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Dear Residents,

We welcome you to the festive edition of your community magazine, jam packed with details of local Christmas fairs, concerts, carol and church services. We hope you will enjoy the seasonal message from Revd Malcolm Strange.

At time of writing, Coalpit Heath Village Hall (The Miners), are busy preparing for their 90th Anniversary, celebration day, open to all to attend on Saturday 2 December, 12-3pm. You can read more about this local venue's interesting history on the centre pages.

We enjoyed taking part in the wonderful, Churches together in Frampton Cotterell & Coalpit Heath, 2017 Scarecrow Trail, this year with the theme of 'your favourite nursery rhymes'. The trail showed some fantastic creativity with the displays, we particularly liked Humpty Dumpty and

community@mattersmagazines.co.uk

Little Miss Moffet sat on her tuffet.

Chose your favourites from our photo montage of the community trail.

We were pleased to be contacted by a proud local mum, who shares with us the success that her son, along with the Southwest gymnastic team, enjoyed at the National Grades Final at the GMAC arena in Birmingham.

We also have updates from the busy, local W.I's, Frampton Cotterell and District Local History Society, Winterbourne Library, WADCA, The Floral Friends of Frampton, St Michael's School and many more!

Enjoy a wonderful festive season and see you in 2018!



Kerry & Jaci x

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Carols in the Barn

**Saturday 16 &
Sunday 17 December, 3.30pm**

A group of busy angels are making sure everything for the birth of Jesus goes to plan....but does it?

Members of St Michael's Church, young and old, will again present their own light-hearted dramatic take on the familiar Nativity story, in what has become a very popular annual community event in a very atmospheric setting. It is not hard to imagine the biblical stable when you are gathered in a wonderful medieval barn! The drama will be interspersed with traditional carols for everyone to join in, so come along and let the harmonies float up into the magnificent medieval roof timbers. The afternoon is suitable for all ages.

Gates open at 3.30pm and the carols start at 4pm.

Ticket prices include a cup of mulled wine or fruit juice and a mince pie to enjoy before the drama begins.

Tickets cost £2 adult, £1 child, and are available from Daisy's Coffee Shop on Flaxpits Lane, or ring Gill on 01454 774479. There may be some tickets available on the gate, but numbers are limited so it is advisable to buy in advance.

Please remember the Barn is an unheated medieval agricultural building so wrap up warm, and wear shoes/boots suitable for uneven floors. Parking is very limited so please walk along Church Lane if you possibly can. If you do need to bring a car, please enter Church Lane from the Beacon Lane end only (ie. one-way system) to avoid congestion.

**Winterbourne Medieval Barn,
Church Lane, BS36 1SE**



Apple Grafting Workshop – Saturday 3 March, 10am–4pm

A one day course which explains why and how we graft fruit trees. It is run by Ben Raskin, Head of Horticulture at the Soil Association who is a very experienced horticulturalist and an excellent tutor. Learn to sharpen knives, cut the wood correctly and prepare it for grafting, and then make your own graft from start to finish, ending up with a new apple tree. There will be the opportunity to make at least three grafts to take home. With this skill, you will have the whole world of apple varieties available to you to be able to grow yourself.

The workshop costs £45 for the day and could make an excellent and unusual Christmas present for a keen gardener. Limited to eight people – advanced booking essential. More details on the website www.winterbournebarn.org.uk/events.html or ring 0117 957 4921.

**Winterbourne Medieval Barn,
Church Lane, BS36 1SE**



News from Winterbourne Down WI

In October we celebrated our 95th birthday at Daisy's in Winterbourne. It was very relaxed and enjoyable evening with many of our members.

In November we had a most entertaining outing to Jane Austen Centre in Bath, where some of our members dressed up in costume of that era. We split up into smaller groups to find lunch at different venues. We then had our annual meeting in the evening with cheese and wine to follow.

A few of our members attended the Russian composes evening at Conygre Hall Timsbury, where they learnt about



the lives and listened to music of Racmanioff and Rimsky Korsakov given by Barry Collett from Denman.

One member also attended a presentation from Ruth Rogers telling the audience of her experience as Joey's puppeteer in the production of War Horse.

Our meetings are held on the first Thursday of each month, at All Saints Church Hall in Winterbourne Down at 7:30pm. Visitors are always welcome.



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News from Coalpit Heath WI



We have never taken part in the Scarecrow trail before, so we decided that this year it was time that we had a go at making a Scarecrow. We chose Old Macdonald as our theme, and had a lot of fun trying to persuade straw into the old farmer – who wasn't always playing ball! Hope you managed to see him, he has been relaxing on the bench at St Saviours.

This month was Coalpit Heath's AGM. Thanks were given to this year's committee for their hard work, whilst members enjoyed wine and cheese!

It was reported that the group has enjoyed a successful year with many varied activities and speakers.

Members were also pleased to donate Christmas gifts of toiletry items, to the 125 charity, a Bristol based charity supporting vulnerable women.

Members have been kept busy making Christmas tree decorations for the Christmas Tree Festival, held annually at St.Peters Church in Frampton

Cotterell. This year our theme is 'recycling', so that has brought out our creativeness!

We are looking forward to the festive period, with lots planned, including our Christmas Carol Service, Christmas lunches and evening meals and our monthly meeting on Wednesday 6 December.

Coalpit Heath WI meet at St Saviours Church Hall on the first Wednesday of the month at 7.45 (arrive 7.30). Visitors and new members are always welcome.



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My English Home Studio, 145 Church Road, Frampton Cotterell, Bristol, BS36 2JX - 01454 777120

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What's On in December & January

- 5 Dec – Late Night Christmas Shopping – *Mulled Wine and Mince Pies*, 5.30–7.30pm
- 9 Dec – Macrame – *Make a Seasonal Wreath*, 11am–3 pm
LIMITED AVAILABILITY BOOK EARLY
- 12 Dec – Late Night Christmas Shopping – *Mulled Wine and Mince Pies*, 5.30–7.30pm
- 19 Dec – Late Night Christmas Shopping – *Mulled Wine and Mince Pies*, 5.30–7.30pm
- 6 Jan – Essential Technique – *An Introduction to Chalk Paint* 11am–3pm
- 17 Jan – Essential Technique – *An Introduction to Chalk Paint* 11am–3pm
- 27 Jan – FULL DAY COURSE – Essential Technique – *An Introduction to Chalk Paint and Advanced Techniques* – Advanced Decorative Finishes with Chalk Paint 11am–5pm (includes a two course lunch)



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Community band, WESTERLY SHOWBAND, has announced for its 2017–18 season, it will concentrate on the South Gloucestershire area.

The first event will be a Christmas Concert at St Andrews church, 49 Elm Park, Filton, BS34 7PS, on Tuesday 5 December, 7.30pm. Tickets £5 from 0117 9872143, standrewsilton@live.co.uk or at the door.

The Willow Brook Centre, Savages Wood Road, Bradley Stoke, BS32 8EF, is to be the centre of operations for their Christmas Carol festivities! Starting with an afternoon concert on Sunday 3 December, 1.30–3.30pm. Then carol sessions on Tuesday 12 at 7pm and Wednesday 20 at

10.30–12.30pm. The final session will be on Christmas Eve, 10.30am–1pm. Everyone is welcome to come along and join in the fun.

Looking ahead to 2018, there are concerts planned in Winterbourne, Stoke Gifford, Yate and Chipping Sodbury. Details of these will be published shortly.

Westerly Showband continues to offer places for new players, both in its main and training bands. It particularly welcomes musicians who wish to return to playing after a fallow interval. **Anyone requiring more information on the band, be they a musician or potential booker, can refer to the band website: www.westerlyshowband.com or ring Chris Harris on 0117 9561950.**

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Zion United Church, Woodend Road, Frampton Cotterell, is celebrating 50 years as one church on the weekend of 27 and 28 January 2018.

There will be a display of the history of the four churches coming together as one, with tea, coffee and cakes on Saturday morning from 10–12 in the beacon.

On the Saturday evening, between 7–10 pm, Zion is having a 60s party in the church with a live band, food, a non-alcoholic bar with drinks to purchase and 60s music. This is a ticketed event and tickets will cost £10 each and are available from Zion Office (Tel: 01454 776618) with a prize for optional 60s fancy dress!

On Sunday morning Zion is holding a celebration service to which all are welcome. Please do come and join us.

SATURDAY • 2 DECEMBER 2017 • 11AM TO 1:30PM

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Are your windows energy efficient? Is your roof protected with the right insulation? Is your boiler reliable?**

There are many things to check in a house to make sure you won't be left in the cold this winter. Feeling safe, protected and warm at home is a priority during the cold months but ensuring that your house is ready for the winter doesn't have to be complicated.

Start by dividing the areas into exterior and interior. Outside, check if trees need attention from a tree surgeon and if your driveway is ice proof. Inside, make four big groups: heating (including boiler, radiators and insulation), plumbing (pipes, taps, leaks...), electrics and cleaning (where you can include your windows, chimney, carpets, etc). Going through specific areas should make your check-up easier, and, if you discover any fault, you can find the right specialist to fix it.

Avoid cold callers, as 9 out of 10 times, they are rogue traders who will ask for your money upfront and leave you with a poor job done. If you are not sure who to call, you can always find good local businesses on the **Buy With Confidence website (www.buywithconfidence.gov.uk)**. All the companies listed are fully vetted by Trading Standards, so you know they are trustworthy and reliable.



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Supported by more than 50 local authority Trading Standards Services nationwide, Buy With Confidence supports honest and trustworthy businesses, and helps you to avoid rogue traders.

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News from Floral Friends of Frampton

RHS Britain in Bloom — We are delighted to share with you, the exciting news that the RHS Britain in Bloom has awarded Floral Friends gold for the work that we have done in the village during the last year. We were also joint winners of the Pennant Award. Two of our It's Your Neighbourhood groups (the Balsam Bashers and the Litter Pickers) were judged outstanding.



Spring Bulbs at the Park — On 28 October volunteers from Coalpit Heath WI and Waitrose, helped Floral Friends plant more bulbs around the perimeter of Crossbow Park. Many hands made light work and we planted all our bulbs within an hour in glorious Autumn sunshine. Looking forward to seeing the results next Spring! Many thanks to all our helpers.

Scarecrow Trail — Floral Friends set up their scarecrow for the Village Nursery Rhyme Scarecrow Trail sitting on the planter bench outside St Peter's Church. Can you guess who she is? She is definitely a gardener! Answer: Mary, Mary, quite contrary. How does your garden grow?



Beavers Plant Crocuses— Enthusiastic Beavers planted lots of crocus corms on the evening of 11 October in Crossbow Park, by the Play Area. They carried on even as darkness fell with torches to help them. They enjoyed a much deserved play afterwards in the Play Area with glowsticks to light their way. We are now looking forward to seeing the beautiful crocuses appear next Spring!

The planters, floral gateways and hanging baskets have now all been replanted with winter bedding. We hope they cheer everyone up through the dark months ahead!

If you would like to come and help us — 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>



The Britain in Bloom presentation was made by Lord and Lady Fellowes to Gill Edgington (central) representing Floral Friends



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 Brouckeridge 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.



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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 Brouckeridge Centre, Woodend Road Frampton Cotterell.

Mon - Thurs 9.30am - 11.30am
for each 2 hour session the cost is £2.50

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



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The Crossbow Singers

Following the success of their Summer Concert in July, The Crossbow Singers are now well into rehearsals for this year's Christmas Concert. This will take place on Monday 11 and Tuesday 12 December, 7.30pm, in the main hall of Crossbow House, School Road, Frampton Cotterell.

Tickets at just £6 each will be on sale from 1 November and can be obtained as follows:
Monday 11 – Contact Rose on 01454 772675
Tuesday 12 – Contact Mary on 01454 887885

Our Christmas programme is just the recipe to put you in the Christmas mood, with a wide variety of seasonal music to suit all tastes.

Tickets usually sell out quickly for this concert, so don't delay! We look forward to seeing you there.

Chris Palmer, Crossbow Singers' Secretary.



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Frampton Cotterell WI approaches its 65th birthday!

Our talk and demonstration on 24 October was by professional belly dancer Anna (otherwise known as "Arrabella"), who runs her own dance courses from Thornbury. We learned some fascinating background facts about this Egyptian style of dancing, and best of all, many of us had a go at following the example of Anna and also Bex, who came along to help show us some of the key moves. It was good interactive fun, with many laughs along the way. Many thanks to Anna and Bex for a great evening!



At time of writing we are preparing for our Annual General Meeting, at the end of November. This night is going to be very important to WI members, as it's also the night when we will be celebrating the 65th birthday of Frampton Cotterell WI! It's a very special achievement, especially as some of our members have been with us for well over 50 years – needless to say there will be a birthday cake and prosecco to help us celebrate. Best of all, the Frampton Shanty Men are coming along to serenade us and to mark the occasion.

In December, as well as the annual WI carol service at St. Mary Redcliffe, we'll also be holding a Bingo night with festive wine and nibbles, just before Christmas (planned for Tuesday 19 December).

Visitors and new members 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 also 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 to like our page.

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MONDAY 11TH - ROSE 01454 772675
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St Saviours Church Coalpit Heath Church Events

Open Church Fridays

Weekly lunches run every Friday in the church hall. From 11.15am coffee or tea are available, then lunch is served around noon. Enjoy homemade soup and roll or bread. No need to book, plenty of food available. Any donations go towards church funds. Everyone is 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 6.30pm, 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

Parish Praise

1st Sunday of the month is for all ages at 10am followed by refreshments.

www.coalpitheath.org.uk

The Manor Hall at Coalpit Heath

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Community Coffee Mornings on 17 January & 21 February 2018

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.

Handmade cards sold in aid of BRACE usually available monthly.

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

South Glos. Decorative and Fine Art Society.

Thursday 7 December

Meeting at The Community School, Fiddlers Lane, Bradley Stoke, (near the Sports Centre)

Anna Hallett, will be giving an illustrated lecture on –
Have you seen my Hobby Horse?

A magical mystery tour of some of Britain's Ancient Customs.
Refreshments 7pm / lecture 7.30pm.

Christmas Concert, by the City of Bristol Brass Band

Saturday 2 December, 7 – 9pm

Church Centre (Auditorium), North Road, Stoke Gifford
£8 Adults, £4 U16/Retired; available from the Church office on 0117 969 2486

Featuring music from the movies, pop music, classical music, and some seasonal items...

Raising money for the band and the church centre

Thursday Travel Club

at St Saviours Church Hall, Coalpit Heath

First Thursday, monthly (September to March)
7.30pm, £2.50 to include tea and coffee. All welcome. Contact Roger on 07925 296930

Thursday 7 December 2017
John Parsons 'A Quiz'

Thursday 4 January 2018
Paul Evans 'Monologues and Poems'

Thursday 1 February
Bernard Merrick 'Islands of Scotland'

Thursday 1 March
Bernard Purrier 'Whales and Dolphins'

Winterbourne Down Carnival needs your help
The committee meets up regularly – why not join us? Just ask one of the committee for details – we'd welcome more help!

Please help to keep this carnival alive! In March 2018 we will once again be seeking volunteers to help during the MayDay carnival day with setting up/manning stalls/manning the road closure areas and tidying up. All we ask is an hour of your time to help make this carnival day another great success – you don't need to join the committee or attend any meetings.

For further information please contact either the Secretary on 01454 851059 or the Chairman on 01454 772072.

Winterbourne Down & District Horticultural Society Meetings

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

Meeting every second Tuesday of the month.
Visitors welcome. 2017/2018 Programme.

December 12: Yvonne Bell – “Grandma's Garden” followed by sherry & mince pies

January 9: Nathalie Mignotte – “Seasonal Colours in the Garden”

February 13: AGM followed by American Supper

March 13: Alan Wells – “Tulipmania”



The Parishes of Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down

Christingle Services

All Saints, Winterbourne Down
6th December at 6.15pm

St James, Iron Acton
10th December at 4.00pm

St Michael's, Winterbourne
3rd December at 4.00pm

St Peter's, Frampton
Cotterell

3rd December at 4.00pm



Emma cuddles up to soap star Adam after losing 11st 10.5lbs!

A 31-year-old, local, super slimmer has reached the finals of a competition to find the UK and Ireland's top female slimmers, where she met top soap star Adam Thomas.

Emma Ogden was one of just 10 women to make the finals of Slimming World's Woman of the Year 2017 competition after losing an impressive 11st 10.5lbs.

Emma, who slimmed from 24st 0.5lbs to 12st 4lbs, made it to the semi-finals after members of her Coalpit Heath group voted for her to be their representative in the national Woman of the Year competition.

She then went on to triumph at the regional heat, which saw her go through to the Woman of the Year 2017 semi-finals at Slimming World's head office in Derbyshire. It was there that she reached the final 10 of the competition and was congratulated by Adam, who is best known for playing the role of Adam Barton in Britain's longest-running soap, Emmerdale.

She says: "Before I found Slimming World, losing weight always seemed such a struggle. If I wasn't

feeling hungry or deprived, it was the mental battles – like feeling as though I was missing out because I couldn't socialise with my friends, go out for a meal or do things with my family. After I joined Slimming World it was as though my eyes were completely opened and I found a new way of eating that easily fit around my life. The changes I've made were so simple – little things like switching white bread for wholemeal and using low-calorie cooking spray instead of lots of oil. I noticed a change on the scales though – in my first week I lost 9lbs! I couldn't believe it.

Adam Thomas

"What made it even easier was the fact that others – including family and friends – could eat the same meals. Favourites like spaghetti bolognese, chicken tikka masala and even chips were all on the menu. I picked up loads of tips in my Slimming World group too. Everyone is full of ideas and advice, and their support really helped me to believe in myself and my ability to make a change. I honestly don't think I could have done it without them!

"Losing weight has encouraged me to think about how active I am too, so I've taken up running, weight training and cycling. I really enjoy it. Slimming World has completely changed my life."

Adam, who also appeared on I'm a Celebrity... Get Me Out of Here!, was bowled over by Emma's transformation.

He said: "I couldn't believe the change in Emma, she looks incredible and has achieved so much. It's really humbling to meet someone who has had the courage to turn their life around and do something positive. Everyone has been chatting about how much they love food today too, some of the Slimming World recipes sound great – a far cry from the grub you'd get in a Bushtucker Trial!"

Lisa Graham, who runs the Coalpit Heath group that Emma attends, said: "Emma is a wonderful asset to our group. Her remarkable transformation has inspired so many of her fellow slimmers, so we feel very lucky to have her. The change on the outside is plain to see, yet she has changed so much inside, too. These days she's bursting with confidence and ready to take on whatever challenges life throws at her. She's beautiful inside and out, and we couldn't be prouder of her.



Emma Ogden before & after

"If Emma has inspired anyone else in Bristol who'd like to lose weight, they're more than welcome to join our group at the Manor Hall or call me on 07815 759118."

While Emma made it to the final 10 in the competition but unfortunately she was not the overall winner. Slimming World's Woman of the Year 2017 was Fay Marshall, from Enfield in North London.



Are you a parent or carer?

Looking for something to entertain your baby or toddler?

Why not pop along to Butterflies baby and toddler group?

We are a NEW, friendly and welcoming group and we would love to see you on

Mondays 10.00–11.30am during School term time.

St. Saviours Church Hall, Beesmoor Road, Coalpit Heath, BS36 2RP

We have lots of Fun activities:

Including lots of toys, weekly craft table, dressing up, book corner, song time and a sit 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 butterfliestoddlergroup@gmail.com



live happy!
with
Slimming World

Tuesday

Winterbourne

The Greenfield Centre
Park Avenue
9.30am, 11.30am
Tel: Frankie
07519 347243

Tuesday

Winterbourne

The Greenfield Centre
Park Avenue
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

Slimming
WORLD
touching hearts, changing lives

Christmas Services

Salem Methodist Church, Watley's End

Saturday 2 December, 7.30pm – The Avon Fire and Rescue Band will give a Christmas concert to begin the festivities. The following day is Advent Sunday and the four week lead up to Christmas.

Wednesday 13 December, Elm Park School will visit for their Carol services, and in the evening the guild are holding a Christmas Singalong with buffet supper.

Sunday 17 December, 10.30am–12 noon – A Christmas Fun Morning (Messy Play activities) for children up to 11 years.

Saturday 23 December, 10.30–11am – Carol Singing will take place in Flaxpits Lane, together with friends from St. Michael's

Sunday 24 December, 10.30am – Service (please note there will be no evening service).

Monday 25 December 9.15am – Family service.

St Saviour's, Coalpit Heath

Sunday 3 December, 8.00am – The first Sunday of Advent Holy Communion. 10.00am – Parish Praise for all ages, followed by Refreshments. 6.00pm, Holy Communion.

Tuesday 5 December, 7.00pm – The Big Christmas Sing, for Christian Aid.

Sunday 10 December – The second Sunday of Advent. 8.00am, Holy Communion. 10am, Holy Communion (and Breakfast club for children), followed by Refreshments. 6.00pm, Evening Prayer.

Sunday 17 December – The Third Sunday of Advent. 8.00am, Holy Communion. 10.00am, Morning Worship and Holy Baptism. 6.00pm, Christmas Carol Service.

Sunday 24 December – The forth Sunday in Advent /Christmas Eve. 8.00am, Holy Communion. 10.00am, Holy Communion, followed by refreshments. 5.00pm, Christmas Crib Service. 11.30pm, Midnight mass of Christmas.

Monday 25 December, 10-00am – Christmas all-age Holy Communion.

Sunday 31 December, 8am, The First Sunday of Christmas Holy Communion. 10.00am, Morning Prayer, followed by refreshments. 6pm, Evening Prayer.



Salem Methodist Church
Watley's End BS36 1 QL

Brass Wind and Fire
 Avon Fire and Rescue Training Band

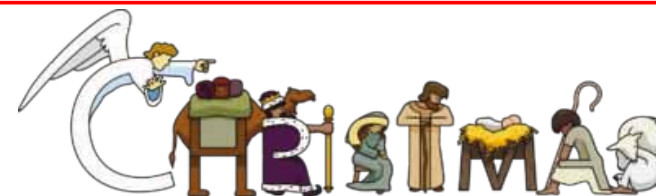
Christmas Concert

Saturday December 2nd
at 7.30p.m.

Tickets £5 includes refreshments

Contact Heather
 on 0117 9049125

Christmas Services in the Fromside Benefice



Christmas is the celebration of the birth of Jesus, the saviour of mankind

All Saints, Winterbourne Down

6th December
 Christingle Service at 6.15pm

17th December
 Carol Service at Bethesda Methodist Church
 At 6.00pm

24th December
 Parish Communion at 9.15am
 Crib Service at 6.00pm

25th December
 Said Communion at 9.15am

St James, Iron Acton

10th December
 Christingle Service at 4.00pm

17th December
 Candlelit Carol Service at 6.30pm

24th December
 Crib Service at 4.00pm
 Communion by Candlelight at 10.30pm

25th December
 Family Communion at 9.30am

St Michael's, Winterbourne

3rd December
 Christingle Service at 4.00pm

22nd December
 Carol Service at 6.30pm

24th December
 Holy Communion at 8.00am
 Parish Communion at 10.30am
 Crib Service at 4.00pm
 Midnight Mass at 11.30pm

25th December
 Holy Communion at 8.00am
 Family Communion at 10.30am

31st December
 Holy Communion at 8.00am

St Peter's, Frampton Cotterell

3rd December
 Christingle Service at 4.00pm

10th December
 Christmas Tree Festival Service
 at 5.00pm

17th December
 Carol Service at 6.00pm

24th December
 Parish Communion at 10.30am
 Crib Service at 4.00pm
 Midnight Mass at 11.45pm

25th December
 Family Communion at 10.30am

31st December
 Benefice Service at 10.00am
 Celtic Service to bring in the
 New Year at 6.00pm



THE BIG CHRISTMAS SING

The Churches in Frampton Cotterell & Coalpit Heath will be holding the **Big Christmas Sing** on Tuesday 5 December, at St Saviour's Church, Coalpit Heath, 7-9pm.

The first Big Christmas Sing for Christian Aid was held in 2009. The project involves local choirs, schools, and also have a community choir put together just for the concert! this choir is hugely popular with around 40-50 participants of all ages and abilities. Just four rehearsals take place before the performance and it is great fun!



The Churches in Frampton Cotterell & Coalpit Heath
Invite you to

THE BIG CHRISTMAS SING FOR CHRISTIAN AID



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

Date: Tuesday 5th December 2017

Time: 7pm to 9pm

Venue: St Saviour's Church, Coalpit Heath

Cost: Entrance free (retiring collection)

Call 01454 776618 for more information



Join Voices to Fight Poverty



Over the years the event has raised around £6,000 for Christian Aid, which is fantastic.

Big Christmas Sing is a lovely way to start the festive season! Entry is free, with a retiring collection for Christian Aid.

This year's Christian Aid Christmas Appeal is looking at hunger (especially in sub Saharan Africa) and urging people to think about their own food waste this Christmas time. If we spend less on food, we could donate to those who go without.

The great news is that this year, every penny raised during the Christmas Appeal will be doubled by the Government (up to £2.7million) and this Government contribution will all be spent on Christian Aid projects tackling hunger in South Sudan, which faces disaster as people there endure acute malnutrition.

**For more information
please call: 01454 776618**



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



Dear Friends

As I write there is only a few days to the launch of the John Lewis advert. Each year I really look forward to this event. I eagerly wait to see what their creative marketing department have come up with and what song has been chosen to accompany the advert. One wonders what this year's offering will be following on from; a Man in the Moon, Buster the Boxer, Hibernating Bears and Love-Struck Snowmen, accompanied by classic hits like the 'Power of Love' and 'Somewhere only we Know'. In a funny sort of way for many, the release of this advert is now officially marking the beginning of the 'Christmas

Season'. When I was young of course it was the Blue Peter 'Crown', so lovingly made from coat hangers, baubles and tinsel which marked the countdown to Christmas.

For Christians we have always had a season of preparation for this great festival which we call Advent. The four Sundays of Advent not only provide a countdown to the big day, they also help us to reflect on various characters from the scriptures, Prophets, Patriarchs, John the Baptist and the Virgin Mary. It is a time that also helps us to consider prayerfully the establishment of God's Kingdom of Love, Reconciliation, and Peace. The Advent Season offers the chance to reflect on just how significant God's gifts to us in the Incarnation is, for it can transform not only our own lives but the lives of others.

Christmas is the story of 'Love', a love which goes well beyond the sentimentality and Ahh Factor of the Nativity scene. Christmas is about celebrating 'Love' freely given, a love which makes sacrifices, which restores, transforms and heals. At Christmas we remember what God has done for all his creation in the person of Jesus Christ. He only asks that we do likewise in our relationships with each other and the world in which we live. Long before the Beatles, Jesus had proclaimed to his followers 'All you need is Love'!

This year, the Church Year is promoting Christmas with the catchphrase '# GOD with US' (Your Christmas Journey). We are inviting you to come and join us in the celebration of this wonderful truth. So, as we come together with those we love to share once more in the festivities of the season, let's take a moment to consider just how amazing it is, that our God has taken the time to enter our human condition, to engage in our human struggle and give us his most precious gift of 'Love'.

Happy Christmas.

**Revd Malcolm Strange
Rector of the Fromeside Benefice**

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FRAMPTON COTTERELL and DISTRICT LOCAL HISTORY SOCIETY

Monthly meetings
are held on the
third Wednesday
in each month
(October to April)

at Zion Church Hall, Woodend Road
Frampton Cotterell, BS36 2HY
Commencing at 7.30 pm.

All welcome. Entry £4
Free to members, annual
subscription £15
Includes light refreshments

2017/2018 PROGRAMME

December 13 2017

The Tudor Navy – from the Mary Rose to
the Armada, Tim Bowly

January 17 2018

A Little Kingdom – the Harman family's
Lundy 1925-1969, Andre Countanche

February 21 2018

Tudor History – Bloody Mary,
Professor Ronald Hutton

March 21 2018

The GWR Badminton Line, Alan Freke

April 18 2018

AGM, followed by a talk by Sarah Harris -
Marie Antoinette's Guide to Farming

May 16 2018

Ghosts in the Garden,
Dr Steve Poole



Osteomyology

The Way Forward

Training, Advice, Support & Information

For: - Musculo-skeletal therapies
- Energy medicine
- Muscle energy techniques
- Trigger point therapy NLP
& the more esoteric arts

- Ever considered a career in the healing arts?
- Interested in training across multiple disciplines?

New regional course coming to your area

Almondsbury, Bristol

The course is a foundation in Osteomyology.

By the end of 2018 you will be able to:

- Set up your own clinic
- Treat your patients effectively
and above all safely

Course starts 25th February 2018

9 Monthly Courses - Flexible Payments

During the year you will learn Basic body
work, Manipulation, Anatomy, Physiology,
and many other techniques earning
recognised qualifications

To Enroll or Enquire
Call: 07951 099 491
or 07415 858 450

Course includes: All lectures. Course notes.
Anatomy & Physiology Text Books. Static Couch.
1st year Free Membership to "The Association of
Osteomyology" www.osteomyology.co.uk

Help your loved one start the New Year pain free

Treat them to some Osteomyology vouchers with expert - Dawn Clode Lic MET, Lic CR, MAO

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

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

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

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



"I am privileged to meet and
treat an array of fantastic
people everyday.
The thrill of having somebody
walk in to my Holistic Health
Practice with pain and leave
with significantly less or none is
something I will never tire of."

Help somebody you love

Why not treat somebody you love that you know
is suffering in silence – or has been complaining
for months but not doing anything about it!

What better gift this Christmas than starting
the New Year pain free. Vouchers are
available.

Dawn is happy for you to get in touch for
further information. Please call: 0795 1099 491
Visit: www.life-and-soul-empowerment.co.uk
Her holistic treatment room is in Little Stoke.



Welcome to Mike Harbord Opticians - a family
practice in Winterbourne Village.

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing
Opticians.

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Catherine Smart DHP MNCH CHBP

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for labour and fertility
- Stress and anxiety

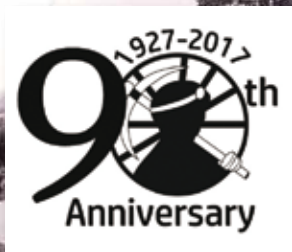


Based in Winterbourne

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



Coalpit Heath Village Hall

The Miners 90th Anniversary – 1927 to 2017

Main Road Showing Institute, Coalpit Heath a.

Opened by H. B. Napier ESQ of Long Ashton Bristol, on 3 December 1927. The miners each paid a penny a week out of their wages for the hall to be built. It was a place for them to socialise after a hard day's work in the mines.

They had a tennis court at the front (now car park) and at the back there were changing rooms, a bathing area to clean themselves off after a game of football and a boiler room which provided the hot water.

and snacks to sell to make it a more social event.

When the miners did not want the hall anymore, they gave it to the village of Coalpit Heath. A committee was formed to run the hall and became a registered charity on 16 October 1963.

In the 1960s and 70s, the building was used to cook meals for the schools in Gloucestershire. Meals were cooked and delivered to the schools in vans. The now snooker hall was a freezer and was also used to weigh out ingredients and make the pastry for the following days meals.

Originally the snooker hall was in a shed and the players would provide drinks



Playing Bingo



Fun folk night



Regular Table Top sales help raise funds for the village hall



Ukulele group



Hall ready for a wedding



Bingo volunteers celebrating 35 years of Bingo

On 7 May 1982, the management committee of Coalpit Heath Village Hall opened the 'Members Bar' in a small room to the rear of the building, which is now

part of the main lounge area. The day to day running of the bar was then under the control of the management committee and the bar was staffed by voluntary, unpaid members,

which was to continue for two years before any staff were paid. Today the bar social club is ran by a separate committee.

The hall has many user groups such as Bingo, which has been running for 35 years, Ladies Leisure, Probus, Keep fit, Rising Stars, South Gloucestershire Mines Research Group, Bristol & South Gloucestershire Stationary Engine Club, Bristol Advanced Motorcyclists club & A Fishing & Snooker Club.

As part of the 90th Anniversary celebrations, the hall is hosting an Open Day on Saturday 2 December, 12pm to 3pm.

There will be tea, coffee, mince pies,

cakes, tombola (£1 a go, win a prize every time!) and music. Everyone is welcome to join in the fun!

At time of writing, a group of volunteers are preparing to help paint the hall, so it will look great for the open day, as it has not been decorated for over 10 years!

For any enquires regarding the hall please Tel: 01454 773995, visit: www.cphvh.co.uk or find them on facebook: @Coalpitheath



Halloween fun

CELEBRATE WITH US!

The Miners Coalpit Heath Village Hall

90th Anniversary

Everyone is welcome to join us on our open day to celebrate our

90th Anniversary

Join us for Tea, Coffee, Mince Pies & cake

Come along & visit our new refurbished hall

Tombola £1 a go, win a prize every time

Saturday 2nd December 12pm to 3pm

Interesting fact: Did you know The Miners paid a

Village hall today



The St. Michael's Round Up

It is incredibly rare for there ever to be a quiet time at school, there is always something going on! However just before Christmas, there is an attempt to have a slight let-up in activities whilst all staff prepare themselves to embark on the most manic month of the year.

That said, school never really is quiet...

Our smallest children have now found their feet in our seemingly big school. They've been busy making porridge 'just right' for Goldilocks and have built huge brick houses for the Three Little Pigs.

All settled in their new classroom, Year 1 have been busy finding out about the toys! How different toys are now compared to what used to be played with. 'You really used to play with that?' they ask.

If you're visiting Year 2 later this month, you could be forgiven for thinking that you've entered a superhero training centre! After reading the story *Traction Man* Year 2 are keen to embark on their superhero training day and complete a series of difficult tasks.

Meanwhile in Year 3, they have been making canopic jars to help them understand the gruesome process of mummification. Their Indiana Jones style adventure stories about time travelling to Ancient Egypt make for a compelling read!

As the nights are drawing in earlier, Year 4 thought it would be a good idea to put their understanding of electricity to the test. They have cleverly designed and made a great set of torches.

The Year 5 children have worked hard to prepare and lead a beautiful Remembrance Service that we all attended last Friday. Their poppy art work is incredibly striking.

Ask any Year 6 child and a highlight of their week is 'Buddy Play', where they visit the infant playground and play with their reception buddies. They've done such a great job helping them to settle into school and act as fantastic role models.

Across the school for the past month, there has been an air of anticipation each time the postman rings. As part of our English Week the children wrote to a person whose job they would like to have when they grow up. The response has been incredible. There have been personal letters from Julia Donaldson, a signed photo from Tim Peake, reply letters from the Duchess of Cambridge and the promise of a visit from a fireman... to name a few. In a world where so much of communication happens via email and over the phone, it turns out that a good old fashioned letter works just as well. Their response has been really inspiring and a very rewarding process for the children.

So you see, there never is really a 'let-up' at St. Michael's. Very soon we have the nativities, carol concerts and our annual trip to the pantomime but we wouldn't want it any other way. We hope your run up to Christmas is as magical and fun as ours at St. Michael's will be!



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



Holiday Childcare
Throughout the year.

Open from 7.45 until 6pm

Breakfast served until 8.15am

Book Full, Half or a School day.

See our website for full details

www.oscarschildcare.org.uk

The Terrapin Frampton Cotterell CoE School
Rectory Road Frampton Cotterell

E-mail: oscars.terrapin@btconnect.com

Telephone: 01454 250528

Registered Charity No: 1133716

Fantastic Gymnastics!

A proud, Winterbourne mum would like to share with you the staggering achievements of her son Jack McManus and Fromeside gymnast George Collins-Beckett.

My son started gymnastics 3 years ago at Fromeside, and was invited to join Bristol Hawks last August. Jack and Fromeside gymnast, George, both ranked in the top 6 at September's annual South West grading competition, held in Barnstaple.

Consequently they were invited to compete at the National Grades Final at the GMAC arena in Birmingham, on 4 November 2017. The boys competed with 66 other boys, all who were ranked in the top 6 of each UK region.

Although the boys now train at different local clubs, they are united in representing the South West squad with 4 other boys from the City of Bristol, Exeter and Barnstaple's gymnastic clubs. As well as significant club training, they train one Sunday a month with the South West coaches and alternate this days training between the Barnstaple and Exeter gym clubs.

The boys competition involved a mixture of strength, flexibility and capabilities demonstrated on each of the apparatus: Rings, Floor, Vault, Pommel Horse, High Bar, Parallel Bars and PPP (flexibility). All boys in the South West region held their nerve and had a confident competition.

At the concluding medal ceremony the South West team were recognised as achieving the highest regional combined score, and were awarded a glass trophy with their Regional coach.

The South West team also won Bronze medals as their top 3 scores on each apparatus ranked them 3rd in the UK just behind the North West and London teams.

Individually, Jack McManus (Bristol Hawks) ranked 4th in the UK, with George Collins-Beckett (Fromeside) ranking 18th, and fellow team mate, Thomas Hammond (City of Bristol) ranking 2nd! Consequently, the top 10 UK ranked boys are invited to attend an elite 4-day residential training in Staffordshire next month, at Lilleshaw National Sports Centre. This means Jack will be trained by the GB coaches, along with the other qualifying gymnasts.

Recognition and thanks go to all the club coaches for their tireless training, motivation and trailing around the UK to support the boys.

Winterbourne & Frampton Matters congratulates these talented gymnasts on all they have already achieved, and looks forward to bringing you details of further success in the future.

If you have been inspired by this story, why not contact local Fromeside Gymnastics Club – www.fromesidegym.co.uk or call: 01454 776873.



Jack proudly holding his bronze medal & certificate



The South West team receiving a glass trophy with their Regional coach

**Fromeside
Gymnastics Club**

Like us on Facebook

- ★ Pre School classes for walking age up to 4 years – mornings and early afternoons Monday to Friday.
- ★ Recreational classes for school age children, 4 – 17 years – weekday evenings and Saturday morning.
- ★ Men and Women's competitive artistic gymnastic squads.
- ★ Over 50s fitness group, 10–11am ★ School holiday programmes

For full timetables please check www.fromesidegym.co.uk
 Contact us – T: 01454 776873 E: office@fromesidegym.co.uk
 Watleys End Road, Winterbourne, BS36 1PW

December 2017 at Winterbourne Library

NEW Opening Times



OPEN ACCESS

Monday – Sunday:
8.30am – 7.30pm

STAFFED TIMES

Tuesday: 10.00am – 5.00pm
Wednesday: 10.00am – 5.00pm
Friday: 10.00am – 5.00pm
Saturday: 9.30am – 12.30pm

New Library Opening Times

See above for new opening times at Winterbourne library! If you register your card for our new Open Access system you'll be able to access library facilities throughout the week. You can borrow and return books and use the computers. Speak to a member of staff for more details.

Rhymetime: Rhymes and songs for parents and babies/toddlers to enjoy together every Tuesday morning 10.30 – 11.00am

Pre School Storytime: Join us weekly on Wednesdays 10.30 – 11.00am for stories and a simple craft. Now running throughout the year.

Lego Club: Creative fun with stories, poems and Lego. Listen to stories and poems, then create a model to display at the library. We'll be meeting on **9 December 10.30 – 11.30am**. Suitable for the primary age range, children must be accompanied by an adult.

The Craft Group is meeting on **2 and 16 December 10.00am – 12 noon**. New members will always be made welcome by this friendly group. Share tips and ideas for your knitting, sewing or crochet projects.

The Book Group for Parents will be meeting on Friday 8 December 2.00 – 3.00pm

New members are very welcome – please speak to a member of staff or contact the group's facilitator Liz on 07825 510 079.

Christmas Silver Singalong: Come and join us singing Carols followed by refreshments and a mince pie on **Friday 15 December 2 – 3pm**. Suitable for age 50+. To book your place speak to a member of staff



Stories Around the Tree:
Come along and listen to some Christmas stories on **Wednesday 20 December 10.30**.

Christmas Crafts Drop in:
Suitable for ages 3 - 10 on

Friday 22 December, 10.30 – 12noon.

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.

Winterbourne Tuesday Group

Winterbourne Tuesday Group's new programme started in September with a fascinating illustrated talk about 'Heaven on Lundy' by Alan Mildren.

The Group meets at 7.30pm on the second Tuesday of the month at The Greenfield Centre, Park Avenue, Winterbourne.

The meetings, which are open to both ladies and gentlemen from Winterbourne, Frampton Cotterell and beyond, give an opportunity to socialise with refreshments, make new friends and listen to a speaker.

The 2017/18 forthcoming programme is:

12 December - Communicating Christmas

9 January - SS Great Britain

13 February - Tools for Self-Reliance

13 March - Humorous Poems and Readings

10 April - My Life in Music with Geoff Pegler

8th May - The Queen's Bodyguard of the Yeomen of the Guard

12 June - AGM

For further information, please contact Barbara White on - 01454 774229

Churches together in Frampton Cotterell & Coalpit Heath

2017 Scarecrow Trail - Favourite Nursery Rhymes



Charity Christmas Fair



On Sunday 3rd December we are holding our Christmas Fair from 11am-3pm; all proceeds will be coming direct to the MS Therapy Centre.

Our members and volunteers will be running the stalls, many of which will be hand crafted items so the perfect chance to stock up on those socking fillers and presents.



Our Oxygen Chamber will become Santa's Grotto so bring the kids along to meet Mr and Mrs Christmas and some of their Elves. Santa will have a little present for all the children and there will be a photographer on the day to send out a complimentary photograph!

Why not try out our Wine or Water stall, this one is always good for a giggle, or for a sweeter tooth try our chocolate tombola. Pick up some books, gift sets, Christmas crafts, Bric a Brac, jewellery and enter our raffle. After all of that why not sit down and enjoy some well-deserved tea and homemade cakes!

The West of England MS Therapy Centre has been caring for people with Multiple Sclerosis, their families and carers since 1985. MS is a disease affecting the central nervous system and is the most common cause of disability in young people in the UK today.

It costs around £380,000 to keep the Centre running every year and currently less than 1% is received from statutory funding so events like this are essential for the continued success of the centre.

Grab your family and friends and join us in the festive fun on Sunday 3rd December from 11am-3pm at The West of England MS Therapy Centre, Wheatfield Drive, Bradley Stoke.



MS Matters - to the Ring O Bells Pub

On Saturday 5 August, the Ring O Bells Pub in Coalpit Heath put on an all-day Charity Family Fundraiser, as they have been doing for over 15 years.

The pub likes to find local charities to support during the annual event and the West of England MS Therapy Centre was suggested as a charity by one of our members, Liz Lippiatt who is also a regular at the Ring O Bell.

Landlady Pat Andrews, and member of bar staff Becky Wileman, organised a fantastic event! Roughly 250 people were in attendance to see the three live bands playing during the day; Pipedreams, Dreamscape and Sick notes, all of whom were excellent.

For the children there was a bouncy castle with a slide, face-painting and a sweet stall. This went down well, as did the BBQ stall and to quote the landlady "Drinks were flowing".

All of this made for an amazing event which, with the entrance fees and other facilities available facilities, raised an incredible £1,550!

A huge thanks to everyone involved including Mike and Andy who donated the generator to power the electronics, Mark Cater from OPEX who donated the trailer off of which the bands performed and lastly to CML who set up the outside bar.



Castell Roc Festival all set for a spellbinding 2018

Take a gorgeous Welsh Castle, add a big stage with professional sound and lighting, put in a really good bar selling local ales/ciders/wine/spirits, include some lovely food and of course some incredible entertainment usually reserved for city centre venues, and you get a taste of what Castell Roc offers...

The Festival continues to go from strength to strength, gaining national praise and recognition for not only great entertainment but for its relaxed atmosphere, enchanting location and superb acoustics.

Castell Roc Festival is now pleased to release details of the first of its star studded 2018 shows, held inside Chepstow Castle.

Friday 17th August 2018 - "Alabama3". The band are notable for their fusion of styles, ironic lyrics, intentionally humorous personae, and outrageous live performances. Oh. and of course they wrote the intro music to the hit TV show 'The Sopranos'.

Saturday 18th August 2018 - the incredible "**Dr Hook**" starring Dennis Locorriere. All the hit singles including Sylvia's Mother, A Little Bit More, When You're in Love with a Beautiful Woman and Sexy Eyes, plus many, many more.

Friday 24th August 2018 sees the welcome return of a 2017 sell-out show: back by popular demand "**The Magic Of Motown**" bring top Motown hits, glittering costumes, dazzling dance routines and an incredible party atmosphere to the castle.

Sunday 26th August 2018 flying in from Australia is none other than the Grammy award winning, International chart topping, British music legend "**Leo Sayer**"! Also including support from "**Mari Wilson & The New Wilsations**" an amazing evening awaits!

Monday 27th August 2018 is a unique chance to see two full theatrical show's in one evening with "**Return Of The King meets Prince Experience**". Leading tributes to Prince & Michael Jackson, both Artist's with their full bands and backing singers in a show never seen before.

Will they perform together, in a duo?

Saturday 1st September 2018, fresh from the big theatres is "**Fastlove**". An opportunity to re-live the passion, flare and the unique sensitivity of **George Michael**. Accurate, captivating and heart-warming, with all the big hits.

If you haven't checked out Castell Roc before, you really should!

Make memories ... Show tickets make great Christmas present too!!

All shows are standing. Guests are welcome to bring foldable chairs or blankets (for use in dedicated areas). Limited tickets are on sale now (with special "earlybird prices") from Hannah's Music, Chepstow (01291 627122), or online via the Festival website at www.castellroc.co.uk. All we suggest is 'be quick or miss out'.....

More shows to be announced soon...

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New book from local author Ian Haddrell

Many of you may remember a feature on the talented Mr Haddrell (pictured right) a couple of years ago in Winterbourne & Frampton Matters. Ian has written several books, including two history books on Coalpit Heath and Frampton Cotterell, where he lives. This month sees the launch of his latest book, 'The History of Dings Crusaders Rugby Club'.

We asked Ian why he had selected this subject matter for his new book, he explained, "When I wrote my second book of old photographs of Lockleaze (where I went to school), I included a chapter on sport in the area – football, basketball, netball and rugby. As well as including photographs of Dings Crusaders Rugby Club, which has been based at Lockleaze since 1948, I wrote a brief history on its origins from 1897 when it was formed as part of the Shaftesbury Crusade in the Dings area of St Philip's, Bristol. Like most rugby clubs, their Landseer Avenue clubhouse is adorned with many team photographs dating back to the club's inauguration to the present day, some of which I used in the book entitled 'Lockleaze'.

"The chairman of Dings, Steve Lloyd, very kindly loaned me some of these precious photographs and during one of our conversations I suggested that with the wealth of historical photographs available it would be good to produce a book of old photographs of Dings Crusaders RFC. Steve was more than happy for me to write the book and that's how the project started a few years ago."

During the course of researching the history of the club, Ian discovered that Dings had a particularly interesting origin, as it was formed as part of The Dings' Club, a section of The Shaftesbury Crusade, a Christian and social mission based in St Philip's – hence the name of the club. Ian said, "What had originally been the intention to simply produce a book of some 200 photographs with captions developed into a more textual publication plotting the origins of the club through to 2017, with approximately 100 pictures. The initial book layout was to have included just black and white photographs but as the format change it was decided to publish in full colour."

The publication date of October 2017 was set to coincide with Dings move from its Lockleaze home of 70 years to a brand ground and facility at Frenchay – 'Shaftesbury Park', so named to recognise the club's origins.

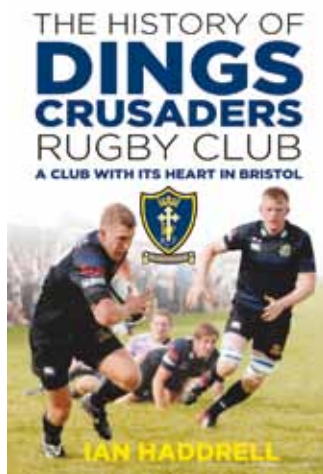
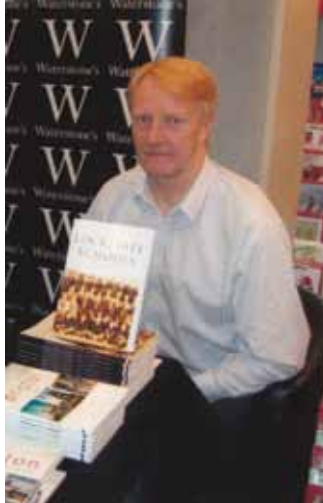
Ian has a clear passion for history, if this is an interest you share, he recommends you come along to monthly meetings of the Frampton Cotterell and District Local History Society, of which he is pleased to be a committee member. The group meet at Zion Church Hall, Frampton Cotterell, for the full programme of forthcoming talks, please see page 22.



Dings Crusaders First XV ('The Unbeatables')
1938/39 season: played 29, won 28, drawn 1.

An active member of the community, Ian takes a lead role in organising the popular Frampton Festival, that was another huge hit this year. Thank you to Ian and his team for delivering this fabulous, free, family event.

If you would like to read Ian's latest book, 'The History of Dings Crusaders Rugby Club', copies can be purchased from the club at Shaftesbury Park, priced at £14.99.



Frampton Cotterell & Coalpit Heath Village Diary 2017

December

Fri 1 – FCCE School Christmas Market. Lots of stalls, hot dogs, mulled wine. All welcome.

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

Sat 2 & Sun 3 – Santa's Grotto and Christmas Fair, Coalpit Heath Cricket Club 10am-5pm. In aid of Great Western Air Ambulance Charity. E: caranne42@aol.com

Sun 3 – A Christmas Cracker, Manor Hall, 1pm-3.30pm. Christmas-themed entertainment, refreshments, activities and more. Tickets Alison Tel. 07873 747513

Tues 5 – The Big Sing, St Saviour's Church, 7-9pm. Community event with local and school choirs and community 'scratch' choir. Free entry. Collection for Christian Aid

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

Fri 8 – Watermore School Christmas Fair, 5pm

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

Sat 9 – Table Top Sale, Coalpit Heath Hall, 1-3pm. Table £5, bookings 07920 145352

Sun 10 – Christmas Roast Dinner at WADCA, 12-3pm. For the whole community. £8.95, (£5 child). Booking tel. 01454 776268 or e. ca.winterbourne@gmail.com

Mon 11 & Tues December – The Crossbow Singers' Christmas Concert, Crossbow Hse, School Rd, FC, 7.30pm. Tickets £6. Tel: Rose on 01454 772675 for Monday, or Mary on 01454 887885 for Tuesday.

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

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

Sat 16 & Sun 17 – Carols in Winterbourne Medieval Barn, 3.30pm. Ticket £2 (£1 child) incl. mulled wine

and mince pie. Tel. 01454 774479 or Daisy's Coffee Shop. www.winterbournebarn.org.uk

Wed 20 – Local History Society, Zion hall 7.30pm. £4 for non-members. Light refreshments included. Tel: 775265 rockthom@btinternet.com

Thur 21 – JelliRecords Open Mic Night, WADCA, 8-10pm. £2. Bar. Tel. 01454 776268

Thur 28 – Frampton Friendship & Dance, 2-4pm, Zion Church Hall. Learn easy, gentle dances. Suitable for beginners. No partner needed. £3 incl tea. Tel 07515 351813

Sun 31 – New Year's Eve party, WADCA, 8pm. Buffet and disco. £20. Tel. 01454 776268

To add dates or amend information please email Louiseharrison@gmail.com

All dates for 2017 can be viewed on the Village Action website – www.villageaction.org.uk

CHRISTMAS MARKET

Stalls	Winter Cafe	Attractions
Craftwork	Wood Fired Pizzas	Tombola
Pottery	Homemade Cakes	Raffle
Silk Marbling	Hot & Cold Drinks	Music
Tie Dye	Soup & Rolls	Auction
Greeting Cards		Face Painting
Books & DVDs		Winter Nature Trail

Saturday 9th December
12:00pm - 4:00pm

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WADCA's Successful Dementia / Sensory Garden & Memory Walk Project

WADCA recently launched their new Garden and Memory Walkway – celebrating with a slap-up Sunday roast with friends and volunteers of the community association.

They are delighted with the positive feedback that they received from the day, and will be continuing their **Sunday roast** bi-monthly, the next one being **Sunday 10 December**. Everyone is welcome, any age (£8.95 per head, booking advised), especially people who are lonely, on their own, or suffering from dementia or disabilities that make it harder for them and friends/family to go out for a meal.

WADCA has been redecorated particularly with dementia-sufferers in mind to make it a more interesting and accessible.

Starting with a blank space, they were keen to transform part of their outside space to benefit all who visit the venue. Gardens are wonderfully therapeutic for everyone, they boost health, help beat depression, reduce stress, anxiety and lower blood pressure – stimulating all of the senses.

WADCA's Dementia friendly Sensory Garden has been designed to help those in the community who suffer, family members and carers. It is also open to any member of our community looking for a relaxing space in which to sit and enjoy nature. WADCA would love to hear from anyone who may like to get involved in the maintenance of this green space or perhaps would like to plant something for everyone to enjoy.

The community venue have been fortunate in the support they have received from local funders and volunteers, without them this project would not have been possible. Special thanks go to Merlin (www.merlins.co.uk), Tesco Bags of Help, South Gloucestershire Council, Member Award Funding, Zumba gold – Karen Davis and ALL WADCA Volunteers.

Why not support or visit WADCA? There is always more to do, to improve this wonderful community facility and the team do still have some of the funding available to utilise. Volunteers are always welcome, as in anyone would like to know more about WADCA, their events and clubs. Everyone is invited to go along to their monthly, coffee mornings. **See page 47 for more forthcoming events at WADCA.**

Please do get in touch – www.wadca.co.uk • Tel: 01454 776268



Facebook
Winterbournecommunitycentre/WADCA

Launch of the New Winterbourne Skate Park

We were pleased to attend the launch of the fantastic new Skate Park in Winterbourne, on Saturday 23 October. The facility was officially opened by The Mayor of the West of England – Tim Bowles (former district councillor for Winterbourne).

We spoke to one local lad in attendance, Josh Pearce (13), a pupil from Winterbourne International Academy. He shared with us, "My dad told me that he had read on the parish notice board, that there were plans to build a skate ramp in the Rec at Winterbourne. So I decided to email the local parish council to ask what the plans were and to put my ideas across."

Josh told us the skate ramp that was previously on the site was very old, constructed all in metal and had become unusable. A keen skate park user with his scooter, Josh was excited to attend the official opening and see for himself what had been built. He wasted no time, taking to the new ramps.

The Winterbourne parish council commissioned Bristol based park designers *Wheelscape* to deliver the project. Mayor Tim said, "It was important to keep it as local as possible and when the council had the old skate ramp on the site tested for metal fatigue, it was found to be dangerous and so was removed straight away. The parish wanted to design something for the youth of the village to enjoy and so set about have this one created."

It has already proved very popular, as 13 year old Henry Kayes said, "I meet friends here most days after school and its a great way to keep fit."

A Winterbourne resident of 55 years, who was also in attendance at the opening told us, "I used to play on the Rec as a child. In my day it was swings, a very tall slide, a merry go round and climbing bars. There was always loads of kids playing here, so it is great it is still so well used today."

This skate park is very up-to-date and a big hit with the local youth. As well as the skate ramps, there is also a volley ball park, tennis courts, full size football and a cricket pitch for everyone to enjoy.



Local skate park enthusiasts
Henry Keys & Josh Pearce



The Mayor of the West of England – Tim Bowles
officially opening the new Skate Park



Award Winning Customer Service at Bundy & Bond



Local estate agents Bundy & Bond are delighted to have struck **GOLD** at the 2017 British Property Awards.

Owners Mary Bond and Tina Bundy told us, "It feels fantastic that all our hard-work and dedication to our clients has been recognised with this British Property Award for Chipping Sodbury."

Over a number of months, the award judges, independently assess estate agents against a set of 25 criteria, most of which is often overlooked by the clients and certainly overlooked before they decide to get in contract with an agent.

Mary and Tina went on to say, "Our team were assessed on their customer service without our knowledge over several weeks."

The judges have taken a forceful step away from the traditional method of relying on feedback from successful sales, as they believe this to be a very narrow and easily influenced viewpoint. "We judge agents on a town by town basis, ensuring that only those agents who meet a certain standard are awarded by our team. Should all agents within a given town fail to meet this standard, no award will be provided by our team. We judge all agents who meet a minimum set of criteria over a number of months to ensure continuity and stability."

Congratulations Bundy & Bond! If you would like to use their award winning services, please call them on **01454 540 200**, e-mail: bundyandbond.co.uk or visit www.bundyandbond.co.uk



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Carols in the Barn

Saturday 16th December

Sunday 17th December



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Church Lane, Winterbourne, BS36 1SE

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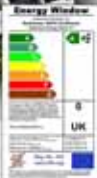
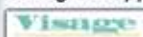
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