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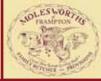
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## Dear Residents,

We write this on the day Harry and Meghan are due to tie the knot at St George's Chapel in Windsor, followed by a carriage procession. We enjoyed watching an alternative royal procession on the streets of Winterbourne Down, when the May Queen was crowned on Carnival day.

Thoughts now turn to another important event in our community's calender - the fabulous Frampton Festival! This month we hear from the organisers that lots of the old favourite activities and entertainment are booked, as well as some new surprises! It is the season for local fetes and fairs, check out the community noticeboard for more details.

We congratulate the Winterbourne Medieval Barn on their successful heritage lottery funding, they just need to raise a bit more money to push them over the

finishing line with the re-development

project. Find out all about this and the many summer events that are taking place at this historic venue.

The Royal Air Force is 100 years old this year, and on Sunday April 22nd, Winterbourne & Frampton Matters was privileged to be invited to witness the arrival of the RAF 100 baton and RAFA token to Filton, we hope you enjoy our report on this special day.

The Floral Friends of Frampton, plan to plant poppies around the village to commemorate the centenary of the end of the First World War and are inviting you all to join in, see more in their report.

There is news from many more community groups throughout the publication for you to enjoy. Kerry

community@mattersmaqazines.co.uk

& Jaci X 01454 300900



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## WADCA Community Centre

WADCA are delighted with their brand new sign (as above). The installation of the smart, neon sign was made possible thanks to the last of their Tesco Bags of Help grant money.

Improvements to the community centre are being made all of the time. This year, they will also be refurbishing the toilets, thanks to funding from a local beneficiary, South Glos Council and Merlin Housing Association. At time of writing WADCA are waiting to hear back from another grant application so fingers crossed!

This well-loved community centre has a great range of events coming for everyone to enjoy, do get along to some of the activities, support this community resource and have a great time!

Forthcoming events at WADCA Community Centre, Watleys End Road, BS36 1QG.

2 June, Barn Dance - 8-11pm. In aid of Carers Support Centre. Tickets £10 (in advance only) including Ploughmans Supper. Tel: Margaret 01454 773370 or Email: callerscorner@hotmail.com



10 June, Sunday Roast - Kel's Kitchen. £8.95 per, 1 course, dessert available.

#### 29 June. Showmance

- Grease & Musicals. sing along show. £8 each.

28 July, Forever Diamond - Neil Diamond Tribute and more. Doors open 8pm. £8 in advance, £10 on door

31 July, Kids Summer Fun - Josh's Magic, 10am-12 noon, £5.

7 Aug – Kids Summer Fun – Superheroes & Princesses, 10am-12 noon, £2.50 each.

11 Aug, WADCA Dinner Dance - £20 for 2 courses. Doors open 7pm, food served at 7.30pm. Requests taken from Tony Graham, live music

14 Aug, Kids Summer Fun - Dinosaurs, 10am-12 noon, £2.50 each.

21 Aug, Kids Summer Fun - Disney Disco, 10am-12 noon, £5 each.

For further information regarding any of the above or in the many other activities that take place at WADCA, please visit - www.wadca. co.uk or Tel: 01454 776268.

Would you like to learn about wine? There is a monthly class running at WADCA Community Centre between September and May, which is currently full and there are people on the waiting list. But if there is sufficient demand, a second class may start from September. If you are interested, please contact Ian Redfearn for further details, Email: icredfearn@hotmail.com or Tel: 01454 228282 or 07951 600298.









## Get your children ready for a Splash Happy Summer!

It will soon be summer and I for one am looking forward to the longer and warmer days, and some sunshine! Families everywhere will be digging out the paddling pool from the back of the shed, packing up the car for days at the seaside, heading off to campsites, holiday parks or hopping on planes headed for villas and beaches.

We've all been on holiday and seen families wrestling their children into arm bands on the poolside, and parents trying to encourage their children to get into the pool and losing patience. If we can avoid that, it makes for happier families and happier holidays.

Children learn from experience and routine. The more familiar they are with an activity, the happier and more confident they will be. So, with that in mind, it's a good idea to prepare your little ones for paddling pools and swimming pools this summer. That's where we can help!



We've been teaching babies and little ones to swim for nearly ten years in Bristol and South Gloucestershire. We teach 1200 babies and children to swim every week and we're guite proud of that!

We're very lucky to teach swimming all day on Sundays at nearby Winterbourne International Academy. You can start swimming with your baby at this venue from six months old – all the way up to 10 years of age. If you have a new baby, you can swim on Saturdays at nearby Penny Porter pool in Henbury, just a 15 minute drive away. Our youngest ever baby was 10 days old so it's never too soon to start, or too late for that matter!

Join our classes at any time, you don't need to wait for the start of term, and when you book you'll book for eight weeks of swimming. You'll also have access to an online "My Puddle Ducks" account where, amongst other things, you can let us know if you're going to miss a class and will be given the opportunity to take that class another time.

Call the team on 0117 9717165 to find out more. Happy Summer everybody!







Our WI members were all pleased to see each other at our April meeting, the one in March having been cancelled due to the snow!

Everyone was very saddened to hear of the passing of Hazel Weeks, one of our long serving members and there was a minutes silence for her.

Dawn, our President had assembled a beautiful Easter basket as a raffle prize which was won by our Treasurer. Jill Hemmings.

Our Speaker in April was Phoebe Hunter Meilveen who started a Company with Isobella Williams Ellis called PICO. They were very interested in setting up a Company to produce ethically made underwear. They travelled to Southern India to source the softest organic cotton and found a small Fairtrade factory to make under wear, mainly pants then vests, crop tops and pyjamas. Phoebe told us about the problems associated with farming in India. It was a very interesting talk.

At our May meeting we were very pleased to greet Trish Ladd, our Group WI Advisor who had come along to meet us and introduce herself. After the general formalities of the meeting, our President Dawn, reminded everyone to make cakes, jams, chutneys, breads and pies to take to our stall at the annual May Day Carnival on the 7th May. The goods were very well received by the carnival crowds on what was a glorious sunny day. We were also asked to vote on the proposed Resolution re Mental Health Matters. This was unanimously supported by all members.

Our Speaker for the evening was Karen from the Iron Acton Garden Centre, who showed us how to plant up two hanging baskets. One full of lovely flowering plants and the other full of edible herbal plants. Karen explained that it was important to make holes in the plastic lining of the baskets which enabled excessive water to drain through. It was also important to use a good compost and there

is one on the market which has enough feed and water gell to last for six months. After potting up the different baskets for us, she then gave us a guiz, the flowering basket was the prize which our Treasurer Jill won. However there were two questions that baffled Jill. Do you know who the Patron Saint of Gardeners is? And what is the National flower of Mexico? The answer Saint Dorothy and the Dahlia!

The Speaker at our next meeting on 7th June is Margaret Geiss, the title being Hats and Tales. You are most welcome to come and join us at 7.30pm at All Saints Church Hall, Winterbourne Down, BS36 1BX.





#### Winterbourne & Frampton Matters was delighted to be invited back to The Snug Hair Studio in Winterbourne for this issue.

This popular salon has now been open for four vears and along with owner Bex, the salon now has six stylists, all of whom have previous London training and city centre experience. The Snug welcomes clients from all over the Bristol area as well as from Chepstow, Swindon, Devon and even one client who regularly comes in when visiting from Switzerland!

Bex herself is a colour expert having qualified as a L'Oréal professional colour specialist back in 2003. Last year she also completed additional training to become a Wella colour master. As well as specialising in colouring and cutting, the salon offers "Kerastraight" which is the next pioneering generation of Brazilian smoothing treatments. Formaldehyde free, Kerastraight transforms even the frizziest, fluffiest hair to beautiful, shiny, easy to manage hair lasting up to 4 months. As well as offering this treatment at The Snug, Bex also teaches other salons across the south west the use of this treatment.

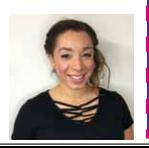


Graduate stylist Bethany Carey has been with the Snug for over 3 years, during which time she has completed NVQ levels 2 and 3, and additional training in colouring and cutting in some of London's top training academies. Last year Beth's creativity and talent was

recognised when she won the Reflections rising star award! Beth is an enthusiastic and motivated member of the team, with a passion for colour.

During 2018 Beth is offering clients a Cut & Blow Dry for Just £25!

A recent addition to The Snug, stylist Hayley Burke has been hairdressing for over 15 years and previously worked in a city centre salon with Bex, Carolyn and Lisa for many vears. She is also now available at The Snug





on Wednesdays and Saturdays. An excellent all round stylist, Hayley specialises in hair extensions. She has undertaken several courses in London and was one of the first participants in Project X, an annual training programme in London where you train under the top names in the industry every month for a year. Hayley specialises in "Easilock Extensions" which uses 100% human Remy hair - no heat, no glue, no sewing or braiding and causes no stress or damage to the clients own hair. Easilocks blend incredibly well with your own hair and is virtually undetectable.

As we go to print this issue. Team Snug are heading to London for the regional finals of the Wella Trendvision competition. The Snug entered two categories, Colour Vision and Runway (see main photos above), and are delighted to be shortlisted from entrants across the whole of the south of England in both categories!

We wish the team the best of luck and look forward to sharing how they got on in our next edition.

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## News from the Floral Friends of Frampton

Spring Fayre 28th April 2018 - Despite it being a damp and grey day, the Spring Bunnies hopped into the Brockeridge Centre to help with Floral Friends' Spring Favre. As well as the rabbit and guinea pigs from Littlest Rescue to meet and admire, there were plants to buy, craft activities for the children, a raffle and plenty of hot drinks and cakes to enjoy. It was a little too cold to sit in the Sensory Garden, although it is looking lovely at the moment with all the spring flowers.

Our thanks to everyone who attended, to those who baked cakes, to Littlest Rescue for bringing the animals and to all the local businesses who supported us by donating refreshments and raffle prizes. All the money raised will be used to maintain the planting around the village - including the wildflower areas, the planters and hanging baskets, the Sensory Garden and the newly established Triangle Memorial Garden.

**Triangle Memorial Garden** 

- The new Memorial Garden at the Triangle has now been planted. Plants have been specially chosen to reflect the

theme of remembrance – Rosemary, Forget-me-Nots and Cornflowers. Different Poppies have also been planted, as well as poppy seed mixtures. Hopefully soon this will be a fragrant, colourful spot to commemorate the 100th anniversary of the First World War Armistice and the centenary of the RAF.

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

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. Individual residents may

> enter a single or pair of boots/shoes. Groups may enter a group or line of boots/shoes.

Applications will need to be completed by 6th July (the application form and further details are available on our website) and the boots displayed where passersby can enjoy them. We will produce a map of where the boots are located so

that people may walk around the village to see them all and vote for their favourite (there will be two



categories - individual and group). Voting will take place from Saturday 21st July until Saturday 28th July. Certificates and prizes will be presented on Saturday 28th July at the Brockeridge Centre.

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.

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: floralfriendsofframpton@gmail.com

Remember - all our latest news is available at http://ffframpton.wixsite.com/framptoncotterell

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## **Open Garden Days**

Graham and Margaret Newman look forward to welcoming you to their Open Garden Days in aid of the Yate-Genieri Link on 16 and 17 June, (2-5pm) at Nutridge, Ram Hill, Coalpit Heath, BS36 2UF.

There you can amble in their three acre garden and be serenaded with live music from pianists and singers, on both days. Cream teas will be served in a marquee, courtesy of Danco.

It has been a busy year again in the Gambian village of Genieri. Notably the new Women's garden, located closer to the village than the previous site, is beginning to yield crops. With the help of a solar panelled pump, funded by another organisation, they have high hopes that this project will produce a reliable source of income for villagers.

Another of the couples' pet projects, the Child Care Centre, has received a boost with the promise of funding for a toilet block on the site. This comes from a charity in Scotland with which they have close links.

Other projects such as the lighting for each compound and the Healthcare Centre are still flourishing.

The Gambia as a whole has entered a new phase with the election last year of Adama Barrow, who promised, as part of his election campaign, to rejoin the Commonwealth. That was achieved in February 2018. He succeeded Yahya Jammeh who ruled more and more autocratically, for more than two decades. Although the politics of the country do not affect the Yate-Genieri Link, Graham and Margaret feel that this move towards greater freedom and democracy is welcome.



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## **Award Winning Beers from local Brewery**

The Great Western Brewing Company in Hambrook is very proud to announce that it has been awarded a Gold and Two Silvers in The SIBA (Society of Independent Brewers Association) South West Regional Beer Competition which was held at Tuckers Maltings last month.

- Gold was Awarded to Maiden Vovage for Best Regional Cask British Bitter up to 4.4%
- Silver was awarded to Bees Knees for in Cask Speciality Light Beers
- Silver was awarded to Hambrook Pale Ale for bottles/can session I.P.A. up to 4.3%

Maiden Voyage is now automatically entered into National Awards for Cask Ale in its category, which will be held in Manchester next year.

The Brewery is family owned and was established by Kevin and Sandra Stone in 2007. Maiden Voyage was the first ale brewed and it has evolved over the years to become an award winning Ale.

Soon after brewing started, son, Ashley and daughter Leanne became a big part of the Brewing and Sales force within GWB, taking it forward by creating new brews and adding interest to our portfolio.

The family are very proud to have won these awards. They strive to produce a quality product and are a Salsa Approved Supplier, guaranteeing guality and consistency. The Brewery supplies to a wide range of outlets within a 30 mile radius and sales still continue to grow.

The Rising Sun in Frampton Cotterell has been in the Stone family for the past 36 years and is The GWB Brewery Tap. It always has 6 real ales, 3 of which are GWB. It remains a traditional pub serving excellent food 7 days a week.

www.gwbrewery.co.uk





## Community Noticeboard

For free listings contact community@ mattersmagazines.co.uk

## Walking for Health **Programme 2018**

Wed 6th June, Stroll to Hover's Ford, Country track with lovely views across Frome Valley. 2 miles, approx 1 hour. Meet at 10.30am, opposite café, Church Road, Frampton Cotterell BS36 2JX. Park in side road. Bus route 82.

Tuesday 19th June, Coalpit Heath Wander, easy footpath stroll. Café stop during walk. 1.5 miles, approx. 45 mins. Meet at 10.30am, Miners Village Hall, Badminton Road, Coalpit Heath, BS36 2QB. Park on Right in car park - or side roads if not using Hall.Bus route 46, 47, 86.

## 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.



### OPEN GARDEN DAYS

Sat June 16<sup>th</sup> and Sun June 17th 2.00pm – 5.00pm Nutridge, Ram Hill, Coalpit Heath, BS36 2UF Admission £4.00. Children under 16 free.

A three acre garden with perennial beds, trees, shrubs and open spaces.

Refreshments incl. Cream Teas and plants for sale. Musicians, including pianists and singers will perform

live in the garden during the afternoons. Proceeds in aid of Genieri, the African village linked with Yate Charity no. 1057814 www.yategenierilink.org

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## Community Coffee Mornings 20 June & 18 July 2018

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

Village picnic at Beesmoor Road playing field 10th June from 11.00am Lots to do - dog show, bouncy castle and stalls.

Refreshments available and bring a picnic.

Frampton Cotterell Royal British Legion, Ryecroft Rd. What's on....

Every Thursday night Bingo, 8pm.

Every Saturday night Bingo, 8pm ,then dancing to live bands (modern, ballroom sequence and much more) from 8.30.

Details on RBL website. Entry £4.50



## Summer Fair

Saturday 9th June 2018 2.00 - 4.30 pm **BRIDGE HOUSE** 

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## Happy's Circus & Summer Fair

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For more information please contact the club on 0117 9749740 Free quest visit available with this advert.

## Ed goes the extra mile and raises thousands

On Sunday 22nd April Ed Stanleigh, store director at Specsavers in Bradley Stoke, completed the 26.2 mile route of the London marathon in four hours 15 minutes, raising more than £2,000 for children's cancer charity, CLIC Sargent.

"here was such a great atmosphere and it was really hot on the day." says Ed. "The cheering crowds and support from other participants was overwhelming and it really spurred me on to keep running. Thanks to family, friends and customers, I've managed to exceed my fundraising goal of £2,000, which is just brilliant. Having two young children myself, I cannot imagine the devastation a cancer diagnosis would bring or how people cope as a family. Knowing that CLIC Sargent exists to offer support is extremely encouraging and they rely entirely on voluntary donations."

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. Specsavers in Bradley Stoke, Cribbs Causeway and Filton have come together and nominated CLIC Sargent as their charity of the year for 2018. In a bid to raise as much money as possible for the children's cancer charity, staff are taking part in a number of fundraising challenges and events throughout the year.



#### You can still donate by visiting Ed's Just Giving page

www.justgiving.com/fundraising/edstanleigh

or via your nearest Specsavers store at: The Willow Brook Centre, Bradley Stoke, BS32 8EF



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<sup>\*</sup> Available on all 12 month memberships. Valid until 30th June 2018

## News from Frampton Cotterell WI



Towards the end of March we were delighted to welcome Mr. Tim Bowles, Bristol's Metro Mayor who came to tell us more about his role and the wav in which he works with local councils to achieve regional results. Tim lives locally to us in Winterbourne and his remit covers the essentials of education, housing, transport and health.

Metro Mayors were introduced in England as part of the Government's devolution agenda, which allows for combined authorities to take on more functions, over and above those they were allowed to take on under previous legislation. The Cities and Local Government Devolution Act, which became law in early 2016, states that, in order for a combined authority to be given these powers, a Metro Mayor must be elected for the area.

It was fascinating to discover what the role of Metro Mayor really means. We learned that, whilst Tim works alongside the city Mayor, in general he covers the "bigger picture" of what is happening across our region, and not just within the city itself. The Metro Mayor is really a voice "on the ground" for the region when it comes to having a voice in central government and the role helps to ensure that regional grants are won and used where they are most needed.

Our April talk was from Bristol based charity One 25 - One 25 provides advice and support to the city's sex workers, seeking to get them off the streets for good. So this talk did have a serious side, although it was also very thought-provoking and insightful. on 1st May we enjoyed a Beetle Drive (games night with drinks and nibbles) at Crossbow House.

We have a great summer ahead of us to look forward to - on the 22nd May we meet for National WI Resolutions Discussions and a guiz night at St.Peters Hall and in June we have our summer meal out – a Spanish night at The Globe, with authentic Spanish food and plenty of Sangria!

We'll also be baking again for the WI Cake stand at the Frampton Festival in July - members all contribute, either by cooking up delicious cakes and savouries and/or working on the stand to sell our produce. We're always very proud to be a part of the Festival as it means so much to the village.



Other talks coming up later this year include, How to wear a Sari (26th June), Luxury chocolate making, and the History of the Police Force, so there is plenty more variety coming up in the 2018 programme, to look forward to.

#### 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 Facebook page.



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#### DO YOU LOVE FLOWERS?...

If you have an interest in Floral Art, or just wish you knew how to show off that bunch of flowers to best advantage then ... Yes! Winterbourne & District Flower Arrangement Society is for you.

We would love to welcome new members and visitors. Our meetings are held at St Michaels Room, High Street, Winterbourne 7.30pm start, with doors open from 7.00pm.

For the remainder of 2018 we will be having 'Hands On' meetings on the first Thursdays of June, July, September, October (also AGM) and November, when titles are provided for members who then bring along their own containers and plant material to interpret these. This is a practical evening where we have a friendly, social gathering together with advice, tips and ideas for improvement and future use.

We also have demonstrations by visiting Area Demonstrators on Thursday July 19th, September 20th, October 18th and an

Open Christmas Demonstration on Friday November 16th by a National Demonstrator, with a chance to win all the designs created in a raffle. We will also be holding two Club Shows on Saturday 9th June and Saturday 8th December.

#### All are welcome.

For further details please contact: Celia - 01454 776753 or Val - 01454 322538 or visit our website www.winterbourneflowerclub.com to learn more about us.



#### Monday

07968 426809

#### Frampton Cottrell Watermore Primary

School (Infants), Woodend Road. (Opp the Brockeridge Centre) 5.30 & 7.30pm Tel: Jude

## 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



touching hearts, changing lives

Facebook Page: Frampton Cottrell and Winterbourne Slimming World



## Don't let pain hold you back this Summer!



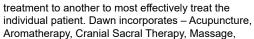
As we enter Spring, with warmer, longer days, it is the perfect time to get outdoors and get active! Don't let an old injury or nagging pain

prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving - pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time

we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the route cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one



Ostm, Lic MET

Lic CR, FAC

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

In safe hands - Dawn's talents as a caring, effective therapist have been recognised, with her once again being awarded Osteomyologist of the Year for 2018! Your local Dr of

Osteomyology loves her job and told us there is no better reward than having a patient arrive at her holistic health practice in Little Stoke with pain and leave with significantly less or none!

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

Wendy was thanked for her interesting and informative talk. She had brought with her some of the goods available at her market and, after the meeting had closed, there was a rush to purchase from the sales table. We then enjoyed tea, coffee,

If you would like to come along as a visitor we meet on the second Thursday of the month at St Michaels Room in Winterbourne High Street at 7.30pm. And you can be sure of a very warm welcome. For more information Tel: 01454 778411. Margaret Beacham, Press Officer

## **Hards Tax Services**

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biscuits and social time.

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For a free no-obligation appointment, contact Adrian Hards on: 01454 777218 or 07971 133730 email: adrian@hardstaxservices.co.uk



Bradley Stoke Lions would like to thank everyone who supported our Easter Collection at Willowbrook on Easter Saturday. Without your help, we would be unable to help anyone in the community who needs assistance. Not only did the rabbit appear again this year, but he brought along his Easter Egg, as seen in this photo.

It was that time of the year again, when Parent Club, Bristol Brunel and Branch Club, Bradley Stoke Lions came together to share a social Pudding Night. What started out as an American Dinner, deteriorated (or maybe transcended) to become a Pudding Night as the ladies in the club thought that starters and mains merely got in the way of the main event i.e. Puddings! Bang goes another good intention set at the New Year! It was good also to welcome a couple of guests to enjoy the evening with us.

If you would like to participate in our club activities and of course our social life, give us a ring for more information, or join us for a meeting held on the 2nd Wednesday of each month in the Doubletree by Hilton at 7.30pm.

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## News from Winterbourne Evening WI

At our well attended May meeting we voted that we were happy for our Link Delegate to the NFWI AGM in Weston Super Mare, in September, to vote in favour of this year's Resolution "Mental Health

Our speaker Wendy Morri, Chairman of Avon Country Markets then gave us an interesting talk and slide show about the history of Country Markets, formerly known until 2003 as WI Markets. The split between the two, and change of name, being because of a ruling by the Charity Commission.

The very first WI Market was held in 1918 and proved so popular that many more were quickly formed all over the country, and by the beginning of World War Two there were 70 markets. This guickly increased to 320 markets in 1940. Postwar WI Markets had a turnover of £1 million by 1972, which increased to £10 million by 1992! Numbers have now significantly decreased but Country Markets are still very popular all over the UK.

## 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 www.hypnotherapistbristol.com



#### **AllSports Rehab** The Old Rectory Clinic

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07800 971 810

info@allsportsrehab.co.uk www.allsportsrehab.co.uk

#### Naomi Harris GSR

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



The Crossbow Singers held its Annual General Meeting on 9th April. One of the outcomes was the appointment of a new Chairman. We were very sad to lose our Chairman of 9 years, Jenny Hollister, but she decided to resign from the choir for personal reasons. The choir expressed their thanks for all her hard work over the years. Our new Chairman is Dave Burman and we are very grateful to him for taking up this challenge.

We also welcomed a new committee member, Jane Fitzgerald, and also made a new appointment - that of a Welfare Officer, Veronica Cutland. Veronica's will be a caring role whereby if any choir member is long-term sick or bereaved, Veronica will contact them on behalf of the choir. Jenny Hollister had previously combined this role with her position as Chairman and those members who had received a card, a visit or flowers had found it most comforting. Therefore the choir felt that this practice should continue and that it was worth having a dedicated position.

The choir is now working hard in preparation for their forthcoming concert. The Crossbow Singers' 2018 Summer Concert will take place on Monday and Tuesday, 2nd and 3rd July. As usual, this will be held in Crossbow House, School Road, Frampton Cotterell, with performances commencing at 7.30pm.

This year donations from the ticket sales will be made to Four Towns Community Transport, who are trying to prevent loneliness in older people (based at Crossbow House); and 'Freewheelers' an emergency voluntary service for delivering essential blood and medical supplies. There will also be a retiring collection to raise funds for the Avon Riding Centre for the Disabled. Please bring your wallets with you!

So, make sure you get your ticket (available from the end of May) and not only enjoy a fun evening of music and song, but also help support a number of good causes. Tickets are just £6 each and can be obtained for Monday 2nd July by ringing Rose on 01454 772675. If Tuesday 3rd July would be better for you, then give Mary a call on 01454 887885. This year tickets will also be available each week-day morning from the office in Crossbow House, from the end of May until Monday 25th June. So please support your local village choir. We look forward to seeing you at the concert. Chris Palmer. Choir Secretary



#### SHOP, LESSONS, REHEARSAL ROOM **ALL UNDER ONE ROOF!!**



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6 Moor Steet, Chepstow NP16 4DE Telephone: 01291 627122

Call in and see us for more information, or check out our website www.hannahsmusic.co.uk

This month it was great to catch up with the owner of Hannah's Music and event organiser of Castell Roc Festival - Carol Mutlow. This is a lady passionate about all things musical!

#### How did Castell Roc Festival come about?

"I have been involved with organising outdoor events for a long time. I loved the idea of having a music performance in Chepstow Castle. In the beginning I had to work hard for it to be agreed for just one Rock concert to be put on there, it was met with such success, things have grown into Castell Roc, with shows taking place over 12 nights!"

#### How do you select what acts will feature?

"We try to make sure there is something for everyone's musical taste, from Soul to Rock, Pop to Reggae, Blues to Funk."

#### Who should we look out for in 2018?

"All the acts are fantastic! Due to popular demand we are pleased to welcome back The Magic of Motown this year. We are also proud to be one of only two European venues that Dr Hook (starring Dennis Locorriere) is performing at in 2018, the other is in Scotland and has already sold out, so if you want to see Dr Hook you best buy your tickets soon! Leo Sayer is travelling from Australia to be with us at the castle, and he too is only putting on a handful of European shows. The DUALERS, a 9 piece Jamaican band have a huge following and are not to be missed!"

Is there any opportunity for local musical talent to shine? "Oh yes, absolutely! At my music shop we also have rehearsal rooms, so of course I want to support the brilliant musical talent we have on our doorstep. That is why this year we have brought back the Family Fun Day on 2 September, that will showcase a whole host of local acts. This day is also an opportunity for us to do some fundraising for charity, which is important to me."

#### What makes this festival special?

"The venue is stunning, breathtaking in fact! The castle setting has great acoustics, and only holding 13,000 people it is an intimate and friendly festival."

#### Finally, is all the hard work worthwhile?

"Absolutely! It is extremely hard work but a lot of fun too and extremely rewarding. If you haven't ever attended one of the Castell Roc performances I urge you to come along, soak up the special atmosphere and enjoy a fantastic musical performance (or many of the performances!)."



THURSDAY 16th August- "Monsters of Roc"featuring "-Letz Zep", "Whitesnake UK", & "UK Guns N Roses"

FRIDAY 17th August- "Alabama 3".

SATURDAY 18th August " Dr Hook" starring Dennis Locorriere

SUNDAY 19th August- An evening of "Blues & Grooves" with the amazing - "King King"

FRIDAY 24th August- "The Magic of Motown"

SATURDAY 25th August- "The Shires"

SUNDAY 26th August- "Leo Sayer", supported by Mari Wilson & The New Wilsations" - an amazing evening awaits !!!

MONDAY 27th August- "Return of the King meets Prince" tributes to "Prince" and "Michael Jackson". a show never seen before.

THURSDAY 30TH August- "The DUALERS" with Support from the amazing "Navarones".

FRIDAY 31st August- "The Craig Charles Funk & Soul Club"

SATURDAY 1st September- "Fastlove". re live the passion, flare and the unique sensitivity of "George Michael"

SUNDAY 2nd September- Castell Roc festival is proud to be able to open up the gates of the Castle to bring you an all-day "FAMILY FUN DAY", showcasing a host of local talent, for more information visit www.castellroc.co.uk.

All shows are standing, guests are welcome to bring foldable chairs or blankets (for use in designated areas). Full details are on 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.



This year's Frampton Festival promises, once again, to be a fun-filled family day out with preparations almost complete

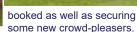
for this popular local community event, now in its sixth year. Last year's event was a great success as local residents enjoyed the numerous attractions and live music in Centenary Field.

The Festival committee have been working hard since November 2017 to ensure that popular attractions from previous festivals have been









The ever-popular Professor Panic's Circus returns, along with a variety of fairground rides, Frampton Cotterell Air Cadet's flight simulator, face painting, coconut shy, and steam engine rides.

The festival opens with the Winterbourne Woodwind Band, with a variety of events taking place throughout the day including; line dancing with Laughter in Line, and a fun dog show for canines of all shapes and sizes.

Live musical entertainment during the latter part of the day will be provided by Jodie Mellor, Trips for Biscuit and we are hoping that the winner of the Winterbourne Academy talent show competition will be able to perform at the festival.

Once again there will be a selection of stalls - a combination of local organisations and local businesses, who have once again supported the festival and many will be in attendance on the day. Stalls include; Frampton Cotterell WI, Pint Size People, Avon Wildlife Trust, Frampton Cotterell Community Association, Studio Wise Photography, Parody Portraits, Happy Handbags and Little Frampton Bakery.

Refreshments will be available on the day, with Brambles Bar providing an on-site bar selling a range of beers, ciders, wine, and lager.

Discussions with Frampton Cotterell Parish Council regarding the continuation of the festival in July and in Centenary Field continue as they have concerns about the decrease in biodiversity in Centenary Field, and their proposal is not to cut the meadow grass in July prior to the festival, which would have an impact on the area that the festival could utilise. However, the venue and date IS secured for this year and 2019. We are hopeful that the festival will remain







The committee would welcome a few additional

helpers on the day to ensure that the festival runs smoothly and safely. If anyone feels that they could spare an hour (or two) on the Saturday of the festival, please contact the festival committee at info@framptonfestival.co.uk

The free festival takes place on Saturday 15th July in Centenary Field, Mill Lane, Frampton Cotterell, commencing at 2.00pm and finishing at 10.00pm with the lighting of the parish beacon followed by a spectacular firework display, sponsored by ETS Mechanical & Electrical, Well behaved dogs are welcome at the festival, but owner's need to be aware that the firework display is rather noisy for our four-legged friends. Unfortunately bar-b-gs are not permitted at the festival.

Information and photographs can be found on the Festival's Facebook page: www.facebook.com/FramptonFestival



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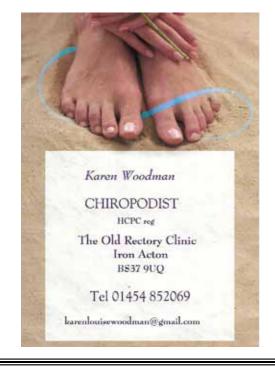
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## **Events at Winterbourne Library**

#### **Opening Times** STAFFED TIMES

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

#### **OPEN ACCESS (Unstaffed)**

8.30am - 7.30pm - Everyday

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 2 and 30 June, 28 July, 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.

The Craft Group: The Craft Group is meeting on 9 and 23 June, 7 and 21 July, 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.



On the Beach' - Half Term Drop in Friday 1 June, 10.30-12 noon. Suitable for ages



Mischief Makers begins on Saturday 14 July and runs in all South Gloucestershire Libraries until Saturday 8 September - it's FREE to take part.

There's a ton of fun waiting for you at a South Gloucestershire library this summer - get ready for Mischief Makers, the Summer Reading Challenge 2018!

Join Dennis, Gnasher and friends on a hunt for Beanotown's famous buried treasure! Read 6 library books over the summer, collect special stickers and explore your map of Beanotown to find clues. But watch out - Dennis is usually up to all kinds of mischief. He'll make sure some of those stickers are extra stinky! Read all 6 books and you'll get a medal and certificate too!

Please encourage your children to visit the library and sign up and see the difference the Summer Reading Challenge makes to their reading.

PLUS beat the boredom this summer! Find out about libraries FREE Fizz Pop Science workshops and Mischief Makers fun craft activities at www. southglos.gov.uk/childrenslibrary.

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 and for the Mischief Makers updates.



This spring our Year 1 class from St Michael's School was kindly invited to visit St Michael's Church. We had been learning about sacred and special places so visiting one of the most important places in our community was a real treat.

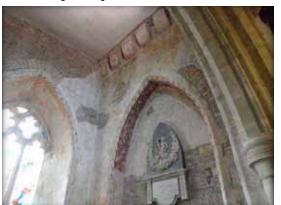
We walked through Winterbourne and all the way along Church Lane. It was a long way but our little infant legs didn't give up. When we arrived we were met by Father Malcolm. He welcomed us warmly and talked to us about many of the fantastic things you are able to see at the church.

We looked at the remnants of the beautiful paintings on the church wall from 800 years ago. The patterns, colours and intricate designs were still clearly visible.

One of our class' favourite features was the stone font. In class we had learned about how children are baptised and welcomed into the Christian faith.

Father Malcolm very kindly showed us the special robes that he wears to deliver his sermons. We were even able to get up close to the altar and look carefully at all of the objects Father Malcolm uses for Holy Communion.

Finally we had a hunt around the church to find all the features we had been learning about; the lectern, pulpit, stained glass windows, pews and crosses. We had a fantastic time at St Michael's Church. There was so much to see and do. We would like to say a big thank you to Father Malcolm for the time he gave to help us explore such an amazing building.



St.Michael's Church, Winterbourne

**Summer Concert** 

In Aid Of

**Medecins Sans Frontieres** 

Saturday 16<sup>th</sup> June 7pm

**Retiring Collection** 

Refreshments available after the concert

All proceeds/profits will be donated to Medecins Sans Frontieres Registered as a charity (1026588)

## **Exciting times ahead for Winterbourne's Medieval Barn**



A project to help secure the future of Winterbourne's Medieval Barn has taken a major step forward thanks to a £936,600 grant from the Heritage Lottery Fund (HLF), made possible by money raised by National Lottery players.

This funding will have a hugely positive impact on the £1.76 million project that will conserve and refurbish the historic barn and its adjacent buildings. The Winterbourne Medieval Bard Trust (WMBT) now has to make a final push for fundraising to make the £400,000 which has to be raised as part of the HLF bid. The committee are hugely thankful to all the pledges they have received to date. They are now looking for about £50,000 so that work can ago ahead on this major community project. Any local businesses, individuals or organisations who can help WMBT reach the funding target are encouraged to email the Chairman of the Trust, Sue Parsons (sue.parsons6@btinternet.com), or contact WMBT through the Barn website.

Once the total is reached, the funding will be used to restore, refurbish and find new uses for the 14th Century Court Farm Barn and associated outbuildings, ensuring its long-term sustainability in the heart of the local community. A heritage education centre will also be created to demonstrate the history of the barn and its architecture as well as information about the local area. Overall, the complex would provide flexible spaces for a variety of community, educational and commercial uses.

The restoration and refurbishment will enable the Trust to offer many more events and activities throughout the year, including heritage and craftthemed events, craft workshops, guided tours, more musical and theatrical performances, and a brand new schools' programme. There will be new rentable workshops for creating traditional crafts and more space will be available for public and commercial hire, income from which will enable the Barn to operate on a sustainable basis.

Cllr Heather Goddard, Cabinet Member responsible for Communities and Tourism, said: "This funding will help secure the future of one of our area's most important sites by creating a multi-purpose rural heritage venue which will interpret and celebrate the history and heritage of this extraordinary building and its environment.

"We are very grateful to the National Lottery for their generous support towards making this possible. We would also like to thank the many other organisations and individuals who have contributed to the project's fundraising cause, and to the volunteers of Winterbourne Medieval Barn Trust. who have worked tirelessly over many years to save the barn for the community."

Sue Parsons Chair of WMBT said: "Winterbourne Medieval Barn Trust is delighted with the funding provided by the National Lottery which will enable us to realise the full potential of this iconic building and enable it to become a true community asset."

Nervs Watts. Head of HLF South West, said: We're delighted to support this project which is an excellent example of how our historic buildings can be used in new and sustainable ways for the benefit of people, local organisations and communities. Thanks to money raised by National Lottery players. Winterbourne Medieval Barn is on its way to an exciting future with its heritage and community at its heart."

When all of the required funding has been raised, building work is planned to start early in 2019, with the redeveloped site expected to open the following year. Activities and events will be run both at the Barn and in the community whilst the building work is taking place, to enable visitors to continue to learn about the history of the barn and its surrounding environment as well as stay in touch with the project's progress.

Further information about the Barn and all events can be found on the newly-designed website.

www.winterbournebarn.org.uk

and follow them on Facebook and twitter.



Sunday 10 June - Medieval Fayre, a really wonderful day out for all ages. Experience vivid displays of daily life in a 14th century encampment as living history group – The Company of Chivalry, portray medieval life. Find out what life was like at the time the Barn was built in 1342, how people dressed, how they cooked, how they made everyday things, and more. There will be a full programme throughout the day of talks, demonstrations and re-enactments of medieval life and military combat, falconry, and medieval music, with lots of children's activities, stalls, and plenty of delicious food and drink on sale. A fantastic day out for the whole family. Stay all day - and bring your camera! Entry is only £4 for adults, while accompanied children under 16yrs are free.

Saturday 23 June - Basket Weaving Workshop from 10am - 4.00pm. This one day workshop will provide support and guidance to anyone new to basket making, and those wishing to rekindle their skills, enabling them to successfully complete a small to medium sized round basket by the end of the day. And what better setting to learn a traditional craft! It costs £46.50 for the day, which includes all materials and tea/coffee. Advanced booking is required, Tel: Angela on 01454 778436. Numbers are limited to a small group.

Sunday 24 June - Bristol Male Voice Choir and The Frampton Shantymen. At 2.30pm, enjoy a wide variety of musical entertainment on this midsummer afternoon, from modern musicals to seafaring shanties, as the renowned Bristol Male Voice Choir and our local Frampton Shantymen alternate on stage. Gates open at 1pm so why not bring a picnic to enjoy in the grounds before the performance in the Barn. Drinks will be available to purchase. Tickets - Adults £10, children (under 16yrs) £5 online from Ticketsource www. ticketsource.co.uk/date/HIJMFL or on arrival at Winterbourne Medieval Barn - if there are tickets left (numbers strictly limited).

Tuesday 3 July 2017 - Wine-tasting. 7pm -9.30pm. 25 years in the wine trade means lan



Redfearn is extremely knowledgeable about what makes a great wine and is also the perfect host to guide us through this evening of tasting Eastern European wines. Pre-booking essential. Over 18yrs only. Tickets £10 online from www.ticketsource. co.uk/date/HIJMGD or in person from Daisy's Coffee Shop, Winterbourne, from 25 June.

Sunday 8 July 2018 - Verdi's Falstaff. Starting at 6.00pm, Tessitoura Opera Group present Verdi's wonderful tuneful comedy opera in the unusual and intimate setting of the Medieval Barn. The plot revolves around the thwarted, sometimes farcical, efforts of the fat knight Sir John Falstaff, to seduce two married women to gain access to their husbands' wealth. Gates open from 4.30pm for visitors to bring a picnic to eat before the performance. Drinks will be on sale before the performance and during the interval. Tickets -Adults £13.50, children under 16yrs £10, from www. ticketsource.co.uk/date/HIJMGJ or in person from Daisy's Coffee Shop. Winterbourne from 25 June. or on arrival at Winterbourne Medieval Barn if there are any left.

Saturday 21 July - West Gallery Music Workshop. From 10am-4pm enjoy a day of singing the kind of fun four-part harmony songs that were sung in churches in the 18th-19th century. Suitable for all voices, no experience necessary. Instrumentalists also welcome (strings/woodwind). Advanced booking essential, ideally before 1 July. Email: lindajhall61@gmail.com or Tel. 01633 889019 or 07891 688581. The cost is £16.50. Tea/ coffee included, but bring a packed lunch.

Winterbourne Medieval Barn, Church Lane, BS36 1SE

### The Stokes Phoenix Club Needs YOU!! New members needed, please get in touch!

So that the Phoenix Club can continue to flourish we are looking for new members. We are a small friendly group of ladies. We have a programme of monthly events and talks, with time to meet and make friends over tea, coffee and biscuits. For members, we also have a Craft sub-group which meets fortnightly on alternate Thursday mornings to the meeting dates.

Club meets are held the first Tuesday of each month, 10.00am-12.00 noon at the Community Hall, Little Stoke Park, Little Stoke. [Please note until mid 2018 whilst building work is taking place at the Community Hall we are meeting at Little Stoke Scout Hut, Little Stoke Park]

#### Programme for 2018

AGM and Beetle Drive 5 June

Coffee Morning at the M.S. Therapy 3 July

Centre

7 August Tax, Care and Toy Boys

4 September Charity Morning 2 October Card making

6 November Communicating Christmas

4 December Mummers of Winterbourne Down &

Christmas Buffet Lunch

Yearly membership is £15. Monthly subs £2.00.

We would love you to come along to one of our monthly sessions - get in touch on the phone number below or just come along to one of our meetings, we would love to see you!

For more information please get in touch with Rosemary Davis, Chair Tel: 01454 614474



## Project launched to combat loneliness and isolation

Frome Valley Medical Centre's Patient Participation Group (PPG) has launched the Combat Loneliness and Isolation Project (CLIP) for 2018 that will make it easier for patients and/or their relatives and carers to find local information and contacts.

Feeling lonely or isolated affects people of all ages and types and can have a devastating impact on an individual's health and wellbeing. All too often a person doesn't know where to find or contact organisations, groups or projects that could help them. If they can't or don't access the internet, this can make matters worse and compound their desolation as nowadays so much information is only available 'on line'.

Chair of the PPG Jane Andrews says, "CLIP will be primarily for patients within the practice catchment area, but could be used by other individuals and communities. We will produce paper information which is easy to understand and readily available in the surgery waiting room."

The idea is not to produce yet another database but simply to focus on those organisations, groups and projects which will help with loneliness and are available in - or can be easily accessed from - the practice area.

The PPG is appealing to groups, organisations and activities for any information that might be useful for

Jane Andrews adds, "If you are an individual who has discovered an activity which has helped you to overcome loneliness please tell the PPG."

Send any information, including contact details, leaflets, brochures and posters in the first instance by email to fvmcppg@gmail.com or put it into the CLIP box in the Medical Centre's waiting room.

The PPG plans to have CLIP up and running by the early autumn.

## 100th Anniversary of the **Royal Air Force**

Formed on the 1st of April 1918 with the amalgamation of the Royal Naval Air Service and the Royal Flying Corps, The Royal Air Force is 100 years old. 2018 is also the 75th anniversary of the famous Dambuster raid and there are a number of events taking place across the country to mark both of these milestones.

The centenary itself will be marked by special events, activities and other initiatives at local, regional and national levels running from April to the end of November 2018. The centrepiece of RAF100 will take place on 10 July, with a centenary service in Westminster Abbey, followed by a parade in The Mall and spectacular flypast over Buckingham Palace.

One of the many events is the Centenary Baton Relay which sees a specially designed baton visit 100 sites associated with the RAF in 100 days. The relay began its journey at the Royal Courts of Justice on 1 April 2018 and will end 100 days later on 10 July on Horseguards Parade.

On Sunday April 22nd, Winterbourne & Frampton Matters was privileged to be invited to witness the arrival of the RAF 100 baton and RAFA token to Filton, received by Air Marshall Sir Ian Macfadven. senior RAF Officer.

There was a fantastic parade and march past by the RAF Air Cadets in honour of the occasion. and special guest, 96 year old Johnny Johnson MBE, DFM; the last surviving member of the original Dambuster Squadron was given a heroes welcome.

The RAF 100 baton is travelling between 100 locations significant to the RAF around the world. over 100 days; it displays the RAF roundel, RAF crest and the RAF 100 logo, while the RAFA token depicts Major General Trenchard, and is travelling from branch to branch throughout the South West area to highlight the Association's work in support of the RAF family.

A more fitting venue, could not have been chosen for this centenary event, home of the last Concorde ever to fly, Aerospace Bristol Museum in Filton tells the story of more than a century of remarkable aerospace history.



Pictured closest to and left of the Baton - George Copping, Acting Pilot Officer, Bristol University Air Squadron Lady on right - Charlotte Watt, Acting Pilot Officer, Bristol University Air Squadron.

In the suit and red tie photo top and below is Johnny Johnson, last surviving dambuster now 96 years old.





At the RAF100 Aircraft Tour you will be able to get up close to a selection of aircraft in Cardiff, Horse Guards Parade in London, Newcastle in Northern Ireland, Birmingham, Glasgow and Manchester.

For more information on RAF100 visit https://www.raf.mod.uk/raf100/



### Says Court Nature Hunt & Picnic, with Owls! Thursday 31st May - 12 - 2.30pm

Meet an owl in May Half Term!

Join us at Says Court Solar Farm for an afternoon of wildlife with the Hawk and Owl Trust. You can meet an owl, go vole habitat hunting, grab a pot and go bug hunting, search for butterflies and buzzing bees! Bring along a picnic to enjoy in the wildflower meadow.

£2.50 per person. Meet at Says Court Farm, Badminton Rd, Frampton Cotterell, BS36 2NY. Free car parking is available.

To book: www.avonwildlifetrust.org.uk/whats-on

Suitable for all ages though all children must be accompanied by an adult. For more information email Hannah.welsh@avonwildlifetrust.org.uk





#### 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 & Coalpit Heath Village Diary

**June 2018** 

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

Sat 2nd - Barn Dance, WADCA, 8pm-11pm. In aid of Carers Support Centre. Tickets £10 (in advance only) including Ploughmans Supper. T: 01454 773370 / callerscorner@hotmail.com

Mon 4th - Gardening & Social Club, Manor Hall 2pm-3.30pm. All welcome. £2.50 incl refreshments.

Wed 6th - Village Walks. Meet 10.30am opposite Gingerbread Man cafe. 2 miles/1hr stroll to Hovers Ford or 3 mile walk Mayshill fields and lanes.

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

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

Sat 9th - St Peters Church Summer Fair, 2pm-4.30pm

Sun 10th - Medieval Favre. Winterbourne Medieval Barn, 11am-4pm. Adult £4, Child free. Re-enactments of medieval life, combat, music, etc. Hot & cold food & drink

Sun 10th - Roast Dinners at WADCA, 12-3pm. For the whole community. Dementia-friendly. £8.95 (£5 child). Booking required. T: 01454 776268 / e: ca.winterbourne@gmail.com

Sun 10th - Fun day Beesmoor Rd Playing Fields.

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

Tues 12th - Mothers Union. St Saviours Hall. 2.15pm. A variety of speakers. Tel: 01454 777664.

Wed 13th - Carer's Club, Zion, 2-4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 15th - Watermore School Gin Night. Adults only.

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

Tues 19th - Village Walks, meet 10.30am The Miners. 1.5mile/45min local stroll, or 3.75miles walk to Bitterwell Lake.

Wed 20th - Community coffee morning, Manor Hall, 10am-12.00. Tel: Alison 07873747513 for more details.

Sat 23rd - Basket-weaving workshop, Winterbourne Medieval Barn, 9.30am-4pm. £46.50

Advanced booking. Tel: 01454 778436. Numbers Itd.

Sat 23rd - Pilning Special Choir Concert, St Peters church

Sun 24th - Bristol Male Voice Choir & Frampton Shantymen, Winterbourne Medieval Barn, 2.30pm. Wide variety of musical entertainment in joint summer concert. Tickets £10 (child £5) from www. ticketsource.co.uk or Daisy's Coffee Shop.

Tues 26th - Frampton Cotterell W.I. at St Peters Hall, School Rd, 7.45-10pm. How to Wear a Sari. £2.50. Tel: 01454 773426 or 01454 778900 / e: marycroberts@talktalk.net

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

Wed 27th - Forget-me-not Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a sing a long. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

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

Fri 29th - "Grease" Singalong and show. WADCA, 8pm. £8. ca.winterbourne@gmail.com

Sat 30th - FCCE Summer Favre, 1pm-4pm.

#### **July 2018**

July Tues 3rd - Wine-tasting with Ian Redfearn, Winterbourne Medieval Barn, 7pm-9.30pm. £10. Advanced booking required, see www. winterbournebarn.org.uk

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

Fri 6th - Mash in the Meadow, Iron Acton, 6pm.

Fri 6th - Quiz, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 / crossbowhouse@gmail.com

Sat 7th - Watermore School Summer Festival. 2.30pm-7pm. Roald Dahl theme.

Sat 7th - Proms in the Meadow, Iron Acton, 5pm. 'A Night at the Movies'

Sun 8th July, Happy's Circus & Summer Fair! Friends of Manor School. There will be lots to see and do for all the family, refreshments BBQ and bar as well as traditional stalls and external traders. For tickets to the circus, please E: friendsofmanorschool@gmail.com or Tel Clare on 07974734799.

Sun 8th - Verdi's Falstaff. Tessitoura Opera. Winterbourne Medieval Barn, 6pm. Gates open 4.30pm. Tickets £13.50 (child £10). www. winterbournebarn.org.uk

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

Tues 10th - Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. Tel. 01454 777664.

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

Fri 13th - Frampton Folk club, Crossbow, 8pm. £2. All welcome. allinsonjohn2@gmail.com

Sat 14th - Frampton Festival 2pm-10pm.

Wed 18th - Community coffee morning, Manor Hall, 10am-12.00. Tel: Alison 07873 747513 for more details. Fri 20th - Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947.

Sat 21st - West Gallery music workshop, Winterbourne Medieval Barn, 10am-4pm. For singers and instrumentalists. Pre-booking essential. £16.50. Tel: 01633 889019.

Mon 23 - Fri 27th - Churches Holiday club.

Tues 24th - Frampton Cotterell W.I. at St Peters Hall, School Rd, 7.45-10pm. Pest Control. £2.50. Tel: 01454 773426 or 01454 778900 / E: marvcroberts@talktalk.net

Wed 25th - Litter Busters, 10am-12.00. Meet at Gingerbread Man. Church Road.

Wed 25th - Forget-me-not Singalong Group, Zion, 2pm-3.30pm. For local people who enjoy a sing a long. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Thur 26th - Frampton Friendship & Dance, 2-4 pm, Zion Church Hall. Learn easy, gentle dances. Suitable for beginners. No partner needed. £3 incl tea. Tel 07515 351813.

Sat 28th - Neil Diamond Tribute. WADCA, 8pm. £8 pre-book, £10 on door. www.wadca.co.uk

Tue 31st - Josh's Magic WADCA, 10am-12.00. £5. For accompanied children.

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

All events can be viewed online at www.villageaction.org.uk



**Stoke Gifford resident Matthew** Moran, 56, set out for San Francisco on the 1st April 2018, for a mammoth three and a half month cycling trip across the United States to New York, a trip of over 4,000 miles! He's also raising funds for the Royal British Legion.

The cycle across the USA is something Matthew has long aimed to do. Typically for him, he has decided not to take the most direct route, instead heading south from San Francisco, to take in some of the Californian coastline before heading East towards Fresno.

After Fresno, Matthew conquered the aptly named 'Death Valley' en route to Las Vegas. Having enjoyed the sights of Las Vegas, it was on to the Grand Canyon before slowly continuing on to the city of Denver through 'Monument Valley'. After this, Matthew headed South East. passing through Kansas, and on to arrival in Memphis to take in all the Mississippi river has to offer.

Another slight detour will see Matthew head predominantly north as he aims for Chicago, before heading East towards Washington DC via yet more famous cities such as Cleveland and Pittsburgh.

The final stretch of this incredible journey sees Matthew head

North East towards his final destination of New York which he aims to reach by the 26th June.









As we went to print on this issue, we heard from Matt's wife Julie who told us that in the first 6 weeks of the trip Matt has experienced heat, winds, heavy rain storms even tornadoes! He has stayed on an Indian reserve, watched eagles soaring overhead. He has survived running over a rattle snake on the road, dogs chasing after him and a big bite from a spider. Matthew is camping along his route and has found nothing but kindness, help and hospitality from locals throughout his incredible journey so far.

Matthew has previously undertaken several fundraising cycling trips for the Royal British Legion, including cycling from Land's End to John O'Groats with his son in 2011, and in 2016 cycling the length of New Zealand in 2016 with both of his sons.

Matthew's support with the Legion stems from wanting to carry on the good work of his late father-in-law, David Griffiths, and in appreciation of the support the Legion gave to David later in life.

Matthew's trip is entirely selffunded and any donations made will go directly the RBL. He would greatly appreciate any support of his efforts and encourages you to look at his JustGiving page:

https://www.justgiving.com/fundraising/ matt-cyclethestates

## News from Coalpit Heath WI

The ladies of Coalpit Heath WI enjoyed a very interesting and informative talk from Mike Burns a volunteer from the Blood Bikes. Many of us were unaware of the important work the Blood Bikes carry out. Their work varies from transporting blood, samples and occasionally organs to various departments of the NHS outside of normal office hours. This service is fundraised and ran by volunteers and they do an incredible job.

Mike has continued his good work by helping to set up the NICU (Neonatal Intensive Care Unit) Support Unit, which offers transport services to new mothers who are unable to reach hospital to visit their babies whilst they are in the unit, the drivers also help deliver and collect vital donations of breast milk to help the premature babies.

His fundraising efforts include several cycle rides including coast to coast challenges and a John O'Groats to Lands End challenge, which over the years has funded new motorbikes and four wheel drive vehicles to help the service. We all thoroughly enjoyed Mike's visit and wish him well with his future work.

We always welcome new members, we meet at St. Saviours Church Hall in Coalpit on the first Wednesday of each month at 7.30pm.

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## St Saviours Church, Coalpit **Heath Church Events**

#### **Butterflies Babes and Toddlers Group**

You are welcome to bring along your little ones to our friendly group 10-11-30am, £3 per family. Lots of toys, dressing up, book area, sit and ride a music time and more. Refreshments included for grown ups and a drink and snack for children. Dads welcome too!

#### Summer Fayre – Saturday 23rd June, 2pm

A lovely afternoon with many stalls, games, cakes, tombola, raffle and lovely plants for sale. Also a barbecue and refreshments in the hall. Dancing and Karate displays. Bring along the Family for a super afternoon.

Friday lunches – At present in the church hall anyone is welcome from 11.15am onwards for tea or coffee and to stay for a soup lunch with pudding at midday! Bring along your friends. Donations only to church Funds.

Parish Praise, 10am – This is the first Sunday of the month and for all ages and families. Most often our Sunday school children may take part. There would be a warm welcome, and do stay after for refreshments if you wish.

Mothers Union – We meet on the second Tuesday of the month in the church Hall at 2pm. Mothers Union do lots of good things to find out more go to their website themothersuinon.org or contact Mary Head 01454

#### A Date for your Diary – 1st September

Our 73rd Horticultural and Craft Show. So get planting and growing good vegetables, fruit and flowers. There are also photography and handicrafts. Watch this space!

See the church website for times of other Services and more information.

#### www.coalpitheath.org.uk



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

Maureen Edwards was a Christian teacher working in Limura Girls' School, Kenva between 1973 and 1980. She compiled a collection of poems and reflections from her pupils. Here is one of them.

#### What is life?

What is life? Life is mystery... Unfold it! Life is opportunity... Utilise it! Life is risk... Respect it!

What is life? Life is what you make it. It is but a dream, a gamble. Life is concerned with the business pleasures of the world.

> Life is short: Do we have time Really to show love and kindness?

Life is a gift; It is that expanse of time God gives, That we may learn to live at peace with others And appreciate all that he created.

What is life? It is to die: A boring game that comes to an end. Life is bitterness and sorrow. With a touch, here and there, of happiness.

Life is good when you have no problems to face; Enjoyable when your problems Are shared by another. Life is best when you have peace within yourself and with God.

Life is full of ups and downs: it is a rough journey, but love can ease the way. Life is a struggle, for reform, for change, for a better world.

To live is to work; to face new opportunities, to accept responsibility. To live is to care for people and relationships: To share sorrow and happiness.

To live is to appreciate your environment: To be fascinated by the wonder of flowers and animals and insects: To respect all people and to find God. Life is believing, trusting, having faith in Jesus Christ, through everyday experiences. 'Follow me', he said, 'And you will have abundant life.'

> Life is a preparation for death; it is learning how to die. Life without hope is meaningless: Life in Christ is everlasting. Life is God's most precious gift to us ...

> > What is life to you? Revd Jean Capstick



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

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

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



## **Frampton Cotterell Computer Group**

www.fccomputergroup.uk.

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

### **Little Stoke Social Club supports the** Freewheelers EVS



Members of Little Stoke Social Club raised nearly £3,000 over the last 12 months by holding Easter egg raffles, Tombolas, quiz nights and through the bar top collection

Their chosen charity to benefit from their fundraising efforts this year is the Freewheelers EVS.

Freewheelers EVS is a registered charity, which offers an out of hours and free of charge courier service to the NHS. In 2008. in recognition of the dedicated work of our volunteers, the group was given The Queen's Award for Voluntary Service. This is the highest honour that a voluntary group can receive, equivalent in status to an MBE.

The service is provided by volunteers and the Freewheelers depend entirely on public sponsorship and donations. Tim Hewer, Chairman of Little Stoke Social Club is seen in the photo left, handing over the cheque to members of this amazing voluntary group.





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