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Matters

Dec 2019



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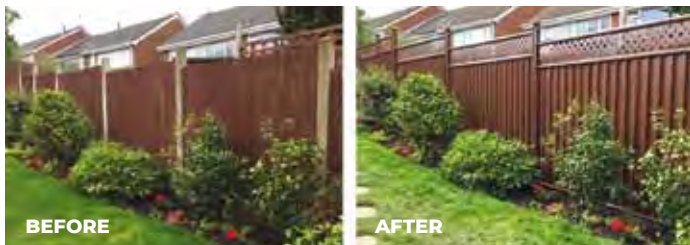
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Dear Residents,

As you can see by the front cover, panto season is here! Do join the Winterbourne Musical Theatre as they perform Treasure Island, at the Winterbourne & District Community Association (WADCA) this December.

Our centre pages are dedicated to all the local Christmas carol and church services taking place to celebrate this special time of year, along with a seasonal message, thank to Revd Malcolm Strange.

You will find details of more local festive events taking place on the Community Notice board and Village Diary pages. The Crib & Christmas Tree Festival at St Peter's Church, Frampton Cotterell promises a range of live music.

We are delighted to bring you a report on the 2019 Village Scarecrow Trail, this year the theme was local author Dick-King Smith.

community@mattersmagazines.co.uk

The wonderful variety of creative entries were not only enjoyed by local families, Dick-King Smith's daughter - Juliet came to visit the trail and was most impressed. Juliet spent the whole day touring her childhood neighbourhood, as well as taking the time to read some of her father's stories to delighted children at Manor Hall. The renovations at Winterbourne Medieval Barn continue to go well, with re-opening planned for late spring 2020. They are still running many fantastic community events for all to enjoy.

We are pleased to bring you reports from the Floral Friends of Frampton, local WI's, Winterbourne Library, Elm Park and St Michael's schools, Frampton RFC and more - enjoy the read!

We hope you enjoy a wonderful festive season, **Kerry & Jaci X**



From left: Michael, Fran, Tina, Jane, Mary and Maggie
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News from St Michael's Primary School

The children of St Michael's Primary School returned after the half term with enthusiasm, passion and a desire to learn. On their return, our Year 5 pupils traded their red uniforms to dress as Anglo-Saxons and Vikings to launch and celebrate their topic learning this term.

The horned helmets, tunics and faux fur capes were even accessorised with prop shields, axes, spears and swords. An excellent effort made by our children and their families!

To celebrate the ancient history of Britain, the children explored the invasion of our island by the Anglo-Saxons using maps and named themselves as Saxon children for the day. The year group took part in many workshops: creating and being entertained by riddles; decoding and writing secret messages in ancient runes; developing their weaving skills and taking part in an Anglo-Saxon dance – where their teamwork skills were really challenged. To complete their day, the children were introduced to the story of Beowulf and his defeat of the monster Grendel. The day was enjoyed by all and has created a buzz for what learning is still to come!

Our reception children were lucky to be visited by the local fire service as part of their 'People who help us' topic. Jason the fireman showed the class his fire engine and explained that it could hold up to twenty bath tubs full of water! He showed the children the flashing blue lights and they covered their ears and grinned widely as he put the siren on!

The children were also visited by our local PCSO and police officer – who explained that police officers are there to help us if we are in need. The officers told the children all about police animals and how to stay safe when travelling in the car. They encouraged the children to wave and say hello if they see them out and about and kindly brought along lots of goodies for the children.



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Saturday - 9am - 4pm Sunday CLOSED

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1st – The Adventurous Snail



2nd – Aristotle the Witch



3rd – The Water Horse.

Honouring local author Dick King Smith with the 2019 Village Scarecrow Trail

October 2019 was the fifth year of the Frampton Cotterell Scarecrow Trail. This year, the chosen theme was characters from the stories by Dick King-Smith. This echoed the decision of the parish council to commemorate the famous author who lived and farmed in the village for many years. Dick King-Smith immortalised many of the animals from his farm and the surrounding countryside in his work.

The standard of the entries this year was very high, but the following were voted the winners by the public – 1st – *The Adventurous Snail*, 2nd – *Aristotle the Witch*, 3rd – *The Water Horse*.

Juliet King-Smith visit

On Wednesday 30th October, residents of Frampton Cotterell and Coalpit Heath were able to truly express and honour the memory of our distinguished historic celebrity, author Dick King-Smith. His daughter, Juliet King-Smith, kindly travelled to visit us and spent the whole day here, she had a very busy itinerary. Throughout the morning, Juliet walked around the scarecrow trail and enjoyed seeing all the characters from her father's book in scarecrow form. Juliet's face lit up when she saw the scarecrows. Later, Juliet enjoyed a tasty lunch in a local cafe, walked around old countryside haunts and met residents. After lunch, Juliet travelled over to the Manor Hall in Coalpit Heath for a meet and greet. Juliet spent time with each visitor for a chat and a coffee before signing books written by her father. The afternoon was finished off with Juliet reading a series of short stories by Dick King-Smith aloud to the children. Juliet was so engaging and had all the little ones enthralled by the stories!

In 2020, there will be another scarecrow trail organised by the parish council in October half term. If you have any suggestions for a theme, please contact the Bickeridge centre. We would love to hear your ideas!

Tel. 01454 864442 | Email: office@framptoncotterell-pc.gov.uk

Words thanks to Stella Beecher and images thanks to Stella & Village Action.

"Thanks for a terrific day. It was so nice to be in Coalpit Heath again. I loved the brilliantly-imaginative scarecrows and am composing an email about the competition and the proposed commemorative sculpture to interested members of the family, to let them know how you and your community are keeping Dad's name in the public eye – well done!"

Juliet King-Smith



Juliet with The Sheep Pig scarecrow



Shopmobility South Glos in Yate Shopping Centre has increased opening hours to help more users access the scheme

Based in the Library building in West Walk, Yate Shopping Centre, BS37 4AX, the service provides mobility scooter and wheelchair hire on a daily and longer term basis

New Opening Hours:

9.30am to 4pm Tuesday, Thursday and Friday
9.30am-2pm on Saturday.

Please contact the scheme at -
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Winterbourne
Academy



Events at Winterbourne Library

For Christmas Opening Hours please go to
www.southglos.gov.uk/libraries or pick up a
flyer in any South Gloucestershire Library

Staffed Times – Tues: 10am–5pm / Weds: 10am–
5pm. Fri: 10am–5pm / Sat: 9.30am–12.30pm.

Open Access (Unstaffed) – 8.30am–7.30pm –
Everyday (apart from Christmas day). If you register
your card for our new Open Access system, and
attend an induction, you'll be able to access library
facilities throughout the week. You can borrow and
return books and use the computers. Speak to a
member of staff for more details.

Rhymetime: Rhymes and songs for parents and
babies/toddlers to enjoy together. **Every Tuesday
morning 10.30–11.00am.**

Pre School Storytime: Join us for stories and a
simple craft. **Every Wednesday 10.30–11am.**

**Duplo Club: Saturday 28 December, 10.30–
11.30am.** Suitable for pre-school, children must be
accompanied by an adult. Free event – no booking
required.

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 **21 December,
10.30–11.30am.** Free event – no booking required.

'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 14 and
28 December, 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.

**Free Holiday Drop in – Chilly Crafts, Friday 3
January, 10.30–12 noon.** Suitable for ages 4–10.

**Christmas Singalong – Friday 6 December,
2–3pm.** Join us for a festive family singalong.
Suitable for all ages, refreshments provided. To
book your place speak to a member of staff.

T: 01454 868006

E: winterbourne.library@southglos.gov.uk

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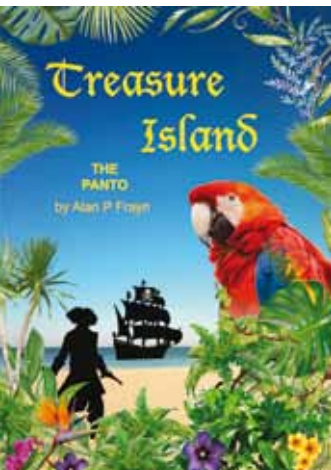
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Treasure Island comes to WADCA



Winterbourne Musical Theatre group look forward to performing the pantomime *Treasure Island*, by Alan P Frayn, with Stage Right Creative Ltd this December.

It's 1763 on the dockside in Bristol, and Long John Silver plots with his pirates to find lost treasure:

*"Fifteen men on a dead man's chest,
Yo ho ho and a bottle of rum! Drink*

and the devil had done for the rest, Yo ho ho and a bottle of rum!"

Fifteen men went ashore with that gold in 1758, but only Captain Flint returned... and with a map.

"Dead men tell no tales and there's an end to it" says he. But the very next year old Flinty went down with 'is ship to Davy Jones's Locker... and no-one knows to this day what became of 'is map!

Robert Louis Stevenson's *Treasure Island* is one of the greatest and most famous adventure stories ever written. This production by Alan P Frayn brings Stevenson's tale well and truly into the world of pantomime, with comedy-packed dialogue and a little harmless innuendo for the adults, well-known songs, and traditional characters including the pantomime Dame. Audience members, especially children, are invited to come dressed as pirates if they wish. There will be lots of fun for all ages.

The panto runs at 7.30pm for three nights from Wednesday 4 December to Friday 6 December at Winterbourne Community Centre (WADCA), Watleys End Road, BS36 1QG, and there are two performances on Saturday 7 December, at 1pm and 6pm.

*"So ahoy there me shipmates and welcome aboard!
Come with us to places as yet unexplored.
On this expedition there's one thing assured –
That excitement and laughter will be your reward.
So put on your lifebelts, let's set things in motion,
And sail on our voyage to lands 'cross the ocean.
Together we'll share in adventure and pleasure,
This story of piracy, romance ... and treasure!"*

Tickets cost £10, call the box office on: 01454 317408.

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News from Winterbourne Evening WI

At the beginning of October Susan Marshfield organised a visit by coach to the Silk Mill near Newbury, one of the few still working today, although mainly as a museum and demonstrations of silk weaving. We spent several hours walking round the mill and watching the looms still powered by the large water wheel. After seeing how labour intensive it is to weave the silk it is easy to understand why the silk products are so expensive. Our coach then took us to Winchester for lunch and a few hours to explore this beautiful city.

At our October meeting, which was also our 63rd birthday party we enjoyed a lovely cake and glass of wine. Our Speaker was Sarah Harris who talked about the History of the wool trade in Bristol.

Back in the Middle Ages British wool was highly sought after and was exported to France and Belgium as fleeces and then reimported after it had been processed into wool. Eventually we started processing our own wool to avoid paying a 10% tax which had been introduced on the export of fleeces to Europe. The wool

from sheep grazed in the Cotswolds was especially fine and a large wool industry set up in the centre of Bristol. This was later moved out of the centre as residents complained about the very smelly process which involved fermenting urine! Sarah was thanked for her interesting talk by Emilie Smith.

At time of writing we are looking forward to our next outing in November to Abbey Cwm Hir in Wales to take a tour of the 52 rooms lavishly decorated for Christmas. What a treat in store. We have been told to take our slippers as outdoor shoes are not permitted in the house!

At our next meeting we will be having a craft evening to make Christmas decorations and it is also our AGM.

If you would like to come along as a visitor for this or any other meeting you can be sure of a very warm welcome. **We meet on the second Thursday of every month, except August, at the St Michael's Rooms, High Street, Winterbourne at 7.30pm.** If you would like any further information please telephone 01454 772816.



News from Frampton Cotterell WI

Our September event was a Zumba talk and workshop lead by the inspirational Karen Davis, who runs popular dance and Zumba classes for all ages in Winterbourne and Wick – her clients range from age 4 to 94! Several of our members attend Karen's classes on a regular basis and really enjoy them. Everyone pitched in and had a go – it was great fun! As well as running a number of local classes, Karen also gives free sessions for cancer patients and often runs fundraising events for local charities, including Flamingo Chicks which gives disabled and unwell children access to free dance classes.

At our October meeting we all enjoyed getting Crafty! Members had a wonderful time sharing their skills and having a go at jewellery-making, crochet, knitting, quilting and felting. There was also member's stalls showcasing hand-made jewellery, Christmas cards, decorations and gifts, so there was plenty of inspiration for Christmas gifts.

There is a Bingo night coming up in December and the Annual Meeting will be held on 26 November at St. Peter's Hall. Regional events to look forward to include a Home Skills and Gardening event in Chipping Sodbury towards the end of November and the annual Christmas Carol Service at St. Mary Redcliffe in December.

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.



News from Coalpit Heath WI

Another successful year at Coalpit Heath WI was summarised at our AGM, then the current committee members were thanked for all their work and were re-elected along with two additional members.

Members were reminded of all the events and activities coming up during the rest of November and December. There is a craft evening to provide

us with tree decorations for the Tree festival at St Peter's and items for our stall at the St Saviour's Church Fair. There is also a Christmas meals to look forward to and a trip to Worcester Christmas market. Finally we have our service of Carols and Poems in St Saviour's church on December 11th at 7.30pm,

where mince pies and mulled wine will be served. The collection will be shared between the church and a nominated charity.

After the formal part of our meeting members were then invited to a blind tasting of Christmas food items from three supermarkets, Lidl, Tesco and Marks and Spencer. Samples of Christmas cake, Stollen, Mince pies, cheese and biscuits and crisps were offered, sampled and scored before the prices and supermarket origin of each item were revealed. There were some surprises!

Our December meeting will be a demonstration of a Christmas floral decoration with the opportunity to make our own.

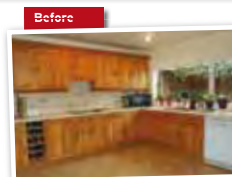
If you are interested in coming along we meet in St Saviour's church hall on the first Wednesday of every month at 7.45pm. To see what else we are doing please search for our FaceBook page: @WICoalpitHeath.

We will have a new programme of events in January, please note our first meeting will be on 8th January 2020.



Coalpit Heath WI enjoyed entering Emily from Emily's legs in the 2019 Scarecrow trail.

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Winterbourne's Medieval Barn – News & Events

Redevelopment Project

The Trust is now two-thirds of the way through its major refurbishment project in conjunction with the Heritage Lottery Fund. Despite delays caused by the weather and nesting birds, the project is still running on time and Winterbourne Medieval Barn Trust (WMBT) is beginning to think about re-opening the Barn for events in the late spring of 2020.

In the Medieval Barn the walls have been lime-washed to lighten and brighten the space, and under-floor heating has been installed to take the chill off your feet if you are sat still. This will allow the barn to be used in comfort for more months in the year. Full-blown modern heating systems cannot be installed as they would damage the historic wooden roof timbers.

The West Barn has been transformed from a dilapidated old ruin, into a useful and flexible space. An upstairs floor has now gone in, and partition walls are dividing the barn into seminar rooms, a kitchen, and new toilets. Work has also begun on an interpretation gallery which will link the Medieval Barn to the West Barn, proving direct access between the two without going outdoors.

Across the yard, the cow byres have been extended and re-roofed, and internal work will soon be complete, making them into modern artisan workshop spaces. Potential workshop tenants will be able to view the new units shortly.

WMBT is now recruiting for a part-time Business and Development Manager to start in 2020. This exciting new post is for 22.5 hours to be worked flexibly over 4 days a week, with some additional hours and weekends at times. The person will manage a small team of staff and volunteers, and will work with the Trustees to develop and deliver the business plan and longer-term objectives of the Trust, and actively seek out new revenue opportunities. Anyone interested in this post should visit the Barn website for full details. The closing date for applications is 9 December.

Events and activities

Until the main barn re-opens in 2020, talks and hands-on workshops will continue in the Cartshed (heated!) through the winter months. Tickets are still available for the following below.



Fabric Christmas Wreath-making Workshop – Sat 7 Dec, 10am–12.30pm – Get crafty with Amy from Bath Artist Studios. Create a fabulous fabric Christmas wreath using festive textiles and embellishments. Cost £30. Pre-booking essential.

Talk: The Twelve Plants of Christmas – Sat 14 December, 2–4pm. A fun, informative talk with Julie Henderson looking at some of the folklore, history, botany, horticulture and interesting facts behind the plants which make up our Christmas festivities. £5.



Apple Grafting Workshop – Sat 22 February 2020, 10am–4pm – Learn why and how to graft apple trees under the expert tuition of Ben Raskin of the Soil Association. Make

three newly-grafted apple trees to take home. Cost £45 includes full tuition, three rootstocks and wood to graft, plus tea, coffee and biscuits during the day. This could make a great Christmas present for a keen gardener.

Bookings can be made online at [Ticketsource.co.uk](https://www.ticketsource.co.uk) – just search for 'Winterbourne'. There may be some tickets available on the door for talks, although this cannot be guaranteed.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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

Rebuilding Elm Park Primary School

Designs for a new 210 place (1 form of entry) primary school on the existing school site at Elm Park are now well under way, to replace the now dated old school buildings, which require significant and on-going annual capital investment to maintain.

The footprint of the new school will be adjacent to the existing school, where the staff car-park currently is, which will then allow for the demolition of the old buildings upon completion of the new ones.

The new plans, unveiled to the school, parents and the community just this month, show a new building tailored to the Elm Park theme, with a view to also making the new school facilities available for community use.

The Council is continuing to work with Staff and School Governors at Elm Park to make sure that the existing school stays in good repair during the construction of the new one.

Works have been carried out to the roof, storm drainage, external doors and boundary fences to make sure that the school remains in good order for the staff and pupils until the new school is completed.

The school staff and governors are working closely with the project team from the Council's Property Services Team to create a new school that the school and the wider community can be proud of.


The current building programme would enable the new intake in September 2021 to be the first children to benefit from the new school. Admissions for the next school year are open until early January 2020 and can be accessed from the website: <https://www.southglos.gov.uk/education-and-learning/schools-and-education/school-admissions/apply-online-for-a-school-place/>.

For more information regarding school admissions to Elm Park, to have a look around, and to see more of the plans for the new school, please contact the school directly.




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Renewed Partnership at local Woodlands

Two local woodlands, Sims Hill Woodland and Splatts Abbey Wood, have renewed their partnership and are looking forward to working together again.

The Splatts Abbey Wood Conservation Group has been going for many years and is responsible for the historic woodland sited between the MoD and the UWE. It can trace the wood's roots back centuries. It's committee currently has members of the public and representatives from other bodies on it. The Splatts Abbey Wood group can be contacted at its email: splattsabw@gmail.com

The Sims' Hill Community Woodland Committee manages Sims' Hill Community Woodland and seeks to provide environmental and social benefits to local residents, businesses and visitors. The Sims Hill Woodland runs around the edge of the Bristol Business Park, (which sits opposite the UWE) and extends into the Winterbourne Parish Council Area. The Sims Hill Woodland Community Woodland can be contacted at: simshillcw@gmail.com

Splatts Abbey wood and Sims Hill wood also work with others, including South Gloucestershire Council and with UWE Student volunteers, who help to maintain the woodlands.

David Bell, Chairman of the Splatts Abbey Wood Conservation Group said: - *"The two woodlands and other partners have worked very well together to help maintain them, and to increase access for the public. We are delighted with our partnership working which benefits everybody."*

Dr Frank Ashwood, Chair of Sims Hill Community Woodland Management Committee. *"The Sims Hill Community Woodland Management Committee are delighted to be back in touch with Splatts Abbey Wood Conservation Group. We look forward to working closely together and with other partners, to manage the woodlands for all visitors to enjoy"*.

Several Splatts Committee members have won the prestigious South Gloucestershire Council Chair's Awards for their volunteering; - Fred Hillberg, Andy Ward, UWE Greenspace (student volunteers), David Bell.



Representatives of Splatts Abbey Wood and Sims Hill Wood after a recent meeting at UWE. From left to right Jenny James; Fred Hillberg, Andy Ward; David Bell; Frank Ashwood

News from the Floral Friends of Frampton



Sophie's Snail Scarecrow – Sophie and her snail represented Floral Friends in the village scarecrow trail over half-term. She is from Dick King-Smith's popular children's story Sophie's Snail.

Sophie, unlike most gardeners, loves snails. We're hoping they stay with her rather than eat the plants in our winter displays!



Winter Displays – Floral Friends have been busy changing the seasonal planter displays. Summer bedding has been removed and winter/spring flowering plants like heather, polyanthus and violas have been planted, along with mini daffodil bulbs to add colour and brighten up the dull days of winter and give us all something to look forward to in the Spring!



Triangle Tidy Up – Floral Friends braved the dismal weather earlier this month to tidy up the Triangle area opposite the Rising Sun. The wild flowers have

now died down and their seed has been scattered for a repeat display next year. Verbena bonariensis plants, kindly donated by a local resident, have been planted for a lovely display next year. The area already looks much better and another tidy up session is planned for later in the Autumn.

Sustainable Gateway Planting – This Autumn Floral Friends are replacing the summer wild flower displays in the gateway planters with small shrubs



and perennials for more sustainability and to improve the environment for wildlife. Wallflowers and spring bulbs will add seasonal colour and interest. Selected plants include Heuchera, Euonymus and Tiarella.

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>.

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News from WADCA (Winterbourne & District Community Association)

Glorious sun shone on WADCA for Apple Day!

In October, hundreds of folk visited the community centre to enjoy a relaxed day of old-fashioned family fun and food, and to see what WADCA has to offer.

Children enjoyed fairground rides, apple-bobbing, splat-the-rat, archery, and traditional stalls like name the teddy and guess the number of sweets in the jar. Adults tried to guess the number of grains of rice in the bottle to win the pink gin! There were fabulous roast pork rolls and cider, as well as tea and cake, a raffle with dozens of prizes donated by local businesses, opportunities to 'have a go' at skittles, punch-bag and short matt bowls, and a full day of entertainment from Winterbourne Musical Theatre, the Frampton Shantymen, Redds dance school, Bradley Stoke Radio, and the excellent Balkany Band.

It was wonderful to have so many families in the Centre enjoying a day out, and WADCA hopes they will come back and try some of the many varied groups, sports, and activities that take place regularly at the centre. The halls, skittle alley and other rooms are also available for private hire to WADCA members, and membership is just £8 a year.

There are still a few tickets left for fabulous local ska band **NUTTYness, a Madness tribute band**, at WADCA on **Saturday 14th December** from 8.30pm. Tickets are £10 in advance from Ticketsource.co.uk.

This year **WADCA will be serving Christmas dinners for people who live alone or who would like company on Christmas Day**. The traditional full Christmas meal costs £30, complete with plastic-free crackers! Advanced booking is essential. For bookings or more information please contact Kelly on 07972 821508 or email WADCA.

Looking for a new challenge for next year?

Chairman of WADCA, Mavis Campbell, will be stepping down in the spring, so WADCA is looking for a successor to take on the leadership of this vibrant community centre. They would love to find someone to start shadowing Mavis for the next few months with a view to taking over the role in March 2020.

suit someone recently retired who is looking for a new community project. The person will be 'the face of WADCA', managing a small team of staff and volunteers, building community spirit, and having overall responsibility for the day to day running of the centre.

Being able to understand figures and budgets and get on with people is essential, and previous experience of managing staff or projects would be helpful. The person will need to live locally and be reasonably flexible on the times they can be in the centre. Training can be offered where required, and the current chairman is willing to work alongside her successor for a while to aid the handover. More details about the duties of chairman can be found on the WADCA website.

WADCA, Watleys End Road, Winterbourne BS36 1QG
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Who We Are

Established in Bristol in 1973, Henriques Griffiths are a community-focused law firm with over 45 years' experience helping our clients plan for the future. With offices in central Bristol and Winterbourne we aim to deliver excellent legal services within the local community.

Estate Administration

When a friend or family member dies, it can be a very distressing time. We have years of experience in applying for Probate and administering estates. Let us guide you through this difficult time. We can handle every aspect of the estate administration process on your behalf, including completing the Inheritance Tax return, obtaining the Grant of Probate and ultimately distributing the estate to the Beneficiaries:

- **No obligation** initial consultation
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Wills and Inheritance Tax

Without a valid Will, you risk your property being distributed according to the Rules of Intestacy, which may be completely at odds with your wishes. We offer practical legal advice, ensuring your final wishes are accurately recorded, your assets safeguarded, and your interests protected.

We can also assist you with Inheritance Tax planning, ensuring you understand and take advantage of the available Inheritance Tax allowances to preserve as much of your wealth as possible so it can be passed down to the next generation.

Pricing: standard Wills start from **£180 +VAT** or **£300 +VAT** for a mirror Will (for a couple).

Lasting Powers of Attorney

It can be difficult to imagine not having full mental capacity to make decisions for yourself, but many people do lose the ability to run their day to day lives and have to rely on others to manage their affairs. A Lasting Power of Attorney allows you to choose a trusted person to help you manage your finances and/or health and welfare if you become unable to do so in the future. We are highly experienced in supporting individuals and their loved ones with the issues surrounding mental capacity and can assist with drawing up a Lasting Power of Attorney and registering the same with the Court.

Pricing:

- 1 LPA: **£450 +VAT**
- 2 LPAs: **£650 + VAT**
- 4 LPAs: **£950 +VAT**

Disputed Wills

Nowadays disputes about a deceased person's final wishes are common amongst grieving loved ones. We'll provide sensitive and practical advice and help you resolve the matter as quickly and amicably as possible.

Get in touch to arrange your no obligation initial consultation



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



News from Winterbourne Down WI

Our Autumn meeting was chaired by Margaret Aspbury. After the business had taken place, Margaret welcomed Liz Ferguson, who lives in Hambrook and gave us a most interesting talk called 'Remember Me'.

One day while Liz was walking her dog, she stopped by the War Memorial and was intrigued by the 53 names of the men and soldiers who died in the First World War. She decided that she wanted to research and track down who these people were, what their livelihood was and where they had come from. It took her two visits, of two days each, to go to the cemeteries of The Battle Fields of Northern France, accompanied by her husband, to find the relevant graves and put a poppy on each one. Liz sourced information from local churches, schools and the Commonwealth Graves Commission.

Liz had a table showing us memorabilia from the First World War – photograph albums, knitted socks and scarves, painted eggs that were sent to London and then onward to the wounded soldiers in hospital, a brass Princess Mary Box which had inside a card and photo of her, plus a bullet pen, cigarettes and chocolate! Parish magazines from 1870 and blankets which were rented out during the winter months. We were told that women's groups

would make fruit cakes and Christmas puddings to be sent to the soldiers. A very interesting and poignant talk. Liz says it is a passion of hers to find out about the soldiers and would like to make a start on the 25 names on the Memorial from the Second World War!

At time of writing we are looking forward to welcoming Ian McGuire to our November meeting, who will be talking about the Conservation of the British Owl. In December Karen Beasley will be showing us how to make Wreath and Table Decorations.

We meet on the first Thursday of the month, 7.30pm, at Winterbourne Down Church Hall, BS36 1BX.



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Welcome to Scamps and Champs Bristol!

Hi, I'm Anne and I run the Bristol branch of Scamps and Champs dog walking and pet care services. I am delighted to be able to offer you high quality pet care to suit your needs.

I have always been around animals since childhood. Our pets have included dogs, cats, gerbils, hamsters, guinea pigs, a parrot and even two pet lambs. I have fond memories of all the good times spent with each of them and understand how important it is to be able to trust others to care for them. For the last few years I have been very lucky to have found someone who has home boarded my border terrier so that the rest of the family can go away on holiday. Knowing that Oscar is so well looked after when I am unable to be with him is essential. I absolutely love animals and know how important it is to provide the best care that they deserve, by the best possible individuals.

I have a background working in the NHS, but have taken the opportunity to be part of the Scamps and Champs family providing top quality pet care services to pets and their families in Bristol.

I have a fantastic team of pet carers able to provide all the undivided love, care and attention your pet deserves. Please get in touch to discuss how we could help with your pet care needs.

We are pleased to **offer readers a 10% discount as new clients** and **10% NHS discount applies to your first 3 service bookings**. So do get in touch soon!

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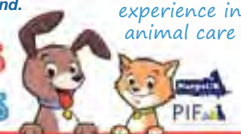
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CELEBRATE CHRISTMAS

ST MICHAEL'S WINTERBOURNE & ALL SAINTS' WINTERBOURNE DOWN

Sunday 15th December 3.30pm
CAROLS IN THE BARN "ON TOUR"
at St Michael's Primary School
Linden Close, BS36 1LG

Sunday 15 December 6pm
CAROL SERVICE at Bethesda

Sunday 22 December 3.30pm
CAROLS IN THE BARN "ON TOUR"
at St Michael's Church

Christmas Eve 6pm
CRIB SERVICE at All Saints

Christmas Eve 11.30pm
MIDNIGHT MASS at St Michael's

Christmas Day 9.15am
SAID COMMUNION at All Saints

Christmas Day 10.30am
FAMILY COMMUNION at St Michael's

ST JAMES THE LESS IRON ACTON

Sunday 15 December 6.30pm
CANDLELIT CAROLS

Christmas Eve 4pm
CRIB SERVICE

Christmas Eve 10.30pm
CANDLELIT COMMUNION

Christmas Day 9.30am
PARISH COMMUNION

ST PETER'S FRAMPTON COTTERELL

Sunday 8 December 4pm
CHRISTMAS TREE SERVICE

Sunday 22 December 6pm
CAROL SERVICE

Christmas Eve 4pm
CRIB SERVICE

Christmas Eve 11.30pm
MIDNIGHT MASS

Christmas Day 10.30am
FAMILY COMMUNION



CHRISTMAS MESSAGE

Dear Friends

As we move towards Advent and our preparations to celebrate that great Christian festival of Christmas, I have been reflecting on two recent events which I believe will have a true and lasting impact on us all on the Fromeside.

The first was our pilgrimage walk to Gloucester at the end of October. A hard core of 18 pilgrims journeying literally through the wind and the rain to walk 36 miles from St Peter's Frampton Cotterell

to St Peter's Cathedral Gloucester. Almost 40 people joined the journey at some point as we explored what it means for us as Christians to be open to God's call. We reflected on those moments of divine encounter when we bring to the cross times

when we have fallen short, when we proclaim the Incarnate Christ as our Lord and Saviour and then respond to his love in our love for each other as community, in particular our love for those on the margins. All this was achieved as we journeyed the pathways to Gloucester, stopping at numerous watering holes and pubs, encountering wonderful hospitality from the people we met, discovering the mystical interlocking of life's physical challenge, social engagement and spiritual encounter. All of which brought us closer together as a Christian community.

The second is our Benefice decision to set its priorities for the next 3 years, where we will strive together and as individual churches to focus on three key areas. Firstly, to engage with the missing generations, whom we have failed in our mission as church to truly share Christ's love in a relevant and engaging way. We are committed to encourage all, especially in our work with schools and families, to have a real and meaningful relationship with God's Son Jesus Christ, whose birth we celebrate in a couple of weeks' time. Secondly, we will strive to improve our ministry to and support of the lonely. A feature of modern society is that there are increasing numbers of old and younger people who feel a real sense of loneliness. As parishes we will be looking closely at all we can do to bring people together through a number of new initiatives. Finally, we will be developing our ministry of hospitality and welcome. Whilst we are a friendly bunch on the whole, we do need to constantly look at the example of Jesus in being totally inclusive and enabling people to feel a real sense of belonging when they engage and encounter church.

At Christmas we celebrate God with us in the birth of his son Jesus, a time when love abounds in divine extravagance! It is our call today as Christians to continue, through our faith and our actions, to make this love incarnate for all, a light of hope in a world of desperate need.

Revd Malcolm Strange
Rector of the Fromeside Benefice

ST SAVIOUR'S CHURCH COALPIT HEATH

Tuesday 3rd December
7pm, Big Sing at St Saviour's

Friday 22nd December
6pm, St Saviour's Carol service –
carols and readings.

Christmas Eve
5pm, Crib Service especially for young
families, with the Christmas story and
tableau in which all the youngsters can
take part.
11.30pm, Midnight Mass of Christmas

Christmas Day
10am, Christmas Family Eucharist

Sunday 12th January
6pm, Christingle service, for The
Children's Society (with candles,
oranges, sweets and lots of singing).

ZION UNITED CHURCH, FRAMPTON COTTERELL

Friday 22nd December
10.30am, Nativity Service
6pm, Carol Service

Christmas Eve
5pm, Family Carols
11.15pm, Midnight Service

Christmas Day
10.30am, Family Service
Everyone is welcome to these services.

Shopmobility South Glos based in Yate Shopping Centre would like to remind people of the scheme when planning their Christmas Shopping.

The service provides mobility scooter and wheelchair hire on a daily and longer term basis to help people who have limited mobility to retain their independence and to use the facilities of the centre and to access other services.

The scheme has been operational since 2006 and provides a vital service to its users helping to access the Shopping Centre and other services, and for social purposes too. The scheme's popular Project Manager Sheridan Crew is on hand to provide the necessary help and support.

The opening hours between Easter and Christmas will extend the hours from 2pm to 4pm on a Thursday. This will mean opening hours during the week will be 09.30 to 4pm on a Tuesday Thursday and Friday and until 2pm on a Saturday.

Shopmobility is also looking for more volunteers to help operate and promote the service. Please contact the scheme at 01454 868718 or 07999574474 or email shopmobilitysouthglos@yahoo.com and detail what you might be interested in doing, or request further information on the scheme.



Shopmobility South Glos Trustees and Users, AGM Oct 2019



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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 Bockeridge 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 Bockeridge Centre, Woodend Road Frampton Cotterell.

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for each 2 hour session the cost is £2.50

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

Unmasking mental health in men

Let me introduce myself. My name is Sam and I live in Gloucestershire with my two teenage daughters.

Just over five months ago i was living what I considered to be quite an ordinary-ish, happy-ish life. I'd been through a few ups and downs, but nothing really that abnormal. No real 'it couldn't happen to me' moments and I remember feeling really excited - proper butterflies in the tummy excited - about my future having just got engaged to the most amazing man; I felt truly blessed that I'd been lucky enough to have met my true love, my solid-as-a-rock, my all-seasons, my very happy future. I'd take that and thank you very much too.

But then, suddenly, on Wednesday 6th June this year everything unexpectedly changed forever.

My world came crashing down like a thunderbolt. My heart shattered into a thousand tiny pieces. Happiness, ordinary-ness, gone. Wiped out; in a heartbeat. Literally. My sense of self altered forever. And never to be found.

That was the revolting, ugly, life changing day that my amazing fiancé Michael tragically ended his own life.

Michael showed no signs of depression, be it privately or publicly; the Michael that the world saw was the very same Michael that I lived with each day and went to bed with each night. The mask was firmly on - we have no idea for how long - but not a hint of darkness ever shadowed the beauty of his face, the wonder of his smile or the lightness of his laugh.

The devastating loss has been heartbreaking and the disbelief life changing. And here lies the very reason why we've established a foundation in his memory; to try to unmask mental health issues in other men and try to stop something so devastating happening to yet another family. I've been shocked to learn since Michael died that suicide is in fact the biggest killer of men under 45 and that three quarters of all suicides are male. It's these shocking statistic that we want to see



We need men to feel that it's okay to be vulnerable; that it's really okay not to be okay; and that it's really, really good to talk.

changed: We need men to feel that it's okay to be vulnerable; that it's really okay not to be okay; and that it's really, really good to talk.

It's early days for our Even Keel Foundation but we'd love you to be part of our journey and follow us on social media where we will keep you updated with all the latest news, personal stories and events and how you can get involved. The more people who join us on this unmasking mission the bigger the reach we will have in starting the conversation and hopefully making a difference. Our whole ethos being, if it helps just one..

Take care and keep talking - Sam

The support for me personally and the Even Keel Foundation has been truly incredible since I survived the worst day of my life.

Samantha Hillier
Even Keel Foundation
unmasking mental health in men
www.facebook.com/evenkeelfoundation
www.theevenkeelfoundation.com



Join the Crossbow Singers for their Christmas Concerts

It seems only five minutes ago I was telling readers about our Summer Concert, and now here I am promoting our Christmas concert! We had a magnificent response for the two evenings in early July for our performances of 'holiday' music, for which I thank you once again.

The Singers started back on Monday 6th September, after their summer break, to start practising a wide variety of 'Christmassy' music. Some pieces will be old favourites, whilst there are some lovely less well-known arrangements. We are also welcoming guest artists, this time of the younger generation - Lucy and Ellie Lunt (both at Secondary School), and Grace Flynn (who used to be a member of the singers, but is now at 6th Form College and tied up with studies).

At the end of September we welcomed back Mary Darby as our piano accompanist after being absent for the summer months owing to hip surgery. We thank Anthony Davies once again for doing such an amazing job as accompanist during Mary's absence.

Of course, as well as all the choral and solo items, there will be plenty of opportunity for audience participation with Christmas carols and the like, and as always light refreshments will be served during the interval.

Well what will the choir be singing? I am not going to give away too many secrets, because we desperately want you to come along and find out for yourselves on **Monday 9th and Tuesday 10th December, 7.30pm at Crossbow House**, but our Festive Concert would not be complete without a John Rutter item, or a Cliff Richard Christmas hit!

Looking forward to seeing you there!

Diane Rix, Crossbow Choir

It may seem a long way off, but their is no rest for organizers of 'Castell Roc', Chepstow's much anticipated friendly music festival.

This event, set in the absolutely stunning grounds of Chepstow Castle, goes from strength to strength, attracting people from all over the world.

As soon as 2019 event was over, the public were asking "who are we going to have next year?" With just 10 months now to wait, organisers are almost ready to announce headliners for the 12 nights of Fantastic shows.

In the meantime, the Castell Roc team will be putting on monthly events at the "Drill Hall" in Chepstow to fund the 'Castell Roc Community Bash' which is a 'free day' held on the very last day of Castell Roc to showcase local talent.

The first Drill Hall event takes place on Saturday January 25th, 'FLASH - A TRIBUTE TO QUEEN' - limited tickets on sale now, from: www.castellroc.co.uk or from Hannah's Music, Chepstow ,Tel; 01291 627122.



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

South Gloucestershire Mines Research Group



Trials, Tribulations & Triumphs Rescuing Hemingfield Colliery

A talk by Steve Grudgings

Weds 4 December 2019 at 7:30pm from 8:00pm start in the Miners Institute (aka Coalpit Heath Village Hall), 214 Badminton Road, Coalpit Heath, BS36 2QB



Call for ideas for former pit site

By Ashley Hall
The 1700 site of the former Hemingfield Colliery, near Nailsea, is a former pit site. The site is a former pit site. The site is a former pit site. The site is a former pit site.

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

Blues Brothers
Soul, Motown & Funk Revue

New Years Eve 2019
Midnight Piper
8.30pm til 20201
https://www.ticketsource.co.uk/wadca

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Add £5 for Hot Food (booking only)

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Bristol, BS36 1QG. Tel: 01454 776268
Community Centre E-mail: ca.winterbourne@gmail.com
FB: winterbournecommunitycentre/WADCA www.wadca.co.uk

The Manor Hall at Coalpit Heath



Sunday 1st December – Christmas Cracker, 1–3.30pm.

Entry by ticket, £2 per adult to include a mince pie and children are free. A charge will apply for the Santa's Grotto, tickets will be available from Little Explorers Preschool. Licensed bar selling mulled wine and mulled cider. A guest appearance from Elsa and there will be other music, including a Ukulele performance.

Contact Alison Allan on 07873747513 for more details.

St Peter Frampton Cotterell & Coalpit Heath
WaterAid Support Group

CRIB & CHRISTMAS TREE FESTIVAL 2019

SATURDAY 7th & Sunday 8th December

at St Peter's Church, Frampton Cotterell

Seasonal refreshments will be available.

Live music will be performed throughout the festival to include:

Saturday 7th from 2pm – The Shanty Men, St Peter's Recorder Group & The Crossbow Singers.
FREE ENTRY.

Concert with Marshfield Brass Band, £4 to include refreshments.

Sunday 8th from 2pm – Organ recital by David Chandler – **FREE ENTRY**

4pm, Festival Celebration Church Service



Free entry – everyone welcome!

SHEILING SCHOOL CHRISTMAS MARKET

Saturday 7th December 12-4pm

Sheiling School • Park Road • next to Thornbury Castle

Winter café wood-fired pizzas • homemade cakes
• soup & rolls

Stalls handmade Christmas gifts • arts & crafts

Attractions raffle • auction • tombola
• children's activities

The Rising Sun
Snow-Fest
Wednesday 4th December, 6-9pm
The Rising Sun, Ryecroft Road,
Frampton Cotterell, BS36 2HN.

St Peter
church choir

SHANTY MEN MALE CHOIR

Christmas Stalls
Hot food & drinks

Light Switch on
FREE ENTRY



@

Crossbow House

Frampton Cotterell WI and Crossbow FCDCA* have set up a community bookshelf for all to enjoy. Come along to either swap good quality fact/fiction books or feel free to leave a small cash donation for the upkeep of Crossbow House. Good quality book donations welcome.

theWI
INSPIRING WOMEN



* Frampton Cotterell and district community association

Report Exercise Blue Ham

Over the weekend of 12th-13th of October, Cdt. Salt and Cdt. Porter from 37 Sqn. Frampton Cotterell took part in Exercise Blue Ham. This was a national military style radio exercise organised by The Royal Air Force Air Cadet organisation. Squadrons from around the country competed to log as many radio contacts as possible over the two days. Using HF radios on the 5MHz band, cadets contacted other squadrons and radio amateurs around the country and even overseas. For a contact to count, they had to exchange 6 pieces of information including callsigns, signal report, grid location, transmitter power, antenna type & direction.

Both cadets received radio communications training at 37 Sqn. Frampton Cotterell and are qualified to blue badge standard. They operated from their recently refurbished radio station at the squadron HQ in Frampton Cotterell. They displayed excellent communications discipline and adhered to the proper military protocols. Radio conditions were challenging at times but both coped well and became smooth operators by the end of the day.

Over the weekend they logged 88 contacts, 12 of which were with other Air Cadet Squadrons and the remaining contacts with radio amateurs. The furthest contact to the south was St. Helier on the island of Jersey. The furthest north was an operator in the Scottish highlands some 769kms away - he used military grade wire for his antenna to withstand the force 12 they sometime get. Cadets also logged a contact with someone operating from a mountainside in the Lake District using a 40 year old ex-military radio with a wire antenna hung from a tree!

On the following parade night, the cadets were presented with a certificate of operation issued by Squadron Leader Boland RAFAC Radio Officer and presented by Flying Officer Sambrook Officer Commanding 37 Sqn (photo top right). Both cadets agreed that it was great fun and had gained a lot of valuable communication experience in a short time. They are looking forward to the next exercise!

If you want to know more about our Squadron and the activities get involved with, please contact Officer Commanding (Sambrook, Paul Fg Off): oc.37@aircadets.org

We are pleased to say that we are having an Open Evening on the 9th December 7pm- 9.30 pm at the Royal British Legion ,Ryecroft Road, Frampton Cotterell. Please come along to see what our cadets do.



News from Frampton Cotterell RFC

1st Team – The first team have enjoyed a successful start to the season and remain unbeaten midway through November, with five wins and one draw from their six matches played so far. Hard fought wins have been achieved recently over Berry Hill and Cheltenham Saracens, which have consolidated third place in the league.

At time of writing, Frampton are preparing to face their toughest challenge of the season to date, when they play away to undefeated leaders Chosen Hill Former Pupils, on 16th November. Chosen Hill were relegated at the end of last season and are pulling out all of the stops to go back up again this year!

One of the most pleasing aspects of the Frampton team is the young age of the players and that the great majority of them have come through the youth system at the club.

Frampton have progressed to the quarter finals of the Gloucestershire Vase, and to the semi-finals of the Bristol Combination Vase. All of this without playing a game. We all love a cup run! To date we don't know when these matches will be played.

2nd Team – Following their promotion at the end of last season, the second team have found things tougher this year, as most of their fixtures are against clubs whose first teams play in higher leagues than the Frampton first team. It should prove a good grounding for the younger players who aren't yet playing first team rugby.

At the time of going to press, Frampton lie in eighth place in the league. One notable result was a 29 all draw away at Old Centralians at the end of October.

3rd Team – After a sticky start to the season the third team have started to come good and sit proudly in first place in their respective league. The highlight of the season so far was a convincing 85 points to 7 defeat of Kingswood second team in early November. What is so pleasing about Frampton third team is that there are always so many people available to play each week, when so many clubs struggle to field two teams.

Frampton Vets – No, this is not where you take your sick animals, but the elder statesmen of the club who still like to have a little run/walk out from time to time. The weekend of 8–10th November saw Frampton Vets welcome their old friends Les Vieux Loups (The Old Wolves) from the Parisis RFC in Paris. The rugby relationship is now in its 42nd year and Frampton juniors still visit and host every May. Two players – Mike Weaver and Phillipe Colin played in that first encounter in 1977 and donned their boots again, in very muddy conditions at the Stade de Fram this November. Frampton Vets retained the trophy with a 24–12 win. The players meet on an annual basis, no doubt our French friends will be looking to win back the trophy when the Fram Vets travel over to Paris in the autumn of 2020. #upthefram



Mike Weaver and Phillipe Colin (two on right) played in the first Les Vieux Loups V Fram game in 1977 as Juniors

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2019/20



UPCOMING EVENTS

Call 0117 974 9740 or
come and see us to
get your tickets!

Xmas Quiz Night

Come and test your knowledge with our Christmas themed quiz night. Tickets come with a complimentary meal. Open to members and non-members.

Thu | 19th Dec

7pm – 9pm
£8.95 per person

Kids Xmas Party

Disco, face painting, treasure hunt, party games, Santa's Grotto and sleigh loads of fun for all.

Fri | 20th Dec

5pm – 8pm
£5 Per Child
£7.50 Per Non-Member
Child

Stand Up Comedy

Due to popular demand we're running our 3rd Stand-up comedy evening. We have 5 fantastic comedians booked to have you laughing from start to finish.

Sat | 25th Jan

7.30pm – 10.30pm
£10 Per Person
Adults Only

One for the Road

Country rock band 'One for the road' will be entertaining you live from our café/bar from 8pm with hits from Eagles, Jonny Cash, Eric Clapton and many more.

Sat | 22nd Feb

7.30pm until Late
£5 Per Person
Adults Only

All events are open to members and non-members. Call or visit us to buy your tickets.

Help your loved one start the New Year pain free

Treat them to some Osteomyology vouchers with expert **Dawn Clode** Ostm, Lic MET, Lic CR, FAO

Many of us live with pain of some sort – aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier, healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

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

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

For some people one session is enough to rectify their pain completely; for others a few sessions are required. Dawn told me, *"The ideal is to balance the patient, get them moving in tune with themselves, and then see them every few months for a check up to ensure that you are on track!"*.



Dawn Clode
Ostm, Lic MET, Lic CR, FAO

"I am privileged to meet and treat an array of fantastic people everyday. The thrill of having somebody walk in to my Holistic Health Practice with pain and leave with significantly less or none is something I will never tire of."

Help somebody you love

Why not treat somebody you love that you know is suffering in silence – or has been complaining for months but not doing anything about it!

What better gift this Christmas than starting the New Year pain free. Gift vouchers are available.

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491**
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E: Catherine@SmartHypnotherapy.co.uk
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Frampton Cotterell & Coalpit Heath Village Diary

December 2019

Sun 1 – Crossbow Preschool Christmas Bazaar, St Peters Hall, Crossbow, 2–4pm. Stalls, games, refreshments, Anna from Frozen, Santa's Grotto (prebook through preschool).

Sun 1 – Manor Hall Christmas Cracker, 2.30–5.30pm. Entry £2 incl a mince pie. Children free. A guest appearance from Elsa. Other music incl Ukulele performance. Santa's Grotto tickets from Little Explorers Preschool. Bar with mulled wine and mulled cider.

Sun 1 – Christingle Service, St Peter's Church, 4–5pm. All welcome.

Mon 2 – Gardening and Social Club, Manor Hall, 2–3.30pm. All welcome. £2.50, includes refreshments. T: 07873 747513 or Tel: 01454 774279.

Tues 3 – Village Walks, start St Peters Church, 10.30am. Woods and fields stroll 1.5 miles, or walk 3.5 miles. Christmas Bites £1.50.

Tues – The Big Sing! St Saviour's Church, 7pm. Free. Retiring collection for Christian Aid. Local adult and school choirs, Community 'Scratch' choir, and carols for all to join in.

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. For more info, T: 07789 662694.

Wed 4, Thur 5 & Fri 6 – Treasure Island Panto, Winterbourne Musical Theatre, WADCA, 7.30pm. Tickets £10 T: 01454 317408 / www.winterbournemusical.co.uk.

Wed 4 – Talk on 'Rescuing Hemingfield Colliery', The Miners, 7.30 for 8pm. Steve Grudgings of South Glos Mines Research Group. Non-members £2. T: 01454 883607.

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

Wed 4 – Christmas Fair, 6–9pm at The Rising Sun, Ryecroft Road, Frampton Cotterell. Music from The Frampton shanty men, St Peters Church choir and Watermore primary school choir. There will also be stalls with local crafter selling Christmas wares and Hot food and drink available. This is a free event and will be raising money for Watermore school.

Fri 6 – Christmas Fayre, FCCE school 5–7pm. Apres ski lodge, Santa's cinema, Elves' workshop, Christmas markets, food, mulled wine, fun and games.

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

Sat 7 – Fabric Christmas Wreath Workshop, Winterbourne Medieval Barn, 10am–12.30pm. Get crafty with Amy from Bath Artist Studios. £30. Book at Ticketsource.co.uk.

Sat 7 – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Tables £5, T: 07920 145352.

Sat 7 – Treasure Island Panto, Winterbourne Musical Theatre, WADCA, 1pm and 6pm. Tickets £10. T: 01454 317408 / www.winterbournemusical.co.uk.

Sat 7 – Frampton Community Projects outdoor cinema Good Will Hunting, Fromeside, 7pm. £8.50 prebook online www.framptoncp.org/fcpcc / Info: cinema@framptoncp.org.

Mon 9 / Tues 10 – Crossbow Singers Christmas concert, 7.30pm. Tickets £6. T: 01454 772675.

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

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

Tue 10 – Friendship & Circle Dance, The Miners, 2–4pm. £4 incl refreshments. Gentle exercise for over 50s. Beginners welcome. T: 07515 351813 / E: hilary.coach@icloud.com.

Wed 11 – Frampton Singalong, Crossbow, 2–3.30pm. £3 includes tea, cakes, fruit. All welcome, no voice needed! T: 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.

Wed 11 – Service of carols and poems, St Saviours church, 7.30pm. All welcome, refreshments after. On behalf of Coalpit Heath WI.

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

Sat 14 – Talk: The Twelve Plants of Christmas, Winterbourne Medieval Barn, 2–4pm. Explore the folklore, history, botany, and interesting facts behind the plants which make up our Christmas festivities. Tickets £5 online at Ticketsource.co.uk.

Sat 14 – Frampton Community Projects outdoor cinema Breakfast Club (15), Fromeside, 7pm. £8.50 prebook online www.framptoncp.org/fcpcc Info: cinema@framptoncp.org.

Sat 14 – NUTTYness (Madness tribute band), WADCA, 8.30pm. Tickets £10 online from www.ticketsource.co.uk. More information www.wadca.co.uk T: 01454 776268.

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

Thu 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. For more details T: 07789 662694.

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

Sat 21 – Live country music and line dancing, Iron Acton parish hall, 7.30pm. £6. BYO booze. Soft drinks/ snacks on sale. T: 07813 752707 / www.laughterinline.org.

Wed 25 – Christmas Dinners at Winterbourne Community Centre (WADCA) for anyone who will be on their own. Bookings T: 01454 776268 or 07972 821508.

Tue 31 – Family NYE party, The Miners, Coalpit Heath, 7.30pm–12.30am.

January 2020

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

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

Sat 4 – New Year Barn Dance with Mad Hatters Band & Caller, WADCA, 8pm. All ages and experience. Mad Hat competition. Tickets £6 in advance, £7.50 on the door. T: 01454 776268 / www.ticketsource.co.uk / e: ca.winterbourne@gmail.com.

Mon 6 – Gardening and Social Club, Manor Hall 2–3.30pm. All welcome. £2.50 including refreshments. T: 07873 747513 / 01454 774279.

Tue 7 – Frampton End Stroll, 2 miles, 1 hr, 10.30am opp. cafe on Church Rd. Or walk to Iron Acton, 3.5 miles with stile. Stay on for New Year lunch if you wish.

Wed 8 – Coffee Morning, Salem, Watleys End, 10–11.30am. All welcome.

Wed 8 – Wellbeing Friends, WADCA 1.45–3.45pm. £3. A group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. For more details T: 07789 662694.

Wed 8 – Frampton Singalong, Crossbow, 2–3.30pm. £3 includes tea, cakes, fruit. All welcome, no voice needed! T: 07515 351813 / E: hilary.coach@icloud.com.

Wed 8 – Carer's Club, Zion, 2–4pm. Carers welcome to stay with the person they care for or use the free time as they wish. More details from Jean T 01454 775786 or Rona 01454 886925.

Wed 8 – Coalpit Heath WI, 7.45pm, St Saviours Church Hall, T: 07935 071291. E: carolinemjohnston@hotmail.com. Visitors always welcome!

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

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

Tues 14 – Friendship & Circle Dance, The Miners, 2–4pm. £4 incl refreshments. Gentle exercise for over 50s. Live music. Beginners/improvers welcome. T: Hilary 07515 351813 / E: hilary.coach@icloud.com.

Fri 17 – Frampton Folk club, Crossbow, School Rd, 8pm–11pm. £2. Acoustic music club. Play, sing, listen. T: Andrew 07974 151437 / E: andrew.edgington77@gmail.com.



At the recent Annual General Meeting of the Winterbourne Down Carnival Committee, a cheque for £2000 was presented to the Jessie May Trust, as a result of monies raised from activities during the 2019 Carnival period.

Chair John Turner made the presentation to Helen Mackie of the Jessie May Trust, who was accompanied by Sarah Hartrup, a committed supporter of Jessie May. Presentations were also made to representatives of the local Churches – All Saints Winterbourne Down and the Methodist (Bethesda) Winterbourne Down.

During the AGM, John Turner (Chair) reported that the 2019 Carnival was a great success which would not have happened without the tireless efforts of committee members and other supporters. A full 'team' of Officers was elected to organise the 2020 carnival which will have as its theme 'VE & VJ' Celebrations. **In line with the change to the May Bank Holiday date for 2020, the Carnival Day will be Friday 8th May, with other activities being held on Sunday 3rd May.**

Please follow planning for Carnival 2020 on our Facebook Page – www.facebook.com/wdcarnival.

hall, 7.30pm. £4 incl light refreshments. Members free (£15pa). secretary_fcdlhs@yahoo.com

Thu 19 – Manor Hall community coffee morning, 10am–12.00pm. Sponsored by NISA. T: Alison Allan 07873 747513 for more details.

Thurs 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. For more details T: 07789 662694.

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

Tue 24 – Frampton Cotterell WI, St Peters Hall, School Rd, 7.45–10pm. £2.50. T: 01454 773426 / 01454 778900.

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.



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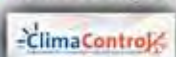
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