

Your one truly LOCAL  
Community Magazine,  
delivered FREE  
to every home



Keep Me  
I'm useful

# Winterbourne & Frampton

including Coalpit Heath & Winterbourne Down

## Matters

July/Aug 2018

Enjoy a wonderful summer





**Bundy & Bond**  
Independent Estate Agents

01454 540 200  
info@bundyandbond.co.uk



**BRITISH  
PROPERTY  
AWARDS  
2017**  
SILVER WINNER  
ESTATE AGENT  
IN SOUTHERN -  
GLOUCESTERSHIRE &  
OXFORDSHIRE

Introducing



**Bundy & Bond**  
Independent Lettings Agents  
with Kate Chapman

01454 540 300  
lettings@bundyandbond.co.uk

You can enjoy your  
summer and afford  
a new boiler with a  
10 year guarantee\*



Book your FREE boiler survey today.  
Flexible payment solutions and finance available.\*

0117 935 2400 | [gregorheating.co.uk](http://gregorheating.co.uk)

Your local choice for smarter heating solutions.

\*Gregor Heating are a credit broker. Credit provided by Hitachi Personal Finance, a division of Hitachi Capital UK PLC, authorised and regulated by Financial Conduct Authority. Gregor Heating, 1 Willock House, Southway Drive, Warrimley, Bristol, BS30 5LW



MAKE  
SAVINGS  
THIS  
SUMMER

Your LOCAL directory of services, businesses and community events



# be daring! with Slimming World

## Monday

**Frampton Cottrell**  
Watermore Primary  
School (Infants),  
Woodend Road,  
(Opp the Brockridge 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** 0344 897 8000

## Dear Residents,



Welcome to our summer issue. If you are off on your holidays have a fab time but if you are planning a staycation there are plenty of things to keep you and the family entertained locally.

The fabulous Frampton Festival takes place on Saturday 14 July. A jam packed day of live music, circus acts, dog show, stalls, food and much more!

WADCA Community Centre is running a series of Kids Summer Fun days, and for the adults, why not take part in their August Dinner Dance?

Friends of Manor School invite you to Happy's Circus and Summer Fair on Sunday 8 July, this is sure to be a fun packed day!

Winterbourne Library are running extra Mischief Makers events to encourage youngsters to take part in the Summer Reading Challenge.

Winterbourne Down & District Horticultural Society host their annual Flower & Vegetable Show on Saturday 18 August, whether you plan to exhibit or simply enjoy the displays, this is always an enjoyable village event.

Avon Wildlife Trust look forward to hosting a Wildflower Meadow Wild Picnic, with Owls! On Thursday 23 August.

This month we very much enjoyed attending the Medieval Fayre at the Winterbourne Medieval Barn, the sun shone over the interactive historical reenactments and musical displays. There is a programme of summer performances taking place at the historical venue, including Wine Tasting, Verdi's Falstaff and The Three Musketeers, get booked in!

Have a wonderful summer, **Kerry & Jaci x**

**community@mattersmagazines.co.uk 01454 300900**

# You've got the skills to foster...

you may not know it yet

**We're looking for foster carers for children of all age groups.** If you have a spare room, childcare experience and the time, we'd love to hear from you.



☎ 01454 866423  
✉ [fostering@southglos.gov.uk](mailto:fostering@southglos.gov.uk)  
[www.fostersouthglos.org.uk](http://www.fostersouthglos.org.uk)



## New Look, Same Award Winning Service

Free no obligation valuations Over 60 years' combined experience  
Free professional photography for all our properties  
Successfully selling homes of all values in BS37, BS36 and surrounding areas

**Introducing Bundy and Bond Lettings** *Special Introductory rates for Landlords*  
*with Kate Chapman*  
Call Kate on 01454 540 300  
Email: [lettings@bundyandbond.co.uk](mailto:lettings@bundyandbond.co.uk)

# 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.

**28 July, Forever Diamond** – Neil Diamond Tribute and more. Doors open 8pm. £8 in adv, £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](http://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](mailto:icredfearn@hotmail.com) or Tel: 01454 228282 or 07951 600298.



**Giggles Gym**  
3 MONTH-3.5 YRS  
An Ed4- Play centre

45 minutes structured play class  
Every Monday, Wednesday & Thursday Morning

Songs, Movement & Imaginative play!  
Develop fine and gross motor skills!  
Build confidence & social skills!

**FREE TRIAL!**

at TRUST HILL, NORTH ROAD STOKES GIFFORD, BS34 1PE

[www.facebook.com/gigglegym](http://www.facebook.com/gigglegym) 07475 237808  
[Gigglegym@hotmail.com](mailto:Gigglegym@hotmail.com)

**Fromeside Gymnastics Club**

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

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

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

*Written by Sarah Austin, owner of Puddle Ducks Bristol and Bath*



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 quite 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!**



**Swimming lessons**  
6 months to 4 years

Weekend baby and toddler swimming lessons at Winterbourne International Academy.  
Call 0117 9717165 to book. Limited spaces available. [www.puddleducks.com](http://www.puddleducks.com)

**Puddle Ducks**

# Frampton Festival

14th July 2018

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 booked as well as securing some new crowd-pleasers. 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 in its current location and on its established date.

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](mailto:info@framptonfestival.co.uk)



**The free festival takes place on Saturday 14th 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-qs are not permitted at the festival.

**Information and photographs can be found on the Festival's Facebook page: [www.facebook.com/FramptonFestival](http://www.facebook.com/FramptonFestival)**



## QUALITY KITCHEN FACELIFTS

Brighten up your kitchen this summer

Before



- Trusted reputation
- Huge choice of doors, worktops, appliances, sinks & taps
- Free planning & design service
- Door swaps to full kitchens - tailored to your needs

CALL FOR A FREE ESTIMATE:

**0117 911 6773**

[dreamdoors.co.uk](http://dreamdoors.co.uk)

Visit our showroom:  
11/12 The Promenade,  
Gloucester Rd, Bristol BS7 8AL

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

[Checkatrade.com](http://Checkatrade.com)



EST.  
1999



**JOIN US FOR A  
SUMMER IN SHAPE**



**HALF  
PRICE GYM  
MEMBERSHIP\***



#### Join early, save more!

Join us now for best value membership and enjoy your summer in great shape. Throughout June, July and August 2018 you can save more with our half price gym membership and the earlier you join, the more you'll save.

Our friendly fitness team will be on hand to help you achieve your summer fitness goals with motivational programmes and some fun along the way. Get stuck in with a class, feel invigorated after a gym workout and enjoy a relaxing swim in our pool. As well as looking and feeling great you'll feel energised in no time at all.

Contact us now to take advantage of our incredible offer or for more information.



Visit: [spirithalthclubs.co.uk/offers](http://spirithalthclubs.co.uk/offers)

Call: 0117 9701462

Email: [spirit@hibristolilton.co.uk](mailto:spirit@hibristolilton.co.uk)

Holiday Inn Bristol - Filton, Filton Road, Hambrook, Bristol, BS16 1QX

\* Terms & Conditions apply. Ask in club for details.

\*\* Gym facilities vary at each location. Visit our website for facility details.

## Clinical Hypnotherapist

**Catherine Smart DHP MNCH CHBP**

Hypnotherapy can help you:



- Stop smoking
- Stop panic attacks
- Lose weight
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety




*Based in Winterbourne*

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

Call me on: **07964 991689**

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

[www.hypnotherapistbristol.com](http://www.hypnotherapistbristol.com)



*Karen Woodman*

**CHIROPODIST**

HCPC reg

The Old Rectory Clinic  
Iron Acton  
BS37 9UQ

Tel 01454 852069

[karenlouisewoodman@gmail.com](mailto:karenlouisewoodman@gmail.com)

## 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 years 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 years. 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.

Team Snug had a fantastic evening in London last month for the regional finals of the Wella Trendvision competition. The Snug entered two categories, Colour Vision and Runway (see main photos above), and were delighted to be shortlisted in both categories from entrants across the whole of the south of England!

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

## THE SNUG HAIR STUDIO

[www.thesnughairstudio.co.uk](http://www.thesnughairstudio.co.uk)

### READER OFFER

**£10 off**

**your first Cut & Blow Dry or Colour with Hayley.**

Offer ends 31st August 2018  
(Only one voucher per customer)

**01454 250255**

96 Hicks Common Road, Winterbourne BS36 1LJ

## The Sky's the limit for local Air Cadets!

12 Cadets from 37 (Frampton Cotterell) Royal Air Force Air Cadets, have taken part in an educational trip to RAF Brize Norton.

The visit involved a careers insight into roles within the Royal Air Force, which included the chance to speak to serving officers of various roles, and an understanding of the working of an RAF base. In the morning, the group had the chance to look round the outside of the vast C 17 Globemaster aircraft, sitting on the pans.

After lunch they visited the Fire section, where cadets were given the opportunity to try on

protective clothing and breathing apparatus, explore the equipment on the fire engine and then get to sit in the cab.

Probably the highlight was the chance to sit in the cockpit of the C17, the vast cargo aircraft and have explained how the aircraft works and what it is used for, including a medivac demonstration.

"I never thought I would be able to get inside such an aircraft," said one cadet.

The day finished by visiting the section that tests loads for air drop, and how they will be anchored within the hold of a variety of aircraft and helicopters. In all they had a very enjoyable day.

**Why not join the 37 Royal Air Force Cadets?**

37 Squadron meets

Mondays and Thursdays 7.15 – 9.30pm at their headquarters by the Royal British Legion, Ryecroft Road. There are spaces for young people between the age of 12 (must be in year 8) and 17 years.

If you would like to join or further information please contact:

**01454 886823** or **adj.37@aircadets.org**



Dog and Cat grooming spa.

- No Cages • Nail Clipping • Ear Cleaning
- Scissoring & Clipping • Hydro-Bath

**Professional Affordable Luxury for your pet**

**Call 01454 856159**

E: [info@bubblesdogwash.com](mailto:info@bubblesdogwash.com)  
[www.bubblesdogwash.com](http://www.bubblesdogwash.com)

Unit 2a, Mays Hill Industrial Estate, Frampton Cotterell.



**Specialist Bicycle Build, Servicing & Repair**

"It's all about the bike..."

From Mountain bike to Racers ~ Kids bikes to Commuters we will come to your home or place of work and keep your bike in peak condition.

- Servicing • Repairs • Bike Build
- Collection/Return • Mobile Service

**Tel: 01454 838144 ~ 07870 574349**

[www.rule4cycles.co.uk](http://www.rule4cycles.co.uk) [f ~ rule4cycles](https://www.facebook.com/rule4cycles)



## Do you have a spare room? Can you make difference to someone's life?

**Get paid to support a vulnerable adult in your own home.**

ategi South Glos are currently looking for people of all ages and backgrounds to provide care and support **in their own homes** to people who need support. If you feel you could share your life with a disabled or vulnerable person **within your own household**, we would like to hear from you.

We provide full training, ongoing support and good rates of pay when you are matched with someone who suits your circumstances and lifestyle. ategi works in partnership with South Gloucestershire Council and is registered with the Care Quality Commission (CQC)



Do you have the time, energy, motivation and a spare room to be able to support a vulnerable adult in your own home?

Contact the ategi Shared Lives Team for more information  
 T: (0117) 332 1030 [@ategiSouthGlos](https://twitter.com/ategiSouthGlos) E: [SLSSouthGlos@ategi.co.uk](mailto:SLSSouthGlos@ategi.co.uk)

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

## MOLESWORTHS OF FRAMPTON Family Butcher



### The BBQ Specialists!

- ❖ Prize winning sausages
- ❖ Tasty 8 week matured T Bones
- ❖ Gower Salt Marsh Lamb Koftas
- ❖ Free Range Chinese pork ribs
- ❖ Gluten-Free Range
- ❖ Butterflied legs of Gower lamb
- ❖ BBQ BOXES and more!



Molesworths Frampton  
 147 Church Road,  
 Frampton Cotterell BS36 2JX  
 01454 777 337

[www.henleazebutchers.co.uk](http://www.henleazebutchers.co.uk)

Molesworths of Henleaze  
 101 Henleaze Road,  
 Bristol BS9 4JP  
 0117 962 1095

## 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 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](http://www.winterbourneflowerclub.com) to learn more about us.**



## JustYou Holistics

I was delighted to visit Carol Massey at her home in Little Stoke for this issue, to learn more about her and the services she can offer at **Just You Holistics**. Carol is very easy to chat to and instantly makes you feel comfortable and at ease, whilst she offers you a range of treatments from massage and reflexology to Pranic healing®, either as single treatments or combination of two within the hour appointment.

In today's hectic society, we all too often neglect ourselves and this ultimately affects our health. The answer is not always pills and potions, but just taking some time out to treat your body respectfully and appreciate it for the amazing job it does. Complementary therapies are quite often the only thing our bodies need, to put us back on track.

Carol told me that whilst she has spent much of her life working in Financial Services, she qualified a number of years ago as a counsellor, psychologist and hypnotherapist, before realising that she was missing out on the hands-on part of Complementary Therapy. "I really enjoy providing people with an holistic approach to healing their mind, body and spirit." After training to a level 5 practitioner in Pranic Healing®, she went on to train in massage and reflexology, as well as Tibetan and Indian head massage. Pranic Healing® is a simple yet powerful and effective system of non-touch, energy healing based on the fundamental principle that the body possesses the innate ability to heal itself.

When providing massage, Carol mainly uses a couch with drapes to cover the areas she isn't massaging at the time and using either massage wax or oils. If the client prefers, then she is able to massage through drapes or whilst the client is laying on their side, particularly useful for pregnant ladies and clients with different pain issues, or anyone having difficulty laying on their front or back for periods of time. Seated massage is provided on a massage chair and again provided through clothing, this is wonderful for people who only want a short, half an hour session, usually just their back, neck, shoulders and head.

I opted for the Indian head massage, which was conducted seated and fully clothed. Prior to my treatment we took the time to discuss my lifestyle and any medical conditions, along with how I was feeling on that particular day. This helps Carol tailor the treatment specifically to each client's needs. She does her utmost to cater for every one as an individual - "There is no 'one size fits all'; Everyone is unique".

The Indian head massage began with Carol spending time working on my back, shoulders and neck, before turning to my arms and hands. Even sat upright in a chair this was very relaxing. I opted to have oils used on my head, but this is a personal choice. Having your head massaged is incredibly relaxing, as is the work on your face which completes this wonderful treatment. 40 minutes was over far too quickly and Carol had to rouse me with a glass of water!



*"I love what I can do to help people. To me it is the best feeling the world when I have just finished a treatment and my client says to me "That was wonderful, I feel so much better now.""*

**Carol Massey**

**Carol mainly provides a mobile therapy service, which is particularly beneficial for older members of the community, busy mums and anyone with mobility issues.** Mobile treatments are viewed as a treat, especially when there is more than one person in the household who would like a treatment (husbands/wives, girls get together etc). She also has employers who book her for a regular day each month to come into the office as part of their employee welfare program (suggest that to your boss!).

So, whether you treat yourself on a regular basis, or a one off treatment, give your body that well earned bit of time out to help rejuvenate itself.

**Give Carol a call and make time Just for You!**



**JUSTYOU**  
Holistics

Pranic  
Healing

Massage

Tibetan Head  
Massage

Reflexology

**Call: 01454 626439 / 07872 440787**  
**[www.justyouholistics.co.uk](http://www.justyouholistics.co.uk)**



**BEAUTY PLUS**  
*By Myriam*

**Step in to Summer...**

...with lush fingers and toes!  
Combine a manicure with a  
pedicure and save £8!

Call to book your appointment today  
and avoid disappointment

**01454-776938 / 07854-608889**  
147 Church Road, Frampton Cotterell, Bristol BS16 2JX

**Hards Tax Services**

**Chartered Tax Advisers and Chartered Accountants**

- Self assessment tax returns
- Small business accounts
- Payroll and VAT
- Tax planning advice, including property taxes

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



**Foot Care**  
in the comfort of your own home

**Nail Trimming, Corns, Callus**

Contact Kimberley  
**07527 631 092**  
£19 per person per visit

## Community Noticeboard

For free listings contact  
[community@  
mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk)

**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*

**THE CROSSBOW SINGERS**

# LAND

# OF HOPE & GLORY

**Music to celebrate the Centenary of the  
RAF and the Victorious end of the  
Great War 1918 ... & hope for tomorrow!**

**7.30 PM JULY 2<sup>ND</sup> & 3<sup>RD</sup> 2018**

CROSSBOW HOUSE, SCHOOL ROAD, FRAMPTON COTTERELL

Donations from Ticket Sales will be made to local charities

**TICKETS at £6 each**

**MONDAY 2<sup>nd</sup> – Rose 01454 772675**

**TUESDAY 3<sup>rd</sup> – Mary 01454 887885**

## The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



**Community Coffee Mornings  
18 July & 19 September 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.

## Watermore Primary School

is looking for new governors for  
their outstanding school. Governors  
will help support the Head teacher  
and staff as they move towards  
their new build, which will mean  
that at last the whole school will be  
on one site. Governors act as critical  
friends to the school and help  
ensure that all children are happy  
in their learning and able to achieve  
their full potential.

Governor meetings are held 4 to 5  
times a year for the full governing  
body and an additional 4 to 5  
times a year for committees.

If you are interested in becoming a  
governor, or would like to find out  
more, please contact [alex.jones@  
watermoreprimary.org.uk](mailto:alex.jones@watermoreprimary.org.uk)

**ST PETER'S  
CHURCH**

**FRAMPTON  
COTTERELL**

**ART EXHIBITION**

**Saturday 25 August  
10am – 6pm**

**Sunday 26 August  
Noon – 6pm**

**Monday 27 August  
10am – 6pm**

Over 200 original paintings  
for sale and refreshments

**Enquiries: 01454 778348**

## Winterbourne Down & District Horticultural Society's Flower & Vegetable Show

**This popular annual event is to be held on Saturday 18th  
August at the Greenfield Centre, Winterbourne.**

It is open to anyone and schedules can be obtained from  
Richard on 01454 773218.

There are plenty of classes so you should be able to find a  
few you are able to enter – with lots of fruit and vegetable



classes, floral art and  
homecraft (baked items and  
jams), plus a photographic  
section. So, if you don't or  
aren't able to grow things,  
you can still enter some  
photographs choosing  
from a choice of topics.  
The public can visit the  
Show in the afternoon and  
see the cups and shields  
being awarded. Always an  
enjoyable village event.



Friends of Manor School  
are proud to present –

## Happy's Circus & Summer Fair

On the afternoon of

**Sunday 8th July**



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 email  
[friendsofmanorschool@  
gmail.com](mailto:friendsofmanorschool@gmail.com) or telephone  
Clare on 01974734799



**Factory Road, Watleys End,  
Winterbourne BS36 1QL**

## TABLE TOP SALE

**Saturday 21st July**

**10am to 12.30pm**



## Refreshments & Cakes

**Tables Available at £6**

**To Book a Table**

**Please ring**

**Jayne - 0793 5377790**

# News from the Floral Friends of Frampton



**Waitrose Donation** – Floral Friends were delighted to be presented with a donation of £165 from Waitrose as part of their Community Matters green token scheme. This is much appreciated and will be put towards costs of establishing and maintaining wildflower areas within the village.

**Summer Displays** – Floral Friends have been busy emptying and refilling the planters and gateways around the village then replanting them all with beautiful summer displays. The colour theme this year is gold to reflect our SW in Bloom gold pennant award for last year's displays. If anyone could help us to look after a planter please get in touch (details below). We are short

of volunteers this year and would really appreciate help deadheading and watering to keep the displays looking beautiful.

**Frampton End Corner** – Our *It's Your Neighbourhood* group has successfully transformed this neglected roadside corner with wild flowers and foxgloves. The poppies are looking lovely right now and hopefully more flowers will follow later in the season.

**It's been a busy time sowing seeds!** Like everyone else, we've been enjoying the better weather and are delighted that local children have helped us with sowing seeds. The Brownies helped Floral Friends to sow sunflower seeds and wild flower seeds at the Park. They also planted their own sunflower seeds in pots for a Brownie competition to see who can grow the tallest sunflower. They were brilliant workers and their good deed will benefit the whole community including local wild life. Everyone loves our wild flower and sunflower displays!



Brockridge Centre After School Club children enjoyed planting sunflower seeds in the Sensory Garden. Whilst Frampton C of E Primary School Gardening Club have been busy sowing wild flowers, poppies and sunflowers at the Park. We can look forward to a lovely display this summer created by these keen, green fingered young gardeners!

**New Feature at the Sensory Garden** – The new magnifying post in the Sensory Garden is being well used by budding scientists to look closely at bugs and plants. The post was funded by Village Action and set up by Floral Friends volunteers.

**BBC Radio Bristol** – Radio Bristol visited the Brockridge Sensory Garden on Sunday 13 May as part of the programme *Clueless* with Richard Lewis. You can listen again on the Radio Bristol website (you may need to sign in but it is free to do so). You can also access it via BBC iPlayer app on a tablet or smartphone. At around 49:30 minutes, the presenters can be heard trying to find the Brockridge Centre. Then, at 54:07, they arrive at Sensory Garden and interview Andrew Edgington.

**Floral Boots** – 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. 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 6 July (the application form and further details are available on our website and the boots displayed where passers-by 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 21 July until Saturday 28 July. Certificates and prizes will be presented on Saturday 28 July at the Brockridge Centre. So – hang on to those old boots and get creative!

**We Need Help!** It's a busy time of year with all the seed sowing and renewing all the planting in the planters and hanging baskets around the village. If you could help, we would love to hear from you – you don't have to be a gardening expert, just happy to lend a hand and help us to make our village beautiful. Please email us at [floralfriendsofframpton@gmail.com](mailto:floralfriendsofframpton@gmail.com).

Remember – all our latest news is available on our website: <http://fframpton.wixsite.com/fframpton-cotterell>



**DON'T MOVE... IMPROVE...**  
*A fast, friendly and reliable service*

*Planning consultant available for expert advice, planning appeals and site appraisals.*

*I have a vast knowledge of the planning system and am very familiar with how Local Authorities operate. I have worked for many Council Planning departments in the South West for over 10 years and understand the stress that can be placed upon you.*

*Potentially, I can save you hundreds, if not thousands, of pounds by giving you the very best advice.*

*Good competitive rates and speedy work completed to your individual needs.*

**07809 311567**

[sara@taylorcoleplanning.co.uk](mailto:sara@taylorcoleplanning.co.uk)



## Bring in your prescription

And receive £40 off designer glasses

**Need an eye test? Book online at [specsavers.co.uk](https://www.specsavers.co.uk)**

**Bradley Stoke** The Willow Brook Centre. Tel 01454 275 020



Applies to a complete pair of designer glasses from the £99 to £169 ranges. Valid until 31 August 2018. Present voucher at time of purchase. Cannot be exchanged for cash or used with other offers. £99-£169 ranges: 1.5 single-vision lenses. £169 Fineform and Rimless ranges: 1.6 single-vision lenses. All lenses are scratch-resistant. Extra Options available at an additional charge. Excludes safety eyewear. One per person, at named Specsavers stores only. ©2018 Specsavers. All rights reserved.

## On the Road ... Matt's Trans-America Cycle Ride

Three months ago Stoke Gifford resident Mathew Moran, 56, set out on an incredible Trans American cycle ride covering over 4,000 miles of America's natural beauty, with only his bicycle, a tent and his sheer determination whilst raising funds for The Royal British Legion.

During the past 10 weeks, Matt has experienced extreme heat, strong winds, heavy rain and tornados. He has survived snakes, packs of dogs, cougar warnings and even a bite from a spider! He has stayed on an Indian reservation, watched eagles soaring overhead and during one particularly high climb, saw a panoramic view stretching over 70 miles! Matt said, "The Blue Ridge Mountains of Virginia are absolutely stunning."

It was tough cycling in the heat, conquering the mountains, but as ever, Matt's strength and determination pulled him through.

Along the journey, Matt has marvelled at the kindness, help and hospitality that he has received from many of the locals during his trip. A particular special bond was formed with a fellow cyclist named Manson K. Brown; a decorated retired U.S. Coast Guard Vice Admiral (VADM). Matt and Manson encouraged and supported each other meeting for meals, camping, whilst discussing the route they were taking amongst other things. Both have their own reasons for achieving their specific goals and Manson was impressed by Matt's commitment to support The Royal British Legion.



On route, Matt visited York Town which is not only a place that figured prominently in the American Revolutionary War (1781), it is the Eastern Terminus of the Trans American Trail bicycle-touring route.

And yes, Matt made it!

He was extremely emotional; cycling across America from the Pacific to the Atlantic Ocean! What an achievement! However, there was little time for celebration, just a bottle or two of beer around an open fire before heading off to Washington DC for a spot of sightseeing.

Matt will arrive at his final destination of New York on 26th June 2018.

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 self funded 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: [www.justgiving.com/fundraising/matt-cyclethethstates](http://www.justgiving.com/fundraising/matt-cyclethethstates) or [www.justgiving.com/fundraising/cyclerideusa](http://www.justgiving.com/fundraising/cyclerideusa)**



## 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 Voyage 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 quality 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](http://www.gwbrewery.co.uk)





## Wildflower Meadow Wild Picnic, with Owls!

Thursday 23rd August - 12 - 2.30pm

An afternoon of nature based exploration at Says Court Solar Farm, with the Hawk & Owl Trust. Meet the owls, enjoy a picnic in the wildflower meadow and go bug hunting, nature spotting and more. Bring a picnic and make the most of the summer holidays in this secluded wildflower meadow surrounded by traditional farmland and solar farm. A mix of led and free play activities available. Includes a walk of approx. 1mile.

**£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](http://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](mailto:Hannah.welsh@avonwildlifetrust.org.uk)



## The Curtain Company

Made to measure Curtains and Blinds

Free Estimates  
Free Expert Advice  
Wide Range of Fabrics  
Poles and Tracks  
including Bay Windows  
Fitting and Hanging Service  
All Types of Blinds

01454 327597  
07540 612604

[www.thecurtaincompany.co.uk](http://www.thecurtaincompany.co.uk)



## SAA Frome Valley Art Group, Winterbourne

Frome Valley Art Group's annual exhibition, with the help of local sponsors, raised an amazing £600! The money was gifted to this year's chosen charity, Great Western Air Ambulance. Joe Hughes, the charity's community fundraiser, received the cheque at the Art Group's afternoon session, at the Greenfield Centre in Winterbourne.

**The Art Group welcome visitors any Friday 2-4pm or 7-9pm.** Membership is £25 per term.

On 7 September a short beginners' course in watercolour painting will start at 2pm.

**For details contact 01454 250817 or [fromevalleyartwinterbourne@gmail.com](mailto:fromevalleyartwinterbourne@gmail.com)**

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

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

A wide range of spectacles from NHS to handmade and bespoke frames.

Call today for an appointment  
**01454 775530**

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX

## News from Winterbourne Evening Wl

Our June meeting was well attended as usual, and was chaired by Carol Shields in place of our President, Emilie Smith, who is currently spending her holidays walking the Pennine Way with her husband (see centre picture). We are looking forward to hearing all about it on her return.

Our speaker for the evening was Sandy Osborne (pictured top right), a serving police officer of 29 years, who is now a Detective Inspector. Sandy is also a keen runner and has completed half marathons for St Peters Hospice in memory of a police officer in her force who died of cancer.

Sandy told us all about her long and arduous journey which led to her writing the first two books in a series entitled *Girl Cop* which are very loosely based on her experiences both as a probationer and then later in her police career.

After tentatively embarking on writing her first novel, she quickly realised that it is not enough to just write a story and then get it published. A great deal of research is involved to ensure that the plot is feasible, practical and that all details, such as dates and places, are correct. Once the first draft is finished then a publisher must be found. This is an exhausting process involving contacting publishers with a synopsis and the first three chapters of your book, which must be presented in a precise format, or it just ends up in the bin! Several rejections and very little helpful feedback usually follows, resulting in many budding authors giving up on the idea completely. Sandy, however, persevered and decided to take the risky and expensive course of self publishing, eventually finding a small company to advise her on such matters as designing the book covers. This is very important as many people do judge a book by its cover! This was followed by a lot of self marketing and finally a January launch at Waterstones in Bath. Some 100 of her books were sold on that evening and rewarding sales of both that book and the second one have continued since.

Sandy was a very entertaining speaker, incorporating excerpts from her books. After the meeting was closed, some of our members bought the books, which Sandy signed for them.

Members then purchased items from our cakes, preserves and plant sales tables before adjourning for a cup of tea and a chat.

**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*



**AllSports Rehab**  
The Old Rectory Clinic  
High Street, Iron Acton  
BS37 9UQ

**07800 971 810**  
[info@allsportsrehab.co.uk](mailto:info@allsportsrehab.co.uk)  
[www.allsportsrehab.co.uk](http://www.allsportsrehab.co.uk)

## Naomi Harris GSR

I have a BSc(Hons) in Sports Therapy and Rehabilitation and use a multidisciplinary approach to help to return you to full fitness, including treatments such as:

Exercise Rehabilitation • Injury Assessment & Diagnosis • Massage Joint Mobilisations • TENS Therapy • Biomechanical Analysis • Taping

I can help you with injuries including

Muscle & Ligament Strains • Back & Neck pain  
Postural issues • Knee Injuries • Tennis/Golfer's Elbow • Muscle Imbalance or Weakness • Foot & Ankle Injuries • Plantar fasciitis • Shoulder Injuries

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

## News from Frampton Cotterell WI



Massive congratulations to the Frampton Cotterell WI Darts Team – winners of this year's annual Avon Federation tournament.

On the 22 May, members met for National WI Resolutions Discussions and a quiz night at St. Peters Hall. This year's cause for support, was the issue of Mental Health and members voted for this to be represented by the WI at the next national meeting.

We are all delighted to be celebrating our darts team winning this year's annual Avon Federation tournament. Well done girls – we salute you!

At time of writing we are looking forward to our summer meal out at The Globe.

We'll 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 also have a members visit to historic Acton Court organised for the last Saturday of the month.

Our talk for this month is *How to wear a Sari*, we look forward to sharing news on this in the next issue. Other talks coming up later in the year include *Luxury chocolate making*, *The history of the Police Force*, and *Pest Control* – see our Facebook page for more details.

**Visitors and new members are welcome** to our monthly meetings at **St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month.** There is a charge of £2.50 for the evening and any new members can 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.**



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



**An Aladdin's cave for music lovers!**

Guitars, Amps, Brass & Woodwind, Sheet Music, Drums, Percussion etc. A wide range of musical accessories and gifts also available

**REHEARSAL ROOM with  
IN-HOUSE PA & DRUMS**



**Tuition also available:**

- Singing • Piano • Keyboard • Flute • Clarinet
- Saxophone • Drums • Ukulele • Recorder
- Guitar • Jazz Piano

**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](http://www.hannahsmusic.co.uk)

This month we caught up with the owner of Hannah's Music and event organiser of Chepstow's fabulous 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 the stunning venue of Chepstow Castle. I had to work hard for it to be agreed for just one Rock concert to be put on, but thankfully it was met with such success, that we now have 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! 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!"

**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."

### 2018 Line-Up

**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.



## Castell Roc 2018

**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!)."

### READER COMPETITION: Win 2 tickets to a show of your choice!

- (a) Which Castell Roc act is only performing at one other European venue this year?
- (b) Which well known celeb is flying in from Australia to perform?

email your answers, and choice of act, to  
**community@mattersmagazines.co.uk**  
before 31st July for your chance to win!!

Winner will be drawn at random from correct entries received before closing date.

**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](http://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](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.



## Winterbourne's Medieval Barn – News & Events



**Opening of the Cart Shed** – At the end of May, the refurbished Cart shed was officially opened as a Reception and Education Centre. After a short speech from chairman Sue Parsons, the ribbon was cut by Hilary Severn, a former trustee of WMBT who had been particularly supportive of the project

and who had made a donation towards this education project in memory of her husband, the late Professor Roy Severn CBE of Bristol University. Teas were served by WMBT volunteers including the amazing Mille Taylor, who recently celebrated her 90th birthday! And guests enjoyed fantastic cakes supplied by Lorraine's catering.

With a new roof, windows and doors, and the installation of a power supply, the Cart Shed is now available for meetings, talks, workshops, visiting groups and private hire. The whole project was made possible with the very generous support of the European Agricultural Fund for Rural Development, as well as South Gloucestershire Council and others.

**Jazz at the Barn** – The Barn's summer programme kicked off with a glorious warm sunny evening of jazz with the UWE Big Band and saxophone ensemble. A capacity crowd enjoyed the laid-back music along with superb locally-produced food from Lorraine's Catering and Old Sodbury Lamb. The Three Engineers Brewery and Haythorn Cider, both of which are based at Winterbourne Barn itself, supplied excellent (and very local!) beer and cider. It was a wonderful evening and a great start to the season of events at the Barn.

**Medieval Fayre** – Although it started cloudy, it turned into a glorious hot sunny day for the Medieval Fayre on Sunday 10 June. Hundreds of people came to enjoy the entertainment,

food and drink. The Company of Chivalry gave wonderful displays of life in a 14th century camp, with demonstrations of cooking, spinning, carpentry, coin-making, make-up and clothing, falconry, archery, crossbows, military drills and battles. There was live medieval music from Bygonz and the Barrelscrapers, and a colourful Broom Dance. The very loud medieval cannon was fired, making everyone jump! Visitors were given the chance to train with the medieval soldiers in using a billhook, fire the trebuchet, and join in dancing and singing. And local food and drink producers supplied an excellent range of delicious products.

### July/August 2018 Community Events

**Tuesday 3 July, 7pm – Wine-tasting.** 25 years in the wine trade means Ian 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](http://www.ticketsource.co.uk/date/HIJMGD) or in person from Daisy's Coffee Shop, Winterbourne.

**Sunday 8 July, 6pm – Verdi's Falstaff.** Tessitura Opera Group present Verdi's wonderful tuneful comedy opera in the unusual and intimate setting of the Medieval Barn.

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](http://www.ticketsource.co.uk/date/HIJMGJ) or in person from Daisy's Coffee Shop, Winterbourne or on arrival at the 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. Email: [lindajhall61@gmail.com](mailto:lindajhall61@gmail.com) or Tel: 01633 889019 / 07891 688581. £16.50. Tea/coffee included, but bring a packed lunch.

### Sunday 12 August, 2.30pm – The Three Musketeers.

Set in 1627, this fast, funny and colourful adaptation by Ian Kennedy Productions of Alexander Dumas's famous French tale has real professional-choreographed sword-fighting, but is self-aware and relevant for an audience in 2018. One for all the family! Gates open at 1pm for visitors to picnic in the grounds if they wish before the performance in the Barn. Drinks available to purchase. Tickets £10 Adult, £8 Child (under 16yrs), online now from Ticketsource <https://www.ticketsource.co.uk/date/HIJMHH> or in person from Daisy's Coffee Shop from 28 July. There may be a few tickets available on the gate but this cannot be guaranteed.

**Tuesday 28 August, 7pm – 'The Winter's Tale'** by Shakespeare. This production is brought to you by The Festival Players, a professional theatre company

committed to presenting the very best in touring theatre. It is directed by Michael Dyer with music by Johnny Coppin. The Winter's Tale is an intriguing mix of drama and comedy. Gates open from 5.30pm for visitors to picnic in the grounds if they wish before the performance in the Barn. Drinks on sale beforehand and in the interval. Tickets £14 Adult, £10 Child (under 16yrs) online now from Ticketsource <https://www.ticketsource.co.uk/date/449672> or in person from 13 August at Daisy's Coffee Shop, or on the gate if there are any left.

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

**[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)**

and follow them on Facebook and twitter.

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

**Editor's Note:** WFM was delighted to attend the fantastic Medieval Fayre. We got a wonderful sense of history as we strolled around the Barn and its grounds. We particularly enjoyed the displays, browsing the vegetable garden and of course the abundance of scrumptious cake! If you have never visited, we thoroughly recommend you attend one of the forthcoming events at this local, historical venue.



## Claim your FREE Family Guest Pass to Nuffield Health, Stoke Gifford

**Our North Bristol facility located in Stoke Gifford offers members adult and children's swimming pools, a fully-equipped, modern gym, plus personal training support.**

We also offer group exercise classes ranging from Yoga to Body Combat, while on the gym floor you'll have access to all the latest cardio and strength equipment. Parking and crèche/nursery facilities make it easy for you to find time for fitness!

Your gym membership will start with a complimentary Health MOT, giving you and our staff a good understanding of your current fitness and help them create a tailored fitness plan for you. When you become a member of our fitness centre you'll also get access to 86 other clubs across the UK.

### Have a free Health MOT on us!

Health MOTs are Nuffield Health's free one-hour health checks for gym members. They give you quality time with a highly-trained personal trainer to discuss your fitness. They also include key clinical tests, like blood glucose and blood pressure, to identify potential health risks and give you a full picture of your health and fitness.



Health MOTs help you get fitter, faster by:

- Measuring your current fitness
- Identifying potential health risks
- Defining achievable goals
- Providing a personal fitness programme
- Giving lifestyle guidance
- Tracking progress

Our members are twice as likely to stay on track with regular Health MOTs.

### How to redeem

Simply come along to our fitness center with this page and speak to one of our helpful team. You'll be given free access to the facility for the day.

If you'd like to book a free health MOT please contact the club first to pre-book - call us on **0117 9749740**

**We're easy to find:** via car off Junction 1 of the M32, or via the B4057, with parking available onsite off Simmonds View. We're also a short walk from Bristol Parkway train station. Our Stoke Gifford club welcomes members from across the local communities of Stoke Gifford, Bradley Stoke, Little Stoke, Winterbourne, Frampton Cotterell, Filton and more.



**Focus  
On**



**Our Local Dr of Osteomyology  
Dawn Clode** Ostm, Lic MET Lic CR FAO

Dawn Clode is a warm, lovely person whose occupation as a healer both of body and mind is one that she was born to do. Luckily for us, her holistic health practice is based in Little Stoke.

### So what exactly is Osteomyology?

If we start by breaking the word down, Osteo means bone, myo means muscle, ology is a suffix meaning 'the study and treatment of'.

The Association of Osteomyology's website states, "...Osteomyology puts aside the usual tunnel vision of rigidly trained philosophies and allows the practitioner to switch seamlessly from one bodywork protocol to another even combining some methods together, this way the practitioner is never defeated as his/her armoury is limitless".

**Treatments available.** Having so many helpful tools in her kit to call upon when treating her patients is one of the many things Dawn loves about being an Osteomyologist. A selection of the treatments she is qualified to practice include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Life Coaching, Massage, Muscle Energy Technique (MET), Neuro-Linguistic Programming (NLP) and Reflexology.

### Common pain relieved or cured.

Conditions that Dawn frequently, successfully treats include; frozen shoulder, RSI, back, neck and joint pain, depression, stress and low self esteem.

Having suffered severe back pain for over 20 years herself before discovering Osteomyology, Dawn has a strong sense of empathy with her patients. Using her tool kit of holistic therapies to help people have less physical or emotional pain makes Dawn's job a joy, "Witnessing my patient's relief of pain is like winning the lottery!".

**If you are living with pain or know somebody that is, NOW is the time to get it sorted out.**

Visit [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk) for full details, or call Dawn to book in on **0795 1099 491**.



## FELTHAMS FIRES & FLUES LTD

132 GLOUCESTER ROAD  
PATCHWAY  
BRISTOL  
BS34 5BP

Website: [www.firesandflues.com](http://www.firesandflues.com)  
Email: [felthamsfiresandflues@hotmail.co.uk](mailto:felthamsfiresandflues@hotmail.co.uk)  
Facebook: Felthams Fires and Flues  
TEL: 0117 9093300

### "SPRING/SUMMER OFFER"

#### Go Eco Plus Multi-Fuel Stove.

Supply and Install Price: **£1,449.00 Inc VAT**

#### Fireline FX5 or FP5 Multi-Fuel Stove.

Supply and Install Price: **£1,549.00 Inc VAT**

#### Fireline FX5W or FP5W Multi-Fuel Stove.

Supply and Install Price: **£1,649.00 Inc VAT**

Price includes Stove, 9 meter liner and all ancillaries.

**NB: FREE SURVEY UNDERTAKEN TO ASSESS SUITABILITY / PRICES BASED ON LADDER ACCESS ONLY / BUILDERS WORKS EXTRA IF REQUIRED/HEARTH IF REQUIRED EXTRA COSTING OFFERS VALID WHILST STOCKS LAST □ FINAL DATE FOR OFFER INSTALLATION FRIDAY 24th AUG 2018**



Federation of Small Businesses  
The UK's Leading Business Organisation

# Summer 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 28 July and 25 August, 10.30–11.30am. Suitable for the primary age range, children must be accompanied by an adult.

**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 7 and 21 July and 4 and 18 August, 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.



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

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!

**Do join in Winterbourne Library's special Mischief Makers events –**

### Fizz Pop Science Workshop

Friday 27 July, 10.30–11.30am. TICKET ONLY: contact your library to book.

**Make some Mischief!** Friday 3 August  
10.30am–12 noon. FREE drop in fun for 4–11 year olds this summer.

**Dastardly Disguises** Friday 10 August  
10.30am–12 noon. FREE drop in fun for 4–11 year olds this summer.

**Dennis & Friends** Friday 24 August, 10.30am – 12 noon. FREE drop in fun for 4–11 year olds this summer.

**Plus 2 extra Mischief Lego Clubs**  
1 and 8 August, 2.30–3.30pm.

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.

## History Matters at St Michael's Primary

Our summer term got off to an exciting start at St Michael's Primary school. For our first day back after the half term break, we all travelled back in time to the Victorian era and all dressed in old clothes – which the unfortunate Victorian school children would have worn. There was a creative mix of rich and poor outfits. We started our school day with an assembly led by our head teacher and then ventured to our first lessons. It was hard work at first but was fun and a very different experience at the same time. One of the lessons was using a copy book to practice our fancy, intricate Victorian handwriting – very different to present cursive writing we use today. We also had a reading lesson, which was a passage from Oliver Twist, in which we read aloud in front of the class. We had to do this standing up as it was good manners. Before entering each of the workshops, we stood in a girls and boys line because they during the Victorian era they would have been treated and taught differently. The girls would have been taught needle work while the boys would be taught technical drawing.

If we misbehaved, we could choose if we wanted to wear the Dunces cap yet the Victorians wouldn't have had a choice and would have been caned or humiliated in front of their peers! On the blackboard, we had clear rules that we had to remember and follow such as standing up when an adult entered the room; calling teachers sir, miss or Mrs, depending if they were married; all children had to write with their right hand only and children weren't allowed to ask any questions. After all, children during these times would have been seen and not heard!

After lunch, which the Victorian children would have gone home for, was Drill (PE) and bible studies. The PE was similar to army drills – doing exercises and stretches – and the stories were all from the bible. Unlike the Victorians would have, we earned ourselves

a biscuit whilst listening to a chapter of Joseph and his coat of many colours. Being



a Victorian for the day and being able to make comparisons to our present school day was an engaging and exciting experience. Over all, after having a taster of being taught in the past and present, we would greatly prefer to learn as we do today in St Michael's as the teachers are a lot less strict and much kinder! We really enjoyed having the chance to be a Victorian school child and are excited for what the rest of our school term will bring!

*By Grace and Ellie.*

*Year 5 at St Michael's Primary School.*

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



**Holiday Childcare Throughout the year.**

**Open from 7.45 until 6pm**

**Breakfast served until 8.15am**

**Book Full, Half or a School day.**

**See our website for full details**

**www.oscarschildcare.org.uk**

**The Terrapin Frampton Cotterell CofE School Rectory Road Frampton Cotterell**

**E-mail: oscars.terrapin@btconnect.com**

**Telephone: 01454 250528**

Registered Charity No: 1133716



## THE AERIAL MAN

TV Aerial and Satellite Specialist  
*Affordable Prices - Reliable Service*

- Digital Aerials
- Fully Guaranteed
- Repairs
- Sky Work
- Free Quotes
- OAP Discounts
- Poor Reception Problems
- Additional TV Points
- Humax Recorders
- TV Sales

**01454 660 046**  
**07818 413 451**  
[www.theaerialman.co.uk](http://www.theaerialman.co.uk)



## Winterbourne Down Village Carnival 2018!

What a glorious day of sunshine, laughter, entertainment, cream teas and ice creams! Congratulations to the organisers for another great event which boasted community spirit by the bucket load!

Winterbourne & Frampton Matters enjoyed catching up with many of the local groups we report on in the magazine, as we visited their stalls.

This year the theme was 'real life heroes' and as always the costume parade did not disappoint. Carnival Queen Amelia Long with her attendants Eve Durant and Jessica Mawers enjoyed waving to the crowds in the procession before the crowning ceremony.

We already look forward to what the 2019 carnival will bring!



# FRIENDS OF BRANDY BOTTOM COLLIERY, PUCKLECHURCH

There have been 16 work parties to date in 2018. The masons have completed working on the Horizontal Engine House and the New Pit heapstead, the interpretation boards have arrived and are in the process of being installed, exploration resumed outside the Old Boiler House, a start was made on the conservation of the area around the East Flue, and we have received some aerial photos of the site. **Brandy Bottom will be open again on the Heritage Open Days weekend of 15-16 September.**

The current conservation programme on the New Pit was completed in February, leaving just a few finishing touches on the tipplers. This has been partly funded by a £20,000 grant from the Ibstock Envoert Environmental Trust, with the balance coming from our own resources. The Avon Industrial Buildings Trust (AIBT) would like to thank the trust for their financial assistance, and also Ibstock, the landowners, for delivering some more special bricks for use in the rebuilding. The brickwork around all of the windows and the door of the Horizontal Engine House has been rebuilt, and the photograph on the right shows the completed entrance to the building.

Historic England gave us a grant to produce four interpretation boards for the site. These have been delivered and are in the process of being erected. One board has been placed beside the eastern half mine wheel (photo below). It has brief descriptions of some of the mining practises of the 1800s. A second, covering the AIBT and its current and past projects, has been fixed to the outside of the storage container, together with a board from the Ibstock Envoert Trust. The other two boards will be placed against the boundary fences of the Old and

New Pits and will describe their layouts.

We have to say a thank you to the drone enthusiast who took some photos of the site at the beginning of April. He has very kindly given



us copies, and they help to put the site in perspective.

The one featured above, shows the Old Pit on the right and the New Pit on the left. The egg-ended boiler is the object at the centre of the bottom edge. The meandering grey of the cycle path can be seen above the New Pit. The line of the old railway tracks can be seen at the top of the photo, marking the limit of the Lyde Green development. Between the two are the pond area, and the location of two cottages that appear on the Ordnance Survey maps from 1881. The 1911 census records one of the inhabitants as a general smith and another as a coal miner.

There are copies of previous FoBB newsletters on the 'Archive' page of our website – [www.aibt.org](http://www.aibt.org).

## Visitor Access and Future Work Parties

Planning has already started on opening Brandy Bottom during the 'Heritage Doors Open' weekend of 15–16 September 2018.

At present visitor access to the site is limited to days when there is a work party in progress. For more info or to arrange a tour, email: [info@aibt.org](mailto:info@aibt.org).

**The next Work Party dates for 2018:** Saturday 07, Wednesday 18, Saturday 28 July; Saturday 04, Wednesday 15, Saturday 25 August; Saturday 08, Saturday 15 and Sun 16 (Heritage Open Days), Saturday 29 September.

*Please note that work parties, and their starting and finishing times, may be altered at short notice. Newcomers who would like to join a work party are advised to email first: [info@aibt.org](mailto:info@aibt.org).*



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 Bickeridge 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.**



*Making the Most of Your Digital Photographs*

## 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 Bickeridge 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**



## 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 Mondays, 10–11.30am (term-time only), £3 per family. Lots of toys, dressing up, book area, sit and ride a music time and more. Get to know other new mums, dads and grandparents. Refreshments included for grown ups and a drink and snack for children. term time only. Just come along or e mail [butterflies@gmail.com](mailto:butterflies@gmail.com)



**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 [themothersunion.org](http://themothersunion.org) or contact Mary Head 01454 887870.

### A Date for your Diary – 1st September – 73rd Horticultural and Craft Show

There will be a Vegetable section, Fruit Section, Flower, Photographic and Visual arts, Handicrafts, Floral art section, Victoria sponge, Domestic (Bread Rolls, Fruit cake, Jams, Scones, Chutneys and Pickles ect) and a Novelty section. A very fun, interesting afternoon why not see if you can take part. 2pm, come have a wonderful afternoon. If you would like more information you may contact the Show Secretary Mrs Karen Bidwell on 07914070535.



**See the church website for times of other Services and more information. [www.coalpitheath.org.uk](http://www.coalpitheath.org.uk)**



© R H Whitworth, 2018

## 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

3 July	Coffee Morning at the M.S. Therapy 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 CLIP.

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](mailto: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.

## Frampton Cotterell & Coalpit Heath Village Diary

### July 2018

**July Tues – Wine-tasting** with Ian Redfearn, Winterbourne Medieval Barn, 7pm–9.30pm. £10. Advanced booking, see [www.winterbournebarn.org.uk](http://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](mailto:hilary.jay@curo-group.co.uk)

**Fri 6 – Mash in the Meadow**, Iron Acton, 6pm.

**Fri 6 – Quiz**, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 / [crossbowhouse@gmail.com](mailto:crossbowhouse@gmail.com)

**Sat 7 – Watermore School Summer Festival**, 2.30pm–7pm. Roald Dahl theme.

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

**Sun 8 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](mailto:friendsofmanorschool@gmail.com) or Tel Clare on 07974734799.

**Sun 8 – Verdi's Falstaff**, Tessitura Opera, Winterbourne Medieval Barn, 6pm. Gates open 4.30pm. Tickets £13.50 (child £10). [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

**Tues 10 – Community Coffee Morning**, WADCA, 10.30–12.30. All welcome.

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

**Wed 11 – 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 13 – Frampton Folk club**, Crossbow, 8pm. £2. All welcome. [allinsonjohn2@gmail.com](mailto:allinsonjohn2@gmail.com)

**Sat 14 – Frampton Festival** 2pm–10pm.

**Wed 18 – Community coffee morning**, Manor Hall, 10am–12.00. Tel: Alison 07873 747513 for more details.

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

**Sat 21 – West Gallery music workshop**, Wint Medieval Barn, 10am–4pm. For singers and instrumentalists. Pre-book £16.50. Tel: 01633 889019.

**Mon 23 – Fri 27th - Churches Holiday club.**

**Tues 24 – Frampton Cotterell W.I.** at St Peters Hall, School Rd, 7.45–10pm. Pest Control. £2.50. Tel: 01454 773426 or 01454 778900 / E: [marycroberts@talktalk.net](mailto:marycroberts@talktalk.net)

**Wed 25 – Litter Busters**, 10am–12.00. Meet at Gingerbread Man, Church Road.

**Wed 25 – 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 26 – 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](http://www.wadca.co.uk)

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

### August 2018

**Wed 1st – Coalpit Heath WI**, St Saviours Church Hall, 19:45pm. Visitors always welcome! Tel: 07935 071291 / Email: [caitlin.reeves@virginmedia.com](mailto:caitlin.reeves@virginmedia.com)

**Fri 3rd – Quiz**, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 / [crossbowhouse@gmail.com](mailto:crossbowhouse@gmail.com)

**Tue 7th – Kids Summer Fun**, Superheroes & Princesses, WADCA 10am–12.00. £2.50.

**Wed 8th – 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.

**Sat 11th – Dinner Dance**, WADCA, £20. Doors open 7pm. Music from Tony Graham.

**Sun 12th – The Three Musketeers** (IKP Productions), Winterbourne Medieval Barn 2.30pm. Adult £10, child £8, [Ticketsource.co.uk](http://Ticketsource.co.uk) or Daisy's. [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

**Tue 14th – Kids Summer Fun**, Dinosaurs, WADCA, 10am–12.00. £2.50.

**Wed 15th – Archaeology Club for Children**, Winterbourne Medieval Barn, 10am–12.00. Fun, creative, hands-on activities. 15 places. £10. Must pre-book. Contact Jenny Hopkins [archaeologyclub@hotmail.com](mailto:archaeologyclub@hotmail.com) or [facebook.com/Handsonarchaeology](https://www.facebook.com/Handsonarchaeology).

**Fri 17th – Bingo**, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

**Tue 21st – Kids Summer Fun**, Disney Disco, WADCA 10am–12.00. £5.

**Wed 22nd – Archaeology Club for Children**, Winterbourne Medieval Barn, 10am–12.00. All details as Wed 15th above.

**25-27th – Bank Holiday weekend Art Exhibition** and sale, St Peters Church.

**Tue 28th – Shakespeare's The Winter's Tale**, Winterbourne Medieval Barn, 7pm. The Festival Players. Adults £14, child £10. [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

**Tue 28th – Frampton Cotterell W.I.** St Peters Hall, School Rd, 7.45–10pm. Cheese and Wine. Tel: 01454 773426 or 01454 778900 / e. [marycroberts@talktalk.net](mailto:marycroberts@talktalk.net)

**Wed 29th – Archaeology Club for Children**, Winterbourne Medieval Barn, 10am–12.00. All details as Wed 15th above.

**Wed 29 – Litter Busters**, 10am–12.00. Meet at Heather Avenue.

**Wed 29th – 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.

All events can be viewed online at – [www.villageaction.org.uk](http://www.villageaction.org.uk)

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

Dear Friends

*It is exciting times for us on the Fromeside as we celebrate the Petertide Ordinations. We are so lucky in firstly being able to celebrate the Ordination of Gail Thomas to the Priesthood (one of our own who is Curate in the Yate Team Ministry) and secondly, we welcome the Revd Bob Latham as our new Curate. Bob, who will no doubt write an article soon to introduce himself properly, was ordained Deacon on 30 June in Bristol Cathedral.*

*Now the role of the Deacon is a really significant one in the history of the Church's ministry and it is sadly somewhat lost in the modern ministerial process, primarily being a stepping stone to ordination to the priesthood. Whilst there has always been an element of this in Church tradition, in the early Church Deacons had a distinct and significant role, being clearly an order of ministry in its own right. This practice of 'Permanent Deacons' is still continued today by Orthodox and Roman Catholic Christians.*

*The word 'Deacon' means servant and historically the Deacon has undertaken the important job of proclaiming and*

Gail Thomas deaconing at the Chrism Mass on Maundy Thursday at the Cathedral

*preaching the Gospel, whilst also taking a focal role in the pastoral care of the community which the Church serves. To quote the ordinal of the Church the Deacon is called to, "Serve the Church of God and to work with its members in caring for the poor, the needy, the sick and all who are in trouble. They are to strengthen the faithful, search out the careless and the indifferent and to preach the word of God". On top of this they are to assist the Priest in the administration of the sacraments of the Church. The focus here is to clearly serve in 'love' the marginalised and those in real need.*

*I constantly remind myself and those I train for ministry, that being a Deacon is our primary call. In truth it is the call of all Christians, for it is in our love and care of others, especially the unlovable and difficult, that we truly make Christ known to the world. To be Christ's is to shine his light in the darkness and fragility of our world by each small yet integral action of love. I truly believe if more of us embraced this Christ like action our Churches would be full and the Gospel would once again be significant again in the heart of our nation.*

**Every blessing, Malcolm**  
Rector of the Fromeside Benefice



**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.

## 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 Macfadyen, 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/>

## FRAMPTON TAXIS

ALL UK AIRPORTS, PORTS & STATIONS COVERED  
4, 5 & 6 SEATERS AVAILABLE  
Lady driver available on request.   
For a Friendly Prompt Service call or E-Mail:  
**07960 067767 - 01454 279517**  
E: [framptontaxis@tiscali.co.uk](mailto:framptontaxis@tiscali.co.uk)  
[www.framptontaxis.co.uk](http://www.framptontaxis.co.uk)



## ACE TAXIS

Covering Winterbourne, Frampton Cotterell, Coalpit Heath & surrounds

SHORT & LONG JOURNEYS  
STATION & AIRPORT BOOKINGS



ALL MAJOR DEBIT & CREDIT CARDS ACCEPTED  
**TEL: 01454 626 837**

## GARY SMART ELECTRICAL

Domestic, Commercial and Industrial Installations

All electrical work undertaken ...  
Rewiring • lighting • bathroom showers • kitchens  
• garden and garages etc

Safety inspections, Periodic Testing,  
Fault finding and Repairs

Fully qualified City & Guilds  
Electrician 17th Edition Part P Registered  
**07805 070 947 • 0117 987 1437 • garysmart@sky.com**  
All backed with a 6 year Niceic insurance policy



## Technisys SECURITY

### Home alarm systems

- Installation of wireless & wired alarms
- Repairs & Servicing
- New bell boxes, detectors and door contacts
- CCTV and Intercoms

**0117 9075709 - 07938 861504**  
[www.technisys.co.uk](http://www.technisys.co.uk) - [info@technisys.co.uk](mailto:info@technisys.co.uk)  
Based in Stoke Gifford

## P.M. Autos

Unit 2 kendleshire Farm, Down Road, Winterbourne Down Bristol BS36 1AU

- Car & Van servicing & repairs
- Tyres
- Brakes
- Exhausts
- Air Conditioning
- Clutch & Cam Belt Replacement
- MOT
- Repairs
- Welding

**Telephone: 01454 775757 Mobile: 07831 33 11 57**

## Avanti Cars

Serving Winterbourne, Frampton, Coalpit Heath & locality



- 4 & 6 seater vehicles
- Evenings out
- Local & long distance
- Lady driver available
- Airport & seaport transfers
- Friendly reliable service
- Weddings/special occasions
- Credit & Debit Cards

**Tel: 0117 931 1473 Mobile: 07973 705522**  
[www.avanticars.org.uk](http://www.avanticars.org.uk)

## Liza and Sharon Domestic Cleaning Services



- Weekly & Fortnightly Cleans
- Spring Cleans
- Fully Insured Operatives

**Tel: 01454 777 248**  
**Mob: 07971 013 914**

## Garage Doors

Installation | Maintenance | Repairs  
Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors



VARIOUS STYLES TO SUIT YOUR REQUIREMENTS



Call Brunel doors for your free no obligation quotation  
**BRUNEL DOORS**  
**01454 882212**  
Visit our website: [www.bruneldoors.co.uk](http://www.bruneldoors.co.uk)

## Frampton Garage

(SOUTH GLOS LTD)

MOT's only  
**£34.95**



Like us on Facebook for special offers

- MOT's • Servicing • Repairs • Clutches
- Brakes • Diagnostics • Electrical Repairs
- Air Conditioning • MOT & Interim Service from \* £99 \*(T&C apply)

**Tel: 01454 777841 01454 777607**  
**M: 07879 477713**  
[www.framptongarage.com](http://www.framptongarage.com)  
Open Mon-Fri 8am - 6pm Sat 8am - 1pm  
**Family based business**  
76, Woodend Road, Frampton Cotterell

## GLOBE HEATING

**0117 369 0072**  
Chris: 07944 975 492 /  
Shane: 07944 975 445

[@GlobeHeatingLtd](https://www.facebook.com/GlobeHeatingLtd)





**BAXI ATAG** **Checkatrade.com**  
Approved installer! Proud members of

## Do you need a Handyman?

Something needs Clearing, fixing, Making, Painting, Cleaning .....

Call Martin for a quote or chat about what needs to be done.

Based in Frampton Cotterell  
Call  
**Mob - 0758 529 2350**  
**Home - 01454 776422**

## LOW COST PLUMBING



- Taps, Washers ✓
- Toilets, Cisterns ✓
- Leaks, Blockages ✓
- Tanks, Overflows ✓
- Lead Pipes, Stopcocks...etc... ✓

**OAP DISCOUNTS and NO VAT**  
**0117 957 5092**



**Thornbury Stairlifts**  
SALES SERVICING & REPAIRS

- New & Re-conditioned Stairlifts & Warranty
- Removals & Relocations
- Free Surveys & Quotes – No Obligation
- Rentals for Straight Stairs
- Independent, Professional & Friendly Advice
- Over 24 years practical experience



*Independent Stairlift Specialist*  
**01454 413 748 • 07833 318 722**  
[www.thornburystairlifts.co.uk](http://www.thornburystairlifts.co.uk)



**FASCIA lift**

• PVCu Fascia Boards  
• GUTTERING  
• SOFFITS  
• CLADDING

**01454 269011**  
**07813 006950**  
[matt@fasciabristol.co.uk](mailto:matt@fasciabristol.co.uk)  
[www.fasciabristol.co.uk](http://www.fasciabristol.co.uk)

**D-CR DOMESTIC APPLIANCES**  
DOMESTIC APPLIANCE SALES AND REPAIRS

• WASHING MACHINE • FRIDGE FREEZER  
• TUMBLE DRYER • COOKER  
• DISHWASHER • HOB OR HOOD

**Tel 01454 850522 or 07917441539**  
EMAIL: [d-cr@live.co.uk](mailto:d-cr@live.co.uk)  
[www.d-crdomesticappliances.co.uk](http://www.d-crdomesticappliances.co.uk)

**ElecSa** Part of the ECA group  
**M. E. S** **TRUST MARK**  
Millard Electrical Services

- Additional lighting & Power • Showers.
- Kitchen Upgrades • Fuseboard Replacements
- Outdoor power • Complete rewires • Fault finding
- Testing • Landlord certificates

Please contact Tom for a free quotation on:  
**Tel: 01454 603687 Mobile: 07828 555925**  
Email: [tmillard-mes@hotmail.co.uk](mailto:tmillard-mes@hotmail.co.uk)

**1st Call**

- Lock Opening
- Garage Security Locks
- High Security Padlocks
- Digital Locks
- On Site Key Cutting
- Locks for uPVC Doors & Windows

**KEYMASTER®**  
Local Mobile Locksmith

Based in Frampton Cotterell

MLA Approved Locksmith Company Providing Fast, Personal Service at competitive Rates

Major Credit Cards Accepted  
**Carl Jenkins** MMLA MBLI  
Qualified Engineer

**0117 957 0011**  
E: [info@keymasterbristol.com](mailto:info@keymasterbristol.com)



**HOME CARE**  
Plumbing & Heating Ltd

- For all your plumbing needs
- Free quotes
- Family run
- Local business
- Boiler repair specialists
- Up to 10 years guarantee on Worcester boilers

**01454 414438 / 01173 035179**  
[www.homecare-plumbing.co.uk](http://www.homecare-plumbing.co.uk)  
Established over 17 years

**Local Pest Control**

- Wasps • Rats • Mice • Moles
- Pigeons • Squirrels • Fleas
- Crawling Insects
- Rabbits • Foxes

**Call JEFF**  
**07745 209947 / 01454 416620**

**BonneFreshClean**  
Carpet & Upholstery Cleaning Specialists

Professional carpet, upholstery and leather cleaning carried out with care by an all-female team

For a free no obligation quotation call Karen on  
**01454 436001 or 07774 908410**  
[www.bonnefreshclean.co.uk](http://www.bonnefreshclean.co.uk)  
44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ



**C.J.P Landscaping**  
& Tree Maintenance

Specialist in:

- Hedge Trimming
- Tree Work
- Stump Grinding
- Drives, Patios, Decking
- Fencing
- Raised Sleeper Beds.

All types of Landscaping and Drainage Undertaken.

NCH Arboriculture  
Qualified Bricklayer  
Full Public Liability Insurance  
Micro Digger and Chipper Facility

Contact us on: Mobile - 07879845051 Landline – 01454 528 744  
Email - [parsons.com@hotmail.com](mailto:parsons.com@hotmail.com) Also find us on Facebook for our full portfolio

From a single tile to a whole roof, all build and roof works undertaken, pitched and flat.

**ROOF-TECH**  
Bristol

We have over 20 years experience are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey, just give us a call.

Office: **01454 615354** Mobiles: **Ben Peters: 07724 681620** or **Steve Coles: 07724 639830**  
E-mail: [roof-tech@hotmail.com](mailto:roof-tech@hotmail.com)

**CWG DESIGN & BUILD LTD**

- A comprehensive building service from design to completion -

Local reputable building contractors with over 30 years' experience - references available upon request

New builds with NHBC warranty, extensions, loft conversions, annexes, renovations and lots more

**NHBC** **Citb**

Tel: 07980 858249, 01454 501104,  
[cwgdesignandbuild@gmail.com](mailto:cwgdesignandbuild@gmail.com)

**Inspired Bathrooms**  
Design & Installation

- Bathrooms
- Wetrooms
- Tiling
- General Plumbing
- Workmanship guaranteed
- Portfolio and references available on request

Call us on  
**01173 307 537** or **07853 069 280**

[www.inspiredbathrooms.net](http://www.inspiredbathrooms.net)  
[inspiredbathrooms@hotmail.co.uk](mailto:inspiredbathrooms@hotmail.co.uk)

Inspired by you, designed & installed by us

**MEDWAY DESIGNS**  
for **Cakes & Sewing**

Wedding Cakes	Bridal Wear
Anniversaries	Alterations
Birthdays	Evening Wear
Christmas Cakes	Day Wear
Special Occasions	Soft Furnishings & re-upholstery

*Delivery & Collection Service Available*

**Lois Coulson**  
**0117 969 1798**  
[loiscoulson@ymail.com](mailto:loiscoulson@ymail.com)

**14 Watch Elm Close**  
**Bradley Stoke**

**Call now for a friendly personal service**

**THE AERIAL MAN**  
TV Aerial and Satellite Specialist

*Affordable Prices - Reliable Service*

- Digital Aerials
- Fully Guaranteed
- Repairs
- Sky Work
- Free Quotes
- OAP Discounts
- Poor Reception Problems
- Additional TV Points
- Humax Recorders
- TV Sales

**01454 660 046**  
**07818 413 451**

[www.theaerialman.co.uk](http://www.theaerialman.co.uk)

**Which?** Trusted Trader

**'All Angles Covered'**  
**Plastering Services**

All aspects of plastering work undertaken

**Neil Gaynor**  
**Tel: 01454 613441**  
**Mobile: 07779 588541**

E: [neilgaynor@allanglescovered.co.uk](mailto:neilgaynor@allanglescovered.co.uk)  
*Reliable, competitive and professional*

**GAS HEATING AND PLUMBING PROBLEMS**

Resolved inexpensively by friendly local Gas Safe engineer

All work fully guaranteed - No VAT - No callout charge

Landlords Certificates - Boiler Replacements - Servicing

All makes and models - Cookers - Fires - Weekends / Evenings

**Peter Ryecroft 01454 250530 / 07968 281317**  
*Visit Owl's Website at [www.atpitch.com](http://www.atpitch.com)*

**W.J.M Plumbing & Tiling**

**OAP DISCOUNT** FULLY QUALIFIED  
Ciphe Member

24 hour call out - No Job Too Small

Bathrooms ~ Kitchens

Unblocking Drains ~ Leaks Repaired

Reliable, Affordable  
Friendly Service.

**TEL: 01454 851830**  
**MOB: 07902 383219**

Based in Coalpit Heath

**South Gloss Decorating**  
*Painters & Decorators*

**Interior and Exterior**  
*Affordable, Reliable, Professional*

**Dave Beauchamp**  
**0117 956 9932**  
**07739 382 524**

[www.southgloss.co.uk](http://www.southgloss.co.uk)  
[www.facebook.com/southgloss](http://www.facebook.com/southgloss)

**COVERALL ROOFING**

Rubber Flat Roofing  
Pitch Roofing • Sun Tiles  
u.P.V.C. Cladding & Guttering  
Velux Windows • Lead Work  
All Remedial Work

**ALL WORK GUARANTEED**

**TEL: 01454 250148**  
**MOBILE: 07831 616184**  
[www.coverallroofing.co.uk](http://www.coverallroofing.co.uk)

**Emergency number: 07798 905 337**  
*Keep it in your mobile*

**Lock Stuck and Barrels**  
*The complete door and window service*

**Locked out?**  
**Need to replace or change your locks?**

- Swift LOW cost emergency service to all home/commercial lock outs.
- Non destructive methods gaining entry quickly and efficiently from the initial call.
- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.


**ALSO: LOW cost Repair / replacement of UPVC / ALUMINIUM WINDOW and DOOR: LOCKS, HINGES, HANDLES AND MISTED UP / BROKEN DOWN DOUBLE GLAZED UNITS.**

Full explanation and costs given before any works carried out. All work fully guaranteed. **No call out fee**

**Call Dave on 07798 905 337**

[www.thebristollocksmith.co.uk](http://www.thebristollocksmith.co.uk)  
Based in Frampton Cotterell

## A.1. AERIALS

- Digital TV Aerials
- Sky Digital / Freesat / FreeviewPlay
- Repairs
- Extra TV Points
- Phone now for Free Quotation 

**07956 491495 / 01454 318873**

[www.a1aerialsbristol.co.uk](http://www.a1aerialsbristol.co.uk)



Clover Ovenclean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system

Call Heath on 07943 870400

[www.cloverovenclean.co.uk](http://www.cloverovenclean.co.uk)

**Professional Oven Cleaning Services**



For all your Domestic & Commercial Cleaning Needs  
Deep Cleaning & Daily Clean Specialist  
Full insured, Uniformed Staff

- ▣ Kitchens ▣ Washrooms & Toilet Descaling
- ▣ Carpets ▣ Upholstery ▣ Fire & Flood Damage
- ▣ Patio & Gutter Cleaning ▣ Painting & Decorating
- ▣ Emergency drain cleaning service

Tel: 01454 777826 / Mob: 07850 873067

## J A Property Services

**Kitchens**

**Bathrooms**

**Tiling**

**Interior & Exterior Decorating**

**General Maintenance**

**0117 431 5132 /  
07973 905323**

email: [japroperty01@gmail.com](mailto:japroperty01@gmail.com)

**PRICELECTRICAL SERVICES**

**Domestic and Commercial Electrical Contractors**

- New Builds • Extensions • Rewires
- Consumer unit upgrades
- Kitchen/bathroom upgrades • Inspection & Testing

**07788 55 33 04**  
[info@pricelectrical.co.uk](mailto:info@pricelectrical.co.uk)

**MD Aerials** 

Call Michael Dagger

**T: 01454 418 341 M: 07817 304 236**

All types of aerial and satellite work undertaken including:

- Digital aerial installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up & tuning
- Free quotations

[mike@mdaerials.co.uk](mailto:mike@mdaerials.co.uk) [www.mdaerials.co.uk](http://www.mdaerials.co.uk)

Want to **SHOUT** about  
**YOUR** local business?



Contact Jaci, it is **EASY**  
to appear in the next  
issue of Winterbourne  
& Frampton Matters

**Call: 01454 300 900**

or Email: [sales@mattersmagazines.co.uk](mailto:sales@mattersmagazines.co.uk)



**A E Rollin & Sons Ltd.**



Family run Builders & Roofing Contractors, Established 1959

Extensions : Renovations : Conversions : Refurbishments

Brick & Stone work : Carpentry : Roofing : Patios & Paving : Fascias & Soffits

49, Nicholls Lane, Winterbourne, Bristol. Tel 01454 773684

email : [aerollinandsons@hotmail.co.uk](mailto:aerollinandsons@hotmail.co.uk)



John Harris  
30 Quarry Barton  
Hambrook  
Bristol. BS16 1SG

**QUARRY  
GARDENS LTD**

**STONE MASONS ~ LANDSCAPING  
GENERAL BUILDERS**

**Tel: 01454 772 502**

**Mob: 07919912966**

**Steve Wyatt**  
**Painting & Decorating**  
*Interior & Exterior*



30+ years' experience  
Competitive Prices  
Local, friendly and reliable!

**07870 303605 / 01454 852362**  
[stevewyatt69@outlook.com](mailto:stevewyatt69@outlook.com)

 **A K PLUMBING**

Dripping tap? Burst pipe? Toilet won't flush?  
From full bathroom suites to outside taps  
and everything in between  
We carry out all plumbing maintenance and repairs

**24-Hour Emergency call out** **Give us a call:**  
**0774 775 0136** **01454 600375**  
[www.akplumb.co.uk](http://www.akplumb.co.uk)

Covering Winterbourne, Frampton and surrounds



- Glass Cut While You Wait
- UPVC - Repair Work on Misted Units  
Windows / Locks / Mechanisms and Hinges
- Replacement - PVCu Windows & Composite  
Doors, 10 year guarantee on parts and labour
- Mirror Showroom - Mirrors cut to size

- Glass Splashbacks any shape, colour or size

FENSA REGISTERED

Tel: **0117 9693778 / 9793980**

Email: [sales@jbgglazing.net](mailto:sales@jbgglazing.net)

[www.jbgglazing.co.uk](http://www.jbgglazing.co.uk)

**10% OFF with this advert**  
quote WMJB upon enquiry  
T&C apply see in store for details

**367 Filton Avenue Horfield, Bristol BS7 0BD**

# Index of Local Advertisers

<b>Aerials</b>		<b>Foster Care Services</b>		<b>Pest Control</b>	
A1 Aerials	44	Foster with South Gloucestershire Council	2	Jeff Lamb Pest Contro	41
Dan Grace Aerials	28,42			<b>Opticians</b>	
M D Aerials	44	<b>Dog Grooming</b>		Mike Harbord Opticians	20
<b>Accountants &amp; Tax Services</b>		Bubbles dogwash	10	Spec Savers	17
Hards Tax Services	12	<b>Electrician</b>		<b>Painter / Decorator / Tiler</b>	
<b>Bathrooms / Fitting</b>		Gary Smart	39	South Gloss decorator	43
Inspired Bathrooms	42	Millard Electrical services	40	Steve Wyatt Painter & Decorator	45
<b>Beer/ Local Brewery</b>		Price Electrical	44	<b>Planning consultant</b>	
Great Western Brewing Co	19	<b>Electrical Appliance Repairs</b>		Sara Taylor cole	16
<b>Bicycle Repair</b>		DC-R domestic appliance repairs	40	<b>Plasterer -</b>	
Rule 4 Cycles	10	<b>Estate Agents / Property Letting</b>		All Angles	42
<b>Blinds/Curtains</b>		Bundy and Bond Estate Agents	1,3	<b>Pets</b>	
Harmony Blinds of Bristol	47	<b>Fire &amp; Stoves Installation/Sale</b>		Bubbles dogwash	10
The Curtain Company	20	Felthams Fires & Flues Ltd	27	<b>Plumbing / Heating engineers</b>	
<b>Builders / Groundwork/property svcs</b>		<b>Footcare</b>		AK Plumbing	45
A E Rollin Builder	45	Chiropracist – Karen Woodman	8	Globe Heating	39
CWG Design & Build Limited	42	Footcare with Kimberley	12	Gregor Heating	1
<b>Butchers</b>		<b>Gardens / Garden Maintenance</b>		Home Care Plumbing	41
Molesworth	11	CJP	41	Low Cost Plumbing	39
<b>Cakes / cooking</b>		Quarry Garden	45	Peter Ryecroft Plumbing/Heating	43
Medway Designs	42	<b>Glazing</b>		WJM Plumbing/Tiling	43
<b>Carpet &amp; Upholstery Cleaners</b>		J B Glass and Glazing	45	<b>Roofing</b>	
Bonne Fresh Clean	41	<b>Hair / Beauty / Massage</b>		Coverall Roofing	43
<b>Car / Motorbike- Repair / Valet / MOT</b>		Beauty Plus	12	Rooftech	42
Frampton Garage	38	The Snug Hair Salon	9	<b>Security</b>	
P M Autos	38	<b>Handyman Services</b>		Technisys - Home Alarm Systems	39
<b>Charities</b>		J A Property Services	44	<b>Schooling / Tuition / Courses</b>	
Ategi	11	Martin Tutton	39	Oscars pre school/Holiday club	29
<b>Child Activities / Care</b>		<b>Health Clubs</b>		<b>Sewing Alterations</b>	
Fromeside Gym Club	4	Nuffield Health	26	Medway Designs	42
Giggle Gym	4	Spirit Health Club (Holiday Inn)	2	<b>Slimming Clubs</b>	
Oscars pre school/Holiday club	29	<b>Home Improvements</b>		Slimming World	2
Puddle Ducks (Age 4–10)	5	Fascialift	40	<b>Social/Community &amp; Clubs</b>	
<b>Cleaning &amp; Domestic Services</b>		Southern Plasticad	48	Fromeside Gym Club	4
Clover Ovensclean	44	<b>Hotel / Conference / Weddings</b>		<b>Stairlifts</b>	
Elite Hygiene Services	44	Holiday Inn	8	Thornbury stairlifts	40
Liza & Sharon Domestic Cleaner	39	<b>Kitchen Refurbishment</b>		<b>Swimming Lessons</b>	
<b>Complementary / Holistic Therapies</b>		Dream Doors	7	Puddle Ducks (Age 4–10)	5
AllSports Rehab – Naomi Harris GSR	21	<b>Locksmith</b>		<b>Taxi Service</b>	
Catherine Smart Hypnotherapy	8	Keymaster	40	Ace Taxi	38
Just You Holistics	13	Lock Stuck and Barrels	43	Avanti Cars	39
Osteomyologist – Dawn Clode	27	<b>Music Shop</b>		Frampton Taxis	38
<b>Computer services: IT - Repair/help</b>		Hannah's Music	22	<b>Windows/Conservatories &amp; Doors</b>	
Frampton Cotterell Computer group	33			Brunel Garage doors sales/repair	38
				Southern Plasticad	48

EDITOR'S NOTE: Winterbourne and Frampton Matters is independently published and delivered FREE to every home (c 7,000+) in Winterbourne, Frampton, Coalpitheath, Winterbourne Down and Moorend. The views and opinions expressed are not necessarily those of the editors (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in April 2009 we have used many of the services ourselves). Any feedback or experience is welcomed. We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business. Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included. All artwork created by Matters Magazines must not be published in any other media without our permission. © Matters Magazines 2015 © Winterbourne & Frampton Matters 2018.

If your group, organisation or business would benefit from appearing in this magazine please call Jaci on 01454 300 900.

## Harmony Blinds of Bristol

Visit us at  
BS34 5PA  
Unit 10 Smiths Ct, Patchway  
BS32 8EF  
Willow Brook Ctr, Bradley Stoke

- ✓ Buy DIRECT from the manufacturer
- ✓ We measure, make and fit ALL types of blinds
- ✓ Shutters in just 4 WEEKS
- ✓ 5 Year no quibble guarantee

25 | 1992  
2017  
Years Of Excellent Service



01454 616848  
0117 9314141  
07970 803137

[www.harmonyblindsofbristol.co.uk](http://www.harmonyblindsofbristol.co.uk)

SPECIAL OFFER  
Buy 2 Blinds and  
get a 3rd one  
**FREE**

# Southern Plasticlad Ltd.

## WINDOWS, FASCIAS, CONSERVATORIES AND ROOFS

Conservatories to your  
Individual tastes and budget  
Georgian · Victorian · Lean-to  
OR

ALL NEW **GUARDIAN** warm roof system



**Guardian**  
Warm Roof

### Flat Roof Problems?

**RUBBERBOND**  
FLEECEBACK  
EPDM



After



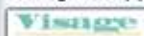
Before

We specialise in  
all types of roofing  
including pitched  
roofing.

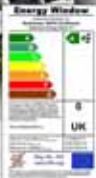
We can offer a  
number of different  
styles of roof  
tile or simply  
replace the  
existing tiles



Composite Doors  
Available in a variety of colours  
and Designs  
Giving the appearance of a solid door



Double glazed windows and Doors  
upto A+9 Rated  
Contemporary or Traditional  
Choice of colours · Range of Styles



At last a proven permanent solution  
with RubberBond EPDM  
Proven to last over 50 years

PVCu Solid · Replacement Fascias  
Soil Stacks and Cladding  
Guttering · Soffits  
Choice Of Colours · Range of Styles



**FENSA**

Registered Company 30873



VISIT US TODAY FOR A GREAT BARGAIN!

[sales@southernplasticlad.co.uk](mailto:sales@southernplasticlad.co.uk)  
[www.southernplasticlad.co.uk](http://www.southernplasticlad.co.uk)

SHOWROOM OPEN  
MON-FRI 9am-5pm SAT 9am-12pm

Unit 4 Ram Hill Business Park  
Ram Hill, Coalpit Heath BS36 2TX

Freephone 0800 542 6066

Telephone 01454 777 732