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Matters

Oct/Nov 2018



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Dear Residents,

There has been a definite shift in seasons in the past few weeks, as we say farewell to our long, hot summer and welcome a fresh, colourful autumn.

Winterbourne's Medieval Barn's Orchard Harvest Day is the perfect way to celebrate this time of year. Always an informative and entertaining day that the whole family will enjoy, read more on the centre pages.

Please do also embrace the 2018 Scarecrow Trail, the theme this year is Fairy Stories.

So, get your creative thinking caps on and come up with a fabulous design to display for local people to discover over half term.

If you enjoy taking pictures and would like to improve your skills, with the company of like minded others, find out how you can get involved with the U3A Photography Group.

We have reports from two local produce

shows that were once again highly competitive, with some first class fruit, veg, flowers and crafts scooping the prizes.

On the subject of plants, The Floral Friends of Frampton would welcome any support in creating the village winter planters, if you can just spare an hour of your time that would be bloomin marvellous!

The Winterbourne & District Flower Arrangement Society are also welcoming more members.

There are details of lots of local groups and events you are invited to take part in throughout the magazine, there really is so much opportunity for people to get involved and enjoy local activities, in good company.

If we have missed promoting your local club, do get in touch so we can put that right!

Kerry & Jaci x

community@mattersmagazines.co.uk

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Don't forget to mention Winterbourne & Frampton Matters when replying to ads! 3

News from the Floral Friends of Frampton



The Triangle Memorial Garden...

Has suddenly come back to life after the recent rain! Lots of lovely wild flowers and poppies are blooming, the rosemary has revived after the drought, and we shall shortly be planting some bulbs there to flower in the Spring.

It's never too early... to think about Christmas! On **Wednesday 28 November** we're holding a **Christmas Coffee Morning and Gift Sale** at the Bickeridge Centre. Browse the sales tables for hand made gifts, stocking fillers, cards and decorations and enjoy coffee and cake in the café. Doors open at 9.15am.

Sensory Garden – Restriction of Opening times – There has been a lot of vandalism in the Sensory Garden over recent weeks and 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. We hope the plants have found a good home!

We Need Help! Could you spare some time (it doesn't have to be a long – an hour is fine) in October or November to help us plant bulbs, and the winter bedding in the planters in the village? We plan to plant on Sunday mornings through October and the first part of November (depending on the weather!), so 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

All our latest news is available at: fframpton.wixsite.com/frampton-cotterell



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Puddle Ducks Autumn News

All the latest from your local swim school

As Autumn draws in, the cosier you are, the better! One of the things our customers love about our swimming lessons is that they are held in lovely, warm pools across Bristol and South Gloucestershire. It certainly makes our gentle, child-led classes more appealing when bad weather sets in, and swimming is a terrific way for babies and children to expend some energy while keeping out of the rain.

Of course, learning to swim is not just about staying out of the weather! Being in the pool with your little one is a total delight, providing precious bonding time and setting up children with a love of water and vital safety skills. At Puddle Ducks Bristol & Bath we teach 1,200 babies and children to swim beautifully, and independently, every week!

What makes us different is that you can:

- Join our classes at any time, no need to wait for the start of a half term
- Stay with us from baby to age 10
- Use courtesy catch-up classes when you can't make a lesson
- Pay monthly and track your child's progress with your online MyPuddleDucks account.

In the local area we teach 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. For small babies, our Saturday classes at the toasty Penny Porter pool in Henbury, a 15-minute drive away, are just the ticket.

To find out more, call our friendly team on 0117 971 7165.



It's such an exciting time for Puddle Ducks Bristol & Bath – we are celebrating ten years of teaching the children of Bristol and South Gloucestershire to swim!

Back in 2008, our founder, Sarah Austin, was running the business from her bedroom and teaching every class herself. Now we have a team of over 30 and teach 1,200 babies and children every week in 13 lovely, warm pools across the region!

Teaching independent swimming from birth in a nurturing environment with individually tailored activities...that's the Puddle Ducks difference.

Join us at any point!

Find your local class at puddleducks.com

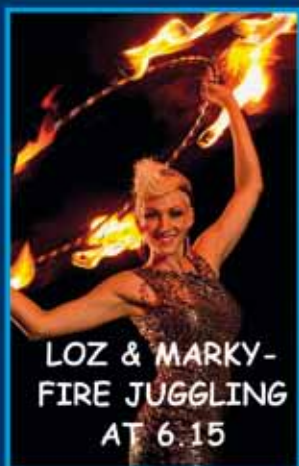
Babies and pre-school classes Age 0-4

0117 971 7165 bristolandbath@puddleducks.com

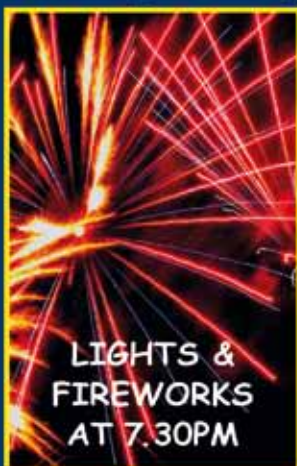
Friday 16th November

Christmas starts at Willow Brook!

It's all starting at 5pm with...



LOZ & MARKY-
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AT 6.15



LIGHTS &
FIREWORKS
AT 7.30PM



BGT FINALIST
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LIGHTS SWITCH ON AT 7.30PM

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Fun times at new look Specsavers Store

Matters Magazines was pleased to be invited along to the opening of the local Specsavers Store in the Willowbrook Centre, Bradley Stoke following a state-of-the-art refit.

"We're thrilled with the refurbishments here at Specsavers in Bradley Stoke," says store director, Ed Stanleigh. "The customer experience has been revolutionised and that gives us a great reason to celebrate and raise even more funds for our charity partner, CLIC."

The face-lifted store hosted a fun day on Saturday 15th September, offering facepainting and photo opportunities with special guests, Belle and Spider-Man, to help towards the team's goal of raising as much money as possible this year for their nominated children's cancer charity.

The ribbon was cut by longest-serving staff member Terri Dean who started with the Bradley Stoke store two weeks before it opened back in 2009. Terri told us *"I started with Specsavers Bradley Stoke two weeks before the store opened. Ed and myself were the only ones with any previous optical experience so those first two weeks were spent training. It's been great to have been a part of the store as it has grown and expanded. The new refurbishment is fantastic. There is now a much bigger waiting area, a new contact lens room, a much better booking-in system with iPad pods. We also have a frame styling App which is a brilliant tool that Specsavers has the exclusivity on for another 12 months! The App scans your face and then recommends the frames to suit you!"*

The developments certainly make the store look more spacious, welcoming and modern, especially with the new up-to-date technology.



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Need an eye test? Book online at specsavers.co.uk

Bradley Stoke The Willow Brook Centre. Tel 01454 275 020

Specsavers

A message from new St Michael's Head Teacher - Mrs Robson

My first day of the school year has been so very different to any other that I have spent at St Michael's.

A part of me was slightly jealous of all the teachers meeting their new class of children. This year I have no class to call

my own, however more excitingly, I DO have almost 200 children to care for and be a part of their education. I am truly privileged to have been offered the role of Headteacher at St Michael's and wish to continue the fantastic work of my predecessor, Adrian Vye.

My journey at St Michael's began back in 1997 as a class teacher of Year 5, since then I have had varying roles within the school from leading PE to English to Year 6 to Deputy Head then Head. My

time here has always been a happy one, hence my reasons for remaining, with it has also come its challenges and as you can imagine many changes. Regardless of the changes in curriculums, staff and children what has always shone through is the warm and caring ethos of our school and one which I am proud to be a part of.

As well as the changes in my professional life, my personal life has changed considerably too. I began as 'Miss Sacker' then married to become Mrs Robson; have had two babies (who are now 13 and 16); as well as numerous hairstyles along the way!

Our motto of *Learn~Care~Enjoy* will remain at the very heart of everything that we do and every decision that is made. My vision is for every child to be the very best that they can be, there should be no glass ceiling – the sky is the limit! Through our strong Christian character, we will support them to grow into responsible citizens and offer them as many opportunities and experiences as we can, to give them the best educational start in their school career.

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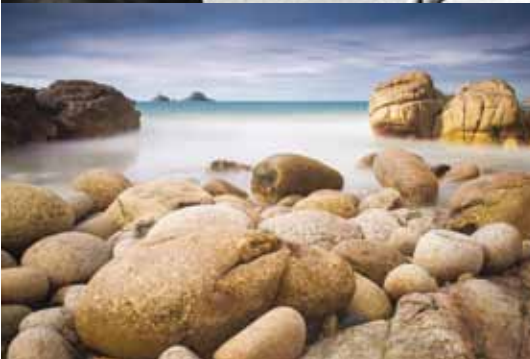
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U3A PHOTOGRAPHY GROUP

Do you have a camera but wish you could get some better photos? At the U3A Photography Group (Yate and Sodbury District) we welcome all levels of experience – all you need to join is a camera (or even a mobile phone!) and a desire to learn more about how to improve the photographs you are taking! To see some of the photos group members have taken why not have a quick look at our web site www.u3aphoto.blog?

The web site includes photos from our monthly projects over the last year and will give you a good idea about the range of images our members have taken. Each month we have a new theme and members are encouraged to add their photos to the website. At our meetings we discuss the images with a focus on constructive advice. Group meetings also usually include a presentation on an aspect of photography – for example in September we looked at composition – how to frame your images to get the best visual result. In the coming months we'll be working more on understanding what makes a good picture to help us better able to comment on each other's photographs.

Join Us! if you would like to improve your photographs why not come along to one of our meetings or come and see us at the **October 19 Open Day, 2pm at Chipping Sodbury Town Hall?** We welcome new members from a wide area around Yate and Sodbury, and indeed our group committee already includes members from Winterbourne/Frampton area. If you are interested but can't make the Open Day, please contact our group leader, Mary Avenin on 01179 099471 or email via the message link on our website at www.u3aphoto.blog/contact-us.

The Yate and Sodbury District U3A Photography group meet on the first Thursday of every month (except July and August), 2pm at the St John's Church Centre, Wickwar Rd, Chipping Sodbury, BS37 6BQ. Each session is two hours long.

www.u3aphoto.blog



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Cricket club hit for six with new sponsorship

An opticians in Bradley Stoke has agreed a two-year sponsorship of Coalpit Heath Cricket Club Youth section.

Specsavers in The Willow Brook Centre has teamed up with Specsavers in Yate to sponsor the U11, U13 and U15 teams, providing them with branded playing shirts. The second year of the sponsorship will also see the stores provide the teams with new equipment.

'We are very grateful to Specsavers Bradley Stoke and Specsavers Yate for their support,' says Steve Gwinnell, chairman of Coalpit Heath Cricket Club. 'The shirts look great and as we've been so lucky with the weather this season, there's been lots of opportunity for the teams to wear them.'

'Supporting our local community is something we're really passionate about at the store,' says Specsavers Bradley Stoke store director, Ed Stanleigh. 'We're delighted to be involved with Coalpit Heath Cricket Club and wish the Youth teams every success for the rest of the season.'

The players spend valuable time with friends enjoying staying active. Age group sides have become an increasing force in the local Bristol Youth Cricket league and some players have even been selected for local representative sides including Gloucestershire County.

For more information, pop into the store at Unit MU4, Willow Brook Centre, Bradley Stoke, BS32 8EF call 01454 275020 or visit www.specsavers.co.uk/stores/bradleystoke



Mum's lose weight and gain new careers

Frankie, Jude and Lisa, having lost 8 stone in total, have found themselves new careers and new bodies with Slimming World.

"When I joined my local Slimming World group, it changed my eating habits and gave me a healthy outlook for life – so much so it made me discover a love of running. As my weight reduced my energy levels increased and I enjoyed the feeling and buzz I got after going for a run – something I never thought I would achieve" said Frankie, Sliver Consultant.

A hard and emotional year took Lisa (Consultant to a top 10 Woman of the Year National finalist) to Slimming World "I had developed really bad eating habits and used food as comfort to get me through the painful things happening in my life. I was at my lowest ebb when a friend told me about SW and I decided to give it a go. I couldn't get over how much I could eat and still be able to have a cheeky drink! This saw me lose 2 stone in 12 weeks and reach my target weight".

Newest consultant Jude joined as a member after the birth of her first child. "Slimming World has not only helped me in terms of my weight loss but also from a mental and emotional perspective too. I now like what I see in the mirror and feel more confident in clothes that I would not of dreamed of trying before."

"If we hadn't joined the slimming club, goodness knows where our weights would be now. It had already started to affect our daily lives and having two children each, we wanted to be fit and stay active for them and not be the fat mums at the school gates."

Having lost our weight by food optimising we have so much more energy, our clothes are fitting well and we all dropped to a dress size 12, and now we can help people every week realise their weight loss dreams."

With their new found confidence, these mums run five groups in the Winterbourne and Frampton Cotterell area – on a Monday at 5.30pm & 7.30pm at Watermore Primary School, Woodend Road (opp Bickeridge Centre) with Jude. On a Tuesday at 9.30am, 11.30am, 5.30pm & 7.30pm at The Greenfield Centre, Park Avenue with Frankie. On a Wednesday at 7.30pm at Frampton Cotterell C of E Primary School, Rectory Road and Friday at 9.30am at Manor Hall, Coalpit Heath with Lisa.

Check out Lisa, Frankie and Jude's Facebook pages 'Slimming World with Lisa', 'Slimming World Winterbourne' and 'Watermore Primary Slimming World' for the latest offers, recipe ideas and member inspirations.



be hot!

with
Slimming World

Monday

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

Tuesday

Winterbourne
The Greenfield Centre
Park Avenue
9.30am, 11.30am
5.30pm & 7.30pm
Tel: Frankie
07519 347243

Wednesday

Frampton Cottrell
Frampton Cottrell C of E
Primary School
7.30pm
Tel: Lisa
07815 759118

Friday

Coalpit Heath
The Manor Hall
Coalpit Heath
9.30am
Tel: Lisa
07815 759118

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

slimmingworld.co.uk [f](https://www.facebook.com) [i](https://www.instagram.com) [t](https://www.tiktok.com) 0344 897 8000



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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

Winterbourne Down & District Horticultural Society Meetings

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

Meeting every second Tuesday of the month. Visitors welcome.

The Stokes Phoenix Club

Meet every first Tuesday of the month, 10am-12 noon at the Community Hall, Little Stoke Park.

Next Meetings: 2 October - Card Making
6 November - Communicating Christmas
4 December - Mummies of Winterbourne Down & Christmas Buffet Lunch

Yearly subscription is £15. Monthly subs £2.

New members would be very welcome.

For more information please call our Chair, Rosemary Davies on 01454 614 474 or just come along to one of the meetings.

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

Salem Methodist Church

Watley's End, Factory Road BS36 1QL

Macmillan Coffee Morning

Wednesday 3 October, 10am

Harvest

Saturday 6 October
12.30, Harvest Lunches

Sunday services 7 October
10.30am, Rev. Hilary Cook
6pm, Rev. David Alderman

Concert of Popular Music
Given by Gordon Haley Friday
19 October, 7.30pm, Tickets £5

Church Anniversary
Sunday 28 October, 10.30am
Preacher - Mr Gary Best - warden
at New Room, Bristol

The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



Community Coffee Mornings 17 October & 21 November 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.

Christmas Fair

at
St. Peter's Church
Frampton Cotterell

SAT 17th NOV 2018

10.30 until 1pm

FREE ENTRY



Hot/Cold Drinks
Cakes



Soup & Roll

FATHER CHRISTMAS
WILL ARRIVE AT 10.45am



FRAMPTON COTTERELL and DISTRICT LOCAL HISTORY SOCIETY

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

Commencing at 7.30 pm Autumn Season 2018

Wednesday 17 October

Luftwaffe attacks on Aircraft Companies in South Gloucestershire

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

Wednesday 11 November

Wings of War - The BAC in World War Two.

A talk by Chris Bigg,

All welcome. Entry £4, Free to members,
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Tickets £10.

Tel:-01454 317408

Winterbourne Down & District Horticultural Society Annual Flower & Vegetable Show

The annual show held at the Greenfield Centre in Winterbourne, on 18 August, was a success even though gardeners had a lot to contend with due to the prolonged heat wave. It was pleasing that there were more entrants this year, despite the weather. The public were able to view the entries in the afternoon and see the cups and awards being presented – by our West of England Mayor, Tim Bowles.

Graham Lees excelled himself yet again with his vegetables and won four cups and a shield! Madeleine and Kelvin Williams also did well again – with flowers as well as vegetables.



Tim Bowles presenting cup and shield to Graham Lees



Although entries in the Homecraft section were down, the photographic classes were very popular.

We look forward to next year!



Madeleine Williams receiving award from Tim Bowles

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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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WADCA Community Centre

At their AGM, WADCA were delighted to report, 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!

New classes in Yoga and Pilates started in September. Locals enjoy a Ceilidh Dance once a quarter. WADCA 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 Holiday 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, 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!

Wednesday Lunch club – traditional home cooked food made by Kell's Kitchen at just £5 each. 12–2pm. Also takeaway option. Booking preferred.

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.

Saturday 1 December – Ceilidh Dance, £7.50 each

New Years Eve – fabulous party with buffet £25 each

For further information regarding any of the above or in the many other activities that take place at WADCA, please visit –

www.wadca.co.uk or Tel: 01454 776268

Facebook page:

@winterbournecommunitycentreWADCA

BLUES BROTHERS FUNK & SOUL NIGHT WITH LIVE BAND 'KICK THE CAT'



TICKETS
£8 each
or
2 for £15

DOORS
8 PM
BAND ON
9 PM

FRIDAY 5TH OCTOBER 2018

WADCA Community Centre

LICENSED BAR, DISABLED ACCESS & FREE PARKING

TO BOOK TICKETS:
<https://www.ticketsource.co.uk/date/523740>
E-MAIL: CA@WINTERBOURNE.CO.UK
TEL: 01454 776268, WEBSITE: WWW.WADCA.CO.UK
£1 WINTERBOURNECOMMUNITYCENTRE.WADCA



Building Brighter Futures

Want to become a foster carer? You Can...

- Be any age over 21
- Be married, single, divorced, or in a civil partnership
- Be gay/lesbian, bisexual or heterosexual
- Rent or own your home
- Be of any ethnicity, race, religion or culture
- Already have children or not

Capstone foster care are an independent foster care agency. Our aim is to provide excellent outcomes for children and young people – building brighter futures into adulthood. We work with our foster carers to provide safe and nurturing environments, so children and young people can thrive.

We know that many people can be hesitant to come forward and take the next step to foster and need some encouragement or re-assurance that they will receive a quick and sensitive response with answers to any initial questions they may have.

Capstone Foster Care needs carers for children of all ages but are particularly interested in hearing

from people able to care for sibling groups or children over the age of 11. Foster carers receive ongoing and regular supervision, support, training and an allowance.

Foster carers can provide care on a short-term basis whilst permanent plans are made for children to return home to birth family or to an adoptive family. Alternatively, they can provide care on a long-term or permanent basis where the child will become a part of the carer's family until they are ready to leave home, but hopefully throughout their adult life too.

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.



Winterbourne Academy

SWIMMING POOL

The pool is open to the public to enjoy, so whether it's a few laps after work or a family swim, the pool is open on Saturdays & Wednesdays.



Adult	£4.10
Junior/Senior	£2.55
Family Public Swim	£11.20 (2 adults, 2 children)
Group Lessons	£5.60 per hour
Rookies	£6.50 per hour
Main Hire of Pool	£69.65 per hour
Hire of Lifeguard	£20.80 per hour

A full price list and more details can be found at:
www.winterbourneacademy.org.uk/Swimming-Pool/

As from
8th September the
pool is now open to
the public on:

SATURDAYS
1.00pm - 2.30pm

WEDNESDAYS
7.00pm - 9.00pm

Back on Track, thanks to Dr of Osteomyology

Dawn Clode Ostm, Lic MET Lic CR FAO

As an editor of *Matters Magazines*, I have been visiting Dawn to keep me pain-free for the last 6 years. I originally saw Dawn to assist with lower back pain, tight shoulders and repetitive strain in my arm, all largely caused through too many hours sat at the laptop, often working into the early hours. Every couple of months or so (typically after meeting a deadline), I would visit Dawn for a session to keep me on track, and pain free.

Since first meeting Dawn, I still produce monthly magazines but have since been married and now have two little boys, age 2 and half and 8 months. Gorgeous bundles of fun my boys may be but, as most parents experience I am sure, they have contributed to some extra strain on my body – lots of lifting and carrying of them both at awkward angles, and falling asleep in the early hours with a cricked neck after feeding. This, along with the general impact being pregnant has on your body, has at times left me feeling a bit broken! But always prioritising the boys and work with my time, I ignored my niggling pains.

Well, over the summer, my body came to a stand-still, pain travelling from my lower back into my neck and jaw creating terrible headaches and nausea. The good news is, after putting in a call to Dawn an immediate appointment was made (Dawn understands pain and will always see you as soon as she can). I emerged from the hour session with her (involving some serious massage of various muscles and my back being manipulated back into place where needed) feeling instant relief from the pressure in my head, and a day after the session I felt like a new woman all over.

I write this to urge mums, dads and everyone who is working too hard or who never put themselves first, to make some time for your well-being. You are much better at what you do when you are pain-free. If you live with pain long enough you forget what it is like not have it, I have certainly learnt my lesson and will be back to more regular visits with Dawn, I need to stay strong for my family, job – oh and me!

Take action today, visit www.life-and-soul-empowerment.co.uk for full details, or call Dawn on **0795 1099 491** to book in to her locally based treatment room.



Dawn outside her peaceful treatment room

Karen Woodman
CHIROPODIST
 HCPC reg
 The Old Rectory Clinic
 Iron Acton
 BS37 9UQ
 Tel 01454 852069
karenlouisewoodman@gmail.com

Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

Hypnotherapy can help you:

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- 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
www.hypnotherapistbristol.com

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Enjoy a Hydrating, 1 hour facial for £48 and Receive a FREE 15 minute Foot massage worth £17.50!

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 147 CHURCH ROAD FRAMPTON COTTERELL, BS36 2JN

News from Coalpit Heath WI

This month saw our members getting active! We enjoyed an introduction to Tai-Chi by Martyn. He talked us through the history of Tai-Chi, and then we enjoyed trying out some relaxation techniques before moving on to some basic movements.

We thoroughly enjoyed our evening and a few members were keen to perhaps join Martyn at one of his classes.

If anyone is interested in more information his e mail address is taichibristol@gmail.com.

The group are busy planning Christmas events and are always looking for new members to come along and join our friendly bunch!

We meet on the first Wednesday evening of each month at St Saviours Church Hall, Coalpit Heath at 7.30pm, next month we will be welcoming Amy from Dotty Herberts' flowers

Come and join us!

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FREE PERSONAL TRAINING & HEALTH CHECK*



Get the best out of our membership!

Join us to "start your journey" we are offering a free personal training session when you sign up and also a free health check. To make sure you start with the confidence to achieve your goals.

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www.spirithealthclubs.co.uk www.hibristolfilton.co.uk

Review of Castell Roc Fest

Over the summer, Chepstow Castle entertained in excess of 13,000 people with its incredible Castell Roc shows, with a healthy percentage travelling large distances to see 'the stars performing under the stars'. The festival attracted people from all over the world, with ticket sales to Australia, USA, Canada, Finland and across Europe.

A massive variety of performances, over three weekends, kicked off with some verve with the brilliant *Monsters Of Roc*, with fans revelling in a night featuring the music of *Whitesnake*, *Guns'n'Roses* and *Led Zeppelin*. The following night saw the masses delighted by *Philippa Hannah*, followed by the incredible *Alabama3*. Night three was an extraordinary evening to remember as *Dr Hook* starring *Dennis Locorriere*, took to the stage. The first weekend was topped off with an astounding show with *King King* and *Buck & Evans* wowing the fans.

Weekend two started in style when the brilliantly uplifting *Magic of Motown* show rolled in to town, swiftly followed by a sold out show featuring the King & Queen of British Country Music, *The Shires*. Next up was an astonishing show performed by *Leo Sayer*, effortlessly proving why he is a Grammy Award winning artist. Rounding off week two was a blast with two tributes in one show – *Michael Jackson* and *Prince*.

The final week stunned the crowds with a top night of reggae with *The Dualers*, followed by a huge party night full of dancing provided by BBC Funk & Soul DJ *Craig Charles*. A wonderful, enchanting evening was loved by all that attended *FastLove* – tribute to George Michael, and finally the totally free *Community Bash* kept hundreds of local people happy all day both inside and outside the Castle.

The team behind the Festival (led by Carol, owner of Hannah's music opposite) deserve a medal for attracting shows of this calibre. The Festival also helped to raise £1,136 for the marvellous people at Chepstow Mencap. All we can say is 'Roll on 2019!'

www.castellroc.co.uk

Photos Paul Johnson© at pixelsintime.com



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An Aladdin's cave for music lovers!
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Tuition also available:

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Telephone: 01291 627122

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

NORTHSTAR
CASE MANAGEMENT

Support Buddy Required

**Support Buddy (Female*) Required
in Frampton Cotterell / Yate area
Part-time Hours (8 per week)**

I am a bubbly 13-year-old girl who loves animals, being active and seeing my friends.

Mum and I are looking for a Support Buddy to help me pursue all of my day to day activities and leisure pursuits. I have Cerebral Palsy, which means I have difficulty walking and using my hands and therefore I use a powered wheelchair and assistive technology to help me be independent.

I have a passion for horse-riding, so you would need to be able to help me at the stables and love horses too!

Other areas that I need help with are completing my homework and therapy exercises, personal care, taking me to boccia, going swimming, cycling and baking.

If you are interested in working with me 8 hours a week during term time, on Tuesday and Thursdays from 15:15 – 19:15 and extra hours during the school holidays, it would be great to meet you!

We live in the Frampton Cotterell / Yate area.

Rates of pay: £13.50 per hour.

Two excellent references and an enhanced DBS check will be pursued.

**Please apply to –
info@northstarcmm.co.uk,
or call 01908 887047**

Regarding a female support worker to work with the client, "Gender is considered to be a genuine occupational requirement in accordance with paragraph 1 of Schedule 9 of the Equality Act 2010"*

Winterbourne's Medieval Barn – News & Events



More FREE events for the community

As part of the Heritage Lottery Funding awarded a few months ago, Winterbourne Medieval Barn Trust has increased its programme of community events, and has been working particularly with local schools, care homes and wildlife trusts this summer to give the youngest and oldest members of the community a chance to visit this amazing building and learn about heritage and nature.

Many of the events at the Barn are free, including monthly open afternoons, an Owl Prowl, an evening lecture series which starts in November, and a 'Go

Wild' family nature day which was held in August. The 'Go Wild' day was run in conjunction with Avon Wildlife Trust and children enjoyed making leaf rubbings, clay hedgehogs, nature crowns, meeting a real hedgehog, learning about bees and other pollinators, and visiting the nature reserve.

Archaeologist Jenny Hopkins ran four amazing Archaeology Club mornings for children during the summer holidays, where they had a go at cave-painting, making pots, and hunting mammoth! The children had a wonderful morning and learnt something about archaeology too.

Evening Lecture Series

The evening lecture series will be launched on **Thursday 8 November** in the newly-refurbished Cart Shed. This inaugural lecture is **'1000 Years of History: Medieval Cathedrals as Time Machines'**, given by architectural historian Jon Cannon of Bristol University, journalist and presenter of the BBC TV documentary 'How to Build a Cathedral'. Tickets are FREE but pre-booking is required as numbers are limited.

The December lecture will be about a new Roman Villa recently discovered in South Gloucestershire, and will be given by Neil Holbrook, Chief Executive of Cotswold Archaeology. Again it is free but booking required.

Craft Workshops

There are a variety of craft workshops being held in the coming months and bookings are now open for these. The first is a **Wet-Felting workshop on Saturday 27 October**. Felting was an essential part of the hat-making industry which played a prominent part in our local history, particularly in Watleys End and Frampton Cotterell. This workshop is run by Fi Harris who creates wonderful felt pictures and purses out of merino wool, decorated with embroidery and embellishments. She will teach

participants to make felt and then create their own picture and 3D container to take home.

Bookings are also now open for a **Christmas Door Wreath workshop** run by Organic Blooms on **Saturday 8 December**. All workshops incur a charge.

Booking details of all events and workshops at the Barn can be found on the website and facebook.

Orchard Harvest Day 2019

The Barn's biggest annual event, **Orchard Harvest Day takes place on Sunday 7 October from 11am to 4pm**. The day offers something for all ages, with a full programme of activities including apples, cider, ferret-racing, morris dancing, local craftspeople, rural skills, a variety of live music, hawks and owls, working steam engine, stalls, children's activities, animals, West Country food and drink, and much more. Entry is just £3 for the day, and children under 16 are free. Some images from last year are attached.

www.winterbournebarn.org.uk

You can also follow them on Facebook and Twitter.

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



For great Christmas value!



Woolley Park (Bath) free range turkeys, geese and ducks

Copas organic and free range turkeys

Usk Vale boneless turkey crowns stuffed to order

Gift vouchers • Set boxes

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Molesworths of Henleaze
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Bristol BS9 4JP
0117 962 1095

www.henleazebutchers.co.uk

Scarecrow Trail 2018

Churches Together in Frampton Cotterell and Coalpit Heath will be holding the annual scarecrow trail during half term from 27 October.

The theme this year is **Fairy Stories** and the closing date for entry is 19 October.

Entry forms are available at The Bickeridge Centre, Woodend Road and completed forms can be returned there. Or email sawalters@blueyonder.co.uk or text 07767487531.

Prize giving will take place on Saturday 3 November at the Bickeridge Centre from 11.00am. Refreshments sold to raise money for Christian Aid.



Mum & Toddler Group

On now at Nuffield Health, Fitness & Wellbeing Club, Stoke Gifford.



Come along and meet like-minded mums in a friendly and fun setting.

Friday's from 10am

- Free every Friday from 10am, meet in the caf .
- Full caf facility & children s menu
- Soft play
- Toys and games
- Free family swim session*

For more information call us on **01179749740** or pop in and see us. Free swim pass on first visit.

Nuffield Health Stoke Gifford
Hunts Ground Road
Stoke Gifford
BS34 8HN



Oct/Nov 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 20 October and 17 November, 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 13 and 27 October and 10 and 24 November, 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. If you would like to book or have any questions please call Susannah Griffiths on 0117 9092 272 or email susannah.griffiths@scol.ac.uk. Although this course has started, please contact the above, as there maybe places available

October Half Term Activities

'The Shape Game' Come and Shift some Shapes and be amazed at what you'll create! Tuesday 30 October, 2.30–3.30pm. This is an activity for children for children in Years 5 and 6. Limited places, contact the Library to book your place.

'Watery World' Friday 2 November, 10.30am–12 noon. Drop in craft session suitable for ages 4–10.

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.

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



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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

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Registered Charity No: 1133716



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

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



News from Frampton Cotterell WI

August is normally a 'month off' for our WI and its members,

however at the end of the month we did hold a cheese and wine social evening, organised by our committee, which was a well-attended and enjoyed by all. Carefully selected wines were on offer, along with cheeses to compliment them,

which had been researched by our committee to ensure that they would be a good match for the wines.



At time of writing, we are looking forward to our September meeting, when Nicola Eaton is coming along to talk to us about luxury chocolate making, and she will be giving us a live demonstration on how to make truffles and moulded chocolates for members to sample on the night – yum! Other events coming up in the Autumn include a talk on the History of the Police Force, a Bingo night and a trip to historical (and allegedly haunted!) Shepton Mallet prison in October!

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.

Walking for Health Programme 2018

All ages welcome. FREE and friendly. Bring sturdy shoes and soft drink. No need to book. Refreshments available after.

Both: **SHORT STROLL & RURAL WALK** – Two of each per month:

Tues 9 Oct: Meet 10.30am, Badminton Arms, Coalpit Heath. Stroll along lane and fields, for as little or as much as you wish (up to 2mls) Or, Frog Lane Rural walk. 3.5 miles.

Tues 23 Oct: Meet 10.30am, Live & Let Live, Park Lane, Frampton Cotterell. Stroll via Nightingale's Bridge, for as little or as much as you wish (up to 2mls) Or, Huckford Rural walk. 4 miles.

Tues 30 Oct: Meet 10.30am, opposite cafe, Church Road, Frampton Cotterell. Scarecrow Trail (walk/stroll) for as little or as much as you wish.

Wed 14 Nov: Meet 10.30am, opposite cafe, Church Road, Frampton Cotterell. Frampton End stroll, for as little or as much as you wish (up to 2mls) Or, Rural walk to Iron Acton via fields, woods, lanes. 3.5 miles.

Tues 27 Nov: Meet 10.30am, Golden Heart, Down Road, off A432 at Kendleshire/W'bourne Down. Bury fields and woods, stroll for as little or as much as you wish (up to 2mls). Or Rural walk to Bury Hill Fort and Pye Corner. 3 miles.

Wed 12 Dec: Meet 10.30am outside St Peter's Church, Frampton Cotterell. Stroll fields or lanes by Frome for as little or as much as you wish (up to 2mls). Or, Rural walk beside River Frome. 3.5 miles.



If you fancy giving RUGBY a go, come along and join us. No experience necessary, just a willingness to have fun and make new friends. Training is 6-7pm on Mondays, and training or matches

(when you're ready) on Sunday afternoons.

A warm welcome guaranteed!

Get in touch with Mike Stiles on 07972 135 517 or

Email: stilesrugby@virginmedia.com

Facebook: Frampton Cotterell RFC Girls Team



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 Bockeridge 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 Bockeridge Centre, Woodend Road Frampton Cotterell.

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

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

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Federation of Small Businesses
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St Saviours Church, Coalpit Heath Church Events



Butterflies Babes and Toddlers Group

You are welcome to bring along your little ones to our friendly group 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 – Every week in the church. Anyone is welcome from 11.15am onwards for tea or coffee and to stay for a soup lunch with pudding at midday! Bring along a friend or come and meet new 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.

Remembrance Day Service – On 11 November services will take place at 10am, followed by Act of Remembrance. And at 3pm there will be the British Legion Service of Remembrance.

Christmas Fayre – Please mark Saturday 24 November in your diary for the Christmas Fayre.

73rd Horticultural and Craft Show – As you can see from the photos, this year's show was another huge success, with some fantastic entries into the wide range of classes. There are certainly lots of talented growers, cooks and creative people living in our community, well done to all who took part.

Social Fitness Club – This club started in September and takes place on Wednesday mornings, 10–11.30am, in the church hall.

The club is targeted at senior citizens of all abilities, looking to engage in friendship, fitness, physical and social activities. We aim to improve your strength, balance, posture and flexibility in a fun and friendly environment. Also team games and refreshments. There is no age limit, it's for all, a lady has done this aged 90. If you would like to take part contact Spencer on 07825155954 or Ann Carter 01454 319699.



Open Church Mornings – St Saviours church is open every Tuesday and Wednesday mornings at 10am–12 noon. You are invited to go along perhaps for some quiet time and prayer, also maybe to light a candle, or drop in for a cup of tea or coffee.

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

News from Winterbourne Down WI



We had a most interesting Speaker at our September meeting, when

Christine Coles from Chipping Sodbury gave us an informative talk on *Victorian Botanical Adventurers*. She rightly pointed out that people over the centuries have been interested in exploring and finding different plants for their land and gardens. Back in the 18C Joseph Banks went with Captain Cook to Australia to find and return with new plants. David Douglas went to North America and found a fir tree, which was named after him being *The Douglas Fir*.

In the UK we only had three native conifers being *Yew*, *Juniper* and *Scotts Pine*. Botanical explorers would go off for several months or even years travelling into dangerous countries, territories, land swamps, putting themselves at risk health and safety wise, all to gain the accolade of finding a new tree or plant to take back to their motherland.

In Victorian times the wealthy middle class people would buy and build mansion houses and villas with rolling landscapes and lakes, all to demonstrate their wealth. Waddiscombe Manor, at that time, employed twelve gardeners, who over a two week period were instructed to plant 100,000 bedding plants just to have one of the best gardens!

Sir Joseph Hooker, a scientific plant hunter and known to be one of the greatest botanists of that time, travelled to Nepal and returned with the first *Camellias*, *Azaleas*, and *Rhododendrons*, which were a fashionable plant to have at that time. He suffered with altitude sickness, had leaches clinging to his legs and yet continued through cold, wet winter and hot, sticky summer conditions. On his return he became Director General at Kew Gardens!

Robert Fortune was sent to China and returned with *Peonies*, *Hydrangeas* and *Chrysanthemums*. He found *Forsythias*, *Mahonias* and *Japanese Anemonies*. He caught yellow fever and had to fight off pirates whilst on his return trip home.

Thomas and William Lobb were also plant hunters, and Thomas was sent to the East Indies to find *Orchids*, *Parlour Palms* and *Fly Catcher* plants. William found seeds of the *Monkey Puzzle Tree*. He sent back 3,000 seeds which were then sold at £10 per seed! He also discovered the Giant Redwood in North America.

All these people experienced very difficult conditions in order to introduce numerous new plants, shrubs and trees to this country. A most interesting speaker.

Our WI will next meet on 4 October, 7.30pm.
Our speaker will be Peter Davey, giving a talk on Clifton Rocks Railway. Do come and join us at – All Saints Church Hall, BS36 1BX.



Winterbourne & District Flower Arrangement Society



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.

We enjoy visiting demonstrators and practical, hands on sessions, on Thursday evenings on various dates.

For further details please contact: Celia – 01454 776753 • winterbourneflowerclub.com

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Frampton Cotterell & Coalpit Heath Village Diary

October 2018

Mon 1 – Gardening & Social Club, Manor Hall 2–3.30pm. All welcome. £2.50.

Wed 3 – South Glos Mines Research Group talk, The Miners 7.30pm. Tel: 01454 883607

Wed 3 – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors always welcome! Tel: 07935 071291. E: caitlin.reeves@virginmedia.com.

Thur 4 – Frampton Community Singalong, Crossbow, 2pm–3.30pm. £3 includes tea and cakes. Tel. 07792 495367 / hilary.jay@curo-group.co.uk

Thur 4 – Open Afternoon: Tours of Winterbourne Medieval Barn, grounds and garden, 2 or 3pm. Free, but booking via [Ticketsource.co.uk](https://www.ticketsource.co.uk). Refreshments available.

Fri 5 – Kick the Cat, Blues Bros Band, WADCA. Doors open 8pm. £8 (2 for £15) from [Ticketsource.co.uk](https://www.ticketsource.co.uk) www.wadca.co.uk / ca.winterbourne@gmail.com.

Fri 5 – Quiz, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 / crossbowhouse@gmail.com.

Sat 6 – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Bookings £5 T: 07920 145325

Sat 6th – Luke Higley, Michael Buble tribute act, Coalpit Heath Village Hall, 7.30pm. Tickets £6. Booking required. Tel. 01454 776958

Sun 7 – Orchard Harvest Day, Winterbourne Medieval Barn, 11am–4pm. £3 (kids free). Apples, cider, ferret-racing, steam engine, crafts, morris, music, beer, food, etc.

Tues 9th – Community Coffee Morning, WADCA, 10.30–12.30. All welcome.

Tues 9 – Village Walks, meet 10.30am Badminton Arms. Stroll as far as you like up to 2 miles on lane and in fields, or Frog Lane Rural walk 3.5 miles. All welcome.

Tues 9 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. Tel. 01454 777664.

Wed 10 – 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.

Thur 11 – Owl Prowl, Winterbourne Barn 6.30–8.30pm. Pre-booking essential.

Thu 11 to Sat 13 – A-Z of Musicals by Winterbourne Musical Theatre, WADCA, 7.30pm.

Fri 12 – Frampton Folk club, Crossbow, 8pm. £2. All welcome. allinsonjohn2@gmail.com.

Wed 17 – Community coffee morning, Manor Hall, 10am–12.00. Tel. 07873 747513.

Wed 17 – Local History Society, Luftwaffe Attacks on South Glos, Zion hall, 7.30pm. All welcome. £4 incl refreshments. Free to members (£15 pa).

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

Tues 23 – Village Walks, meet 10.30am Live & Let Live. Stroll as far as you like up to 2 miles via Nightingale's Bridge, or Huckford Rural walk 4 miles. All welcome.

Tue 23 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm. Police talk. £2.50. Tel. 01454 773426 or 01454 778900 / marycroberts@talktalk.net

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

Thur 25 – Frampton Friendship & Dance, 2–4pm, Zion Church Hall. Learn easy, gentle dances. Suitable for beginners. No partner needed. £3 incl tea. Tel. 07515 351813.

Sat 27 – Wet-Felting Workshop, Winterbourne Medieval Barn, 10.30am–1.15pm. Learn to make a felt picture. £25 ppn. Booking Facebook FELTbyFI or E.feltbyfi@gmail.com.

Tues 30 – Scarecrow Trail Village Walk, meet 10.30am, opposite cafe Church Road.

Wed 31 – Litter Busters, 10am–12.00. Meet at Heather Avenue.

Wed 31 – Free Halloween Dance Class for children in Y2-6, WADCA, 12.00–2pm. Tel Karen 07799 628308 or Facebook KD Hub.

November 2018

Thur 1 – Frampton Community Singalong, Crossbow, 2pm–3.30pm. £3 includes tea and cakes. Tel. 07792 495367 / hilary.jay@curo-group.co.uk.

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

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

Sat 3 – Mitch Mimms Michael Jackson tribute act, Coalpit Heath Village Hall, 7.30pm. Tickets £8 (no under 10yrs). Tel. 01454 776958.

Mon 5 – Gardening & Social Club, Manor Hall 2–3.30pm. All welcome. £2.50.

Wed 7 – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors always welcome! Tel. 07935 071291 / caitlin.reeves@virginmedia.com.

Thur 8 – 'A Thousand Years of History: medieval cathedrals as time machines' Talk by Jon Cannon of Bristol Uni. Winterbourne Medieval Barn, 7–9pm. FREE tickets but numbers limited so booking required on [Ticketsource.co.uk](https://www.ticketsource.co.uk).

Tues 13 – Community Coffee Morning, WADCA, 10.30–12.30. All welcome.

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

Wed 14 – Village Walks, meet 10.30am opp.cafe Church Rd. Frampton End stroll as far as you wish up to 2 ml, or Walk to Iron Acton fields, woods, lanes 3.5 ml. All welcome.

Wed 14 – 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 16 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel. 01454 772947.

Sat 17 – St Peters church Christmas Fair, 10.30am–1pm.

Sat 17 – Fun Quiz, WADCA 8pm. £6 incl light refreshments. Teams up to 6. Tel. 01454 773370.

Wed 21 – Community coffee morning, Manor Hall, 10am–12.00. Tel: 07873 747513.

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

Thu 22 – 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.

Tues 27 – Village Walks, meet 10.30am Golden Heart, Kendleshire. Stroll up to 2 ml Bury Hill fields/ woods, or Rural walk to Bury Hill Fort & Pye Corner 3 miles. All welcome.

Tues 27 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm, £2.50. Tel. 01454 773426 or 01454 778900 / marycroberts@talktalk.net.

Wed 28 – Frampton Floral Friends Christmas Coffee Morning & Gift Sale, Bickeridge Centre. Gifts, cards, decorations, coffee, cakes.

Wed 28 – Litter Busters, 10am–12.00. Meet at Gingerbread Man, Church Road.

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

Fri 30 – Christmas Shopping Evening, WADCA, 7pm. Tel. 01454 776268.

View events online – www.villageaction.org.uk

Severn Counties Foreign & British Bird Society

SCFBBS is a club for people interested in keeping all kinds of cage and aviary birds, from canaries to finches to parrots.



We meet on the third Thursday of each month at Winterbourne Methodist Church Hall at 8pm, where we usually have a guest speaker or demonstration on a wide variety of topics, from keeping various types of birds to photographic tours of various wildlife hotspots. For example, this year we have had speakers from the British Dragonfly Society, a talk on the birds and butterflies of the Pyrenees, and the wild flowers of Patagonia amongst others. Later this year we will have speakers on Western Australian birds, the Gambia, and the Falkland Islands, before our annual Christmas meeting.

As well as our club meetings, we have a very active social events calendar, so far this year we have had a club trip to the *International Centre for Birds of Prey* at Newent, which was very interesting, and later this year we will have a club trip to *Slimbridge* for an early morning safari.



If you visited several shows in this part of the world you may have seen our stand, as we bring our birds out to meet the public. We start the year with a two day stand at the Royal Bath & West show (pictured above), and follow this with stands at the Frenchay Show, Portishead Flower show and in August we are at Hawkesbury Upton. If any readers would like a member to come and give a talk to their club, or even have a small display at a school fete, please contact us and we will see if we can oblige.

Finally, each year we have two bird shows at Winterbourne Methodist Church Hall. Our autumn show is on Saturday 29 October, open to the public from 2pm.

So, if you keep birds, would like to know what is involved in keeping birds, or just want to get out of the house one evening a month, please come along and you can be sure of a warm welcome!

**www.foreign-britishbirds.info/index.html
Contact: severncounties@btinternet.com**



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

A Message from Revd Julia Chard

As the long sultry days of summer come to an end, autumn approaches and our diaries begin to fill with regular activities and new initiatives beginning in the Fromeside Benefice area. The light of day shortens and we are reminded (constantly) that Christmas is approaching and we need to book early to see Father Christmas – what?! Before you turn to the next page in disgust, I invite you to stop for a moment and question – how easy do you find rest to equip you for the journey of life? I expect many of our readers like to holiday abroad, or nearer home, sunbathing, sightseeing, cruising, walking or activity breaks, especially if you have children! Whatever you choose, getting away from normal routine can help to re-energise and being pampered isn't a bad thing!

Apart from going to the Cotswolds with hubby Julian, I went on a five day silent retreat at Sheldon Manor – can I be quiet for five days? I managed! The theme of the retreat was the butterfly story. The speaker used the butterfly as a metaphor for the changes we encounter on our spiritual journey. I was drawn to the comparisons that face us in the Fromeside area as we become familiar with the working out, with Yate Parish to become a mission area. That means, in everyday language, that everyone is welcome to join in with anything promoted to build our community contact, not just for people who like to attend church. Thinking about the butterfly, I'm not so fond of its pre-life as a caterpillar munching away the cabbage patch, or favourite flower bed, yet they have an amazing metamorphic experience when they have had enough. It makes a cocoon for itself before its dramatic transformation. We too can cocoon ourselves against the challenge of change. Either by shutting ourselves off from the chatter around us, dismissing any literature (let's face it we can have enough of the news sometimes can't we?!) or, on the other hand, we might 'demonise' the potential growth seeing it as impossible, expressing 'been there, done that, doesn't work!'. Well the caterpillar does the same facing crisis – it shuts itself down.

Interestingly to the Chinese, a crisis comprises of danger and opportunity. Danger carrying a sense of something destructive, yet also an opportunity to evolve in new directions. This is where the Christian journey comes to light – we need the rest to renew our energy, then the bit in between is where we can make positive decisions for the next stage of our journey. Sometimes natural circumstances can surround us to restrict our growth and we might be looking for a new way forward this autumn – a new beginning, fresh insight or a different activity.

Well we have Messy Church beginning on 20 October at 4pm, why not bring your family to have some quality time together on a Saturday afternoon at All Saints Church Hall, Winterbourne Down? There is a men's group and ladies group, both meeting monthly at the Globe pub with interesting speakers and food! Or, if you fancy some singing and thinking about ways to deepen your faith journey, then Magnify – a monthly service at St. Michael's rooms on a Sunday at 6pm, might appeal. Lots to look forward too!

This is the season for butterflies before the summer disappears. If you stop to spot a butterfly at your times of rest, look at its beauty and consider its difficult journey to transform to that stage and remember your beauty and well-being is important to God, and to those who surround you.

Every Blessing, Julia



Families doing church and having fun!

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Messy church is about getting to know God and his family better. We get to know God by exploring the bible, through a wide range of hands on activities. We get to know each other as we share our own stories over a meal, maybe a jacket potato or a sandwich and cake. God talks about us enjoying life in all its fullness, so we aim to create sessions which are packed with fun. Why not come along to this new initiative and enjoy an afternoon of fun, games, craft and activities, followed by a meal and a praise service.

Theme: The lost sheep

4.00pm to 6.00pm - Saturday 20th October

All Saints Church Hall, Church Road,
Winterbourne Down BS36 1BW

**Future Dates: 17th November 2018, 15th
December 2018, 19th January 2019**

fromesidechurches.org.uk

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?).

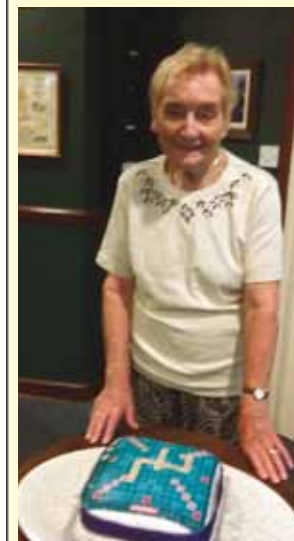
The Memorial will now be cleaned which should make the inscriptions more legible. TWDBT would then welcome the help of any volunteer artists to paint in the letters.



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.**

Scrabble club celebration



Members of Winterbourne Scrabble Club, (held on Monday afternoons at Winterbourne Community Centre), were pleased to celebrate Betty Lerpinier's 90th birthday in August. Betty's daughter had made a very appropriate cake and everyone was able to enjoy a big slice with their tea!

Betty and her late husband, Bill, were two of the founder members of the Club, formed in 1991. She is still a regular Scrabble player at the Club and also enjoys the social side of the afternoon.



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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."



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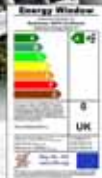
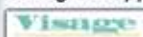
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