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Dear Residents,

'Tis the season to be jolly' and there are certainly plenty of local fairs, coffee mornings and lunches to get you into the Christmas spirit! Winterbourne Academy are inviting senior citizens to a free Christmas dinner celebration, see more inside, and book your spot.

And of course nothing says Christmas like a good sing-a-long, you can join in the 'Big Christmas Sing', attend one of the many local carol services - in church by candlelight or at the atmospheric Winterbourne Barn. Or if you would prefer to listen to some wonderful music, why not attend seasonal concerts by the Frampton Cotterell Male Voice Choir and Crossbow Singers.

For a full list of church Christmas services. please see the centre pages and we hope you enjoy our Christmas message from Revd Malcolm Strange.

community@mattersmagazines.co.uk

If you have some time in the coming weeks, do visit - Ministering Angels: VAD Nurses from Frenchay exhibition, commemorating the centenary of World War One. Get a taste of what is on display in our article.

We very much enjoyed taking part in the 2018 Scarecrow Trail, congratulations to all who entered, the creativity was wonderful, find out who was voted best scarecrow in our report on the trail.

There is news from many more local groups throughout the magazine. If you have some positive local news to share or would like to see your local meeting or activity featured in 2019, please do get in touch, we are always delighted to hear from you.

Wishing you all a peaceful, happy festive season,

Kerry & Jaci X

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From left: Kevin, Mary, Tina and Jane The Sales Team at Bundy and Bond



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Puddle Ducks December News

All the latest from your local swim school

Hooray, it's almost the holidays! We are really excited about Christmas and New Year, and so are our swimmers. Keep an eye on our social media to take part in our Christmas colouring competition, with some free lessons on offer as prizes, and some other special Christmas giveaways too.



As one of the areas longest-standing swim schools - 2018 has been our 10th anniversary - we teach 1,200 babies and children to swim beautifully, and independently, every week! Our classes are the perfect introDUCKtion to swimming!

What makes us different is that you can:

- Join our classes at any time, no need to wait for the start of 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.

Make swimming your new year's resolution!

New Year is when lots of families choose to start swimming with us. If you've been thinking about bringing your baby or child along for lessons, why not give our friendly team a call (number below) for an informal chat about which class would be best for your little one?

In your 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, we recommend our Saturday classes at the gorgeously warm Penny Porter pool in Henbury, a 15-minute drive away. These lessons offer a great opportunity for mummies and daddies to bond with their little ones while you all develop your confidence together in the water.

Christmas shopping

If your child or grandchild enjoys time in the pool, why not check out the Puddle Ducks online shop for some lovely gift ideas? Alternatively, our gift vouchers are perfect for that last-minute present as vou can order them online for delivery directly to someone's inbox!

Merry Christmas everyone, and Happy New Year!

Classes start again on Monday 7th January 2019.

To find out more, call Puddle Ducks on 0117 971 7165, or check class locations and times

https://www.puddleducks.com/local-teams/bristol-bath





The club we know today as South Gloucestershire Hockey Club started its life in July 1946 and since then has continued to grow with three mens teams. two ladies and a mixed team.

We moved to Bradley Stoke Community School in 2013. Not only do we love playing hockey we are a social club on and off the pitch enjoying a few post match drinks and regular socials.

The clubs biggest achievement is earning not one but two world records!

In May 2011 the club set a new world record for the longest single hockey match – 31-hours – raising thousands of pounds for charity in the process.

Although the club lost their title in 2013 to Holcombe hockey club, in May 2015 South Glos played non-

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stop for a staggering 50 hours, raising thousands for the Bristol-based Cots for Tots charity.

2018/2019 Season Update - With the first quarter of the season completed, South Glos Hockey club are off to a flying start with a total of 89 goals scored across the club! With 4 out of the 5 teams currently sitting within the top spots of their leagues, South Glos are continuing to go from strength to strength.

So far this season, we have welcomed 15 new members to the club who have got stuck in and enjoyed training, playing matches, mixed hockey, pub golf and a spooky Halloween social. Some of these have never picked up a stick before whilst others have been playing for many years.

We have lots to look forward to including our Christmas tournament and Social where we will enjoy some food, drinks and dancing!

Fancy Playing Hockey? Our club welcomes players of all abilities, whether you're a little rusty or never picked up a stick please feel free to come along. We train on Tuesday evenings at Bradley Stoke Community School 8pm-9.30pm with league games played on Saturdays and mixed on Sundays.

If you want to find out more information please check out our website: www.sghc.org.uk Facebook - South Gloucestershire Hockey Club Instagram - Southgloshockey



The key for any team is communication, timing and always being prepared- at South Glos we are always on point!



Book an eye test online

Bradley Stoke Willow Brook Centre. Tel 01454 275 020



Includes standard single-vision lenses. Other lenses and Extra Options available at an additional charge. SKU 30687196. ©2018 Specsavers. All rights reserved.





Enrichment Day at St Michael's Primary School

Learn · Care · Enjoy









Here at St Michael's Primary school we held our very first Enrichment Day. The idea for the day was to mix all year groups and provide a range of fun and exciting workshops for the children to take part in. These workshops were ran by our teachers, parents.

grandparents and our school Governors. We were able to provide a huge range of activities such as: corn weaving, floristry, photography, glass painting, African printing, hockey, gymnastics, cupcake decorating and many more!

The day was a resounding success, with children beaming from ear to ear and all their teachers too! Some of the pupils are pleased to share their positive experiences with you below.

Face painting and theatrical makeup – At

first we used face paints to create a tiger image and afterwards we looked at using different techniques to create a spooky theme. Some of us became spiders and witches! Our favourite part of the workshop was when we got to choose and complete our own design. We became a ninja turtle and a unicorn. We loved our day! James and Eva

Glass painting - We painted our own glass vases, after first creating stain glass windows. We used specialist paints to stop the paint from overlapping and seeping into one another. I really enjoyed this because we were able to be creative. I really enjoyed my day and would love to do it again! Joseph

Camping - We spent the day camping and developing our forest skills. We started the day by

collecting sticks (thumb, finger and match) for our camp fire. We played team games and created worm farms. Our favourite part of the day was getting dirty and digging and cooking over our camp fire! It was an amazing day! Paul and Alex

We will be holding a second Enrichment Day in the summer and welcome any support from those with a talent or hobby they wish to share. Working alongside our school will bring a wide smile to anyone who wishes to join us...that we can guarantee!





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News from the Floral Friends of Frampton



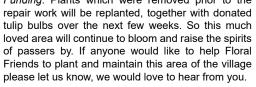
Nisa donation - Many thanks to Edwina at Nisa for another much needed donation from the Nisa Making a Difference Locally Fund. This will enable us to continue bulb planting around the village, as well as maintaining and stocking our planters. putting new plants in our much appreciated flower beds in Woodend Road, by Beesmoor Playing Field and the Triangle by the Rising Sun.

Woodend/Beesmoor Wall Repairs - Repairs have now been made to the concrete coping over the stone wall at Woodend/Beesmoor, thanks to funding from Ecotricity and South Glos Member Awarded Funding. Plants which were removed prior to the

Frampton End bulbs - After clearing two beds either side of the new Frampton Cotterell notice board, native bluebell and narcissus bulbs have been planted by a Floral Friends volunteer. This will make a lovely spring display to complement the







Bulb Planting - Floral Friends volunteers have planted more daffodils along Church Road to brighten up the spring, whilst crocuses and tulips were planted at the Triangle to make a patriotic spring display. Many thanks to all who donated bulbs this year - no more are needed now as we have completed our bulb planting around the village.

beautiful pictures of Frampton Cotterell, created by

children from Watermore Primary School.

Youth Club Commemorates Women being given the Vote - Members of the Youth Club based at the Brockeridge Centre have used some of the planters to commemorate the 100th Anniversary of the extension of the vote to (some) women. The plants, supplied by Floral Friends, were in the Suffragette colours of white (purity), purple (loyalty and dignity) and green (hope).

Our Little Red Riding Hood... Joined the Scarecrow Trail round the village during half term week. We hope you enjoyed the Trial and seeing her on the bench outside the Church.

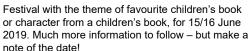
Christmas Coffee Morning - 28 November

- Join us on Wednesday 28 November when we're holding a Christmas Coffee Morning and Gift Sale, at the Brockeridge Centre. Browse the sales tables for hand made gifts, stocking fillers, cards and

decorations and eniov coffee and cake in the café. Doors open at 9.15am.

Flower Festival June 2019

- We're organising a Flower



We Need Help! If you could help with planting or maintaining a planter, 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 in available at http://ffframpton.wixsite.com/framptoncotterell



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Over a 1,000 members of our community came together to celebrate a wonderful Orchard Harvest Day, this October. Everyone made the most of the and warm dry weather. From the comments left, people really enjoyed the historic barn, the food and drink, the music and entertainment, and all the different activities and

There are a few more festive events still to come in 2018 (plus the free lectures which are already fully booked!) - a Christmas Craft workshop using beeswax and herbs, Wreath Making and the annual Carols in the Barn.

Christmas Gift Making Workshop takes place on Saturday 8 December, 11.00am-1.00pm. Immerse yourself in Christmas crafts, family fun and enjoy the opportunity to make some natural, ethical festive gifts.

Please note, the December Christmas Wreath Making workshop is now fully booked.

Carols in the Barn - These much-loved community performances take place on 15 and 16 December, 3.30-5.00pm.

The events start with mulled wine and warm mince pies, followed by everyone singing carols as they

watch the Christmas story unfold - dramatised by St Michael's Church 'players'.

Apple Grafting in 2019 - Looking ahead to the new year, there will be another apple-grafting workshop in early March, for which bookings are now open. This well-received and popular workshop will be run by Ben Raskin, Head of Horticulture at the Soil Association, a very experienced horticulturist and an excellent tutor. For those green fingered people who are difficult to buy for, this course makes an excellent Christmas present.

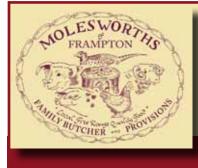
For further booking/price info on all of the workshops/events mentioned, please visit our website or Facebook page.

We would like to thank all of you who have supported the Barn this year and wish you a wonderful Christmas.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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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

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 onvarious dates.

For further details please contact: Celia -1454 776753 • winterbourneflowerclub.com

The Stokes Phoenix Club

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

Next Meeting:

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.



BRAS! If you're having a clear out please note that most charity shops don't take bras, but many are too nice to throw in the bin.

Smalls for All is a UK based charity that sends unwanted bras to African villages to improve hygiene and prevent the rape of young girls and women, as wearing a bra in some villages is a sign of wealth, status and power.

If the bra is too tatty they recycle the material and metal to raise money to buy underwear. So if you're throwing out your old bras, whatever state they are in, please save them from going to landfill and send them here instead:

Smalls for All. 108 Buchanan Crescent. Eliburn, Livingston, EH54 7EF

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Watleys End Road, Winterbourne, Bristol, 8536 I/OG Tel: 01454 776268, e-mail: cawinterbourne@gmail.co











Christmas Coffee Morning and Gift Sale Brockeridge Centre, Frampton Cotterell

> Wednesday 28th November 2018 9.15 a.m. ⊟12.30 p.m.







Join us for coffee and cake; browse the stalls for stocking fillers, gifts, Christmas decorations, cards

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.

> Frampton Cotterell Male Voice Choir

Christmas Concert



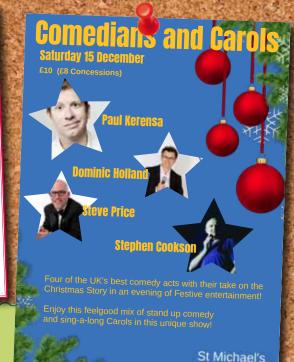




Zion United Church Frampton Cotterell Friday, 14 December 2018 at 7.30pm

Tickets £5

available from Derek Hobbs (07802329805). other Choir Members, or at the Door



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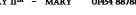
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Great Western Air Ambulance Charity takes up Tenancy in New Air Base

Great Western Air Ambulance Charity (GWAAC) have taken up tenancy of a new air base in Almondsbury. The charity will share the facility with the National Police Air Service (NPAS), and currently have a ten year tenancy agreement. Their helicopter took off from the new base for the first time at the end of October, taking the medical team to a critical incident.

The move is a huge milestone for the charity. who have been operating from a hangar on Filton airfield which was one of the oldest in the country.

In a move which would ensure stability for the life-saving charity, the landlords of the new base have offered GWAAC the opportunity to purchase the facility at a significantly reduced price.

GWAAC Chief Executive Anna Perry explains: "We're thrilled to have moved into the new air base at Almondsbury, however with our current tenancy agreement we could be asked to leave again after ten years. This could be extremely disruptive to our service. Owning our air base will ensure we can continue to carry out our lifesaving work well into the future. It's unlikely we will have the opportunity to buy a facility like this again."

Russ Woolford, Assistant Operations Director for the National Police Air Service (NPAS) said: "We are delighted that NPAS Almondsbury is now operational. The state-of-the-art air base, including a 520m lit Final Approach and Take Off (FATO), is a great addition to our national network of bases. NPAS Almondsbury is operational 24/7/365 and our crews will regularly support police colleagues on the ground to find missing people and search for suspects. Air support is a vital tool available to police forces and flying at average speeds of 138mph crews will also help bring many other 'crimes in action' to an end, to help keep communities safe. NPAS Almondsbury replaces the existing NPAS Filton site which is now under redevelopment for housing."

Earlier this year, GWAAC launched an urgent appeal to help them raise the additional £1.25 million needed to fund the purchase. They are half way towards their target, but still have a long way to go.



As a charity they rely on generous donations from members of the public to stay operational. Excitingly, if they can raise another £315,000 then a generous local organisation has pledged to double this money!

GWAAC Lead Critical Care Doctor Ed Valentine continues: "The whole crew are really pleased to have moved into our new hangar, which is warm, drv. and has all the facilities we need to train for and deliver our service. We operate at the forefront of pre-hospital emergency medicine, and are here for every single person across the region. Owning this base would mean that we can continue to expand and continue our work long into the future. We're extremely grateful to everyone who has donated so far, and would urge anyone who is able to contribute to the Buy Our Base appeal to do so."

To make a donation visit www.buyourbase.com

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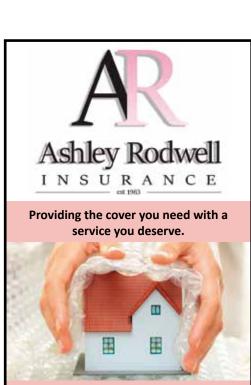
Ashley Rodwell make no apologies for offering an old fashioned personal service whilst implementing the best features of the modern technology available. We concentrate all our efforts in building strong, lasting relationships with our clients, who are able to talk to their account handlers all the way through the policy year, not just at inception or renewal.

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Come and join the Spirit Health Club Bristol this festive season!

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Looking for a bit of motivation? There's nothing better than a new personalised workout routine to boost your levels. Let our fully qualified fitness team inspire you with something new and enjoy getting back into shape. You can focus your time in the gym, add in a swim, relax in the sauna or mix it up with a fun range of classes.

Call now on 0117 9701462 to speak to one of our friendly team. We'd love to help you reach your health & fitness goals.

*Terms apply. Ask in club for details.







Spirit Health Club is part of the Holiday Inn BristolFilton, Filton Road BS16 1QX (by UWE)







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back to the local economy around us, but deliver the best food available to our clients.

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We offer a delivered afternoon tea, complimented with vintage crockery. We can offer a fully managed service with waiting staff, who will wait on you for the day. Or you can opt for a delivered service - we drop everything to you in the morning of your event made fresh, and collect the washing up later! We even do a Gin and Tonic reception too! Prices Start from just £12.50 per person.

Weddings and Events

We will work closely with you to help create your special day, offering bespoke packages that are tailored to you. Or we can simply come along with our lovingly converted bar horsebox to just look after the bar and reception drinks. We also have our lovingly converted kitchen horsebox, and can help provide anything in particular you would like to feature on your day, or we can suggest options. Enquire now for a complimentary consultation and quote.

Festival and Mobile Event Catering

We have two converted horseboxes: our gin bar, which can also double up as a full bar with draught, and serves many other premium products too; and our duck box, serving shredded duck wraps or salad. Both have been a popular hit already with dates already going guickly for 2019!

- www.thevintagebox.co.uk
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· Vintage afternoon Tea · Weddings and Events

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News from Frampton Cotterell WI

Our September talk was by Nicola Eaton from The Really Expensive Chocolate Company, who is locally based. Nicola came in to tell us about luxury chocolate making, and she gave us a live demonstration on how to make truffles, and moulded chocolates for members to sample on the night. The chocolates were delicious needless to sav - Our October talk was by Alan Vowles - back by popular demand! This time to give us a fascinating talk about the History of the Police Force. In fact. this last month, our WI has spent quite a lot of time dealing with the right (and wrong!) side of the law as we also had a really interesting group visit to Shepton Mallet prison for a jailhouse tour.

The original prison was built in 1610 and closed officially in 2013. It's steeped in history, with most of the existing buildings being around 200 years old. It was even occupied by the Kray twins at one stage in 1952, whilst they were awaiting court martial for



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an assault on an NCO, and being absent without

The prison is notorious for being haunted, with many reported sightings and paranormal experiences being recorded. Even our tour guide. who was a former prison officer there, had personal experiences of one of the poltergeist spirits in residence! A perfectly timed trip for Halloween!

Our Annual Members meeting is on Tuesday 28 November – if you read this in time, do come along if you fancy finding out more about our WI. There will be a review of the year's activities as well as the election of committee for the next 2018-2019 season. There will also be a Bingo Night social in

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Healing Massage December, just before Christmas - look out on our Facebook page for confirmation of dates.

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

Please search FramptonCottWI to find out more, and to like our Facebook page.

darts teams.



Monday

Frampton Cottrell

Watermore Primary School (Infants), Woodend Road, (Opp the Brockeridge 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





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Facebook Page: Frampton Cottrell and Winterbourne Slimming World

slimmingworld.co.uk f 20 0344 897 8000



News from -Winterbourne Down WI

Our WI had a very interesting and enthusiastic speaker called Peter Davey who gave us an illustrated talk on the Clifton Rocks Railway.

He is a member of a small group of people who have discovered, and slowly cleared the funicular railway running from Hotwells Road at the bottom, up to the top of the cliff, coming out by the now named Avon Gorge Hotel. The Group have found old turnstiles that were used, two wheels which tram wires went round, old lamps and many other articles.

George White, a successful business man was the first to suggest to the Merchant Venturers that a funicular railway be formed but this was initially turned down and then in later years was accepted.

We were shown photos of the two stations that were built, the tunnels that were mined. The grotto which is to one side of the Hotwells station, where many people came to take the spa water which was at a temperature of 76 degrees! This actually didn't taste very good and made people ill. The spa water still runs into the river today.

We were shown a picture of the Bristol Rocks tram tickets. It cost 1d to go up and half a penny to go down! During the War the BBC positioned itself in the Clifton Rocks and people came to sleep in the tunnels for safety.

The talk was most interesting and entertaining.

We meet on the first Thursday of each month and visitors are most welcome to join us in All Saints Church Hall, BS36 1BX, at 7.30pm.



The Crossbow Singers' Christmas Concert

Monday 10 and Tuesday 11 December, 7.30pm Crossbow House, School Road, Frampton Cotterell, BS36 2DA

The theme this year is 'Christmas all Over the World'. The choir will be singing a variety of Christmas music originating from a number of different countries, sometimes in the language of that country!

They are also delighted to welcome the fabulous Frampton Shanty Men, who will be performing during the concerts. If you have seen them before, you will know just how good they are, and, if you haven't, then you are in for a treat!

Please go along and enjoy joyful music and song to start vour Christmas Season.



Please support your local choir.

Tickets, at just £6.00, can be purchased from Rose (01454 772675) for Monday 10, or from Mary (01454 887885) for Tuesday 11. The choir look forward to seeing you there!

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

ategi South Glos are 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 vunerable 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.

Contact the ategi Shared Lives Team for more information T: (0117) 332 1030 @ategiSouthGlos E: SLSSauthGlos@ategi.co.uk

www.ateai.ora.uk





Community Connectors Project Grants

Building stronger connections in South Gloucestershire

Community Connectors have funding until 31 March 2019 to assist the formation of local groups which enable

people to be more connected to their local community. The Project helps to identify the interests and priorities of local people, and supports them in developing new activities that tap into this.

Community Connectors Project Grants are normally up to £200, and aim to help small groups make their activity a success. Grants cannot be used for wages or for capital projects like building work, but could provide small items of equipment like perhaps a tea urn for social gatherings or a CD player for exercise classes. A minimum of four people from the local area must benefit from each project. Projects may be for the general community or specifically to benefit a particular section, such as older people, toddlers, people with a disability, young parents, teenagers, people living alone, etc. They could offer opportunities for a sport or physical activity, or provide social contact for people who are feeling lonely, or help people learn to do something new.

If you are looking to start a new group, or you run an existing community group needing a small grant for a specific purpose, contact Hilary Jay, Wellbeing Worker, on 07792 495367 / hilary. jay@curo-group.co.uk who will give you a grant application form.

As a Community Connector, she has already assisted with the formation of several groups in this area, and has funding to start a further six community groups, or assist existing groups, with small funding grants.

Volunteer Coordinator Sandy Corke helps with the initial setting up of new groups. When the group seems well established, Community Connectors then pull out and leave it to the community members themselves to run their group. Sandy has funds to DBS check volunteers in new groups if that is necessary.

The Community Connectors Project Grants have to be allocated before 31 March 2019 so people are urged to apply as soon as possible before 31 January. The funding is ultimately provided by **South Glos Council.**





ALL SAINTS WINTERBOURNE DOWN

Sunday 16 December, 6pm
CAROL SERVICE with BETHESDA

Christmas Eve, 6pm
CRIB SERVICE

Christmas Day, 9.15am
HOLY COMMUNION (Said)

ST MICHAEL'S WINTERBOURNE

Saturday & Sunday 16 December, 4pm

CAROLS IN THE BARN see www.fromesidechurches.org.uk for details

Friday 21 December, 6.30pm CAROL SERVICE

Christmas Eve

4pm, CRIB SERVICE
11.30pm, MIDNIGHT MASS

Christmas Day

10.30am, FAMILY COMMUNION

ST JAMES THE LESS IRON ACTON

Sunday 16 December, 6.30pm CANDLELIT CAROLS

Christmas Eve, 4pm
CRIB SERVICE

Christmas Eve, 10.30pm
CANDLELIT COMMUNION

Christmas Day, 9.30am HOLY COMMUNION

ST PETER'S FRAMPTON COTTERELL

Sunday 9 December, 4.30pm CHRISTMAS TREE SERVICE

Sunday 16 December, 6pm CAROL SERVICE

Christmas Eve, 4pm
CRIB SERVICE

Christmas Eve, 11.30pm MIDNIGHT MASS

Christmas Day, 10.30am FAMILY COMMUNION



We hope you will celebrate and enjoy time with those you love. At Christmas we remember that God chose to come and live among us. Make it special by sharing with someone who's struggling.

Community CAROL SINGING: Sat 15th Dec 10.30-11.00am Nisa Stores Sat 22nd Dec 10.30-11.00 am Poplar Farm Shop

SALEM METHODIST WATLEY'S END

Sunday 2 December, 10.30am
GIFT SERVICE WITH CHRISTINGLES

Wednesday 5 December, 10am

CHRISTMAS COFFEE MORNING
Sunday 9 December, 4 pm
REMEMBERING SERVICE – A short
service to remember our loved ones

Wednesday 12 December, 7.30pm

"THE GREATEST GIFT OF ALL"

A musical nativity by Tim Lewis and
Sheila Furneaux

Friday 15 December, 7.30pm

A PROGRAMME OF CHRISTMAS MUSIC by Keynsham Brass Band

Saturday 22 December, 11.30am CAROL SINGING in Flaxpits Lane

Sunday 23 December

10.30am, NATIVITY SERVICE 6.00pm, CAROL SERVICE

CHRISTMAS DAY, 9.15 am
CHRISTMAS MORNING FAMILY SERVICE

St Saviour's COALPIT HEATH

Sunday 16 December, 6.00pm CAROL SERVICE

Sunday 23 December

8.00am & 10.00am HOLY COMMUNION 6.00pm, BLESSING OF LIGHT & EVENING PRAYER

Christmas Eve

5.00pm, CRIB SERVICE 11.30pm, MIDNIGHT MASS

Christmas Day

FAMILY COMMUNION, 10,00am

ZIONFRAMPTON COTTERELL

Sunday 16 December, 10.30am LEGO NATIVITY

Sunday 23 December, 6.00pm CANDLELIT CAROL SERVICE

Christmas Eve

4.30pm , ANGELS AWARE: Christmas Puppets Carols 11.15pm, COMMUNION

Christmas Day, 10.30am
CELEBRATING CHRISTMAS TOGETHER

Charity Christmas Fair

On Sunday 2nd December the West of England MS Therapy Centre are holding our Christmas Fair from 12pm-4pm; all proceeds will be coming direct to the MS Therapy Centre.

Our members and volunteers will be running the stalls, many of which will be hand crafted items so the perfect chance to stock up on those stocking fillers and presents.

Our Oxygen Chamber will become Santa's Grotto so bring the kids along to meet Santa and some of his Elves who will give out a little Christmas gift.

Why not try out our Wine or Water stall, this one is always good for a giggle, or for a sweeter tooth try our chocolate tombola. Pick up some books, gift sets, Christmas crafts, Bric a Brac, jewellery and enter our raffle. After all of that why not sit down and enjoy some well-deserved tea and homemade cakes!

We also have Christmas carols performed by local girl Abbi who attends Patchway Community School and some Line Dancing performed by Sarah's Side Kicks.

The West of England MS Therapy Centre has been caring for people with Multiple Sclerosis, their families and carers since 1985. MS is a disease affecting the central nervous system and is the most common cause of disability in young people in the UK today.

It costs around £380,000 to keep the Centre running every year and currently less than 1% is received from statutory funding so events like this are essential for the continued success of the centre.

Grab your family and friends and join us in the festive fun on Sunday 2nd December from 12pm-4pm at The West of England MS Therapy Centre, Wheatfield Drive, Bradley Stoke.



Christmas Message

Dear Friends,

As I am sitting in my study writing my Christmas letter. I am looking out of the window at the first frosts of winter. The sun and warmth of a Spanish beach seem light years ago as I peer into the swirling mist, trying to spot a deer to lift my spirit, as I prepare to face the day!

In a few weeks we will be in the full swing of the Christmas celebrations. Advent is just around the corner and then the countdown really does begin. One of the things I love about Christmas is the Church bells ringing out around the Benefice.

There is something magical about bells and Christmas. I am sure many of us have that picture in our minds of snow filled lanes, children and families wrapped up with scarves and woolly hats, sporting colourful wellington boots and being called to worship on Christmas day by the bells of the Parish Church. You can't beat that wonderful melody ringing out in the crisp winter evening air, calling the community to come and join in the candlelit carol services, midnight mass and the family services on Christmas morning.

John Betjeman often referred to bells and in his famous poem 'Christmas' he opens with the line 'The bells of waiting Advent ring'. In a later verse he writes this:



Families doing church and having fun!

Christ-centred, for all ages, based on creativity, hospitality and celebration.

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.

Future Dates: 15th December 2018, 19th January 2019

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

fromesidechurches.org.uk



'And girls in slacks remember Dad, And oafish louts remember Mum, And sleepless children's hearts are glad. And Christmas-morning bells say 'Come!'

For Betjeman, a devout Christian, the bells were drawing people to discover the truth of the Christmas story, that God had become a human being in the person of Jesus, bringing a better way for his creation, one filled with hope, joy, love and peace. In this child, wrapped in swaddling clothes, found in an ox's stall, was the pathway to salvation and the gateway to God's Kingdom. As he so brilliantly puts it in the next verse:

'And is it true? And is it true, This most tremendous tale of all. Seen in a stained-glass window's hue, A Baby in an ox's stall? The Maker of the stars and sea

Become a Child on earth for me?'

So, when you hear the bells ring out this Christmas, calling you to Church, please do come and join us as we gather in the heart of our community to celebrate once again God's wonderful gift to us, the gift of life. In an era of 'fake news' let's hold on together to the eternal truth that belief in God holds for people of faith throughout the whole of our world, 'The light shines in the darkness and the darkness has not overcome it'.

Happy Christmas!

Revd Malcolm Strange Rector of the Fromeside Benefice



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



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@northstarcm.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"





Scarecrow Trail 2018

Winterbourne & Frampton **Matters very** much enjoyed exploring the 2018 Scarecrow trail, discovering new, imaginative sculptures at every turn. The favourite, Fairy Tale theme was brilliantly interpreted throughout the village, we hope you enjoy some of our favourites.



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

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Organiser Sue Walters shares with us her thoughts on this year's event -

"Many thanks to everyone for making the 2018 Scarecrow Trail another super, well supported village event.

The standard of entries was incredibly high so the voting was very close. First place (by

2 votes) was Gulliver's Travels in Rectory Road. closely followed by Rapunzel in Lower Chapel Lane, and (by one vote) in 3rd place was Peter

Rabbit on Beesmoor Road.

I find it so fantastic that so many walk around the trail, and it's so great to see families out and about during half term.



of vandalism to the scarecrows and that is more good news.

Many thanks to Jen Dunford and Village Action for their help in publicity and organising the walks.

Thank you to everyone who made donations to Christian Aid. A total of £150 was raised. If

anyone else would like to make a donation please contact me, Sue Walters, 07767487531.

> And finally a big thanks to The Parish Council and the staff at The Brockeridge Centre for giving out entry forms and maps and answering questions."







Ministering Angels: VAD Nurses from Frenchay

Exhibition running now to Wednesday 30 January 2019









Frenchay Village Museum will be commemorating the centenary of World War One with a new temporary exhibition 'Ministering Angels: VAD Nurses from Frenchay', which will be displayed in the temporary exhibition space until 30 January 2019.

This exhibition tells the story of local women who devoted their time to aiding recovering servicemen as VAD nurses at Cleve Hill Hospital. It will also delve into the relationships formed between patients and nurses, as well as how war effected people in the village and what they did to help with the war effort.

There will be many intimate photographs from the period displayed, including portraits of nurses and servicemen and images which capture the interiors of the hospital, day to day activities and the comradery which existed between these people. A nurse's uniform, autograph book and other items which belonged to Frenchav women, who worked as VAD nurses, will be put on display, providing a personal insight into their motivations, lives and the bonds they formed with the soldiers they cared for.

During this period there were also many changes relating to the role of women in society, as they became more active in the workforce and leaders in the war effort at home. This exhibition will explore some of these women as they pursued a new purpose in life and strove to comfort those away fighting by providing gifts and food in the form of parcels. The impact of the home front efforts on the soldiers will be recorded through letters and quotes expressing their gratitude. In addition, we will touch on the psychological turmoil suffered by returning men and the methods utilised by medical staff and nurses in guiding them on their recovery.

As a part of the exhibition there will be a new children's activity in the museum for visiting families.

This exhibition aims to commemorate the lives of the brave men from Frenchay who fought in the war and celebrate those at home who passionately devoted themselves to helping the soldiers who were fighting as well as those who had returned.

Opening times

Doors open every Wednesday 1-4pm and every Saturday and Sunday 2-5pm. Entrance is free.

For more information visit: www. frenchaymuseumarchives.co.uk/NewMuseum. htm or search 'Frenchay Village Museum' on Facebook or Instagram.



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

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

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

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



Frampton Cotterell Computer Group www.fccomputergroup.uk.

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

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

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

01454 864442

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Nuffield Health, Stoke Gifford are opening up their doors and offering their exclusive Health MOT service to everyone until 2019!



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 painfree 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.

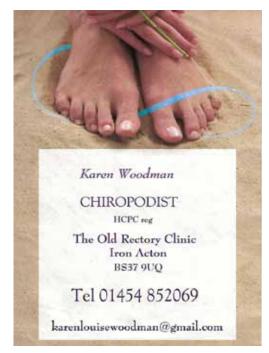
Since first meeting Dawn, I still produce monthly magazines but have since been married and now have two little boys, age 2 and half and 8 months. Gorgeous bundles of fun my boys may be but, as most parents experience I am sure, they have contributed to some extra strain on my body - lots of lifting 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.



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Stress and anxiety

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

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, the wild flowers of Patagonia, 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, this year we have had a club trip to the International Centre for Birds of Prev 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 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.

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



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

December 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 Storvtime: Join us for stories and a simple craft. Every Wednesday morning 10.30-11.00am.

New! Code4Kids Scratch: Fun interactive coding club for primary age children. Every Tuesday 3.30-4.45pm.

Lego Club: Listen to stories and poems, then create a model to display at the library. Suitable for the primary age range, children must be accompanied by an adult. We'll be meeting on 15 December, 10.30-11.30am.

'Loving My Books' New Book Club for Teens Y7+. Meeting on 19 December, 3 - 4pm, then third Wednesday every month.

The Craft Group: is meeting on 8 and 22 December, 10.00am-12 noon. New members will



- ★ 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

always be made welcome by this friendly group. Share tips and ideas for your knitting, sewing or crochet projects.

Christmas Silver Singalong! Friday 14

December, 2-3pm. Come and join us singing carols followed by refreshments and a mince pie. To book your place speak to a member of staff.



Christmas Rhymetime, Carols & Coffee Morning: With Winterbourne Churches, Saturday 22 December, from 10.30am.

Just Chillin' - Holiday Drop in: Friday 28 December, 10.30-11.30am. 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.

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See our website for full details www.oscarschildcare.org.uk

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

E-mail: oscars.terrapin@btconnect.com

Telephone: 01454 250528

Registered Charity No: 1133716

Frampton Cotterell & Coalpit Heath Village Diary

December 2018

Sat 1 - Table Top Sale. Coalpit Heath Village Hall. 1-3pm. Bookings £5. T: 07920 145352.

Sat 1 - Barn Dance with Mad Hatters Band, WADCA, 8pm. Caller tells you the steps if you want to dance. All ages/experience. Bring your Mad Hat to enter competition! Tickets £5 before 17 Nov, then £7.50 - www.ticketsource.co.uk / Tel: 01454 776268.

Sun 2 - Hives & Herbal Family Craft Workshop, Winterbourne Medieval Barn, 11am-1pm, For parents and children to make festive gifts. £13.16 incl online booking fee. Email: hivesandherbals@ gmail.com / www.facebook.com/hivesandherbals.

Mon 3 - Gardening & Social Club, Manor Hall 2-3.30pm. All welcome. £2.50.

Tues 4 - The Big Sing, Saviours Church, 7pm. Community event with local and school choirs and community 'scratch' choir. Free entry. Collection for Christian Aid.

Wed 5 - Coalpit Heath WI, St Saviours Church Hall, 7.45pm, Visitors always welcome! Tel: 07935 071291 / caitlin.reeves@virginmedia.com

Wed 5 - South Glos Mines Research Group talk, The Miners, 7.30pm. Tel: 01454 883607.

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

Sat 8 & Sun 9 - Christmas Tree Festival, St Peters Church

Sat 8 - Brass Band concert, St Peters Church, 7.30pm.

Mon 10 - Crossbow Singers Christmas Concert, Crossbow House, School Road, Frampton Cotterell, 7.30pm. Tickets £6.00, can be purchased from Rose Tel: 01454 772675.

Tues 11 - Community Coffee Morning, WADCA, 10.30am-12.30pm. All welcome.

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

Tues 11 - Crossbow Singers Christmas Concert, 7.30pm. Crossbow Singers Christmas Concert, Crossbow House, School Road, Frampton Cotterell, 7.30pm. Tickets £6.00, can be purchased from Mary Tel: 01454 887885.

Wed 12 - Village Walks, meet 10.30am St Peter's Church. Stroll fields or lanes by river as far as you wish up to 2 miles, or Rural walk River Frome 3.5 miles. All welcome.

Wed 12 - 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

Wed 12 - Community Singalong, Crossbow, 2-3.30pm. £3 includes tea and cakes. Tel: Hilary Jay 07515 351813 / hilary.coach@icloud.com

Fri 14 - Bingo. Crossbow. 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947.

Sat 15 - Weekend Litter Walk. 10am.

Sat 15 & Sun 16 - Carols in the Barn. Winterbourne Medieval Barn, 3.30pm. Drama, carols, mulled wine & mince pies, all for £2 (child £1). Booking essential. T: 01454 774479.

Sat 15 - Country music evening with Billy Curtis, Iron Acton Parish Hall, from 7pm. £6. Dancers and listeners welcome. Soft drinks and snacks on sale, but BYOB. More Info from www.laughterinline.org

Wed 19 - Local History Society, Zion 7.30pm. £4 for non-members incl refreshments.

Sat 22 - Christmas Party, The Miners, 8pm. See www.cphvh.co.uk or Facebook.

Mon 31 - New Years Eve Party, WADCA, 8pm. Buffet by Kell's Kitchen. Music from Red Baron Roadshow. £25. Pre-booking essential T: 01454 0776268 /ca.winterbourne@gmail.com

Mon 31 - New Years Eve Family Party, The Miners 8pm-1am. Tickets £3. BYO nibbles. See www. cphvh.co.uk or facebook for details.

2019 Dates

Fri 25 Jan - 3 course meal with music from Tony Graham, WADCA 8pm. £20. Booking essential, T: 01454 776268 / www.wadca.co.uk

Fri 1 Feb - Elton John Tribute Act. WADCA 8.30pm. Early bird tickets £8, after 1st Dec £10 from www.ticketsource.co.uk or ca.winterbourne@gmail. com or T: 01454 776268.

Sat 2 March - Apple Grafting Workshop, Winterbourne Medieval Barn, 10am-4pm. £45. Pre-Booking required. Tel: 0117 957 4921 / www. winterbournebarn.org.uk

Sat 2 March - Ceilidh, WADCA, 8pm. Varied styles from 'Mad Hatters Band'. Caller tells you the steps if you want to dance. All ages/experience. £7.50 www.Ticketsource.co.uk or 01454 776268 or ca.winterbourne@gmail.com.

Fri 8 March - Magical Mystery Four, Beatles / Rolling Stones tribute band, WADCA, 8.30pm. Tickets £8 now from www.ticketsource.co.uk or ca.winterbourne@gmail.com or Tel: 01454 776268. Tickets on the door £10

Fri 10 May - Buddy Holly tribute, WADCA, 8.30pm. T: 01454 776268 / ca.winterbourne@gmail.com

View events online - www.villageaction.org.uk



Big Christmas Sing

This year's Big Christmas Sing in support of Christian Aid, will take place on Tuesday 4 December, at St Saviour's Church, Coalpit Heath, 7pm. Local adult and school choirs will be taking part, as well as 'The For One Night Only Community Choir' put together especially for this event. Entry is free with a retiring collection for Christian Aid.

The Churches Together in Frampton Cotterell & Coalpit Heath, held their first Big Christmas Sing for Christian Aid in 2009. Over the years the concert has got bigger, they've packed out venues, raised around £8,000 for Christian Aid and had lots of fun! The concert is a great start to the festive season, organisers hope to see you there.

For further information please contact Zion Church Office 01454 776618).



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

Butterflies Babes and Toddlers Group You are welcome to bring along

* vour 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. Just come along or e mail

Parish Praise, 10am - On the first

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Sunday of the month. For all ages and families. Do stay for tea, coffee and biscuits afterwards to if you wish. Come and meet other families, we would love to see you.



Messy Church for Christingle, 4pm

- Sunday 27 December. Taking place in the church hall. Bring your children along and meet new friends.

Christingle Service in the Church, 6pm - Sunday 27 December.

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 - themothersuinon.org or contact Mary Head 01454 887870.

Friday Lunches – Every week in the church. Anyone is welcome from 11.15am onwards for tea or coffee then stay for lunch at midday. Come

and meet new friends. Donations to church funds.

Seniors fitness, friendship club – Meet each Wednesday morning, 10–11.30am in the church hall. The club is targeted at senior citizens of all abilities, looking to engage in friendship, fitness and physical activities. We aim to improve your strength, balance, posture and flexibility, in a fun and friendly environment. We also have team games and refreshments. There is no age limit, it's for all. Come along and give it a try. Contact Spencer 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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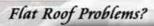
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