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March 2019



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Dear Residents,

As you can see from the front cover, we are pleased to bring you updates from our local football, cricket and rugby teams this month. We hope you will get behind them for the rest of the season.

If you are feeling active, the Friends of Winterbourne Academy are hosting an Aquathlon, find out how you can sign up!

Winterbourne Barn was featured on an interesting history television show recently, we hope you will enjoy finding out more about this and their other news inside.

WADCA have a whole host of events for the community to enjoy this month and of course we have the Village Diary and Community Noticeboard to keep you up to date with all the other local activities taking place.

Preparations are well underway for the

2019 Winterbourne Down Carnival, read about all the things to look forward to and how you can get involved.

St Michael's school have enjoyed another great month of learning, they are pleased to share with us how they recognised Children's Mental Health Week with their very first 'REVIVE Week'.

As always our local WI's have been busy bees, you can catch up on their news throughout the magazine.

This month we celebrate Mother's Day, we wish all you special ladies a peaceful day and hope you are spoilt rotten! If you are looking for a gift idea for a lady in your life, why not book her in for a facial with Beauty Plus and she will receive a free fifteen minute massage - bliss!

Take care until next time, **Kerry** & **Jaci X**

community@mattersmagazines.co.uk

01454 300900

& Jaci X





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March 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.

Come and meet Hugless Douglas at a special storytime! With stories, activity sheets and a photo opportunity. Suitable for 'all (children) who love Hugless'

Wednesday 6 March, 10.30am, 2.15 and 3.45pm.

British Science Week for Preschoolers

'Travel with the Ladybird and munch with the Caterpillar'. **Friday 15 March 10.30–11.30am.**

Rhymetime: Rhymes and songs for parents and babies/toddlers to enjoy together.

Every Tuesday morning 10.30–11.00am.

Pre School Storytime:

Join us for stories and a simple craft. **Every Wednesday morning 10.30–11.00am.**

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 **9 March, 10.30–11.30am.**

'Loving My Books' New Book Club for Teens Y7+. Meeting on **20 March, 3–4pm**, (third Wednesday every month).

The Craft Group: is meeting on **2, 16 and 30 March, 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.

'Have you Read?' A New Open Reading Group for All (No set text). Share your love of books, extend your reading horizons on **Friday 1 March, 11 – 12noon**, refreshments served.

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.



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Contact us – T: 01454 776873 E: office@fromesidegym.co.uk
Watleys End Road, Winterbourne, BS36 1PW



Puddle Ducks Spring News

Pool Focus: Winterbourne International Academy

Spring is on the way, and it's the perfect time to get your children ready for summer swimming!

Every Sunday at Winterbourne International Academy, off Flaxpits Lane, we have exclusive use to run classes for babies, toddlers and children up to age 10. There's a great family vibe as brothers and sisters of all ages can learn to swim in the same pool!

Baby and pre-school

For babies aged over three months, toddlers and pre-schoolers, our gentle, fun classes give parents and their little one confidence in the water and a chance for some precious bonding time together as they learn the fundamentals of brilliant swimming.

Swim Academy

Our school age children in Levels 1 and 2 benefit from the teacher being in the water with them as they work towards achieving their first unaided swims. Small class sizes (four children to one teacher) mean progress can be quickly made.

As children develop the skills to move up to Levels 3 and 4, they start to swim in the deep end where they will be taught from poolside, focusing on graceful, efficient strokes on their front and back.

We are swimming throughout half term until the Easter holidays, which start on 7 April.

For more information, call our friendly team on 0117 971 7165, or check class times and book at <https://www.puddleducks.com/local-teams/bristol-bath>



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Winterbourne's Medieval Barn – News & Events



Winterbourne Medieval Barn Trust (WMBT) is preparing for much of the site to go into hibernation in 2019 to allow major building and refurbishment work on the medieval barn, its two ranges (the South and West Barns), and the outbuildings. But that doesn't mean there are no community events this year! WMBT is making use of the recently renovated Cartshed to keep a programme of workshops, lectures and nature walks alive throughout 2019, and will also be developing their Education offer and expanding the Barn's volunteer team. So, keep an eye on the Events page on the Barn website or their Facebook page.

Can You Help Raise the Roof?

Although WMBT has now raised most of the £400,000 funds required to restore the various buildings on the site, they still need a little more money to support this ambitious refurbishment project. They are therefore hoping that local people will come together and help them raise £5000 to 'Raise the Roof' and ensure that the site can be used by the community for generations to come.

The Trust writes: 8,500 pantiles make up the red tiled clay roof of Winterbourne's West Barn, which is currently very dilapidated and needs extensive restoration. Please could you help us by sponsoring a tile for just £5? Obviously if you would like to sponsor more than one tile we would be delighted! And if you are a taxpayer it would be wonderful if you could Gift Aid your donation so that we can increase its value at no extra cost to you. To say Thank You, everyone who sponsors a tile will be acknowledged on our website, but just let us know if you wish to remain anonymous. To make a donation and help us Raise the Roof, please visit WMBT's Localgiving appeal page or follow links from the Barn website www.winterbournebarn.org.uk/latest-news/

Events in March and April

Saturday 16 March – Wet Felting Workshop for Beginners, 10.30am–1.15pm.

Saturday 30 March – Talk: Viking Words in the English Language, 2–4pm.

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Wednesday 10 April – Family Pinhole-photography Workshop, 10.30am–12.00pm.

Thursday 25 April – Illustrated Talk on Pruning, 7pm–9pm.

Saturday 27 April – Nature Challenge (part of the global City Nature Challenge), 2pm–4pm.

Bookings can be made on www.ticketsource.co.uk (apart from the Felting workshop).

Filming at the Barn! The film company (Elephant House Studios) approached WMBT in 2018 asking to film dendrochronologists from Swansea University taking a core sample from the beams in the Barn. They were filming for a new channel 5 series. Each programme is based around an on-going archaeological dig, and they film other things linked to that dig in some way. The episode which involved the Barn focuses on rural life in medieval Britain. A dig in Poulton in Cheshire unearthed hundreds of medieval skeletons, and researchers looked into the life of average Britons in the 14th century, particularly the challenges posed by famine, plague and conflict. They believe the great famine of 1315 may have been caused by exceptionally wet weather, which is recorded in historical documents. Dendrochronology (tree rings) can provide a good record of the weather, and so the timbers used to construct Winterbourne Medieval Barn in 1342 could provide clear evidence of the climate over the previous 100+ years before the trees were cut down.

The TV crew came in November 2018. The TV crew filmed the presenter and the dendrochronology expert taking a sample from the Barn's roof timbers and then studying the it in the lab. This showed clear evidence of successive unusually wet years in the early 1300s which backs up the written documents recording poor weather and crop failures.

The show 'Digging Up Britain's Past' aired the 'Peasants' episode featuring our local barn at the end of January 2019.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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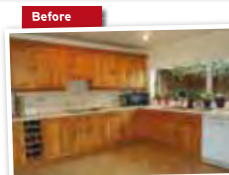
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Opticians raise thousands for children's cancer charity



A BUSY year of fundraising will see children's cancer charity, CLIC Sargent, benefiting from a donation of almost £7,000 thanks to three Bristol opticians.

The teams from Specsavers in Cribbs Causeway, Bradley Stoke and Filton came together to nominate CLIC Sargent as their charity of the year for 2018. In a bid to raise as much money as possible, staff have worked tirelessly taking part in challenges and hosting events throughout the year.

Activities included team members taking part in a sky dive, store director Ed Stanleigh running the London Marathon, a team braving Tough Mudder, a static Spinathon and events being held in store such as staff bake-offs, cake sales and raffles. The cumulative total of £6,870 was announced at the Specsavers Christmas party, where staff celebrated their efforts alongside CLIC Sargent representative, Caroline Marshall.

'Some of the activities have been pretty tough and it's been a real team effort from everyone and it's safe to say we've all thoroughly enjoyed the fundraising,' says store director, Gaurav Patel.

'We're absolutely thrilled to be donating such a great amount to CLIC Sargent. We couldn't have reached this total without our hard-working and committed members of staff, and our thanks extends to the incredible communities surrounding all three stores, who always get behind us when it comes to fundraising.'

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

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It's back by popular demand - 'Le Tour de Balls Deux' Taking place 4th - 6th May 2019

Raising funds for 'It's in the Bag', four pub regulars from The Globe in Frampton Cotterell, namely Giles Fletcher, Stuart Sharman, Kevin Ashton and Mark Chaplin, are taking part in this gruelling cycle with c25 other experienced riders. This wonderful group is made up of cancer survivors, their families, doctors and great 'It's in the Bag' supporters. The route will see them cycle 300 miles in just 3 days:

First Day: Bodmin to Minehead, stopping at Week St Mary; Torrington and Barnstaple

Second Day: Minehead to Chippenham, stopping at Bawdrip; Cheddar & Bathampton

Third Day: Chippenham to Frampton Cotterell (route to be confirmed)

The event will culminate with a final ride on Bank Holiday Monday (6th May 2019) and a big party at The Globe Frampton Cotterell, when local band Elevation will be playing to greet the riders, along with bouncy castle and BBQ for all the family - all welcome!

On World Cancer Day in February the majority of the team of riders got together for a little photo shoot at The Globe (above). This was to formally launch the event and for the team to get to know each other.

The guys would love your support and more information on how to sponsor the riders can be found at:

www.everydayhero.co.uk/event/LeTourdeBallsDeux

It's in the Bag provides hands-on support for men with testicular cancer (germ cell) in the South-West, as well as raising awareness of the disease across the region and beyond. Testicular Cancer is the most common cancer in men aged between 15-45 years.

Approximately 240 young men in the South West (Hereford to Truro) are diagnosed with the cancer each year (2,400 diagnosed across the UK as a whole), with early diagnosis key to effective treatment and survival. As 98% of young men diagnosed with testicular cancer are cured, raising awareness of the disease and encouraging men to check their testicles on a monthly basis is essential.

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Winterbourne Cricket Club: Spring Update

For some, the Winter months are an opportunity to take a break from cricket. A chance to switch focus to preferred winter sports, to enjoy weekend walks in the countryside or to spend an evening curled up in front of the fire with a good book. This memo, however, did not get sent through to many members at Winterbourne Cricket Club who, unable to shake the cricket bug, have continued the hard work to ensure the club is ready for what is sure to be an exciting and historical year at the club. This short(ish) update will look to bring the community, that we are immensely proud to represent, up to date with everything that has been going on and provide information as to ways people can get involved this summer!

Girls Cricket Comes to Winterbourne

We are really excited to announce that, for the first time ever, Winterbourne Cricket Club will be launching and running a girls section. After the success of our all All-Stars programme (5-9 Year Boys and Girls) we thought the time was perfect to expand our provision of cricket and run a girls section. At the end of January we hosted a well attended consultation meeting which was extremely helpful in shaping our path going forward and allowed us to put plans in place to help introduce girls in our community to the sport. Already in the calendar are 6 week coaching programmes, in association with the charity Chance to Shine, at both St Michael's and Elm Park Primary School where in addition to taking PE classes for 2 KS2 classes we will also be running a dedicated girls cricket after schools club. We are also hoping to run taster sessions in local Brownie troops and will be putting on special events which we will confirm nearer to summer time. We want to put on record our thanks to both the Gloucestershire Cricket Board and Winterbourne Parish Council who have both been extremely supportive.

Gloucestershire Star Returns to Boyhood Club

Winterbourne CC got their business done early in the Winter transfer window securing the return of James Bracey (pictured top) to his boyhood club where he will join up with brother and



2018 double-centurion Sam Bracey. James has been wintering well representing Rockingham Mandurah CC in Grade Cricket in Perth, Australia and will play for Winterbourne whenever his county commitments permit.

It may well prove to be an important signing as our first XI prepare for their first season in the West of England Premier 2nd Division (Bristol/Somerset), the second highest level possible for a club in Bristol, Gloucestershire, Somerset and Wiltshire where we will face sides such as Weston Super Mare CC, Taunton CC and Keynsham CC. In other news, preparation is well underway for the senior section as a whole with attendance good at our Winter Nets. Training continues on Sunday evenings at Winterbourne Academy from 5-7pm and new players are welcome and encouraged to attend.

Silverware for U12s

Our U12's have had an extremely fruitful Winter competing in the DFCA indoor league and bringing home the trophy beating Lodway CC in the final (pictured). The club passes on its thanks to Simon Vamplew who has managed the side and our 16 fabulous U12's who contributed as part of the squad: Emmanuel Dark, Libby Frost, Caden Jones, Arthur King, Corey Kislingbury, Jamie Maxwell, Kit Maxwell, Ansh Patel, Connor Peberdy, Joe Saville O'Dea, Jedd Stevenson, Jonty Taylor, Arthur Trotman, Henry Trotman,



Seb Vamplew, Tobias Vamplew. Hopefully by time of publication they will have brought home another title. Elsewhere in the Junior Section, our Winter Training Programmes are well under way taking place at Winterbourne Academy from 6-7pm on Tuesdays (U11/13's) and on Wednesdays (U15/17). Again, all new players are encouraged to come along and have a go!

Quiz Night Success

In other goings on at the club we are extremely thankful to both the club members and members of our local community who have supported events at the club over the Winter. These include 2 quiz nights which have both proved to be roaring successes and it has been lovely to introduce new faces to our wonderful club. Stay tuned for details of more events throughout the season that we hope can entice more people to come up and check out what the cricket club is about. Also this winter we were delighted to receive funding from the ECB allowing us to purchase card machines, tablets and a new sound system which we are sure will improve life at the club. We are also hopeful that by the next update we will have exciting news regarding a new net facility but it is still working its way through the bureaucratic system so we will hold fire for now.

We will provide another update in the next issue which will feature a preview for the season and also more information on our girls section and other events happening at the club in the summer of 2019.

Any questions or queries contact
Chris Shine: chrissy.shine@btinternet.com



Woody's barber shop in Winterbourne has everything for kids and big kids alike.

Woody's has been open in Bradley Avenue in Winterbourne for 10 years and now has a fresh new look - do pop in and see us!

Help yourself to a drink from the fridge and you can even play fifa while you wait! If you don't like waiting, you can book on-line through Google - just search Woody's barbershop and hit book online or give us a call in advance - 01454 776803.

We have special offers for OAP and children's cuts and also run offers to win free products or free haircuts. Watch out for the new offers coming very soon **BUT IN THE MEANTIME TAKE IN THIS MAGAZINE TO RECEIVE £2 DISCOUNT!!!**





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Community Noticeboard

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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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Community Coffee Mornings 20 March & 17 April 2019

In aid of Macmillan. Held in the Jubilee Room on the 3rd Wednesday monthly, 10am to 12noon (excl August and Dec)
All profit from the sale of refreshments will be for the Manor Hall CIO.
Handmade cards sold in aid of BRACE usually available monthly.
Thank you to NISA for sponsoring our coffee morning and donating the tea and coffee.



FRAMPTON COTTERELL and DISTRICT LOCAL HISTORY SOCIETY

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

Commencing at 7.30pm

Wednesday 20 March 2019

Local History Talk

There will be a talk with a local history theme.

Wednesday 17 April 2019

The Titanic and WT Stead – the first investigative

A talk given by Peter G. Lamb.

Stead was a towering figure in journalism and politics between 1880 and his death when the ship sank in 1912.

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

Table Top Sale



Saturday 16th March 2019

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Doors Open 2 pm – 4 pm
Admission 50p

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delicious homemade cakes

Table Bookings (£5) now being taken

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07912564458**



Avon Wildlife are planning are to run a series of fantastic Wild Wednesday Family events at local Says Court throughout 2019.

They kick off on **17 April**, when families are invited to take part in an **Easter Trail with a twist!** Find out all about local wildlife as you navigate your way around the farm.

£3.50 +booking fee per child (includes a small prize). Suitable for primary aged children, though younger siblings are of course welcome along too. Walk length approx 1 mile. Booking essential. www.eventbrite.co.uk/e/easter-wild-wednesday-at-says-court-farm-tickets-56098486082



Avon

Future dates for your diary: 31

July, 7, 14, 21 August, 18 September (evening owl prow and bat walk) and 30 October.

For more details visit: www.avonwildlifetrust.org.uk/whats-on

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.



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Tickets £12 Tel: 01454 317408

12

WADCA Community Centre, Watleys End Road
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This amateur production is presented by arrangement with Music Theatre International (Europe).
All authorised performance materials are also supplied by MTI Europe www.mtishows.co.uk

South Gloucestershire Mines Research Group



The Darker Side of Bristol

A talk by Hamish Orr-Ewing

on Wednesday 20 March 2019 at 8:00pm

in the Miners Institute (aka Coalpit Heath Village Hall),
214 Badminton Road, Coalpit Heath, BS36 2QB



Non members welcome - £2 each (Membership is £17.50 per year)

Friends of Winterbourne Academy and North Bristol Tri

Easter aquathlon

400m swim + 5km run

A fun and accessible multi-sport event based at Winterbourne Academy on 14 April 2019.

Ideal for both the beginner and the more experienced athlete looking for some early season race training. You'll swim 400m in the pool then enjoy a 5km run on a mix of paths and quiet roads to the school sports field (Hoopers Field) and back.

If you've not done an aquathlon before, don't worry. There will be no 'washing machine' mass start! You arrive, get changed into your swim kit, leaving additional clothes and shoes for running in the transition area. You swim 16 lengths in a lane with a couple of other people of similar speed. You then get out, pull on your extra run kit, do the run, and then you're done. No special equipment needed.

Race bling and goodies for all finishers!

Entry £20. Apply now at:

www.winterbourneaquathlon.co.uk



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Capstone Foster Care needs carers for children of all ages but are particularly interested in hearing from people able to look after sibling groups or children over the age of 11.

Foster for Capstone

The number of children in care has reached a record high, with 90 young people entering the care system each day, figures show.

Call 01454 423 820 or visit
www.capstonefostercare.co.uk



News from Frampton Cotterell WI

We got the New Year off to a great start with our January speaker, Sarah Harris. Billed as *Marie-Antoinette and her guide to farming*, some of us were expecting something of a history talk, however we couldn't have been more wrong. (In a very good way!). It's possible that Sarah's real life experiences may mirror those of Marie-Antoinette to some extent – although mainly in respect of the fact that she very much enjoyed "experimenting" with farming skills and experiences, having spent a significant part of her life living owning a tin barn and 12.5 acres with her husband and three children, along with ewes, rams, ponies and hens and enjoying a series of hilarious misadventures along the way! Sarah had us in fits of giggles throughout – what a fun way to start the WI year! We all agreed that Sarah should find a new career in stand-up comedy, or at the very least write a book for the world to enjoy.

Frampton Cotterell WI members have recently enjoyed their annual New Year's meal out at the Rose & Crown in Pucklechurch which was on Tuesday 5 February. We hired a mini bus from Four Towns to get us to and from the pub, which provided

us with good food and a lovely venue – and thanks to our Four Towns driver, the chance to enjoy a glass of wine or two on the night!

Our new programme for 2019 has just been announced. The talk on February 26 is on the subject of Osteoporosis – something that can affect a high percentage of women of all ages. Other talks this year include one on the history Shepton Mallet Prison (by former guard, Graham Miller) on 26 March – and later in the year we have talks covering subjects as wide-ranging as gardening/plant care, our own version of the Antiques Road Show, learning Spanish for beginners and a Zumba workshop! Also a number of social evenings are planned, including the summer meal out, a beetle drive and bingo night.

Visitors and new members are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the 4th Tuesday of the month. There is a charge of £2.50 for the evening and any new members can also join by paying a membership fee. Special interest groups that meet separately including a book club, craft group, choir and our skittles and darts teams.

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

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:

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1.00pm - 2.30pm

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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 Brouckeridge 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 Brouckeridge 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



From Menace to Miracle: Prisoner turned prison minister releases book to raise money for NHS that saved daughter's life

A former prisoner now ordained prison minister

has released a book about his life to raise money for Southmead Hospital Charity to thank the NHS who saved his daughter's life.

Reverend Larry Harvey (pictured above), a leading figure in the traveller community, was born into an English Romany Gypsy family but fell into a life of crime from an early age.

He is now full time chaplain at HMP Bristol – where he was once a prisoner – and works closely with offenders to help them build a life without crime.

His remarkable life story has been captured in a new book called from 'Menace to Miracle' and all proceeds of the sale of the book will be donated to Southmead Hospital Charity to support the

neurological department at Southmead Hospital.

Larry, who lives in Coalpit Heath, had 27 crime convictions ranging from thefts to assault.

But in 1999 Larry turned his life around after his 18-year-old daughter Joanne fell seriously ill needing several ground breaking major neurological operations at the former Frenchay Hospital to relieve pressure on her brain.

Larry became a committed Christian and started to work in Ashfield Young Offenders Institution.

Menace to Miracle has been written with Hilary Field, a former BBC Radio 4 producer and volunteer chaplaincy assistant at Southmead Hospital.

The book is available on Amazon as a hard copy or as a download on Kindle and an audio version is planned.

Larry said: "For a long time I have wanted to encourage youngsters and others to know that no matter how awful their lives seem now, they can change it from a life of drugs, violence and crime to a life with a purpose and hope, just as mine was changed.

"So when we wrote the book, I decided I wanted the money from it to go to Southmead Hospital, where my daughter's life was saved and where my life was so dramatically changed."

Menace to Miracle is available on Amazon at £8.99, plus postage and on Kindle £4.50.



BROOKFIELD MOBILITY SOLUTIONS

Adaption fitting specialist and Wheelchair Accessible Vehicle (WAV) repairer for the South West and South Wales – on our doorstep!

I recently visited the friendly team at their new Brookfield Mobility Solutions showroom, on Filton Road. I was impressed by the diverse range of mobility equipment and aids on offer. As well as an extensive range of car adaptations available, they can also organise for a stairlift to be installed in to your home, and talk you through the latest range of mobility scooters and domestic aids on offer – from a simple yet effective gadget to assist with putting on your socks – to bath seats, all available from the showroom.

Their expertise lies with the bespoke car adaptations that enable people with compromised mobility their driving freedom. My family have had personal experience with the Motability Scheme; my dad was severely disabled with MS. I was amazed how the technology has come on over the years; had the steering wheel controls that action not only indicators and lights from the touch of a button but also brakes and accelerator been around in my dad's time, he would have been able to continue driving for years longer than he did.

When my father moved to an electric wheelchair, we were delighted to be able to have an adapted car on the mobility scheme that enabled him to drive his chair up a ramp into the back of the vehicle. Brookfield Mobility Solutions can enable all of this to happen too – for wheelchair or mobility scooter.

The great thing about having a spacious showroom is that if you wish, you can come in, have a drink and talk through your individual needs with a member of the BMS team. It is their aim to provide a bespoke solution to all their customers in conjunction with their high-class suppliers of adaptations.

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.



They can also arrange for fitments and repairs at their fully equipped workshops; they collect the vehicle and transport it to their workshops.

BMS is proud to be a **Motability Adaption Partner** and installer of adaptations available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).

What can Brookfield Mobility bring to you?

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- Advice and installation on a range of mobility aids, including stairlifts.

For full details of BMS's services and product range, please book a visit to their showroom.

30-32 Filton Road, Bristol, BS7 0PA

Tel: 0117 239 5018

www.brookfieldmobility.co.uk



Revive Week @ St. Michael's

At St. Michael's, we recognised Children's Mental Health Week with our very first 'REVIVE Week'. We wanted the activities to be an opportunity for staff and children alike, to take a step back from the busyness of daily school life and re-energise.

We focused the week around 5 main areas:

1. Give, 2. Keep Learning, 3. Be Active, 4. Take Notice, 5. Connect.

Give – Both children and staff across the school carried out random acts of kindness for each other. Staff showed their appreciation for each other with cups of tea made; chocolate bars appearing and photocopying piles disappearing. The children made pictures for each other, wrote acrostic poems and even carried each other's bags. It was really lovely to see.

Keep Learning – Embracing new experiences, finding new opportunities and learning something new gives us a sense of achievement and confidence. Based on this, the children were given the fantastic opportunity to try archery. Following the 'blood, guts & poo' assembly, which gave the children a little history lesson on archery, the junior children (and staff) all got the chance to fire some arrows! It was fantastic fun and an impressive number of 'goals' (archery lingo!) were scored.

Be Active – Exercising can have a positive effect on mood and self-esteem. Unfortunately, for many of us, it can be something that slips off the daily routine due to other more pressing matters. However, in Revive week, we made time for it. Daily, the children took part in a wake and shake activity, giving them an extra boost for the afternoon's learning. Joe Wicks helped ensure the staff weren't left out, with staff having a go at one of his DVDs after school in the hall.

Take Notice – Paying attention to yourself and the things going on around you can help you to enjoy life more and understand yourself better. So, we decluttered our desks and put daffodils around the school to encourage ourselves to stop and

appreciate our space. Mindfulness colouring activities, which both the children and staff took part in, gave us time to develop an



awareness of ourselves and the world around us.

Connect – Spending time with others, talking, listening and making connections can help us to feel happier and build a sense of belonging. To help us connect in class, we engaged in team building activities and group work to encourage discussion and listening. The staff shared some quality time over a few board games! I'm not sure what the children made of the whoops and booming laughter coming from the staffroom.

It was a wonderful week and although, inevitably, there were still 'stressful' things which cropped up, taking a step back and finding perspective can be worthwhile at any time of year.

YOU'VE GOT THE SKILLS TO FOSTER... YOU JUST DON'T KNOW IT YET

If you have a spare bedroom and the time to make a positive difference to a child's life, call or email us to find out more about fostering with South Gloucestershire Council.



☑ 01454 866423
✉ fostering@southglos.gov.uk



Community Help Design an Exciting New Play Area at Beesmoor Road Playing Field

Leading design, build and installation play company, TouchWood Play, are currently transforming the imaginative ideas of local children into designs for an ambitious new play area at Beesmoor Road Playing Field in Frampton Cotterell.

Beesmoor Road Playing Field is managed by a volunteer Management Committee, a registered charity. The desire to modernise the playground in the heart of the village, has been under discussion by residents for several years.

To ensure the new play area will meet everyone's expectations, local residents and their children were invited to take part in one of TouchWood Play's signature "Designing for Real" workshops, where they were able to have fun and explore ideas for

the type of play features they would like to see in the new scheme. The workshop resulted in the production of an ambitious masterplan for the play area, which will be introduced in four phases, to allow for further fund raising.

Some of the funding for the project is already in place, following a generous donation of £42K from Frampton Cotterell Parish Council. TouchWood Play's

experienced team were also able to identify further funding opportunities and were able to guide the Management Committee through the successful application for two additional community grants from the Ibstock Enover Trust (£10K) and the Enover Community Trust (£50K). This funding will enable the first three phases of the exciting project to be carried out during Spring 2019.

Speaking about the project, Kate Colechin, Member of the Beesmoor Road Playing Field Management Committee said, "The community is extremely excited about the plans for the new play area. TouchWood's fabulous design really reflects the views of local people and is in line with our original Play Strategy of 2014. The team at Touchwood have been incredibly supportive throughout the process, in particular with providing help with gaining additional grants for the project."

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News from Coalpit Heath WI

At our most recent meeting Lisa Beasley from My Body Positive came to speak to us. Her talk was based on her personal experiences and focussed on her relationships with food, much of which sounded very familiar to many members either for themselves or someone they knew. It was a thought provoking talk about eating habits and being in tune with our bodies. She was thanked for providing us 'food for thought or thoughts about food'.

Members have been invited by the craft group to knit, crochet or sew hearts for the NICU units to place in the cots of babies being cared for in hospital on Mother's Day. A good number had already been made and any further contributions will be collected at the next meeting.

As a group we have chosen to support our local food bank and will have a collection table for food each month that one of our members will co-ordinate. To ensure we collect what is needed there will be a list on our Facebook page each month.

Our next meeting is Phillip Taubenheim from Wotton Auction Rooms – coming to give us our very own version of the Antiques Road Show. Then the talk in April is from Sarah Vincent from MS Therapy Bristol.

If you are interested in coming along we meet in St Saviours church hall on the first Wednesday of every month at 7.45pm. New members always welcome.

MAD HATTERS BAND

BARN DANCE

Dance into Spring with The Caller!

SATURDAY 2nd March 2019

Tickets
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Start the Spring Pain Free!



Book in with local Osteomyologist expert
– Dawn Clode Ostm, Lic MET Lic CR FAO

Many of us live with pain of some sort – aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier,

required. Dawn told me, "The ideal is to balance the patient, get them moving in tune with themselves,

healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

From her Holistic Health Practice in Little Stoke, Dawn treats people of all ages, suffering with numerous different types of physical or emotional pain.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

For some people one session is enough to rectify their pain completely; for others a few sessions are

"Numerous visits to various chiropractors and physiotherapists had failed to resolve or ease my pain in any way.

I was referred to Osteomyologist Dawn, and to my utter astonishment just ONE treatment from her not only identified the underlying problems but returned my back to near-normal function.

I went in to Dawn's clinic contorted and unable to straighten up and an hour later was walking out normally! I cannot recommend her highly enough."

Rae Elson.

and then see them every 4–6 weeks for a half-hour, check up to ensure that they are on track!".

Make a positive change in 2019!

Is pain holding you back from taking part in hobbies you love? Or do you suffer on a daily basis simply trying to get through your day?

Take action now and make a positive change this spring, book in for an appointment with Dawn and take your first steps to living pain free!

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491**

Visit: www.life-and-soul-empowerment.co.uk

Her holistic treatment room is in Little Stoke.

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

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Winterbourne United: Everything Red

From relegation to unbeaten...the tale of the turnaround



From the heartache of relegation to the elation of sitting top of the league, half way through the season currently unbeaten...it's been a rollercoaster couple of seasons but the club has finally turned a corner in terms of personnel and results.

The Bourne are back to running two senior club sides with the reserves also sitting top of their league, the youth setup is also looking strong with sides from U7 to U16.

So what's changed? The appointment of a full time first team manager (Ben Hopson) has been the main crux for success. Along with the appointment of Ben, the squad has seen some much needed refreshment.

In terms of the reserves the story is fairly similar. Josh Gregson is running the team with some familiar faces returning from both retirement and stints at other clubs. On the whole we're in a strong position with the future looking bright, Both sides have started 2019 strongly, although the first team have seen two semi-final defeats to clubs first and second of the league above respectively. With the cups out of the way the main focus is now back on the league, with the sights being set on promotion and the possibility of remaining unbeaten for the remainder of the season.

The Rec is once again a hub of excitement come kick off time over the weekends, you can find us on Parkside Avenue, Winterbourne High Street if you want to come and enjoy the family atmosphere.

For an extended view of the clubs results and season to date, you can find us on the FA Full Time website.

Club results 2018/19 season;

First XI;

04/09/18 - 2-0 vs Roman Glass	17/11/18 - 3-0 vs Pucklechurch
08/09/18 - 4-3 vs Pucklechurch	08/12/18 - 3-0 vs RI Thornbury
15/09/18 - 7-0 vs Shirehampton	15/12/18 - 9-1 vs Bitton Res
06/10/18 - 10-1 vs Oldland	05/01/19 - 5-0 vs DRG Frchy
13/10/18 - 3-2 vs Iron Acton	26/01/19 - 4-1 vs Hambrook
20/10/18 - 6-0 vs Hambrook	
10/11/18 - 4-3 vs De Veys	

Second XI;

01/09/18 - 9-1 vs Westerleigh	24/11/18 - 8-0 vs Made 4 Ever
08/09/18 - 3-3 vs Seymour	08/12/18 - 3-1 vs Highridge
15/09/18 - 3-0 vs Hanham	05/01/19 - 3-1 vs Hanham
29/09/18 - 3-3 vs Highridge	12/01/19 - 5-1 vs AFC Grace
06/10/18 - 4-1 vs AFC Grace	19/01/19 - 5-0 vs Oldland
13/10/18 - 8-3 vs Greyfriars	
10/11/18 - 5-0 vs Seymour	

News from Frampton Cotterell RFC

First team – The last month has been a great period for the Frampton first team. Despite a loss at Berry Hill, league wins over local rivals Whitehall, St Mary's and Bristol Saracens have seen Frampton sit in the second place, play-off position in Gloucester Premiership. The Saracens' game was particularly good as an injury crisis caused the team to play several players out of position, and some stepped up from the second string. Veteran Rob Keir and skipper Josh Creed scored tries and a stunning last minute penalty from 19 year old, ex colt Lewis Oakley sealed the victory 25–22. Coach Andy Jarrett told us that considering the injury crisis he felt this was a massive character building victory.

Second team – Excellent wins over Saracens and Chipping sodbury, see Frampton's second team sit clear at the top of the Gloucester one reserve league. This was further strengthened with a prolific win against Whitehall – 88-5, with an incredible 14 tries scored. Flanker Zak Smith and dad Mark Smith both crossed the white line, as did Club Captain, Mike Ashwin, wing Mason Robbins, Josh Sheps and scrum half Ryan Giddings. Biggest cheer of the day went to prop Joe 'snake hips' Cleary who dummied and sprinted his way over from 30 meters.

Third team – Victories have been hard to come in the threes but playing with your mates and having a beer together is Captain Pete Zaffiros priority! Very often playing second teams, the threes still give a good show of themselves, losing narrowly to St Mary's and North Bristol. The game at North Bristol was close until the final minute with tries from Zaffiro and the elusive Jay Suckling .

Frampton Veterans – Frampton Vets went on there bi annual trip to French club Parisis just before Christmas. This unique rugby relationship started in 1977, and carries on to this day with juniors and vets. The Fram Toads v The Parisis Vieux Loups (old wolves). Frampton squeezed home 17–12 to win the victory cup and bring it back to home

shores, with tries from Andy Jarrett, Paul Whitehead and Mark Chaplin. Incredibly two players who played in the first game in 1977, also played 41 years on – Frampton's Mike Weaver and Parisis's Phillipe Colin.

Colts (U18s) – Despite a losing bonus point loss to second place Wellington, Frampton coach Mike Weaver is still very happy, as the team sits at the top of the Somerset Colts league. With a squad of around twenty-five, the team



are buoyant. The future of Frampton rugby is in safe hands!

Social stuff – Frampton had two awards of free beer from Wadworth's brewery this month, which went down a treat! 1st Captain was awarded crates of beer for his height, based on 'photo of month' on Wadworth's twitter feed. 3s captain was awarded two crates of beer for the combined team photo at North Bristol, illustrating the great ethos of rugby union at a local level.

www.pitchero.com/clubs/framptoncotterell



Frampton Cotterell RFC Girls Team are looking for new players.

If you are aged between 10 and 18 and 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



News from the Floral Friends of Frampton



Spring Coffee Morning and Plant Sale – Saturday 27 April 2019

Our annual Spring Coffee

Morning and Plant Sale will be at the Bickeridge Centre on the morning of Saturday April 27, opening at 10am. Come along and enjoy a cup of coffee (or tea) and a slice of cake in the Sensory Garden (if the weather's good or inside if it's raining!) and browse the plants we will be offering for sale.

Plant Thefts Continue... Sadly, thefts from planters and gateways continue, we'd hoped that it would stop once the weather worsened. This is very disappointing as we know that many people appreciate our efforts – perhaps the thieves don't realise that they are stealing from their friends, neighbours and local businesses who fund all our work? All instances of theft have been reported to the Police. Normally members of Floral Friends will wear high vis jackets with our logo on when working on planters and gateways so, please, if you see anyone removing any plants – report it (email us at floralfriendsofframpton@gmail.com or to the Police).

Love Flowers? Love Children's Stories?

Put the two together and create a display for the Flower Festival we're organising for the weekend of 15/16 June 2019. Bellis the Bookworm would love to see the displays you create using flowers, fruit or vegetables to illustrate your favourite children's story, fairy tale or rhyme (eg grow some dwarf

French beans in a pot, put a miniature ladder next to it and a soft toy to illustrate Jack and the Beanstalk). Much more information to follow – but make a note of the date now!

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 is available at <http://fframpton.wixsite.com/rampton-cotterell>



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Oh Boy
Peggy Sue
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And Many More!

Live at **WADCA**
Community Centre
Fri. 10th May



The Friends of Ram Hill Colliery Need You!

Ram Hill Colliery in Coalpit Heath was once the hub of 19th century coal mining in Westerleigh parish. The site, dating to around 1830 is a fine example of early nineteenth century coal mining. The Friends of Ram Hill are undertaking a conservation project on the site and need your help please, to continue their good work.

Due to a key committee member's ill health, the project is in need of some extra pairs of hands to maintain this historical site, that is a haven for birds and wildlife. Volunteering for this worthwhile project would involve light site work once a month on one of the following days – Saturday, Sunday, or Wednesday mornings. If you are interested you are most welcome to attend for a taster session to see exactly what is involved. Please contact David

Godden on 0117 9322602 or email da.godden@btinternet.com.

If you would like to help but are not necessarily so keen on getting your hands dirty, the group are in urgent need of a new secretary. After ten years of excellent service their current secretary is moving on to new pastures. This is a vital role in support of their work. The committee meets four times a year for about 90 minutes at Coalpit Heath Village Hall (The Miners' Institute) on the Badminton Road. If you would be interested in the role please contact Chairman, Martin Pearson on 07989 368 261 or email membership@ramhillcolliery.org.uk.

Dates for your Diary – The next Open Day will be held on Monday 27 May 2019, 10am–4.30pm.

Facebook: [friendsofframhillcolliery](https://www.facebook.com/friendsofframhillcolliery)

YOU'VE GOT THE SKILLS TO FOSTER... YOU JUST DON'T KNOW IT YET

If you have a spare bedroom and the time to make a positive difference to a child's life, call or email us to find out more about fostering with South Gloucestershire Council.

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Castell Roc Festival 2019

Castell Roc announce details of the final show coming to Chepstow Castle this summer and it's been worth waiting for!

... Showaddywaddy are coming to town Friday 16th August



Living up to their title of "The Greatest Rock & Roll Band In The World" Showaddywaddy have sold over 20 million records and toured internationally for over 4 decades.

Their live show is dynamic and uplifting featuring all of their biggest hits including "Under The Moon Of Love", "Three Steps To Heaven", "Pretty Little Angel Eyes", and "Hey Rock & Roll". So come and join the 'Dancin' Party'... 'You've Got What It Takes'!

Thursday 8th of August - "Legends Of Roc", featuring three of the finest UK tributes to 'The Police & Sting', Dire Straits & U2 performed meticulously by 'Police Synchronicity', 'Dire Straits UK' and 'U2UK' respectively.

Friday 9th August - the most welcomed return from the incredible global superstars of



Country music "**The Shires**". The Shires first played here back in 2016, with the show both selling out and going on to be featured in the BBC documentary "The Shires: New Country", which detailed their incredible rise to fame plus footage and interviews of their impact in another little Town, called 'Nashville'. Guaranteed to sell out fast!

Saturday 10th August - "80's vs 90's Extravaganza", promising a retro Party with a huge feel good factor. Some of the biggest Artists from that era combine with visuals and support from retro DJ's. The first two Artists to be named are Spandau Ballet's Martin Kemp, plus S Club 3. Fancy dress is encouraged with prizes given out on the night by the actual Artist's....

Sunday 11th August - 'Big Girls Don't Cry' showcasing the amazingly talented Frankie Valli & The Four Seasons. This theatrical masterpiece will be enjoying its 10th anniversary and The East Coast Boys with a full live band will be authentically recreating Sherry, December 1963 (Oh What a Night), Walk Like a Man, Rag Doll and Big Girls Don't Cry, Grease, Let's Hang On, Working My Way Back to You, Beggin', I've Got You Under My Skin, Who Loves You and many more.

Thursday 15th August will see Chepstow Castle become 'el Cantina', (complete with Taco's, Tequila and thigh slapping tunes) when one of the UK's most popular touring bands '**Los Pacaminos**' rides in to Town. Featuring non-other than 80's superstar **Paul Young** the Stetson wearing band will play the very best in Tex Mex Border music, from The Texas Tornados and Ry Cooder through to Los Lobos and even Roy Orbison. This show also features firm festival favourites Mad Dog Mcrea.

Saturday 17th August is an absolute must for all lovers of Country Music, when "**A Country Night in Nashville**" rolls into Town recreating the scene of a buzzing Honky Tonk in downtown Nashville and perfectly capturing the energy and atmosphere of an evening in the home of country music. Featuring songs from its biggest stars both past and present.

Sunday 18th August - Abba Mania From London's West End, Abba Mania has been delighting audiences since 1999!

Thursday 22nd August is a night for the lovers of reggae and ska as the infectious '**Dualers**' roll back in to Town, supported by **The Navarones**. The nine piece Jamaican Rhythm & Blues band from South-East London were an undeniable highlight show of 2018 and the Organisers have been quite simply inundated with fan requests to bring them back, so they have!

Friday 23rd August is a chance to see two full shows for the price of one, firstly with '**Fleetwood Bac**' the world's first and best Fleetwood Mac Tribute Band. A band that are proudly endorsed by Big Daddy himself, Mick Fleetwood. Rounding off the night and being performed by **The Bohemians** is a high energy roller coaster ride of a concert,

featuring the back catalogue of one of the world's most popular and iconic rock acts of all time, Queen.

Saturday 24th August - firm Festival favourites **REEF** hit the big stage. If you want to see an iconic band in an iconic venue then this show is for you. With a superb new Album in 'Revelation' as well all the favourite songs including 'Place Your Hands', this will be a night to remember.

Sunday 25th August - back by incredible popular demand after his 2017 performance, the No1 Elvis impersonator **Ben Portsmouth** returns with his show, **Taking Care of Elvis**.

Tickets available to purchase from the Festival Box Office at Hannah's Music, Chepstow (01291 627122) or online via www.castellroc.co.uk

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A Word From... Associate Minister Bob Conway

Dear Friends,

Whenever I contemplate the coming of March, my thoughts often begin with our weather and Masefield's: "Dirty British coaster with a salt-caked smoke stack. Butting through the Channel in the mad March days..." Likewise the old proverb "In like a lion, out like a lamb" implying that: when March starts, it's still winter, but by the end of the month spring has begun.

More important than 'whimsey on the weather', is the fact that Wednesday 6 March marks Ash Wednesday and the beginning of the season of Lent, as we approach the wonderful festival of Christ's resurrection on Easter Day, Sunday 21 April.

In Lent, many Christians commit to fasting, as well as giving up certain luxuries. This is meant to replicate the sacrifice of Jesus Christ's journey into the desert for 40 days. During this time as Jesus fasted and prayed, Satan tempted him: to turn stones into bread and relieve his own hunger; to jump from a high place relying on angels to catch him as a test of God's love; and for Jesus to worship

Satan in return for rule over all the kingdoms of the world. These are the same three temptations one renounces at baptism: The World, the Flesh and the Devil.

Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God. Services such as 'Stations of the Cross', which commemorate Christ's carrying of the Cross and of his execution, are often observed. While many churches remove flowers, and crucifixes, religious statues, and other religious symbols are often veiled in solemn observance of the event.

Lent is a very special time, and a great opportunity for self-assessment, personal reflection and renewal of both spirit and purpose. Its observance is something that everyone of us, as individuals, families, communities and nations can benefit from, especially in current circumstances within our own "less than United Kingdom".

So, I would like to encourage everyone of us, whatever our backgrounds, whether we are church goers or not, whether we even espouse to be Christian or not, to take some personal time this March to reflect on our world, our communities, our families and our own lives in order to try and identify ways in which we might change our attitudes and behaviours in our own individual attempts to better our world and our environment for ourselves and for others.

Jesus told his followers that they should love one another as he had loved them. Let us each consider the implications of his words across the full spectrum of our lives and our society, and perhaps the small changes we can each accomplish might emulate the spirit of that old proverb such that the lion of winter in our hearts may go out like a lamb of love, as a newer brighter spring emerges in our lives.

May peace and every blessing be upon you all,

Bob Conway, Associate Minister Fromside Benefice



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

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Messy Church at Fromside

Saturday 16th March

An all age afternoon of fun, games, craft, activities, followed by a meal and including a praise service

All Saints Church Hall

Church Rd, Winterbourne Down, BS36 1BX

4pm to 6pm



Future Dates: 20th April 2019, 18 May 2019





News from Winterbourne Evening WI

We had a wonderful Christmas meeting attended by most of our members, eight visitors and also Jean Sims, Chair of the Avon Federation. As usual the buffet provided by our members was excellent and thoroughly enjoyed by all.

Our speaker, Dr Frances Burroughs, was very entertaining with his memories and slides of show business entertainers from his earlier life.

At our January meeting Emma Britton from Radio Bristol gave us a hilarious talk about her life and journey through journalism to her current position as host of a Radio Bristol morning show. What an amazing and very amusing lady. Thank you Emma for taking time out of your very busy schedule to come and talk to us in aid of the Radio Bristol "Live Appeal".

Also in January we played Downton and Wick W.I. - in the Avon Federation Skittles knockout competition and won by a handsome margin! We all enjoyed a friendly and happy evening and are looking forward to meeting our next opponents soon.

We have a very varied and exciting programme of events and speakers lined up for 2019, and we would be pleased to see you as a visitor on the second Thursday of each month at the St Michaels Room, Winterbourne High Street, at 7.30pm. So come along and make new friends in your neighbourhood.

Margaret Beacham

News from Winterbourne WI

Seasons Greetings were exchanged between our members at our January meeting as we embarked on a new year at WI.

This month we had a really interesting Speaker – Dr Francis Burroughs, who came to talk to us about The Wonderful World of Glass. He brought along extremely old glass beads, dishes, jugs, goblets, decanters and vases. It was quite fascinating to hear how much glass was liked and desired ever since 1500bc, through the Ancient Egyptians, Romans, Victorians right up to the present day.

Glass making is a highly skilled process and if the glass is not at a high enough temperature bubbles and streaks will appear which is not acceptable. Venetian glass of course is very well known and Venice became extremely popular for trading, as it was the cross roads of the Silk Road and Spice Road trading routes, hence a lot of business took place.

Today we have the famous Bristol Blue Glass. We were shown three Bristol Blue decanters which had decorative silver work round the neck and a Graal glass bowl which had an incredible pattern blown all the way through it. We were told it would have taken 40–50 hours to engrave! We were shown a piece of Cranberry glass which is coloured with gold oxide and barium salt. Apparently it is better to look at and admire these pieces of red glass under gas light conditions.

We have a very interesting and varied programme of talks throughout the coming year and everyone is most welcome to come and join us on the first Thursday of each month at 7.30pm in All Saints Church Hall, BS36 1BX.

In March the subject is A Life in Flowers and Floristry.



The carnival committee are pleased to announce our chosen charity for this year is www.jessiema.org.uk. If you would like to find out any more about this fantastic charity and all its work please visit the website. And our theme is – Circus – the Greatest Show on Earth!

Also new for this year is an extra early bird raffle draw,

first prize is a rare 'Signed England Rugby Ball', signed by most of the 2018/19 current squad and former All Black and Harlequins player Nick Evans (Premiership player of the season 2010/2011). Second prize is a 'DC9' rugby ball both prizes were donated from the Danny Care testimonial evening at the Hurlingham Club. Third Prize, two signed programmes from 'The Sporting Club' Sporting Celebrity Dinner on Monday 17 February 1997 at the Grand Hotel. A great prize signed by Sir Stanley Matthews and Willie John McBride. Please take a look at our Facebook page for photos. The draw will take place on Saturday 20 April at the Cross Hands pub Winterbourne Down. Tickets will be available and on sale at the Cross Hands (see Pete), or via Steve Day: steveday68@gmail.com and Phil Elvins: phil@feandrews.co.uk. If anyone else would like to sell, and help raise money selling tickets, please contact any of the above. Raffle ticket production has kindly been sponsored by Winterbourne Down Autos for the second year.

As always, we are seeking volunteers to help during the carnival day (Monday 6 May 2019), helping with the setting up/manning stalls/the road closure areas and tidying up. All we ask is an hour of your time to help make this Carnival Day another great success. For further information please contact Carnival Chairman John on 01454 775047.

We are currently running a series of photos on our web site and Facebook page of our May Day Village Carnival over the years, and a guess the year quiz.

www.winterbournedowncarnival.wordpress.com • Facebook: @wdcarnival



Photo of Crossbow Singers taken at 'The Big Sing' in December 2018. This event is supported by a number of local choirs and raises money for WaterAid. The choir's choice of music included a Hawaiian Christmas Song – hence why they are wearing floral garlands (or leis).

The Crossbow Singers

Following the success of our Christmas Concert in December, the theme for which was Christmas all over the World, the Crossbow Singers are now working towards the next main event – the Summer Concert.

This term we have been delighted to welcome four new choir members who are sure to enhance our singing. Looking slightly less ahead, we are have a choir meal shortly and will hold our AGM in April.

The Summer Concert will be held on Monday 1 and Tuesday 2 July, 2019. Proceeds from ticket sales at these evenings will be donated to one or more local charities, as chosen by the choir. The theme this year is 'That Holiday Feeling'! We hope that by then the sun will be shining and we will all be in a holiday mood. Please put the dates in your diary now, we will provide more details of where to get tickets etc, nearer the time. We really hope you can come and we 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 vulnerable person within your own household, we would like to hear from you. We provide full training, ongoing support and good rates of pay when you are matched with someone who suits your circumstances and lifestyle.

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Local weight loss experts share 50 Years of Golden secrets!

To celebrate 50 Years of Slimming success, your local experts are sharing their golden nuggets for successful slimming to help local people make their healthy 2019 resolutions a reality. Frankie, Jude and Lisa run the Slimming World groups in Winterbourne, Frampton Cotterell and Coalpit Heath. They welcome people into their groups who want to make small changes to their lifestyle to help them feel healthier.

Lots of people will have made resolutions to lose weight and improve their health this year. Successful weight loss isn't just about losing weight, it's about keeping it off too. Making temporary changes and going on a 'diet' that's unsustainable in the long-term will only ever be a quick fix, meaning you'll sadly be bound to regain any weight you lose – and maybe more – as soon as you go back to your normal eating habits. If you really want to live happy, for the long term, the key is to make healthy, realistic changes to your lifestyle that you can keep up for the rest of your life.

Most people who embark on New Year diets fail within days or weeks because they follow plans that are too restrictive and leave them feeling hungry or deprived so they're absolutely impossible to keep up. In contrast, Slimming World's fabulous

Food Optimising programme is flexible and generous, allowing members to satisfy their appetite on hundreds of healthy, everyday foods like fruit and veg, pasta, rice, potatoes, lean meat, poultry, fish, fat-free dairy, eggs and more without weighing, counting or measuring.

Slimming World's Golden Anniversary may have been 50 years in the making, but there's been gold running through the company since the start.

Slimming World believe that the burden carried by overweight people is two-fold. There is excess weight, but there is a far heavier burden to be lifted – that of guilt, self criticism and poor self esteem.

Forty million people in the UK and Ireland are suffering with the burden of excess weight and the numbers are growing. If you are unhappy and want to make 2019 your golden year too then come and join us. They have a beautiful new member pack waiting for you too.

Here's to a healthier, happier you in 2019!



Monday

Frampton Cotterell
Watermore Primary School (Infants), Woodend Road, (Opp the Brockridge Centre)
5.30 & 7.30pm
Tel: Jude: 07968 426809

Tuesday

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

Wednesday

Frampton Cotterell
Frampton Cotterell 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 Cotterell and Winterbourne Slimming World

slimmingworld.co.uk 0344 897 8000



Frampton Cotterell & Coalpit Heath Village Diary

March 2019

Fri 1 – Quiz, Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947 / E: crossbowhouse@gmail.com

Sat 2 – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Table £5. Tel: 07920 145352.

Sat 2 – Apple Grafting, Winterbourne Medieval Barn, 10am–4pm. One-day course on how and why we graft trees. Make 3 new trees to take home. £45. Booking form on www.WinterbourneBarn.org.uk. Limited to 8 people. Enquiries T: 0117 957 4921.

Sat 2 – Ceilidh, WADCA, 8pm. Varied styles from 'The World Band'. Caller tells you steps if you want to dance. All ages/experience. £7.50 www. Ticketsource.co.uk or WADCA T: 01454 776268 or Hilary Jay 07515 351813 / E: jays.music@mac.com

Mon 4 – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50 incl refreshments.

Wed 6 – Coalpit Heath WI, St Saviours Church Hall, 19:45pm. T: 07935 071291. Email: caitlin.reeves@virginmedia.com Visitors always welcome!

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

Fri 8 – 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 T: 01454 776268. Tickets on the door £10 if there are any left.

Tue 12 – Community Coffee Morning, WADCA, 10.30–12.30. All welcome.

Tue 12 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. T: 01454 777664.

Wed 13 – Village walks, start opposite Gingerbread Cafe, 10.30am. Stroll on lane with lovely views up to 2mls, or rural walk 4 mls R. Frome beside Chill Wood.

Wed 13 – Frampton Singalong, Crossbow, 2–3.30pm. £3 includes tea and cakes. T: Hilary Jay 07515 351813 or E: hilary.coach@icloud.com.

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

Sat 16 – Wet Felting Workshop, Winterbourne Medieval Barn, 10.30am–1.15pm. Learn to make felt. Take home a wet-felt picture and 3D container. £25. Book with Fi Harris via Facebook FELTbyFi or E: feltbyfi@gmail.com.

Wed 20 – Community Coffee morning, Manor Hall, 10am–12.00. T: 07873 747513.

Wed 20 – FC Local History Society, Zion 7.30pm. Non-members £4 incl light refreshments.

Fri 22 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Tue 26 – Village walks, start St Peter's Church, 10.30am. Stroll up to 2 mls with daffodils in the Park, or rural walk 3.5 miles on Frome Valley Walkway.

Tue 26 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm, £2.50. T: 01454 773426 or 01454 778900 / E: marycroberts@talktalk.net.

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

Thur 28 – Frampton Friendship & Dance, 2–4pm, Zion Church Hall. Learn easy, gentle dances. No partner needed. £4 incl tea. T: 07515 351813 / E: hilary.coach@icloud.com.

Sat 30 – Frampton Globe Trot, 10.30am. Off-road race in aid of FCCE school.

Sat 30 – Talk: Viking words in the English Language, Winterbourne Medieval Barn, 2–4pm. £5. www.WinterbourneBarn.org.uk / Book online at Ticketsource.co.uk.

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St Saviours Church, Coalpit Heath Church Events



Butterflies Babes and Toddlers Group

Looking for something to entertain your baby or toddler? We are a friendly and welcoming group and would love to see you. It's £3 per family, pay as you go during school term only. Plenty of toys, dressing up, book corner and song time. Changing facilities and baby play area for crawlers. Mondays, 10–11.30am in the Church Hall, Beesmore Road, BS36 2RP. www.butterfiestoddlersgroup@gmail.com



Parish Praise, 10am – On the first Sunday of the month. For all ages and families. Do stay for tea, coffee and biscuits afterwards if you wish. Come and meet other families, we would love to see you.

Friday Lunches – Every Friday in the Church Hall. 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.



Mothers Union – Meet on the second Tuesday of the month at 2pm in the Church Hall. Mothers Union send money to Friends of Bristol Children's Hospital, where they provide the tea and coffee, for the parents rooms and have done this for thirty years. Members continue to welcome visitors to Bristol Cathedral and also to welcome visitors at Ashfield Prison at Pucklechurch. Mothers Union support their relief fund and overseas fund for their members in countries where there is a need. For more information contact Mary Head on 01454 887870.

Seniors fitness, friendship club – 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. Come along and give it a try. To Register your interest contact Adam Dyer on 07875 503586 or Ann Carter 01454 319699. This group is sponsored by South Gloucestershire Council.

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

News from WADCA

WADCA is very proud of the ongoing refurbishments that have been made possible by a variety of successful grants from South Glos Council, Merlin HS and the generous donation from our local lottery winners Mr and Mrs Banfield (pictured right), who were instrumental in the original plans and building of WADCA. Originally known as 'Winterbourne and District Community Association' just over 40 years ago.



With the continued support of the community, this fantastic, versatile facility can keep serving the families of Bristol with social and recreational activities, weekly lunch club, entertainment of all varieties, weddings, parties and much more! Our future projects will include refurbishment of the lounge area and bar, car park surface and updated integral systems. www.wadca.co.uk

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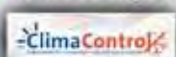
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