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Dear Residents,

Final preparations are being made for the 2019 Frampton Festival, taking place on Saturday 13 July, this year at the new, temporary venue of The Park, Crossbow Playing Fields, School Road. Read about this fab, free, family day on the centre pages.

Winterbourne Medieval Barn is currently undergoing some major re-development, this does not however mean the site is closed. They have a wonderful selection of activities taking place this summer - concerts, talks, wine tasting and holiday clubs for children. Find out more on the centre pages.

This month we were pleased to interview Daniel Cheesman, new CEO of Paul's Place, Coalpit Heath. Read all about Daniel's plans and how you can support this fantastic local charity. They have a series of events you can enjoy over the coming months.

community@mattersmagazines.co.uk

For anyone interested in local history, we have a treat for you in this issue, as we bring you 'Reminiscences of The Old Hat Factory at Park Lane, Frampton Cotterell'. This fascinating account by Margaret Skinner was donated to the Frampton Cotterell and District Local History Society, who are pleased for us to share it with local residents.

We bring you positive updates from Winterbourne Academy, Watermore and St Michael's Primary school, who all should be very proud of their achievements.

As always we are pleased to bring you news from local sporting groups, WI's, Winterbourne Library, Manor Hall and the Floral Friends of Frampton.

Have a wonderful summer enjoying all the local events taking place.

Kerry & Jaci x

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News from the Manor Hall at Coalpit Heath

Worth the wait!

The Grade 2 Listed buildings, formerly known as the Westerleigh Manor Hall, were put in the hands of a Trust in 2002, when the parishioners decided that was the best way to preserve the buildings for the community.

After completing the refurbishment of the main building, the Trustees turned their attention to the 100 year old red brick outbuilding, which had mainly just been used for storage, for decades. Roof tiles, were missing, plaster and flooring inside were water damaged, but several salvageable features remained.



At many of our social events,

former pupils of the school had come forward to tell us about the history of the outbuilding. It started life just after World War 1, as a room for cookery, metalwork and woodwork for children across Westerleigh, Coalpit Heath and Frampton Cotterell. After World War 2, cooked lunches were introduced, so former pupils remember the meals being cooked and served in the building, which became their dining hall. After this moved off site, former pupils recall the building became their classroom and there are still ink stains ingrained in to the wooden floor (much of the original floor was saved).

Every age group we speak to, the oldest being 100 years of age this month, has fond memories of using the school buildings. We still feel the love for the school and many of our new customers who walk in to the buildings tell us that it has that warm feeling of being a happy place. If only the walls could talk!

We have little information about what happened with the building when the LEA sold the site to the Westerleigh Parish Council in 1975. Thankfully, everything, apart from the stove, was left intact, so we were able to renovate the building and with listed building consent, sub-divided the one room to provide a kitchenette and toilet, to enable the building to be used by the community as a standalone building.

It was decided to renovate the building in keeping with the main site, you can view the results from the photographs on our website, along with the hire charges.

The Manor Hall at Coalpit Heath is a CIO registered charity run by a management committee of Trustees, who look after the site and also maintain the Coalpit Heath Community Garden, which was the former Headmaster's garden. We are always seeking volunteers to help with the garden and Trustees to run the Charity. **Please contact Alison Allan on 07873 747 513 for further details** of hiring any of our facilities or if you can volunteer any of your time.

www.manorhall.org.





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A BiG Award for Watermore Primary School

Watermore Primary School is delighted to have recently been awarded the 'BIG AWARD', to recognise their excellence in challenging bullying. This national award is endorsed by the Northern Advisory Council for Further Education (NCFE), a national Awarding Organisation, passionate about designing, developing and certificating diverse, nationally recognised qualifications and awards.

The school have achieved this recognition by the effective policy they have worked hard to put in place to combat bullying. This includes –

Bully focus group – that enables children to meet with parents each term to share things that they have been doing in class.

Playground friends – the school have playground friends who assist at lunchtimes. These pupils help to set up games, solve problems and be role models.

Training – It is important to the school to always be learning. When changes happen in the curriculum or with the way things run, it is essential everyone is told about it.

Regular awareness events – the school is proud to have celebrated Anti Bullying Week, Kindness Week and Mental Health Week this year. They have regular PSHE lessons in class or visitors such as the Life Education Bus, or Road Safety so they are always thinking about the way in which they treat others and stay safe.

Val McFarlane, Director of BIG (Bullying intervention Group) shared, "Watermore Primary School have worked hard to ensure that they have a range of anti-bullying measures in place so that their pupils can learn and play safely and happily. They understand that well-being is as important as academic achievement and want their pupils to feel that the school does not tolerate bad behaviour



Above: The Bullying Focus Group with their well-deserved BIG Award.



towards each other. They have an excellent anti-bullying policy, regular staff training, consultation with parents/carers, an anti-bullying focus group, peer support scheme and lots of awareness raising among their strategies. Well done to Mrs King, all pupils and staff on achieving the BIG Award for Excellence in Challenging Bullying."

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News from Coalpit Heath WI



Pam Pontin, of Pam's Baskets came to talk to us in June. Although her baskets are only made from painted, recycled cardboard strips, interwoven with decorative paper, they are surprisingly strong. She proved the



point by filling a basket with the tins that had been brought along for the food bank. Pam started making her baskets six years ago as an answer to single use

plastic bags and now makes a wide range of types and sizes. Her talk was very entertaining and she was thanked for coming.

We have also started compiling an archive of photographs that show the history of this WI since it was set up in 1953. An album of early photos was shared and it was lovely to listen to some of the

stories behind the events. If you think you may have any photos that might be of interest please let us know.

If you are interested in coming along, we meet in St Saviours church hall on the first Wednesday of every month at 7.45pm, it is always lovely to see new faces and you would be most welcome. To see what else we are doing please search for our FaceBook page @WICoalpitHeath.

Coming next in July is a fun games night, while August is Bob Aden will be speaking about The People of Bletchley Park.

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Coalpit Heath
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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 10.30–11am.**

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 July & 3 August 10.30–11.30am.**

'Have you Read? ...' A new open reading group for all (no set text). Share your love of books, extend

your reading horizons. **First Friday of every month 11am–12 noon.**

The Craft Group is meeting on **Saturday 13 and 27 July & 10 and 24 August, 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.

The Reading Agency and Libraries Present Space Chase Summer Reading Challenge – 13 July–14 September. Our super space family the Rockets need your help to track down books that have been nabbed by Aliens! As you read 6 library books over the summer, collect special stickers to complete your mission folder and get your medal and certificate. **To celebrate the alien invasion the library is hosting a number of free events for 4–11 years olds over the summer holidays.**

Alien Invasion! Look out the Aliens are Coming! Free drop in craft activities suitable for ages 4–10. **Friday 26 July, 10.30–12 noon.**

Out of this World – Fizz Pop Science Workshop! **Friday 9 August, 10.30–11.30am.** The numbers are limited for this event so booking is required from 1 July, via www.southglosevents.eventbrite.co.uk.



Space Explorers! Friday 16 August, 10.30am–12noon.

Lego Challenge – Friday 23 August, 2–3pm. Booking required as limited places. For age 7+.

Space Junk! Friday 30 August, 10.30am–12noon.

For more information on any of the above:

T: 01454 868006

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News from Winterbourne Down WI

At our June meeting we invited husbands to join us as we thought the speaker, Dave Jeans, would be of interest to them, as he gave us a talk on diving and survival.

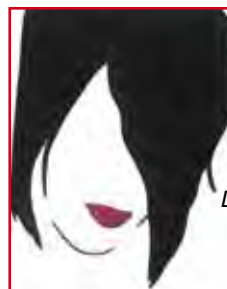
Dave originally was a diver retrieving cars and debris from the docks in Bristol. One day he was called to retrieve some people who were in danger at sea and because of his bravery was given a highly acclaimed award. Someone who was SAS trained heard of this and approached Dave asking whether he would like to train with them and help run survival weekends for anyone wanting a challenge? This he did, and enjoyed all challenges thrown at him.

He has been to Costa Rica, Sri Lanka, Brazil, into desserts and other remote places in the world, learning jungle survival and how to survive generally in outback conditions. Dave showed us various bits of his survival equipment and showed us how to generate electricity, use a mirror to create a signal which could be seen for some 15 miles away! Take an empty plastic water bottle, make a hole in the side and drop a candle inside to create light which could last up to 8 hours. For food he told us that he had to learn to set traps to catch rabbits and squirrels, skin them and cook them on an open fire. He would make soups from certain hedgerow plants, nettles and

roots. When in the jungle he had to be very aware of where and what he was treading on in case snakes, crocodiles or dangling spiders should attack him! The talk was extremely entertaining and gave an enlightening account of his survival experiences.

Our August meeting will be held in a members garden where hopefully we will enjoy an American supper on a warm summers evening! Our Speaker at our meeting on 5 September is Dave Cheesley, who will be talking about the Return to Severn Beach.

We run an interesting and varied programme of talks. Everyone is welcome to join us on the first Thursday of each month at 7.30pm, in All Saints Church Hall, BS36 1BX.



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News from Frampton Cotterell WI

Frampton Cotterell WI has plenty to look forward to over the Summer months.

At time of writing we are preparing for the Beesmore Summer Picnic and Dog Show, where we will have a second hand book stall and a selection of home-made cakes for sale. There is also much excitement in the lead up to our own version of the Antiques Road Show at our June monthly meeting, led by Stephen Ferguson from Bristol Auction Rooms.

We're also meeting up for our Summer Meal at The White Horse at Hambrook at the end of June, which we're all really looking forward to, as they have come up with a delicious 2-3 course summer menu for us all to enjoy.

In July we'll be at the Frampton Festival again (Saturday 13) with our wonderful WI cake stand – we always enjoy baking for the show, as many of our members are star bakers. And the following day, we have a members visit and tour of Berkeley Castle arranged, so that will be quite an action-packed weekend!

Our talk on 23 July is 'Spanish for beginners' by Fabiola Doano – as well as the normal tea and cake that evening we're planning on supplying a little tapas and sangria to get us in the mood! So please do join us!



There is no talk in August, although we're hoping to arrange a social evening of some kind towards the end of the month. Events later in the year include a Zumba workshop, craft evening 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 fourth Tuesday of the month. There is a charge of £2.50 for the evening and any new members can also join by paying a membership fee. Special interest groups that meet separately include 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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News from Frampton Cotterell RFC

FCRFC annual golf day – Members of the club enjoyed a highly entertaining FCRFC golf society day, at Thornbury Golf Club. Carl Groves was the worthy victor, with notable performances by Stuart Rutter, Martyn James and Andy Jarrett.

'Mr Muscles' went to Mike Ashwin with a huge longest drive, and a surprise 'Nearest the pin' winner Mike Weaver deservedly took the plaudits.

Colts tour to Newquay – Twenty colts spent a weekend in Newquay dressed as brownies, with the adults dressed as the lady leaders – Brown, Tawny and Small owl! A great time was had by all, playing touch rugby on the beach, watching European rugby and surfing.

End of season tour – Team members had a brilliant time on tour at Exeter. There was no game down in Exeter as all of the locals were in Twickenham watching The Chiefs play in the premiership final, but an inter club touch tournament was held and a few beers were consumed in the sun. As well as the usual

festivities £520 was raised for Macmillan cancer research and Alzheimer's society.

FCRFC Training resumes – 2019/20 Pre-season schedule for all seniors begins every Tuesday and Thursday through July and August, starting on 2 July 7–8.30pm.

Pictured right: It was a massive achievement and experience for Frampton Cotterell U12s to play in the Land Rover cup at the home of English rugby Twickenham, before the final of the premiership final between Saracens and Exeter.



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Frampton Cotterell Male Voice Choir is growing strongly

After the astonishing success of their first Open Rehearsal last year, Frampton Cotterell Male Voice Choir is once again inviting any men who are interested to come and give it a try on Friday 20 September.

Last September eleven men attended, of whom eight enjoyed it so much they decided to join. As a result, the choir is as strong and vibrant as it's ever been in its 95-year history and is keen to continue this growth. It can be a daunting experience walking into a rehearsal for the first time, especially for someone with no prior experience of choral singing (or of singing at all), but conductor Tim Warren and all the members are keen to make the experience as positive as possible.

New member Chris Simons said, "When I attended the open rehearsal, I was made genuinely welcome from the moment I walked in the room. Singing with the choir was just fantastic, with some great music to enjoy across a variety of repertoire. It's a great feeling making music with these guys – the songs make the hairs stand up on the back of your neck! The conductor was very friendly and enthusiastic, but also hugely knowledgeable as he led us through the melodies and harmonies. I was struck by how everyone looked out for each other and enjoyed social friendship too. All in all, a really fun evening making some great music together!"

The friendliness of the choir is also highlighted by established singer Paul Crook: "The social aspect is as important as the music, and you'll often find several of us in the pub after a rehearsal".

Frampton Cotterell Male Voice Choir performs two main concerts, in December and April, with other performances arranged by invitation at various local venues during the course of the year. Rehearsals run from September to May on Friday evenings from 7.30–9pm in Zion United Church, Frampton Cotterell



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Anyone interested in giving male voice choir singing a try (with no commitment) can just turn up at 7.30 on 20 September, or can contact Steve Jaques at sec.fcmmc@gmail.com or 01179092510 if they have any questions. There is also more information at www.fcmmc.co.uk

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Focus on – Daniel Cheesman new CEO of Paul's Place, Coalpit Heath

For those people who do not know about Paul's Place, please can you tell us about the organisation?

Paul's Place is a local charity based in Coalpit Heath, supporting adults with physical disabilities, cognitive and sensory impairments. Some of our members have lifelong disabilities they were born with, such as Cerebral Palsy, while about 75% have acquired disabilities as a result of things like road traffic injuries, brain tumours, strokes and workplace injuries. The support we provide is critical, providing a 'Lifeline' to many people overcoming anxiety and isolation that, in many cases, can even be life-threatening. Our approach is tailored to each person, promoting independence and life-enhancing opportunities. It's a very happy, friendly place and you cannot fail to smile spending time with our members.

How long has Paul's Place been running and how many people does it serve?

It started in 1985, meeting one evening a week with four founding members; we now have 300 plus members, with a day facility running Mon–Fri, 10am–4pm, as well as additional activities outside these hours, respite breaks and carers support programme.

How did you become involved in Paul's Place?

I came to Paul's Place after a 20-year career predominantly in the charity sector working for organisations that have promoted inclusion and challenged inequalities. Paul's Place appealed to me as there is a genuine sense that disabled people are at the heart of the organisation and this was really important to me in making the decision to take up the post and relocate from Brighton to Bristol. It is vital to me that any charity works in partnership with its members to determine what the needs and issues are, and this is something that I got a real sense of from my first interaction with Paul's Place.

What are you most looking forward to doing in your new role?

Learning more about the Paul's Place team, the members, staff and volunteers and what makes us tick. The charity has been running for over 20 years and I am looking forward to getting a sense of who we are, what we do and the difference that we make in the lives of the people that we support. I am spending a lot of my time talking and listening to people and seeing for myself what a great organisation we are. I am also looking forward to working with the charity in putting together a strategy that can take Paul's Place forward into the next stage of its organisational life.

What are your plans for Paul's Place in the next year?

To spend time putting together a new strategy for the charity. This will include thinking about how we tell our story and the difference that we make to the lives of our members. We have ambitions to grow the charity. Growth in terms of supporting more people and in terms of funding, growing our income streams so that we remain sustainable going forward.

What feedback do you get from individuals and families that are involved with Paul's Place?

Members have called it their 'Lifeline' when I have been talking to them. They've never found anything quite like it that supports the whole family; Empowering for members; Gives them hope and a future to look forward to; That it's a positive, vibrant place and helps to change their perspective on life; they can choose what activities they want to get involved in rather than being told; provides friendship circles and support; depression and anxiety is reduced.



Do you have any events coming up to share with local people?

Yes, lots! We have **Heathfest on Saturday 6 July** – we are the chosen charity for this

event and would love to recruit some marshals; An afternoon **Cream Tea on Sunday 7 July** at Coalpit Heath Cricket Club; **Mediumship Night – Tuesday 16 July**; **Skydive – Sunday 21 July** and our flagship event – a **Grand Ball on Saturday 19 October**, a fabulous evening of entertainment – do get your ticket soon!

How can the local community become involved and support Paul's Place?

Join us for our events or perhaps sponsor one. Donations are always welcome. We are actively seeking volunteers to help in the day facility, and finally please Like our Facebook page – thank you!

For further information on any of the events mentioned, to donate, volunteer or join, please call **01454 777236** or email: **info@paulsplace.org.uk** or visit: **www.paulsplace.org.uk**.

News from Winterbourne Evening WI

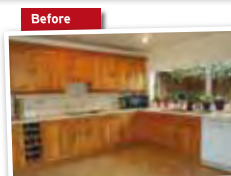


At our very well attended meeting on Thursday 13 June, we had the pleasure of being entertained by Lorraine Parsloe

(Campbell) who told us about her professional life as a Television Extra for over 15 years. Having, with some difficulty obtained the Equity card which was necessary at that time, Lorraine embarked on her first job with some trepidation. She learned that she would be paid as a 'Supporting Artist' and must on no account actually speak or they would have to pay her extra money, which they did not like to do! She also learned to move very quietly, even in heavy shoes or boots, and very smoothly when crossing the set over cables, wires and the rails used for moving the cameras. No mean feat when carrying a loaded tray and looking straight ahead!

Margaret Beacham, Press officer

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Students from Winterbourne Academy take part in Photography Exhibition in Stokes Craft

Year 12, A Level Photography students taught at Winterbourne Academy, took part in a public exhibition in Stokes Croft, Bristol on Friday 7 June.

This area is known as the creative hub of Bristol, where many artist studios are based and home to one of Banksy's famous murals.

The students had two pieces each on display at the exhibition. They invited friends and family to visit the private view, that members of the public also attended to enjoy the show.

It was a fantastic evening, with most of the work being sold, raising funds for the Crisis Centre in Bristol. A charity that supports the homeless and vulnerable people of Bristol, see more at www.crisis-centre.org.uk/about-us. The event raised nearly £500 for the charity which is fantastic! Well done to all the talented Year 12 students who took part.

Helping to help keep your Feet Healthy!

After several years in the printing industry Ian Swatton has changed his career path. Having successfully qualified for his diploma studies with a distinction, including an intensive practical examination, Ian is now a Foot Health Practitioner with his own mobile foot clinic.

Ian is able to offer foot care treatments in the comfort of your own home, including: diabetic foot care, nail trimming, fungal infections, corn / verrucae treatments, callus and hard skin removal.

"My mobile foot clinic is ideal for people who find it difficult to travel or for those who live in residential or nursing home settings. I am committed to providing a high standard level of treatment in a very professional and friendly manner."

Wherever treatment is needed, Ian's mobile service will come out to you to make it as easy as possible for you to get treatments done. Ian is a member of the register for Foot health practitioners, fully insured and also holds a DBS certification.

Ian has always been a keen participator in local sport, *"We often take our feet for granted and we put a lot of pressure on them, especially during our sporting activities. When your feet are the main source of moving around, having healthy feet is as beneficial as a healthy lifestyle."* He is offering to hold surgeries at local sports clubs to help members keep their feet in top condition.

To find out more, or to book an appointment, call Ian on 07981 996870 or email him on: imsfootcare@gmail.com. You can also find him on facebook and follow him on Twitter @Footcarelms.





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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WEDNESDAYS
7.00pm - 9.00pm



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Reminiscences of The Old Hat Factory at Park Lane, Frampton Cotterell also known as Penny Well Lane.

By Margaret Skinner



I was born in the house that was originally built as

Christy's Hat Manufactory.

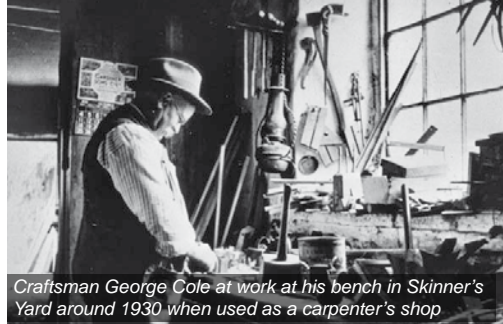
In 1876 my grandfather bought the house and adjoining workshops and set up the business which my father was later to expand as a sawmill, which

undertook carpentry, building, wheelwrighting, painting, decorating and undertaking. My father often said "I'm a Jack of all trades", in fact he and his workmen were masters of many skills.

As children my three brothers and I had the run of the house, garden orchard and workshops. I now realise what a rich environment we grew up in, watching all the various activities and skills that were practised there.

The house had no 'mod cons' until the late 1930s when my father wired it for electric light. We had an Aladdin lamp in the living room and candles to light us to bed. Halfway up the stairs, a stuffed fox lurked in its glass case and we always began whistling bravely when the candlelight caught his gleaming eyes.

One room on the top floor housed racks of apples from the orchard. Early Beauty of Bath, dark red Quarendens, Tom Putts and the enormous Golden Nobles which kept until Easter. From the ceiling hung inverted T-shaped pieces of wood once used for shaping the beaver hats formerly made in the factory, but used by us for gymnastics. In the corner stood Uncle John's old sea-chest. He had been a ship's carpenter and the chest contained relics of his South American travels-flags, ostrich eggs and an old blunderbuss. Some of the windows had bull's eye bottle-glass in them, which gave us an intriguing distorted view of the garden and the creeper-clad workshops.



Craftsman George Cole at work at his bench in Skinner's Yard around 1930 when used as a carpenter's shop

Much of our furniture had been made in the workshops, including my parent's oak bedstead which had acorns carved in relief on the end boards. Several cupboards and a bureau had custom-made shelving and divisions to house boxes of screws, hinges, special fittings and samples of mourning cards connected with the business. In earlier days there had been time for wood-carving oak blanket boxes, trays, snuff boxes and puzzles. My dolls-house had been made complete with stairs, fireplace and panelled doors. Many of the tools in the workshop had names cut on them.

Water was pumped up, ice cold, from a well under



A young Margaret Skinner, drawing water.

the kitchen floor and on wash days and bath nights a fire was lit under a large copper beside the sink. My father built a bathroom but we had no piped water until a fractured drain finally polluted the well. The lavatory was across a little backyard behind a screen of jasmine. Pleasant in summer but winter visits were brisk!

Cooking was done on a coal fired

range and we sometimes toasted cheese for supper on a trivet in front of the living room fire. George Cole, the eldest of the workmen, always came in to sit by the kitchen range to eat his lunch – half a loaf, with a hole gouged for a knob of butter, a hunk of cheese and a stick of celery. We always hovered near, waiting for a titbit and envying the way he ate with his pocket knife.

The greenhouse with its vine tomatoes, Marechal Niel rose and fuchsia, (whose buds we secretly popped) was my father's province, but we had a little plot of garden to cultivate as we pleased. There was also the orchard with nut bushes,

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apple, pear, plum, greengage and damson trees, an old summer-house and in the spring clumps of daffodils, narcissi and snowdrops under foot.

Here we had an old car to play in and a free-standing swing which had been made in the workshop. My mother kept a few chickens and my father had two hives of bees which we treated with respect, especially after the day my youngest brother tapped the hive and was badly stung. We watched the honey being extracted and stored for winter coughs and colds and we always enjoyed at least one dish-full of it dripping from the comb.

The workshops were a treasure house of different smells, sights and sounds. Fresh sawdust and wood-shavings, hot glue, putty, turpentine, paint, pitch (for treating the inside of coffins), smoke, the sound of bellows and the clash and clang of sizzling hot metal are the memories of days when the blacksmith and wheelwright's shop were in action.

Some days the band saw screamed through pieces of wood, and once a toad or frog was found unharmed in the hole of a tree, the cross saw must have missed it by a fraction of an inch. We saw handles renewed on implements, farm carts and wagons repaired and painted, sometimes with decorative scrolls and the owner's name and address inscribed. Something interesting was always happening and we had our own end of a work bench when we wanted to experiment on our own account.



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Continued from page 21 ►

Sometimes my father would go tree-felling, as far afield as Northwoods or Dodington, and the rough tree trunks would be hauled back to the timber yard on a bogey drawn by hired heavy horses. We enjoyed clambering over the timber as it lay in the yard for seasoning. My brothers built dens and played war games hiding upon the beams and in the saw shed and diving into the enormous box of sawdust. The horizontal saw – later electrified – was originally powered by an ancient steam engine which was housed in a shed adjoining the blacksmith's shop and bands ran across to the saw shed. Timber was manoeuvred on to the heavy saw bed by means of ratchets and chains and secured by metal dogs, to be cut into planks which were then stored in an open-sided shed. There was the thrill of a slow ride on the saw bed as it moved inexorably towards the sharp saw, a leap to safety, under the watchful eye of an apprentice, before we reached danger point. There was nothing macabre for us in the



Mr Arthur Skinner and Mr George Cole at work at the forge set up at the rear of the old hat factory in what was known as Skinner's Yard.

undertaking business, it was just a fact of life and our parents' firm, serene faith in an afterlife was comfortingly reassuring. My father would be sent for, returning with measurements and instructions. Oak or elm boards would be chosen and skilfully cut and bowed to the appropriate shape and size. The wood was sanded smooth and polished with our home-made beeswax polish; wood, chrome or brass handles being attached. My grandmother usually cut the

lining material and sewed a square of muslin for a veil. I often collected spare snippets of trimmings for use in my doll's house.

Sometimes the coffin and its occupant would rest overnight in the little mortuary my father had built, and I would polish the brass candlesticks and arrange a vase of flowers to go in there. In the 1930s some people still preferred a horse drawn procession and we enjoyed the dramatic arrival of the gleaming hearse and coal black horses. My father usually wore a top hat and tails when

William Skinner with his wife Mary Ann outside the summer house in the garden of the former hat factory.



conducting a funeral and sometimes the workmen would also don sober clothes to act as bearers. The floral wreaths and crosses would provide the only splash of colour.

Granny Skinner, who was a semi-invalid, lived with us and while my mother was busy with the household tasks,

she taught us the rudiments of knitting and sewing and told us stories of the "olden days". We would watch her flashing shuttle produce yards of tatting to decorate household linen and handkerchiefs. In the dark winter evenings, she taught us whist and cribbage or sometimes we would visit the three old aunts who lived in a cottage nearby and there we learnt to play chess and draughts and halma.

On the back of the settee in the living room hung a set of hand-bells. These came into action at Christmas when my father found time to go out carolling with a few friends, who always returned to our house at the end of the evening for a warming glass of home-made ginger brandy.

There was never much money – my father was too kind-hearted to be a good businessman but we collected a wealth of happy memories and never lacked for friends who were always eager to share and explore our fascinating home.

During the war my father was both a special constable and an air-raid warden, and our house – being one of the few with a telephone, was used as an air-raid post. The stone walls of the downstairs passage were considered thick enough to provide a safe retreat during air-raids, so we never had an Anderson shelter.

Frampton Cotterell was in the flight path between Bristol, Filton and Yate – all enemy targets, and we sometimes watched dogfights in the sky as enemy planes were intercepted. Occasionally bombs would be jettisoned, but comparatively few fell on Frampton, but I remember the night a land-mine was dropped in the field beyond our orchard, its impact was cushioned by landing on a haystack, but it left quite a deep crater and next morning we found our trees festively decked with hay covered by a

light sprinkling of snow.

I remember one occasion when my brother automatically got out of bed on hearing the warning siren, and rolled from top to bottom of the stairs without waking or hurting himself. As children we often slept through all but the noisiest raids.

My mother referred to those days in a letter written in 1940 which I still possess:-

August 11th 1940, Sunday night
11, Woodend, Frampton Cotterell, Bristol
Dearest Chum,

I feel so guilty, as I believe I owe you for two letters, but my days are so full I can't seem to fit in – I'm writing to you at 10.30pm during an air raid, as Arthur is on duty and I have to listen for the phone in any case. We get so many raids now that we don't take much notice of them! Except when they drop bombs, and we've had a rest from them this week, their planes have been dropping leaflets instead, but I saw A.A. shells bursting in the distance last night, above the balloon barrage. I counted eighty balloons up tonight!

Guns are booming outside and Jerry is mooching round like an old bumble Bee! I wish he'd get off home and let me go to bed! Gran is sleeping down stairs now and C.J. and Micky in the drawing room and they are all sleeping peacefully at the moment, and I wander round like an old hen with her chickens, peeping in to see if they are all asleep!

My father died on 27th December 1942, after a tree felling accident at Dodington the previous day. He had been helping a friend, and was badly injured when the tree fell.

My mother carried on the business, with the help of a manager until early 1945, when she married a widower and moved away from the area. ■

The text of this article was donated to the Frampton Cotterell and District Local History Society, who now have the Copyright.

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Summer Events at Winterbourne's Medieval Barn

Winterbourne Medieval Barn has just released its programme of events for July to December 2019. As well as events being detailed in this publication, leaflets are available from libraries, tourist information, and some local shops, churches, as well as from the Barn itself. As restoration work progresses on the main part of the site, events continue in the Cartshed and in St Michael's church. As usual, there is something for everyone, whether you like talks, concerts, hands-on workshops, or activities for children.

July / August Events 2019

Thursday 11 July, Talk: The Newport Medieval Ship – discovered in 2002, is the largest and best-preserved medieval ship ever found. It was built around 1450 in northern Spain and carried cargoes like wine, up and down the Atlantic coasts of Europe. The timbers and associated finds have given a fascinating insight into the life and times of medieval Newport and her trading partners. 7–9pm. Tickets £5.

Saturday 13 July – Wine-tasting (Australian wines) Ian Redfearn is back again this year to guide us through the aromas and flavours of a range of red and white wines from various regions in Australia. 7–9.30pm. Tickets £15 (over 18s only!).

Saturday 20 July – The West Gallery Music & Singing workshop – for singers of any age and voice who can learn songs by ear, or can read music. No experience required. Musicians are also very welcome on strings, woodwind or concertinas, and music will be provided. West Gallery is the kind of light music which village bands played up to the early 1800s when Victorian churches decided that more serious music, robed choirs and organs were required! The workshop will be run by members of Bristol Harmony West Gallery Quire. Advanced booking is essential by early July, although some later bookings may be possible. 10.30am–4pm. Tickets £16.50.

Saturday 31 August – Bristol Male Voice Choir and The Frampton Shantymen – At the end of August, St Michael's church will host two of Bristol's best 'boy bands' – the Bristol Male

Voice Choir and our local lads The Frampton Shantymen. Between them they offer a varied programme of light music from spirituals and folk songs to modern musicals and sea-shanties.

Exciting activities for the summer holidays



During the school holidays there are a range of hands-on things for children to do. The **Archaeology club** is run by Jenny Hopkins of Hands-

On Archaeology. There will be different exciting and creative activities each day and children are welcome at any or all sessions. Those who came last year had a wonderful time doing cave-paintings, making pots, and hunting mammoth! **30 July – Thurs 1 August, 10am–12.00. £10 a day.**

The **Art Clubs** will be run by WMBT's Community Engagement Officer Jasmine Loveys, who also delivers hands-on heritage and art education in primary schools. She is doing three sessions on **Tuesday 6 to Thursday 8 August for children aged 10–13** where they will be exploring Land Art, making art works to go in the outdoor landscape using natural and found materials. **For children aged 6–9, Tuesday 13 to Thursday 15 August** Jasmine will be doing Animal Art, exploring the wildlife around us and creating a variety of art works inspired by our furry friends. Participants will also earn a Discover level Arts Award. There will be different activities each day and children are welcome at any or all sessions appropriate to their age group.

All these events can be booked online at Ticketsource.co.uk and more information can be found on the Barn's website or facebook page. Numbers are strictly limited.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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



Crossbow Playing Fields
Frampton Cotterell
13th July 2019

Frampton Festival 2019

This year the fabulous Frampton Festival has a new, temporary venue at The Park, Crossbow Playing Fields, School Road. This has been necessary due to access problems along Mill Lane.

On Saturday 13 July, from 2pm you will be able to enjoy all the usual attractions at this free event, with a wide range of live entertainment throughout the day for the whole family to enjoy. The evening will culminate with fireworks at 10pm.

It has been quite a challenge for the organisers to find an alternative venue for this years festival and the committee are extremely grateful to Frampton Cotterell Parish Council for their help and for permitting the use of The Park.

Unfortunately the United church service which normally takes place on the Sunday morning following the festival won't be taking place at The Park, as there is a cricket match being played.



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Rogers' FairGround Rides
Firework display

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Pint Size People
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Avon Wildlife Trust
Rainbow Glass creations
The Little Book Branch
Frampton Cotterell Community Association
St Peters Church -name the teddy
WI Cake stall
Suicide prevention-information stall and loan of radios
Frampton Cotterell Community Association
- wine or water competition
Refill Frampton Cotterell/ Parish council
- reduce plastic/water station



In the interest of everyone's safety and enjoyment please manage your own rubbish, no glass and no BBQ's. Well behaved dogs are welcome N.B. Fireworks start at 10pm.



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 Brockeridge Centre in Frampton Cotterell on Monday to Thursday mornings. Each session lasts for 2 hours and costs just £2.50.

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

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



Frampton Cotterell Computer Group

www.fccomputergroup.uk

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



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 if you wish. Come and meet other families, we would love to see you.



Friday Lunches – Each Friday coffee and teas are served from 11.15 and a soup lunch, starting at 12, in the Church Hall. A warm welcome awaits do go along and meet new friends.

Mothers Union – On Friday 9 August the special Mary Summers Day Service, takes place at 2pm, to celebrate the founder member of Mothers Union. Do go along and take part. Mothers union meet every second Tuesday of the month in the Church Hall at 2pm. For

more information contact Mary Head on 01454 887870 or e-mail: mary.head@blueyonder.co.uk.

Dates for your Diary

Saturday 7 September – Horticultural Show. There will be many exhibits on show and many taking part to.

Sunday 13 October, 10am – a visit from the Bishop of Bristol. St Saviours looks forward to welcoming Bishop Viv on this special morning.

See the church website: www.coalpitheath.org.uk

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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?

- Professional, friendly customer focused team with a wealth of experience in the adapted vehicle and adaption market.
- Quick and efficient fitting and repair service.
- Fully qualified technicians offering both mobile or workshop based services.
- Advice and installation of vehicle aids to include – Push-Pull hand controls, Left foot throttles, Scooter, wheel chair and personal hoists, Control aids, Electronic signalling.
- 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

Looking forward to summer at St Michael's Primary



The transition between spring and summer is always a busy time here at St Michael's. As well as the statutory SATs tests that all Year 6 pupils sat in mid-May, we have been enjoying some

old school traditions and starting some new ones.

Sports Day – A key tradition for any school in summer is Sports Day. We held our annual celebration of the world of games and athletics just before the Whitsun break. The children were split into mixed age groups (with children from reception to year 6 in each) who took part in a carousel of short activities that tested a range of throwing, running, jumping and ball skills. These included:

Hockey dribble, Rugby relay, Tennis racket balance, Target cones, Hurdle relay and Penalty shoot out.

Following these, the children took part in some traditional track races. Each year group had heats and a final to crown the fastest girls and boys.

To fuel some healthy competition, every child is put into one of four houses. Points were assigned in each race and event and these were tallied to help crown the winning house.

Sports Day at St Michael's is successful on a number of levels. The range of activities exposes children to a multitude of different sports and provides an opportunity for them to apply a vast array of skills in a manner that encourages competitiveness whilst still celebrating participation within a supportive, nurturing and inclusive environment. This was especially evident as the older children supported the younger children throughout the events.

Share a Pencil Day – Just before Sports Day, we celebrated a much newer annual event: Share a Pencil Day. The aim is to raise awareness of the inequality in education across the world: at its simplest level, the physical act of sharing a pencil in class brings in to focus the challenge children face when trying to learn without access to basic resources.

This year also focused on the lack of gender parity in schools ('gender parity' is when an equal number

of girls and boys or men and women are represented in a particular situation). Through case studies and an assortment of tasks, the children

learnt about the huge number of children globally who do not have access to an education, mostly due to poverty. This is especially true for girls – 62 million girls worldwide are not in school – who are far less likely to go to school than their male siblings who, it is believed by many, will be able to secure better jobs and earn more money.

This initiative helps the children here at St Michael's to recognise the importance of a good education for all children, especially in helping to break the cycle of poverty, and it enables them to develop a greater global perspective.

Need Hall space for your group? Need a new venue?

Why not contact St Michael's Primary School to find out how you could hire the School Hall?

Competitive rates starting from £30. Please call 01454 867105 and speak to either Fiona Huke or Sara Cunningham-Smith.

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



**Holiday Childcare
Throughout the year.**

Open from 7.45 until 6pm

Breakfast served until 8.15am

Discounts for siblings

See our website for full details

www.oscarschildcare.org.uk

**The Terrapin C/O Frampton Cotterell CofE
School Rectory Road Frampton Cotterell**

E-mail: oscars.terrapi@btconnect.com

Telephone: 01454 250528

Registered Charity No: 1133716

News from the Floral Friends of Frampton



Flowers at Woodend

– The flowers along the Woodend/ Beesmoor strip continue to bloom and flourish thanks to the care of FFF volunteers. It's definitely worth a detour when out and about to see what's coming into flower next!

Triangle Poppies – Poppies and other wild flowers are blooming profusely in the Triangle now attracting many bees and other pollinators and creating an oasis of beautiful wild flowers in the village.

Getting Ready for Summer – This year our colour scheme is pink, purple and silver – our volunteers have been busy refilling

planters around the village with bright displays. The hanging baskets will arrive shortly. A lot of the winter bedding plants have been replanted on the Floral Friends' allotment to be reused next Autumn.

The gateways into the village have just been sown with wildflower seeds so hopefully they will also shortly be blooming to provide a colourful entrance into the village. They will be replanted in the autumn with evergreen perennials.

Liza and Sharon Domestic Cleaning Services



- Weekly & Fortnightly Cleans
- Spring Cleans
- Fully Insured Operatives

Tel: 01454 777 248

Mob: 07971 013 914

We are very grateful to local donors and sponsors including, very recently, Crossbow House Community Association who have kindly donated £150 helping us to make the village a better place for people and wildlife.

Sensory Garden – The Sensory Garden at the Brouckeridge Centre is flourishing. All the seeds sown by the Toddlers Group in the raised vegetable planters are growing and hopefully they'll be able to pick some produce very soon!

Could you help? It takes time, effort and funds to maintain the planting around the village benefiting the local community, the environment, and the wildlife. If you would like to help there are various ways in which you can do so:

- If you can spare a few minutes regularly, help to maintain a planter (at this time of year this means watering and deadheading).
- If you could spare a couple of hours twice a year, help us to replenish the plants in the planters in spring and autumn.
- No time? Donations are always very welcome. If you have a business in the area you may like to consider sponsoring a planter or gateway for an annual fee – with a plaque fixed to the planter/gateway it's cheaper than most forms of advertising!

If you can help in any way, we'd love to hear from you. Please email us at floralfriendsofframpton@gmail.com

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



Community Noticeboard

For free listings contact
community@
mattersmagazines.co.uk

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

The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



Community Coffee Mornings 17 July & Sept 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.

Extended hours for Shopmobility

The popular Shopmobility scheme in Yate Shopping Centre has increased its opening hours to help its users access the scheme.

The scheme has been operational since 2006 and provides a vital service to its users, helping them access the shopping centre and for social purposes too. Thursday opening hours, from now until Christmas, have extended from 2pm, to 4pm. This means their hours during the week are 09.30am– 4pm on a Tuesday, Thursday and Friday, and until 2pm on a Saturday.

To contact the Shopmobility office for more information Tel: 01454 868718 or 0799574474 or email: shopmobilitysouthglos@yahoo.com

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.

Thursday 11 July 2019 the group will be having an evening outing. More details to follow. All welcome.

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

Chepstow Show

Sat. August 10th 2019



At Chepstow Racecourse
Main Ring programme commences 9.30 am.
Attractions include.

Welsh Horse Display Team and
Ben Long Falconry

Pony Club Mounted Games
Curre & Llangibby Hunt Parade of Hounds
Grand Parade of Livestock
Woolaston Basset Hounds
Display of Vintage Vehicles

ADULTS £10 • CHILDREN (5-16) £4
UNDER 5's Free • SENIORS £8
FAMILY TICKET £25 (2 adults and up to 3 children)
CASH PAYMENTS ONLY FREE PARKING



www.chepstowshow.co.uk

Ladies Circle meet every second and forth Wednesday of each month at 7.30pm (except June, July & August) at The Beacon, Zion Church, Frampton Cotterell. They have a good variety of different speakers and offer a warm welcome to any newcomers. There is a £3 charge for each visit but no annual membership.

BEAVERS

Do you have a sense of fun?

1st Winterbourne

Beaver Scouts needs several adult, volunteer Beaver Scout Leaders ready to start in September. Our Beaver Scouts are boys and girls between 6 and 8 years old and we meet on Mondays between 5.15–6.15pm in St Michael's Room. Our motto is 'Fun and Friends'.

No experience necessary – training available and loads of support from the rest of the team.

Contact Yvonne Andow 01454 775024 or dandow@computer.org

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.



Players Wanted!

Coalpit Heath Football Club are looking for new players to join the U8s and U9s Cols next season.

U8s (Year 3 2019/2020)

U9s Colts (Year 4 2019/2020)

Both teams train on Saturday mornings and play matches in the Hanham Minor League on Sundays.

For more details please email: info@coalpitheathfc.org.uk

www.coalpitheathfc.org.uk



Cleve Archers Taster Sessions

Up Yonder, Moored, Hambook, BS16 1SS

On the second Tuesday of the month from June to August 2019 from 6–8pm (9 July, 13 August). Come along and try archery – booking required.

For adults and children age 7+. Cost £5 p/p.

For further information and to reserve a place visit

www.cleavearchers.co.uk/community-sessions-2019/



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

Bring a little Wild into your Wednesdays during these summer holidays. Sign up and join us at Says Court



Avon

Solar Farm for an afternoon nature adventure. Suitable for primary aged children (younger siblings welcome free of charge but please note the terrain is only suitable for carrier not push chairs).

Each session will have a different theme and finish in the wild flower meadow, a great spot for a picnic snack amongst the wild flowers.

Week 1 Minibeasts – 31 July, come on a bug hunt!

Week 2 Bushcraft – 7 August, make your own jewellery or blow pipe from natural materials

Week 3 Art in the Wild – 14 August, get creative with natural materials

Week 4 Owls – 21 August, learn all about these nocturnal birds, and meet a real owl too!

Dates for your diary: 18 September (evening owl prowls and bat walk) and 30 October.

Visit: www.avonwildlifetrust.org.uk/whats-on



Free Gym pass*

Come and enjoy a day at our wonderful fitness centre free of charge. Swim, gym or simply pop in for lunch in our café area. Bring this advert with you to redeem or call us on the number below to arrange a day.

Children & families welcome | Full Café facility + soft play
Crèche & Nursery facilities

Call to book your free day 0117 9749740 or visit www.nuffieldhealth.com

*Valid until 31 August 2019. 1 visit per person

Don't let pain hold you back this Summer!

Summer is here, the warmer, longer days, make it the perfect time to get outdoors and get active! Don't let an old injury or nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage,

Manipulation (HVT), Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reiki and Reflexology in her work.

Editor's Note

Hours at my laptop producing this magazine and all the stresses two active toddlers inflict on your body, does take its toll. Thankfully, periodic visits to Dawn keeps me pain-free and able to indulge in my passion of horse riding when I get the chance! You couldn't ask to be treated by a more caring, talented practitioner.

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.



Dawn Clode
Ostrm, Lic MET, Lic CR, FAO



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Catherine Smart DHP MNCH CHBP

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- Lose weight
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety



Based in Winterbourne

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

Call me on: **07964 991689**
E: Catherine@SmartHypnotherapy.co.uk
www.hypnotherapistbristol.com

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WEBSITE: amaxomcounsellor.com



Take time to listen

Has the text message replaced the art of sending postcards on holiday? I recall as a teenager

spending the first few days searching for the right postcard to send to friends at home and hoping to receive one in return – sharing the holiday experience. Sorting through my paperwork recently, I found a postcard sent to my daughter from her Nan back in 1996. The caption underneath two colourful parrots – 'If there is one thing I can't stand is someone who talks when I am interrupting!' Was there a hidden meaning in those words – we'll never know, but I smile when reading it! Well, listening figured highly in my younger days through various family ups and downs and is an important practice in my journey of faith, by listening to God through prayer and meditation in my calling to minister to others.

We have recently experienced during recent TV political debates the practice of 'interrupting', which stifles 'real' sharing from the person trying to express an opinion. Where is the understanding that love is patient, kind, not arrogant or rude, insisting on its own way? (1 Corinthians 13). Good listening can be powerful, healing and transformational. This is how Jesus shared his ministry amongst his disciples and the people he met on his travels, not always trying to fix things for them but encouraging

prayer and discerning the way forward in God's strength. It cost him, as many people preferred the aggressive approach rather than seeking good communication skills to build people up.

One of our recent mission area initiatives has been to organise two local training modules on good listening skills led by Acorn Christian Trust. These two days have proved successful, insightful and revealing as to how we develop unhelpful listening habits – wanting to interrupt that tends to steer any deep sharing into a different and sometimes unhelpful direction. Silence is the key to good listening and can be a gift to those on the receiving end, leading to prayer that is our means of communication with God in times of joy as well as sadness.

During the sultry days of summer, why not sit and relax and check your listening skills in this little exercise:

Question 1. When I am not listened to I feel...? (write all the words down on left side of sheet of paper.)

Question 2. Think of a time when you were listened to, and complete the sentence with one word – When I am listened to I feel...? (write these words on right side of paper.)

To finish: Read out the two columns of words and consider the effectiveness of good listening.

Every blessing to you as we look forward to many more good conversations and perhaps the renewed interest in sending postcards!

Love Julia.

Revd Julia Chard



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



Saturday 20 July

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

All Saints Church Hall

27 Church Road, Winterbourne Down, Bristol BS36 1BX. 4–6pm

Future date: 22 September 2019



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



Christian Aid Week 2019 – Thank you!

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



As we look back at the numerous Churches Together events held during April and May in support of Christian Aid Week, we can definitely say what a good time was had by all!

We started off at the end of April with the Big Brekkie at Zion (a fantastic start to anybody's day!). The Folk@Frampton Cotterell concert launched our main fundraising week and was a great evening. It was my first time at a folk club event and I can thoroughly recommend it (second Friday of the month at Crossbow House).

Then at St Saviour's, the ever popular Coffee morning & soup lunch (parsnip and pear, a wicked soup combo), followed by a Service of Praise for Christian Aid Week outside, on a very sunny St Saviour's Glebe Field. A sponsored toddle around St Saviour's Glebe Field by the Butterflies Baby and Toddler Group came next, followed by a sponsored run by Frampton C of E. Then St Peter's Men's Group meal at The Globe and the annual Quiz night at the British Legion was well supported and full of fun! The next day a Plant sale and Coffee morning took place at The Lilacs, a wonderful garden haven in Iron Acton. The week concluded with cream teas and train rides at Bridge House, always a lovely family event and it just about stayed dry!

If you missed out this year, look out for details of next year events! All the varied activities that took place were great community events, involving lots of catching up with old friends and neighbours, chatter and laughing!

Christian Aid's work in the poorest countries of the world depends on our support and generosity. Thanks to everyone who supported this year's fundraising, over £4,000 has been raised (to which will be added approx £350 of Gift Aid). Once again, many thanks for your support.

Alison Bray, Christian Aid Week Coordinator for the Churches Together in Frampton Cotterell & Coalpit Heath

Car Boot Sale

All Saints' Church Hall

Winterbourne Down

on Sunday 18th August

from 8.30am

Pre-Booked Cars £5.00

On the day cost £10.00

Enquiries: carlash@gmail.com

Bacon Baps and Drinks available

Church Service in Hall @ 9.15am



Frampton Cotterell & Coalpit Heath Village Diary

July 2019

Mon 1 – Gardening and Social Club, Manor Hall, 2–3.30pm. All welcome. £2.50, includes refreshments. Mrs G Hale, T: 01454 774279 / 07873747513.

Mon 1 & Tues 2 – Crossbow Singers Summer Concert, Crossbow, 7.30pm.

Tue 2 – Village walks, start Golden Hart, Kendleshire, 10.30am. Bury lanes and woods. Stroll 1.8miles, or Pye Corner and Bradley Brook, walk 3 miles.

Wed 3 – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. T: 07935 071291 / E: carolinemjohnston@hotmail.com. Visitors always welcome!

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

Fri 5 – Mash in the Meadow, Iron Acton. www.actonaid.org.uk.

Sat 6 – Watermore Primary school Summer Festival. Myths & Magic theme.

Sat 6 – Proms in the Meadow, Iron Acton. With Bristol Millennium orchestra.

Sun 7 – Cream Teas, Coalpit Heath Cricket Club, 2–4pm. £5, raising funds for Paul's Place. Bookings T: 01454 777236 or 07748 543347.

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

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

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

Thur 11 – Talk: 'The Newport Medieval Ship', Winterbourne Barn (Cart Shed), 7pm. £5, book online at Ticketsource. More info www.WinterbourneBarn.org.uk.

Sat 13 – Frampton Festival, NEW VENUE! The Park, Frampton Cotterell see their Facebook page 'The Frampton Festival'.

Sat 13 – Wine-tasting evening, Winterbourne Medieval Barn (Cart Shed), 7pm. Try Australian wines with Ian Redfean. Tickets £15, www.WinterbourneBarn.org.uk.

Sun 14 – Frampton United Church service, Centenary Field, 10.30am.

Wed 17 – Manor Hall community coffee morning, 10am–12.00pm. T: 07873 747513

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

Sat 20 – West Gallery Music Workshop, St Michael's Church, Winterbourne, 10am–4pm. Run by Bristol Harmony West Gallery Quire and Winterbourne Medieval Barn. Bookings E: lindajhall61@gmail.com or T: 07891 688581.

Mon 22 – Community Engagement Meeting, Brokeridge Centre, 7pm. Residents can meet

Police, Fire Service, Councillors etc, and bring local issues to be discussed and solved or minimised.

Tue 23 – Frampton Cotterell WI. St Peters Hall, School Road, 7.45–10pm. £2.50. T: 01454 773426 or 01454 778900. See their Facebook page.

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

Sat 27 – Nuttyness (Madness tribute band), WADCA. www.wadca.co.uk.

Tues 30 & Wed 31 – Kids' Archaeology Club, Winterbourne Barn, 10am–12.00. A fun morning exploring our ancient past. £10 per day. Book online at Ticketsource.co.uk.

Wed 31 – Avon Wildlife Trust 'Wild Wednesday', Says Court. www.avonwildlifetrust.org.uk/whats-on.

August 2019

Thurs 1 – Kids' Archaeology Club, Winterbourne Barn, 10am–12.00. A fun morning exploring our ancient past. £10 per day, book online Ticketsource.co.uk.

Thur 1 – Kids Summer Fun, WADCA 10–11am and 11.15–12.15. £5. Nerf Battleground. Bookings 01454 776268 / facebook: winterbournecommunitycentre/WADCA.

The 76th Almondsbury Gymkhana and Pony Show

Sunday 7th July 2019
Washingpool Hill,
Tockington BS32 4NY

First Classes Start at 10:00am

A fun packed day including:

Show Jumping
Dressage
Gymkhana
Mini Jumping
Clear Round
Dog Show
Raffle
Refreshments
Professional Pet & Equine Photos
by Summers Photography

Schedule on: RIDING DIARY
Find us on at Almondsbury Show

All proceeds from the show go to:
The Great Western Air Ambulance
St Peters Hospice

Tues 6, Wed 7 & Thur 8 – Summer Art Club ages 10–13, Winterbourne Barn 10am–2pm. Land Art! Make art works to go in the outdoor landscape using natural and found materials. £10 per day – book online www.WinterbourneBarn.org.uk.

Tues 6 – Village walks, start The Miners (Village Hall) 10.30am. Stroll Ram Hill & Dramway up to 2 mls, or walk Bitterwell lake & fields 3.75 mls.

Tues 13, Wed 14 & Thur 15 – Summer Art Club ages 6–9, Winterbourne Barn 10am–2pm. Animal Art! Create art work inspired by our furry friends and wildlife around us. £10 per day – book online www.WinterbourneBarn.org.uk.

Wed 14 – Avon Wildlife Trust 'Wild Wednesday', Says Court.

Thur 15 – Kids Summer Fun, WADCA, 10am–12.00. £8. KS1 physical activity. Bookings 01454 776268 or facebook: winterbournecommunitycentre/WADCA.

Sun 18 – The Sword in the Stone, WADCA 2.30pm. IK Productions present drama and fun for all the family. £10. Book online from Everyman Theatre.

Wed 21 – Avon Wildlife Trust 'Wild Wednesday', Says Court.

Sat 31 – Bristol Male Voice Choir & Frampton Shantymen, St Michael's church, 7.30pm. Varied programme of light music. Tickets £10 (child £5) from Ticketsource.co.uk.

Frampton Singalong Summer Break – after 12 June the next Singalong will take place on 11 September when you can join in their 3rd Birthday Party! The group will then continue on every second Wednesday of the month, 2–3.30pm at Crossbow House, School Road, BS36 2DB. Favourite songs, live music and sitting exercises. Tea, cakes and fresh fruit £3.00. All welcome, no voice needed! Tel Hilary 07515 351 813.

Friendship & Dance Summer Break – after 28 May class, the next session will be on 24 September at the new venue of – Miners Social Club, 214 Badminton Road, Coalpit Heath, BS36 2QB. The group will then continue on the forth Tuesday of the month 2–4pm. Friendship and Circle Dance for over 50s, no partner needed. Gentle exercise with easy circle dances to live music. Lovely wooden dance floor. Beginners/improvers welcome. Social break with refreshments £4.00. Tel Hilary 07515 351 813.

The Brandy Bottom site will be opened to the public on 14 and 15 September as part of the Heritage Open Days event.

2019 marks the 25th year of the Heritage Open Days series of events, and the Friends of Brandy Bottom Colliery, Pucklechurch have decided to open the site on Saturday 15 and Sunday 15 September.

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. Future dates for work parties in 2019 are: Saturday 06, Wednesday 17, Saturday 27 July, Saturday 03, Wednesday 14, Saturday 24 August.

To read the in-depth newsletters on the progress of the FoBB please visit their website – www.aibt.org



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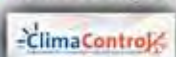
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