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Tribute Nights

George Michael Tribute Night
Friday 31st March 2017

Robbie Williams Tribute Night
Friday 24th November 2017

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Dear Residents,

Welcome to the March issue of your community magazine. The days are getting longer, weather warmer and the first Spring bulbs are bursting into bloom, we hope you enjoy this special time of year.

As always the publication is jam packed with community news, activities and events. Winterbourne Medieval Barn are pleased to announce they have received a significant funding boost!

Winterbourne Down & District Horticultural Society invite you to get involved with their group and take part in their forthcoming shows.

Staying on a horticultural theme, The Floral Friends of Frampton look forward to the opening of the new Sensory Garden on Saturday 29 April 2017 at 10 am. Everyone is welcome to join in the celebrations.

You can share in the fun of Chinese New Year with St Michael's School on the centre pages. Local families enjoyed a walk at Says Court with Avon Wildlife Trust on Valentine's Day, you can read about this and how you can join them and the Hawk and Owl trust for an evening walk in March.

If you are interested in some local strolls with good company why not join the Frampton Cotterell & Coalpit Heath - Walking for Health group.

All this along with reports from our local WI meetings, Library, WADCA community centre and Village diary of events.

A very Happy Mother's Day to all you special ladies!

Kerry & Jaci x

community@mattersmagazines.co.uk 01454 300900

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Do you live locally?

Have an active interest in community life?

Are you looking for some monthly, part-time work?

Winterbourne & Frampton Matters could have the answer!

Your local community magazine is currently looking to fill one or two roles on a part-time basis, that would involve a few hours to a day a month.

The roles would be ideal for a parent with young child/children or fit and active retirees. Applicants would need to live locally in the Winterbourne, Frampton Cotterell or Coalpit Heath area.

We are looking for people we can rely upon on a monthly basis.

If you love locally, have some time on your hands, are looking to earn some extra money and have an interest in local life this could be the perfect role for you.

For more information, please e-mail Jaci on – **community@mattersmagazines.co.uk** or call **01454 300 900**.

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Winterbourne Down & District Horticultural Society

If you have any interest in plants – whether it be in your own garden, growing vegetables, or visiting open gardens and parks, this is the Club for you!

We meet on the second Tuesday of the month at All Saints Church Hall, Church Road, Winterbourne Down at 7.30 pm. Apart from our AGM in February, when we have an American Supper, we usually have a speaker. Mostly the talks have some relevance to horticulture, but we do occasionally have a talk on a totally different subject – perhaps for the December meeting.

As well as the monthly meetings we go on day trips to places with some horticultural interest – sometimes these are National Trust properties, and we also visit RHS Wisley or Rosemoor from time to time. Three trips have been arranged for 2017. We also have an annual five day holiday in June which includes trips to places of interest in the area where we are staying.

Each year a Rose Show and a Flower and Vegetable Show are held, when members have the chance to enter their own plants and produce – also, at the Flower Show, photographs and cooked produce. It's all good fun and nobody worries if their entries aren't quite perfect – it's the enjoyment of being involved!

We welcome anyone who wants to come along to one of our meetings to see what goes on. See you there!

Any further information – please phone: 01454 774448 or 01454 773218.

Gill Parker



News from Winterbourne Medieval Barn



Winterbourne Medieval Barn's Significant Funding Boost

One of the country's few surviving medieval barns with a history preceding the great plagues is a step closer to becoming a hub for the local community nearly 700 years after it was originally built.

Local people have been working for 20 years to save the barn, which was on the verge of dereliction. Work funded by English Heritage stabilised the barn structure, and since then volunteers have worked through Winterbourne Medieval Barn Trust (WMBT) to conserve and repair the barn and its surrounding site and bring them into community use. The Trust is delighted to announce that they have been offered funding of up to £19,900 from the Architectural Heritage Fund.

The Grade II* listed Winterbourne Medieval Barn is a building of national importance. It was commissioned in 1342 by Sir Thomas de Bradeston, then Lord of the Manor of Winterbourne, who had played a part in all of Edward III's military campaigns and served in Parliament. The barn is an outstanding example of a raised cruck construction, and its original magnificent roof structure has remained largely intact.

WMBT has exciting plans to conserve the Medieval Barn and refurbish it along with its associated outbuildings, to provide a flexible space for a variety of community, educational and commercial uses based around heritage and rural skills. The project is currently receiving support from the Heritage Lottery Fund (HLF) to finalise plans that will ensure the Barn's long-term sustainability in the local community. As part of this project the Trust has to raise £400,000 in order to release almost £1m of funding from the HLF, and the grant from the Architectural Heritage Fund (AHF) is the first step towards this goal. The grant will go towards professional fees required for the architect, structural engineer, ecologist, etc.

Sue Parsons, Chairman of the WMBT said, "*The Trust is very grateful to the AHF and is excited to know that they are now a step closer to ensuring that the Barn will survive to be enjoyed by the current community and future generations.*"

Big Community Project – Your Barn Needs You!

The Trust would be delighted to hear from more local people who would like to get 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 that require no particular experience. Those who enjoy hands-on physical work might like to help with "Barnforce" once a month on a Saturday morning - just turn up (18 Mar, 15 Apr, etc) or tel. 0117 957 4921 – or try the Gardening Group who meet on Friday mornings (ring Liz 01454 775306). No gardening experience is necessary. More information is available on the website.

The Barn would also love to have more people to help out at some of its Events, maybe as a car park attendant, or on the gate, or manning a stall, or helping set up or clear up, or lots of other jobs. Many hands make light work as they say!

The Trust is also looking for people to help with little day-to-day jobs, for example managing the membership list (computer skills needed), or managing social media. Volunteering is a very rewarding experience, and can introduce you to new friends and new activities you might never have considered. Potential volunteers can contact the WMBT by emailing volunteerwmbt@gmail.com or by ringing Robert on 0117 957 4921. Everybody is welcome, whatever your age and whatever amount

of time you can offer. Just drop us them a line, or have a chat, and see if there's something you might like to do as part of this big community project.



For those unable to get involved in person, financial help can always be given to this magnificent medieval building by becoming a Barn member for just £5 a year (see WMBT website). Or if you are a Co-op Member you could nominate 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.

Events in 2017

WMBT will be putting on a varied programme of events through the year, including favourites like the Medieval Fayre, Shakespeare in the Barn, and Orchard Harvest Day, plus new events like the UWE Jazz Band, and a Story of Early Music from top trumpeter Tom Harrison who grew up in Frampton and went to The Ridings school. Full details will be on the website and facebook page soon, so keep checking for updates.

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



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News from WADCA

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

WADCA has a lot 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.

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.

Can you 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 – Saturday 4 March – Red Baron Disco. Tickets from ca.winterbourne@gmail.com or Tel: 01454 776268 or 07972 821508 or Facebook. **Tuesday 14 March – Community Coffee Morning,** 10.30am - 12.30pm. All welcome.



Local retailer recognised as a great place to work

Specsavers in The Willow Brook Centre is celebrating after being awarded Platinum Employer status.

The Bradley Stoke opticians has won the accolade in recognition of the directors' dedication to their team's wellbeing and career development. The store was externally assessed against five benchmarks in different areas of the employee experience, including talent management, recruitment and induction, and performance management and reward.

Store director Ed Stanleigh told us *"We are absolutely delighted to be awarded with the Platinum Employer accreditation – and to be the first in the region! As an employer, it's really important to not only get the basics right – such as communication, resources and pay – but also to focus on helping our team to learn and develop while offering a varied and enriching career."*

"This is a huge accolade for the entire team and says a lot about the sort of culture and staff environment we foster. We've got 21 employees and the majority of those are from the local area. We're constantly looking at ways to innovate as an employer and to give back to the Bradley Stoke community through employment opportunities. We've also recently introduced two apprentices to the team and are looking forward to watching them grow in their roles."

Specsavers director of HR, Mark Moorton, says: *"The Platinum Employer scheme is an exciting new addition to our extensive portfolio of training and development programmes, helping our staff to benefit from the opportunity of a full-career journey from entry-level to store owner."*

For more information, please visit Specsavers at The Willow Brook Centre, Bradley Stoke, BS32 8EF, call 01454 275020 or visit www.specsavers.co.uk/stores/bradleystoke



Katie Perry, Julie Rafferty, Kat Kostadinova, Chioma Chigbo and Kate Ola at the Bradley Stoke store

WADCA Outdoor Space Design

We are running a competition to redesign our outdoor spaces, so we can utilise the spaces for the community to use.

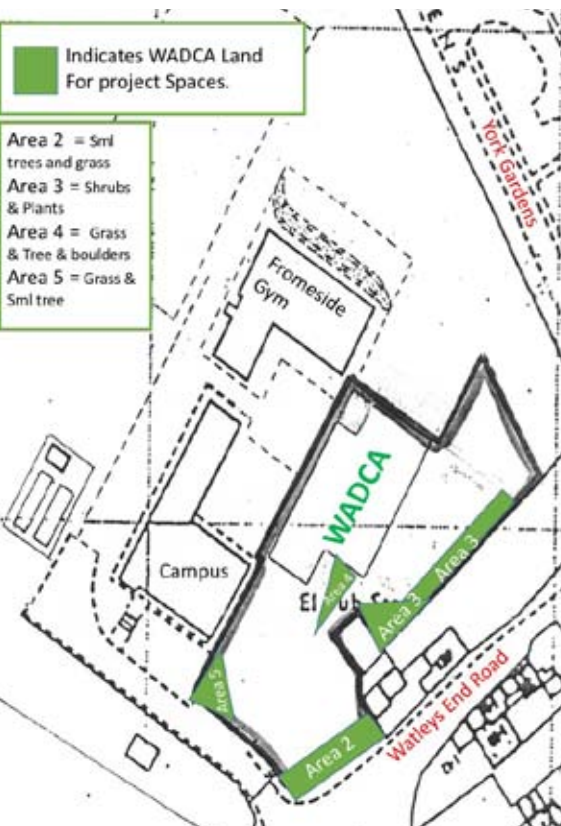
There are 4 areas: Youth Garden – Young people will be guided in how to learn new skills, take pride in their work and improve the area next to Campus Skate Park.

Dementia/Sensory Garden – This will be for those who need a calm and safe place to relax, notice and connect with nature and meet others who may feel isolated.

Art Installation – We need to put WADCA on the Map! Not enough people know what we have to offer, let alone that we are even here!

Orchard/Free Food area – Helping people to connect, give to the community and find new friends and a sense of purpose.

If there are any enthusiastic people who would like to enter the Outdoor Space Design competition or get a group together of community people to work on the project and to help maintain it, please do get in touch with Mandy Nicholls at WADCA on **01454 776268**, she hopes to hear from you soon!





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Spring into Spring 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



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Park Avenue
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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



"As someone with a chronic back problem over many years, I wasn't sure how much Dawn would be able to help me.

I'm so glad I paid her that first visit; she has seemingly worked miracles and I have felt great relief from my aches and pains.

I would have no hesitation in recommending her to others"
Mrs C, patient from the Stokes.



News from Frampton Cotterell WI



For our January meeting, we were given an inspirational talk by Myriam Rogers (pictured right) from Beauty Plus in Frampton Cotterell. Myriam was a very interesting speaker, as she has run several first class health spas across Europe, including one at the 5 star Hotel Fortina in Malta. Now we are fortunate to have her based here with us in Frampton Cotterell.

Myriam came along to give us all some hints and tips on top to toe winter health and beauty care to help see us through until the days become longer and lighter again. We were told about the importance of moisturisation, in particular with regard to our face, neck, hands and feet. And two of our lucky members were treated to pampering foot and hand treatments on the night! Myriam also held a prize draw, with the prize being a hot stone massage at her salon – the proceeds of the draw were donated to Paul's Place.

We recently enjoyed our annual members' meal out at Alveston House Hotel near Thornbury, where we will all had a proper catch up alongside some fine food with a drink or two!

Good news! Our full new events programme has now been announced – visit our Facebook page or come along to one of our meetings to find out more! There is plenty of variety to look forward to – our next meeting will be held on Tuesday 28 February where we will be having an African Drum workshop – certainly something a bit different! Other upcoming events include a talk from our local Neonatal Intensive Care Support Charity in March and "A Passion For Pearls – Part II" in June (speaker Frances Benton back by popular demand!). Later on in the year we even have a belly dancing class with a professional dancer, which should be fun to say the least!

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.



The annual members meal at Alveston House Hotel – a lovely time was had by all.

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Shopmobility South Gloucestershire – keen to combat Social Isolation



MP Luke Hall celebrating Shopmobility's Anniversary with the team last year

Shopmobility South Glos is based in Yate Library, within Yate Shopping Centre. The service hires out battery powered scooters and wheelchairs, to assist people who have limited mobility in retaining their independence and to use the facilities of the centre. Those with South Glos. Council Diamond cards can use them for this service free of charge. It is also possible to hire scooters and wheelchairs for longer term if required for a small charge..

Shopmobility has proved to be immensely popular and successful, as it has enrolled many active users, who benefit greatly from its service. They had over 1500 hires during 2016.

Given data compiled from their annual survey in October 2016, that roughly half of respondents felt shopmobility had reduced social isolation. The great majority felt that the service had benefited them in the areas of "quality of life"; "feeling more worthwhile", "happiness day to day", and "health and wellbeing".

Data published by the Office for National Statistics, indicates 45% of older people who have a long standing illness report loneliness 'some of the time'

or 'often' compared to 27% of those without a long standing illness.

Age UK have found 'around 70% of over 85's report mobility difficulties – 37% of the 85+ feel everything they do is 'an effort' compared to 18% in the 50-64 age group.

The number of people aged 85+ in the UK is predicted to double in the next 20 years and nearly treble in the next 30 years! NHS Primary Care Strategy estimates a 35.8% increase in the over 65's in the next 5 years. A percentage of this number will unfortunately develop a mobility problem and it is envisaged demand on our service is likely to increase.

It is claimed that projects that help to build stronger communities can be regarded to some extent as bringing the added value by addressing the root causes as well of the symptoms of loneliness.

Campaign to End Loneliness has shown through research, that loneliness and social isolation are harmful to our health: lacking social connections is a comparable risk factor for early death as smoking 15 cigarettes a day, and is worse for us than well-known risk factors such as obesity and physical inactivity. Loneliness increases the likelihood of mortality by 26% (Holt-Lunstad, 2015).

Shopmobility recognises that social isolation is a wider issue not just effecting those with a physical problem. They are in a position to signpost or provide direct support to people, including carers to access other services that may be of help.

Shopmobility are ready to help you, do visit them at their office, open Tuesday and Friday 9.30am – 4pm, and Thursday and Saturday 9.30am – 2pm or Telephone 01454 868718 / 07999574474 for more information or e-mail: shopmobilitysouthglos@yahoo.com

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Frampton Cotterell & Coalpit Heath – Walking for Health

Short Strolls 1 – 2 miles or less on easy terrain / Longer Rural Walks (3-4miles)

Wed 8 March, 10.30am

Meeting opposite café, Church Rd, Frampton Cotterell BS36 2JX. Bus route 82, Park on side road.

Stroll – to Hover's Ford Country track with lovely views across Frome Valley.

Walk – to Tubb's Bottom Delightful walk, includes fields & R.Frome beside Chill Wood. 4 miles.

Tues 21 March, 10.30am

Meeting at St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB. Bus route 46, 82. Park in Mill Lane. Coffee & Cake £1.50.

Stroll – Glebe Daffodil Gentle riverside stroll with grassland.

Walk – Daffodils beside the Frome Easy, pleasant walk through fields & footpaths. 3.5 miles.

Wed 5th April, 10.30am

Meeting at Live & Let Live, Park Lane, Frampton Cotterell BS36 2EF.

Stroll – Nightingale's Bridge Stroll along track & across grass to historic bridge.

Walk – Nightingale to Huckford Popular section of Frome Valley Walkway. Steep steps. 4 miles.

Wed 26th April, 10.30am

Meeting at Badminton Arms, Badminton Rd, Coalpit Heath BS36 2KJ.

Stroll – Half Moon Country Stroll Pleasant country views & fields.

Walk – Frog Lane, Bluebell Woods Rural walk includes picturesque old railway track. 3.5 miles.

Tues 9th May, 10.30am

Meeting at St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB.

Stroll Old Mill & Centenary Bluebells Short stroll with historical interest.

Walk – Frome Valley & Algars Manor Delightful river scenery, woods & fields. 3 miles.

Wed 24th May, 10.30am

Meeting at The Swan, Winterbourne, BS36 1RW

Stroll – Bradley Brook Nature Reserve – New! Delightful country stroll on easy paths.

Walk – Monk's Pool Delightful riverside Nature Reserve, woods, fields & paths. 3.5 miles.

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Community Noticeboard

For free listings contact
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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

The Manor Hall at Coalpit Heath

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Community coffee mornings on 15th March & 19th April 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.

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.

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.

SATURDAY 4th MARCH

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Are YOU interested in playing in a wind band?

Winterbourne Winds are a mixed ability band that started up in September 2014 with beginners and returners.

A variety of instruments are available on loan for free. All ability levels are welcome, although some musical knowledge is beneficial.

We are a friendly group all ages playing a variety of music including pop, musicals and classical, with the chance to play at local concerts.

We meet on Thursday evenings, 7.30-9.30 pm at the Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ

For further information contact Dan Fedigan at Fedmeister@outlook.com / 01172 395210

or go to our website: www.avonwindbandassociation.com

Winterbourne Winds is one of four bands in the Avon Wind Band Association - a fully registered charity



COFFEE MORNING FOR FAIR TRADE

ZION UNITED CHURCH
Woodend Road
Frampton Cotterell

10.30am - 12.30noon
Saturday 25 March 2017

Mothering Sunday gifts

Traidcraft Easter eggs



Table Top Sale

St Peter's Church, Church Road,
Frampton Cotterell, BS36 2AB

4th March
2pm-4pm

Tables £5

Contact Sarah on
07811 916 628
or sarahlparker80@hotmail.com

50p entry

Homemade cakes, tea and
coffee for sale

**Could you make a difference to the life of a Chernobyl Child?
Two weeks from you could give two years to these children.**



Can you remember the Chernobyl disaster back in April 1986? The population of Belarus can never forget.

Their people will be forever affected by the legacy of the world's worst nuclear disaster – the radioactive fallout was nearly 400 times greater than the bombs dropped in 1945 on Hiroshima and Nagasaki combined. The World Health Organisation has classified 500,000 of the children in Belarus as being "at risk".

The Chernobyl Children's Lifeline charity was founded by Victor Mizzi M.B.E. in 1991. Building on his example, we are bringing a group of 16 children from Belarus this summer – 9 July to 6 August for a month's respite care. They are chosen on health grounds, and not means-tested.

It is estimated that a month staying with families here, eating nourishing food, away from the relentless radiation and breathing clean air can add up to two years to their life expectancy and reduce the effect of the harsh winter.

Could you share your home with two 11 year old children for two weeks? There is a network of support for host families – you would not be on your own. The children will take part in lots of activities that we have organised on their behalf. These activities range from sports to the arts, from local visits to coach trips to the sea or countryside. There will be two interpreters with the group and they are on hand around the clock should there be any language difficulties or for general advice and assistance.

If you think that you can help us to help these most unfortunate children please call Andy March: 07812 159942, or visit our web site at www.ccll.org.uk/bristol to find out more, or visit the Gallery so that you can see all the fun and activities from previous summers.

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



The Splatts Abbey Wood Conservation group is keen to recruit new volunteers, in particular to serve on its committee.

Splatts Abbey Wood held a 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.

David, Chairman of the Splatts Abbey Wood Conservation Group, said: - *"It's great to see the woodland being used and enjoyed by the local community."* The Splatts Abbey Wood Group is looking forward to working with the Forest of Avon Trust on other projects.

The Sims Hill Community Woodland and the Splatts Abbey Wood and the UWE GreenSpace team are continuing 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 Park near the UWE.

The UWE Student volunteers are keen, enthusiastic, and hard working and are making such a great difference to the woodlands.



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



What can Hypnotherapy do for you? by Catherine Smart, Clinical Hypnotherapist



I have been working as a Clinical Hypnotherapist for 11 years and have helped people to make positive changes in their lives. I work with many issues such as managing stress and anxiety, fears, phobias, stopping smoking, Irritable Bowel Syndrome and many more.

For those who are struggling to lose weight I am now offering a virtual gastric band hypnosis course which offers all the benefits of a gastric band but without the risk of a surgical invasive procedure. The course is over 4 or 5 sessions, complete with a 'virtual gastric band surgery hypnosis', helping to change lifelong poor eating habits along with accompanying audio recordings.

I also am a qualified Easibirthing practitioner for Fertility and Childbirth, which uses hypnosis to help women to learn how to prepare for a positive childbirth experience resulting in a safe, comfortable and easier birth. Hypnosis for Childbirth uses self-hypnosis, relaxation, visualisation and breathing methods to prepare the mind and body for birth. I help expectant mothers to reach a state of deep relaxation, maintaining control over the process of labour and develop a positive attitude, enabling mothers to go into labour feeling calm and confident.

Using hypnosis for fertility issues can help couples manage the pressure of undergoing IVF and the emotional toll of fertility treatments, reducing stress levels, helping to transform negative thought patterns and teaching self hypnosis and relaxation techniques. If you are about to start an assisted fertility cycle, hypnotherapy can help you to feel mentally, emotionally and physically prepared and is a very powerful way to overcome any fears or phobias you may have which may be impacting on your treatment, such as fear of injections, fear of childbirth etc. Relaxation techniques and visualisation for IVF helps to increase the effectiveness of the treatment, increasing the chance of a successful outcome.

Give me a call on **07964 991689** and I will be pleased to discuss any of the above with you.

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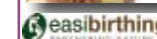
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Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts 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@hypnotherapistbristol.com

www.hypnotherapistbristol.com

March 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 Saturday 11 and 25 March, 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.

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South Gloucestershire Council has teamed up with an IT provider to offer a range of low cost professionally refurbished starter computers at special discounted prices to eligible residents and registered UK charities. Prices start from under £90 including Windows 7 and Microsoft Office 2010 plus a 12 month return to base warranty.

To find out if you are eligible and for more details visit: www.southglos.gov.uk/goonline

Need help with your computer?

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.

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.

For more information:

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News from Coalpit Heath WI

Christmas seems a long time ago, but we have to report another successful carol service organised by Joan Maine. Again St Saviours was full, it was a lovely evening with the collection of £200 going to the Frenchay After Burns Club.

The January meeting was not what we were expecting. If members were expecting a version of Marie Antoinette's story of farming, then we were all happily amused by what followed. A story of a housewife with three children (one being disabled); and a chaotic household peppered with dogs, sheep, a ram and chickens one being a Bantam Cockrill named Barry who took his duties much too seriously; and a list of true stories that happened to the unfortunate housewife. Sarah is a wonderful storyteller with a great sense of humour – yes she was that housewife and the stories she told were true. Members were rocking with laughter and have requested we book her again, what greater compliment can there be.

Our long run in the skittles tournament last year was sadly not to be repeated. We were very narrowly beaten by Easter Compton, however we had a thoroughly enjoyable evening at the Wheatsheaf in Thornbury, which ended on a musical note.

We are starting to plan some craft events for the year, so any members interested in taking part please let Tracy or Leigh know. We are beginning to get a nice pile of crocheted and knitted hearts for the Mothers' Day appeal at the neo natal units.

The February meeting was very energetic and a lot of fun with our visit from the Dancing Queens – we all had a beginner's introduction to line dancing. We learnt the Motown moves, Charleston steps, as well as jazz box steps. It became apparent pretty quickly that we were not all that coordinated, which just added to the fun. By the end of the evening we had notched up 6500 steps so as well as laughing a lot we did get quite a work-out!

At time of writing, we are looking forward to our curry night at the end of February and then, our March meeting will be a visit from the Baby Bank so we will look forward to hearing about their good work.

We meet on the First Wednesday of each month at St Saviours Church Hall, Coalpit Heath at 19:45. New members are always welcome. Find us on Facebook: CoalpitHeathWI.



Knitting for the neo natal unit



Joan Maine reading her poem at the carol service



News from Winterbourne Evening W.I

Our meeting in February was very well attended despite the temperature hovering around zero outside. The President thanked everyone for coming out on such a cold night and proceeded to the business part of the evening. Anita thanked Shirley James for hosting a Beetle Drive which was thoroughly enjoyed by all, especially a couple of our newer members who hadn't played the game before! There was news of future events from the Avon Federation and our own Frome Valley Group. These included – a visit to the Willow and Wetland Centre in Taunton, a lecture on the artist Bruegel at the Holburne Museum in Bath, a group skittles match, a quiz night, a painting play day and the Spring Group Meeting with Jane Dawes speaking on Jane Austin, amongst others.

Susan Marshfield then told us about a recent trip to Warburtons Bakery in Severn Beach which she had organised. On arrival everyone was "enrobed" in protective clothing from head to toe, all jewellery had to be removed as well as any false nails in case they inadvertently got into the bakery products!

Two very handsome gentlemen, Justin and Nick, also suitably attired, then escorted them round the bakery, which is very automated. This bakery is No. 18 in the Warburton family who are the largest manufacturing bakery in the country. The plant works 12 hour shifts day and night and all electricity is produced on site, 80% wind turbine and 20% solar panels. Everyone thoroughly enjoyed their 90 minute tour and left clutching a goody bag of Warburton products. Thanks to Susan for organising yet another excellent outing for us.

Our speaker for the evening was Jim Elsworth who regaled us with slides and tales of Pubs Past and Present in Chipping Sodbury. He started by explaining why there were so many Pubs in such a small area, this was partly because it was on the old Drover's route through to London and also because it is a natural crossroads, north, south, east and west of the country and passengers on coaches made good use of the coaching Pubs which provided accommodation, stabling and often a blacksmith for shoeing the horses. Some of the other pubs were very small, really just cider or beer drinking bars for local people to meet.

800 years ago Chipping Sodbury was granted a Market Charter which resulted in all the small shops putting up stalls outside their shops on the "Chippings" which is an ancient name for markets, hence "Chipping" Sodbury. At some time there



have been well over twenty pubs, large and small, in Chipping Sodbury but we now have only about a dozen, most of which are still thriving. There is even one which has been re-opened, the Horseshoe Inn, which is now well used by local people and has now started serving food. Mr Emsworth gave us much interesting information about the pubs, along with old pictures of them, and we thoroughly enjoyed his talk and no doubt some of us will be sampling them in the near future.

Our next meeting will be on Thursday 9 March, when our speaker will be Martin Horler on the Role of the Royal Mail Guard. Visitors are very welcome to our meeting at 7.30pm on the second Thursday of every month (except August), at the St Michaels Rooms, High Street Winterbourne.



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News from Floral Friends of Frampton



First Signs of Spring – Our planters and hanging baskets are springing to life with beautiful flowers for all to enjoy. Along Beesmoor/ Woodend hellebores, primroses and crocuses are blooming and daffodils are now in bud.

The Sensory Garden – The hard landscaping is now complete in the Sensory Garden and a kissing gate has been installed. Wooden sculptures of an owl and a hedgehog, carved by local wood sculptor Andy O'Neill will be added to the woodchip area and in the Spring Floral Friends will plant fragrant herbs and edible plants in the borders. Two picnic benches will be set up to enable people to relax and enjoy the Garden.

The new Sensory Garden will be officially opened on Saturday 29 April, 10 am – 12 pm, everyone will be welcome to join us to celebrate the Garden. Tea, coffee and cakes will be available, and plants will be offered for sale.

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](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



Wood sculptor Andy O'Neill



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The Year of the Rooster

The whole school had a wonderful day celebrating the Chinese New Year at St Michael's Primary School. We began the day with one of Mr Vye's special assemblies where the children were told about the story of the Rooster.

At lunch, the dining room was decorated with Chinese lamps and dragons and the pupils enjoyed their specially prepared Chinese lunch. The prawn crackers and noodles were a particular favourite of the children. Each class learned more about how the Chinese celebrate the beginning of a New Year in a range of activities in the afternoon.

Our Reception children acted out the Chinese New Year story in Dance. They counted coins into Chinese New Year envelopes and we had our very own Chinese New Year animal race using toy cars labelled with pictures of animals. The goat and tiger won in our class version of the race. The children also made Chinese New Year lanterns and we played some loud drums to scare away bad luck. We had a delicious Chinese meal provided by Jimmy's mum. The children said that it was the best day ever!

In Year 1 the children looked at the story and made some paper chain dragons and lanterns and our Year 2 enjoyed getting crafty to celebrate Chinese New Year. Some children very carefully made beautiful fans whilst others made rooster faces.

In Year 5 they learnt about the story of the Willow Pattern, then tried to include all the elements into their designs, we hope you like Matthew's willow pattern below.

The children in Year 6 used their paper cutting and folding skills to create their own Chinese dragons. A fantastic day was had by all!

Kirsty Robson Deputy Head, St Michael's Primary School, Winterbourne



News from the local Lions Club

from Ailsa Young, Immediate Past President (IPP)



Bradley Stoke Lions recently presented a cheque for £300 to the Bristol Interstitial Lung Support Group as promised. In our October article we mentioned a visit to our club from Heather Lamb who, with her colleagues from Southmead Hospital hold a support group meeting every three months in a church hall in Southmead. This support group is run on a voluntary basis as no funding is available from the NHS, so our cheque will help to fund the cost of hiring the hall for the next year.

Caring at Christmas, the organisation set up over the Christmas period in the Julian Trusts premises in Little Bishop Street, St Pauls, also benefited from a cheque for £200 from BS Lions. This organisation provided 60 beds each night from Christmas Eve until New Years Day for the Homeless of Bristol (and beyond). Breakfast, lunch and dinner were available each day as well as a never ending supply of sandwiches, cakes, crisps, fruit and sweets and hot and cold beverages of every description, for anyone who cared to drop in who needed company or just a meal. A hairdresser, masseuse, chiropodist and arts and crafts specialists were also on hand with occasional live music, TV and various games available to keep the guests amused and occupied during their stay. Some of our Lions also gave of their time to work a few shifts at the shelter and found it a rewarding experience, well worth doing.

Noah, a young boy who was born with a bleed on the brain and consequently suffers from Cerebral Palsy and severe visual impairment

amongst other problems, needs a machine called an Innovative Walker to help him walk and strengthen his muscles. His family have been raising the £11,000 required for this walker for some time now and Bradley Stoke Lions have just gifted the last £300 to complete the purchase.

We have one of our social nights coming up on 8th March when we are combining a short meeting with a Pancake Night.

If you would like to know more about the Lions and what they do, perhaps you would like to come along to our social night, meet the members, learn a little more about us and enjoy some pancakes as well, please contact the President Robin Young on 07712 046644.

Alternatively, we meet at the Doubletree by Hilton Hotel every second Wednesday of each month at 19.30 hours. Anyone is welcome to come along to meet us with no commitment other than to see what we do.

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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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Free car parking is available.



Avon

Thurs 30th March 6pm—8pm

Signs of Spring Walk

The clocks have changed — a chance to reclaim your evening! A guided walk around the farm taking pleasures in the first signs of spring. The Hawk and Owl Trust will then teach us how to identify signs of voles in the owl corridor before introducing us to a real native owl. Booking essential.

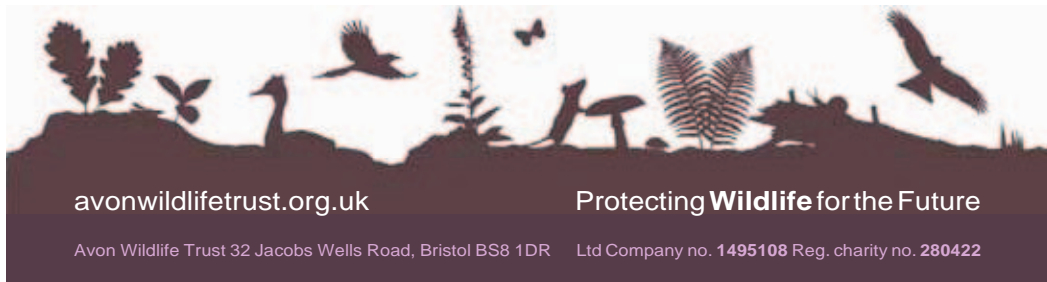


3 mile walk over rough terrain. £2.50 per person. All proceeds support the work of both charities.



For more info please email
nicole.daw@avonwildlifetrust.org.uk

To book:
avonwildlifetrust.org.uk/signsofspringwalk



avonwildlifetrust.org.uk

Protecting **Wildlife** for the Future

Avon Wildlife Trust 32 Jacobs Wells Road, Bristol BS8 1DR Ltd Company no. 1495108 Reg. charity no. 280422



Love Local Wildlife

On Valentine's Day several hardy families joined Avon Wildlife Trust to celebrate local wildlife.

To start with everyone became nature detectives, looking for signs of wildlife at large, they found deer, rabbit and badger tracks. From their song they knew plenty of birds were about and decided there was probably a fox about somewhere as evidence of a kill was found. The most surprising find was a little shrew, it had sadly died but they couldn't tell why. A mystery to be solved another day!

Then to a chorus of grass trumpets the group headed to the wildflower meadow where families made bird feeders and wildflower valentine's cards. A gift to loved ones and mother nature too!

Avon Wildlife Trust will be back later in the year with some more family events, but in the meantime, on Thursday 30 March any 'grown-ups' out there might be interested in joining AWT for a signs of spring walk. The walk will be run in partnership with the Hawk and Owl Trust in the evening.

For more information please e-mail:
nicole.daw@avonwildlifetrust.org.uk



South Gloucestershire Mines Research Group

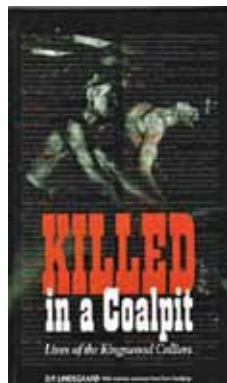


“Now we Know their Names”

Remembering the Heroes of the Kingswood Coalmines
An introduction to “Killed in a Coalpit”

by the author, SGMRG member, D.P. Lindegaard
on Wednesday 1 March

at 9:00pm (approx. timing as after our AGM)
in the Miners Institute (aka Coalpit Heath Village Hall),
214 Badminton Road, Coalpit Heath, BS36 2QB



The book will be on sale on the night
when Doreen will be happy to sign copies.

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

Frampton Cotterell and Coalpit Heath Village Diary

March 2017

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

Fri 3rd - Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 E: crossbowhouse@gmail.com

Sat 4th - Table Top Sale, Coalpit Heath Hall, 1-3pm. Table £5, bookings T: 07920 145325.

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

Wed 8th - Stroll to Hovers Ford, meet 10.30am Frampton End opp. cafe on Church Road.

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 T: 07873 747513 for more details.

Wed 15th - Local History Society, Zion hall 7.30pm. T: 01454 775265 E: rockthom@btinternet.com

Fri 17th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Tues 21st - Daffodil Stroll 1.5miles (45 mins), meet 10.30am St Peters.

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.

Sat 25th - Fairtrade Coffee Morning, Zion 10.30 - 12.30. Mothers Day gifts. Easter Eggs.

Sat 25th - The Frampton GlobeTrot, The Globe, 10.30 - 12.30. 8 mile off-road run for FCCE school. Numbers limited to 200 runners. Pre-booking required.

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

April 2017

Sat 1st - Easter Fair, St Saviour's Hall, 2pm.

Thur 6th - Community Singalong, Crossbow, 2pm - 3.30pm. £3 includes tea and cakes. T: 07792 495367 or E: hilary.jay@curo-group.co.uk

Fri 7th - Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 or E: crossbowhouse@gmail.com

Sat 8th - Table Top Sale, Coalpit Heath Hall, 1-3pm. Table £5, bookings 07920 145325.

Tues 11th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

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

Wed 19th- Community Coffee morning, Manor Hall, Coalpit Heath, 10am - 12.00. Contact Alison Allan T: 07873 747513 for more details.

Wed 19th - Local History Society, Zion hall 7.30pm. T: 01454 775265 or E: rockthom@btinternet.com

Fri 21st - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Sat 22nd - Frampton Male Voice Choir Annual Concert, Zion, 7pm.

Sun 23rd - WADCA 40th Anniversary celebrations, 10am-2pm. Free entry. Stalls, skittles, family fun. Live music from Barry Walsh's band. Pre-order Roast dinners for £8.50. T: 01454 776268 or 07972 821508 or ca.winterbourne@gmail.com

Tues 25th - Frampton Cotterell WI, St Peters Hall, School Rd, 7.45 - 10pm T: 01454 773426 or 01454 778900 or E: marycroberts@talktalk.net

Wed 26th - Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a Singalong! Details from Jean 01454 775786 or Rona 01454 886925.

Thur 28th - Community World Dance, 2 - 4 pm, Zion Church Hall. All welcome. £3 incl tea.

Thur 28th & Fri 29th - Musical Theatre 'A Springtime Soiree' with Supper, 7.30pm WADCA. Tickets £9 includes a cold supper T: 01454 317408.

Sat 30th - Musical Theatre 'A Springtime Soiree' with a Cream Tea, 2.30pm WADCA. Tickets £9 T: 01454 317408.



Back in December, in glorious weather, The Winterbourne Down Christmas Boys performed their Annual Mummers play around the village together with the Border Morris lads and lasses on Boxing Day. This was their 37th year since it was revived in 1979 and the generosity of the audiences were brilliant. The group were pleased to give the wonderful local charity 'Paul's Place' the magnificent sum of £707- 42p from the collection.

They were delighted to receive a very nice email from a former Frampton resident who came back with his children from America to visit his parents over the holidays. He e-mailed over the great photos you can see on this page. He had fun explaining the traditional display when they get back to the States!



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

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

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

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

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

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



Frampton Cotterell Computer Group

www.fccomputergroup.uk

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

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for each 2 hour session the cost is £2.50**

**If you would like to join us please call Jill on:
01454 864442**



People want to be helpful ... it makes us feel good. So it shouldn't come as too much of a surprise that 20 million people in the UK (more than 1 in 2 adults) say they would like to spend more time volunteering.

Yet as life goes on, despite our best intentions, other commitments get in the way, because quite frankly, we never know where to start. So what if there was a website that could tell you who needed what, where – and put you in touch with them - directly?

Helpfulpeeps.com, a bristol based website has been doing just that. Founded by Simon Hills and Saf Nazeer, Helpfulpeeps is a new social networking site born from a collective belief that life is better when we help each other. All help on the site is given free of charge - no transaction or exchange; just good old-fashioned community help.

Since launching a pilot in Bristol last year, the online community has grown to over 10,000 registered members. So whether it involves help with cat sitting or learning a new language, moving a sofa or lending a hand at a charity event, Helpfulpeeps has seen the need requested – and fulfilled by a kind stranger.

So far the website has led to a restoration of faith in humanity for many, lifelong friendships for some and even a Guinness world record being broken for charity!

Helpfulpeeps is now in the process of launching officially neighbourhood by neighbourhood across Bristol. You can join in at www.helpfulpeeps.com (it's free and always will be).

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.

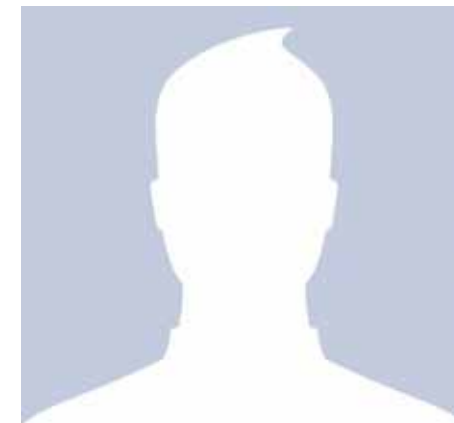
Air Tattoo Chief Executive Andy Armstrong said the announcement of the Thunderbirds' participation demonstrated the incredibly strong bond that exists with the US Air Force.

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."*

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



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There are plenty of opportunities to volunteer for us. From helping at a collection, to placing collection tins in your local community or by joining your local fundraising group and helping to plan exciting events throughout the year.

If you enjoy meeting new people and raising money for a great cause, we would love to hear from you.

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

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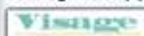


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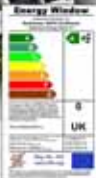
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