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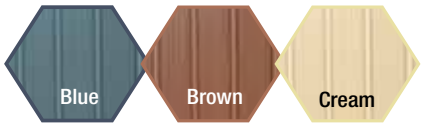
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COLOUR FENCE

Dear Residents,

The sun shone during the day at the fabulous Frampton Festival and some spectacular fireworks illuminated the night. Share in the joy of this community event on the centre pages.

St Michael's School recently took part in a rewarding 'Enrichment day', pupils had a wonderful time being inspired and having fun!

If you are looking for inspiration for school holiday activities, there are lots of great things going on at local venues – Wildlife Trails at Says Court, 'Kids Summer Fun' at WADCA, Holiday Cubs at Winterbourne Medieval Barn and the Summer Reading Challenge and associated, space theme events at Winterbourne Library. Find out more throughout the magazine. When you fancy a change of scene, Winterbourne & Frampton Matters is pleased to bring you some money saving vouchers for some exciting activities taking place at the National Dive Centre, just over the bridge (now with no toll) in Chepstow.

It's that time of year to get your prize vegetables and blooms ready for the Winterbourne Down & District Horticultural Society, Annual Flower & Vegetable Show on Saturday 17th August and then St Saviours Church, Coalpit Heath, Horticultural Show on Saturday 7th September.

If you or your family are touched by Dementia, you may like to attend the Wellbeing Friends monthly group at Winterbourne Community Centre, you can find out more in our article.

As always we are pleased to bring you news from local sporting groups, WI's, Winterbourne Medieval Barn and the Floral Friends of Frampton. Enjoy!

Kerry & Jaci x

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

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Enrichment Day at St Michael's Primary School

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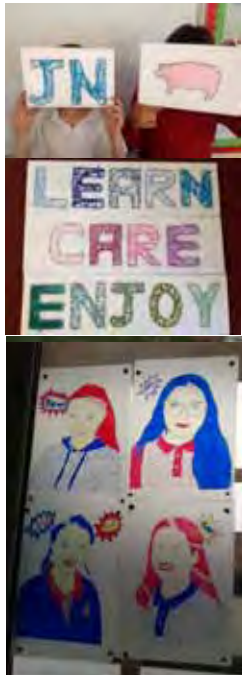
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On Thursday 4 July, St Michael's CE Primary School, Winterbourne enjoyed an Enrichment day. The event provided opportunities for the children to be inspired and have fun, while giving them all day to learn a new skill, allowing them to be proud of what they accomplished.

The children had a choice of twenty different workshops. They could choose between archery, floristry, baking, survival skills, space crafts, sports, gardening, sewing and much more.

Staff, parents, governors and representatives from St Michael's church led the workshops. It was lovely to see the whole local community working together to enrich, support, educate and inspire the children.











The children were in mixed year groups enabling the older children to support and care for the younger children in the school.

Sofia from Reception said, "I made a new friend today from Year 2. We had great fun dancing together".

The Vision of St Michael's CE Primary School is to, 'Enjoy the Present', 'Educate for the Future' and 'Inspire with Love'. All three areas of our school's vision were clearly visible as the children were having fun, enjoying learning a new skill and being inspired by the talents of people in our school community.

Thank you to all the volunteers that helped to make our Enrichment day such a success.

Sariah Ithier, Reception teacher

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South Gloucestershire Hockey Club

As summer league draws to an end, South Glos have had an enjoyable summer welcoming not only some new but also returning players to the team. Many sunny evenings were spent playing, umpiring and supporting the club!

This sets us up nicely for winter league which will begin in September. Our first training session will be on Tuesday 3rd September 8pm at Bradley Stoke Community School. We are always looking to welcome new players to our club so if you are keen and want to find out more, please come along or contact us via the links below!

We also have an exciting new opportunity for the youth of our community and surrounding areas. We will be running some youth hockey sessions called Hockey Heroes. These will be held on Sunday mornings at Bradley Stoke Community School.

For more information and how to register please contact us.
Email: info@sghc.org.uk ; FB: SouthGloucestershireHockeyClub ; Web: www.sghc.og.uk

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Frampton Thunder is victorious!



At the end of its first year, the new Engineering Club at Frampton Cotterell C of E School has won two awards, at an event at Wotton-under-Edge. The team designed and built a Greenpower 'Goblin' car which they raced at Renishaw New Mills against other cars from schools around the region.

Greenpower Education Trust (www.greenpower.co.uk) is a UK-based charity which inspires young people around the world to excel in science, technology, engineering and maths through a unique challenge: to design, build and race an electric car. The 'Goblin' electric car comes as a kit of parts which the pupils have to assemble and then add their own custom bodywork.

The team of twelve Year 6 pupils worked all year on the car, which they named 'Frampton Thunder'. With minimal adult assistance, they assembled and tested the kit car, then they designed and built the bodywork, which is constructed largely from recycled materials. They also designed a logo which they incorporated into both the car and their co-ordinated team kit, produced by Initially Yours in Hambrook. To make all of this possible they first had to write to local businesses to raise more than £1,600 in sponsorship.

The pupils learned valuable skills not only in science and engineering but also design and finance. Above all they agree that they have got better at working as a team as the year went on, and they all had great fun at the Race Day itself.

The year culminated in the event at Renishaw where, against twenty other teams, Frampton Thunder won the awards for Best Presented Team and Best Portfolio. They all feel justifiably proud and have set a high bar for next year's team!

Frampton Thunder

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News from Coalpit Heath WI



A games evening led by one of our members provided the entertainment for our July meeting. A variety of table top games were set out from Connect 4 to Scrabble and Draughts, to a Film Quiz – something for everyone to enjoy! Then we all joined together for a game of Bingo, complete with calls, some more authentic than others. It was great fun and proved highly competitive.

Our group have recently been busy supporting other local events using the opportunity to share our new leaflets. In a variety of weathers we spent time selling bandanas at the Dog Show and Picnic at Beesmoor playing field, had a book stall at St Saviour's Church Fair and a game for the children at the Manor School summer event.

Additionally several members got together one evening to turn plastic bottles into flowers. Look out for the bright display on Badminton Road over the summer.

Members have been offered other opportunities to keep themselves busy with bonus sessions available at an Escape Room in Bristol and a pottery painting session. The green fingered members will also be helping out revamping the WI flower bed at the Manor Hall ready for their Apple Day in October.

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 August is Bob Aden speaking about The People of Bletchley Park and September is Tracey Baron from Go Zumba.

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News from Frampton Cotterell WI









Our WI took part in the Beesmore Summer Picnic and Dog Show in June, with a second hand book stall and a selection of home-made cakes for sale. The weather may not have been on our side, however we still managed to sell out of our bakes and stay cheerful throughout!



Also in June, we held our own version of the Antiques Road Show at our monthly meeting. Stephen Ferguson, from Bristol Auction Rooms kept us well entertained as he asked us to guess the price on a number of items and then valued a number of antiques brought along by members. As you might expect, there were some nice surprises – and of course a few well-taken disappointments for others! A fascinating evening nonetheless.

Our Summer Meal at The White Horse at Hambrook, went down extremely well indeed – delicious food and a very cosy setting, along with great company made for a very pleasant evening.

During the weekend of 13/14 July we were at the Frampton Festival, again with our WI cake stand – our gin and tonic cakes when down a treat in the sunshine! The following day, we had a members visit and tour of Berkeley Castle, so that was a very action-packed weekend for our members!





At time of writing we are looking forward to our July talk by Fabiola Doano, who is introducing us to Spanish for beginners. As well as the normal tea and cake that evening we will be putting on some little tapas and Sangria to help get the Spanish language flowing freely – fantástico!

There is no talk in August, however we will be holding a cheese and wine social evening for members towards the end of the month. Events later in the year include a Zumba workshop in September and a 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 the Floral Friends of Frampton









Flowers at Woodend and an I-Spy activity...

The flowers along the Woodend/Beesmoor strip continue to look wonderful thanks to the care of FFF volunteers. We particularly want to thank two local families who give us access to their water supply – making our job of watering and maintaining the border much easier.

This herbaceous flower border has about 30 different types of plant flowering this summer and **we have a free family I-Spy activity for you** – download the quiz leaflet from our website (https://ffframpton.wixsite.com/frampton-cotterell/border-activity). Why not take a closer look at the border and spot some of the colourful garden flowers there?*

* **Important:** *For safety, stay inside the playing field fence and do not attempt this activity from the road.*

Sensory Garden

The Sensory Garden at the Brockeridge Centre is flourishing. Local bees and insects have been making good use of all the flowering plants, including all the herbs.

The seeds sown by the Toddlers Group in the raised vegetable planters have grown. Lettuce, radish and peas have been harvested, along with strawberries and raspberries which were planted last year. Beans and winter squash have just been sown and the toddlers will plant more seeds over the next few weeks leading, hopefully, to vegetables and salads to harvest in the autumn. Well done everyone!

It's great to see other local residents enjoying the Sensory Garden, including members of the Computer Club on their coffee break. It's a lovely place to relax in.

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 in available at **http://ffframpton.wixsite.com/frampton-cotterell.**

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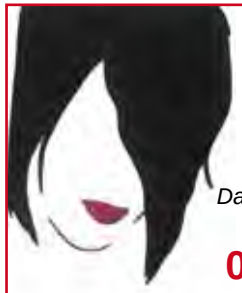
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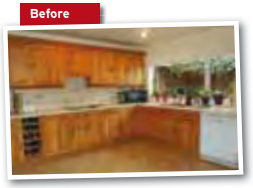
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Winterbourne's Medieval Barn – News & Events

Some members of the Barn's committee were lucky enough to go on a 'Hard Hat' tour of the building site in July, which they found to be extremely interesting. Despite some hold-ups with the rain in June, and waiting for the baby swallows and jackdaws to fledge, overall the work is running on schedule for completion in the spring of 2020.

The West Barn has been gutted and the big archway (which they did not realise was close to collapse!) is being held up with pit props while it is properly reinforced and made safe. Roof repairs are now complete and the clay tiles have been re-laid. Internally, the Medieval Barn and South Barn have been thoroughly cleaned of all their dust and cobwebs and are in the process of receiving new coats of lime wash – the transformation is wonderful, with the spaces seeming so much lighter and brighter, highlighting the amazing roof timbers. The Cow Byres are currently being re-roofed and fitted out as small business units suitable for 21st century working, whilst remaining in keeping with the older buildings on site.

As restoration work progresses on the main part of the site, events continue in the Cartshed and in St Michael's church.

August Events 2019

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









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.

Winterbourne Academy

Thursday 3rd October

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Friday 20th Sept. at **8.50am** and **11.00am**

Thursday 26th Sept. at **8.50am** and **11.00am**

Tuesday 1st October at **8.50am** and **11.00am**

Booking essential for daytime tours, via ***www.winterbourneacademy.org.uk*** *(Dates and Events page)*

Olympus Academy Trust



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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Going away this Summer?



Summer is here and with it comes sunshine filled days and weeks away exploring the world. While you are away from your garden, you may be concerned about your plants and keeping them watered. There is nothing worse than coming home to wilted plants and withered crops.

Luckily, there are steps you can take to make sure your garden stays looking fantastic! So when you get back home, you can relax with a cuppa in the garden (and ignore the pile of washing!)

1. A day or so before you leave, weed your garden. Weeds compete for water with other plants, removing them will make sure your plants have more.
2. Cut the grass – instead of putting the cuttings in your green bin, pile them on your beds. Not only will your lawn look neat, the cuttings will create a mulch. Mulched plants lose 25% less water, helping keep them healthy.
3. Before you leave, water your plants deeply. This means give the soil a through soaking - a quick run around with a watering can will not be enough. If you can leave a sprinkler on for a while this will help when watering large areas.
4. If you have areas that dry out quickly because they are in full sun, cover the ground to trap moisture. This can be done with bark or wood chips, mulch or stones. Do not use plastic as you want rain water to still get in to the soil.
5. You can also add a shade cloth. Common in greenhouses, shade cloths diffuse the light and help protect plants from direct sunlight. This could even be an old sheet on some poles!
6. Use water spikes. These are handy for containers, hanging baskets and houseplants. Using a recycled plastic bottle, fill it with water and screw on the water spike where the lid would be. This will allow the water to slowly drip out, keeping your plants watered. If you are away for two weeks, you can use two or three bottles.
7. Create an automated water system. You can add a timer to your garden hose and set up a watering system around your garden. This will make sure your plants are watered as if you were actually there.
8. Ask a friend or neighbour! Usually they will be more than happy to pop in to your garden and keep everything watered for you.
9. Water butts. These store rain water, so can provide you with lots of free water. You can run soaker hoses from them in to your garden, which will slowly saturate the ground while you are away.

Hopefully these tips will help your garden stay green and fabulous while you are away. If you need any help with watering products or have any garden related questions, why not pop in to our centre and speak to our friendly staff. They are always on hand to give advice and help you achieve your garden vision.







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News from Frampton Cotterell RFC





Above: Sharon, Lou and Helen on the Gin bar.
Below: Smither and Weaves on the door.



Preparing for new changing rooms. We had excellent help from the Fram family, especially colts and ladies, to clear up the old changing rooms ready for renovation. The block was used as changing rooms back in the early days, before the building of the new changing rooms in use now. The renovation will provide specific changing rooms for the ladies/girls team and some storage space for equipment. Thanks to everyone who helped, especially Nathan from ETS and Helen Smith for the sausage sandwiches!

Fame for the Frampton 3! This month's edition of national *Rugby World* magazine featured an article on players Mike Weaver, Pete Zaffiro and Tim Phillips. This trio have reached a milestone of 800 senior appearances for the club, the article was a great celebration of this.

A great cider festival/gin bar with live bands was held at the Fram, raising some critical funds for the club this coming season. It was a fantastic event, thanks to everyone who attended, including all the helpers.

Frampton Cotterell Girls Teams are looking for new players. There are under 13s, under 15s and under 18s teams. If you are in school years 7–11 and fancy giving rugby a go, do come along and join in. No experience is necessary, just a willingness to have fun and make new friends.

Preseason/Summer training takes place on Mondays 6–7pm at Crossbow Playing Fields. Please get in touch for more info or just come along to training (must be accompanied by an adult for first session).

Right: Head coaches Andy Jarrett and Tom Bowen Hall.



Above: Sam Rumley, second team captain for Fram, presented with the league winners plaque won last season in Bristol and Districts 1 Reserve league. Well done Sam and all involved in the 2s last season.



Pre season training – Tues and Thurs eve



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*Only one free trial per person. Upon downloading your free trial redemption code, you will have seven days to use it before it expires. To use the trial you must be 18 years or over. Trial not available at our partner gyms or corporate on-site gyms or our City (Cannon Street), Covent Garden or Moorgate clubs. Photographic ID will be required upon attendance. No cash alternative is available. Facilities vary per club. Nuffield Health reserves the right to refuse usage of the day pass and facilities where appropriate or deemed necessary. Guest members cannot book into group exercise classes although if spaces are available when the class starts these can be attended on an ad hoc basis; available spaces cannot be guaranteed. **Pools in 111 of 112 clubs; Nuffield Health Battersea does not have a pool. Please ask at club for full details.

Don't let pain hold you back this Summer!


Dawn Clode
Ostm, Lic MET, Lic CR, FAO

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

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Let's work together and update the Diagnostic Radiography degree programme at the University of the West of England, Bristol

UWE Bristol | University of the West of England

- Do you live in the city of Bristol?
- Have you ever had a 'health scan' or x-ray? If so, it is likely this scan was taken by a radiographer.

The University of the West of England, Bristol has been training radiographers for over twenty years.

- We would like your help in updating our radiography training course.
- We are using an on-line tool to create an opportunity for people to have their voices heard.

From the 09th September 2019 you can help shape our future by:

- Sharing your insights
- Commenting on ideas
- Rating other people's views

All ideas are anonymous.

To find further information please go to: **https://crowdcurriculum.clevertogether.com**

**This recruitment strategy has been agreed by the Swansea University Medical School and Faculty of Health and Applied Sciences at UWE, Bristol ethics committees*



Would you or someone you know benefit from learning or improving their computer skills?

In a relaxed and friendly environment, with approachable and patient tutors, you will be able to learn the following skills:

- Use the Internet to search for information,shop safely online, book holidays, flights, hotels and other activities.
- Use email to send and read messages and add attachments.
- Create documents such as letters and posters.
- Learn about ICT, safety and security when working online.

Courses start in September and February at the following venues:

Monday – Winterbourne Library
Monday – Emersons Green Library
Tuesday – Downend Library
Wednesday – Bradley Stoke Library

If you would like to book or have any questions please contact Susannah Griffiths: 0117 9092 272 susannah.griffiths@sgscol.ac.uk or pop into your preferred venue and speak to a librarian.

Courses start in September and February but you can start throughout the year as long as there are spaces available.



Winterbourne Down & District Horticultural Society Annual Flower & Vegetable Show

This popular show will take place on Saturday 17 August, at the Greenfield Centre, Winterbourne. It is an open show, so anyone can enter – and there are plenty of categories in the Flower, Fruit and Vegetable sections, plus a Homecraft section for cakes, jams... and, the very popular Photographic section, with plenty of categories from which to choose.

If you have a garden or an allotment, or both, there might well be a few things you can exhibit. Lots of entries make a good show and colourful display – so don't worry if your produce isn't absolutely perfect! We welcome entries from new growers or in fact anyone who hasn't exhibited before.

The Show is open to the public in the afternoon when refreshments are available, and later on the cups and shields are presented. **For a schedule please contact Richard on: 01454 773218**.

Events at Winterbourne Library

Opening Times

Staffed Times – Tues: 10am–5pm / Weds: 10am–5pm. Fri: 10am–5pm / Sat: 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 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 **3 and 31 August and 28 September, 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 10 and 24 August and 7 and 21 September, 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 some free events for 4–11 years olds over the summer holidays, as detailed below.

T: 01454 868006
E: winterbourne.library@southglos.gov.uk
Visit: www.southglos.gov.uk/libraries

Twitter: @southgloslibs ▪ 'Like' us on Facebook: South Gloucestershire Libraries





Winterbourne Library celebrates its 50th Anniversary

Long-time user Anne Dunmur cut the cake with new Library Supervisor Deb Wright at Winterbourne Library's 50th birthday celebrations recently. Celebrations included singing from St Michael's School choir, music from the era played by Joan, a display of photos and archives from the past 50 years, a vintage cream tea and an evening performance by The Red Herrings of a murder mystery that was sold out.

Come and discover what is happening in Winterbourne library and help us continue to serve our community for another 50 years.

South Gloucestershire Libraries: the space where people, communities and ideas grow

www.southglos.gov.uk/libraries

Frampton Cotterell join the Refill Revolution!



Frampton Cotterell Parish Council have voted to install three more drinking fountains in the village, as a further effort in the drive to reduce single use plastic. The fountain in The Park is already well used and there has been a considerable reduction in the number of plastic bottles in the bins.

The locations are to be finally confirmed but it is hoped they will be at The Centenary Field, Beesmoor Road Playing Field and The Brockeridge Centre.

In addition Frampton Cotterell has signed up to The Refill Revolution! Refill is an award-winning campaign designed to help reduce plastic pollution by making it easy to refill reusable water bottles instead of buying new plastic ones. The scheme is being supported by the local plastic free action group and many businesses are getting on board.

The scheme was officially launched on National Refill day on 19 July. Several local businesses have signed up to be a Refill Station, which means anyone can drop by and have their reusable water bottle refilled for free. You can find all the local Refill Stations on the Refill App or look out for Refill window stickers (as pictured above) in shops, cafés and pubs. You can also find out more at:

www.refill.org.uk/refill-frampton-cotterell

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Despite the temporary change of venue, local residents once again flocked to the Frampton Festival, as the sun shone throughout the day at this annual community event.

The 2019 Festival was opened by the *Thornbury Brass Band*, and musical entertainment continued throughout the day with girl duo *The Good Night Sweethearts* performing 1940s retro cabaret, local singer/songwriter guitarist Jodie Mellor covering songs by popular artists and *Hicktown Breakout* a 5-piece Southern Rock band driven by a passion for country, rock and blues. *Elevation* completed the fantastic line-up, their wide range of classic songs, once again had the audience on their feet as the festival drew to a close.

The always popular *Panic Circus* entertained festival goers with their circus show in the Big 'Little' Top, Punch and Judy performances, and gave the opportunity to the young and old alike to try their hand at circus skills.

There was no traditional lighting of the Centenary Beacon due to the relocation, but *Fire Magic's* firework finale was as spectacular as ever.

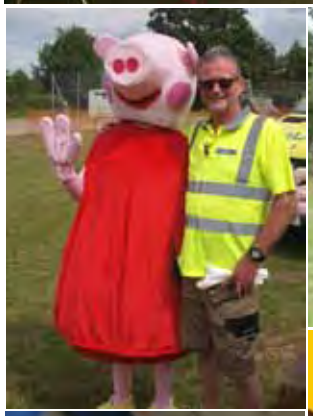
The change of venue created a number of challenges for the organising committee, one of which was ensuring that The Park was cleared of everything the night of the festival, returning the field to its original condition ready for a cricket match on the Sunday morning!

Organiser Ian Haddrell (who has kindly shared these fab pictures with us) said, "*Once again we were fortunate that the weather was sunny and dry for this year's festival, and the change of venue didn't appear to discourage people as was demonstrated by the large number of people who attended.*" He went on to say, "*The festival committee are extremely grateful to the Parish Council for their support and permitting the use of The Park, but we do hope that the festival can return to Centenary Filed in 2020, which we consider to the established home of the Frampton Festival.*"

This and firework image thanks to www.paniccircus.co.uk



Frampton Festival 2019













The date of the 2020 Frampton Festival is Saturday 11 July, to give welcome feedback on this year's event please email: info@framtponfestival.co.uk







The Crossbow Singers – Got that Holiday Feeling!

Once again, the Crossbow choir sang to a full hall on both performances at the start of July. This summer concert had probably the best audience participation for a long time – with everyone joining in with well-known choruses, and the songs on the printed sheets. It was lovely to hear, and the atmosphere in the Hall on both evenings was that of fun and general enjoyment.

The songs, taken from a range of decades, covered all things relating to, and making holidays special – so why wouldn't we all like to go *Up, Up and Away*, to *Wonderful Copenhagen* for a *Summer Holiday* under *Blue Skies,* to *The Sound of Music* when we could *Climb Every Mountain?* To name but a few!

Solos by Mary, telling us of her *Island of Dreams*, Shirley with *Bali Hi*, and Bob extolling the virtues of *Devon*, created beautiful interludes to the choral pieces. The first ever nonet with Louise, Chris, Nell, Sue, Eric, Anthony, Dave, Bob and Simon delighted everyone with a beautiful rendition of *Linden Lea* – A cappella no less.

The new platforms, allowing the singers to be tiered, made the sound carry even further, and allowed everyone to see our Musical Director, Carolyn. These stage blocks were made by three men of the choir, Dave, Hamish and Bob who masterminded the project. Our sincere thanks also go to *Jon Gilbert Carpets*, who kindly donated the carpet covering the blocks – so that they not only looked attractive – but were safe too. Thank you Jon.

Mary, our brilliant piano accompanist, was unfortunately out of action due to hip surgery, but Anthony, a valued tenor member of Crossbow, played for all our practices and on the two evenings and did a grand job – thank you Anthony. We look forward to welcoming Mary back in the autumn.

Rosie, as always, made a magnificent and entertaining job as MC, with her readings and Pam Ayres poems. Again adding so much to the variety of the concert.

But Crossbow Singers would be lost without Carolyn, our Musical Director, who makes every practice a joy, with her enthusiasm and encouragement. Whilst she is conducting the singers she has a beaming smile on her face, which is infectious and makes us want to sing out. Carolyn has the patience and temperament of a saint!

Please put the dates of 9 and 10 December for our Christmas Concert in your diaries, and come along and start the Christmas festivities with us!

WANTED

Volunteer drivers

Do you have time to spare and enjoy helping other people?

If you're over 21 years of age and have held a full driving license for at least 2 years we'll offer you Midas training to drive one of our minibuses.

Our volunteers drive small MPVs to accessible mini-buses for the less able to get out and about in the community.

By volunteering with us you might:

-Take someone to a GP or hospital appointment.

-Drive a group to the shops.

-Escort someone on a bus or a car journey.

-Take a group out for a leisure trip.

Even a few hours really does make a difference!

Four Towns Community Transport Vale Link

FOR MORE INFORMATION PLEASE CALL

01454 250500/510



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, WoodendRoad Frampton Cotterell.

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

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

01454 864442

Wellbeing Friends



Who are we?

- A monthly activity group for people with dementia and their carers, led by volunteers.
- An associate group of Winterbourne & District Community Association.
- Working closely with Avon & Wiltshire Mental Health Partnership Later Life Team.
- Meeting at Winterbourne Community Centre.

What is our aim?

To enhance the wellbeing of carers and their loved ones in line with the 'Five Ways to Wellbeing'.*

**Government commissioned report 2008.*

What do we do?

- Support one another and share experiences.
- Enjoy a cuppa and cake!
- Handicrafts
- Games (e.g. Table tennis, Boccia, Kurling).
- Quizzes.
- Singalongs.





Join us on the first Wednesday of each month at 1.45pm or the third Thursday at 1.30pm, we'd love to see you.

For further information contact Edna Snaith on 07789 662694.



WALK FOR PARKINSON'S

Ashton Court Estate

Bristol

Sunday 29 September 2019

Join this walk and unite with thousands of people across the UK.
Every step will take us closer to a cure.

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JOIN US.



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 puplis 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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Community Noticeboard

For free listings contact community@mattersmagazines.co.uk

Winterbourne & District Flower Arrangement Society

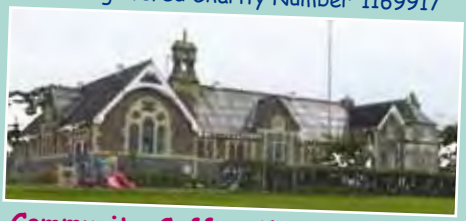
We would love to welcome new members and visitors. Our meetings are held at St Michaels Room, High Street, Winterbourne 7.30pm start, with doors open from 7.00pm.

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 2019

Held in the Jubilee Room on the third Thursday monthly, 10am to 12noon (excluding August and Dec).

19th September in aid of Macmillan

17th October in aid of the Manor Hall at Coalpit Heath CIO

21st November in aid of Time 4 Carers

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

Wednesday 18 September 2019, 7.30pm

'The Avon Valley Copper and Brass Industry, from it's peak of production to it's final demise'

A talk given by Tony Coverdale.

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

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

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.

Chepstow Show

Sat. August 10th 2019

CHEPSTOW SHOW

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



CAN YOU HELP?

37 Squadron Air Cadets based in Frampton Cotterell are in desperate need of members for our Civilian Committee.

We need a secretary and committee members, to help keep our squadron of young people going. It is part of the constitutional rules that each squadron must have a full committee, or be forced to close.

The meetings are on a Monday or Thursday evening and take place four times a year. Please if you feel that you can give time to help the squadron, which has been helping young people in the community to be achieve great things for 26 years, then contact

Flying Officer Paul Sambrook on 07527511854

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.

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

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

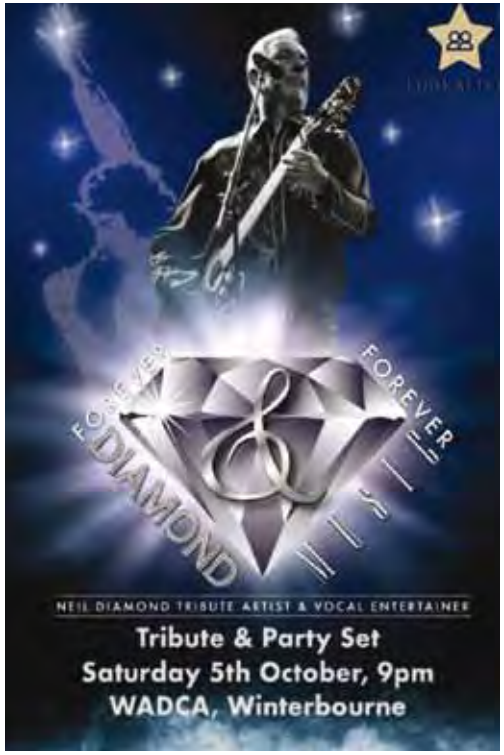


Frampton Cotterell Male Voice Choir is growing strongly

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




From this ...


to this...in just over 3 months!

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 BS36 2HY. No prior singing experience is necessary, there's no need to be able to read music and there's definitely no scary audition!

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.fcmvc@gmail.com or 01179092510 if they have any questions. There is also more information at www.fcmvc.co.uk

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email: adrian@hardstaxservices.co.uk

Dog Days of Summer

Dear Friends

August, ahh! Like many others, I have childhood memories of August that only ever involve amazingly hot and never-ending sunny days. A time when we roamed free, the sun never set, and the dogs always lay around listlessly, soaking up the warmth and energy of the sun. We were in what were called the 'dog days of summer', and as kids we simply associated the name our parents gave this time of year with the inactivity of man's best friend, and the summer heat. Of course, originally, the phrase had nothing to do with hot canines, with or without onions. It was all about what people saw happening above them, because the 'dog days of summer' refer to the dog star Sirius and its position in the sky, or should I say, the heavens, in summer.

For the ancient Greeks and Romans, the hottest days of summer, coincided with the time that Sirius begins to rise just before the sun, from late July through August, and this is why they referred to summer as the 'dog days'. Of course, we now know that the occurrence of this phenomenon changes in time, depending on latitude and other factors, but it is nevertheless why the ancient Greeks and Romans, and many people today, refer to the July through August period as the 'dog days of Summer'.

For us, these warm, sultry, and pleasant 'dog' days are not only a time to consider the wit of ancient Greek astronomers, they are also an opportunity to consider the wonder of what some 'God days' might mean to us, as we relax and enjoy the sun.

For many people, the major times for the church are Easter and Christmas, but one of our major Christian festivals, the transfiguration of Christ, occurs during August, a real 'God day' in the 'dog days'. This celebrates the time when Jesus took Peter, John and James up the mountain to pray and while they were praying Christ's appearance changed, he shone, his clothes became dazzling white, and both Moses and Elijah appeared in order to speak with him. It marks the moment for Peter, John and James when their relationship with Jesus changed forever. He was transfigured and they were transformed. And God spoke to them saying: "This is my son, my chosen, listen to him". And, for the sake of our planet and ourselves, we should too!

We should listen because we can all be participants in the wonderful transformations that God can reveal, because the 'transfiguration' isn't just something that was a once and only event some 2,000 years ago, and it wasn't something that only ever happened to Jesus. It is something that is available to each one of us. It is part of our transformation when we understand what God can do for us, and for the world. I have seen it in the light that suddenly goes on in someone's eyes when they see their child, or grandchild for the very first time, when couples are committing themselves to a life together, when someone really gets to understand what faith in God means to them and how much it enlivens and changes their lives – because faith brings freedom, not burdens. God wants each of us to be transfigured by faith.

So, in the God days of the dog days – may peace and every blessing be upon you,

Bob Conway, Associate Minister

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: carlalash@gmail.com

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Church Service in Hall @ 9.15am

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Saturday 22 September

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



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 Solar Farm for an afternoon nature adventure. Suitable for primary aged children (younger siblings welcome free of charge but the terrain is not suitable for 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,** collect natural materials and create your own piece of art.

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 prowl and bat walk) and 30 October.

www.avonwildlifetrust.org.uk/whats-on

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St Saviours Church, Coalpit Heath Church Events



Butterflies Babes and Toddlers Group Looking for something to entertain your baby or toddler? We are a friendly and welcoming group and would love to see you. It's £3 per family, pay as you go during school term only. Plenty of toys, dressing up, book corner and song time. Mondays, 10–11.30am in the Church Hall, Beesemore 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 – 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.

Horticultural Show, Saturday 7 September – Flowers exhibits, all different types of vegetables and fruit, photographic and visual art, handicraft, needlework, cakes and sponges and much more! Please contact the show secretary Mrs K Bidwell on 0789 1 470 535 for more information or if you would like to enter one or more competitions.



Special Service – 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**

Frampton Cotterell & Coalpit Heath Village Diary

South Gloucestershire Mining Sites open for 2019 Heritage Open Days



Brandy Bottom Colliery, Pucklechurch

Beside Avon Cycle Path 410, near Coxgrove Hill, Pucklechurch.

Saturday 14 September **10.30am – 3.30pm**
Sunday 15 September **10.30am – 3.30 pm**

Brandy Bottom Colliery is the site of a 19th century steam-powered colliery and is a Scheduled Ancient Monument. The fabric of the buildings is being restored by the AIBT; there will be guided tours starting every half hour covering the history and the layout of the site.

Limited wheelchair access with steep slopes, rough ground and steps. Please wear sensible shoes. Children and dogs must be supervised.

www.aibt.org/brandy-bottom.html



Ram Hill Colliery, near Coalpit Heath

Opposite 1 Railway Cottages, Broad Lane, Coalpit Heath, BS36 2TY.

Sunday 15 September **10.30am – 4.30pm**

Remains of a 19th century coal mine including engine house, horse gin and Dramway terminus. Ram Hill Colliery is a historic open site registered with Heritage England.

Wheelchair access to most of the site. Limited car parking by the side of Christmas Cottage. Care needs to be taken under foot. Please wear sensible shoes. Children and dogs must be supervised. Refreshments available.

www.tinyurl.com/ramhillinfo

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.

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.

September 2019

Tues 3 – Village walks, start at St Peters Church, 10.30am. Riverside stroll up to 1.5 miles or walk 3 miles Frome Valley & Algars Manor.

Wed 4 – Coffee Morning, Salem, Watleys End, 10–11.30am. All welcome.

Wed 4 – Wellbeing Friends, WADCA 1.45–3.45pm. £3. A group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. Info, T: 07789 662694.

Wed 4 – Coalpit Heath WI, 7.45pm, St Saviours Church Hall, T: 07935 071291/ E: carolinemjohnston@hotmail.com. Visitors always welcome!

Fri 6 – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 E: crossbowhouse@gmail.com.

Sat 7 – Table Top Sale, St Peters, 2–4pm. 50p entry. Tables £5. T: 07912 564458.

Sat 7 – Barn Dance with Mad Hatters Band, WADCA, 8pm. Caller tells you steps if you want to dance. All ages/experience. Tickets £7.50 (early bird £5). T: 01454 776268 or www.Ticketsource.co.uk or E: ca.winterbourne@gmail.com.

Tue 10 – Community Coffee Morning, WADCA, 11am– 12.30. All welcome.

Tue 10 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. T: 01454 777664.

Wed 11 – Frampton Singalong's 3rd Birthday, Crossbow House, 2–3.30pm. £3 includes tea, cakes, fruit. Favourite songs, live music and sitting exercises. All welcome, no voice needed! T: Hilary Jay 07515 351813 / E: hilary.coach@icloud.com.

Wed 11 – 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 13 – Frampton Folk club, Crossbow, School Rd, 8pm-11pm. £2. Acoustic music club. Play, sing, listen. Tel: Andrew 07974 151437 andrew.edgington77@gmail.com

Sat 14 & Sun 15 – Heritage Open Days, Winterbourne Medieval Barn, 10am–2pm. Free entry. Project update, Children's craft activities and Barn Sounds audio installation.

Sun 15 – Watermore School 10K Race. Followed by BBQ and Rainbow Run at 1.30pm.

Tue 17 – Hard Hat Tours, Winterbourne Medieval Barn, 2pm. See the restoration works. FREE but pre-book online at Ticketsource.co.uk / www.WinterbourneBarn.org.uk.

Wed 18 – FC & District Local History Society, Zion Hall, 7.30pm. £4 incl light refreshments. Members free (£15pa).

Thur 19 – Manor Hall community coffee mornings, 10am–12.00 noon. In aid of Macmillan. Sponsored by NISA. Alison Allan T: 07873 747513 for more details.

Thur 19 – Wellbeing Friends, WADCA 1.30–3.30pm. £3. A group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. Info,T: 07789 662694.

Fri 20 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Sat 21 – Basket weaving workshop, Winterbourne Medieval Barn, 10am–4pm. £49. Book online on Ticketsource.co.uk / more info www.WinterbourneBarn.org.uk

Tue 24 – Friendship & Dance, The Miners, Coalpit Health, BS36 2QB. 2–4pm. £4 incl social break with refreshments. Friendship and Circle Dance for over 50s, no partner needed. Gentle exercise, easy dances, live music. Lovely wooden dance floor. Beginners/improvers welcome. T: Hilary 07515 351 813 E: hilary.coach@icloud.com.

Tue 24 – Frampton Cotterell WI, St Peters Hall, School Road, 7.45–10pm. £2.50. T: 01454 773426.

Wed 25 – 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 28 – Talk: Apples of Yesteryear, Winterbourne Medieval Barn, 2–4pm. £5. Hear about apple varieties and where they come from in history. Book online at Ticketsource.co.uk More information www.WinterbourneBarn.org.uk.





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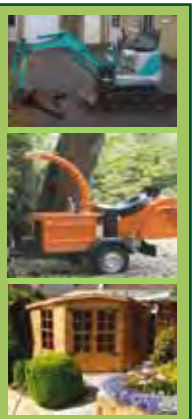
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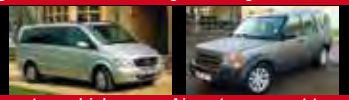
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Index of Local Advertisers

Aerials
A1 Aerials 43
Dan Grace Aerials 16,40
M D Aerials 38

Accountants & Tax Services
Hards Tax Services 13

Barbers
Woody's Barber Shop 15

Bathrooms / Fitting
Inspired Bathrooms 45

Bicycle Repair
Rule 4 Cycles 15

Blinds/Curtains
Harmony Blinds of Bristol 47
The Curtain Company 44

Builders / Groundwork/Property svcs
A E Rollin Builder 44
Beaufort Property Maintenance 43
Colin Yeend Prop Development 39
CWG Design & Build Limited 40

Butchers
Molesworth 8

Cakes / cooking
Medway Designs 44

Carpet & Upholstery Cleaners
Bonne Fresh Clean 42

Car / Motorbike- Repair / Valet / MOT
Bailey Valeting 41
Dingmaster 41
Frampton Garage 41
LCM Automotive 13

Catering – Event / Festival / Wedding
Vintage Box 23

Child Care / Holiday clubs
Oscars pre school/Holiday club 28
Silver Stars Day Nursery 4

Cleaning & Domestic Services
Clover Ovenclean 42
Elite Hygiene Services 42
Liza & Sharon Domestic Cleaner 29

Complementary / Holistic Therapies
Anthony Maxom Counsellor 33
Catherine Smart Hypnotherapy 33
Just You Holistics 19
Osteomyologist – Dawn Clode 33

Computer services: IT – Repair/help
Frampton Cotterell Computer group 26

Counselling
Anthony Maxom Counsellor 33

Craft/Design/Workshops
Plentiful Crafting – Papercrafter / designer / classes 7

Dentists
Frampton Dental Practice 6

Electrician
Gary Smart 39
Millard Electrical services 45

Electrical Appliance Repairs
DC-R domestic appliance repairs 42

Estate Agents / Property Letting
Bundy and Bond Estate Agents 1,3

Fire & Stoves Installation/Sale
Felthams Fires & Flues Ltd 22

Footcare
IMS Footcare 19

Foster Care Services
Capstone Fostering 9

Gardens / Garden Maintenance
CJP 40
Colour Fence 2

Garment Printing / Embroidery
Tayz Printing and Embroidery 13

Hair / Beauty / Massage
Beauty Plus 19
Lisa hairstylist – Mobile Hairdresser 10

Handyman Services
J A Property Services 45

Health Clubs
Nuffield Health 32

Home Improvements
Colour Fence 2
Fascialift 45
Southern Plasticad 48

Insurance
Ashley Rodwell Insurance 20

Kitchen Refurbishment
Dream Doors 17

Locksmith
Keymaster 44
Lock Stuck and Barrels 42

Mobility Solutions
Brookfield Mobility Solutions 27

Music Festivals
Castell Roc Festival 2019 14

Opticians
Mike Harbord Opticians 21
Spec Savers 7

Painter / Decorator / Tiler
South Gloss decorator 38
Taylor Carr Painting & Decorating 38

Pest Control
Professional Pest Control 39

Pets
Bubbles dogwash 26
Ringcraft Club 35

Planning
Taylor Cole Planning Specialist 39

Plumbing / Heating engineers
AK Plumbing 43
Gregor Heating 1
Home Care Plumbing 38
Low Cost Plumbing 39
Peter Ryecroft Plumbing/Heating 43
WJM Plumbing/Tiling 38

Pubs / Restaurants
The Globe 15

Roller Shutter Doors (Garage)
Garolla 41

Roofing
Coverall Roofing 43
Rooftech 45
Weatherite Roofing 38

Security
Technisys - Home Alarm Systems 39

Schooling / Tuition / Courses
Oscars pre school/Holiday club 28
St John's on-the-Hill 9
Winterbourne Academy 18

Sewing Alterations
Medway Designs 44

Shopping Centres
Willow Brook Centre 10,11

Slimming Clubs
Slimming World 6

Stairlifts
Thornbury stairlifts 42

Swimming – Lessons / Pool
Puddleducks – Baby, Pre-school, Child lessons 5
Winterbourne Academy pool 18

Taxi Service
Avanti Cars 40
Frampton Taxis 40

Web Design
Issy Dennis – Web Design 5

Windows/Conservatories & Doors
Brunel Garage doors sales/repair 40
Southern Plasticad 48

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