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Matters

Aug/Sept 2018



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Dear Residents,

We hope you are enjoying your summer so far, we type this as the heat wave is still in full force! The sun certainly shone over proceedings at the 2018 Frampton Festival. We enjoyed a lovely afternoon there, taking in the entertainment, catching up with local friends, groups and businesses, and of course tucking into some delicious cake thanks to the Frampton Cotterell WI!

If you are looking to keep the kids entertained locally this holiday, WADCA Community Centre is running a series of Kids Summer Fun days, and Winterbourne Library are running extra Mischief Makers events to encourage youngsters to take part in the Summer Reading Challenge.

If you haven't already, do go and get your picture taken with Toto - part of the Gromit Unleashed 2 trail. St Michael's school were delighted to create their very own

Feathers McGraw sculpture 'Michaelmas McGraw', that will be on display at the Mall until the start of September. Find out how they set about decorating their feathered friend.

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 23 August and an Owl Prowl at Says will take place on 12 September.

There is so much more taking place locally over the coming weeks, for you to discover throughout the magazine.

Kerry & Jaci x

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News from the Floral Friends of Frampton



Floral Boots Trail – We're delighted that so many people took part in the Floral Boots Trail in July, and we hope that others have enjoyed walking around the village to see all the beautiful boot displays. The splendid boots pictured were planted by the 1st Frampton Cotterell Brownies. A big thank you to everyone who took part.

Crossbow Donation – Floral Friends were delighted to receive a donation of £150 from the Crossbow House Committee, which will go towards planting and maintaining the lovely displays in the village. It is very much appreciated, as are all the donations that we receive from local residents and businesses.

Bees Love Wild Flowers – Solitary leaf cutter bees are busy making their homes in the bee posts at our wild flower meadow strip at the Glebeland. One post has no more vacancies and spaces are filling fast at the other bee post! They obviously appreciate the nectar rich wild flowers growing here.

Sensory Garden – Restriction of Opening

There has been a lot of vandalism in the Sensory Garden over recent weeks. Our volunteers have been valiantly clearing up after each visit by the vandals. However, this is not sustainable in the long term and, as a result, we have had to make the difficult decision to restrict access to those times when Parish



Council staff are on site. We hope this will only be a temporary measure, and that local residents will continue to enjoy the Garden as much as is currently possible. It is a shame that a few are spoiling it for the many.

Floral Gateways and Planters – Sadly, a number of plants have been dug up and removed from the Floral Gateways and Planters. Although we have replaced the plants several times we cannot afford to keep doing this, so if you see depleted or empty floral gateways and planters, the fault is not ours! Presumably, those who have taken the plants, do not realise that they are all funded by donations from local residents and businesses, and they are therefore stealing from their friends and neighbours.



Wild Flowers at the Park – Despite the drought sunflowers and wild flowers planted by Floral friends with local Brownies and school children are still putting on a good show at the Park and attracting bees and butterflies.

We Need Help! Do you live near one of our planters? Could you spare some time to help us by regularly watering a planter and removing dead flowers? 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**

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

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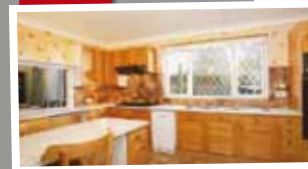
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WADCA Community Centre

WADCA have just had their AGM, and, thanks to the hard work of their volunteers, and the support of the local community, things are on the up! Their financial situation is that they are just about breaking even, which is a vast improvement on previous years when they were making a loss and on the verge of closure.

WADCA Need You!

Their current Chairman, Mavis Campbell, who turned 70 this year, has asked for someone to come forward and shadow her in the daily tasks so that she can retire. WADCA needs more volunteers generally for the community centre to continue in the upward trend of interest for the community that it has revived over the past three years, since employing two part-time managers.

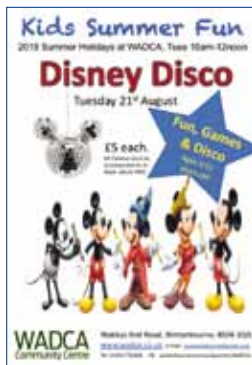
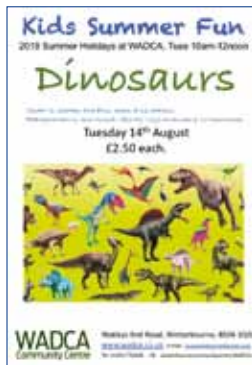
If you have an idea, suggestion or would like to get more involved, then please go along and have a chat, you will be sure to receive a warm welcome, the committee would love to see more of the community using this great facility.

Something for everyone!

There are new classes starting in September for Yoga and Pilates, also a Ceilidh Dance once a quarter. They continue to have loyal support from Short Mat Bowls, Scrabble Club, Zumba, Boogie Bounce, Shinwa Karate, Winterbourne Musical Theatre, The Winterbourne Players, Centre Squares, various Badminton groups, Redds Dance school, Wine tasting classes and many more. Not to mention the Kids Summer Fun activities, live music evenings, and many one off activities! There really is something for everybody, so if you haven't visited this popular community centre yet, do get involved.

Rooms for hire

The Main Hall with large stage is available to hire for parties of all ages, there is also the Skittle



Alley, (with or without having to play skittles), full size sports hall and small rooms for groups, meetings etc. Licensed bar, catering available, Sensory Garden, free parking and a warm welcome. This really is a tadis of a place and can cater for just about any type of function.

Looking for a local wedding venue?

WADCA are putting together a wedding package to do everything from invitations and catering, right through to evening entertainment to finish your day off perfectly, the only thing they cannot do is marry you!

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

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!

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.

Friday 5 October – Blues Brothers Funk & Soul Night with live Band Kick the Cat. Doors open at 8pm, tickets £8 each or 2 for £15.

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



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Foster carers Liz & Martin say, "Being foster carers gives us a huge sense of pride – knowing we can make such a difference, and to be part of, and share, a child's life is so gratifying".

Contact Emily on: 01454 423820 or visit www.capstonefostercare.co.uk to find out more.



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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

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"Fashion Show" At M&Co Celebrating Tmtg's 50th Anniversary

Following on from the huge success of the fashion show in April, Thornbury Musical Theatre Group are pleased to announce that, once again, M&Co are teaming up with the group to put on a catwalk show at their major fashion store in St Mary Centre, Thornbury on the evening of **Tuesday 25th September**.

TMTG, a registered charity, is proud to be celebrating its 50th Anniversary this year and, instead of treading the boards of the Armstrong Hall, some members of the group will be strutting their stuff on the catwalk as they act as models for the evening.

Apart from celebrating TMTG's milestone Anniversary, M&Co will be showcasing a selection of their Autumn and Winter stock as it is brought to life on the catwalk. There will be an eclectic mix of styles on show and a selection of clothing for men too. M&Co is a multi-department chain retailer including a petite range for 5'3" and under and a plus range for size 18-28, and a whole lot in between.

For those who love a fashion show and would like a night out to view the new stock in a relaxed format and meet members of TMTG, don't delay in getting your ticket soon as they will be in high demand, especially as there will be only 50 tickets on sale.

Tickets are available from M&Co in Thornbury priced at £5 (to include a drink). As an added bonus, attendees will be given a 10% discount voucher on arrival which is valid for purchases on the evening and up to two weeks after the event. For ticket enquiries call 01454 413125.

The fashion show will commence at 7.30 pm, and doors will be open at 7pm. Hope to see you there!



The sky's the limit for optical staff

Staff from Specsavers in Bradley Stoke took part in a skydive last month, raising more than £850 for children's cancer charity, CLIC Sargent.

Store manager Emma Smith (photo right) and contact lens optician Elaine Bush, from Specsavers in Bradley Stoke, jumped out of a plane in Swindon. Being 10,000 feet in the air, there were plenty of breath-taking views on the way back down to the ground.

'What an amazing experience,' said Emma. 'I can't even begin to describe the fear when we were about to jump out of the plane, but once you brave opening your eyes, the incredible views and adrenaline make it all worth it. This was my second skydive but it was Elaine's first ever jump.'


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

'It's wonderful to see team members going above and beyond to support CLIC Sargent,' says store director, Gaurav Patel. 'Not only has this challenge helped to boost our final fundraising total for the charity, it has brought the store teams closer together, which is great to see.'

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

For more information or to make a donation, visit your nearest Specsavers store at: Willow Brook Centre, Bradley Stoke, BS32 8EF 01454 275020 www.specsavers.co.uk/stores/bradleystoke






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News from Winterbourne Evening Wl

Our July meeting began with a short presentation by our President, Emilie Smith, of photos from her recent holiday when she and her husband walked the entire length of the Pennine Way! Well done Emilie, you look amazingly fit and healthy, although we understand your husband suffered very blistered feet. One of our members suggested wrapping feet in cling film before putting on socks and boots can prevent this problem!

After the business part of the meeting, Carol Shields presided over a very entertaining games evening. Much hilarity ensued with games of bingo, a quiz – which really taxed our brains, and a new version of pass the parcel, which involved passing to left or right as a story containing many of those words was read out by Carol. Very amusing and easier than musical chairs!

This month we are all looking forward to our summer day out, which this year is to Cardiff. We are very fortunate to have a private guided tour of the castle, followed by lunch and then some free time in Cardiff, with maybe time to take a boat trip round Cardiff Bay. Thank you Susan for organising the day.

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



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!

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!



"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

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News from Frampton Cotterell WI



In our last monthly meeting we were given a fascinating talk and demonstration on *How to wear a Sari*, by the lovely Ila Shrimanker. Several of our members were given the opportunity to wear a sari and it made for a very colourful and delightful evening!

We enjoyed a fabulous Frampton Festival in July, once again back with our WI cake stand. Members all contributed, either by cooking up delicious cakes and savouries and/or working on the stand to sell the produce. Our goodies proved to be popular, selling out of everything we made!

At time of writing we are looking forward to our next meeting, with Mr Tim Powles from South Gloucestershire County Council's pest control department – we're hoping to hear a few entertaining anecdotes as well as picking up some hints and tips when it comes to the control of the likes of ants, wasps and rats.

We also have a members visit to historic Acton Court organised for the last Saturday of July so it's been an action-packed summer all round so far.

Other talks coming up later in the year include Luxury chocolate making and the History of the Police Force, as well as other social events and days out – 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.



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Community Noticeboard

For free listings contact
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

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

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Community Coffee Mornings 19 September & 17 October 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.



FRAMPTON COTTERELL and DISTRICT LOCAL HISTORY SOCIETY

Meetings at Zion Church Hall,
Woodend Road
Frampton Cotterell,
BS36 2HY

Commencing at 7.30 pm

Autumn Season 2018

Wednesday 19 September

An evening of Historical Photos of
Frampton Cotterell

Presented their Chairman Trevor Thompson, co author of two books, one in the 'Images of England' series and one in the 'Britain in Old Photographs' series. John Scantlebury, a member of the local photographic society, will be the other presenter.

Wednesday 17 October

Luftwaffe attacks on Aircraft
Companies in South Gloucestershire

A talk by John Penny, author of
'Bristol at War'.

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

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.



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10am – 6pm

Sunday 26 August
Noon – 6pm

Monday 27 August
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The Winterbourne Down Art Group Will be holding their Art Exhibition

At All Saints Church Hall,
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**29th & 30th
September**

Saturday 29th, 10am – 5pm
Sunday 30th, 11am – 4pm

**Free Admission
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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



Cheers!
For your contributions to Christian Aid Week 2018

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

Once again this year we shared some really great events. There was the Big Brekkie (fantastic food!), a fabulous Folk Night (if you enjoy folk music 'Folk@Frampton is a regular monthly event at Crossbow House), a Quiz Night at the British Legion, Homemade Soup Lunches at St Saviour's (delicious!), a Plant Sale in Iron Acton and Cream Teas and Train Rides at Bridge House – a village favourite for all ages.

It was great to involve some of the local schools in our fundraising too, Frampton C of E held a non-uniform day and The Manor held a Pyjama Fun Run!

There were also collections from the local churches and community, along with a service of praise (plus cheese and wine, and an opportunity to look at the farm vehicles!) at Latteridge Green Farm.

Thanks to you, £4126.88 has been raised (to which will be added approx £400 of Gift Aid) to enable Christian Aid to carry out its vital work helping those less fortunate than ourselves. This year we were asked to remember the people of Haiti devastated by Hurricane Matthew in 2010 and help them to build homes to withstand future hurricanes.

If you missed any of the events this year, do look out for them in 2019! Also, if you have any feedback or suggestions for next year, we would love to hear from you (Email: office@zuchurch.co.uk)

Once again, many thanks for your support.



Frampton Cotterell & District Ringcraft Club

Frampton Cotterell & District Ringcraft Club was formed some 30 years ago and although originally located in Frampton Cotterell, it is now held at Henfield Hall, Ram Hill, Coalpit Heath. We meet every Tuesday evening at 7.45pm until 9.15pm with only a few weeks' break over Christmas and New Year.

Our aim is to guide owners and their dogs or puppies (of any age) in the techniques of dog-showing and all that is involved in this very social hobby sport. We will give you instruction on how to handle your dog, what kind of show lead is best suited to your type of breed, what to expect in a show situation, what to take with you for the occasion, as well as guiding you, the handler/owner, in the method to best handle your dog in the show ring.

We hold a monthly match night whereby we invite an independent judge to come along and judge our dogs with the eventual winners gaining Best Puppy, Best Special Limit, Best Open, Best Veteran and then on to Best in Match, Reserve Best in Match and Best Puppy in Match with lovely rosettes to keep and display. This will give the new comer a little taste of what it's like to be in competition in a showing arena.

We have a very well qualified committee made up of trainers who have qualified in the various aspects of the dog show world with some of us who are "CC" awarding judges. We are a very friendly club and always welcome new members.

Our contact details are:- Mrs Shelagh Crowther (Secretary) Tel: 01453 298974

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Iron Acton
BS37 9UQ
Tel 01454 852069
karenlouisewoodman@gmail.com

Michaelmas McGraw

At St. Michael's CE Primary School we have decorated a Feathers McGraw sculpture!

This year we are participating in the Gromit Unleashed schools programme, which is part of the Grand Appeal fundraising for Bristol Children's Hospital.

We were contacted by Andy Wynn from Willow Brook Centre, in Bradley Stoke and the centre kindly paid for the costs in providing us with the Feather's McGraw sculpture.

The penguin sculpture has been decorated with seven Michaelmas apples. He has been named, *Michaelmas McGraw*. Each child in the school, from Reception to Year 6, has put their thumb



prints on the pictures of the Michaelmas apples. So every child in the school has made their own mark on the sculpture. The statue has also been decorated with the school motto: *Learn, Care, Enjoy*.

Our decorated Feathers McGraw sculpture will be displayed at the Mall, Cribbs Causeway for the public throughout the school summer holiday. We would like to encourage everyone to take their family and friends to see our school's sculpture and to look at all the other community designed Feathers McGraws in a brilliant penguin colony!

This is also a fantastic opportunity for the children, families and community to be involved in such a worthy fundraising cause for Bristol Children's Hospital.

Mrs Ithier

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



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Telephone: 01454 250528

Registered Charity No: 1133716

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Have you had your photo taken with *Toto* yet? We hope you are enjoying having this delightful, rainbow sculpture on our local High Street this summer, as part of the Gromit Unleashed 2 Trail.

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.



"I WISH WE'D DONE IT YEARS AGO"

Brian, Foster Carer

☎ 01454 866423

✉ fostering@southglos.gov.uk
www.fostersouthglos.org.uk

South Gloucestershire Council

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

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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 E: SLSSouthGlos@ategi.co.uk

www.ategi.org.uk



Wildflower Meadow Wild Picnic, with Owls!

Thursday 23 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.

Summer fun in the great outdoors

Avonwildlifetrust.org.uk
Reg. in England & Wales No. 1495108

32 Jacob Wells Road, Bristol, BS8 1DN
Reg. Charity No. 280422

0117 917 7270
Protecting Wildlife for the Future



Owl Prowl – Says Court Dusk Walk

Wednesday 12th September – 6–8pm

An evening of exploring nocturnal creatures around Says Court. We will dissect an owl pellet to help us find out what they have been eating and as dusk settles head out onto the farm for a night walk. Kindly supported by the Hawk and Owl Trust who will be able to introduce you to a real native owl too. Includes a walk of approx. 1mile. Booking essential.

Summer fun in the great outdoors

Avonwildlifetrust.org.uk
Reg. in England & Wales No. 1495108

32 Jacob Wells Road, Bristol, BS8 1DN
Reg. Charity No. 280422

0117 917 7270
Protecting Wildlife for the Future

Winterbourne Down War Memorial

The War Memorial in the Churchyard at Winterbourne Down has been leaning at about 11 degrees for as long as anyone can remember. Thanks to a generous grant from the War Memorial Trust, it has now been restored to the vertical and repaired. Thanks also goes to the Parish Council who as well as recommending the application to the trust, have also contributed to the costs.

The War Memorial was erected in 1919 by Mr Hugh Coles, in memory of his two sons. He and his wife kindly allowed the names of sixteen parishioners who fell in the Great War to be inscribed on panels on the base of the memorial. Later, after the Second World War, the name of their grandson D.G.G. Coles was added, with those of his aircrew who died with him in 1942.



Again, the family were kind enough to permit the names of two local men to be added, one of whom died shortly after being invalided out of the army, and the other who drowned whilst in the forces.

The Winterbourne Down Burial Trust (TWDBT) made the application for the grant and are overseeing the restoration. Their records say the memorial is a copy of an ancient cross standing in another Gloucestershire Churchyard (but they don't know which?).

The Memorial will now be cleaned which should make the inscriptions more legible. TWDBT would then welcome the help of any volunteer artists to paint in the letters.

On Tuesday mornings a small team from the trust do their best to keep the Churchyard tidy, any extra help with this or the painting would be much appreciated.

TWDBT member John Walker has been cutting the grass in the churchyard for the past 12 years. **If you can offer some assistance please drop by one Tuesday morning and speak with him, or call him on 01454 778525.**

DOWNEND HORTICULTURAL SOCIETY

**Are to present their 73rd Summer Flower Show
on Saturday 11th August at 2pm**

£2 with free refreshments.

**All sections open to non members staging of exhibits
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**Assembly rooms, Salisbury Road, Downend,
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THE CROSSBOW SINGERS' SUMMER CONCERT

The Crossbow Singers are delighted to report that their Summer Concert was a resounding success, both musically and financially.

Audience members were very complimentary about the choice of music and the quality of the singing. The icing on the cake is that enough money was raised from ticket sales to enable the choir to make a donation of £450 each to this year's two nominated charities, *Freewheelers* – motor cycle couriers who transport emergency blood and medical supplies; and *Four Towns & Vale Link Community Transport* who provide accessible transport for lonely and isolated people in our area.

In addition, our generous audience contributed over £166 to a retiring collection in aid of *Avon Riding for the Disabled*. This will be 'topped up' from choir funds, allowing us to send £200 to this very worthy cause.

The choir will now break for the summer, returning to rehearsals on Monday 3 September. We meet on a Monday at 7.30pm in the main hall at Crossbow House. If you are interested in joining us, please contact our Chairman, Dave Burman, on 07834 184 142.

Our Christmas Concert will be held in Crossbow House, School Road, Frampton Cotterell, on Monday 10 and Tuesday 11 December. We will be promoting this more fully nearer the time, so watch this space! We look forward to seeing you there.

Chris Palmer, Secretary



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Call in and see us for more information, or
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Frampton Festival 2018!



Winterbourne Matters was delighted to attend the 2018 Frampton Festival and what a fabulous time we had in the glorious sunshine.

As well enjoying the varied entertainment, it was great to catch up with some of the local groups and businesses we regularly feature in the community magazine.

I can confirm the Frampton Cotterell WI make a mean cake – I left laden with delicious goodies for the whole family to enjoy!

It was lovely to sit and watch families and friends gather together to enjoy all the fun of the festival, with live music, stalls, circus acts, train rides, dog show, fair rides, picnics a plenty and of course the odd glass of something fizzy!

Congratulations to all of the organisers and volunteers who created some local magic for the community to enjoy – for free!

See the The Frampton Festival Facebook page for further information and photos from the day.



We are pleased to share with you some thoughts on the day, from event organiser Ian Haddrell (pictured left) –

"The sun, once again, shone on the Frampton Festival as a record number of local residents enjoyed a fabulous day out in Centenary Field.

There appeared to be a good number of people at the festival who hadn't been previously, and this is encouraging for us as organisers, as we welcome everyone to the event, and hope that there is something for all age groups at the festival.

There were concerns regarding the firework display because of the long period of hot weather and the dryness of the ground, but FireMagic put in place additional precautions and we were able to light the beacon and enjoy a wonderful firework display to end the festival.

The raffle ticket sales, reusable cups and donations from everyone raised £1,300, all of this will be put towards the running of the festival.

A massive thank you must go out to all those volunteers who helped on the day."



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 for full details, or call Dawn to book in on **0795 1099 491**.



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

- | | |
|-------------|---|
| 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



Aug/Sept 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 25 August and 22 September, 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 4 and 18 August and 1 and 15 September, 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.

FREE IT COURSE on Mondays, starting 10 September.

If you would like to book or have any questions please call Ann Hawkins on 0117 909 2296 or email ann.hawkins@sgscol.ac.uk



Mischief Makers 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 –

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.



Winterbourne's Medieval Barn – News & Events

There have been some marvellous events at the Barn in the last few months, including the Medieval Fayre, Frampton Shantymen and the Bristol Male Voice Choir, a Wine-tasting evening, and the opera Falstaff.

Winterbourne & Frampton Matters 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 Company of Chivalry 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. It was interesting and relaxing to browse the vegetable garden and of course the abundance of scrumptious cake was a highlight!

There are many more fantastic performances and Open Days to enjoy at this historical venue during August and September. If you have never visited, we thoroughly recommend you attend one, you won't be disappointed.

August/September 2018 Events

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 www.ticketsource.co.uk/date/HIJMHH](http://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 www.ticketsource.co.uk/date/449672](http://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.

Saturday 8 September and Sunday 9 September – Heritage Open Days, 12.00–5.00pm

Heritage Open Days celebrate England's fantastic architecture and culture by offering FREE access to properties across the country that are usually closed to the public or normally charge for admission.

Winterbourne Barn is an outstanding and unique building of national importance. All other surviving medieval great tithe barns were built by the monastic estates, universities, or the Knights Hospitaliers, but Winterbourne Barn was built by Thomas de Bradeston in 1342, just a few years before the Black Death first hit in England. Only three barns of this scale are recorded as built by gentry families, and Winterbourne is the only survivor. The Barn was built using the green-timber construction methods which were the cutting-edge technology of that period. It is a fine example of a raised-cruck construction and one of the largest and earliest raised-cruck barns.

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

www.winterbournebarn.org.uk
and you can also follow them on Facebook and twitter.

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



**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.
★ Over50s fitness group, 10–11am ★ School holiday programmes

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

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 Enover 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 Enover 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.

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.

The next Work Party dates for 2018: 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.



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.



Frampton Cotterell Computer Group

www.fccomputergroup.uk

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



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 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 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. Our next Club Show will be on Saturday 8th December.

All are welcome.

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





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



A word from our new Curate the Revd Bob Latham...

I write this at the beginning of my second week as Curate of the Fromeside Benefice, and let me start by saying it is good to be here! Moving home and starting a new job are both significant in themselves, but being ordained Deacon in the Church of England also brings a whole new way of life. This is exciting, and something I have felt called to for many years and so there is a real sense of 'coming home' despite the new places and faces all around.

For the past nine years I have been living in a village near Clevedon in North Somerset, and I have been an active member of the community at Bristol Cathedral for the majority of that time. The first part of my training for ministry finished this June after three years

study at an Anglican Theological College in Oxfordshire. The second part of my training and formation to be a Vicar has just begun with this post as Curate to Fromeside – so be warned, I still have training wheels!

Before training for ministry I was a landscape designer, and I remain a keen gardener. It is a joy to see the pleasure that gardens and gardening can bring to so many people, and how the shared passion can bring communities together. I planted apple trees, grew vegetables and kept chickens in my village garden and rejoiced in seeing it all take shape over the years. Now, living in the Curate's house in Bradley Stoke I begin again with a small blank canvas – and I look forward to creating something new where I can potter, weed and water on my days off.

My other great passion is people, and I will enjoy getting to know as many of you as I can over the next three to four years. I am always happy to chat over a cup of tea - or a pint of ale, as you tell me about life on the Fromeside from your perspective. As a Deacon, I have a role in the church, but my primary role is to be in the community – so please do invite me to your events, and to share in your lives. I go forward into this new role as your Curate full of joy and hope, trusting in this call to serve, and thankful for the support of Malcolm and all my colleagues.

May God richly bless our time together!

Bob

Curate of the Fromeside Benefice

Frampton Cotterell & Coalpit Heath Village Diary

August 2018

Fri 3rd – Quiz, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 / 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 or Daisy's. 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 or 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

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

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.

September 2018

Wed 5th – Coalpit Heath WI, St Saviours Church Hall, 19:45pm. Visitors always welcome! Tel: 07935 071291 / caitlin.reeves@virginmedia.com

Fri 7th – Quiz, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 / crossbowhouse@gmail.com

Sat 8th & Sun 9th – Heritage Open Days, Winterbourne Medieval Barn & St Michaels Church, 12.00-5pm. Free. Also exhibition on Extraordinary Women and Universal Suffrage.

Tue 11th – Community Coffee Morning, WADCA, 10.30-12.30. All welcome.

Tues 11th – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. Tel: 01454 777664.

Wed 12th – 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.

Weds 12th – Frampton Singalong (now 2nd Wednesday in the month), 2pm-3.30 pm at Crossbow House, School Road, BS36 2DB. Favourite songs, live music and sitting exercises. Tea, cakes and fresh fruit, £3.00. All welcome, no voice needed! Hilary, Curo Wellbeing Worker Tel: 07792 495 367.

Fri 14th – Happy Circus, FCCE school field, 6pm. Acrobats, Aerialists, Magic, Speciality Acts, Clowns, Audience Participation, loads of fun and much more!

Sat 15th – Table Top Sale, St Peters Church, 2pm-4pm. Refreshments. Tables £5 Tel: 07912 564458.

Wed 19th – Community coffee morning, Manor Hall, 10am-12.00. Tel: 07873 747513.

Fri 21st – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947.

Sat 22nd – Roxy Kings of Pop, live band, WADCA 8pm www.wadca.co.uk

Tue 25th – Frampton Cotterell W.I. St Peters Hall, School Rd, 7.45-10pm. Chocolate making. Tel: 01454 773426 or 01454 778900 / marycroberts@talktalk.net

Wed 26th – Litter Busters, 10am-12.00. Meet at Gingerbread Man, Church Road.

Wed 26th – 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.

Thurs 27th – Frampton Friendship and Dance for over 50s, 2.00-4.00 pm no partner needed. Gentle exercise with easy circle dances to live music. Beginners/improvers. Zion Church Hall, Upper Chapel Lane, BS36 2HY. Social break with refreshments, £4. All welcome. Hilary, Curo Wellbeing Worker Tel: 07792 495 367.

Sun 30th – Watermore 10K and Rainbow Run www.watermore10k.co.uk

View events online – www.villageaction.org.uk

Starting back 10th September

St Saviour's Church, Coalpit Heath



Butterflies

Are you a parent or carer?
Looking for something to entertain your baby or toddler?

Why not pop along to Butterflies baby and toddler group?

We are a friendly and welcoming group and would love to see you on
Mondays 10am -11.30am during School term time.

St. Saviour's Church Hall, Beesmoor Road, Coalpit Heath, BS36 2RP

We have lots of Fun activities:

Including plenty of toys, weekly craft table, dressing up, book corner, song time and a sit and ride zone.

There are baby changing facilities and a baby play area for crawlers.

Pay as you go £3 per family

Includes refreshments for grown-ups & drink and snack for children.

Just come along or email butterflietoddlergroup@gmail.com
or phone for more information:-



Jessica	01454 228666
Jenny	01454 774250
Mary	01454 887870



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



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.



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.

Mothers Union – 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 visit – themothersunion.org or contact Mary Head 01454 887870.

73rd Horticultural and Craft Show – Saturday 1st September.

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 to take part Leaflets can be picked up at the back of the Church. Entry to the church hall on the day £1 Adults, 50p children. For more information contact the show secretary Mrs Karen Bidwell 07914 070535.



Social Friendship Club – There will be a Social Friendship Club morning on Wednesdays, starting 5th and 12th September at 9-30am, in the church hall. This is targeted at older people of all abilities engaging in friendship, physical and social activities, team work coordination and strength and of course fun! Also team games and refreshments. There is no age limit, it's for all, a lady has done this aged 90. There will be a small charge. If you would like to take part contact Spencer on 07825155954 or Ann Carter 01454 319699.

See the church website for times of other Services and more information. www.coalpitheath.org.uk

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5 August Edith Stein, 1942

12 August Franz Jägerstätter, 1943

19 August Dietrich Bonhoeffer, 1945

Chepstow Show

Sat. August 11th 2018



At Chepstow Racecourse
Main Ring programme commences 9:30 am.
Attractions include.

The Rockwood Dog Display Team; and
The Joseph Peace Fire Stunt Spectacular

Pony Club Mounted Games
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Chepstow Show - "It's a Great Day Out!"

Saturday 11th August, Chepstow Racecourse

The Chepstow Show, organised by the Chepstow Agricultural Society, will take place on Saturday 11th August at Chepstow Racecourse.

Visitors can expect to find the best local food and a showcase of livestock from the largest farmers in the area.

This year's attractions include **The Rockwood Dog Display Team** who provide great family entertainment taking the audience through every aspect of dog training from obedience, dogs jumping through 10inch hoops, agility, fly ball and active Man Work where a dog is seen to apprehend an armed criminal. The dog display is all beautifully performed to music and includes an informative and amusing commentary by Martin Winfield. The dogs' well-being and care is always the priority, with the handlers and all the members handling their dogs with compassion and above all patience. Some of the dogs have been rescued and perform spectacular stunts like parallel bar walking and fire retrieving.

The Joseph Peace Fire Stunt Spectacular Apparently Joseph Peace used to be an ordinary man until an epiphany in the circus field at Glastonbury Festival 2002, after which he left his job, remortgaged his house and became a fiery freak! After 9 years developing his crazy show, including 2 spells in the special burns unit, he is here to entertain us all at Chepstow Show - be sure you catch this show!

Also making a return appearance at this year's show will be the Pony Club mounted games. Please come along to support your local youngsters from the Monmouth, Llangibby and Chepstow based Curre pony clubs as they compete against one another. ***The mounted games promises to be fun, fast and fantastic!***

With many more attractions including musical entertainment, show jumping, dog shows, hound parades, vintage vehicles, homecrafts, trade stalls and much more, there is something here for everyone. It's a great family day out whether you work in the agricultural industry, are interested in all things equine or just want a fun day out to see the countryside at its best and enjoy the atmosphere.

For further details please see
www.chepstowshow.co.uk or
email:
chepstowshow@hotmail.co.uk



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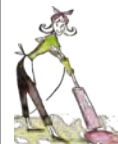


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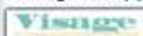
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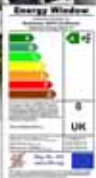
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