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Matters

April/May 2019



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Dear Residents,

Welcome to the spring issue of your community magazine.

We hope you enjoy a wonderful Easter with your family, we bring you an Easter message thanks to Rev Malcolm Strange, details of special, local church services and many more seasonal activities, including an Easter Fun Day at the Willow Brook Centre on Wednesday 17 April.

We very much enjoyed getting out on the Frampton Cotterell Window Art Trail, during February half-term, what wonderful creativity was shown.

Preparations for the 2019 Winterbourne Down Carnival are in full swing! The theme this year is Circus - the Greatest Show on Earth! One of our favourite parts of the weekend-filled celebrations is the colourful spectacle of the parade - led by the May

Queen and her assistants. Find out more on the centre pages.

It's all go at Winterbourne Medieval Barn as year-long building and restoration work has now begun. The main barn may currently be out of bounds but do not fear, they are still hosting a full list events at the historical venue for all to enjoy.

We are pleased to feature an article on inclusive sport Boccia. Local club founder, Georgina Moore introduces us to this fantastic Paralympic sport and encourages more people to get involved.

We bring you news from many of our wonderful community and sporting groups as well as a jam-packed diary and noticeboard of events.

Enjoy eating too many eggs!

Kerry & Jaci X

community@mattersmagazines.co.uk

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Puddle Ducks Spring News

Pool Focus: Winterbourne International Academy

Spring is here, 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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South Gloucestershire Council

Frampton Cotterell's Window Art Trail

Winterbourne Matters enjoyed getting out on the Window Art Trail during February half-term. A fab, free event that certainly brightened up some dark winter evenings. We loved the creativity, congratulations to all who took part, we hope this will be an event that will grow. The organisers share their thoughts with us below.

Wow! What an excellent show from participants of Frampton Cottrell's Window Art Trail. It was great to see little clusters of friends and families enjoying the trail and hearing their comments of delight. The windows were varied and all so effective and interesting – had to be seen to be believed!

Some participants commented on how easy it was to make an effective window even though they'd never done it before.

Village Action would welcome feedback from those who saw the trail – whether it should be repeated? Whether to do it annually or less frequently? Whether February half-term is a suitable date? Did you miss out this year but might like to participate another year? Please make constructive comments at www.villageaction.org.uk or leave a note for Village Action at the Brockridge Centre.

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.

Contact the ategi Shared Lives Team for more information
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Get Yer Leg Over and Bid Online for your Local Charity!

The West of England MS Therapy Centre is running a fantastic online Auction to raise vital funds for the centre over the weekend of 26th-28th April.

Bidding is open to everyone so just follow the centre on facebook @MSTCBristol to keep up to date in the build up to the event.

The Centre is also seeking kind donations for the auction from local businesses and tourist attractions. Please email fundraising@mstherapybristol.org.uk if you are able to help. Any donation gratefully received.

If however you fancy more of a thrill, then why not sign up to the centres "Get Yer Leg Over" motorcycle ride out which is taking place on Sunday 12th May. Bikers are meeting at Weston Super Mare and are travelling to the centre via the suspension bridge. On arrival at the centre there will be a BBQ and live music by "Trouble No More", Bristol's favourite Blues Trio.

To register your interest in the event or for further information please email fundraising@mstherapybristol.org.uk or follow the centre on facebook @MSTCBristol.

The West of England MS Therapy Centre based in Bradley Stoke has been caring for people with Multiple Sclerosis and other neurological conditions, their families and carers since 1985 and all proceeds from these events goes directly to the MS Centre to benefit the users.



Bradley Stoke opticians sees red for Comic Relief

Staff at the local Bradley Stoke opticians got into the comedy spirit for Red Nose Day on Friday 15th March by wearing and selling funny frames to help raise money for this year's Comic Relief. The total raised this year from branches of the store across the country was a whopping £255,893! Store director, Gaurav Patel, says: 'Having partnered with Comic Relief for three years now, this year Specsavers have reached the £1million fundraising goal, which is incredible!'



This year's jester-themed funny frames were in keeping with the charity's comic ethos. Customers who would like to recycle the glasses are able to return them to their local store and they will be sent on to a specialist recycling company. For more information visit www.specsavers.co.uk or www.comicrelief.com

One thousand high visibility vests

Specsavers is championing road safety in the local community by donating more than 1,000 high visibility vests to local children. Julie Rafferty, PR coordinator based in the Willow Brook Centre, mostly recently handed out vests to local rainbows and brownies groups to help ensure the youngsters will be seen when out and about.

'We are committed to helping local children stay safer on the streets,' says Julie (pictured right with the brownies). 'It's great that we've been able to support the rainbows and brownies as they often take part in outdoor activities, so we hope the vests will provide some peace of mind for parents and those who look after them.'



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Bradley Stoke The Willow Brook Centre. Tel 01454 275 020

Specsavers



News from Coalpit Heath WI

We had a fabulous talk from Phillip Taubenheim of Wotton Auction Rooms at our March meeting. He shared the monthly routine that is behind their auctions and how they sell online to the world despite only collecting from a thirty mile radius of their sale rooms. It was fascinating to hear the reasons for items arriving with them, it seems our changing house trends have a lot to answer for! He was kind enough to talk about the items that members had brought in and interspersed his talk with amusing stories from the auction and valuation days.

As well as bringing items to be valued, our members had been busy with other projects. A fantastic selection of crafted hearts are now winging their way to our contact at NICU, ready for Mother's Day. Our target number was exceeded so any spares will be sent to other hospitals or kept for Father's Day. Thank you to all contributors.

We also had a collection table for our local Food Bank and our thanks go to all the members who brought along an Easter Egg or another food item. They are extremely grateful for our support. We will have a collection table available at each meeting.

As part of the #EndPlasticSoup campaign a couple of members set up a display to share with members what could be done at home to help stop single use plastics. There were Beeswax wraps, metal straws, reusable drinks containers, vegetable bags and silicon lids. We also looked at how to make ecobricks.

Coming next in April is a talk about the MS Therapy Centre, while in May we choose our Resolutions for the coming year.

To see what else we are doing please search for our FaceBook page @WICoalpitHeath.

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.

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Frampton Rangers FC Seasonal Update

Frampton Rangers Youth FC were formed in 1970 and since then have been developing young footballers

across a wide range of age groups in Winterbourne, Coalpit Heath and Frampton Cotterell. Currently they operate nine teams playing at Crossbow House and Beesmoor park playing fields, in Frampton Cotterell.

A great success story for the club has been local legend (turned WFM correspondent) Nick Tanner who played for the club in the early 80s, before going on to play for Bristol Rovers and then Liverpool FC.

Rich Ware is chairman of the football club and also runs one of the three under 11s teams. He told us, "We are a close knit family oriented club and always look to encourage local children to play football. It's great watching the children develop their team working skills and grow in confidence as well as ability as they progress through the age groups".

Marc Willett, manager for the U11s, commented on how he started as a dad running Soccertots and how the club supported his development in achieving his FA coaching badges. He said, "It becomes addictive – its great fun being involved in coaching sessions and watching the team grow in ability and friendship bonds over time."

The clubs run a Soccertots for children aged 4-7, then an under 7s and under 9s team who play in the Hanham Minor league. Both teams are relatively new but have competed well in their first few seasons of football. There are three under 11s teams who play in the Hanham Minor League and have a wide range of abilities playing across division 1, 4 and 8.

There is also an under 12s and 15s team competing in Avon Youth League and preparing the young players as they look to move into under 18s and adult football.

Finally, one of their most successful teams of recent times is the Ladies team, who compete in the South West Women's league and have won numerous cups and leagues over recent seasons.

The teams play most Sundays (morning and afternoons) at Crossbow House and Beesmoor Park so please go along to support your local grassroots football teams. They are often on the look out for new players, please contact Rich Ware on the email below for more information or you can visit www.framptonrangers.org.uk.



Volunteers are the backbone of grassroots football. Without the time,

dedication and commitment volunteers demonstrate each and every week, clubs and leagues would simply not exist. If you have a passion for football and would like to get involved, please email Rich Ware and see how you can make a difference.

Soccertots are the life blood of any grass roots football team and a great way to get both parents and children into sport. Frampton Rangers Soccertots will start with a new intake in September this year, so for anyone with children starting school then, it's a great time to get your child playing. Again, please contact Rich Ware for more information.

All teams require a manager to organise the team for fixtures, lead the team on match days, and organise training. In a lot of cases this will also include coaching the team as well, to develop their ability. Why not consider getting involved and achieving your FA coaching badges from the ground up, with full support from the club?

Email Rich Ware – rjware@hotmail.com
www.framptonrangers.org.uk.



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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



Frampton Cotterell & District Ringcraft Club

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

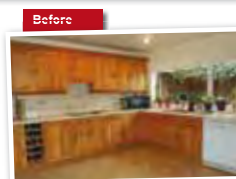
Our aim is to guide owners and their dogs or puppies (of any age) in the techniques of dog-showing and all that is involved in this very social hobby sport. We will give you instruction on how to handle your dog, what kind of show lead is best suited to your type of breed, what to expect in a show situation,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

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

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

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

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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 17 April & 15 May 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 17 April 2019

The Titanic and W T 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.

Wed 15 May 2019

A Guided Evening Walk around Frenchay Village

Further information can be obtained from the FC& DLHS Secretary. Please email: secretary_fcdlhs@yahoo.com

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



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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.



Downend Horticultural Society

Meet on the second Thursday of the month all year. You are invited to join them to share your gardening ideas and learn from others. Their April meeting is on Thursday 11 and the topic is 'Flowers in healing'. Their May meeting is on Thursday 9, and the topic is 'Wild flowers and landscapes of the Italian Alps'.

The group meet at The Assembly Hall, Salisbury Road, Downend at 7.30pm. Tea/coffee and home made cakes are served at the start of the evening followed by the talk. Everyone welcome.

For further details please call Roger Davis on 0117 9571703 or Hilary Walton on 0117 9792832.
www.downendhortsoc.co.uk

Frampton Cotterell Male Voice Choir



94th Annual Concert

Come and enjoy a feast of music

with

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Frampton Cotterell

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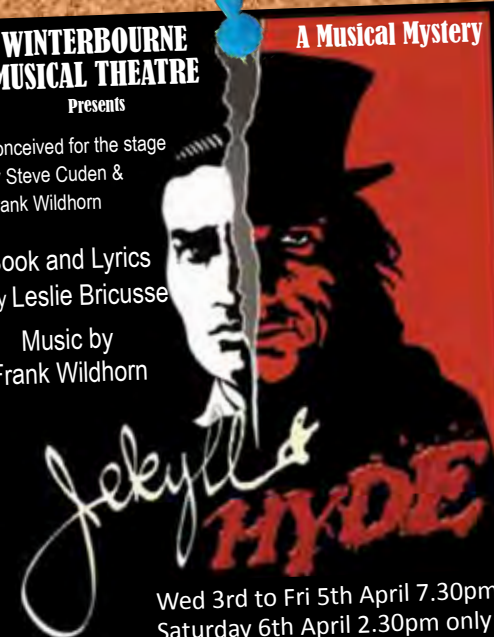
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Music by
Frank Wildhorn



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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.

News from the Floral Friends of Frampton



Spring has sprung!

After the lovely weather in February daffodils and other spring bulbs burst into flower all over the village. Even the crocuses in The Triangle (opposite The Rising Sun) are blooming. Hopefully they will survive our now more usual wet and windy weather and bloom well into April.



New stepping stones at the Sensory Garden

More logs have kindly been donated to Floral Friends to make the log trail at the Sensory Garden more exciting. Don't forget to hunt for bugs and use the magnifier to get a closer look!

Spring Fayre – 27 April 2019 – Our annual Spring Fayre will be at the Bickeridge Centre on the morning of Saturday 27 April, 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. Meet some rescue hedgehogs (find out more at <http://hedgehogrescue.webplus.net>) and enjoy the Sensory Garden.

Flower Festival – The Flower Festival planned for June 2019 has been postponed until next year (2020) as the Village Picnic and Dog Show is scheduled to take place at the same time (15 June 2019). We hope that everyone enjoys the Picnic and Dog show and that it is a great success. More information about the Flower Festival planned for 2020 will be available later in the year.



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/frampton-cotterell>

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News from Frampton Cotterell WI

Our talk at the end of February was by RGN and clinical nursing specialist Terrie Stocker, on the subject of Osteoporosis – something that can affect a high percentage of women of all ages. Terrie works at the BRI and she gave a fascinating insight into the development of the disease and how it can effect both men and women at different stages of their lives – also what can cause it and how to help prevent it from taking hold if you can act early enough. The evening was very well attended and we are all very grateful to Terrie for giving up her time to explain everything to us in such a clear and informative way.

A time of writing, we are looking forward to our March talk, 'The history of Shepton Mallet Prison' by former guard, Graham Miller. This event is also highly recommended as Graham has many stories to tell – some of them quite scary and most of them from his first-hand experience of working at the prison when it was still open as a working jail.

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.

Our lovely darts team is having a great start to the season this year – having won all its games so far...



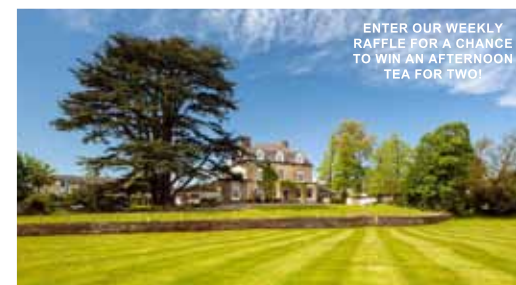
best not to tempt fate, however they have us feeling hopeful for the finals!

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.

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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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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).

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GEM Boccia Club - friendly, fun and welcoming to all

Who am I?

My name is Georgina (Elizabeth) Moore (GEM: Hence the Club's name). I'm 34 years old and have a neuromuscular condition. It means I'm a permanent wheelchair user and cannot weight bare. I live independently with 24-hour care in my own flat in Chipping Sodbury, South Glos.

My background is I have a degree in Marketing and then I went on to be a Primary School Teacher for a short time, but sadly could not physically continue with it. I'm not the type of person who likes to sit around not doing anything but knew I couldn't commit to working regularly. I like to try and stay as fit and healthy as I can but could only find swimming as a form of exercise.

What is Boccia?

It is not uncommon for people to say to me "What is Boccia?" when I tell them I run a Boccia Club. This highlights the lack of publicity the sport gets, which is a real shame seeing as it's a Paralympic event!

Boccia is very similar to bowls: With the fundamental aim of the game being 'get your balls closest to the jack'. The main difference being that you have to be seated when playing Boccia. This makes the sport inclusive for all. The sport can be played individually or as a team. It is played as red balls VS blue balls, with the jack being white. There is also increasingly new technology that means visually impaired people can also take part in the sport.

After watching Boccia being played at the 2016 Paralympics I decided to try and find a local Boccia Club. Much to my disappointment there wasn't a Club in the South Glos area. The nearest Club was in Henbury and was run by Access Sport. I decided to go along and give it



a try. Immediately I loved playing because it was competitive and I felt that throwing the balls was actually great exercise for me, it meant I was moving in my chair!

I continued to attend the Henbury Club weekly for a few months but the 30-minute journey there and back was tiring and expensive. I kept saying to people maybe I should just set up my own Club. After much encouragement by others and fundamental support from Access Sport, that's exactly what I did. GEM Boccia Club's first session took place in September 2017. I managed to liaise with Yate Leisure Centre to use the badminton courts, which have since been marked out as Boccia courts too. I produced my own leaflets and flyers, set up social media pages and tried to promote the Club as much as I could. My main carer, Tom, completed a Boccia Coaching Course, so he could use the knowledge and skills from that to help me deliver meaningful sessions, where members can progress over time. We were lucky to be loaned sets of Boccia balls initially as each set of 12 balls costs over £200.

The first session saw 11 people turn up and I was overwhelmed. They were a range of ages and abilities and that's the main ethos behind our Club: **Inclusive to all**. This means you don't have to have a disability to play with us. We have siblings, carers and parents all join in, although to compete in official competitions you must have a disability. The other important part of our Club is we have fun! We split the sessions into playing proper Boccia matches and also playing fun, skills games. We believe this is what keeps people coming back. To this day we are still going strong and numbers are increasing.



Future Goals

We started with no money towards the Club and that's why we charge £2 per person each week, to cover the cost of the courts. Other costs include equipment / resources, admin and training. Fundraising activities and a generous personal donation has allowed us to purchase our own balls, equipment and get t-shirts printed for our regular members. As member numbers grow we will need to purchase more balls etc, so continuous donations are always appreciated.

GEM Boccia Club recently took part in their first competition. Members who want to play competitively can choose whether to be part of the team. So 7 of us went along to Bath Leisure Centre with 4 other teams from the West of England. We all had a really enjoyable day and it was great experience for us. We are looking forward to competing more in the future.

We were also nominated for Club of the Year award as part of Boccia England's National awards. Apparently 4 different individuals nominated us, and Tom also got nominated for Coach of the Year. We were all so touched and overwhelmed by this. I personally feel honoured to be appreciated and know I'm having a positive impact on my local community.

We always encourage new members and anyone is welcome along. We are currently also looking for volunteers who could help run the Club because at the moment it is just run by my carer and myself. My family help out most weeks but we want to be able to give some responsibility to people outside the family. If you, or anyone you know, would like to join the Club as a player or volunteer then please do contact us on the details below.



GEM Boccia Club

An inclusive sport for all

EVERY TUESDAY

4pm - 6pm

Yate Leisure Centre Sports Hall

£2 A SESSION / ALL ABILITIES WELCOME

MORE INFO / SIGN UP:
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GEMBOCCIACLUB@GMAIL.COM
TWITTER: @GEMBOCCIACLUB
FACEBOOK: GEMBOCCIACLUB

Volunteers needed (please contact above)

There needs to be more opportunities for everyone to be able to take part in a sport as well as enjoying the social side of it. I thoroughly enjoy seeing everyone on a Tuesday and playing Boccia, no matter how tired or in pain I am. It always makes me smile!

GEM Boccia Club meets every Tuesday 4pm-6pm at Yate Leisure Centre Sports Hall. Cost: £2 per session.

Email: gembocciacub@gmail.com
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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.

WANTED! Do you have any old or unwanted Duplo Lego? We would be grateful for any donations for a new Duplo club.

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 **6 April and 11 May, 10.30–11.30am.**



Lego Challenge: Ramps and Races

Are you ready to create? Design and build the best Lego car and launch ramp. Wednesday 10 April, 2.30–3.30pm. Booking required as limited places. Suitable for age 7+.



Easter Eggstravaganza! Free Holiday Drop in on 12 April, 10.30am–12 noon. Crafts suitable for ages 4–10.

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

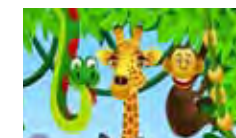
'Have you Read?' A New Open Reading Group for All (No set text). Share your love of books, extend your reading horizons. **Friday 5 April and 3 May, 11am–12noon**, refreshments served.

The Craft Group: is meeting on **13 April, 4 and 18 May, 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.



WONDERFUL WW2

Singalong! Come and join us on Friday 24 May, 2–3.30pm. Free Refreshments. Tell us your stories, show us your pictures. Bring your memorabilia.



Wild About the Jungle half term drop in on Friday 31 May, 10.30am–12 noon. 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

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Winterbourne's Medieval Barn – News & Events



South Gloucestershire Council (SGC) and the Winterbourne Medieval Barn Trust (WMBT) are pleased to announce that work to conserve, redevelop and find new uses for the magnificent Grade II* listed 14th century Winterbourne Medieval Barn began on Monday 18 March.

Keys were handed over by SGC to the main appointed contractor Corbel

Conservation Ltd at the start of March and company representatives met with WMBT volunteers to introduce themselves and answer questions. The year-long project will see the South and West barns, which are attached to the Medieval Barn, restored and converted to flexible community spaces with modern facilities for meetings and events. The outbuildings will be converted into units for rent by small local businesses, particularly those with links to heritage crafts and skills.

It is hoped that members of the public will have an opportunity to look around the site and see progress in the autumn.

The work has been enabled by an award of over £1M from the National Lottery Heritage Fund (until recently known as the Heritage Lottery Fund). The WMBT also has to raise £400,000 itself as part of this project, and while most of this money has now been secured, the Trust is still fundraising for the last bit of this. They have been running a £5000 'Raise the Roof' campaign online at LocalGiving.org and are still looking for donations to help with dismantling, cleaning and remounting the old clay pantiles on the West Barn roof. If you can help, please visit the website: www.winterbournebarn.org.uk/latest-news/

The Medieval Barn itself might be hibernating, but WMBT is certainly not be taking a holiday! The recently-renovated Cartshed will host

a programme of craft workshops, monthly talks, children's activities, and nature walks throughout 2019, for which online booking are now available on www.ticketsource.co.uk. Numbers are limited for all these events, and pre-booking is essential.

So, keep an eye on the Events page on the Barn website www.winterbournebarn.org.uk or their Facebook page, for up to date information about what's going on. The next few events are:

- **Wednesday 10 April** – Family Pinhole-photography Workshop, 10.30am– 12.00 noon
- **Good Friday 19 April** – Family Easter Crafts and Egg Hunt, 11.30am–1pm
- **Thursday 25 April** – Illustrated Talk on Pruning, 7– 9pm
- **Saturday 27 April** – Nature Challenge (part of global City Nature Challenge), 2–4pm
- **Saturday 4 May** – Berry-basket weaving workshop, 10am– 4pm
- **Saturday 18 May** – Talk: The Great Flood of 1607, 2– 4pm
- **Thursday 13 June** – Talk: Building a Martian House, 7– 9pm

The Pinhole Photography morning is aimed at children aged 10+ and costs £5. Participants will learn to make their own camera, and will then go out and take some pictures which they will develop in the Cartshed's pop-up dark room.

The Good Friday family crafts and egg hunt is aimed at children aged 7– 11. It is FREE but pre-booking is essential. The session will be preceded at 10.30am with a short family service in St Michaels church followed by hot cross buns to mark Good Friday together as a community.

The Nature Challenge on 27 April is run by Avon Wildlife Trust as part of the global 'City Nature Challenge'. With sweep nets, bug pots, and smart phones, the whole family can hunt for as much wildlife as possible in the nature reserve. The cost is £2.50 per participant. Under 5s go free but there is a warning that pushing buggies around the nature reserve can be difficult!

A monthly series of talks on vary varied topics given by experts in each area. The April talk is on Pruning and will help gardeners deal with a range of different plant needs, while the May talk is about the Great Flood of 1607. In June you can hear about the future challenges of building a house on Mars!

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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



As the date of this year's carnival nears, we are close to finalising the running order of our full weekend of events. Raffle tickets for the rugby memorabilia are still on sale but selling quickly please use the contacts below to obtain them or visit Pete in the Cross Hands.

Saturday 4 May

4–6pm Children's Disco

At All Saints Church Hall,
Winterbourne Down BS36 1BX

With DJ Daft Vader

Tickets £4.50 per child including hotdog, squash, crafts and lots of fun.

Sunday 5 May

Scarecrow Competition & Trail

Entrants to notify John Turner by Friday 26 April and scarecrows to be erected for judging by 1pm Sunday 5 May

Village Treasure Hunt

2pm from Winterbourne Down
Methodist Church Hall

Playing Out

After completing the treasure hunt come and 'Play Out' in All Saints Church Hall grounds and Camp View – lots of traditional village games as well as some Circus tricks

Songs of Celebration

6–7pm Come and celebrate the community and carnival at All Saints Church

Monday 6 May Carnival Day

Join the Carnival Parade fancy dress for children and adults alike – theme:

'Circus – The Greatest Show'

10.15am from Bradley Avenue Shops

Join us for the carnival itself along Down Road with lots of entertainment, including falconry displays, dance exhibitors and live music, craft stalls, games, fairground rides, food and drink amongst your traditional bric-a-brac and tombolas and don't forget the raffle!

Our chosen charity for this year is
www.jessiemay.org.uk

Can you help please?

We will once again be seeking volunteers to help during the carnival day, helping with the setting up/ manning stalls/manning 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.

www.winterbournedowncarnival.wordpress.com

Facebook – @wdcarnival



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www.capstonefostercare.co.uk

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FANCY TAKING PART IN SOME SCALED DOWN CAR RACING?

We are a group of RC car enthusiasts who enjoy racing them, with the emphasis firmly on having fun! We race all year round on Thursdays from 6pm at Patchway Labour Club (near Cribbs Causeway). The cars we race are electric and run on a special high grip racing carpet, with a full timing system, laps are counted just like real motor racing!

THE CLASSES WE RACE ARE

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- LMP** - 1:12 scale, 2WD 'Pan Car' type chassis
- GT12** - 1:12 scale, 2WD 'Pan Car' type chassis
- M-Chassis** - 1:10 scale, Tamiya 2WD (M03/M05/M07)

We also run other classes depending on numbers and may allow other types of car to race if suitable or for beginners only.

Please visit our Facebook page for latest updates and information.
WWW.BRISTOLMCC.WORDPRESS.COM

Patchway Labour Club, The Parade, Coniston Rd, Bristol, Patchway BS34 5LJ.
 Set-up around 6.00 pm with racing starting around 7.00 pm.

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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!!!**

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
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Rookies	£6.50 per hour
Main Hire of Pool	£69.65 per hour
Hire of Lifeguard	£20.80 per hour

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

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

SATURDAYS
 1.00pm - 2.30pm

WEDNESDAYS
 7.00pm - 9.00pm

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News from Winterbourne Down WI

Members of our WI spent a relaxing evening watching and being entertained by Patricia Downs, who told us about her 'Life in Flowers and Floristry'. She learnt her trade in a florist shop in Staple Hill, Downend, Bath and ended up owning her own business in Chipping Sodbury. Patricia had a lovely relaxed way about her and showed us three very easy ways to make a bunch of flowers look super in different containers.

The first being an ordinary empty can of beans which had sellotape wound round it then twisted and round wound again to make it sticky and double sided. Laurel leaves were stuck round the tin, trimmed at the bottom and a bit of raffia tied around the middle. Three bunches of daffodils whose stems were slightly twisted and held with an elastic band underneath the flower heads were placed in the tin with water. So simple but most effective.

The next arrangement was using red tulips which were held individually and rotated in hand, whilst adding a small amount of greenery and more tulips. The flowers seemed to tie themselves in to make a 'spiral bouquet'. Patricia surprised us all by saying

when we next had some tulips, measure the stems and a few days later measure them again and we would find they had grown! We were also told to cut the stem at an angle so the water could be taken up more easily. To make an arrangement look balanced measure the length of the flowers against the vase. It should be 1.5 x the height of the vase.

The third arrangement was using a basket with foliage and flowers on one side, and stems cut and arranged on the other side which made one think that the flowers were just laid across the basket. How clever!

Patricia was asked why she used a knife to cut the stems compared to scissors or secateurs and she replied by saying that the cells in the stems weren't damaged so much when using a knife and it was quicker.

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.



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Monday

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

Tuesday

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

Wednesday

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

Friday

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

Facebook Page: Frampton Cottrell and Winterbourne Slimming World

slimmingworld.co.uk    0344 897 8000



Suffer with headaches? Help is here!

With local Osteomyologist expert – **Dawn Clode** Ostm, Lic MET Lic CR FAO

When I visited Dawn for one of my regular treatments recently (to keep my back and neck in good shape), we starting talking about the increase in people suffering with headaches.

We discussed the pressures of modern-day life, the stress of work or emotional life events people encounter all being contributing factors. From personal experience, I also know although the pain may be manifesting in your head, it could in fact be your jaw, or a bone in your neck or back that is out of place and causing the pain.

When a van drove in to the back of my stationary car, as well as whip-lash, I suffered with a strong headache that was thankfully alleviated when Dawn subtly re-positioned by jaw back into alignment.

Whatever the cause of your headache, they can be at best miserable and worst completely debilitating.

As an Osteomyologist, Dawn has a tool box of holistic treatments to relieve your pain. She explained to me Cranial Sacral is particularly effective in relieving headaches.

So don't suffer anymore, make an appointment with the caring, talented Dawn at her Holistic Health Practice in Little Stoke.

Other treatment modalities effectively used by Dawn include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reflexology and Reiki.

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**

Based in Little Stoke.



As well as alleviating headaches in adults, Cranial Sacral Therapy can be of great comfort to babies. Being born is a stressful thing for a little one, with all kind of pressures being placed on their tiny bodies. If your baby is only wanting to feed from one side or appears uncomfortable (after seeking medical advice), Cranial Sacral can be a gentle way to relieve this discomfort.

Above Dawn is pictured giving a Cranial Sacral session to my little boy Henry.

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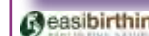
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Catherine Smart DHP MNCH CHBP

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- Lose weight
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- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety



Based in Winterbourne

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

Call me on: **07964 991689**

E: Catherine@SmartHypnotherapy.co.uk
www.hypnotherapistbristol.com

Join in the Easter celebrations

Dear Friends

When I was teaching Religious Studies a popular question at GCSE was this, 'Which is the more important Christian Festival, Christmas or Easter?' Now if we put this to a 'people's vote' I have no doubt that Christmas would top the poll! In the Fromeside during Christmas 2018 over 3,000 people came to Church, which out of a population of some 12,000 people is a tremendous number. Whilst I am encouraged by the numbers of people who attend worship in our four churches during 'Holy Week and Easter', I know that even with the school services the number attending will be around 1,400, less than half that of Christmas.

I often wonder how this has evolved and it is not just here, because throughout the UK attendance at Easter is never as high as at Christmas. A strange development, given that in the Christian tradition Easter is clearly considered to be the major festival of the Christian year and in truth whilst always a major festival, it is only in the past 200 years that Christmas has risen to the prominent position it now holds for Christians and others alike. Why has Easter lost ground I wonder? Surely there is more to it than the potential ahh factor of Christmas – a baby in a stable and the prezzie fest which has managed to attach itself to the celebration, thanks St Nick!

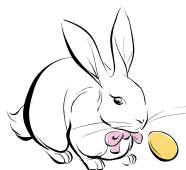
My guess is that it might have something to do with a subliminal truth, that on the whole we are lifted by a birth far more than a death, with the baby Jesus and the message of incarnation appealing far more to our natural inner being than the death and sacrifice of Christ on the cross.

The ironic twist in all this is that Easter is about 'birth' and I don't mean all the nice things which accompany spring! The truth at the heart of the Easter story is that we are given by God in abundance the gifts of new life, fresh hope and an eternal relationship with him and one another, through 'love'. Now surely that is worth getting excited about.

So why not come to your local church at some point this Easter and discover that whilst Christmas is important, Easter has so much more to offer you. Discover afresh what is at the heart of faith - Gods 'cosmic moment' - that through the sacrifice of the Cross and the 'glorious resurrection' of Easter morning, humanity is freely given the gifts of 'Eternal Life' and 'Eternal Love'. I invite you to celebrate that big time!

Happy Easter,

Revd Malcolm Strange
Rector of The Fromeside Benefice



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. 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 to 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 organise 'Away from it all holidays' (where they arrange for families to go to Weston Super Mare for the day), and for asylum seekers and refugees, they arrange and pay for the coach. St Saviours Mothers union will be having their 'Lent Lunch for supporting Mothers Union overseas' on Friday 12 April in the hall. Do go along and support them. 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.

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



Christian Aid Week 2019

This year's Christian Aid Appeal is focusing on maternal and child health in Sierra Leone, the world's most dangerous place to give birth (10 women die every day) and a country where 1 child in 9 dies before the age of 5. Your gifts could help build more health clinics, provide medical training and improve hygiene, so mums and babies can live long and happy lives.

Churches Together in Frampton Cotterell & Coalpit Heath are planning lots of fun community events as part of this year's fundraising:

Sat 27 April, 8.30–10.30am: Big Brekkie at Zion United Church, Frampton Cotterell - all welcome to come for breakfast!

Sat 11 May, 11am–2pm: Coffee & Cake and a soup lunch at St Saviour's Church, Coalpit Heath.

Sun 12th May 6pm: A Service of Praise, St Saviour's Church Coalpit Heath.

Fri 17 May: Fun Quiz Night, 7.30pm British Legion, Frampton Cotterell Teams of 4 at £3/ person. Booking: 01454 776618. No team? Book in, we'll make up on the night!

Sat 18 May, 10am–1pm: Plant Sale & Coffee Morning at 'The Lilacs' Station Rd, Iron Acton.

Sun 19 May, 2–4pm: Trains Rides & Cream Teas at Bridge House, Rectory Rd Frampton Cotterell.

Other events are still to be added, so look out for our posters and do join in!

Ffi please contact Alison Bray via 01454 776618

Messy Church at Fromeside

Saturday 20 April

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

All Saints Church Hall
27 Church Rd, Winterbourne Down,
Bristol BS36 1BX. 4–6pm



Future Dates:
18 May, 15 June 2019



Fromeside Easter Services

Palm Sunday, 14 April

6pm – *Magnify Praise* in St Michael's Rooms

Good Friday, 19 April

10.30am, *Family Service* at St Michael's Church

2pm, *The Cross of Christ* at St Peter's Church

Saturday 20 April

4–6pm, *Messy Church* in All Saints' Church Hall

8pm *Easter Vigil* at All Saints' Church

Easter Sunday, 21 April

9.15am, *Holy Communion* at All Saints' Church

9.15am, *Holy Communion* at St James' Church

10.30am, *Family Communion* at St Michael's Church

10.30am, *Parish Communion* at St Peter's Church



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

St Saviours Church Coalpit Heath Easter Services

Palm Sunday, 14 April

10am – *Liturgy of the Palms & Liturgy of the Passion*

Monday 15 April

10am – *Stations of the Cross* for children

Tuesday 16 April

2.30pm – *Passiontide music and meditation.*

Wednesday 17 April 7.30pm – *Tenebrae, a service of shadows*

Maundy Thursday, 18 April

7.30pm – *Maundy Thursday Liturgy & Maundy Watch*

Good Friday, 19 April

10am – *Morning Service for all ages, followed by hot cross buns*

Friday 19 April

2pm – *Good Friday Liturgy*

Easter Sunday, 21 April

8.00am – *Easter Communion.*

10am – *Lighting of Paschal candle & Easter Liturgy*

6pm – *Easter Evening Praise.*





News from Winterbourne Evening WI

At our meeting in February we were royally entertained and fed with amazing chocolate by our Speaker Nicola White who showed us how to make hand-made chocolates and then passed them around the

group for us to enjoy. It is easy to see why hand made chocolates are rather costly because it takes a great deal of time and talent to make them. At the end of the meeting many of our members purchased boxes of chocolates as luxury gifts for family and friends.

Unfortunately we were beaten in the third round of the Avon Federation Skittles competition but we were better than last year, so who knows, we might win next year!

At our March meeting, which was extremely well attended, our speaker was Ashley Jones, from the Senior Citizen Liaison Team which aims to protect and enable older members in our community. Ashley talked to us about Alfred Nobel who was born in Stockholm in 1833. He moved around from Russia to Sweden and worked with his father on developing Nitroglycerin and Dynamite which was a much safer explosive.

In 1895 Alfred Nobel wrote his last will and testament in which he set out the groundwork for the Nobel Prizes and bequeathed most of his wealth to fund it in perpetuity. The prizes were first awarded in 1901 for Literature, Medicine, Physics, Peace and Economics and have continued ever since. The prize consists of a diploma, a gold medal and a cash sum of one million dollars. It is presented on 10 December every year by the King of Sweden in Stockholm and so far there have been less than 1,000 Laureates. We all agreed what a wonderful man Alfred Nobel was and how much his legacy has enriched our world. Thanks to Ashley for giving us all this information in such an interesting way.

The speaker at our next meeting will be Peter Chaplin with a talk entitled A job with a Bite. If you would care to come along as a visitor we will make you very welcome.

We meet on the second Thursday of every month at the St Michaels Room, High Street, Winterbourne at 7.30pm.

Margaret Beacham



A DIAMOND EXPERIENCE

**The Drill Hall Chepstow
Saturday 20th April**

A night dedicated
to the legendary singer /songwriter
NEIL DIAMOND
Performed by international performer
'Bob Drury'
tickets £10 from Hannah's Music
Chepstow 01291 627122

**YOU'VE GOT THE
SKILLS TO FOSTER...
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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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South Gloucestershire
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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 Broukeridge Centre in Frampton Cotterell on Monday to Thursday mornings. Each session lasts for 2 hours and costs just £2.50.

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

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



**Making the Most
of Your Digital
Photographs**

Frampton Cotterell Computer Group

www.fccomputergroup.uk

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 Broukeridge Centre, Woodend Road Frampton Cotterell.

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

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



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*Valid until 31st May 2019. 1 visit per person.

News from Frampton Cotterell RFC



www.pitchero.com/clubs/framptoncotterell

First team – March was a mixed bag for the Frampton first team but they still sit in and around the top four in the Gloucester Premiership. A fine home victory against Widden OB – 22–15, with tries from Lewis Oakley, Rob Keir, Josh Creed and Rocco Whitehead, set them on their way, and was followed up with an emphatic 42–15 home win against bottom side Gloucester Old Boys. The two away games have not brought the same fortunes though with a disappointing loss to Gordon League and an abandoned game at Cheltenham Saracens, which needs to be replayed. Coach Andy Jarrett is still confident of a top four finish and an outside chance of promotion or play off, we shall see!

Second team – Frampton's second team still sit at the top of the Gloucester reserve league, even though they suffered two close defeats in March. A very strong Avonmouth team beat Frampton 5–3 at Avonmouth, a great losing bonus point though. Dan's excellent penalty kick was Frampton's only score. Frampton then suffered a disappointing 18–17 loss at Bristol Saracens. A pivotal moment was losing prop Mark Smith with a very serious eye injury. 'Onwards and upwards' was captains Sam Rumley message to the team – all to play for!

Third team – Saturday 16 March saw Frampton prop Pete Zaffiro play his 800th game for Frampton at home to Westbury on Severn VETs. Zaffiro scored the winning try, with the final score being 25–20. A great milestone and fantastic achievement for a club stalwart.

Colts (U18s) – Frampton Colts also still sit at the top of the Somerset Colts league following a narrow 24–21 defeat to third place Nailsea. Frampton didn't use wind and slope well enough first half but recovered with tries from Benny Burns, Matt Powell and Sam Purnell to claim a losing bonus point. Frampton also hosted a touring team of thirty from Bletchley and lost 32–31 in a festival of rugby – Frampton tries from Cameron Smith, Charlie Willis, George Pearce, Nick prior and Charlie Proe. Frampton also included several U16s who will be colts next season.

Social stuff – Frampton's annual dinner dance will take place on Saturday 27 April at the Mercure Hotel, Bristol. Time to don those suits and evening dresses!

Special mention –

A former first team captain returns to Frampton for a few weeks this month, from South Africa. South African, Dean Van Der Morsner moved back to Johannesburg eight years ago but will return and wear the green of Frampton, probably in the second team Derby game at Chipping Sodbury on 23 March. Statistics indicate it may be his 200th appearance for the club.

Junior report

– Rugby is the winner! On 3 March FCRFC U11s took the long drive to Stow on the Wold for the GRFU Festival of Rugby, this is the second weekend running that the mighty U11s have been on the road, with the previous week attending the Gloucester Rugby Land Rover Cup in Cheltenham. Across both weekends twenty players donned the FCRFC shirt pitting their rugby talent against some tough opposition from Gloucestershire based teams with broad smiles all the way.



Pete Zaffiro celebrating his 800th match with wife Ann and daughter Vicky



The mighty Frampton juniors



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

Frampton Cotterell & Coalpit Heath Village Diary

April 2019

Mon 1 – Gardening and Social Club, Manor Hall, 2–3.30pm. £2.50 incl refreshments.

Wed 3 – Coalpit Heath WI, St Saviours Church Hall, 7:45pm. T: 07935 071291 / E: carolinemjohnston@hotmail.com. Visitors always welcome!

Wed 3 – Fri 5 – Jekyll & Hyde, Winterbourne Musical Theatre, WADCA 7.30pm. Tickets £12, T: 01454 317408 / www.winterbournemusical.co.uk

Fri 5 – Lent Soup Lunch, St Peter's, 12.00–1.30pm. For Syrian Refugees. T: 01454 250422.

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

Sat 6 – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Tables £5, T: 07920 145352.

Sat 6 – Jekyll & Hyde, Winterbourne Musical Theatre, WADCA, 2.30pm matinee. Tickets £12 T: 01454 317408 / www.winterbournemusical.co.uk.

Tue 9 – Community Coffee Morning, WADCA, 11am–12.30. All welcome.

FRIENDS OF BRANDY BOTTOM COLLIERY, PUCKLECHURCH

There have been five work parties so far in 2019, the emphasis during most of the work parties was on conservation work in the Vertical Engine House, though attention was moved to Cornish Engine House for the last two meetings. There have been a number of discoveries there that need further investigation. To read the in-depth newsletters on the progress of the FoBB please visit their website – www.aibt.org

Visitor Access and Future Work Parties

– At present visitor access to the site is limited to days when there is a work party in progress. It is usually possible to give small groups a guided tour during the work parties on a 'turn-up on the day' basis though this cannot be guaranteed as it depends on there being sufficient volunteers present. Special arrangements can be made for parties of 10 or more people by emailing: info@aitb.org.

Forthcoming dates for 2019 are: Saturday 06, Wednesday 17, Saturday 27 April, Saturday 04, Wednesday 15, Saturday 25 May, Saturday 08, Wednesday 19, Saturday 29 June.

If you would like to join a work party it is advised to first make contact via the AIBT's email address of info@aitb.org as times are subject to change.

Tue 9 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. T: 01454 777664.

Wed 10 – Village walks, meet at the Live & Let Live, 10.30am. Stroll on track and grass to historic bridge up to 2miles, or rural walk 4 miles Frome Valley to Huckford incl steep steps.

Wed 10 – Family Pinhole Photography morning, Winterbourne Barn 10.30am. Age 10+ Bookings £5 online, Ticketsource.co.uk. More info www.WinterbourneBarn.org.uk.

Wed 10 – Frampton Singalong, Crossbow, 2 - 3.30pm. £3 includes tea and cakes. T: Hilary Jay: 07515 351813 / E: hilary.coach@icloud.com.

Wed 10 – Carer's Club, Zion, 2–4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 12 – Lent Lunch, St Saviours, 12.00–1.30pm. For Mothers Union Overseas Fund.

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

Wed 17 – Community Coffee morning, Manor Hall, 10am–12.00. T: 07873 747513.

Wed 17 – Wild Wednesday (Easter), Says Court Solar Farm, 2–3.30pm. £3.50 per child. Booking essential on Eventbrite.co.uk / More info www.avonwildlifetrust.org.uk
Wed 17 – FC Local History Society, Talk on Titanic, Zion 7.30pm. Non-members £4.

Fri 19 – Family Easter Crafts and Egg Hunt, Winterbourne Medieval Barn, 11.30am–1pm. Free but advanced booking reqd Ticketsource.co.uk / www.WinterbourneBarn.org.uk.

Fri 19 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Tue 23 – Village Walks, meet at Badminton Arms, 10.30am. Bluebell stroll up to 2 miles, or rural walk, 3.5 miles with bluebell woods and picturesque old railway track.

Tue 23 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm, £2.50. T: 01454 773426 or 01454 778900. More info on Facebook.

Wed 24 – Forget-me-not Singalong Group, Zion, 2–3.30pm. For local people who enjoy a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Thu 25 – Frampton Friendship & Dance, 2–4 pm, Zion Church Hall. Learn easy, gentle dances.

Thu 25 – Talk on Pruning, Winterbourne Medieval Barn (Cart Shed), 7pm. Bookings £5 online from Ticketsource. More info www.WinterbourneBarn.org.uk.

Fri 26 – Frampton Cotterell Royal British Legion's Annual Country Music Night with Tony & Jess – Ridgeway Country. 8pm–late. Tickets £5 on door. All welcome. Line dancers. Bar, teas/coffee, rolls and raffle.

Sat 27 – Floral Friends Spring Plant Sale and Coffee Morning, Brockeridge Centre, 10am. E: floralfriendsofframpton@gmail.com

Sat 27 – Nature Challenge, Winterbourne Medieval Barn, 2–4pm. Compete in the City Nature Challenge with Avon Wildlife Trust, part of a global initiative to record wildlife data. Booking £2.50 (under 5 free but buggies not advised) www.ticketsource.co.uk.

Sat 27 – Frampton Male Voice Choir Concert, Zion, 7pm. Tickets £8. T: 07802 329805.

May 2019

Wed 1 – Coalpit Heath WI, 7:45pm, St Saviours Church Hall, T: 07935 071291. E: carolinemjohnston@hotmail.com. Visitors always welcome!

Fri 3 – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 / E: crossbowhouse@gmail.com.

Sat 4 – Berry-basket weaving workshop, Winterbourne Medieval Barn, 10am–4pm. £49. Book online on Ticketsource.co.uk / more info www.WinterbourneBarn.org.uk.

Sat 4 – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Table £5, book T: 07920 145352.

Sat 4 – Mon 6 – Winterbourne Down Carnival.

Wed 8 – Village walks, start oppsite Gingerbread Cafe at 10.30am. Stroll on lanes with views up to 2miles, or rural walks 3 miles via Mayshill.

Wed 8 – Frampton Singalong, Crossbow, 2–3.30pm. £3 includes tea and cakes. T: Hilary Jay 07515 351813 / E: hilary.coach@icloud.com.

Wed 8 – Carer's Club, Zion, 2–4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean 01454 775786 or Rona 01454 886925.

Fri 10 – Frampton Folk club, Crossbow, School Rd, 8pm. £2. All welcome. E: allinsonjohn2@gmail.com / T: 01454 222975.

Fri 10 – Buddy Holly tribute with Jimmy Lee, WADCA, 8.30pm. Tickets £8 online from Ticketsource.co.uk or E: ca.winterbourne@gmail.com / www.wadca.co.uk.

Mon 13 – Manor Hall Gardening and Social Club, Manor Hall, 2–3.30pm. All welcome. £2.50 includes refreshments.

Tue 14 – Community Coffee Morning, WADCA, 11am–12.30pm. All welcome.

Tue 14 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. T: 01454 777664.

Wed 15 – Manor Hall community coffee morning, 10am–12.00 noon. T: 07873 747513.

Thu 16 – Sat 18 Wild Goose Chase, Winterbourne Players at WADCA, 8pm. Tickets £8 online from Ticketsource.co.uk.

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

Tue 21 – Village walks, meet at The Swan, Winterbourne, 10.30am. Stroll on easy paths up to 2miles, or rural walk 3.5 miles – Nature Reserve, woods, fields and paths.

Wed 22 – Forget-me-not Singalong Group, Zion, 2pm–3.30pm. For local people who like a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Thu 23 – Friendship & Dance, 2–4pm, Zion Church Hall. Learn easy, gentle dances. No partner needed. £4 incl teas. T: 07515 351813 E: hilary.coach@icloud.com.

Tue 28 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm. £2.50. T: 01454 773426 or 01454 778900. See Facebook.

View events online – www.villageaction.org.uk



WADCA Ice Rink – Sat 27 April 2019



Sharing with local schools and groups



WADCA is bringing back the Ice Rink for our community!

For one day only the Ice Rink will be in our side car park for the whole day, and we are sharing the experience with other charities to help the community raise funds for their various projects.

Tickets are £6 each and will be available from

Monday 8 April 2019

They are half an hour sessions with skate hire included. There are dual blade skates available for toddlers and ice scooters. There is one disabled skate chair (advance booking only).

Changing area and stalls in the main hall. Hot food and drinks available to purchase and please support our raffle!

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

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



A E Rollin - Celebrating 60 years!

In June 1959 our father James, (known as Les), after many years of working within the building industry decided that he would go into business. He was joined by his father Adrian Edward Rollin and his brother Ken, 'A E Rollin & Sons' was born. To begin with work was hard to find, with many a sleepless night wondering if he had done the right thing.

Slowly they built up a reputation for producing high quality work and never cutting corners. Sadly Adrian (known as Ted), passed away in 1961 aged only 55, and shortly after Ken left to pursue his own business.

So, Les was on his own working Monday through to Saturday on site, leaving Sunday for him to manage the office work. However, he loved this and was never happier than when he was working, often either cutting short holidays or not going in the first place! Work was always his first priority leaving

Shirley, our mother, to cope with family life whilst also being his secretary, PA, office administrator etc. A role she still carries out for us after 60 years with no sign of retirement.

Gradually as we became older, we were all told that we would be joining the family business, this was careers advice Les style! We then spent many happy years working together, not only as father and sons but as friends. An enforced retirement, due to ill health, did not stop his interest in the business with him often making visits to site to ensure we were coping without him and to offer advice – regardless of whether we wanted it or not! Father passed away suddenly in 2012 aged 79.

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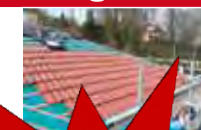
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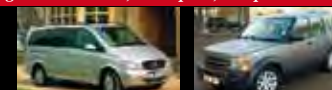
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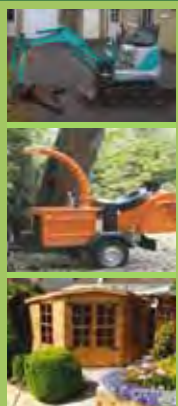


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