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including Coalpit Heath & Winterbourne Down

Matters

April 2017



Join the Floral Friends of
Frampton for the opening of the
new Sensory Garden

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- Welcome Christmas cocktail
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* Limited spaces and dates are available. Offer is valid for all new bookings confirmed and paid in full by 30.04.2017

To book contact us online or call **0117 910 4252** and quote ref BBACK2017



Tribute Night

Robbie Williams Tribute Night
Friday 24th November 2017

- 3 Course meal
- 1/2 Bottle of wine per person
- Tribute Act
- DJ and disco

This all-inclusive package can be booked for just £38.00 per person.

To reserve your place call our events coordinator **0117 910 4252**

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Dear Residents,



Welcome to the April issue of your community magazine. We have lots of lovely Spring events taking place in our community to look forward to.

The Floral Friends of Frampton invite you to the opening of the new Sensory Garden on Saturday 29 April 2017 at 10 am.

WADCA are busy organising their 40th anniversary celebrations, everyone is invited to book in for Sunday lunch on 23rd April 2017 and enjoy stalls, skittles and lots of family fun from 10am - 2pm.

Easter is a special time of year, our centre pages are dedicated to a seasonal message from Revd Malcolm Strange, along with details of Easter activities and services. There is even a Passion Play put on by drama company: Riding Lights on Friday 14th April, 7.30pm at Zion United Church.

The Winterbourne Medieval Barn have

announced their 2017 events - kicking off with some Jazz!

And not forgetting the Winterbourne Down Festival weekend - April 30

th to May 1st. This year theme is 'Marvel' characters, so get designing your Scarecrows for the trail and costumes for the May day parade.

We are also pleased to bring you reports from our local WI groups, the Winterbourne Down & District Horticultural Society, the Frampton Cotterell and Coalpit Heath Good Neighbours Scheme, Ram Hill Colliery, Village Diary and much, much more!

If you are community minded and looking for some part-time work, perhaps you would like to join us at W&F Matters? See page 7 for more details.

Have a wonderful Easter.

Kerry & Jaci x

community@mattersmagazines.co.uk 01454 300900



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The WINTERBOURNE DOWN VILLAGE CARNIVAL

is just around the corner –

SUNDAY 30 APRIL – MONDAY 1 MAY 2017



Are you ready for another great carnival weekend? On Sunday 30 April the village will be invaded by Pokémon who have agreed to take part in our afternoon Treasure Hunt and Scarecrow Trail. At 6pm Songs of Praise will take place in All Saints Church. On Carnival Monday we have some new and exciting acts to entertain you throughout the day.

We will be decorating Down Road and extend an invitation to residents to join in the spirit and display flags etc..

The chosen charity for this year is BRACE (An independent charity committed to defeating dementia through scientific research). In brief...

Sunday 30 April – Family Village Pokémon Treasure Hunt with Scarecrow Trail starting at 2pm from Winterbourne Down Methodist Church Hall. Refreshments will be on sale in the church hall with entertainment by the Westerly Showband. Everyone is welcome. At 6pm **Songs of Praise in All Saints Church with North Avon Singers.**

Monday 1 May is Carnival Day! Our theme is Marvel Characters and the procession leaves Bradley Avenue shops at 10.15am and finishes at the Methodist Church grounds. Please arrive at starting point by 10am. Judging of age groups will take place at the Methodist Church grounds where great money prizes will be awarded. Remember to turn out your costumes – Magneto, Captain America, Storm, Spiderman, Wonder Woman and the Hulk, all welcome. Now is the time to start looking!

Full details of the weekend's events will be available in the Carnival Programme on sale from 1 April from committee members. Please come along and enjoy the weekend and don't forget to invite your friends.

Craft and Charity stalls will be set up in Down Road and Camp View. If you wish to run your own stall to raise funds for your favourite charity or you would like to rent a table to sell home made produce/crafts and are willing to make a donation to our chosen charity, please contact Anthé Evans on 01454 778156 for further information.



The carnival committee runs its own stall during the carnival day, the proceeds of which go towards the next carnival and to local charities. We are in need of any spare items you may have sitting around (unwanted Christmas presents!). This can include good quality toys, books, household goods, bric-a-brac, etc... Please contact Fred on 01454 772072 for more information.

Can you help make the carnival happen?

If you would like to help run our carnival, please come to one of our meetings. **Next meeting will be held on Monday, 27 March at 8pm in the Methodist Church hall.** Contact our secretary, Charlotte, on 01454 772729 for details.

If you would be willing to give up 1 hour of your time to assist on the day we would love to hear from you. Please contact Fred on 01454772072 to add your name to our 'volunteer list'. For further information please contact – **Sue Cessford, on 01454 777881 or visit our website www.wdcarnival.org or our Facebook page www.facebook.com/wdcarnival.**

Sue Cessford & Pete Nichols - Publicity Officers

WINTERBOURNE DOWN VILLAGE CARNIVAL 2017

Family Scarecrow Competition

Could you make a Scarecrow to enter the competition on the theme of: "Marvel Characters"



AND display your finished Scarecrow in your front garden for all to see on

May Day Bank Holiday Weekend 2017

Sunday 30th April 2017 from 1pm: Public viewing & judging
Monday 1st May 2017 at 3pm: Presentation of prizes.

Please tell John or Jenny your family name, address and telephone number. If you are going to enter by email or post by Friday 28th April 2017.
Address: 2 Colston Close, Winterbourne Down.

Tel: 01454 775047.

Email: g.john.turner@blueyonder.co.uk

The addresses of the Scarecrows will be available on Sunday afternoon in the Methodist Church Hall for those wishing to view.

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Events at WADCA

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

**WADCA 40th Anniversary Open Day,
Sunday 23 April, 10am-2pm.**

Sunday lunch will be available to pre-order at £8.50 per head, sittings at 12 or 1pm.

Live Music from Barry Walsh's 'The Shillings', stalls, skittles, Short mat bowls and the announcement of the Garden Competition Winners.

Free entry and parking, come and join the fun!

'A Springtime Soiree' Winterbourne Musical Theatre are presenting 'A Springtime Soiree' (a programme of ever popular show stoppers) on Thursday 27 and Friday 28 April starting at 7.30 and Saturday 29 April starting at 2.30.

Tickets are £9 to include a light plated supper at evening performances and a cream tea on Saturday afternoon.

'Inflatable Sharks' live band Friday 16 June
Celebrating 20 years since their Album 'See you on the Ice'. Tickets available via Ticket Source.

Date for your diary Saturday 15 July, Ceilidh Dance, more details to follow...



the INFLATABLE SHARKS

FRIDAY 16TH JUNE 2017

WADCA
Winterbourne & District Community Association

TICKETS £8 EACH
<https://www.ticketsource.co.uk/date/334001>
DOORS OPEN 8PM, BAND 9PM

Watleys End Road, Winterbourne, Bristol, BS36 1QG
Tel: 01454 776268 e-mail: ca.winterbourne@gmail.com
www.wadca.co.uk FB: winterbournecommunitycentre/WADCA



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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**.

WADCA

Winterbourne & District Community Association



1977-2017

Please join us to celebrate
40 years of WADCA on

Sunday 23rd April 2017

10am - 2pm

Stalls, Skittles and family fun
FREE entry and parking



Live music from the
Fabulous
Barry Walsh's band
'The Shillings'



Sunday Roast
pre-order for just
£8.50 per head



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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)

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.

Tues 6th June, 10.30am

Meeting at The New Inn, Badminton Rd, May's Hill BS36 2NT

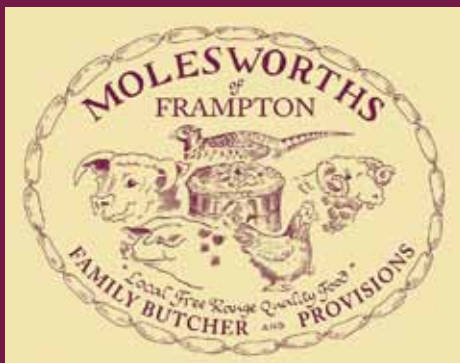
Stroll – Wild Flower Meadow Delights of wild flower meadow & farmland.

Walk – Wild Flower Meadow Delights of wild flower meadow, woods & farmland. 3.7 miles.



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with **Richard Spalding**

Small Groups of 4 maximum. Held in my garden in Winterbourne.

My workshops cost £30 per person for a 3 hour session. Please go to: richardspalding.net for more information and to book online.

News from Floral Friends of Frampton



The Sensory Garden Opening

Everyone is welcome to the opening of the Sensory Garden (located at the Bockeridge Centre, Woodend Road, Frampton Cotterell) on **Saturday 29 April 2017, 10 am – 12 pm.**

Gary Bristow (who won a Gold Medal at RHS Malvern Spring Festival 2015 for his 'Mad as a Hatter Garden' – for more information see <http://garybristowdesign.co.uk/>) will formally open the Garden and refreshments will be available. There will also be plants for sale and activities for children. Pictures on the progress of the Garden are available on our website (<http://fframpton.wix.com/frampton-cotterell>), where you will also find information about our other activities. Please do come to help us celebrate the Garden – we'll be delighted to see you.

Spring's Arrived! Our spring flowers including hellebores, primroses and daffodils are blooming all around the village right now and look wonderful. The photo below shows Woodend Road/Beesmoor looking beautiful.

The Floral Hat Festival – an exhibition of hats decorated or made with flowers to commemorate our local hatting industry and celebrate summer flowers – will be open on the weekend of 24 - 25 June 2017, at the Zion United Church, Frampton Cotterell. Events include live music (from, among others, the Shanty Men and the Crossbow Singers), children's craft activities, a talk on the hatting industry in S. Glos, refreshments and a plant stall. If you would like to contribute a floral display please email us at floralfriendsofframpton@gmail.com for further details. Please put this date in your diary now.

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



Come to the official opening of the new



Sensory Garden



Saturday 29th April 2017

10 am – 12 pm

Bockeridge Centre, Woodend Road, Frampton Cotterell

To Be Opened By Gary Bristow

(RHS Gold Medal Winner, Malvern 2015)



Refreshments



Plant Sale



Children's Activities

Frampton Cotterell and Coalpit Heath Good Neighbours Scheme

The Good Neighbours Scheme offer a helping hand to all residents of our village.

Could you, or anyone you know, use a little help from time to time?

Such things as:-

- Someone to visit and sit with you for a chat?
- Help collecting prescriptions or changing library books.
- Walking the dog or feeding a pet on days you can't manage it.
- Playing a board game or help with a jigsaw puzzle.
- A 'one off' garden tidy up.
- A quick visit in bad weather to make sure someone is OK

How to get in touch

Speak to Andrew Edgington

Tel: 0743 288 8586 Leave your name and number and he will get back to you, or **email: vagoodneighbours@gmail.com** / **www.villageaction.org.uk**

The Good Neighbours project is organised by a group of village community volunteers who willingly supply any help needed. All our volunteers are officially registered, DBS checked and will carry an official identity card.



Looking forward to the season ahead at Ram Hill Colliery

Spring is on the way, and soon work will begin again to maintain the site at Ram Hill.

David and Marian will be there, reinforcing the walls with lime mortar. Others from the Friends Committee together with attendant volunteers will be clearing ivy and monitoring tree growth.

Members of the public are welcome to view this open site at any time. The history of the mine is detailed on the interpretation board.

We are holding two Open Days this year, on Bank Holiday Monday 29 May, 10.30 – 4pm, and again on Sunday 10 September for the Heritage Open Day. Our AGM is on Wednesday 21 June at 7.30pm at the Miner's Institute, Coalpit Heath Village Hall, BS36 2QB.

The Friends of Ram Hill Colliery are actively seeking volunteers, as committee members are getting older, and could do with more help. The site is owned by South Gloucestershire Council who oversee work taking place. The Council offers training for lime-mortaring, power strimming etc.

If you are interested in helping us out, please contact Liz Hillyard on 0117 923 6595 for details of our next meeting. Guided tours can be arranged.

www.ramhillcolliery.org.uk

The BIG Lunch

Sunday 4 June 2017, 11.30am – 4pm
Beesmoor Road Playing Fields

Put this annual get together for friends and neighbours in your diary. The community event on Beesmoor Road Playing Field, will be raising funds to buy more playground equipment for the new area.

The day will open with a cheer leaders demonstration and at 12.30 there will be a dog show. Plus there is face painting, bouncy castle, petting sessions (Viaduct sanctuary is kindly bringing some of their wonderful animals to get up close to), stalls from local community groups, a karate demonstration and a few more surprises!

There is also a raffle with prizes supported from local businesses. Plus a BBQ and hot drinks and cake.

Please come and support us while having a great time.



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Observers Book Fair Easter Compton Saturday 22 April, 10am

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3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX

The South West Region's annual book fair, run by the Observer's Pocket Series Collectors' Society, returns for its 12th consecutive year to The Halls, Easter Compton. The fair not only features Observer's books but also many other nostalgic collectable series including; Ladybird Books, Penguin, New Naturalist, Collins Nutshells, I-Spy and Frederick Warne's Wayside and Woodland series.

With around 500 members in the UK, the fair attracts collectors and enthusiasts from all over the country. Whatever your interests in old or nostalgic books from your childhood, there's bound to be something for you here. There's natural history, hobbies, transport, and children's books, and the Observer's alone cover one hundred different subjects.

You can get free advice on the books, their values and how to look after them from the members and stall holders. Hundreds of books are bought and sold and an auction of the rarer collectables takes place at 11:30am before the fair closes around 12:30pm.

Admission is free, all visitors are welcomed and you can also enjoy homemade cakes and teas. The Halls are easy to find in the centre of the village next door to the Fox Inn (BS35 5RA) – just off the M5 and close to Cribbs Causeway. For more information please call Richard on 01454 632170.



Don't let pain hold you back this Spring!



As we enter Spring, with warmer, longer days, it is the perfect time to get outdoors and get active! Don't let an old injury or nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage,

Manipulation, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP) and Reflexology in her work.

Mrs C, a patient from the Stokes and a keen horse rider told us,

"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 and have enjoyed getting back to the hobby I love. I would have no hesitation in recommending her to others."

If you would like to discuss your individual aches and pains, whether they be physical or mental then please get in touch with Dawn.

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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Monday

Frampton Cottrell

Watermore Primary School
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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

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slimmingworld.co.uk 0344 897 8000

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

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Train to Teach with UWE Bristol from September 2017

Places available to train to teach the following subjects at secondary school level: Art & Design, Business, Computer Science, English, Geography, History, Mathematics, Modern Languages, Science (Biology, Chemistry or Physics) plus Primary School Direct.

The programme trains teachers to teach the 11-16 age group, along with opportunities to teach at A level.

- Tax-free bursaries of up to £30,000 available in some subjects.
- Well-established partnership with many local schools.
- Employment rate is 94%.

Interested? What to do next: Visit **uwe.ac.uk/traintoteach** and fill in the form to find out more. Come to one of our drop-in sessions (search **UWE Bristol PGCE drop-in** online to find out more). Apply through UCAS (search **UCAS Teacher Training** online).

"I had a fantastic experience during my PGCE at UWE Bristol. I feel it equipped me immensely well throughout the year; there were a number of sessions that I truly enjoyed and I found incredibly rich and fulfilling."

Trainee Teacher, PGCE Secondary Mathematics, 2014-15

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

Mind Body & Spirit Show

Coalpit Heath Village Hall

Come & join us for Psychic readings, Tarot,
Angel Cards, Dowsing, Crystals, Healing,
Holistic Therapies, Incense, Jewellery, Health &
Beauty, Spiritual Gifts & more.....
Entry is only £1, you can stay all day
or come & go as you please.
Refreshments available.

214 Badminton Road, Coalpit Heath, BS36 2QB
Tel: 01454 776958 www.cphvh.co.uk
ALL PROCEEDS TO THE VILLAGE HALL

The Manor Hall at Coalpit Heath

Registered Charity Number 1093035



Community coffee mornings on 19th April & 17th May 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.

Bring and Buy table in aid of the Great
Western Air Ambulance Charity and
handmade cards sold in aid of BRACE.

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

Saturday 1st April 2017
11am to 5pm

VACANCY FOR A CROSSING PATROL

From 24th April 2017



Would you like to help the children
from our local community travel to
school safely?

South Gloucestershire Council has a
vacancy for a school crossing patrol at Watermore
Primary School.

It is for approximately 5 hours per week, working
morning and afternoon shifts Monday – Friday,
term time only.

Training and uniform are provided.

Rate of pay is £7.85 per hour.

Job share would be considered.

Please contact Wendy Dykes
on 01454 863611 or at
wendy.dykes@southglos.gov.uk
for an informal discussion and
application form.

Floral Friends invite you to the
official opening of the new

Sensory Garden
Saturday 29th April 2017
10 am – 12 pm

Brockeridge Centre, Woodend Road,
Frampton Cotterell

To Be Opened By Gary Bristow
(RHS Gold Medal Winner, Malvern 2015)

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

South Gloucestershire Mines Research Group



SGMRG Events 2017

Sat 1 April a walk of mining sites, details of where to
be decided, for info email Roger Gosling

Sat 20 May a walk of mining sites, details of where to
be decided, for info email Roger Gosling
chairman@sgmrg.co.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.

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.

St Saviour's,
Coalpit Heath,

Easter Fair

Saturday, 1st April, 2pm
in the Church Hall

Gifts, cakes, plants, etc.
Refreshments, raffle

Entry 50p, Children free



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.

Winterbourne Early Years Centre

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

Pre-School sessions from 2 years:
Integrated Forest School activities
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Strong links with local schools

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

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



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Contact us:
T: 0117 9476111
E: swadmin@kids.org.uk

KIDS support disabled children, young people and their families. We are looking for enthusiastic staff who will be paid to support disabled children and young people in their homes and in the local community.

We are interested in a diverse mix of workers who can bring different skills and experience to the role. Session length ranges from 2 to 6 hours and usually take place after school, weekends or in school holidays. Various contract hours are available and we require a minimum commitment of 3 hours per week.

A driving licence is essential for work in the community.

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Rectory Road Frampton Cotterell

E-mail: oscars.terrapin@btconnect.com

Telephone: 01454 250528

Registered Charity No: 1133716



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Fromeside Gymnastics Club

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- 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

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



Local Opticians takes on Comic Row-lief Challenge

Sporty staff from the Bradley Stoke opticians worked to raise money for Comic Relief, by undertaking an exercise-a-thon on Tuesday 21 March.

The team from Specsavers in the Willow Brook Centre supported the charity by taking it in turns to row and ride part of a long-distance challenge, in exchange for donations towards the cause.

Ed Stanleigh, store director, says: *'We're very proud of the team for supporting the cause and volunteering to take part in the challenge. Last year one of our team members, Julie, rowed for three hours straight, so we're hoping the team can match, if not beat, that again this year.'*

As we went to print on this edition more fundraising ideas were planned for the remainder of the week, from a 'guess the number of sweets in the jar' competition, giving customers a chance to win the giant luxury bunny and Easter egg pictured, as well as hosting a bake sale on Saturday 25 March and selling the official Specsavers Comic Relief glasses.

Specsavers has been a Comic Relief partner since 2015 and is supporting Comic Relief to help poor and vulnerable people living tough lives both here in the UK and across Africa. Specsavers has pledged to raise at least £250,000 for the charity.

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.

Photo shows team members Julie Rafferty, Molly Brackpool, Chioma Chigbo and Kathryn Griffiths, along with Lewis Erskine from Anytime Fitness who kindly loaned the Bike and the Rowing Machine.



£10 eye test voucher

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Valid for one test on or before 30 June 2017 at discounted price of only £10. Present voucher at time of test. Cannot be exchanged for cash, used with other vouchers or eye-health clinic appointments, or redeemed by customers already entitled to a free NHS-funded eye test. One per person, at named Specsavers stores only.



Bradley Stoke The Willow Brook Centre
Tel 01454 275 020
specsavers.co.uk

Specsavers



April 2017 at Winterbourne Library



Opening Times

Tue and Fri: 9.30 am - 7pm
Wed & Sat: 9.30 am - 5pm
Closed: Mon, Thur and Sun



Rhymetime: Rhymes and songs for parents and babies/toddlers to enjoy together every Tuesday morning 9.30 – 10am

Pre School Storytime: Join us weekly on Wednesdays 9.30 – 10am for stories and crafts, term time only.

The Craft Group: will be meeting on Saturday 8 and 22 April, 10am – 12noon.

New members will always be made welcome by this friendly group. Share tips and ideas for your knitting, sewing or crochet projects.

Spring Crafts – Holiday Drop-in

Wednesday 12th April 10 – 11.30am. Suitable for the primary age range.

Our popular Quiz Night is back on Wednesday 26 April 7.30pm onwards. Please bring your own tippie - glasses and light refreshments will be provided. Teams of up to six people, £3.20 per ticket per person from the library.

Spring Silver Singalong on Friday 28 April 2 – 3pm. Accompanied by local music teacher Joan Ward, we'll be singing WW2 songs, songs from the shows and songs you might have learnt at school all followed by a well-earned cuppa.

Suitable for 50+ no previous singing experience required. Book your Free place at the library

Easter Opening Times:

Thurs 13 April OPEN 9.30am-5.00pm
Fri 14 April CLOSED
Sat 15 April CLOSED
Mon 17 April CLOSED

(Normal opening from Tues 18 April)

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:

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.

New from Frampton Cotterell WI

For our February meeting we organised something a bit different – an African Drum Workshop! It was a great opportunity to try something new and exciting, and we had a great turn out for the evening of around 35 members. For most of us, it took a bit of concentration to keep to the rhythm, however we all enjoyed the experience immensely.

Many thanks to our instructor Katie Devonald, Head Of Music at Brimsham School, for a most enjoyable evening.

The annual members' meal out was again held at Alveston House Hotel this year on February 7 – we had a lovely evening catching up with each other over a good meal and a few drinks.

At time of writing we are looking forward to our next meeting on 28 March, where we will hear a talk from our local Neonatal Intensive Care Support Charity, at our normal venue, Crossbow House.

There are other various talks and events coming up over the months ahead – for example, for June we have "A Passion For Pearls – Part II" booked in (speaker Frances Benton back by popular demand). Other future events include a talk on the history of the Police Force and a Belly Dancing lesson from a professional dancer!



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 on Facebook to find out more, and do like our page!



Volunteering for Marie Curie

Why not get more active and involved in your community and give an hour a week or a day a month and help Marie Curie.

Volunteers are so important to us. We depend on contributions of time and skills so that we can continue to provide care for patients and their families.

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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News from Winterbourne Evening WI

At our March Meeting we had the great pleasure of listening to a fascinating talk by Martin Horler on the subject of the Role of a Guard on the Royal Mail.

As we were expecting a guard on the

modern railways we were very surprised when a gentleman dressed in a red Frock coat and a Beaver Top Hat and carrying a Post Horn walked in!

Mr Horler and his wife have spent the last 30 years researching their subject and there is not much they don't know about it.

The first Royal Mail was commissioned by Charles 1st in 1635 but as he was then beheaded it was in 1637 that an Act of Parliament formed The Post Office, headed by Ralph Allen. This comprised of Post boys on horseback with the letters locked in their Post bags which was very slow, inefficient and prone to the mail being stolen as it was unguarded. In fact anyone sending money by Post boy was advised to cut the notes in half and send them by different routes. How they eventually got back together was not clear!

Eventually John Palmer and his father, who owned the Theatre Royal in Bath and Bristol, decided that a more secure method was needed as he had to get contracts and scripts and letters to performers, mainly in London, in order to put on his plays. There was usually only one copy made so he couldn't afford for it to get lost or stolen. His coaches ran daily from Bath and Bristol to London with mail and also paying passengers to help with the cost and eventually in 1780 the Post Office started running a very comprehensive service all over the British Isles and the present day system of arterial roads spreading out from London was formed.

There was always an armed guard on the coach who sat up front with the driver leaving room for three passengers on top and usually four inside. It was not a comfortable journey but the numerous coaching in stops along the way provided a welcome break and the chance of some food.

In 1820 the Turnpike Trust was formed by Act of Parliament to improve the appalling state of the

roads. This required them to maintain 20 miles of road between their Turnpike Toll Houses in exchange for the right to charge tolls although the mail coaches were exempt.

The armed guard was entitled to shoot Highwaymen on sight without being charged as the mail was so important. The first mail coach in 1780 from the Nails in Bristol took 16 hours and by 1820 this was reduced to 11 hours from Bristol to the Main Post Office at "The Swan With the Two Necks" Pub in London.

In 1820 the cost for a passenger from London to Bath was 24 shillings one way. As a guard earned Half a sovereign a week (10 shillings) coach travel was very expensive.

The Guard was a very important person and the job was highly sought after, especially as he was provided with a new Red Coat every year and of course his beaver hat. Many ex-army men were employed as they were able to use guns. By this time there were 259 Mail Coaches with their guards leaving London every night at 8.00pm and the same number returning overnight.

Mr Horler ended his talk by playing all the calls used on the Post horn, such as "The Mail is coming, make way", "I am going to pass you on the left or right", "The Mail Coach is coming in for fresh horses, so get the Ostlers ready", nothing was allowed to get in the way of the mail. In fact the Mail Guard was fined if he didn't keep to schedule. A very responsible job indeed and thanks were given by Sue Wilkins to Mr and Mrs Horler for such an informative talk.

At our next meeting on Thursday, 13th April our Speaker will be Fiona Warin on the Women's Land Army. We meet at the St Michaels Room in Winterbourne High Street and are always pleased to see visitors.

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email: adrian@hardstaxservices.co.uk

A Springtime Soiree

Winterbourne Musical Theatre are presenting 'A Springtime Soiree' (a programme of ever popular show stoppers) on Thursday 27 and Friday 28 April starting at 7.30 and Saturday 29 April starting at 2.30.

The venue is Winterbourne Community Centre (WADCA), Watleys End Road, Winterbourne.

Tickets are £9 to include a light plated supper at evening performances and a cream tea on Saturday afternoon.

For tickets telephone 01454 317408.

Winterbourne Musical Theatre.
presents

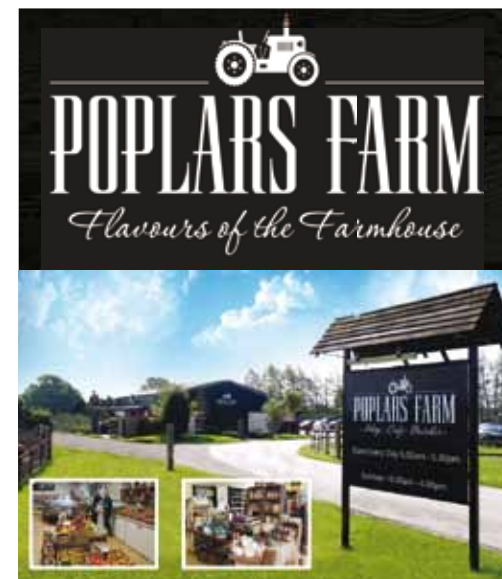
A Springtime Soirée.

**A selection of ever popular
Showstoppers.**

**Thursday 27th April @ 7.30
Friday 28th April @ 7.30
(to include a light plated supper)
Saturday 29th April @ 2.30 only
(to include a cream tea)**

Winterbourne Community Centre,
Watleys End Road, Winterbourne, Bristol, BS36 1QG.

Tickets £9 Tel:- 01454 317408



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poplarsfarm

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www.poplarsfarmshop.co.uk



Dear Friends

It will soon be Easter and once again the young and not so young will munch their way through the mountain of Easter Eggs and the varieties of chocolate with their own particular surprise in side. We will all no doubt have our own favourites and for me you can't beat a good old 'Dairy Milk'. I wonder how many who feast on these sweet delights on 'Easter Day' take time to consider why we have this tradition in the first place.

If we listened at school we might recall that historically people gave each other decorated eggs (they still do in some Eastern European countries), the egg reminding us that life comes from within, a symbolic link and connection with the tomb of Jesus and the story of his resurrection.

What an amazing story it is. If it was not enough that at Christmas we celebrated God becoming a human being, now the Christian Church is proclaiming that this God, firstly dies on the Cross of Calvary for the sins of all humanity (remarkable in itself). A cosmic event which sees the intersection of past, present and future merging together, to enable

all of God's creation to be restored to him for all eternity (if that creation so chooses to embrace his unconditional love).

Secondly and even more remarkably, in a crowning moment of divine mystery, this same God in the person of Jesus, rises to new life defeating death as we know it and bringing to all a spiritual hope of unity with God and each other in the Kingdom of heaven for all time. Wow!!!

Easter is the victory of 'Love'. It is through Christ's resurrection, not resuscitation, that humanity sees first hand that death is not the end. Whilst the physical body may fade away, the spiritual heart of each of us lives on, is embraced and cloaked in God's gift of love.

As we fondly give chocolate to those we love this Easter, let us rejoice afresh that God loves us so much he gave his only son that all might not perish but have eternal life. "Alleluia Christ is Risen!"

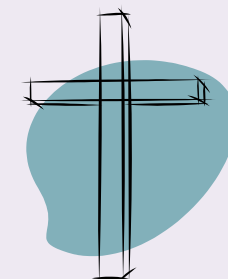
Happy Easter!

Revd Malcolm Strange
Rector of the Fromside Benefice

**The Parishes of Frampton Cotterell, Iron Acton,
Winterbourne and Winterbourne Down,
in THE DIOCESE OF BRISTOL**
www.fromsidechurches.org.uk



Easter Services



Palm Sunday, 9th April

All Saints, Winterbourne Down
10am, Parish Communion

St James, Iron Acton
9.30am, Family Service

St Michael's, Winterbourne
8am, Holy Communion
10.30am, Morning Worship

St Peter's, Frampton Cotterell
10.30am Parish Communion
5.00pm Tea & Lent Worship

Zion United Church

7.30pm, A reflective communion

St Saviours Church
7.30pm, Holy Communion
Good Friday 14th April

All Saints, Winterbourne Down
9.15am, Communion of the Cross

St James, Iron Acton
10.30am, Station of the Cross

St Michael's, Winterbourne
9.30am Communion of the Cross
11.00am Children Service

St Peter's, Frampton Cotterell
2pm Cross of Christ

Winterbourne Down Methodist
11am, Service meditation

United Churches Walk of Witness
Leaving St. Peter's 10am, passing by Zion (approx) 10.30am, 11am arriving at St. Saviours followed by hot cross buns in the hall!!

Zion United Church
7.30pm, Crosslight Passion Play (as united services)

St Saviours Church
2pm, Service of the Last Hour

Saturday 15th April

St Michael's, Winterbourne
7.30pm Vigil Benefice Service

Easter Sunday

All Saints, Winterbourne Down
9.15am, Parish Communion

St James, Iron Acton
9.15am, Parish Communion

St Michael's, Winterbourne
8am Holy Communion
10.30am Family Communion

Sunrise at the Hilly Fields
6am united worship at the Hillyfields (above Harris Barton)

St Peter's, Frampton Cotterell
10.30am Parish Communion
6pm Celtic Worship

Monday 10th April

St Michael's, Winterbourne
7.30am, Holy Communion

Tuesday 11th April

All Saints, Winterbourne Down
9.15am Holy Communion

Salem Methodist Church, Winterbourne
7pm, Film 'Risen' Epic Biblical Story of the Resurrection as seen through the eyes of a non-believer

Wednesday 12th April

All Saints, Winterbourne Down
7.30pm Station of the Cross

St James, Iron Acton
10.30am Holy Communion

St Michael's, Winterbourne
7.30am, Holy Communion

Maunday Thursday

St Michael's, Winterbourne
7.30am Holy Communion

Salem Methodist Church, Winterbourne
7.30pm Communion Meal

St Peter's, Frampton Cotterell
8pm Holy Communion & Watch to Midnight

Salem Methodist Church, Winterbourne
Maundy Thursday Communion Meal, 7.30pm

Zion United Church
10.30am, Easter Celebration (for all ages)
6pm, Easter Reflections

St Saviours Church
8am, Holy Communion
10am, Easter Communion
6pm Blessing of Light & Evening Prayer

Winterbourne Down Methodist
10.30am, Easter Praise

Salem Methodist Church, Winterbourne
10.30am – Rev C Carter. Service includes the creating of Cross of Flowers and Holy Communion
6.00pm – Mr D Carter

Wednesday 19th April

Salem Methodist Church, Winterbourne
10am – 12noon, Fun Morning – Messy Play activities for children

Sat 13th & Sun 14th May

Salem Methodist Church, Winterbourne
A Flower Festival of Village Life.
Saturday 13th May 2017, 10am – 4pm lunches served & Sunday 14th May 2017, 3pm to 5pm Cream Teas served

Further details of the local churches can be found at –

www.coalpitheath.org.uk
www.fromsidechurches.org.uk
www.salemchurch.org.uk
www.st-peterschurch.co.uk
www.zuchurch.co.uk



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 Broomridge 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 Broomridge 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



Shopmobility South Gloucestershire are celebrating one of their volunteers winning a prestigious local award for his volunteering.

James Wiltshire won the South Gloucestershire Council Chair's Award 2017 for his work with the local Charity.

Shopmobility S. Glos Vice Chairman David Bell said "We are absolutely delighted to be celebrating James's well deserved success in winning this award. His efforts are greatly appreciated by all involved in the scheme and its many users."

Scheme project worker Sheridan Crew and Shopmobility Chair Councillor Janet Biggin submitted a citation detailing James' work for the Charity: - "James has been helping us at Shopmobility (South Gloucestershire) for nearly five and a half years and is always available to cover for the project worker in his absence. James covers at least one full day a week each week and will cover several days if required. James can identify and empathise with the needs of our members and their carers. James is always prepared to deliver a scooter to people with more severe physical disabilities to their car or bus stop.

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 Friday 9.30am-4pm and Thurs and Sat 9.30-2pm
Telephone 01454 868718 or 07999574474 for more information or e mail shopmobilitysouthglos@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.

Update from the Bradley Stoke Lions from Ailsa Young, Immediate Past President (IPP)

Noah, the little boy we spoke of previously has got his Inno Walker at last! The Teddy Bear we took along for Noah wanted to try it out for himself as you can see. The Walker lifts Noah from a sitting position up to his feet, supports him and then moves his legs in a walking motion to engage and strengthen the muscles. It is hoped that this walker will reduce the need for Noah to have surgery in the future, so although this walker is an expensive piece of equipment, it may prove to be the cheaper and better option in the long run. Leanne, Noah's mother is so grateful to everyone who donated to help buy the Walker.

Eight of us from Bristol Brunel and Bradley Stoke Branch Lions attended our District Convention on 4th March at the Gables Hotel, Falfield at which we had guest Lions from France and Italy. The Dinner and Ball which followed Convention was very enjoyable and a time to show off our dance skills.

Pancakes followed a very swift meeting at Lion President Robin's house recently at which Bradley Stoke Lions were delighted to badge up and welcome a new Lion into their fold. Brunel President Bill also presented a special badge to Robin for sponsoring Frederic in this our centennial year. Frederic's wife and daughter were there to witness the ceremony, whilst two other members received their 10 and 15 year badges to recognise their years of service. A good night shared by both Brunel and Bradley Stoke Lions.

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



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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 – Kicking off with Jazz!

There is an exciting programme of events, workshops, concerts and performances, (see right) starting with the first ever Jazz Evening at the Barn on Saturday 20 May. This features the UWE Jazz Band and Vocalists with a wonderful selection of cool swing numbers and foot-tapping Latin rhythms. Visitors can enjoy delicious locally-produced hot and cold food, plus craft beers and cider while they listen to the music.

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

Programme of events

Saturday 20 May

Jazz in the Barn, with UWE Jazz 7 - 9.30pm

Sunday 11 June

Medieval Fayre, 11am - 4pm

Saturday 24 June

Basket Weaving Workshop, 9.30am - 4pm

Sunday 25 June

A Story of Music, with Tom Harrison, 2.30pm

Tuesday 4 July

A Millers Tale, with Pete Morton, 7.30pm

Saturday 22 July

West Gallery Music Workshop, 10am - 4pm

Sunday 23 July

The Barber of Seville, Tessitura Opera 6pm

Sunday 13 August

Alice in Wonderland, IKP Productions 2.30pm

Tuesday 29 August

Merry Wives of Windsor, Festival Players 7pm

Sat 9 & Sun 10 September

Heritage Open Days

Sunday 8 October

Orchard Harvest Day, 11am - 4pm

Saturday 9 December

Make a Christmas Wreath Workshop 10am -12.30pm

Sat 16 & Sun 17 December

Carols in the Barn, 3.30pm

For further information on any of the above please visit www.winterbournebarn.org.uk

For all concerts and performances, WMBT now offers online bookings through Ticketsource (you can click through from the events page at www.winterbournebarn.org.uk). Tickets can also be purchased in person at Daisy's Coffee Shop in the two weeks before each performance. Entry to the Medieval Fayre and Orchard Harvest Day is available to all on the gate, and there may be tickets on the gate for bookable events, but these are subject to availability.





For our March meeting we were joined by representatives from the Baby Bank Network – Becky, Eva and Laura. They explained that the bank works similarly to a food bank, except they are helping families on low incomes who are expecting a baby or already have a baby under

the age of 18 months. Whilst not dealing directly with the families the Baby Bank works with referral partners (health visitors, midwives and charities) who approach the bank when they are aware of babies who are in need of help, across the Bristol and South Gloucestershire area. The babies could be born to homeless parents, victims of domestic abuse, refugees as well as families existing on low incomes.

The Baby Bank can provide clothes, nappies, toiletries, cots, prams and other items that these families desperately need. They take donation of pre loved items from across Bristol and make sure that they are distributed via the relevant midwife or health visitor. Whilst being given lots of donations the charity does provide brand new mattresses for cots and prams, as well as rain covers for prams. They have recently moved to bigger premises in Fishponds as the charity is expanding and needs additional storage space. They have recently extended their work to Aberdeenshire and set up a baby bank network there called Bairnecessities.

Whilst the charity was only set up in May 2015, they have already helped over hundreds of families and their aim is to help 10 families per week in 2017. In order to do so they need more volunteers and so we will be sending a group of ladies to help with sorting and parcelling up clothes and generally giving a helping hand where needed. We were delighted to be able to provide the ladies with donations from Coalpit Heath of vital supplies.

If any groups are interested in helping please see their Facebook page or website babybanknetwork.com.

Our ladies were reminded of our up and coming curry night and our sewing evening on April 21 for our group activity. Our April 5 meeting has Sue Gidding visiting with her presentation on Vintage Films and May 3 we have our resolutions meeting plus a speak from the charity One25 who help vulnerable women. Visitors welcome.

Coalpit Heath WI meet on the First Wednesday of each month at St Saviours Church Hall, Coalpit Heath at 19.45. New members are always welcome.



FLORAL HAT FESTIVAL

SATURDAY
24 JUNE 2017
10 am - 4 pm



SUNDAY
25 JUNE 2017
2 pm - 4 pm

Venue: Zion United Church, Woodend Rd, Frampton Cotterell, BS36 2HY



A display of floral hats

If you'd like to contribute a display please email us:
floralfriendsofframpton@gmail.com



Everyone welcome

Refreshments
Plant stall

Live music from The Shanty Men, Crossbow Singers and others
Talk on the Hatting Industry in S Glos
Children's craft activities



Frampton Cotterell and Coalpit Heath Village Diary

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.

Saturday 29th - New Sensory opening, 10 am - 12 pm at Bickeridge Centre, Woodend Road,

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

May 2017

Thur 4th - Community Singalong, Crossbow, 2pm - 3.30pm. £3 includes tea and cakes. T: 07792 495367 hilary.jay@curo-group.co.uk

Fri 5th - Quiz, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 e. crossbowhouse@gmail.com

Sat 6th - Table Top Sale, Coalpit Heath Hall, 1-3pm. Table £5, bookings 07920 145325.

Tues 9th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

Wed 10th - 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 12th - Folk @ Frampton, Crossbow, School Road, 8pm, Small charge. All welcome.

Wed 17th - Community Coffee morning, Manor Hall, Coalpit Heath, 10am - 12.00. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

Thu 18th, Fri 19th & Sat 20th Winterbourne Players present The Rose & Crown (by JB Priestly) and Hell and High Water (by Leonard Morley), WADCA, 7.30pm.

Fri 19th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947

Sat 20th - Jazz at the Barn, Winterbourne Medieval Barn, 6.30pm - 9.30pm. UWE Jazz band and singer, beer, cider, food. See website www.winterbournebarn.org.uk

Tues 23rd - Frampton Cotterell WI, St Peters Hall, School Rd, 7.45 - 10pm Tel: 01454 773426 Tel: 01454 773426 or 01454 778900 e. marycroberts@talktalk.net

Wed 24th - Forget-me-not Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925

Thur 25th - Community World Dance, 2 - 4 pm, Zion Church Hall. All welcome. £3 incl tea.

See the centre pages for local Easter services and activities.

South Gloucestershire Council Chair's 2017 Community Awards winners announced

Nearly thirty unsung heroes and their families attended the Chair's Community Awards at South Gloucestershire and Stroud College's WISE Campus in March.

The annual awards recognise and celebrate the valuable contribution local unpaid volunteers make to life in South Gloucestershire. These people give up their time freely to help others and bring our communities together, and were rewarded for their efforts at the special ceremony.

Chair of South Gloucestershire Council, Cllr Erica Williams attended along with the Lord Lieutenant of Gloucestershire Dame Janet Trotter and Vice Lord Lieutenant Robert Bernays, Group Chief Executive & Executive Principal of South Gloucestershire & Stroud College Kevin Hamblin and Principal and Deputy Chief Sara-Jane Watkins.

Throughout the evening award winners from across South Gloucestershire and from a wide variety of backgrounds were presented with their certificates by Cllr Erica Williams and Sara-Jane Watkins. The final round was the Lord Lieutenant's Special Award, which saw Dame Janet Trotter and Robert Bernays present £100 to Diya Barot and George Beaven for their valued services as mentors and anti-hate crime ambassadors in South Gloucestershire.

Diya Barot and George Beaven became anti-hate crime ambassadors two years ago when Southern Brooks piloted a project at Abbeywood Community School. Since then, they have used their training to mentor victims and perpetrators of hate incidents. Diya and George also volunteer at a local primary school after school club.

Chair of South Gloucestershire Council Cllr Erica Williams said: *"I have been consistently amazed and inspired by the number of people from across our area who dedicate so much of their precious time in a voluntary capacity. These awards are a small way of recognising the effort and tireless service which volunteers provide for their local communities, and to say thank you to just some of them for continuing to make South Gloucestershire a great place to live and work. Choosing from the nominations for this event has been a heart-warming and yet difficult task. All the nominees were clearly highly respected and admired for their commitment and hard work. It has been humbling to read all of the citations and I consider it to be one of the highlights of my role to be able to honour our award winners."*



Principal and Deputy Chief, Sara-Jane Watkins said: *"SGS College is delighted to support the Chair's Community Awards. It is important to acknowledge the people of South Gloucestershire that selflessly enrich our community."*

The annual awards event is sponsored by South Gloucestershire & Stroud College and offers the perfect opportunity to celebrate the hard work and dedication of volunteers in the community who display outstanding commitment in giving up their time and effort to help others. The evening also saw students from the Level 3 Musical Theatre Year 2 group, based at WISE campus of South Gloucestershire and Stroud College, perform some of their latest productions.



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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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Based in Winterbourne

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

News from the Friends of Brandy Bottom Colliery, Pucklechurch

2016 was a very busy year and considerable progress was made on the conservation of the site. The AIBT would like to thank all those who helped make it so successful, not just by working on site, but by bringing their equipment to the mine

to make certain tasks easier. Others have donated materials for specific tasks, or given their time to negotiate with Historic England, Ibstock Brick, our contractors, or to raise funds for restoration work. Not to forget the backroom tasks of recording what has happened, and the cleaning, cataloguing and storage of the artefacts.

In the last letter the partnership between the AIBT and Historic England was highlighted. However it must be pointed out that it is in fact a three-way partnership between the AIBT, Historic England and Ibstock Brick. Ibstock own the land and have leased part of it to the AIBT at a peppercorn rent, allowing us to work on the conservation of the site. They have agreed to extend the leased area to enclose features, such as the fan engine house, that we have discovered since the fence was put up, and have also provided material assistance to the project, such as the recent tree felling. The AIBT would like to thank Ibstock for their assistance to the project.

There were 55 work parties in 2016, compared to 29 in 2015. While the main emphasis in 2016 was on the Old Pit, in 2017 it should be the turn of the New Pit. The intention is to give the tops of the heapstead walls the same treatment as those of the Old Pit heapstead, to rebuild the windows and doors of the Horizontal Engine House, and to extend the fenced area to enclose the Fan Engine House. We have applied to a new funding body for

a grant to pay for the cost of employing masons, though we are still waiting for the outcome of the application. Historic England has agreed to pay for a set of interpretation boards, which are currently being designed.

The outlet to the pond was cleared of rubbish in November, and the resulting drop in water level has uncovered another culvert feeding water into the area.

The top of the Old Pit heapstead was tidied up in December and early January. The ground was levelled off and the remains of some bushes removed and the stumps of two oak trees were uprooted.

The bushes have been cleared from along the fence running between the New Pit enclosure and the cycle path. While this will allow passers-by to get a better view of the buildings, the main intention was to give us room to erect scaffolding along the side of the heapstead for the repair of the walls.

On the assumption that the conservation work will go ahead, a start was made on the archaeological investigations along the tops of the New Pit heapstead walls. This will allow us to finish the task before the arrival of contractors, and the information gained on the state of the walls also helps to fine tune the tender specifications. After scaffolding had been erected at the north-eastern end of the heapstead, the ivy was removed from the face and top of the wall. Given that old maps show there were railway lines running alongside, it is thought that this wall will contain some tippler slots similar to those found on the Old Pit.

There have been sufficient volunteers at recent work parties to split into several groups. As a result investigations have resumed in the area outside the south-east wall of the Cornish Engine House, where it is thought that the settings for an egg-ended boiler had been found in October 2016. A test pit dug at the southern corner contains some brickwork, but it



Erecting scaffolding along the north-west wall of the New Pit heapstead.



Working on the top of the north-west wall of the New Pit heapstead.

is not possible at this point in time to say whether this is the other end of the settings. The curved brickwork has not yet been found. However it may have been damaged when the boiler was removed for scrap. Work in this area continues.

Ibstock's tree surgeons cut down a number of trees and large bushes in early February. This included the large spreading willow at the northern corner of the New Pit heapstead, plus many of the bushes along the fences on the cycle path side of both enclosures. As a result passers-by on the cycle path now have a better view of both the Old and New Pit heapsteads and the Horizontal Engine House. The contractors have also cut down two trees near the Fan Engine House, as they would have interfered with the new alignment of the boundary fence. The AIBT would like to thank Ibstock for this contribution to the conservation plan.

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:

April: Sat 01, Wed 12, Sat 22

May: Sat 06, Wed 10, Sat 20

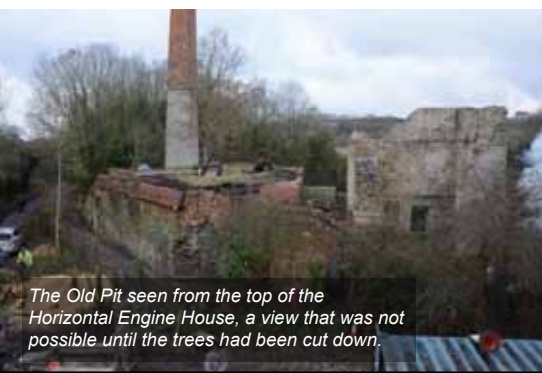
June: Sat 03, Wed 14, Sat 24

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

Photos featured thanks to R H Whitworth (© R H Whitworth 2014, 2016, 2017).



The Old Pit seen from the top of the Horizontal Engine House, a view that was not possible until the trees had been cut down.



The fence along the New Pit enclosure is being cleared of bushes.

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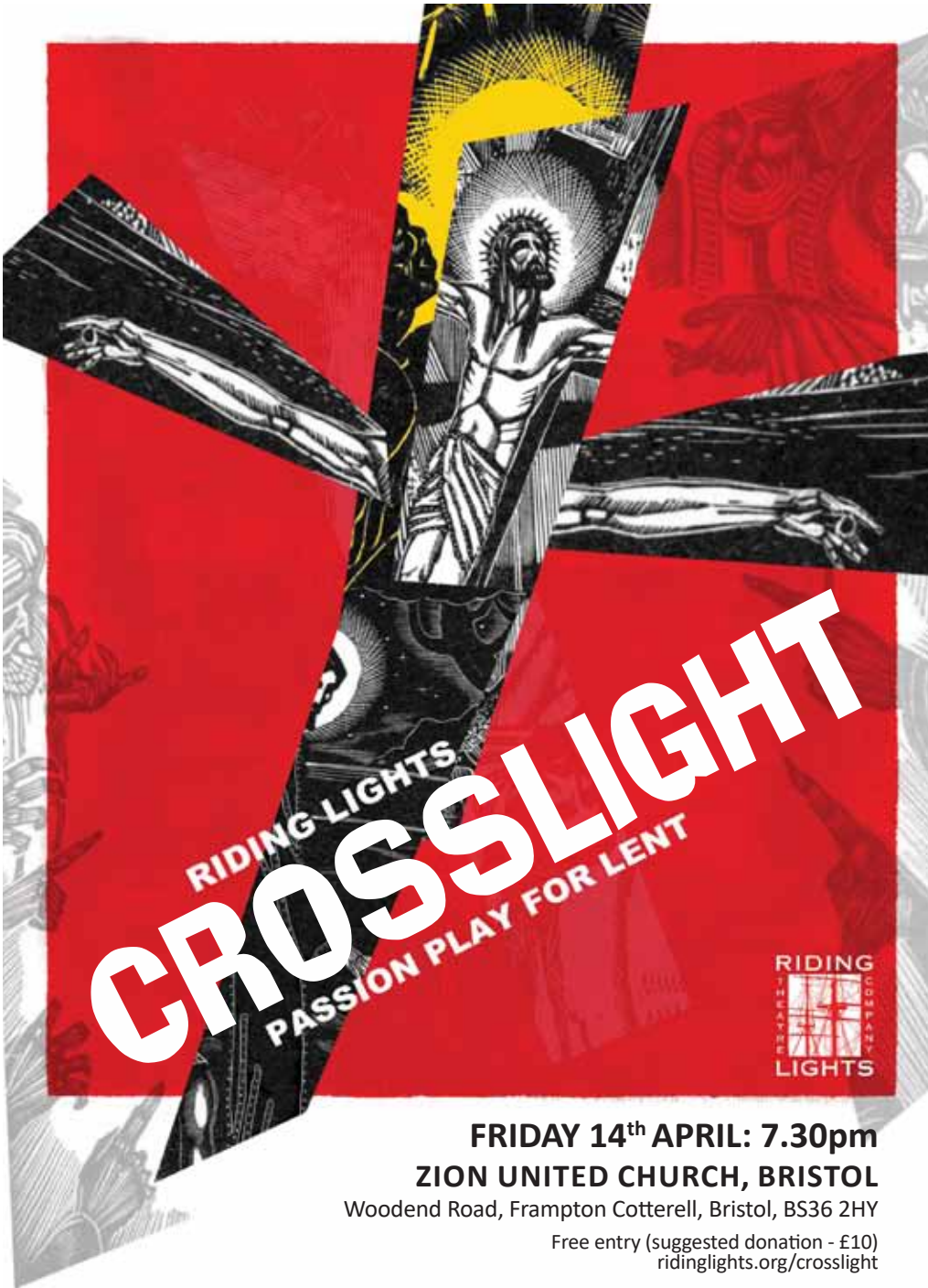
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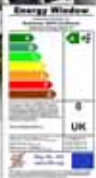
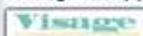
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