including Susie Weaver the head teacher, Parents and Pupils of the School, and by David Bell and Fred Hillberg from the Splatts Abbey Wood Conservation Group.

The Conservation Group has two Bradley Stoke Residents on its committee – Vice Chairman Fred Hillberg and Cllr Andy Ward, who sits on the committee as an individual and is also the Bradley Stoke Town representative on the committee.

David said, "It's great to see the woodland being used by the local community."

The Sims Hill Community Woodland, 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 told us, "It has been a pleasure for myself and 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 and lasting use."

Join the team

The two woodlands would like to get further 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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In a relaxed environment, our volunteers will show you how to use a computer (PC, laptop or tablet) for word processing, creating spreadsheets, writing emails and using the internet.

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

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

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

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

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



Frampton Cotterell Computer Group

www.fccomputergroup.uk

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

**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**



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

Shopmobility South Gloucestershire – Celebrating 10 Years!



Shopmobility South Gloucestershire has celebrated ten years in operation its tenth anniversary was on 24 April 2016. The scheme provides mobility scooter and wheelchair hire, which helps users access the shopping centre.

It has many users from the Winterbourne and Frampton Cotterell areas.

Current Vice Chairman David Bell, a founding Trustee since 2004, and who attended the first meeting in 2003 said: -

"I am so pleased that we have celebrating ten years of the Shopmobility scheme in Yate. It has made such a positive difference to people's lives."

The scheme is very grateful for the support of Yate shopping Centre. Dick Whittington of WERN has given the scheme vital support throughout the years.

The scheme provides a vital service helping people who have limited mobility to retain their independence and to use the facilities of the centre. You can also hire wheelchairs for longer term if required. The Shopmobility South Glos. scheme is trying to work more closely with community transport groups to bring people with a disability throughout South Glos to the scheme in the 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 S. 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 Tues and Fri 9.30am-4pm and Thurs and Sat 9.30-2pm or Tel: 01454 868718 or 07999574474 for more information or e mailshopmobilitysouthglos@yahoo.com

The Scheme has had funding from Scooter / Wheelchair Hire, Donations and from funders such as S. Glos Council, The National Lottery, Local Parish and Town Councils and other sources.

If someone is interested in making a donation or considering leaving a Legacy to Shopmobility they should get in touch on the details above.

The scheme had an initial meeting in July 2003, called by the late Keith Holloway. It started operations 3 years later in Yate Shopping Centre, under Chair Sue Gawler.

Councillor Shirley Holloway said - "My husband, Keith, would have been delighted to see his dream of Shopmobility become a success. I'm only sorry that he never saw his ideas come to fruition."

Recently Councillor Janet Biggin took over as Chair of Shopmobility, from Martin Monk. Martin was Chair for many years helping see the organisation through some tough years and helping to ensure it's survival.

Cllr Biggin said: "As Chairman of Shopmobility South Gloucestershire I am delighted that we have been in operation for ten years, really making a difference to those people who use the service to visit the shopping centre - allowing independence to our service users, who would be isolated without it."

Project Worker Sheridan Crew said: "Shopmobility is being used by more people from throughout South Gloucestershire and we are seeing a growing need to support people with mobility problems with all aspects of their disability".

"We recognise the support needs of carers and how socially isolating lack of mobility and being a carer can be. We directly support or signpost people to other agencies as and when required in seeking to improve quality of life or overcome difficulties being faced. People recognise the value of the service and for some using a scooter on a regular basis is an important part of their life."

"Our longer-term hire of scooters and wheelchairs enables people to use on holiday or if having relatives to stay".

"Physical disability, particularly when due to sudden ill health or accident can have a very debilitating effect. The use of a scooter can act as a conduit by enabling people contact with others and in help find further support required".

"With the exception of the Mall at Cribbs causeway Yate is the only place in South Gloucestershire where people can visit a variety of shops and services through scooter hire."

"The centre is also ideally suited to scooters as all shops are accessible and the surface is flat and even. This may explain why people come from all parts of South Gloucestershire and beyond to regularly visit us at our office base at Yate library."

"We can meet people at the car or taxi with a scooter for those who are unable to walk to us."

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Handyman Jim Lias states: *"I have always had a keen interest in home maintenance and now I have the opportunity to spread the skills I have developed for the benefit of the local community"*

More information can be found on the website www.trustinblue.com and bookings can be made either by calling freephone 0800 255 0 255 or emailing helpdesk@trustinblue.com



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Thunderbirds Are Go! Says Air Tattoo

PLANS to celebrate the 70th anniversary of the US Air Force at next summer's Royal International Air Tattoo were given a huge boost this week following the announcement that one of the world's most popular display teams will make a rare trip across the Atlantic to take part.

The Thunderbirds' performance at the Air Tattoo, which takes place on July 14-16, will be the team's only UK appearance next year and will be part of the airshow's official tribute to mark the US Air Force's 70th anniversary. As well as seeing a range of operational and historic US Air Force aircraft in the air and on the ground, Air Tattoo visitors will have the opportunity to learn about the key role the air arm plays in a range of international coalitions and partnerships.

Formed in 1953, the team is renowned as much for its choreographed pre-flight ground routine - performed with pinpoint accuracy - as it is for its stunning aerial displays.

Flying six F-16 Fighting Falcons, elite pilots from the US Air Force will perform a mix of formation flying and solo routines that highlight the maximum capabilities of the USAF's frontline, multi-role fighter jet. The team, which is based at Nellis Air Force Base in Nevada, has only appeared at the Air Tattoo once before - in 2007.

Air Tattoo Chief Executive Andy Armstrong said the announcement of the Thunderbirds' participation demonstrated the incredibly strong bond that exists with the US Air Force.

He said: *"The history - and success - of the Air Tattoo is inextricably linked to the US Air Force, on whose base the event takes place each year. I am pleased that we'll have the opportunity next summer to mark their 70th anniversary."*

Special reduced-price Air Tattoo 'Super Earlybird' tickets are available until 31st January, priced from £29. Under-16s go free.

For details, visit www.airtattoo.com or call 01285 713456.



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For More information, please contact Community Fundraiser Helen Isbell on 0117 9247275 or email Helen.Isbell@mariecurie.org.uk

Frampton Cotterell and Coalpit Heath Village Diary

January 2017

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

Tues 10th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

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.

Fri 13th - Folk @ Frampton, Crossbow, School Road, 8pm, Small charge. All welcome.

Wed 18th - Community Coffee morning, Manor Hall, Coalpit Heath, 10am - 12.00. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

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

Tues 24th - Frampton Cotterell WI, St Peters Hall, School Rd, 7.45 - 10pm Tel. 01454 773426.

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.

February 2017

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

Wed 8th - 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 10th - Folk @ Frampton, Crossbow, School Road, 8pm, Small charge. All welcome.

Tues 14th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

Wed 15th - Community Coffee morning, Manor Hall, Coalpit Heath, 10am - 12.00. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

Sat 18th - Fun Quiz with John Parsons, WADCA 8pm. Tickets £6. Margaret Tel. 01454 773370.

Wed 22nd - Singalong Group, Zion, 2pm- 3.30pm. For local people who enjoy a Singalong! Details from Jean 01454 775786 or Rona 01454 886925.

Thur 23rd - Community World Dance, 2 - 4 pm, Zion Church Hall. All welcome. £3 incl tea.

Fri 24th - Magical Mystery Four, WADCA 8.30pm. Beatles cover band. Tickets £8. To book Tel. 01454 776268 or 07972 821508 / email: ca.winterbourne@gmail.com

Sat 25th - Apple Grafting Workshop, Winterbourne Medieval Barn, 10am- 4pm. £35 + £7 for materials. Booking required. T. 0117 957 4921 or www.winterbournebarn.org.uk

Tues 28th - Frampton Cotterell WI, St Peters Hall, School Rd, 7.45 - 10pm Tel. 773426

March 2017

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

Sat 4th - Red Baron Disco, WADCA. Tickets from ca.winterbourne@gmail.com or Tel: 01454 776268 or 07972 821508 or Facebook.

Wed 8th - 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 10th - Folk @ Frampton, Crossbow, School Road, 8pm, Small charge. All welcome.

Tues 14th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

Wed 15th - Community Coffee morning, Manor Hall, Coalpit Heath, 10am -12.00. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

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Thur 23rd - Community World Dance, 2 - 4 pm, Zion Church Hall. All welcome. £3 incl tea.

Tues 28th - Frampton Cotterell WI, St Peters Hall, School Rd, 7.45 - 10pm Tel 01454 773426.

News from the Friends of Brandy Bottom Colliery, Pucklechurch

The Brandy Bottom Colliery is located on the South Gloucestershire coalfield in the parish of Pucklechurch, and is the site of a 19th century steam-powered colliery. It lay on the line of the Dramway, the horse-drawn railway that was used to haul coal from

the Coalpit Heath area either to the River Avon near Keynsham or to Bristol, and which ran until 1850.

A very busy year on the site has come to an end. There were around 50 work parties in 2016, compared to a total of 29 in 2015.

During August to November 2016, work was concentrated on the Vertical Engine House, where the spoil has been removed down to the working surfaces of the remaining three sub-divisions. (This level was reached in the fourth, the winding drum pit, some time ago.) Hidden among the spoil were a number of metal artefacts (such as the spanner below). A new structure was found outside the south-east wall of the Cornish Engine House, and a general tidy-up of the site is in progress.

Brandy Bottom featured on the front cover of the South-west section of Historic England's 2016 Register of Heritage at Risk. It has been used as an example of a successful partnership between Historic England and other organisations, which could lead to the site being removed from the register in the future. Its inclusion is recognition of the conservation work we are doing.

A SGMRG member unearthed some photos he took of Brandy Bottom in 1985, and has allowed us to use them – Thank you. They show: the Horizontal Engine House from the top of the Old Pit heapstead (photo below, © T Rendall); the Old Pit heapstead from a position to the west of the present cycle track (photo 1); and the now-ruined plate-layers hut to the north



Photo 1 – Old Pit heapstead, with Cornish Engine House on the right. (© T Rendall, 1985)



Photo 2 – View south along the line of the former railway, with the platelayers' hut in the foreground. The Brandy Bottom chimney can be seen to its left and in the distance the chimneys of the Shortwood brickworks are seen poking above the tree line. (© T Rendall, 1985)

of the site (photo 2). What is evident is how much the vegetation has grown in the 30-odd years since they were taken. In bottom left, there is no sign of the willow that now stands near the northern corner of the Horizontal Engine House, or of the trees around the edge of the pond on the right of the photo. Photo 1 shows that the stone facing of the Old Pit heapstead had started to collapse before 1985, while photo 2 is of interest as it shows the chimneys of the Shortwood brickworks in the distance.



15" long spanner, with 1 1/4" wide jaws, found in engine bay pit, Vertical Engine House. (30 cm scale) Photo © R Whitworth

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 in 2017 are:

January: Sat 07, Wed 11, Sat 21

February: Sat 04, Wed 08, Sat 18

March: Sat 04, Wed 08, Sat 18.

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.

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 or visit www.aibt.org

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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."

Firefighters urge families to #PressToTest their smoke alarm



Avon Fire & Rescue Service (AF&RS), is urging families to join an online campaign encouraging people to test their smoke alarm.

Smoke alarms provide vital early

warning of a fire but research shows that only 28% of all households which own one test it on a regular basis.

AF&RS is asking families to show their support for the #PressToTest campaign by posting images online of themselves checking their detectors. Families who post an image will have one of four chances to win a visit to a fire station.

AF&RS is supporting a national campaign, following 229 fire-related deaths in the home last year. The Fire Kills campaign hopes that by encouraging everyone to test their smoke alarms more deaths could be prevented.

Group Manager for Risk Reduction at AF&RS, Matt Peskett, said: "You're at least seven times more likely to die in a fire if you don't have any working smoke alarms. However, only 28% of the people who own an alarm say they take the time to test it at least monthly."

"We would like everyone to take just a few minutes to test their alarms. As well as keeping yourself safe, families who engage in the online campaign will also have the chance to win a visit to a working fire station as a thank you for supporting our campaign."

"I'd encourage everyone to make sure they test their smoke alarms today and get into the habit of testing them each month as they can save you and your family's life. In the event of a fire, working smoke alarms will give you the valuable time to get out, stay out and call 999."

To help keep you and your loved ones safe, follow these simple steps:

- **Test your smoke alarms now or when you get home**
- **Make sure you fit smoke alarms on every level of your home and test them monthly, even if they're wired into the mains.**
- **Whatever happens, never remove the batteries in your smoke alarms unless you are replacing them. Some require new batteries every year.**
- **Plan and practise an escape route and make sure that everyone in your home knows it.**
- **In the event of a fire, get out, stay out and call 999.**
- **Test the smoke alarms of those who are unable to test their own**

AF&RS offers free Home Fire Safety Visits where our staff offer fire safety advice and fit free smoke alarms if required.

To book a Home Fire Safety Visit for yourself or someone you care about visit www.avonfire.gov.uk, call 0117 926 2061 or text VISIT to 07507 319 694.

Full terms and conditions of the #PressToTest competition can be found by visiting www.avonfire.gov.uk.

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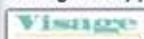


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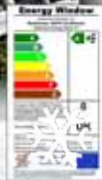
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