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Aug/Sept 2017



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Time: 7.00pm - 1.00am



Private hire options available

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Price includes welcome Christmas cocktail, festive 3 course meal and resident DJ.

Price: From £28.00 per person

Dates available: 3rd-7th, 10th-14th, 17th-21st December

Time: 7.00pm - 1.00am



Private hire options available



Dear Residents,

Welcome to the August/September issue of your community magazine.

We recently enjoyed attending the fabulous Frampton Festival, congratulations to the organisers for another wonderful event. It is brilliant that you can enjoy this jam-packed day of family entertainment for free! Share in the fun on the centre pages.

It is a busy time of year for The Floral Friends of Frampton, who recently celebrated another, creative - Floral Hat Festival. We hope you enjoy reading about this and their summer visit from the RHS. As always there is lots of activity at the Winterbourne Medieval Barn, there are plenty of events to get involved with, find out more in our report.

We are pleased to pay tribute to the late Nancy Dunn, who was a huge supporter of the Medieval Barn and community life in general.

Throughout the magazine you can enjoy hearing about the interesting activities our local W.I's get involved with.

Share in the creativity of a very arty, St Michael's school and how successful they were at the Festival of Youth Sport day.

Our local Winterbourne Library have events running over the summer, find out more about these on their page and do take note of their closure dates whilst essential work is carried out.

For information on the many other local activities, please see our Community Notice Board and Village Diary.

Best wishes to you all,

Kerry
& Jaci X

community@mattersmagazines.co.uk 01454 300900



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News from Winterbourne Medieval Barn

Recent Medieval Events at the Barn

Crowds flocked to the Medieval Fayre and spent the day immersed in the 14th Century! Living history group the Company of Chivalry had set up camp and showed visitors how people lived in the mid 1300s, with demonstrations of crafts and trades, cooking, make-up and clothing, military combat and falconry. "Blanche de Bradstone" rode in on her horse with a colourful procession. Children enjoyed firing the trebuchet, trying jousting skills, and a spoon dance. And visitors of all ages were entertained with live medieval songs and dance music. With excellent food and drink supplied by The Globe pub, Old Sodbury Lamb, and Lorraine's catering, as well as the Barn's own Mad Hatter ciders, it was both a relaxing and exciting day for everyone.

A Story of Early Music entertained all ages from 0-90 with a great selection of old music, instruments and songs, while Pete Morton had everyone in stitches telling The Miller's Tale through song, words, and hats! If you've not heard *Rock Around the Clock* sung in medieval English you've not lived!

Further events to look forward to

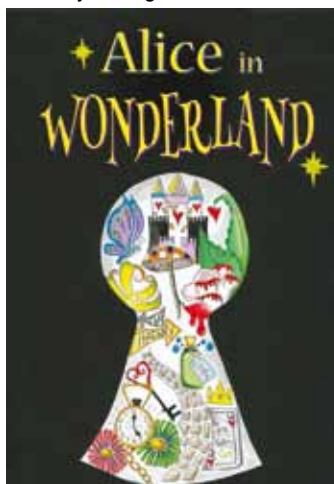
Sunday 13 August – Alice in Wonderland
– Ian Kennedy Productions - 2.30pm - 4.30pm

Follow IKP down the rabbit-hole this summer and join Alice as she meets the weird and wacky residents of Wonderland. Adapted from the novel by Lewis Carroll, this new adaptation for all the family promises to entertain young and old alike.

So bring along a picnic, as the Mad Hatter invites you to his tea party, and experience Wonderland like never before as Alice's world becomes curiousest and curiousest, until you think you've gone mad.

But let us tell you something – all the best people are!

Following their previous summer successes with, *A Rip-Roaring Summer Adventure* and *The Wind in the Willows*, IKP return with their unique brand of fast-paced, quick-witted adaptations of classic British novels, which promise to entertain all the family.



Early music recorder & cornett



The Merry Wives of Windsor

The grounds will open from 1.00pm so why not bring a picnic to enjoy before the performance in the Barn. Drinks will be available to purchase before the performance and during the interval.

Tickets: Adults £10.00. Children under 16yrs – £8.00. You can purchase tickets online via a link from the *EVENTS* tab on the Barn's website or in person at Daisy's Coffee Shop, Winterbourne or on arrival at Winterbourne Medieval Barn – subject to availability.

Tuesday 29 August – The Merry Wives of Windsor by William Shakespeare
– The Festival Players - 7.00pm - 9.30pm

The Festival Players Theatre Company is a professional theatre committed to presenting the very best in touring theatre. Directed by Michael Dyer and music by Johnny Coppin.

The roguish and foolish Knight, Falstaff, schemes to woo two married women to get his hands on their husband's money, but the wily Wives of Windsor are more than a match for him. The Festival Players Theatre Company brings you this hilarious and colourful comedy in an all-male, fast-paced, costumed production. A summer feast of farce.

The grounds will open from 5.30pm so why not bring a picnic to enjoy before the performance in the Barn. Drinks will be available to purchase before the performance and during the interval.

Tickets: Adults £14.00. Children under 16yrs – £10.00. You can purchase tickets online via a link from the *EVENTS* tab on the Barn's website or in person at Daisy's Coffee Shop (from 14 August), or on the night – subject to availability.

Saturday 9 & Sunday 10 September –

The Miller's Tale with Pete Morton



Hospitallars, but Winterbourne Barn was built by Thomas de Bradeston in 1342, just a few years before the Black Death first hit in England.

Only three barns of this scale are recorded as built by gentry families, and Winterbourne is the only survivor. The Barn was built using the green-timber construction methods which were the cutting-edge technology of that period. It is a fine example of a raised-cruck construction and one of the largest and earliest raised-cruck barns.

In addition to touring the Barn and its grounds you will be able to view the South Gloucestershire First World War Project Exhibitions. The exhibitions concentrate on what happened in the different areas of South Gloucestershire during WW1.

The first exhibition commemorates the First World War by focusing on how the different areas of South Gloucestershire were affected. Whilst the men went off to fight, the factories at home turned their production to vital war work, country houses became convalescent homes and women came into the world of work as never before. The exhibition also connects us to some of the experiences of our twinned towns in France.

Continued on following page ►

► Continued from page 5

This second exhibition focuses on the social impact of the war in South Gloucestershire, displaying photographs and information about the war's effects on local women, scouts and even animals, along with information about some of the entertainment and sport that was enjoyed at the time.

Visitors will learn about the contribution made by the women left at home in South Gloucestershire, the local animals that were requisitioned and sent in to battle and there are pictures of local people entertaining themselves with theatre productions and concerts.

Sunday 8 October – Orchard Harvest Day

- 11.00am – 4.00pm Get this date in your diary for the most popular annual event at the barn!

See traditional cider making demonstrations using a Victorian stone apple mill and taste the results! Celebrate the Great British Orchard with an apple display and an expert on hand to identify varieties of apples – so bring your mystery apples along.

Let Cats Whiskers Face Painting Team transform you into a butterfly, a flower or a wild creature for the day. Something for all the family. Skittles, archery, local crafts, rural skills, llamas, geese, apple bobbing and a variety of children's activities and games to choose from.

Learn about medieval falconry and witness these beautiful birds in flight as Raptor care return to the Barn to thrill with their static and flying displays – you can even take a selfie with a bird on the glove.



Shakespeare – Falstaff plotting

Music, dance, food and drink available all day from Frampton Shantymen, Winterbourne Down Border Morris Dancers, Old Sodbury Lamb, Lorraine's famous sweets and savouries, Devon Ice Cream from Icicle-tricycle, local Beer, and Mad Hatters Cider brewed at the Barn.

Assistance and well behaved dogs on a lead are welcome. Dogs remain the responsibility of the owner within the grounds of the Barn.

Purchase tickets on entry. Adults £3.00. Children under 16yrs – FREE.

Crowdfunding Success!

The Medieval Barn recently ran a Crowdfunding campaign, successfully achieving their stretch target of £10,000! This campaign was helped by a generous donation from Christopher Dunn, in memory of his mother Nancy Dunn, who was heavily involved in community matters in Winterbourne (read a tribute to this lady on page 9). The Barn are most grateful for Christopher's and all the other fantastic donations.

Although the Crowdfunding has now closed, donations to the refurbishment project would still be very welcome, please visit their justgiving website: www.justgiving.com/campaigns/charity/winterbourne-medievalbarntrust/autumn2017.

New Double Your Donation Initiative Coming Soon

The Barn have teamed up with the *Big Give Christmas Appeal* to 'double your donation'. The *Big Give* is a national online giving campaign that takes place in late November 2017. To qualify, the Barn need to secure 10 x £100 pledges by 1 September 2017, so if you can offer to be a pledger, please email carolinewinterbourne@gmail.com. A BIG thank you to all who support the Winterbourne Medieval Barn. ■

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



Early music – young recorders



Christian Aid Week 2017

A huge thank you on behalf of the local churches to everyone who supported this year's fundraising in Frampton Cotterell and Coalpit Heath.

We hope you were able to come along to some of our community events: there was the Big Brekkie (fantastic food!), a special charity Folk@Frampton (if you enjoy folk music 'Folk@Frampton is a regular monthly event at Crossbow House), a Quiz Night at the British Legion, Homemade Soup Lunches at St Saviour's, a Plant Sale in Iron Acton (if you missed it this year, look out for it in 2018, a great opportunity to buy your summer plants!) and Cream Teas and Train Rides at Bridge House, a village favourite for all ages (Bradley Stoke Radio have some great coverage on their Facebook page)! Our Week concluded with a special service on a warm, sunny, Sunday evening in the Medieval Barn at Winterbourne to which all the local churches and community were invited. We hope that our fun events will become a firm favourite in the local social calendar.

Overall, the Frampton Cotterell and Coalpit Heath Christian Aid Group raised £3,908 (to which will be added approx £400 of Gift Aid).

Christian Aid Week was set up 60 years ago to support the charity's work, with those left with nothing following the Second World War. This year the focus of Christian Aid Week has been to help the tens of millions of people worldwide, who are fleeing conflict and disaster, making dangerous journeys in search of safety. The slogan this year was: **"We've been there for refugees since 1945. We won't turn our backs now"**

If you missed any of the events this year, do look out for them in 2018! If you have any feedback or suggestions for next year, we would love to hear from you (Email: office@zuchurch.co.uk.) Once again, many thanks for your support.

*Christian Aid Website



Cream Teas & Train Rides at Bridge House



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1. Representative APR 9.9% Based on installation cost of £1,933 with payments spread over 10 years (120 payments of £19.99). Minimum deposit 20%. Finance charge £852.50. Total amount repaid inc. deposit £2,785.50. 2. For further details please visit www.netatmo.com/product/energy/thermostat. Savings have been calculated by comparing to a system without a programmable thermostat.



Celebrating the life of community spirited – Nancy Dunn

This month we are pleased to share with you some of the late Nancy Dunn's achievements and to celebrate the important role she played in our community. Thanks to her son Christopher Dunn for providing this information.

Nancy Dunn nee Simmons, was born Born 08 08 1920, near the docks in Gloucester. She grew up with two older brothers (one a Dunkirk veteran) and one younger sister Mary, who is still alive. Her father owned a garage and used to mend the bishop's car, in which she 'courted' Alfred. Quiet; studious; 'bookish', Nancy was the only one or the four who went to Grammar school and would have gone on to university but was born too soon.

Her first (and last) boyfriend was teacher Alfred Dunn. The couple married in 1942, in Gloucester. Nancy moved as headmaster's wife to Chalford, and then to Winterbourne in September 1945, with son Philip (two), and Christopher (three months). Daughter Katharine was born in 1949.

From 1945 to 1978 her husband Alfred Dunn was headmaster of St Michaels Primary School, Winterbourne, where JK Rowling was a pupil until the age of nine. JK Rowling "remembers him fondly, his shiny bald head and his love of Bristol Rovers."

The Dunn's lived in the school house on the High street until Alfred Dunn's retirement in 1978, and then to a bungalow in Coalpit Heath till 2013.

Nancy was heavily involved in community matters in Winterbourne, being a founder member of the Winterbourne Society, to save some of the heritage and community facilities in the village. Nancy could spot and activate gaps in the community life, setting up groups for the young and old alike. And she played a crucial role in starting the long process to save the Medieval Barn for the community.



Nancy Dunn in Winterbourne Medieval Barn

"The Winterbourne Medieval Barn Trust is very grateful to Nancy for being one of the people with the determination to rescue this unique historic building. The Medieval Barn is currently planning a major refurbishment project to ensure that it will be available to the community for generations to come.

A big thank you to her son Christopher Dunn for his recent, generous donation to our successful crowdfunding appeal, that raised £10,000. Although this appeal is now closed, donations to the refurbishment project would still be welcome and we have a justgiving website – www.justgiving.com/campaigns/charity/winterbourne-medievalbarntrust/autumn2017"

Sue Parsons, Winterbourne Medieval Barn

Before Nancy died, it was a real pride for her to experience the great success of the Barn as an extra useful cultural facility in the village.

Nancy was a very keen, prize winning flower arranger and gardener at the school house and member of the Horticulture/flower arranging society.

She was well known in Winterbourne for her independent artistic spirit and was not perhaps the typical Headmaster's wife! She promoted the Winterbourne Players amateur dramatics group and enjoyed country and ball room dancing.

Her political views were Liberal, like her father, who was a first World War veteran.

Son Christopher told us, she never swore or cried, she was quiet, thoughtful, "keeping her cards close to her chest, so close they were still in the packet!". She was a great, great grandmother, who the children loved to play with.

Nancy Dunn died 07 07 15 in Kingswood, Gloucester and is now buried with Alfred Dunn at St Michael's Church yard. We can all learn a lot from this wonderful lady's approach to community life and getting things done.



Nancy Dunn with great friend Kathleen Marsh



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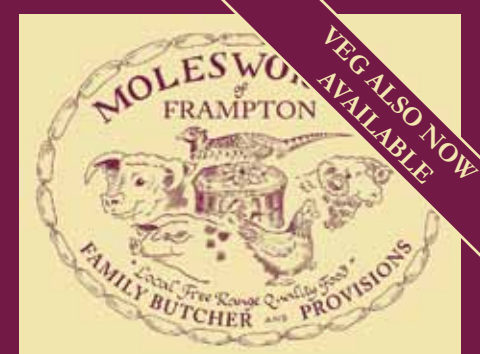
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framptonbutchers@outlook.com

Winterbourne Down & District Horticultural Society Events



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!

Winterbourne Down & District Horticultural Society Meetings

All starting at 7.30 pm at All Saints Church Hall, Church Road, Winterbourne Down, BS36 1BX.

Tuesday 8 August – Flowers – Flamboyant & Demure – Dr I. Keith Ferguson.

Tuesday 12 September – Wartime Kitchen Gardens – WW2 – Lynda Warren.

Tuesday 10 October – The Art & Science of Compost Making – Lois Phillips.

Tuesday 14 November Holly, Ivy & Mistletoe – Roy Cheek.

Special Event – Tuesday 26 September Harvest Supper & Auction at the Greenfield Centre, Winterbourne (ticket event).

Winterbourne Down & District Horticultural Society Annual Flower Show

To be held at the Greenfield Centre, Park Avenue, Winterbourne on **Saturday 19th August** – staging 8.30 - 10.30 am. Open to visitors – 2-4 pm.

For schedules phone: 01454 773218. 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



DOWNEND HORTICULTURAL SOCIETY.

Are to present their 72nd Summer flower show on Saturday 19 August at Assembly rooms, Salisbury Rd, Downend, BS16 5RA, open to the public at 2pm. Admission £1, refreshments available. All sections open to non members, section in Vegetables, Fruit, Flowers, Pot plants, Flower arrangement and Domestic cooking. Staging of exhibits from 9am to 10 30am on the day. Roger Davis 0117 9571703 or Hilary Walton 0117 9792832.



News from Floral Friends of Frampton

Floral Hat Festival – We're delighted with the success of the Floral Hat Festival which was hosted for us by the Zion United Church over the weekend of 24/25 June and which celebrated the local hatting heritage with flowers. Celia Zlobec (Chair of Floral Friends) commented, "The floral displays from different community groups were both inspiring and amazing, such thought and care had gone into them, and we were entertained by superb local musicians and local historians who delivered a very interesting and informative talk on our village's hatting heritage."

Children were entertained with a rabbit trail (rabbits were used in hatting) and enjoyed making their own hats. Delicious refreshments were much enjoyed and many joined in the spirit by wearing their own floral hat. It was a wonderful community event, bringing together young and old in a heart warming atmosphere. Thank you to all those who supported us at this event. All money raised by donations will fund more flowers for Frampton Cotterell."

Britain in Bloom – Floral Friends have entered the RHS Britain in Bloom Pennant Award this year, and welcomed the judges to Frampton Cotterell on Monday 10th July. They were given a presentation of the recent work of Floral Friends before being taken on a tour of the village to see the development of the wildflower areas, the planters and hanging baskets and to meet members from the local It's Your Neighbourhood groups (the Litter Busters, Balsam Bashers and Frampton Court Corner). They returned to the Bickeridge Centre to see the Sensory Garden and to meet local schoolchildren. The outcome of the judging will not be known until the beginning of October.

Youth Club Paint Planters – Members of the local Youth Club have painted two of the Bickeridge Centre planters forget me not blue. This colour was chosen to show support for dementia sufferers.

The Blue Campaign – Floral Friends are putting blue hearts in all our wild flower areas to show that we care about nature and use areas of green space to restore biodiversity. This campaign is being piloted locally and it is hoped it will go nationwide in 2019. For more information about the campaign go to www.bluecampaignhub.com



New Planter Bench – A new planter bench has now been set up in School Road with the help of donations from local residents. It brightens up this corner of School Road and provides a welcome spot to stop and enjoy the flowers.

Please join us! This is a busy time of year for the volunteers – please come and help us if you can – you don't have to be a gardening expert, just happy to lend a hand and help us to make our village beautiful – please email us at floralfriendsofframpton@gmail.com

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



News from Frampton Cottrell W.I

On June 25th, back by popular demand, we had a second talk from the wonderful Frances Benton "A Passion for Pearls – Part II". Frances was invited back as the first talk was so fascinating – she really does know all there is to know about the subject. Amongst other things, we learnt how to tell real pearls from fake ones, how to tell which pearls are the best quality and that the shine on a pearl is what really gives it its grade. Frances brought a range of her hand-made pearl jewellery to show and for sale on the night, all the profits of which go to a charity which helps to look after street children in Africa – so a very worthy cause to support as well. We later had the great news that enough money was raised on the night to educate 2 street children for a year!

July has been a very eventful month for Frampton WI! Our Members summer meal out took place on the 5th July – a "Cowboy Tapas" night at The Smokehouse (at The Swan Inn, Winterbourne). A lovely warm Summer evening, which we all enjoyed.

We set up our annual home made cakes and treats stand at The Frampton Festival on the 15th July, when our members worked hard baking scones, flapjacks, tray bakes, sausage rolls etc. for sale on the day. In spite of it being a bit overcast, there was still a great turnout for the event and we all enjoyed our time at the festival.

At time of writing (late July), we look forward to welcoming The Great Western Air Ambulance in for our monthly meeting to tell us more about their great work as a charity. In August we have a break from the monthly meetings. These will resume again in September. That said, we have booked a tour of the Six O'clock / Bramley and Gage gin distillery in Thornbury for the 19th August, and so a group of members will be meeting up for that with a local pub lunch beforehand.

Amongst other things, a talk on the history of the Police Force and a Belly Dancing lesson from a professional dancer are in store for us during the late summer/early Autumn months.

Visitors are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month. There is a charge of £2.50 for the evening and any new members can join by paying a membership fee. Special interest groups that meet separately including a book club, craft group, choir and our skittles and darts teams. **Please search FramptonCottWI to find out more, and do like our page.**



Local Slimming World Member is National Star!

After decades of putting work first, Geoff Spicer was facing retirement unhealthy and overweight. Inspired by a friend who had successfully lost weight with Slimming World, he and his wife set their own weight loss challenges to look and feel good for a family wedding.

Geoff had received a warning from his doctor that his high blood-sugar levels put him in the pre-diabetic category, and if he didn't make some lifestyle changes he was at risk of developing Type 2 diabetes. With this on his mind, when himself and wife were invited to a barbecue, and saw one of their oldest friends looking fabulous, having lost 2st in just a few months, they were interested to hear her secret was joining Slimming World! Geoff tells us, "My jaw dropped as she showed us her before and after photos. On the drive home my wife said how she would love to drop a dress size before our nephew's Carl's wedding (in just under five months). I thought how much I could lose, too, and a week later we were pushing open the doors of the community centre where our Consultant, Frankie, welcomed us inside."

Looking back, Geoff wonders why he had ever felt intimidated about joining a group, "Everyone was so supportive and, from the word go, Frankie's enthusiasm was infectious."

Come the wedding, Geoff and Tracey proudly posed for photos and enjoyed all the compliments that came their way. Tracey had dropped two dress sizes, losing 1st 8lbs and Geoff 3st 9.5lbs! He felt amazing fitting into 32in-waist suit trousers, "a size I hadn't worn since I'd been 21 and getting my very first police uniform!"

"Now I'm focusing on maintaining this weight throughout my retirement to stay as fit, healthy and happy as I am now. So it's great to know that with the help and support of my group and Frankie, and all the tools she's given me, I'm in safe hands. My only regret is that I didn't do this sooner. Who knew it was possible to live, love, laugh and lose weight along the way?"



Geoff with Slimming World Group leader Frankie, who is so proud of his weight loss and feature in Slimming World magazine!



Monday

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

Tuesday

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

Wednesday

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

Friday

Coalpit Heath
The Manor Hall
Coalpit Heath
9.30am
Tel: Lisa
07815 759118

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

slimmingworld.co.uk    0344 897 8000

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Community Noticeboard

For free listings contact
community@
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We are a NEW, friendly and
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Mondays 9.30-11.30am
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(From 11th September 2017)

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and ride zone. We have baby
changing facilities as well as a designated
baby play areas for crawlers.



Pay as you go £3 per family.

Refreshments included for grown ups.
Drink and snack included for children.

Just come along or email
butterflietoddlergroup@gmail.com



St Saviours Church Coalpit Heath Church Events

Open Church Fridays

Our Church is open every Friday from 11-15am -1pm.
Come and join us for Tea or Coffee. Maybe stay for a
soup and crumble lunch at midday. There is usually a
choice of three soups with fresh bread. There is no
fixed charge but a donation is welcome, this goes
towards items for the church, we were able to replace
the carpet at the bottom of the chancel steps which
was wonderful. You would be most Welcome.

Film nights

Once a month for children, with supper. Supper maybe
sausage and chips with, popcorn, during the film. The film
is chosen by the children – the children bring a film and
decide which one they would like to watch. If a family
would like to come along, they meet at 5.30pm on the 2nd
Saturday of the month.

Also a film night for Grown ups. Every 3rd Tuesday of the
month in the Church at 5.30pm, followed by supper,
find out more go to the Church Website.

Mothers union

Meet the 2nd Tuesday of the month. Mothers Union do lots
of good work, if you would like to have more information
Contact Mary Head 01454 887870.

See more at – themothersunion.org

Short mat bowls

A warm welcome awaits all visitors on the 2nd and 4th
Wednesday of the month in the Church Hall, from 2-4pm.
Being enjoyed by all those taking part and even spectators

Horticulture and craft Show

We will be celebrating our **72nd Horticulture and Craft
show on 2nd September**. Entry to Church Hall - £1 Adults
50p children. There is Vegetable section, Fruit, Flower,
Photographic & Visual Art, Handicraft, Floral Art Section,
Class 78-Victoria Recipe Domestic, (Novelty – Longest
Runner Bean, Heaviest Potato, Largest Apple ect).

Also a junior section 15 years and younger.

Please contact the show Secretary Mrs K Bidwell on
07914070535 for more information or if you would like
to enter a competition.

The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



Community Coffee Mornings on 20 September & 18 October 2017

In aid of Macmillan. Held in the Jubilee
Room on the 3rd Wednesday monthly, 10am
to 12noon (excl August and Dec)

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

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To **join** the Class please contact Keith Hunt,
Chairman
of the Association on **0117 9049125** or
by e-mail **keh35@blueyonder.co.uk**

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www.avonwindbandassociation.com

TRIBUTE NIGHT

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Coalpit Heath Village Hall
Saturday 9th September
8pm to late

Liza Starlight as
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Entry by ticket only
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August & September 2017 at Winterbourne Library



Opening Times

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

Please note that
Winterbourne Library will be closed for essential works from Thursday 3 August to Wednesday 16 August. Normal opening hours will resume on Friday 18 August.

to Wednesday 16 August. Normal opening hours will resume on Friday 18 August.

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

Join the awesome Animal Agents sleuthing their way to a library near you this summer



Animal Agents, Summer Reading Challenge 2017 has now begun in all South Gloucestershire Libraries and runs until 16 September. It's not too late to join up for this FREE reading adventure! Sign up at your local library and receive a collector folder to start, then read six library books to get a medal and certificate, picking up some stinky stickers, and other great incentives along the way. There are free activities at all libraries. Come along to Winterbourne library for 2 fun filled events...

Visit www.southglos.gov.uk/childrenslibrary or drop in to your local library to find out more. Like us on www.facebook.com/sgloslibraries and follow us on @southgloslibs to get the latest on all our activities for children.

*See www.southglos.gov.uk/childrenslibrary for terms and conditions.

Undercover Animals Wednesday 2 August
10.00 - 11.30am: Use your powers of observation to find the animals in disguise in a dastardly detective treasure hunt. Plus crafty chameleons and other mystery animal makes.

I Spy Wednesday 23 August 10.00 - 11.30am:
Make your own detective deerstalker hat and solve the mystery code-word treasure hunt.

The Craft Group meets on Saturday 19 & 26 August and Saturday 9 & 23 September 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.

***CONNECT *KEEP LEARNING *BE ACTIVE *NOTICE *GIVE**

Five Ways To Wellbeing FREE EVENT Tuesday 12 September 2.30-6.30pm

Drop in to discover easy tips for improving your wellbeing and lifting your mood, with Curo Community Connectors.

Computer Classes for Beginners Starting in September Sign up now for our popular beginners' computer class run by South Gloucestershire and Stroud College and completely FREE OF CHARGE. This will be an eighteen week course with sessions on a Monday morning 9.30am -12.30pm and will include: word processing, emailing, using the internet and online shopping. If you are interested please speak to a member of staff - places are limited.

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 on any of the above:

T: 01454 868006

E: winterbourne.library@southglos.gov.uk

Visit: www.southglos.gov.uk/libraries

Twitter: @southgloslibs 'Like' us on

Facebook: South Gloucestershire Libraries for all the latest news.

Pain Relief is at hand for Mum's to be!

Pregnancy is a wonderful thing. It does however put a whole new set of strains on the mother's body, often resulting in some level of pain.

As pregnancy goes on, your body can be carrying an extra 2 stone of weight, putting a considerable amount of strain on your spine. During pregnancy a hormone called relaxin is dispersed to soften the ligaments, to enable separation of the pelvic bones. A necessary procedure to prepare the body for birth but at the same time it can cause other ligaments of the spine and pelvis to weaken. All of these changes on the body and your posture can cause varying degrees of pain from a dull ache to severe pain. Pubic Symphysis Dysfunction is another painful problem that is common during pregnancy.

Do not suffer in silence! Osteomyologist Dawn Clode, is well equipped to address problems both during and after pregnancy for mother and baby. Dawn will adapt her treatments to be mindful of mother to be's needs.

Child birth is one of life's miracles that enables new life to come into the world. It is a time of extreme joy for new parents, but labour can also be a traumatic experience for both the Mother and baby's body. It may take some time to get back to your normal self. This is nothing to worry about but you will benefit from a session or two with Dawn, to re-balance your body, and set you on the right way to a speedy recovery.

For babies, the journey through their mother's pelvis when they are born is arduous. Many babies will benefit hugely from receiving Cranial Sacral Therapy. One session can put right any problems young ones are experiencing when trying to latch onto the breast to feed.

Cranial Sacral Therapy is excellent for treating new born babies and children; until they are 3 the bones of the child's skull (the cranium) are not fully hardened making it easier to move the joints and bones of the cranium. It is an exceptionally gentle yet powerful healing practice which can influence the deeply held patterns of both physical and psychological disease.

Dawn is pleased to offer a free Cranial Sacral Therapy treatment to the babies of parents who are already her existing clients.

For more information visit www.life-and-soul-empowerment.co.uk or give her a call on 07951 099 491. Dawn is based in Little Stoke.

Reader Offer: £10 off Mum-to-be's first appointment during August & September!

Don't forget to mention W&FMatters when you book in !



£10 eye test voucher

Book online at specsavers.co.uk

Valid for one test on or before 30 September 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



Oscars - Celebrating 25 years!

OSCARS celebrated their 25th Anniversary in fine style, with a garden party on Friday 9 June, (May 1992 – 2017) in glorious sunny weather.

Ex staff, committee members and anyone who attended as a child were all invited. Lots of them came along and enjoyed tea, cake and looking at all the photos and the time line from the past 25 years!

Manager, Pam Bailey told us, "It was lovely to meet up with the young people and hear all about what they are doing now."

Previous committee members were impressed at how all their hard work in the past is still going so well and improving all the time. The children all had a fabulous time on the bouncy castle!



Left to right: Manager, Pam Bailey and Claire Walters (a supervisor at OSCARS since the summer of 1992).



OSCARS is a well established playscheme providing before and after school club and holiday childcare for primary school aged children.



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Telephone: 01454 250528

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Thursday AM

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10th August - Funky Puppet Show
£5 each child

17th August - Lego Fun!
£2 each child

24th August - Emoji Fun!
£2 each child

Order Tickets NOW!

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Online: www.ticketsource.co.uk/wadca
Watleys End Road, Winterbourne, Bristol, BS36 1QG

WADCA

Success at the Welsh Open Championship

Two young members of local Shinwa Karate Kai club, based at Winterbourne & District Community Association (WADCA) recently took part in the Welsh Open Championship.

Alfie Fuller (1st Dan) and Cara Tippins (1st kyu), both 14, live in Yate. Alfie attends Brimsham Green school and Cara attends YIA. The pair train twice a week minimum at WADCA, with additional sessions at the weekends.

The competition had over 600 entries from all over England, Ireland and of course Wales. In the kumite (sparing) it's a straight knock out. Kata (a combination of moves to demonstrate your skills) is marked by judges.

At the Championships, Alfie and Cara entered the Wado Ryu Kata 13-15yrs (boys or girls) Kata. They both performed excellent Kata's in both rounds to win!

Cara also took part in the Kumite (sparing) in a 13-14yrs 50kg and over, narrowly missing out when she was beat by a half point in the quarter finals.

Both children also took part in the Parent child event with there mums and all did very well but just missed out on the finals.



Winning Cara & Alfie

Cara told us, "I really enjoy my training, it's something I have done with my mum for nearly 10 years. I missed out on training and taking my black belt towards the end of last year when I dislocated my knee. I travel to as many different training sessions as possible.

Sensei recently rewarded me the squad badge, with a very encouraging talk, telling me how I had impressed him and was working in the right direction to follow in the footsteps of 3 off our black belts, who were also awarded the squad badge.

My short term goal would be to win in our own competition in November, it is usually a really high standard, I would love to win there. Long term I would love to represent England and get in to the Olympics."

Alfie said, "Training for the Welsh open championship look a lot of hard work and dedication, I was

determined to win. Competing has given me more confidence to succeed in further competitions and better myself."

Their instructor, Sensei Wesley Streete, teaches based on traditional Wado Ryu Style, he has always had a passion for martial arts and to broaden his knowledge he trained under some of the most senior of Sensei's and well respected instructors

Anyone looking to join this local club, can get more information my contacting Sensie Wesley Streete on 07971184254, Email; wez@shinwakaratekai.co.uk or visit www.shinwakaratekai.co.uk



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Contact us – T: 01454 776873 E: office@fromsidegym.co.uk
Watleys End Road, Winterbourne, BS36 1PW

WIN TICKETS TO THE HIT COMEDY MUSICAL 'THE WEDDING SINGER'

Are you ready to rock out with the Thornbury Musical Theatre Group? Grab your widest shoulder pads and the biggest can of hairspray you can find, as we present the hit comedy-musical 'The Wedding Singer'. This will take place at the Armstrong Hall in Thornbury from **Wednesday 25 to Saturday 28 October at 7.30pm nightly, including a matinée on Saturday at 2.30pm.**

Based on the classic movie of the same name, 'The Wedding Singer' will transport you back to 1985: a time when hair was big, music was loud and money was everything. Robbie Hart, a small-town wedding singer is engaged to marry the love of his life, but fate has other plans. Meanwhile, will Julia Sullivan, a cheerful if slightly naïve waitress ever marry her slimy boyfriend Glen and fulfil her dream of becoming Mrs Julia Guglia? Featuring a totally awesome 1980s score, this show is sure to leave you with a smile on your face and a head full of catchy tunes.

Tickets from £10.50, group discount available. Contact the Box Office on 07516 270140 or book online at www.tmtg.org.uk. Tickets will also be available at Lisa Costa Residential Sales and Lettings at 53 High Street, Thornbury from Saturday 23 September. The staff are big fans of TMTG and always delighted to meet our audience members, but remember it's a very busy office so please be patient if they're not available the first time you call.

For a chance to win two tickets to the opening night, enter our 80s impressions competition. What do Billy Idol, Tina Turner, Ronald Reagan and Cyndi Lauper all have in common? Why, they all appear in 'The Wedding Singer' of course! If you've always been told that you have a celebrity doppelganger, why not send your 80s celebrity lookalike photos to us; the best picture will win two tickets to the opening night of 'The Wedding Singer'. Plus, join us during the week in the show to browse our gallery of entries (with a few additions of our own!). Please send entries to publicity.committee@tmtg.org.uk or take your entry on Saturdays to Lisa Costas. The competition closes 11th October.

For more information about 'The Wedding Singer' go to our website www.tmtg.org.uk or follow us on Facebook.

The Crossbow Singers – in fine voice!

The Crossbow Singers' Summer Concert was a great success, with lots of complimentary comments from the lovely audience. Thank you for all your support.

This year all the proceeds from the ticket sales were split between three local charities. These are the Baby Bank Network (Bristol), Off the Record (Yate), and The Hive Drop-in Service (Kingswood). We are so pleased to report that, with a small 'top-up' from choir funds, we were able to donate £300 to each of these charities.

There was also a retiring collection to raise funds for the ongoing upkeep of the Beesmoor Road Playing Fields in Frampton Cotterell. As a result of the generosity of our audience, with again a small amount from choir funds, we are donating £110 to the Beesmoor Road Playing Field Committee. We hope this will help them continue their good work for the community.

The choir 'year' has now ended and we will not meet again until 11th September, when we will begin preparations for our Christmas concert. This will take place on Monday and Tuesday, 11th and 12th December. Please make a note in your diary and look out for more information nearer the time.

We look forward to seeing you there.

Chris Palmer, Crossbow Singers' Secretary



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A scene from 2016 production of Patience

Prepare to Board The Christmas Schooner

Although it is well in advance of the festive season Winterbourne Musical Theatre are setting sail in 'The Christmas Schooner' during the second week of October. This tuneful musical is a heart-warming story of love, friendship, and of how family values and traditions can overcome hardship, even in the face of tragedy.

Set in the late 1800s America it is the story of how, as the result of a letter from his Germany cousin in Chicago, Peter Stossel, his family and crew (German immigrants themselves), brave the winter weather to sail the 300 miles across Lake Michigan to deliver Christmas trees to the citizens of Chicago so that they can once again celebrate Christmas in the traditional way with a TANNENBAUM; a Christmas tree.

After the initial successful voyage it becomes an annual event which is eagerly anticipated by the people of Chicago. In spite of one tragic trip the family are determined to continue to deliver their yearly message of love, peace and friendship each Christmas.

With the book by John Reeger and music and lyrics by Julie Shannon 'The Christmas Schooner' is a musical all the family will enjoy.

Sailing dates are 11th, 12th, 13th October at 7.30 and Saturday 14th October at 2.30 only. Boarding passes are £10 and will be available from early September.

St Michael's pupils Shine at the Festival of Youth Sport



Children from St Michael's had a wonderful time competing in the festival of youth sport.

Over 800 children from surrounding

schools competed in the Olympic-style multi-sport event.

The event started with an 800 metre race with some of the most talented runners in the area. St Michael's started the day well as Callum and Molly finished as the fastest boy and girl.

After a Olympic style opening ceremony, where each school walked a lap of the athletics track waving the flags of their designated country, the children split into their various teams and the games began!

St Michael's were represented by a year 3 and 4 tag rugby team and a year 5 and 6 girls football team. It was fantastic to see both teams working together, trying their best and showing brilliant sportsmanship whether they won, drew or lost.



Art Matters at St Michaels Winterbourne

This term the whole school has been involved in 'The Arts' as a topic. The focus has been craft-makers for Art and live music performances in Music. We have enjoyed amazing support from family members of our school and even the community, in offering to come into school to share their talents with the children. Below are some of the exciting opportunities that have been provided:

Reception had 2 past pupils – Teagan Green and Chloe Bartley, show them how to make Sock Bunnies. Reception loved making their own sock bunnies.

Year 1 was supported by a parent of the school – Mrs Topham, in block printing. The children went on to print a design on their own T-shirt. The T-shirts were colourful and creative and something they can wear and keep.

Year 2 made colourful pom poms. Clare Hopkins showed the children lots of her wool crafts, this inspired the pupils to make their own pom poms.

Mr Ho, a talented pianist and parent from the school shared his love of Mozart with Key Stage 1. The children found it fascinating discovering that he was their age when he started composing music. Reception learnt to play 'Twinkle, Twinkle Little Star' on the chime bars after finding out that Mozart based one of his pieces on this tune. Also, Years 1 and 2 have been using percussion instruments to make their own compositions.

Year 3 were inspired by Laura Robinson on how to make jewellery. The class went on to make some excellent jewellery designs.

Year 4 were also supported by Michelle Topham to find out more about decoupage. As the class had been learning about Ancient Greece they made their own Greek masks using decoupage for the finished effect. The masks look amazing! They were also very lucky to be taught by Valerie Voisey, a local dance instructor, on how to do Greek dancing.

Year 5 had the talented, St.Michael's Yarn Bombers visit them to share their love of crochet and knitting. This inspired them to learn how to cross stitch. They produced some fantastic cross stitch designs. In addition, they also were taught how to do Charleston dancing from Valerie Voisey. They went on to spend the day at Winterbourne International Academy where they were able to participate in different art and music workshops.

Year 6 were very lucky to have James Hartland visit them to share his experience of the theatre and in particular theatre sets. Following his visit, the children designed their own scenery for their Year 6 play. They produced scenery to a very high standard and their Leaver's play was a huge success.

Jodie Mellor a past pupil performed several of her favourite songs to the school. She is very talented and it's lovely knowing that her love of music started from her time at our school.

Mr & Mrs Thomas and Rev Malcolm Strange performed Folk music to the school. The children loved clapping along and watching the live performance.

As you can see the children have been immersed in craft-making and live music performances and we are very thankful to the parents and community for supporting us with our Arts term. It has been a huge success and the children have loved every minute.



Autumn Fete & Craft Fayre

This year's MacMillan Autumn Fete and Craft Fayre organised by the Holiday Inn Filton is being held on

Sunday 24th September.

We are looking for community groups to attend and carry out demonstrations plus craft stalls are available at £10 per stall.

Contact Margaret on

0117 910 4246 or email margaret.coffey@hibristolfilton.co.uk



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

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www.winterbournepreschool.co.uk

E: enquire@winterbournepreschool.co.uk

The Greenfield Centre, Park Avenue, Winterbourne



Image from The Frampton Festival FB page



Elevation's fans at the Frampton Festival



Image from The Frampton Festival FB page



“Once again we had a marvellous turn-out for the Frampton Festival and from the positive responses that we have had from those who attended it appears to have been a great success. We had a few more attractions and stalls this year as it's important to change things slightly year on year whilst still maintaining the basic format of the festival. The committee are amazed by the generosity shown by local people whose donations help to keep the festival a free event, as well as the sponsors who contribute to specific attractions like the firework display - the highlight of the festival for me. In particular, we are very grateful to both Frampton Cotterell and Westerleigh Parish Councils for their continued support of the event.”

Ian Haddrell, Event Organiser



Frampton Festival 2017



Image from The Frampton Festival FB page



Image from The Frampton Festival FB page



News from Winterbourne Down W.I

Our President, Dawn Mahoney, welcomed members and guests to our June meeting. It was a lovely sunny evening and members enjoyed meeting friends and colleagues for a chat and catch up.

Our Speaker was Ruth Pizzichemi and her talk and slide show was called *My Life as a Wildlife Artist in Africa*. Ruth has been going to Africa for about 20 years. Her first visit celebrating a Wedding Anniversary. She was inspired by the colours and clarity of the scenery, whether being a man cycling across scrubland with mountains in the background or the wildlife that roamed across the Masai Mara National Reserve, which straddles Kenya and Tanzania. She showed us a slide of Mount Kilimanjaro which is made up of three snow covered peaks. Apparently nowadays the snow doesn't stay on the top of the mountain for long due to global warming. We were shown slides of Victoria Falls which stretches width ways for 1.25 miles. We learnt, when in full flow, 2m gallons of water per second cascades over the Falls! Ruth showed us wonderful slides of the *big five* animals (African lion, African elephant, Cape buffalo, African leopard, and rhinoceros) and then her own pictures that she had painted. A very talented lady.

Our July meeting will be held in a member's garden and in August there is no meeting. **On Thursday 7 September, our speaker will be Yvonne Cox, talking about Hedgehog Rescue. All are welcome to come and join us in All Saints Church Hall at 7.30pm.**



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A Truly Pampering Treat on Offer at Beauty Plus by Myriam

Winterbourne Matters was delighted to be invited along to meet the very lovely Myriam Rogerson at her salon 'Beauty Plus' in Frampton Cotterell. The salon is easily located in Church Road and parking was found immediately outside.

Recognising a hint of an accent on meeting Myriam, it transpired that she was born in Malta and spent a great deal of her adult life travelling in different countries, enjoying creating Beauty Spas in many top hotels. Now with over 30 years in the business, it is the one thing she was keen to recreate when she settled locally and took over the salon in Frampton Cotterell some eight years ago. ***"I want to give my clients the 'Spa' experience" Myriam told me "The 'Plus' part of Beauty Plus is to emphasis that little extra bit of special that clients receive when they come to me".***

At Myriam's suggestion I experienced a very special treat - the Aroma Deluxe Facial, which also includes a back and foot massage. After a brief consultation for personal details and medical history, I was invited to lay on the couch to commence my treatment which, after a brief moment focussing on breathing and listening to the soothing music, started with a very stress-releasing back, neck and shoulder massage using essential oils to encourage relaxation.

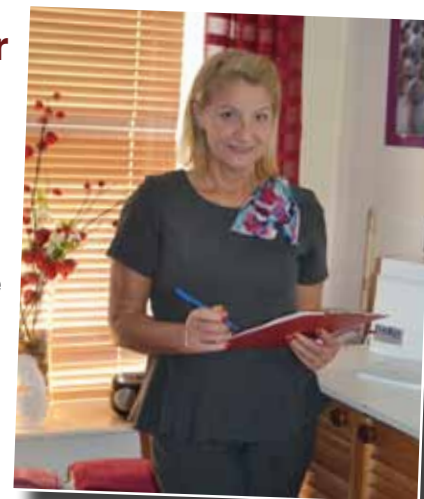
The facial again focussed on relaxation and rehydration of my skin. In a very rhythmical fashion my face, neck and décolletage areas were soothed, deep cleansed, and hydrated whilst I simply relaxed and enjoyed the experience. Whilst my face mask worked its magic, Myriam worked her own magic on my feet with a cleanse and massage, which was heavenly.

My session simply flew by and I couldn't quite believe the time when I reluctantly had to get back off the couch. I would have loved to have stayed and partaken of the herbal tea offered but sadly had to dash off on the school run!

Myriam asked me what the favourite part of my treatment had been. My comment was 'all the hands-on parts'. Myriam has the most magical hands, I have never felt so relaxed during any kind of massage or treatment. I am never one to ever fall asleep during such treatments but in this case I did. Myriam mentioned that this is something her clients are often kind enough to compliment her on - *"I have often been asked if my hands are insured!"* she smiled.

I can thoroughly recommend this wonderful relaxing pamper session, just make sure you give yourself extra time to come around afterwards!

Myriam is generously offering Winterbourne Matters readers a £10 discount on the usual price of the Aroma Deluxe Facial package during August - See advert for information on how to book.



Myriam has the most magical hands "I have often been asked if my hands are insured!" she smiled.



BEAUTY PLUS
By Myriam

Summer Senses

Enjoy our Aroma Deluxe Facial package - including back massage and foot massage, for £57 instead of £67 - a saving of £10!

Call to book your appointment today and take advantage of this offer.

We regret that this is not suitable for pregnant women and for those allergic to nuts as it is based on essential oils.

01454-776938 / 07854-608889

147 Church Road, Frampton Cotterell, Bristol BS36 2JX

News from Coalpit Heath W.I

With all the lovely weather we decided to help Floral Friends out by sowing wildflower seeds at Crossbow Park. It was a very warm day with the promise of rain later so we hurried to get the seeds in and boy did it rain!

After just a couple of weeks the seeds have already germinated, so we are hoping for a beautiful array of wildflowers. In the meantime the children from Watermore school have been growing sunflowers which needed planting out so back we went to the wildflower beds to put the sunflowers in their new home. We will wait to see whose sunflower grows the best.

After so much gardening we decided to treat ourselves to coffee and cake, thank you to Joan Clayden and Jacquie Dean who organised a wonderful coffee morning. There were plenty of homemade cake and Jennie Mitchell's pineapple fruit cake proved a winner. Well done Joan and Jacquie – we all had a lovely relaxed morning.

Leigh, Tracy and Debbie have been making Little Dresses for Africa, dresses are made out of pillowcases and are sent out to Africa to show these young vulnerable girls that they are not forgotten. It's not just about sending dresses it's about sending hope. We made 18 dresses which are all packaged up and ready to send.

Any ladies hoping to get involved, please let us know – the patterns are very basic but what is lovely is that you can use your creative skills and make unique little dresses, with pockets and embellishments.

In June we were visited by Chris, of Heavenly Hedgerows, who taught us all about foraging and preserving. Chris brought samples of wild flowers and herbs found locally to see if we could recognise them – we managed a few! She talked us through the making of jams, jellies, liqueurs out of dandelions, dead nettle, borage. She had recipes for pestos, soups and bread – all out of things we might usually dig up or compost. What started initially as a hobby soon turned into a business and Heavenly Hedgerows have achieved some great food awards, such as Good Taste. Whilst selling her products locally in Bristol and Bath she is also able to supply hotels.

It was a fascinating talk, topped off with tasters



and then several purchases of marmalades and jams, the elderflower and gooseberry preserve was a definite hit.

We meet at 7.45pm on the First Wednesday of every month at St Saviours Church Hall, Beesmoor Road, Coalpit Heath, BS36 2RP.

New members are always welcome, find out more on our Facebook Page.



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.

**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**

Says Court Farm Open Day

Meet at Says Court Farm, Badminton Rd, Frampton Cotterell, BS36 2NY. Free car parking is available.



Tues 8th August 12noon— 2:30pm

Wildflower Meadow Wild Picnic



An afternoon of nature based exploration including bug hunting, bird watching, charcoal drawing and much more. Bring a picnic and make the most of the summer holidays in this secluded wildflower meadow surrounded by traditional farmland and a new solar farm. A mix of led and free play activities available.

Booking essential.

To book: www.avonwildlifetrust.org.uk/whats-on
£2.50 per child. Suitable for children aged 5yrs and above. All children must be accompanied by an adult. Includes a walk of approx. 1mile.

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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**



A big thank you to everyone who came to The Big Lunch at Beesmoor Road Playing Fields. Over £700 was raised for the play area redevelopment fund.

The Playing Fields committee are really grateful to all stall holders, groups who gave demonstrations and Hannah at *Frampton Dapper Dogs* who organised a fantastic Fun Dog Show.

Although picnics weren't really possible due to the weather, lots of people visited the stalls and took a look at the plans for the play area redevelopment.

The organisers are already thinking about next year's event, which will involve another dog show as it was so popular! The provisional date is Sunday 9 June 2018. Over the next few months the playing fields committee will be raising further funds by providing refreshments on some Sunday afternoons and a few dates over the summer holidays.

If you would like further information re this project you can e-mail: beesmoorroaddpf@outlook.com alternatively comments can be made via the Parish Council office.



Frampton Cotterell & Coalpit Heath Village Diary

August 2017

Thur 10th - Kids' Summer Fun, WADCA 10am -12.00. Funky Puppet Show. £5. Tel. 01454 776268 or email ca.winterbourne@gmail.com or book on Ticketsource.co.uk

Sun 13th - Alice in Wonderland, Winterbourne Medieval Barn 2.30pm. A drama for all ages from IKP Productions. Tickets £10 (child £8) from Ticketsource.co.uk or Daisy's.

Coffee Shop. Gates open 1pm for picnicking. www.winterbournebarn.org.uk

Tues 15th - Go Wild at Winterbourne Medieval Barn, family day with Avon Wildlife Trust, 11am-3pm. No charge but registration advised. www.winterbournebarn.org.uk

Thur 17th - Kids' Summer Fun, WADCA 10am -12.00. Lego Fun. £2. Tel. 01454 776268.

Fri 18th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

Wed 23rd - 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 24th - Kids' Summer Fun, WADCA 10am -12.00. Emoji Fun. £2. Tel. 01454 776268.

Thu 24th - Community World Dance, 2 - 4 pm, Zion Church Hall. All welcome. £3 incl tea.

Tues 29th - Shakespeare in the Barn, 'Merry Wives of Windsor', Winterbourne Medieval Barn, 7pm. Gates open 5.30pm for picnics. Tickets adult £14, child £10, from Ticketsource.co.uk or Daisy's Coffee Shop. www.winterbournebarn.org.uk

Wed 30th - Litter Busters, 10am - 12.00, meet at Gingerbread Man cafe.

The Churches of Fromeside

Church members from this area attended a Festival Praise Service at the Centenary field on Sunday 16 July (the morning after the Frampton Festival).

The weather was kind to us once more. The Theme was, *Where is your Treasure?*

The Rev Stephen Newell led the service with young musicians members, over 100 people present.

Rev Malcolm Strange was the speaker, *Where your treasure is, there your Heart will be.*

Rev Colin Lunt did the Blessing. Many known Hymns were sung. A truly uplifting morning experience.

September

Fri 1st - Quiz, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 e. crossbowhouse@gmail.com

Sat 2nd - Horticultural and Craft Show, St Saviours. Tel. 07914 070535.

Thur 7th - Community Singalong, Crossbow, 2pm - 3.30pm. £3 includes tea and cakes. Tel. 07792 495367, hilary.jay@curo-group.co.uk

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

Sat 9th & Sun 10th, Heritage Open Day, Winterbourne Medieval Barn, 2pm - 5pm. Free entry. Includes exhibition 'South Glos in the 1st World War' www.winterbournebarn.org.uk

Sun 10th - Heritage Open Day at Ram Hill Colliery.

Tues 12th - Community Coffee Morning, WADCA, 10.30 - 12.30. All welcome.

Wed 13th - 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 15th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

Wed 20th - Community Coffee morning, Manor Hall, Coalpit Heath, 10am - 12.00. Sponsored by NISA. Alison Allan Tel: 07873 747513 for more details.

Thur 21st - JelliRecords Open Mic Night, WADCA, 8.30 - 11pm. £2. Tel. 01454 776268.

Tues 26th - Frampton Cotterell W.I. St Peters Hall, School Rd, 7.45 - 10pm Tel. 01454 773426

Wed 27th - Litter Busters, 10am - 12.00, meet at Heather Avenue.

Wed 27th - 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 28th - Frampton Friendship & Dance Group, 2 - 4 pm, Zion Church Hall. Learn easy, gentle dances from around the world. Suitable for beginners. Authentic live music. No partner needed. Contact Tel no. 07515 351 813. All welcome. £3 incl tea.

October

Thur 5th - Community Singalong, Crossbow, 2pm - 3.30pm. £3 includes tea and cakes. Tel. 07792 495367 hilary.jay@curo-group.co.uk

Fri 6th - Quiz, Crossbow, 8pm. £1.50 ppn. Tel. 772947 e. crossbowhouse@gmail.com

Sat 7th - Table Top Sale, Coalpit Heath Hall, 1-3pm. Table £5, bookings 07920 145325.

Sun 8th - Orchard Harvest Day, Winterbourne Medieval Barn, 11am - 4pm. A full day of Cider-making, stalls, information and activities related to orchards, falconry, archery, live music, food & drink, and lots more. Entry £3. winterbournebarn.org.uk

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

Wed 11th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Wed 11th - Saturday 14th - 'The Christmas Schooner' Musical Comedy, WADCA. All performances 7.30pm apart from Saturday's matinee show at 2.30pm. www.winterbournemusical.co.uk Tickets Tel. 01454 317408.

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

Sat 14th - Race Night, WADCA, 8pm.

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

Wed 18th - Local History Society, Zion hall 7.30pm. Tel: 01454 775265 rockthom@btinternet.com

Fri 20th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

Tues 24th - Frampton Cotterell W.I. St Peters Hall, School Rd, 7.45 - 10pm Tel. 01454 773426, marycroberts@talktalk.net

Wed 25th - 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 26th - Frampton Friendship & Dance Group, 2 - 4 pm, Zion Church Hall. Learn easy, gentle dances from around the world. Suitable for beginners. Authentic live music. No partner needed. Contact Tel no. 07515 351 813. All welcome. £3 incl tea.

HRH The Princess Royal attends Inaugural Dinner Underneath the Wings of Concorde

Her Royal Highness The Princess Royal, as Patron of Aerospace Bristol, was the guest of honour at a celebratory dinner. The Princess formally opened the Concorde Hangar in front of a distinguished audience of invited guests ahead of the museum's opening to the public later this year.

The gala dinner marks an important milestone for Aerospace Bristol, as the new home of Concorde is now formally open for corporate and private events, award ceremonies, exhibitions, and as a very special wedding setting.

Professor Iain Gray CBE, Chairman of Aerospace Bristol, said *"I am most grateful to Her Royal Highness The Princess Royal, Patron of Aerospace Bristol, for so kindly accepting our invitation to join us for the inaugural dinner under the wings of Concorde. I understand The Princess has an interest in science, technology and engineering and these subjects are at the heart of Aerospace Bristol."*

"When the museum opens to the public later this year, our exhibition, archives and learning programmes will encourage young people to join our great industry, as the school children of today become the engineers of tomorrow."

During her visit, Her Royal Highness toured the site and met with many of the supporters and volunteers who have played an important role in making the new museum possible. Aerospace Bristol volunteers have contributed the remarkable sum of more than £1m worth of their time to the project and were recently honoured with the highest award for UK volunteer groups: The Queen's Award for Voluntary Service. The Award was presented by The Princess Royal to Mr. Oliver Dearden and Mr. Kenneth Ricketts who represented the 150 volunteers involved.

The new museum has been created from the ground up with the help of supporters who have contributed an amazing £17m to date. With £2m left to raise in order to see the £19m project through to completion, Aerospace Bristol is appealing for further support to bridge the significant funding shortfall and help achieve its goals of preserving and restoring Bristol's aviation heritage and inspiring the next generation of engineers. Opportunities include joining the 'Concorde Club' by sponsoring a seat on the iconic supersonic jet, sponsoring a seat in the museum's lecture theatre, sharing your Concorde story via a soon-to-be-launched online map, or kindly giving a donation via aerospacebristol.org.

Starting in the earliest days of powered flight, Aerospace Bristol will take visitors on an immersive journey through more than a century of incredible aviation achievements and fascinating tales of human endeavor. The stunning centerpiece will be Concorde Alpha Foxtrot, designed, built and tested in Bristol, she was the last Concorde to be built and the last to fly.



News from the Winterbourne Evening W.I

Our President, Anita Dyer, welcomed members and guests to our July meeting. The hall looked very colourful with the ladies attired in summer clothes and several sporting a wonderful tan having just returned from holiday.

Our Speaker was Patricia Pearson who spent 38 years working for the Foreign and Colonial Office in various parts of the "Empire on which the sun never sets". Patricia met her husband while working in Islamabad and celebrated their engagement on a houseboat in Romantic Kashmir. The very same houseboat was featured in The Jewel in the Crown film. Her engagement present was not a ring but a beautiful silk Kashmiri rug which has been in constant use ever since and shows no sign of wear.

In Islamabad one of the biggest problems was with arranged marriages for young British Muslim girls who were brought to Pakistan by their fathers to marry an older man, usually with several wives and many children already. Once the man was married to a British citizen he was able to settle in the UK together with all his other wives and children and extended family. The young girl then became little more than a servant to the others. Patricia said that one of her happiest days was when Margaret Thatcher introduced Law banning this practice resulting in the UK immigration figures falling abruptly. Unfortunately the next Prime Minister promptly repealed it.

Despite the difficult and sometimes dangerous situations in which Patricia and her husband found themselves it seems that the Embassy Staff managed to have a good social scene in their compound. Amateur Dramatics played a big part in their lives and very professional productions were enjoyed. Their costumes outdoors be made very cheaply and so could be very elaborate. In 1977 in Islamabad they produced "Oh What a Lovely War" which was thoroughly enjoyed by all, including the German Ambassador who shed tears of laughter on Patricia's shoulder!

Patricia regaled us with many more stories of her life in the Diplomatic Service and finished by saying that if anyone had a child or grandchild with a flair for languages she would thoroughly recommend it as a career.

This month we will be enjoying afternoon tea in a member's beautiful garden and in August a trip to Cheddar Chocolate Factory and Clarks Village instead of our meeting.

Please join us:

The speaker at our September meeting will be Elizabeth Rhode who will tell us about Bristol and the Sugar Trade. **Do come along and join us at 7.30pm in the St Michael Room, High Street, Winterbourne on the second Thursday of every month except August. You can be sure of a very warm and friendly welcome.**

Margaret Beacham

Press Officer
Winterbourne Evening WI

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FFP now on board with the Great Western Air Ambulance

Since August 2015 Great Western Air Ambulance Charity (GWAAC) have delivered nearly 100 blood transfusions and they are now hoping to save even more lives with the addition of plasma (formally known as fresh frozen plasma [FFP]) which contains the vital clotting factors to slow or stop ongoing bleeding. The GWAAC Critical Care Team will continue to carry 2 units of O negative blood but in addition they will now carry 2 units of plasma on-board both the helicopter and the critical care cars. Any transfusion henceforth will be more balanced in replacing what the patient has lost. We hope that this addition to the service will help to save more lives.

In collaboration with The Freewheelers EVS and North Bristol Trust Transfusion Laboratory at Southmead Hospital, plasma will be delivered to the base at Filton airfield alongside the existing units of blood.

This has been made possible thanks to a generous donation from the Henry Surtees Foundation; the foundation founded by the late motorsports legend John Surtees CBE in memory of his son Henry. Leonora Surtees-Martell, daughter of the late John Surtees said, "The Henry Surtees Foundation is

delighted to support the Great Western Air Ambulance Charity with a grant of £15,000 to enable them to introduce plasma to the pre-hospital blood transfusion service. The service that they provide is vital and something which is continuously developing. The swift medical intervention provided by the Air Ambulance crews gives patients a far greater chance of survival and subsequent improved quality of life."

GWAAC Chief Executive John Christensen said "This is yet another example of GWAAC taking forward innovative developments of pre-hospital treatment Having plasma on board will enable us to deliver the best care possible to every patient. I am really pleased that we are able to offer this and we are incredibly grateful to the Henry Surtees Foundation for their generosity."

www.greatwesternairambulance.com
@GWAAC



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

Dear Friends

On Sunday 9th July, the congregation at St Peter's Frampton Cotterell celebrated 'Sea Sunday', the day when the Mission to Seafarers, the Flying Angel, asks churches to remember the 1.5 million seafarers around the world, who transport almost everything the rest of humanity uses or eats as we live our daily lives.

Crews on modern ships are often very small, even on some of the larger container ships. Ships such as the Madrid Maersk and the OOCL Hong Kong. The largest of these ships carries 21,413 containers, which if parked end to end down the M5 would stretch roughly from Bristol to Exeter, just over 81 miles, not including the lengths of the truck cabs!. With such few crew, this can make these mammoth ships quite lonely places to work.

Further to this, even in our modern health and safety regulated, times life at sea can still be very dangerous. In the first six months of 2017 world-wide figures to end June show that: 41 vessels have sunk, 27 ran aground and numerous others have been involved with collisions and fires. From a human perspective, these incidents have resulted in 102 known fatalities, 33 missing persons and 989 evacuations or rescues.

While 'The Mission to Seafarers' is an international Christian organization, it works around the world to help all who go to sea regardless of race, religion or indeed rank, in whatever way they can.

So, why might you wonder is The Mission so important that I wanted us both to celebrate and to support the work they do. It is because I have personally experienced the Mission's work in many places around the world. My first real job after leaving college was in the merchant navy. A job where I had a whale of a time, worked on friendly ships with relatively large crews and never had the upset of a sinking or a collision. But from South Shields to Singapore, Bombay to Houston Texas, the Mission to Seafarers was always an open, helpful and above all friendly place, whether someone was in serious need or just wanted a chat and maybe a cold drink, and it was very instrumental in my own journey towards ordination.

For me 'The Mission to Seafarers' truly represents Christ's message to humanity – that simple humane, but God inspired message, that we should love our neighbours as ourselves, and as a relatively newcomer to the Fromeside Benefice, I feel that my wife and I have been welcomed into the community and particularly into the churches, in a way that very much reminds me of all that is excellent in the 'Mission to Seafarers. What's more, I know that the welcome I have received isn't anything to do with being a priest – it's the way we seek to welcome everyone and anyone into our local churches and our worshipping community. So, perhaps you might like to try us sometime? Oh, and by the way, the international code flags in the accompanying photograph of our Sea Sunday service spell out the eternal message; "God is with us", but more importantly – he is with you too!

God Bless You All,

Revd Bob Conway, Associate Minister Fromeside Benefice



Fundraising Project Support Volunteer

Can you help?

We are looking for enthusiastic volunteers to help promote Marie Curie's national fundraising events and campaigns and make sure they are successful. Using your local knowledge and experience, you will plan and promote our events and campaigns to recruit more people to take part. Your ideas will help us find new audiences and beat our recruitment and fundraising targets.



This is a great opportunity to build skills and experience by helping us with our campaigns.

For more information or if you have any questions regarding this volunteer role, please contact Helen Isbell on Helen.Isbell@mariecurie.org.uk or by calling: 0117 9247275

Care and support through terminal illness



Bristol Brunel and Bradley Stoke Lions had a wonderful night at the Rybrook Lamborghini Showroom open night to have a look and salivate at the bright and beautiful Lamborghinis, the sleek, lovely Bentleys and the gorgeous Aston Martins. Not only were the cars mouth wateringly delicious, so was the Italian food and wine supplied by a local Italian Restaurateur. Having chatted to the Lamborghini team, ordered our chosen cars (I wish!), bought some wine (can't wait to sample it!) and eaten our fill, it was time to leave with much regret. Many thanks to Rybrook for inviting us to a very enjoyable evening.

After 16 years of being President of Bradley Stoke Lions Club, one year of which he was also President of Parent Club, Bristol Brunel Club at the same time, Robin has now finally relinquished the role due to declining health and handed over the Presidency and the gong to Michael Lane (photo below right). Club members and family were there to share the moment. Robin was presented with a bottle of his favourite Malt Whisky by the club and a beautiful whisky glass engraved with the Lions Logo, his name and the words "In appreciation". Robin was delighted and very touched.



Another highlight of the evening was the presentation to Heather (photo left), one of our older members, of a certificate from Lions Club International and signed by our District Governor to recognise the many hours Heather has given each week to caring for her friends and neighbours in Woodlands Park. When she is not cooking food for neighbours or visiting the sick, she crochets blankets for premature babies. A true Lion who puts everyone else before herself.

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



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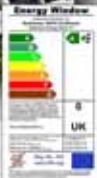
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