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# Winterbourne & Frampton

including Coalpit Heath & Winterbourne Down

## Matters

March/April 2018



Spring is about  
to blossom



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## Dear Residents,

As the front cover says, spring is about to blossom and hopefully with it some brighter weather.

There is some local colour already thanks to the planters from the Floral Friends of Frampton, and they have planted numerous bulbs, so the displays are set to be beautiful over the coming weeks. You can read more about this green fingered group's projects inside.

Mothering Sunday takes place on Sunday 11 March, do remember these special ladies and spoil them. Beauty Plus are running a special offer to celebrate the day so why not take advantage of this.

Easter is early this year, with Good Friday on 31 March. We are pleased to bring you a seasonal message from Lay Minister Jo Strange, along with details of local Easter services and events.

If you enjoy live entertainment there are several performances taking place locally - the panto 'Alice in Pantoland', Winterbourne Musical Theatre bring you 'Mikado', a concert from the Band of the Avon Fire & Rescue Service is sure to be brilliant (and you'll be raising funds for the Winterbourne Down Carnival) as well as the 93rd Annual concert from Frampton Cotterell Male Voice Choir - more details inside.

The Winterbourne Medieval Barn have set out their diary of events for the year, you will find this, along with the community notice board and Village diary packed full of local activity inside. All this and many more local reports throughout the magazine, we hope you enjoy.

Take care until next time, **Kerry**  
**community@mattersmagazines.co.uk 01454 300900 & Jaci x**



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# News from the Floral Friends of Frampton



**Wintertime!** Floral Friends were delighted to contribute a tree to the Frampton Cotterell Christmas Tree Festival, held in St Peter's Church in support of WaterAid. New decorations were made and the tree looked very festive. We hope everyone enjoyed seeing all the trees in the Church, together with refreshments and music from local musicians.

**Cherry planters** – The planters and hanging baskets are looking cheerful in our dull and grey weather, whilst the spring bulbs are beginning to grow around the village – hopefully they will soon be heralding the start of warmer days!

**More Bulbs for Beesmoor!** Floral Friends have been busy again at Beesmoor/Woodend Road, planting lots of tulip bulbs which were recently kindly donated by a local resident. A lot of tidying up was also carried out in preparation for a lovely Spring display.

**Poppies** – We plan to plant poppies around the village to commemorate the centenary of the end of the First World War. We hope to involve as many people as possible in this – more information will be available soon, so do keep an eye on our webpage (<http://ffframpton.wixsite.com/frampton-cotterell>) for all the latest news.

**Floral Boots** – Do you have an old pair of boots that you no longer need? Why not recycle them into planters and take part in Floral Friends' Floral Boots display?

We're inviting everyone (all residents, businesses, associations, community groups and schools

within Frampton Cotterell and Coalpit Heath) to plant up a boot, or a pair of boots (normal size please – no giant ones permitted!), with the colour theme of red, white and blue to help commemorate the centenary of the First World War Armistice and the 100th anniversary of the RAF.

Applications will need to be completed by 15th June and the boots displayed in front gardens in the week Saturday 21st July – Saturday 28th July. We will produce a map of where the boots are located so that people may walk around the village to see them all. Certificates and prizes (for the best boots) will be presented on Saturday 28th July at the Bickeridge Centre. So – hang on to your old footwear and get creative this Spring! More information will be available on our website shortly.

**Spring Fayre** – The Spring bunnies will be hopping into the Bickeridge Centre on the morning of Saturday April 28th to help with our Spring Fayre. Come along and enjoy a cup of coffee (or tea) and a slice of cake in the Sensory Garden (if the weather's good!), browse the plants we will be offering for sale, and let the children enjoy the activities on offer.



**Much more information about our activities is available on our website – <http://ffframpton.wix.com/frampton-cotterell>**

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# What's Going On at Winterbourne Medieval Barn

The Winterbourne & Medieval Barn trust submitted the final part of their Heritage Lottery Fund Bid details in November 2017. They now have to wait till March to hear whether or not they will be awarded the main part of the funding, they seek (£1 million) – so fingers crossed! Winterbourne Matters will keep you up to date in future issues.

At time of writing, work on converting the cartshed into an education facility is due to be completed. Most of the funding for this work came from the LEADER Fund ([www.gov.uk/guidance/rural-development-programme-for-england-leader-funding](http://www.gov.uk/guidance/rural-development-programme-for-england-leader-funding)), which is part of the Government's Rural Development Programme England which in turn is part of an EU-wide support scheme. A total of £138 million is available in England between 2015 and 2020 under the scheme. LEADER is a French acronym (Liaison Entre Actions de Développement de l'Économie Rural).

There will be some great events taking place at this local, historical venue this year, so please do try and support them.

## EVENTS AND WORKSHOPS 2018

**Sat 3 March – Apple Grafting Workshop,** 10am–4pm. Learn to graft and make three grafted

apple trees to take home. Pre-booking essential.

**Fri 30 March – Passion Play,** 6.30pm–8pm\*  
An imaginative Good Friday retelling of the Easter story through the eyes of the people of Jerusalem in the early 1st century.

**Sat 26 May – Jazz in the Barn, with UWE Big Band,** 6.30–9.30pm\*. Cool relaxing swing, Latin classics, and foot-tapping grooves, with delicious locally-sourced food and drink available throughout the evening.

**Sun 10 June – Medieval Fayre,** 11am–4pm. Vivid displays of daily life in a medieval encampment with living history group The Company of Chivalry. Stalls, demonstrations, live music, children's activities, food and drink, and lots more.

**Sat 23 June – Basket Weaving Workshop,** 9.30am–4pm. Make a basket using willow of various natural colours. Support and guidance for those new to basket-weaving, and those wishing to rekindle their skills. Pre-booking essential.

**Sun 24 June – Bristol Male Voice Choir & The Frampton Shantymen,** 2.30pm\*. Two local men's choirs offering a wide variety of entertainment for a summer afternoon.

**Tues 3 July – Wine-tasting,** 7pm–9.30pm\*  
Explore Eastern European wines with Ian Redfearn who has over 25 years experience in the wine trade.

**Sun 8 July – Verdi's Falstaff,** 6pm\*. Delightfully tuneful comedy performed by Bristol's Tessitura Opera.

**Sat 21 July – West Gallery Music Workshop,** 10am – 4pm. Come and recreate the distinctive music from the 18th and 19th centuries. Singing in four part harmony suitable for all voices. Instrumentalists welcome too. Pre-booking required.

**Sun 12 August – The Three Musketeers,** 2.30pm\*. Swashbuckling sword fights and subterfuge in this fast and funny adaptation of Alexandre Dumas's famous story. Produced and performed by Ian Kennedy Productions.

**Tues 28 August – Shakespeare's The Winters Tale,** 7pm\*. An intriguing mix of drama and comedy performed by the renowned Festival Players.

**Sat 8 & Sun 9 September – Heritage Open Days,** free entry 12.00–5pm. Part of England's largest festival of history and culture. Join a guided tour of the Barn and church to find out more about local medieval history.

**Sun 7 October – Orchard Harvest Day,** 11am–4pm. Celebrate 'all things apples'. Traditional cider-making, local rural crafts, ferret-racing, children's



activities, delicious local food and drink, and more.

\* Tickets now at [www.ticketsource.co.uk](http://www.ticketsource.co.uk) or at Daisy's Coffee shop 2 weeks prior to the event. NB. These events are likely to sell out in advance. All workshops require advanced booking.

**Winterbourne Medieval Barn,**  
Church Lane, BS36 1SE  
[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

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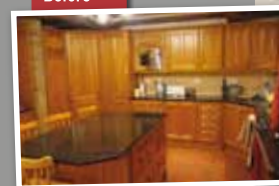


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## News from St Michael's School

Year 4 have been working hard this term investigating the Romans! We have enjoyed

exploring what Roman soldiers wore, the formations they fought in and how tough life was for them. It was fascinating to use an atlas to identify all the places in the Roman Empire and see how far they travelled! We also created our own Roman shields, making sure our designs reflected what was important to us. We also held an exciting debate between the Britons, led by Boudicca, and the Romans to see who should really have control over Britannia! The arguments were put forward very forcefully and it was hard to choose a winning side.

We have also enjoyed our practical maths this term. We used our skills in measuring area and perimeter to create the walls for house and then build them, as well as working out how much the paint would cost. In multiplication, we went on a numbers hunt round the school to find the answer to questions multiplying three numbers together. It was a race to see which team could answer all the questions in the least time!



### 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 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  
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# NEW

## Sunday swimming lessons for 4-10 year olds in Winterbourne

I believe every parent wants their child to learn to swim. Whether it be for fun family visits to the local pool, going on holiday, or for the peace of mind that your child is safe in and around water.

It's not always easy to find a class that's local and fits in with your hectic family schedule. Especially if you have two or more children. So, we're very happy to tell you about our new Sunday swimming lessons at Winterbourne International Academy.

Starting from 10.30am until 3.30pm, we'll be teaching classes from Level 1 (complete beginners with a teacher in the water to help them achieve their first unaided swims, jump in confidently and learn to regain their feet quickly and safely in the water) up to Level 4 (for confident swimmers who are developing graceful, efficient strokes on their front and back).

Tash, our teacher, will teach small groups of up to four children, and when they have achieved good alignment, the ability to roll to breath and have their 25 metre swimming badge, they will move into the deep end where they will be taught from the poolside.

We have exclusive use of the 25 metre pool at Winterbourne International Academy and will continue to teach our parent and child classes for babies from three months of age, so if you have two or more children, they can both swim on the same day.

And once you join you'll be able to track the progress of your superstar swimmer through your online account and follow their progress every step of the way.

We're open every weekday from 9.30am to 4pm so call us on 0117 9717165 if you'd like to talk to us about teaching your child to swim. [www.puddleducks.com](http://www.puddleducks.com)



Swimming Lessons  
ages 4-10

# Ready to learn?

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Call 0117 9717165 to book. Limited spaces available. [www.swim-academy.co.uk](http://www.swim-academy.co.uk)

**CONCERT**  
**Band of the**  
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Raising money for the ...



**Monday 19th March 2018**  
**7.45 p.m.**

**Winterbourne Down Methodist Church**

Entrance Ticket: Adults £5.00  
Children free, when accompanied  
by an adult

Tickets can be purchased from Carnival  
Committee members

or telephone 01454 777820 for information

**Price includes light refreshments**

[www.wdcarnival.org](http://www.wdcarnival.org) [www.facebook.com/wdcarnival](http://www.facebook.com/wdcarnival)

On Monday 19th March at Winterbourne Down Methodist Church, Down Road, the Band of the Avon Fire & Rescue Service will be performing a concert of wonderful music including songs from shows, tv themes, classical and chart toppers - something for everyone. The concert starts at 7.45pm and tickets are priced at £5 per adult and accompanied children free, including light refreshments.

Money raised during the evening will go towards the Winterbourne Down Village Carnival in May. This will be a wonderful evening so don't miss it.

**More information and tickets are available from Pete Nichols on 01454 777820 or on the door.**

We look forward to seeing you there.



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## Castell Roc Festival all set for a spellbinding 2018

**Castell Roc Festival held inside Chepstow Castle announces another show for its incredibly varied 2018 shows.**

**19th August** is a chance to enjoy a stunning evening of **"Blues & Grooves"**. The first act added for this show is the superb Scottish blues sensations "King King", dubbed as *"The best blues/rock band in the world"* by Pete Francis of the Blues/Rock review.

Further top Artistes for this show will be announced shortly.



The show takes place in what can only be described as one of the most special Concert Venues in the UK with an incredibly intimate ambience, full bar facilities, food outlets, big stage & big production.

**Shows previously announced for 2018 include:**

**Thursday 16th August** "Monsters Of Roc"; a night of rock music featuring Letz Zep, UK Whitesnake & Women In Rock.

**Friday 17th August** - **"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** - 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** 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** 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** 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.

**Thursday 30th August** **"The Dualers"** the incredible UK stars of ska and reggae.

**Friday 31st August** **"The Craig Charles Funk & Soul Club"** yes, the TV legend Craig Charles is also a DJ legend!

**Saturday 1st September**, 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.

All shows are standing. Guests are welcome to bring foldable chairs or blankets (for use in dedicated areas).

Full details of all shows are available from the Festival website at [www.castellroc.co.uk](http://www.castellroc.co.uk) or via the Festival Box Office at Hannah's Music, Chepstow (01291 627122). Limited, discounted tickets are currently available from both.

**Matters Magazines Ltd is proud to be a media sponsor of the 2018 Castell Roc Festival.**





## Opticians pledge support for children's cancer charity

Three local opticians have nominated CLIC Sargent as their charity of the year for 2018.

The teams from Specsavers in Bradley Stoke, Cribbs Causeway and Filton will be supporting the children's cancer charity by taking part in a number of challenges as well as holding events in their stores throughout the year.

To kick things off, Winterbourne & Frampton Matters was pleased to be invited along to Specsavers at the Willow Brook Centre in Bradley Stoke when they held a fundraising day on Saturday 3 February ahead of World Cancer Day. The team held a bake-off competition, while customers and passers-by were greeted with a cake sale and invited to buy sweet treats in return for a donation. Members of staff wore CLIC Sargent t-shirts and the store was decorated with balloons and banners. CLIC Sargent wristbands were also on offer in return for charitable donations.

Caroline Marshall, representative from CLIC Sargent, and the Deputy Mayor of Bradley Stoke, Tom Aditya, were also both at the event. *"Fundraising for cancer, whether it be for research or family support, is a cause close to my heart"* Tom told me, *"I have had a lot of previous involvement with CLIC Sargent and am very happy to support Specsaver's latest fundraising initiative"*.

Store director, Gaurav Patel told us *"All three store directors will be taking part in a personal fundraising activity during the year and we will be encouraging our customers to give what they can to boost the total. I will be joining a team taking part in Tough Mudder, Ed Stanleigh has secured a place in the London Marathon and Vivek Lakhanpaul is doing a sky dive."*

Also at the Bradley Stoke cake sale, we were pleased to meet local friends Anya and Karolina who are both in year 4 at Bailey's Court Primary School. Karolina's mum works at Specsavers and Karolina heard about the fundraising plans for the children's charity. Inspired, by the recent Wallace & Gromit fundraising in school, Karolina decided she wanted to help and roped in friend Anya. *"We have lots of fun in our lives"* Karolina told me *"the children who are in hospital can't do that and it is not fair"*. The two girls got busy making pom pom animals, loom band bracelets and painted rocks. Anya only had one of her large pom pom animals left when I spoke to her just half an hour after the sale started. *"I'm only 8 and nobody else helped me make these, I did it all myself with no parents involved!"* she told me proudly.

CLIC Sargent provides practical, financial and emotional support for children and teenagers who have been diagnosed with cancer or leukaemia. The charity believes that children with cancer have the right to the best possible treatment, care and support throughout their cancer journey and beyond. To find out more about the charity, visit <http://www.clicsargent.org.uk/>.

**For more information, to make a donation or to book an appointment, you can find your nearest Specsavers store at: The Willow Brook Centre, Bradley Stoke, BS32 8EF, T: 01454 275020, W: [www.specsavers.co.uk/stores/bradleystoke](http://www.specsavers.co.uk/stores/bradleystoke)**

*"We have lots of fun in our lives; the children who are in hospital can't do that and it is not fair"*

**fundraiser Karolina, aged 8**



## News from Frampton Cotterell WI

Our January speaker for the first meeting of the new year was Lisa Beasley (pictured right) – Lisa helped many of us to start 2018 on the right note with a healthy new attitude on our relationships with food and eating!

Lisa runs My Body Positive ([www.mybodypositive.co.uk](http://www.mybodypositive.co.uk)) and the title of her talk was *"How Mindful Eating improves your relationship with food"*. Unusually, she is on a mission to help women stop dieting!

Lisa knows from personal experience what it's like to diet and how it doesn't (usually) work in the long term, as most people who lose weight will regain it and start their dieting cycle all over again. She shared her personal story with us and explained what led her to train to help women with this issue.

Lisa also explained what Mindful Eating is and how it can help improve your relationship with food. She also gave us some tips and suggestions on how to incorporate *"Mindful Eating"* into our lives. It was a thought-provoking, informative session.

At time of writing we are looking forward to a talk on local history at our meeting at the end of February, and in March (on the 27) we're delighted to welcome Mr. Tim Bowles, Bristol's Metro Mayor who is going


to let us know more about his role and the way in which he works with local councils. Other talks coming up later this year include *"How to wear a Sari"*, luxury chocolate making, and the history of the Police Force, so there is plenty of variety in the 2018 programme, that's for sure.

**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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### Coffee Morning

Saturday March 10th

Zion United Church  
Beacon

10.00 a.m - 12.30 p.m



## 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 2018 forthcoming programme is:

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

## The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



### Community Coffee Mornings on 21 March & 18 April 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.

## 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 1 March  
Bernard Purrier 'Whales and Dolphins'

## 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.

March 13: Alan Wells - "Tulipmania"



## What's on at The Miners

Coalpit Heath Village Hall

Saturday 3 March, 1pm to 3pm

Table Top Sale - To book a table

Tel: 07920 145352

Saturday 10th March

Elvis Tribute Night with Danny Fisher - doors open at 7.30pm, starts at 8pm tickets £6 pp available now.

Saturday 7th April, 1pm to 3pm

Table Top Sale - To book a table tel: 07920 145352

Saturday 14th April, 11pm to 5pm  
Mind Body Spirit Show

www.cphvh.co.uk

Find us on Face book @coalpitheath  
214, Badminton Road, Coalpit Heath, BS36 2QB. Tel: 01454 776958

## Oh Yes It Is!

St. Peter's Players is putting on Alice in Pantoland.

A new pantomime written by Carolie Green (with apologies to Lewis Carroll)

You will see a lot of the characters you may know from Alice in Wonderland, but not necessarily as you remember them!

The show is at Winterbourne Community Centre, Watley's End Road BS36 1QG

March 1st 2nd and 3rd at 7.30pm with a matinee at 2.30pm on Saturday.

Tickets available from the Box office: 07979 246091

Adults £8 / Children £4

There is ample, free parking at the venue.  
There is a bar where you can pre-order your interval drinks and snacks

Winterbourne Musical Theatre presents

## THE MIKADO

By W.S. Gilbert and Sir Arthur Sullivan.



Wed 25th, Thurs 26th, Fri 27th April 2018 @ 7.30pm  
Saturday 28th April 2018 @ 2.30 only

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

Tickets £10 Phone 01454 317408



## Katherine's Aerobics & Conditioning (Women Only)

Weds 10.30–11.30am, St Michael's Rooms, Winterbourne, BS36 1RD

**Sticking with Exercise!** Adults should aim to be active daily. Indeed, over a week, activity should add up to at least 150 minutes of moderate intensity activity in bouts of 10 minutes or more. But how on Earth do you stick to it? Attendees from 'Katherine's Aerobics & Conditioning' classes discussed 5 simple steps that have helped them keep on attending her sessions, some for over 7 years!

**1. Make it fun!** Themed routines such as the Retrobics 80s, Dirty Dancing, Bollywood, 90s and Noughties and Gone Clubbing help keep the classes fun.

**2. Keep it varied** – Every six weeks the playlist and routine changes, which keeps it interesting.

**3. Choose the level that's right for YOU!** With harder and easier options, the class is open to any level of fitness.

**4. See the results...and you'll keep coming back for more!** Amanda, 41yrs, lost 30lbs on what she refers to as the 'eat less rubbish, do more exercise' diet, which included coming to Katherine's classes.

**5. It's a bargain!** Katherine's Aerobics has a **6 classes for the price of 5 (£25) deal running throughout Feb & March** – or £5 per class (drop-in).

*"I started Katherine's Aerobics class in January as part of a new year's resolution*

*to do more exercise, I think it may be the only one I have ever kept up! I absolutely love this class, it is really fun and has a really positive, friendly vibe."*

*"I can honestly say this class has become an important and prioritised part of my weekly routine, not only for my physical health but also for my mental wellbeing."*

**Why not give this local class a go for yourself?**

Book Katherine's Aerobics and Conditioning via Move GB or drop in for £5 per class.

**For further information: Find Katherines.**

**Aerobics on Facebook, Call 07866 918 683 or**

**Email: [katherinesaerobics@hotmail.co.uk](mailto:katherinesaerobics@hotmail.co.uk)**



moveGB



## News from Winterbourne Evening WI

Well here we are at the beginning of another wonderful W.I. Year with many exciting outings, speakers and activities planned for us by our excellent Committee. First though I will tell you about the December activities we enjoyed.

Our December Christmas party, which is held on our usual meeting night, after the minimum of official business, was a really happy and wonderful evening. Members provided the most amazing and varied buffet, which we all enjoyed as well as a glass or two of wine or soft drink. With crackers pulled, paper hats donned, and silly jokes read out, we all settled down for our entertainment.

However, we were not allowed to relax for very long, as our entertainment for the evening was the very energetic Sam Croft and friends who initiated us into the delights of both seated and standing Zumba dancing.

We all tried really hard and a few of us managed to follow the moves very well, but all of us enjoyed trying, and vowed to get fitter in the New Year. Thank you very much Sam and your friends.

Just before Christmas some of our members, along with partners and friends, visited the Slimbridge Wildfowl Trust for a viewing of the feeding of the swans by floodlight, followed by an excellent dinner. We felt very privileged to be able to see the many birds on the lake, although the swans have been arriving later this year, so not too many of them yet. Thank you Susan for organising such an interesting outing for us.

We also attended both the Avon Federation Carol Service at St Mary Redcliff Church and also our own Group Carol Service at the lovely Salem Church in Watleys End, followed by coffee, tea and mince pies.

As you can see, we had a wonderfully festive end to our year and now look forward to 2018.

**Margaret Beacham**  
Press Officer, Winterbourne Evening W.I.



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with  
**Slimming World**

### Monday

**Frampton Cottrell**  
Watermore Primary  
School (Infants),  
Woodend Road,  
(Opp the Bickeridge Centre)  
5.30 & 7.30pm  
Tel: Jude  
07968 426809

### 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](http://slimmingworld.co.uk)** **0344 897 8000**

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## News from Winterbourne Down WI

Dawn Mahoney, our President, welcomed everyone which included two visitors to our February meeting.

Our Speaker for this month was Jinx

Newly, a historian who spoke with great knowledge about 'Bristol a City of Monks and Bones'. We were shown maps of Bristol going back to medieval times depicting how the original Bristol (Brycgstow) meaning 'The Place at the Bridge' was surrounded by the natural rivers of the Frome and Avon making a moat system around the town. On the maps you could see multiples of housing and roads running to the centre where the famous Bristol High Cross stood. This is now situated in the National Trust location at Stourhead.

We were shown pictures of St James Church where mediaeval fairs and markets took place. The Church owned land where the now Galleries, Cabot Circus and part of Gloucester Road stand. When the Bus Station was built excavations took place and parts of the Cloisters to St James' Church and many skeletons were found to the north end. We were told that after the 2nd World War, when the site of Lewis's was being excavated, layers of skeletons were found which it was believed to be the plague pit.

Jinx told us that St Augustine's Abbey, became the Cathedral in 1542. The monks worshipped together and spent time in religious reading and prayer, whilst in contrast the Canons were priests who went out into the community to help and spread the word. We were shown a sketch of the Roman Arch which is in the Abbey Precinct and the two additional stories built above the arch were of Tudor design. We were also shown illustrations of the Chapter

House and told stories of the life of Monks, Canons and Friars.

Jinx mentioned that in the Middle Ages there were two definitions of the word hospital. One being that it was a place where the poor, pilgrims and travellers could go and the other being a place where healthcare and religion took place both at the same time. St Marks Hospital, which is on the opposite side of College Green to the Cathedral, was also known as Gaunt's Hospital founded by the Gaunt's family and currently known as The Lord Mayors Chapel. At the bottom of Christmas Steps there are also the remains of St Bartholomews Hospital.

We had a most interesting and informative evening.

### Join us!

**Our next meeting is at 7.30pm on Thursday 1 March, in All Saints Church Hall, BS36 1BX, when our Speaker is Dr Francis Burroughs talking about 'The Wonderful World of Glass'. Our Speaker on Thursday 5 April, is Phoebe Hunter-Meilveen, talking about 'The Unmentionables'. Do come and join us to find out more!**

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**Northavon Youth Theatre Company**

## **LES MISÉRABLES™** **SCHOOL EDITION**

This epic musical is celebrating 32 years on the West End stage and the Students of the Northavon School of Drama, performing as the Northavon Youth Theatre Company, are bringing it to Thornbury's Armstrong Hall from 27 to 31 March, 2018 at 7.30 pm nightly.

This slightly abridged version, while presenting exciting challenges to our Lighting, Scenic Design, Construction, Wardrobe, Make Up and Music personnel, also affords an amazing, unique opportunity to these young people aged 11 to 18! The cast has been working hard to master complicated vocal harmonies and rhythms, facing the immense dramatic challenges of depth of characterisation, plus strong emotional involvement. Set in the 19th Century and based on the novel by Victor Hugo, Les Misérables tells the story of an ordinary man: Jean Valjean, who has been emasculated and deprived of human emotion by the harsh treatment he has received. All this changes as a result of a chance encounter with 'a man of God' and the rest of his life is chronicled against a background of unrest and insurrection, caused by extreme poverty and hunger.

Both connoisseurs and newcomers to this melodic, stimulating score, enhanced by a 14-piece orchestra, will savour the opportunity of experiencing a riveting production brought to you by the Company with 14 theatrical awards to its name, plus 42 years' experience of staging high quality youth productions.

Concessions to all Students & Senior Citizens, plus reductions for parties of 10 or more.  
Book ONLINE @ [www.nytc.org.uk](http://www.nytc.org.uk) Tel: 07980 543 691 Email: [bookings@nytc.org.uk](mailto:bookings@nytc.org.uk)

To 🎵 **Hear The People Sing**, don't wait until there's only  
... 🎵 **One Day More**

**Northavon Youth Theatre Company**  
*Presents*  
**LES MISÉRABLES™**  
**SCHOOL EDITION™**

**Armstrong Hall, Thornbury**  
**27 ~ 31 March 2018 7.30 pm**

Book online @ [www.nytc.org.uk](http://www.nytc.org.uk)  
or Tel 07980543691 or Visit: Cadman Wealth Planning Ltd, 4 The Plain, Thornbury  
(from 13 March ~ Tues, Thurs & Sat 10am - 1.00pm)

For booking enquiries e-mail [bookings@nytc.org.uk](mailto:bookings@nytc.org.uk) or check out the website

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## Canine Partners needs more puppy parents!

**Can you help their recruitment drive for more volunteer puppy parents, who take assistance dogs in training into their homes until they are 12 to 14-months-old.**

These amazing volunteers will help a growing charity train even more dogs as it works to meet the rising demand.

The volunteers provide early socialisation, taking the puppy into different environments and introducing it to different people, objects and animals so that it is confident and happy in any situation it may encounter when it begins working with a disabled person.

They also help with basic obedience and skills training, with support from one of the charity's experienced puppy trainers.

The dogs will go on to support people like Alex Cook who was matched to canine partner Watson five years ago.

The six-year-old chocolate Labrador has transformed the mum-of-two's life and he can even phone for help in an emergency using a special button in their home. Alex has limited mobility due to spinal conditions spinal stenosis, spondylolisthesis and caudae equine syndrome but with Watson by her side she has more independence as she needs to rely less on carers.

Now Alex is calling for more people to sign up to become puppy parents for the charity so even more people can benefit from a life-changing dog like Watson.

Alex said: "By becoming a puppy parent you have the opportunity to do something great for somebody else. They will change a life and there's nothing else like being a part of that."

"It's impossible to put into words how much difference Watson makes – he's just amazing. He's not a pet – he's an extension of me. I don't feel like I can exist a day without him."

Canine Partners' Bristol, Somerset and Gloucestershire puppy trainer Heather Loan added: "It's important that we recruit more volunteers to this fantastic team because without them we can't train the number of dogs we need to help people like Alex. It's great training these special puppies. Every day is different, every dog is different and it's rewarding to see how much they develop into life-changing assistance dogs."

Sign up today and become a volunteer puppy parent for Canine Partners. Puppy parents receive full ongoing support, both at their homes and at puppy training classes. Food, equipment, vet bills and temporary holiday care is provided.

**For more information call 01730 716017 or visit [caninepartners.org.uk](http://caninepartners.org.uk).**



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

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

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

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

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

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

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

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

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

## MOT your vehicle with us

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**We do not carry out repairs, we only test vehicles - No hidden extras**

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

Council MOTs are recommended by the Money Advice Service

[www.southglos.gov.uk](http://www.southglos.gov.uk)



## PetStay Are you looking for a holiday home for your dog?

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# Bradley Stoke 10k

**As part of the Bradley Stoke Town Festival, this year's 10K race will take part on Sunday 10th June at 9.30am.**

As with previous years, Sole Sisters will be organising the event for Bradley Stoke Town Council and are hoping that the event will again sell out! If you want to take part and we aren't sold out already, you can enter at <https://race-nation.com/bradley-stoke-10k-2018>

As well as supporting the Mayor's Charities, Sole Sisters Running Club will be donating £1 per Bradley Stoke 10k entry to raise funds for the Brain Injury Rehabilitation Unit in Frenchay, Bristol.

In September 2017 one of our dearest club members Dr Bex Mitchell and her family were involved in a horrific car accident which her partner did not survive. Her two children had extensive internal injuries; thankfully they are now fully recovered and being cared for by close family.

Bex herself has a traumatic brain injury.

Since November, Dr Bex has been treated at the BIRU in Frenchay, the unit specialises in the treatment of patients, from 16 years and upwards, who have severe physical and/or cognitive problems resulting from a brain injury. The Centre is led by a consultant neuropsychiatrist who is supported by two consultants in rehabilitation medicine and another consultant neuropsychiatrist. They work with a team of psychologists, speech and language therapists, occupational therapists, physiotherapists, nurses and support workers with decades of experience in neuro-rehabilitation.

It is impossible for us to know what the future holds for Bex, but we can only remain positive and have faith in the expert care she is receiving at such an outstanding specialist Centre and we hope that our fund raising will help to ensure that BIRU continues to be sustainable for the foreseeable future.

We would like to apologise in advance if your journey is delayed slightly due to the race. We try and keep disruption to a minimum and hope you enjoy the Festival and the BS10K.

*Penny Greenwood, Sole Sisters Chair & Sam Carpenter, BS10K Chair*

## Marshals needed for the Bradley Stoke 10k Run:

### Could YOU help?

Volunteer marshals are required to help us deliver a memorable, enjoyable and safe running experience for the runners taking part in our annual Bradley Stoke 10K run on Sunday 10th June.

You will be required to meet at the Jubilee Centre at 8am on race day. A Sole Sister will escort all marshals to their road crossings, where we need you to cheer, clap and encourage the runners, whilst ensuring a safe crossing over the roads.

We anticipate marshals being able to stand down after the last runner, which is usually 90 minutes after the race starts.

The race starts at 9.30am, but marshals need to be available from 8am in order for them to walk to their positions. Volunteers who can help are asked to contact us via the website [www.solesistersrc.co.uk](http://www.solesistersrc.co.uk) so that we can allocate you a position.



## Start the New Year Pain Free!

**Book in with local Osteomyologist expert – Dr Dawn Clode Ostm, Lic MET, Lic CR, FAO**

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

Dawn's New Year has got off to a great start, as she has not only become a Dr of Osteomyology but also once again been awarded Osteomyologist of the Year for 2018!

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



*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."*

*patient, get them moving in tune with themselves, and then see them every few months for a check up to ensure that they are on track!"*

### Make a positive change in 2018!

**Is pain holding you back from taking part in hobbies you love? Or do you suffer on a daily basis simply trying to get through your day?**

Take action now and make a positive change this New Year, book in for an appointment with Dawn and take your first steps to living pain free!

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](http://www.life-and-soul-empowerment.co.uk)  
Her holistic treatment room is in Little Stoke.



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**Take action today! Book into the local clinic and let me help you back to health in 2018**

## Clinical Hypnotherapist

**Catherine Smart DHP MNCH CHBP**

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Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts and actions you'd like to banish or acquire, or emotional suffering that is too overwhelming or has gone on too long.

Call me on: **07964 991689**

[E.Catherine@hypnotherapistbristol.com](mailto:E.Catherine@hypnotherapistbristol.com)  
[www.hypnotherapistbristol.com](http://www.hypnotherapistbristol.com)





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

Dear Friends

*Springtime – I just love this time of year. It is the time when we've been through those dark, cold, wet months of January and February post-Christmas and we are now able to see those many signs of nature bursting into new life once again. Each year I love to search out those first signs of spring and this year it was in January, whilst visiting the Cotswolds, that I spotted my first snowdrops. I was so excited to find them (as I am every year when I spot those first beautiful white flowers pushing through the cold hard soil) that I immediately photographed them knowing that when my lovely mum received this photo she would feel that same excitement as me! We only have to look around us today to see many more signs of new life – lambs in the fields, beautiful spring flowers both in our gardens and hedgerows, buds on the trees breaking open to reveal bright green new leaves to name but a few.*

*As Christians this is the season for once again remembering the steps our Lord took along the road to Calvary, to the cross and then through his resurrection, bringing the offer of new life with Christ to each one of us. God loved and loves humankind, his children, you and me so much, so completely that he was prepared to send His precious son into the world, to restore our relationship with God for all time through the sacrifice Jesus made. I believe that often, because of our familiarity with the Easter story, we can become a little too comfortable or even, dare I say, complacent (and I know I definitely fit into this category) about what Jesus accomplished for us on the cross, what a totally amazing grace filled everlasting gift he gives us. We need daily to rejoice, give thanks and reflect our appreciation through our attempts to share God's love with those we meet day by day in our workplaces, in our communities and of course in our homes.*

*I feel that David Bilbrough's hymn sums up how we need to respond to the new life offered to us through Jesus:*

*I am a new creation*

*No more in condemnation*

*Here in the grace of God I stand.*

*My heart is overflowing*

*My love just keeps on growing*

*Here in the grace of God I stand.*

*And I will praise you Lord*

*Yes I will praise you Lord*

*And I will sing of all that you have done.*

*A joy that knows no limit*

*A lightness in my spirit*

*Here in the grace of God I stand*

*May that joy of new life in Christ fill our lives today and always.*

**Jo Strange, Lay Minister, Fromeside Benefice**



# REJOICE IN THE MIRACLE OF EASTER!

## All Saints, Winterbourne Down

10.00am Sunday 25th March - Palm Sunday  
Joint Service with Bethesda Methodist Church

9.15am Tuesday 27th March  
Holy Communion

7.30pm Wednesday 28th March  
Station of the Cross

9.15am Friday 30th March - Good Friday  
Communion of the Cross

9.15am - Sunday 1st April - Easter Sunday  
Parish Communion

## Benefice Services

Sunday 25th March, 6.00pm  
Benefice Youth Service  
At St Michael's Rooms

Saturday 31st March, 8.00pm  
Benefice Vigil Service  
At St Peter's

## St James, Iron Acton

9.15am Sunday 25th March - Palm Sunday  
Parish Communion

10.30am Wednesday 28th March  
Holy Communion in the Marshall Rooms  
10.30am Friday 30th March - Good Friday  
Station of the Cross

9.15am Sunday 1st April - Easter Sunday  
Parish Communion

## St Michael's, Winterbourne

Sunday 25th March - Palm Sunday  
8.00am Holy Communion  
10.30am Parish Communion

7.30am Mon to Thur during Holy Week  
Holy Communion

Friday 30th March - Good Friday  
9.30am Communion of the Cross

11.00am Family Service

Sunday 1st April - Easter Sunday  
8.00am Holy Communion  
10.30am Parish Communion

## St Peter's, Frampton Cotterell

Sunday 25th March - Palm Sunday  
10.30am Parish Communion

8.00pm Thursday 29th March  
Holy Communion & Watch

Friday 30th March - Good Friday  
2.00pm Cross of Christ

Sunday 1st April - Easter Sunday  
10.30am Family Communion  
6.00pm Evensong



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in

### WINTERBOURNE MEDIEVAL BARN

## Good Friday 30th March

at 6.30

Tickets (free) - from Benefice Office  
95 High Street, Winterbourne - phone 01454 776518

NB The Barn is an unheated agricultural building

Charity no. 1112908

# March & April 2018 at Winterbourne Library

## STAFFED TIMES

Tuesday: 10am – 5pm  
Wednesday: 10am – 5pm  
Friday: 10am – 5pm  
Saturday: 9.30am – 12.30pm

## OPEN ACCESS (Unstaffed)

8.30am – 7.30pm  
Everyday

## EASTER 2018

Fully Closed Thursday 29 March  
Open Access only –  
Friday 30 March – Monday 2 April  
Tuesday 3 April  
normal hours resume

See above for new opening times at Winterbourne library. If you register your card for our new Open Access system, and attend an induction, 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:** Listen to stories and poems, then create a model to display at the library.

We'll be meeting on 3 March and 7 April 10.30 – 11.30am. Suitable for the primary age range,



children must be accompanied by an adult.

**New! 'Feed your Soul'** – Come and colour. Enjoy some company – Adults and children, everyone welcome! Tuesdays and Wednesdays 2 – 4pm every week.

**Free IT Course:** Would you or someone you know benefit from learning or improving their computer skills?

Mondays at Winterbourne Library. There still maybe places available. Contact Ann Hawkins 0117 909 2296 or email ann.hawkins@sngcol.ac.uk

**The Craft Group:** The Craft Group is meeting on 10 and 24 March and 14 and 28 April 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.

**'Enchanted Wood' Easter Holiday Drop in:** Friday 6 April 10.30 -12 noon Suitable for ages 3 – 10.

**Spring Silver Singalong:** on Friday 20 April 2.00 – 3.00pm. Accompanied by local music teacher Joan Ward, we'll be singing WW2 songs, songs from the shows and songs you might have learnt at school all followed by a well-earned cuppa.

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

**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.

# Local Woman Takes on Charity Challenge of a Lifetime

**A local woman has had a complete lifestyle over-haul for 2018, and signed up to trek the Great Wall of China in aid of the Great Western Air Ambulance Charity.**

Nicole Beebee, 43, from Winterbourne, will be joining the charity team on this challenge over 8 days in September this year. The life-saving charity still have places to fill and are looking for people to join them on this challenge of a lifetime.

Nicole said: "I've never done anything like this before, it's involved a complete lifestyle change for me! Normally my weekends consist of a takeaway, box of maltesers, glass of prosecco and a film. Now I'm up early, clear headed and out for a run – my friends are all shocked and impressed in equal measures."

Since New Year Nicole has embarked on a healthy eating routine to get her ready for the trek. She's also going on regular walks, doing 'dry January', and has started the 'Couch to 5K' challenge to improve her fitness levels.

When asked why she'd signed up for the trek, Nicole said: "The Great Wall of China is one of those bucket list adventures. It's not every day you get to visit one of the Seven Wonders of the World, and this is a great way to do something amazing whilst raising money for Great Western Air Ambulance Charity and helping to save lives!"

Great Western Air Ambulance Charity (GWAAC) provide the air ambulance and critical care service across Bristol, Bath and North East Somerset, South Gloucestershire, Gloucestershire, North Somerset and parts of Wiltshire. They operate 365 days a year from their helicopter or critical care car providing their life-saving service to 2.1 million people, and ensuring a specialist critical care doctor and paramedic are on the scene as fast as possible.

They form part of the emergency service, and yet receive no day-to-day funding from the Government, relying on fundraising and donations to raise over £3 million which is needed each year to keep them flying.

They still have spaces for people to join this adventure of a lifetime and help raise these vital funds, further information can be found on their website here: www.gwaac.com/china

Nicole continued: "I feel very excited to take part in this amazing experience. China is a fantastic country and I'm looking forward to immersing myself



in the culture. We have a really friendly group going and I'd love for you to come and join us! I'd say to anyone thinking about taking the plunge – go for it! You only live once so make it count, plus you'll be saving lives with Great Western Air Ambulance Charity too."

**For more information about joining the Great Western Air Ambulance Charity China Trek 2018 visit [www.gwaac.com](http://www.gwaac.com)**

**You can also sponsor Nicole at <https://china2018.everydayhero.com/uk/nicole-conquers-china>**

# Quiz Night Winterbourne Library 7:30pm Monday 23 April 2018 Fun for all

**Teams of up to 6  
£4.00 per person**

Ask now for more  
details and an entry form or  
phone 01454 868006

*Quizmasters Anne and Andrew Newbery  
of Finish First Quizzes*

Proceeds to the  
Great Western Air Ambulance Charity



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## Shopmobility South Glos - offering 12 years of service



Shopmobility South Gloucestershire is reflecting on 12 years of serving the community, and providing a lifeline to many South Gloucestershire Residents.

In the current tougher economic times, the scheme is concerned about continued and future funding for this vital service, with the result that it could have very limited opening hours or even close. Some of it's South Gloucestershire Council funding is due to end.

The service is based in Yate Library, and attracts users from all over South Gloucestershire, and beyond! The first meeting to discuss setting up a local Shopmobility service was called 15 years ago, in 2003, by Keith Holloway from Thornbury, with the service starting in 2006. Hundreds of people have registered with the scheme over the years.

Vice Chairman David Bell, a founding Trustee since 2004, said, "We hope we can continue this vital much needed service for our users, but that is dependent on continued funding."

Shopmobility South Glos Chair Councillor Janet Biggin said, "People come from all over South Glos and beyond, to use Shopmobility as the Shopping Centre is flat and easily accessible. Yate is the only place in the district, apart from the Mall at Cribbs Causeway, where people can visit a variety of shops and services through scooter hire.

We are really making a difference to those people who use the service to visit the shopping centre - allowing independence to our service users, who would be isolated without it."

The service provides mobility scooter and wheelchair hire on a daily and longer term basis. This helps many people with mobility issues to do their shopping and access other services. The scheme does an annual service users survey, and many users tell of how the service also helps them socially by being able to get out and about,

## News from Coalpit Heath WI

Our members have enjoyed a great start to the new year. January's meeting was led by Judy Eke who taught us about "The history of the WI". It was very interesting to hear about the WI was like in the past and to learn how it has evolved into the groups we enjoy today.

February's guest speaker was Astrid Domingo Molyneux, telling us of her cycling adventure which took her "Around the world". She was inspired to do this after reading a book she picked up in a charity shop.

**We are looking forward to welcoming new members, and if you would like to join us come along!**

**We meet at St.Saviours Church Hall in Coalpit Heath on the first Wednesday of each month at 7.30.**

March will see us welcoming Dorothy Cook, a Midwife, and in April we will be hearing a talk named "Blood Bikes" by Mike Burns.

helping to reduce social isolation and their health generally. And there have many many calls for increased opening hours.

This essential service hires out battery powered scooters and also wheelchairs, to help people who have limited mobility to retain their independence and to use the facilities of the centre.

If you have a South Gloucestershire Council Diamond card then you can use that on the service.

**The Shopmobility office is open Tues and Friday 9.30 am - 4 pm, and Thurs and Sat 9.30 am - 2 pm**

**Or Telephone 01454 868718 or 07999 574 474 for more information or email [shopmobilitysouthglos@yahoo.com](mailto:shopmobilitysouthglos@yahoo.com)**

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

If someone is interested in making a donation or considering leaving a Legacy to Shopmobility, please contact Shopmobility.



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.**



## Frampton Cotterell Computer Group

[www.fccomputergroup.uk](http://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**

## Walking for Health Programme

**Wednesday 7 March, Stroll to Chestnut Farm,** lovely country lanes & farmland views. 2 miles, approx 1 hour. Meet at 10.30am, opposite café, Church Road, Frampton Cotterell, BS36 2JX. Bus route 82. Park in side road.

**Tuesday 20 March, Daffodil Park Stroll,** gentle riverside stroll with grassland. 1.5 miles, approx 45 mins. Meet at 10.30am, St Peter's Church, Church Road, Frampton Cotterell, BS36 2AB. Park in Mill Lane (when full, use pub car park). Bus route 46, 82. Coffee & Cake £1.50.

**Wednesday 11 April, Bury Fields & Woods,** varied scenery in Frome Valley and pretty lanes. 1.8 miles, approx 1 hour. Meet at 10.30am, Golden Heart, Down Road, off A432 at Kendleshire, BS36 1AU. Park at bottom of pub car park. Bus route 47.

**Tuesday 24 April, Half Moon Country Stroll,** pleasant country views and fields. 2 miles, approx 1 hour. Meet at 10.30am, Badminton Arms, Badminton Rd, Coalpit Heath, BS36 2KJ. Park in Woodside Road if not using pub. Bus route 46, 47, 86.

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## The Churches Together in Frampton Cotterell & Coalpit Heath Big Christmas Sing for Christian Aid

Many thanks to everyone who came along or took part in this year's Big Christmas Sing for Christian Aid. This was our 9th concert & what a fantastic evening of music & fundraising it was!

The concert featured carols and songs from Watermore Primary School, Frampton Cotterell C of E Primary School, The Manor C of E Primary School Glee Club, Junior Fascinating Rhythm, Crossbow Singers, Frampton Cotterell Male Voice Choir, RhythmMix & the Frampton Shantymen. And, of course, as always, there was the 'For One Night Only' Community Choir!!

The 2017 Christian Aid Christmas Appeal focused on hunger; we were reminded that there is enough food in the world to feed everyone, yet people are still going hungry. Christian Aid urged us to think about our own food waste at Christmas & how if we spent less on food we could donate to those who are hungry. To remind us of how much food we waste each Christmas we sang a special version of The Twelve Days of Christmas, in which, along with lots of other food, 11 million roasties & 70 million mince pies end up in the bin!

This year's Big Christmas Sing far surpassed our expectations & previous concerts: £905.18, which will be doubled as a result of UK Aid to £1810.36; with £116 in Gift Aid, the grand total raised is £1926.36! Absolutely amazing! Needless to say, your support will bring lasting joy to those who will benefit from your kind donations



## Volunteers wanted!

Can you spare one or two hours?

**Our busy Barnardo's Charity Shop, Radcliffe Drive, Stoke Gifford needs your help and your skills!**

The shop is open 7 days a week and we would love more help to be able to continue to offer a variety of goods the local community. We offer full training and hours and days to suit you.

Come along to our shop and meet our friendly team, Shop Manager Natasha and Associate Manager Julie. Or ring 0117 9314115 for further information and application form. It would be great to have you come along and support the national children's charity Barnardo's and our local community Charity Shop and staff.



## 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

**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



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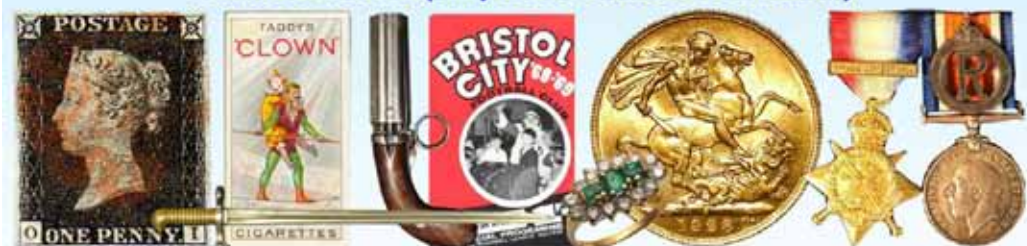
**Wednesday 28th February, 10am-2pm:**

Filton Community Centre, Elm Park, Filton, Bristol, BS34 7PS (free parking on-site subject to avail.)

**Tuesday 27th February, 11.30am-3.30pm:**

Old Bell Hotel Malmesbury, Abbey Row, Malmesbury, Wiltshire, SN16 0BW (free parking on-site subject to avail.)

*Home visits are available for larger collections if you are unable to attend (subject to terms & conditions)*



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## South Gloucestershire Mines Research Group



### Our AGM and a "Boring" Talk !!! (see below)

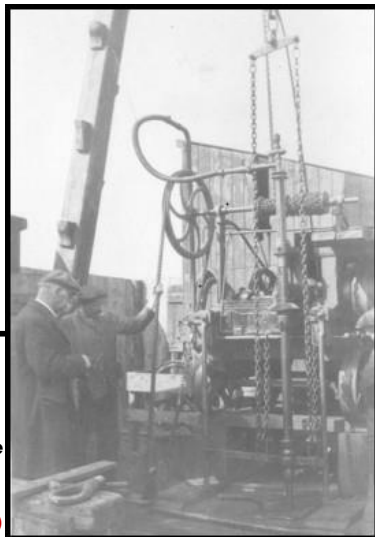
**Wednesday 7<sup>th</sup> March 2018**

in the Miners Institute (aka Coalpit Heath Village Hall)  
214 Badminton Road, Coalpit Heath, BS36 2QB

AGM at 7:30pm for 8:00pm prompt start followed at about 9:15pm by  
A short(ish) talk by David Hardwick on Boreholes in South Gloucestershire



&



At the 2015 AGM Rob Vernon gave us an excellent talk on the history of boreholes in the UK. David will continue this theme in the local context by covering the boreholes carried out for local collieries, why they were done, the people who drilled them and the methods they used.

Although it's **ABOUT** boring it won't **BE** boring (honest!)

Non members welcome - £2 each for the talk  
(Membership is £17.50 per year, includes talks, newsletters)

## Frampton Cotterell & Coalpit Heath Village Diary 2018

### March

**Thur 1st – Sat 3rd – Alice in Pantoland**, St Peters Players Panto, WADCA 7.30pm. Adult £8, child £4. Tel: 07979 246091.

**Fri 2nd – Quiz**, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 / crossbowhouse@gmail.com

**Sat 3rd – Table Top Sale**, Coalpit Heath Village Hall, 1-3pm. Bookings £5 T: 07920 145325

**Sat 3 – Apple-grafting One day Course**, Winterbourne Medieval Barn, 10am–4pm. Booking required. £35. Tel. 0117 957 4921 / www.winterbournebarn.org.uk

**Mon 5th – Gardening & Social Club**, Manor Hall 2pm - 3.30pm. All welcome. £2.50 incl refreshments.

**Wed 7th – Village Walks**, meet 10.30am opposite café Church Rd. Stroll to Chestnut Farm (2 miles) or Tubbs Bottom walk (4 miles)

**Wed 7th – AGM & Talk on Boreholes**, South Glos Mines Research Group, The Miners, 8pm. Talk approx 9.15pm. £2 non-members.

**Thu 8th – Frampton Community Singalong**, Crossbow, 2pm - 3.30pm. £3 includes tea and cakes. Tel. 07792 495367 / hilary.jay@curo-group.co.uk

**Fri 9th – Frampton Folk club**, Crossbow, 8pm. £2. All welcome. allinsonjohn2@gmail.com

**Sat 10 – Picture-based Fun Team Quiz**, WADCA. Doors open 7.30pm. £6 per person incl light refreshments. Tel. 01454 773370 / callerscorner@hotmail.com

**Tue 13th – Community Coffee Morning**, WADCA, 10.30 - 12.30. All welcome.

**Tue 13th – Mothers Union**, St Saviours Hall, 2.15pm. A variety of speakers. Tel. 01454 777664.

**Fri 16th – Bingo**, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

**Tue 20th – Village Walks**, meet 10.30am St Peters. Daffodil Stroll (1.5 miles) or Beside River Frome (3.5 miles).

**Wed 21st – Community coffee morning**, Manor Hall, 10am-12.00. Tel: Alison 07873 747513 for more details.

**Wed 21st – Local History Society**, Zion 7.30pm. £4 for non-members incl refreshments.

**Thu 22nd – Frampton Friendship & Dance**, 2-4pm, Zion Church Hall. Learn easy, gentle dances. Suitable for beginners. No partner needed. £3 incl tea. Tel 07515 351813.

**Wed 28th – Litter Busters**, 10am - 12.00.

**Wed 28th – Forget-me-not Singalong Group**, Zion, 2pm-3.30pm. For local people who like a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925

**Fri 30th – Good Friday Passion Play**, Winterbourne Medieval Barn, 6.30pm-8pm. Tickets online from Ticketsource or in person from Daisy's Coffee Shop.

### April

**Sat 7th – Table Top Sale**, Coalpit Heath Village Hall, 1-3pm. Bookings £5 T: 07920 145325.

**Sun 8th – Roast Dinners at WADCA**, 2-3pm. For the whole community. Dementia-friendly. £8.95 (£5 child). Booking required. T: 01454 776268 or e: ca.winterbourne@gmail.com

**Wed 11th – Village Walks**, meet 10.30am Golden Heart, Kendelshire. Bury fields and woods (2 miles) or Pye Corner & Bradley Brook (3 miles).

**Wed 18th – Local History Society**, Zion 7.30pm. AGM and talk. £4 for non-members incl refreshments.

**Tues 24th – Village Walks**, meet 10.30am Badminton Arms. Country Stroll (2 miles) or Frog Lane and Bluebell Woods (3.5 miles).

**Wed 25th – Frampton Cotterell Parish Council AGM**, Bickeridge Centre 7.30pm.

**Wed 25th – Fri 27th – The Mikado**, WADCA 7.30pm. Musical comedy. Tickets £10. Tel. 01454 317408.

**Sat 28th – The Mikado**, WADCA 2.30pm. Musical comedy. Tickets £10. Tel 01454 317408.

To add dates or amend information please email [Louiseharrison@gmail.com](mailto:Louiseharrison@gmail.com)

All dates for 2017 can be viewed on the Village Action website – [www.villageaction.org.uk](http://www.villageaction.org.uk)

## St Saviours Church, Coalpit Heath Church Events

### Saturday 3 March – Crocuses

The Church will be open 10am–3.30pm for refreshments. Come and have the opportunity and admire and or photograph the crocuses in the church-yard, they are usually quite amazing a wonderful carpet of flowers, a warm welcome awaits you. Any Donations go to the church-yard Maintenance fund.

### Saturday 17 March – An Easter fayre at

2pm, in the church hall with stalls, plants, raffle, refreshments with homemade cakes, come along and enjoy the afternoon.

### Wednesday 11 April – Fashion show at 7.30pm

in the church hall, tickets will be £4 including refreshments. Tickets will be available from Ann Carter 01454 310699 or Diane Saunders 01454778922. We do hope this will be a huge success, money raised go to the church funds.

**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 and a pudding. 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](http://themothersunion.org)

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

[www.coalpitheath.org.uk](http://www.coalpitheath.org.uk)



**ANTIQUES  
ROADSHOW is  
coming to  
Aerospace Bristol on  
Thursday 17 May**



BBC One's Antiques Roadshow will be filming at Aerospace Bristol on Thursday 17 May. Fiona Bruce and the team of Antiques Roadshow experts will be waiting to welcome you, so dust off your family heirlooms and dig out those car boot bargains and bring them along for free advice and valuations to visitors.

The Roadshow will be filming at the home of Concorde - Aerospace Bristol. The new museum celebrates the city's historic links to the birth of aviation and the development of supersonic travel. At the centre of this new attraction is Concorde Alpha Foxtrot - the last Concorde to be made and the last Concorde to fly.

Last year, the programme celebrated four decades on the road with some truly amazing finds, as presenter Fiona Bruce explains: *"Can this year be even better than our last? We'll have to go some way to top the most valuable Faberge ever seen on the programme, a correction to Darwin's theory of evolution by the great man himself and one of the best collections of show business memorabilia ever seen by our experts."*

*"But I have every confidence we'll do it and the thousands of people that come along to see us will pull some extraordinary things out of their bags/trolleys/bits of newspaper/suitcases/boats - and one year even out of a cart led by a dog. I can't wait."*

Robert Murphy, series producer of Antiques Roadshow, said: *"It's a hometown show for many of the team and Aerospace Bristol is fast proving one of the most fascinating and entertaining new venues in the southwest. We're looking forward to a bumper turnout and can't wait see what kind of cherished objects emerge from the attic!"*

*"It's a great free, family day out and you can see how we make one of BBC One's most popular programmes. Our team of experts are on hand to help visitors discover the hidden history of their objects – you never know, it might just be your item that turns out to be something very special and potentially very valuable!"*

Doors open at 9.30am and close at 4.30pm. Entry to the show is free, everyone is welcome, and no tickets or pre-registration is required. For parking arrangements please check our website.

Visitors are welcome to just turn up on the day but they can also share their stories about the special items they are bringing along using Share Your Story on the Antiques Roadshow website.

Alternatively, email: [antiques.roadshow@bbc.co.uk](mailto:antiques.roadshow@bbc.co.uk) or write to Antiques Roadshow, BBC, Whiteladies Road, Bristol BS8 2LR.

More information, frequently asked questions, and parking information, can be found at: [www.bbc.co.uk/antiquesroadshow](http://www.bbc.co.uk/antiquesroadshow) or on the show's Facebook page

## 93<sup>rd</sup> Annual Concert



Come and enjoy an evening of singing from the

## Frampton Cotterell Male Voice Choir

7pm, Saturday 28<sup>th</sup> April  
Zion United Church  
Frampton Cotterell

*£7 per ticket*, available from Derek Hobbs  
(07802) 329805, other Choir Members, or on the Door

Frampton Cotterell Male Voice Choir is a registered charity in England and Wales (EW11198)





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Growing Support is currently looking for volunteers to support their trained Horticultural Therapists in running the clubs in care homes. You would be helping more people benefit; there is strong evidence that gardening as part of a group can help people feel a renewed sense of purpose, reduce agitation and improve sleep and appetite.

In 2017, 28 new volunteers joined the Growing Support team, helping them to deliver over 1,000 hours of support. Volunteer Karen said "I found that often the sight of the plants or the sensory nature of the activity would spark memories to surface and reminiscences about the gardens the residents had at home. Even participants who had quite advanced dementia and limited verbal communication were clearly getting something from the sessions. I saw one woman who went from being quite distressed at the start of a session to leaving us with a big smile on her face and a calm and relaxed demeanour."

When asked if she would recommend this kind of volunteering, she replied, "I would absolutely recommend volunteering with Growing Support to others, and regularly do! The Growing Support team are a lovely bunch and make it clear that the work we do as volunteers is important and valued."

All volunteers receive an induction, support from a mentor and access to further training. There are regular volunteer meetings and Growing Support covers your travel expenses. Growing Support stressed you don't need to be a gardening expert!

For information on the project and how to get involved contact Sarah at [volunteers@growingsupport.co.uk](mailto:volunteers@growingsupport.co.uk) or visit the Growing Support website <http://growingsupport.co.uk/get-involved/>



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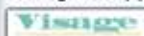
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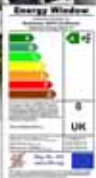
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