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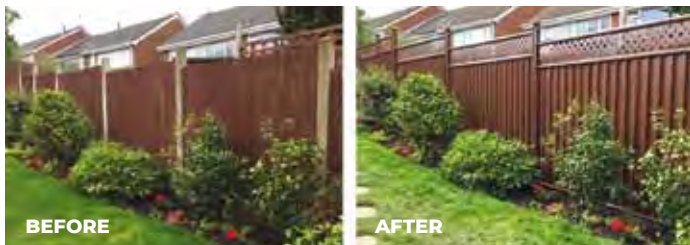
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Dear Residents,

Wishing you a wonderful New Year, we hope 2020 is a great one for you all.

After the indulgence of Christmas, many of us take the opportunity in January to get more active! If you would like some encouragement and company while doing this, why not join in with one of Frampton Cotterell Village - Walking for Health Strolls? See full details inside.

If you would like to set yourself a sporting goal, local charity Paul's Place are looking for runners to represent them in the 2020 Bath Half Marathon.

Many lovely community events took place during December 2019, you can share in some of the fun, with accounts of The Big Christmas Sing, The Crossbow singers concert and Winterbourne Musical Theatre's fabulous panto - Treasure Island.

Elm Park school are pleased to share their 'Good' news after their recent Ofsted visit.

The renovations at Winterbourne Medieval Barn continue to go well, with a Big re-opening event planned in June 2020. They are still running many fantastic community events for all to enjoy.

If you are looking for a new challenge this year, how about volunteering? WADCA, 1st Winterbourne Beaver Scouts and Avon Wildlife all have positions to be filled - see the community noticeboard for more info.

We are also pleased to bring you reports from the Floral Friends of Frampton, local WI's, Winterbourne Library, Frampton RFC, Winterbourne Cricket Club and more!

Best wishes,

Kerry & Jaci X

community@mattersmagazines.co.uk

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From left: Michael, Fran, Tina, Jane, Mary and Maggie
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Frampton Cotterell Village – Walking for Health Strolls

Tuesday 7 January

Shorter Stroll – Frampton End Stroll – easy stroll along country lane with lovely views, 2 miles, approx 1 hour.

Rural Walk – To Iron Acton Village – attractive fields, woods and country lanes, 3.5 miles.

For both walks, meet at 10.30am, opposite café, Church Road, Frampton Cotterell, BS36 2JX. Park in side road. Stay for a New Year Lunch if you wish. Opportunity for donations of handbag toiletries.

Tuesday 4th February

Shorter Stroll – Crocuses & Duck Pond – attractive fields, pretty ponds, country lanes. 2 miles, approx 1 hour.

Rural Walk – Crocuses & Bitterwell Lake – beautiful rural walk & relics of Ram Hill Colliery. 3.75 miles.

For both walks, meet at 10.30am, Miners Village Hall, Badminton Rd, Coalpit Heath, BS36 2QB. Park on right in car park – or side roads if not using Hall.

Tuesday 3rd March

Shorter Stroll – Bury Lanes & Woods – varied scenery in wooded Frome Valley, pretty lanes and fields, approx 1 hour, 1.8 miles.

Rural Walk – Pye Corner & Bradley Brook. Varied scenery in wooded Frome Valley, pretty lanes and fields, 3 miles.

For both walks, meet at 10.30am, Golden Heart, Down Road, off A432 Kendleshire BS36 1AU. Park at bottom of pub car park.

Elm Park Primary School continues to be Good!

On 6th and 7th November 2019, Ofsted visited Elm Park Primary School. The school were delighted with the outcome that it continues to be a GOOD school. Elm Park currently has 227 children on roll.

The inspector, Cath Beeks, found that the school had made great strides in achieving the previous targets set at its last inspection. Throughout the two day inspection, Ms Beeks gained an insight into the school by talking with children, parents, teachers, senior leaders and governors. The inspector also looked at a variety of pupils learning both within classrooms and in their books. She highlighted that Elm Park is a 'happy and friendly school... where pupils' love learning because adults make it fun'.

The report also celebrated the relationships adults and children have within the school. The school was praised for developing children's attitudes to learning and how well they keep children safe.

Carol Bond is currently Acting Head Teacher at the school, having worked at the school for the past 9 years. She said, "We are absolutely delighted that our incredible children have been praised throughout the report. Their behaviour for learning is exceptional and this was wonderful to read within the report. The school is a happy and vibrant place to learn and is a wonderful place to work. I would like to take this opportunity to thank my incredibly dedicated staffing team, remarkable governors, supportive parents and most importantly, our exceptional children."

Having launched a new curriculum in September 2019, the school identified, and Ofsted agreed that embedding this in the coming years is a key area of focus. It also highlighted the need to continue to develop communication with parents.

The school is going through a very exciting time. Not only does it have an incredible Ofsted outcome, it is also in the planning stages for a magnificent new build. Further information will be published in future issues.



Left, Acting Head Teacher Mrs Carol Bond and right Acting Deputy Head Teacher Mrs Sarah Lugg

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www.butterfiestoddlersgroup@gmail.com



Parish Praise – On the first Sunday of the month at 10am. 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.

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

Special Service – 12th January

A Christingle Service, 6pm. This service is for the Children's Society, so do go along and hear about the good work of the Children's Society and have a Christingle orange, which reminds us of God's love and care for the World

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News from Winterbourne Cricket Club

In 2019, we launched our first ever girls' section which proved to be a roaring success. The numbers of girls playing cricket at Winterbourne Cricket Club increased from the 2 girls we had in 2018, to the 32 we had by the end of 2019!

This was thanks, largely, to our work in local primary schools – Elm Park and St Michael's where we delivered PE lessons and an after-school club. We regularly entered two or three teams into softball festivals up and down the county, and it was brilliant to watch the girls grow in confidence over the course of the year.

Our Avalanche team were undefeated at four of the six festivals we entered, with their only defeats



coming to strong and more established girls set ups in Stoke Bishop and Dumbleton.

These girls will form the core of our U13 side next year, who we are also planning to enter as a girl's side in the U11's Bristol Youth Cricket League. It is an ambition that they will also compete as a part of our first ever Women's team.

Our Cyclone or Earthquake team battled all year and were a credit to themselves and the club. The positivity and commitment they demonstrated was a joy to see. Many of these girls had never played, or heard of cricket, before they came to Winterbourne and a personal highlight was seeing the pure ecstasy on their faces when they registered their first ever win.

Indoor Girls Cricket starts in New Year

We are looking forward to continuing this growth in 2020 and will be running Indoor Girls Cricket sessions from **Wednesday 22nd January to 1st April, 6-7pm at Winterbourne Academy Sports Hall**. The Cost: £3 per session or £25 for all 11. All girls aged between 9 and 13 are encouraged to come along and give cricket a try in a safe and fun environment.

For more details contact myself, Chris Shine at chris.shine@btinternet.com

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Challenge 35 at The Brightwell

2020 sees The West of England MS Therapy Centre celebrate their 35th anniversary and to mark the occasion they are encouraging local businesses and the community to take up 'Challenge 35'.

The idea is a simple one; teams of up to 10 people will each be given £35 by the charity, yes, you read that right, they are going to give you money.

Your team can be made up of anyone, whether from the office, the sports ground or some mates from the pub. The MS Therapy Centre is more than happy for all kinds of groups to give 'Challenge 35' a go.

Over 35 days, from 1st April 2020, each team will compete to raise the most amount of money with the winner being awarded the Brightwell Cup at a big birthday bash in May.

The MS Therapy Centre first opened its doors in Nailsea but moved to their purpose built premises in Bradley Stoke in 2012 and over the past 35 years the charity has helped to improve the lives of over 3,500 people through the provision of more than 150,000 hours of therapy specifically tailored to benefit people living with long term neurological conditions, such as Multiple Sclerosis.

It's a sad truth that neurological conditions are becoming more common with each local health authority having, on average, 59,000 patients. Research carried out by NHS England shows that those patients have the lowest quality of life of any long term health condition.

It's for this very reason the Centre is asking you to compete in 'Challenge 35' for the harder you strive, the more their members will continue to thrive.

To find out more and to sign your team up visit <https://www.thebrightwell.org.uk/challenge35>



News from Paul's Place

Paul's Place is a local charity enhancing life for physically disabled adults. We do this by providing social activities that connect people, reduce isolation, improve health and wellbeing and give people the opportunity to develop new skills, enjoy new experiences and live life to the full.

This year is a big year for Paul's Place as we are celebrating our 25th anniversary, having started in 1995. Over the last three decades we have supported hundreds of people to live life to the full and we have BIG plans to celebrate our BIG birthday!

We are starting the year as we mean to go on and we have many ways in which you can support us to make a difference. Firstly you can help us when you are next shopping, as Paul's Place are to benefit from Tesco's Bags of Help Scheme. Between January and March you can help support Paul's Place and our Boccia Team every time you shop by using your 'blue token' to vote for us. The stores supporting us are Tesco Extra in Yate as well as

the Express stores on Station Road and Brimsham Park in Yate. We share the Tesco moto that 'every little helps', so please vote for us, it really is that simple!

We also have an opportunity for runners, as Paul's Place has some charity running places in the 2020 Bath Half Marathon. If you would like to run for and raise money for us, then please contact Clair at carmstrong@paulsplace.org.uk

Thank you for your support and here's to a happy new year!

www.paulsplace.org.uk



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News from Winterbourne Down WI

At our Christmas meeting members enjoyed exchanging Christmas cards and greetings as the festive period approaches. The hall had been decorated with gold paper chains making it feel very Christmassy.

We enjoyed a very interesting talk given by Karen Beasley who used to work in the Iron Acton Garden Centre, but a year ago she and her husband decided to move away and bought a sheep farm in the remote hills about half an hour from Aberystwyth. They thoroughly enjoy this change of life style and Karen now successfully breeds and shows Tibetan Spaniels. They have a camp site and also offer wild camping facilities.

Karen was demonstrating how to make a Christmas wreath using fresh moss entwined around two circles of stronger wire and held in place with a wrap of thinner wire. She then pushed in sprigs of fir, spruce and variegated holly interspersed with bunches of red berries, ribbon and White Christmas roses. Very effective and colourful.

Karen also did an arrangement using a terracotta flower pot with moist oasis pushed down inside it. Here again, fir, spruce and other greenery were pushed into the oasis with a candle, flowers and

bows to add colour and making an attractive table or floor arrangement.

We then had a quiz of 10 questions appertaining to Christmas with the winner receiving the wreath and the runner up the flower pot arrangement.

After our talk Members enjoyed a buffet supper which was provided by the committee.

Our next meeting will be on 2 January 2020. All our welcome to join us at 7.30pm in All Saints Church Hall, BS36 1BX.

We wish everyone a very Happy New Year.



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News from Frampton Cotterell WI

We've had a great year at Frampton Cotterell WI which has included, amongst other things, meals out at The Rose and Crown in Puckchurch and The White Horse at Hambrook, a craft evening, a Zumba dance experience and a lovely tour around Berkeley Castle.

Our 2020 programme is all lined up and ready to go, with a talk on Nutrition to welcome us back in the New Year on Tuesday 28th January – why not come along if you've been thinking of joining us and see what you think? New members are always welcome.

Coming up later in the year we have talks on Midwifery, Sculpture, Crafts and Local History, as well as a talk by Radio Bristol's Emma Britton in April, which we're all really looking forward to. We're also looking forward to our New Year meal at The White Horse at Hambrook (back there by popular demand!) and over the summer we have a group trip to see Mamma Mia at The Bristol Hippodrome. We'll also have our Summer meal out in June (venue TBC) and will be taking part as always with our cake stand at The Frampton Festival in July.

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 Coalpit Heath WI



It was a festive end to the year for Coalpit Heath WI. A huge thank you to Jenny Gray, one of our members, who demonstrated how to make a beautiful Christmas table decoration. She included some top tips about which foliage and flowers we could use and explained how to balance and shape our arrangements. It was extremely useful to learn which flowers were best value for money, along with which members gardens contained the best foliage! A useful hint to keep a candle firmly in place was to tape wire prongs or cocktail sticks around the bottom so the candle can be pushed firmly into the oasis. We each collected our square round dish and pre-soaked oasis before constructing arrangements using our own choice of flowers. The completed arrangements all looked amazing.

The mulled wine and mince pies on offer added to the evening along with the Secret Santa gifts. Our beautiful Christmas Hampers were raffled off at the end of the evening.

The WI had a very successful stall had the St Saviour's church fair, selling chocolates, toiletries and Christmas decorations amongst other things.

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We were able to raise £104 towards church funds.

Our tree was set up at the St Peter's Christmas Tree Festival for Water Aid. This year we had chosen to make some gnomes to cover it. A small group of crafty ladies got together to assemble the wood slices, beards knitted from tinsel wool, wooden beads and felt hats.

Also in December we held our service of carols and poems at St Saviour's church. The collection was shared between the church and a local Stroke Charity. Members were able to attend Christmas meals during the day or in the evening

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, where we will have a talk about Crime Prevention, while in February we have Sarah Marshfield talking about a Memorable Day at Windsor Castle.



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.

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The Computer Group meets at the Bickeridge 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 Bickeridge Centre, Woodend Road Frampton Cotterell.

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Professor Ronald Hutton with local historian Ian Haddrell

Frampton Cotterell & District Local History Society

Around fifty people packed the Zion Hall, Frampton Cotterell to listen to Professor Ronald Hutton's talk on Oliver Cromwell. His entertaining, information-packed talk held us in thrall.

Did you know the following?

- Oliver Cromwell only converted to Puritanism after being financially and socially ruined at the age of 30.
- He was an MP at the outbreak of the Civil War and fought as a cavalry commander – he was wounded twice, including being shot in the neck at Marston Moor.
- His Puritanism was fluid – he liked a party, drinking, smoking and dancing – but disliked Catholicism.
- He took a nuanced approach to many things, for example, he imprisoned a Catholic priest, but then paid out of his own money for the prisoner to be fed and housed, because he believed the man was a good person.
- He accepted many of the trappings of a king, including a cloak and sceptre, and passed the job to his eldest son when he died.
- As leader of the nation, he appears to have been overpromoted – he would tell different groups of people what they wanted to hear, and found ways to blame others when things went wrong. Once example is, he ducked the issue of a new constitution, never laying out clearly how he thought the state should be governed without a king. He delegated the writing of a constitution to others, but then when those drafts were unpopular, he sacked them – causing years of uncertainty.
- He was poor at planning policy – Prof Hutton told the story of how he agreed with a group of advisors, about attacking a Spanish island thinking that a) the Spanish wouldn't notice and b) as the island was a rich source of sugar cane, the war would pay for itself!

- Despite this, he was a 'Teflon-coated' leader, taking credit when things went well and passing blame when they didn't.
- The country was heading for bankruptcy when he died.
- In the end, yes, he was a charismatic leader – but nobody ended up trusting him.

Professor Ronald Hutton is a Professor at the University of Bristol. He is a leading authority on history of the British Isles in the sixteenth and seventeenth centuries, on ancient and medieval paganism and magic, and on the global context of witchcraft beliefs. Also the leading historian of the ritual year in Britain and of modern paganism. He is a member of the 'Medieval and Early Modern Cluster' at Bristol.

Hutton has written fourteen books and has appeared on British television and radio, the best known TV series being; Edwardian Farm, Victorian Farm and Tudor Farm

Forthcoming meetings

Wednesday 15 January 2020, 7.30 pm

Bedminster Slum clearance in the 1930s, documentary evidence proving that even as late as that date, people were still living in appalling conditions in Bristol.

A talk by Mike Hooper of Avon Local History and Archaeology – www.alha.org.uk

Wednesday 19 February 2020, 7.30 pm

Quakers in South Gloucestershire

A talk by Roger Angerson of Avon Local History and Archaeology – www.alha.org.uk

Frampton Cotterell & District Local History Society meetings take place at Zion Church, Woodend Road, Frampton Cotterell, BS36 2HY.

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

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Scenes from the Hucclecote match leading up to James Knight scoring a very good try.

News from Frampton Cotterell RFC

1st Team – Unfortunately the first team's unbeaten run has come to an end. Playing away at unbeaten league leaders, Chosen Hill, the team were soundly defeated by a very well organised team. Chosen Hill were relegated at the end of last season and have recruited strongly to ensure that that go straight back up. The scoreboard never lies, but it didn't reflect fairly the effort that the Frampton boys put in and the rugby which they played at times. It will take a very good side to beat Chosen Hill this season.

Frampton also lost away to Cheltenham North who were promoted at the end of last season. They too have recruited strongly, and look a very good bet to claim a play off spot at the end of the season.

As I write this in the middle of December 2019, it's not all doom and gloom! Frampton have enjoyed two home victories in defeating Widden Old Boys by 45 points to nil, and last weekend beat a good Hucclecote team by 24 points to 19. Frampton will go into the Christmas break in forth position in the league, and unbeaten at the Stade de Fram.

2nd Team – Unfortunately, for one reason or another, the second team haven't played much rugby in the last month, their only fixture being a 39-10 defeat away to a strong Lydney second team. It's important for Frampton that there is a strong second team where young players can be prepared, to make the step up to first team level. Hopefully things will pick up in the new year when injured players become available again.

3rd Team – The third team continue to go from strength to strength and have played a mixture of league and friendly fixtures. As I write, they sit proudly at the top of their league, and must be commended for the spirit in which they play their matches, often lending players to the opposition to make sure that a game can go ahead. Proper old school stuff.

Colts Team – Much like the second team, the Colts haven't played much rugby either, although it should be stressed that this is through no fault of their own, and more down to opposition clubs not fulfilling fixtures. It is very much hoped that things will pick up after Christmas when the backlog of league fixtures can be played. After all, the colts are the future of the club.

by Andrew Westcott



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News from Winterbourne Evening WI

At our November 2019 meeting, which was also our AGM, the members voted for Emilie Smith to continue as our President for another year and for the nine members of our new Committee. We are very fortunate to have such an active and hardworking committee to provide our members with a very varied programme of speakers and events during the year.

After we had completed the formal part of the meeting we spent a very happy hour or so making a Christmas tree decoration with all the materials provided by committee member Sue Wilkins. As Sue had thoughtfully prepared everything beforehand, right down to needle and thread, we were able to indulge ourselves with glue, shiny stars and ribbon, so much fun.

At the end of November, twenty nine of us enjoyed a day trip to The Hall at Abbey Cwm Hir. It was a very long coach journey and we made an unexpected detour up a single lane farm track towards the end of our Journey to Wales!

Fortunately our very skilled driver managed to turn round and get us to The Hall on time. What a wonderful experience awaited us – 52 rooms



all beautifully decorated for Christmas and all with a unique Christmas tree, one of which was decorated entirely with Royal Doulton ornaments. We all kept our handbags close in case we accidentally broke anything. We all had to wear slippers as every room was carpeted – even the cellars.

At the end of our wonderful guided tour we boarded the coach to Llandrindod Wells for a very welcome lunch. I think many of us slept all the way home.

This year it was our turn to organise our Group events, on 2nd December, we held a carol service at the beautiful Whiteshill Evangelical Church in Hambrook. Over sixty Group members attended a very special service of readings and carols. The order of service was prepared by Margaret Grazebrook and Carol Shields, especially for this service and was a splendid start to our Christmas festivities. Afterwards we all returned to the church hall for mince pies, stollen, coffee, tea and lots of conversation with friends from other WI's in our Group.

At our December meeting we enjoyed an American supper provided by members and a glass of wine. This is always a very happy and enjoyable end to our WI year.

We wish everyone a very happy and healthy New Year.

We meet on the second Thursday of every month, except August, at the St Michael's Rooms, High Street, Winterbourne at 7.30pm. Visitors will be sure of a warm welcome. If you would like any further information please telephone 01454 772816.



News from the Floral Friends of Frampton



Christmas coffee morning

Our Christmas coffee morning was held on 27th November and raised nearly £300. It was lovely to see so many people enjoying the refreshments and buying gifts and decorations. A big thank you to everyone who helped to make the event such a success. All money raised will go towards maintaining our floral displays around the village.

Winter Display

Floral Friends have been busy changing the seasonal planter displays. Winter/spring flowering plants like heather, polyanthus and violas have been

planted, along with mini cacti and succulents to add colour and brighten up the dull days of winter and give us all something to look forward to in the Spring!

Flower Festival June 2020

We're organising a Flower Festival (located at Zion United Church in Frampton Cotterell) for 13/14 June 2020, when it will be open to the public. The theme is children's literature so we will be inviting people to create displays to illustrate a favourite children's story, fairy tale or rhyme (think JK Rowling and Harry Potter, Dick King Smith and The Sheep-Pig, Beatrix Potter and Peter Rabbit, JRR Tolkien and Bilbo Baggins, Jack and the Beanstalk and many, many more!). Much more information to follow – but make a note of the date now!

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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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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- **Regular updates** on the progress of your case

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

Big Christmas Sing for Christian Aid



The fabulous 'For One Night Only' Community Choir

A BIG thank you to everyone who came along or took part in this year's BIG Christmas Sing for Christian Aid! This was our eleventh concert and, once again, the evening was full of wonderful singing and heralded the start of the festive season!

This year's concert featured carols and songs from Watermore Primary School, The Manor C of E Primary School Glee Club, Junior FR, Crossbow Singers, Frampton Cotterell Male Voice Choir, Rhythm Mix & the Frampton Shantymen.

And, of course, as always, there was the 'For One Night Only' Community Choir, who came together especially for this concert! This year we were privileged to perform 'Morning Hush' by local composer Paige Halliwell and 'Shepherd's Rejoice' by Tim Warren, composer and musical director of Frampton Male Voice Choir.

All the choirs were absolutely amazing and the audience, who packed out St Saviour's Church Coalpit Heath, was treated to an evening full of Christmas magic and community spirit.

This year's concert raised a record breaking £941.66 (with £145.30 raised in Gift Aid going in to Christian Aid general funds) and even better... Proceeds from this year's Big Sing will be match funded x 6!!! The local churches in Frampton Cotterell, Coalpit Heath, Iron Acton, Winterbourne & Winterbourne Down have entered into a Community

Partnership with Christian Aid, raising money for Syrian refugees in Lebanon and Iraq.

We have committed to raise £5,000 by 31st December 2020 – if we can achieve our target, it will be match funded x 6 (by Bread for Life) meaning we can raise an incredible...£35,000!

So, we're off to a good start! You'll be hearing more about our fundraising during the year and it would be great if the community could help us reach our target.

If you have any ideas or would like to run your own event, please contact your local church or myself, Alison Bray via Zion Office Tel 01454 776618.



Frampton Cotterell Male Voice Choir

Castell Roc, Chepstow's eagerly awaited Music Festival, reveals the full line up for August 2020.

And once again organizers have managed to get a fantastic line up in place, to suit all tastes in music and all neatly wrapped up inside the historic walls of a stunning Welsh Castle

Friday 14th - Brings to town, the Mighty 'Skid Row', New Jersey Rockers, right here in Chepstow !

Saturday 15th - An evening of side splitting comedy, huge vocals & lots of energy featuring ; La Voix. The Dolly Show + comedian Robert Morton

Sunday 16th - A fantastic evening awaits with King of Vintage 'Si Cranstoun Band' -+ 'The Navarones'- legends of Ska !!

Thursday 20th - The ever popular Monsters of Rock.- featuring 3 of the biggest tributes- 'Hells Bells', 'Whitesnake UK' and 'UK Guns N Roses'

Friday 21st - Back by incredible popular demand - 'Alabama 3'- with support from 'Those Damn Crowes'

Saturday 22nd - Also back by popular demand and winners of every blues award going, the sensational 'King King' + support from 'Cats In Space' & 'Fired Up'

Sunday 23rd - we are absolutely delighted to bring 'Russell Watson'- renowned Tenor, right here in Chepstow !!!

Thursday 27th - It's a 'Total Pop Party' featuring the incredible girl group, as well as + 4th Avenue, the incredible Boy group - bringing you the best pop songs in recent years.

Friday 28th - After the sell out show in 2019, The Bohemians are back for 2020

Saturday 29th - Craig Charles Funk & Soul club- The legendary actor, host and DJ is back !

Sunday 30th - Direct from the west End, we bring you 'Whitney-Queen of the Night'

Early bird tickets for all of the events are on sale now (first 200 tickets for Early bird, after they are gone standard tickets apply)

For more details visit www.castellroc.co.uk or call the box office- Hannah's Music, Chepstow - Tel ; 01291 627122



Events at Winterbourne 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 25 January and 22 February,

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.



Next meetings on **Saturday 18 January** and **15 February, 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 11 and 25 January** and **8 and 22 February, 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.



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

Lego Challenge –
Wednesday 19 February
2.30–3.30pm. Booking required – limited places. Suitable for age 7+.



Adventurous Vikings – Free
half term drop in: Friday 21 February 10.30 – 12 noon. Suitable for ages 4–10.

T: 01454 868006
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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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Old cow byres



New cow byre workshops

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 (pictured right), 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 transformed into wonderful new workshops, see the before and after pictures above. These modern, artisan units will soon be available for viewing by potential workshop tenants.

Help from the Co-op for Learning at Winterbourne Medieval Barn

The Trust is still trying to raise money to equip the new learning facilities, and is delighted to announce

that WMBT has been chosen for support from the Co-op's Local Community Fund for the coming year. This means that every time Co-op members shop, 1% of their spend on Co-op products goes towards local community projects, and members can select which project they wish to support.

The Trust would love Co-op Members in the West to choose WMBT by following the link – <https://membership.coop.co.uk/causes/38273>. If you are not already a Co-op member, just visit their website to sign up – www.coop.co.uk/membership

Co-op Members can also join the Co-op Communities Facebook Group. WMBT is linked with the community for the Winterbourne Co-op store and the Co-op Funeralcare in Yate.

Events and activities Apple Grafting Workshop Saturday 22 February 2020, 10am–4pm

Learn why and how we graft fruit trees, under the expert tuition of Ben Raskin of the Soil Association. Make three newly-grafted apple trees to take home with you. Cost £45 includes full tuition, three rootstocks and wood to graft, plus tea, coffee and biscuits during the day.



A previous attendee of this course has kindly supplied this photo, demonstrating what can be achieved by

the skills learnt at this workshop.

The workshop takes place in the Cartshed at Winterbourne Barn which has some heating, but nevertheless you are advised to dress according to the weather. Bring a packed lunch and a sharp knife to cut wood (eg. Stanley knife).

The workshop is limited to 8 people. If there is sufficient demand it may be repeated the following weekend. Booking should be made as soon as possible online, so that enough rootstocks can be ordered.

Bookings can be made online at Ticketsource.co.uk – just search for 'Winterbourne'. There may be some tickets available on the door for talks, although this cannot be guaranteed.

Monthly Talks and other Workshops will begin again in March. Keep an eye on the website and Facebook for announcements of new events.


The Big Re-Opening Event Sunday 14 June 2020

'The 2020 vision' revealed – come and see why the site has been closed for a year! Put the date in your diaries now for the big re-launch of Winterbourne Medieval Barn as a community hub for heritage, food and the arts. A fun day for all ages is promised.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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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.

A Time to Talk ...

Living with a neurological condition can create a range of challenges. There are so many questions to ask, and feelings to cope with, it can be difficult to know where to turn. That's how 'Time to Talk' aims to help. A monthly get together at The Brightwell, a centre for neurological wellbeing, will provide support and information and a place to share experiences and ideas. Each session will focus on a different topic, ranging from treatments and therapies, to diet and exercise.

Helen, diagnosed with MS three years ago, has found it really helpful to visit the Centre and talk about her condition. She said *"When I first started noticing my symptoms, I didn't know what was happening. It was so difficult to describe to anyone how I was feeling, so it was a real comfort to find a place where people understood what I was going through. More recently, I have been given the choice of a variety of treatments, and have no idea which option to choose. I'm hoping that 'Time to Talk' will give me the chance to talk to other people about the treatments they are taking, and how they arrived at their decision."*

The Brightwell Centre Manager, Doro Pasantes, is looking forward to launching 'Time to Talk' to provide a relaxed and informal opportunity for people to meet. She said *"This will be a fantastic space for people to share their life experiences, how they manage their symptoms and deal with the challenges that anyone living with a neurological condition faces day to day. This can be a great support to those people coming to terms with living with a long term neurological condition"*.



'Time to Talk'

Starts Tuesday 11th February 2020 at 2pm, and will continue every second Tuesday of the month at the same time.

It's open to anyone with a neurological condition and their carer's.

To find out more contact:

**The Brightwell, Bradbury House,
Wheatfield Drive, Bradley Stoke, BS32 9DB.**

t: 01454 201 686

e: hello@thebrightwell.org.uk



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Another fabulous performance by The Crossbow Singers

This local choir got everyone feeling festive during their performances at the start of December 2019, at Crossbow House.

What a lovely selection of Christmas music – ranging from the usual Rutter piece, Candlelight Carol, to an 'oldie' by Elvis Presley If Every Day Was Like Christmas. The Programme started with a real old favourite to get everyone in the mood for the Festive Season, It's the Most Wonderful Time of the Year. Does that not just sum up the spirit of Christmas, but lest we forget the real message of the Season, pieces like Child of Peace, In the Bleak Midwinter, and Christmas Sanctus reminded us fully what Christmas is all about.

Their guest, Grace Flynn, delighted the audience with a not so well known song Upon the Roof, ably accompanying herself on the guitar. Unfortunately Ellie and Lucy Lunt were unable to perform due to sickness, but perhaps next year! However, Rosie Williams – the compere – filled in, in her inimitable and excellent manner with anecdotes from Christmas. The choir would like to thank Rosie for coming back year after year to fulfil this role.

Oh, and then, some rowdy and 'merry' carol singers burst in, with a rendering unique to themselves, sung to the tune of Good King Wenceslas. Strange though, they looked remarkably like the male

members of Crossbow Singers but with funny hats on!

Do you think the audience was sitting quietly throughout the whole evening – oh no. In between the pieces, the audience was invited to join the choir in singing many favourite carols – See Amid the Winter Snow, O Little Town of Bethlehem etc. Also of course, a famous singalong of Jingle Bells, Rudolph the Red Nosed Reindeer, and Frosty the Snowman.

Refreshments were served during the interval, and the Concert concluded – well as if it wouldn't – with the wonderful Cliff Richard hit, Saviour's Day. So hopefully everyone went home feeling a little happier, and, yes, a little more 'Christmassy'.

None of this could take place without the amazing, enthusiastic and encouraging, Musical Director – Carolyn Dutton. As Crossbow chairman, Dave Burman, pointed out at the Concert, Carolyn knows all four parts of every piece, and everyone else struggles to learn just one! Also thanks and eternal admiration go to pianist Mary Darby, who manages to cover any mistakes and get the choir back on the right track without anyone noticing!

The Crossbow Singers will start back in January, when rehearsals for their Summer Concert will begin. They hope to see all of you there!

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Start the New Year Pain Free!



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

Make a positive change in 2020!

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

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

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

Visit: www.life-and-soul-empowerment.co.uk
Her holistic treatment room is in Little Stoke.

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

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

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

Rae Elson.

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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.



**Shopmobility South Glos
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9.30am-2pm on Saturday.

Please contact the scheme at -
Telephone **01454 868 718** or **07 999 57 44 74**
or email shopmobilitysouthglos@yahoo.com
Twitter: @yate_southglos FB: @yateshopmobility

What's on at The Miners

Coalpit Heath
Village Hall

Saturday 8th February
Table Top Sale

Free admission, refreshments available.
1-3pm, to book Tel: 07920 145352

www.cphvh.co.uk

Find us on Face book @coalpitheath
214, Badminton Road, Coalpit Heath,
BS36 2QB. Tel: 01454 776958



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

The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



Community Coffee Mornings 2020

16th January & 20th February

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

Thank you to NISA for sponsoring our coffee
morning and donating the tea and coffee.

People and Wildlife Volunteer Placement



Avon Wildlife Trust are recruiting for a new
volunteer to join the People and Wildlife Team for
a placement. Placements are formal volunteering
opportunities which allow people to gain valuable
experience of working within the environmental
sector. This placement will focus on Says Court
Solar Farm (near Frampton Cotterell) events and
activities. A chance to learn how to plan, deliver
and evaluate individual events and the project
as a whole. Great for anyone who likes working
with families, being outside in all weathers and
is passionate about nature, conservation and
the natural environment. A small training and
expenses budget is available.

Commitment: 1 day a week (Tues - Thurs,
though Wednesday is preferable) for 6 months.

Location: Based at Avon Wildlife Trust Head
Office, 32 Jacobs Wells Road, Bristol, BS8 1DR
when not delivering sessions at Says Court.

Recruitment process: Applications in by 12 noon
Friday 14th February. Interviews 26th February
with the view for the placement to start in March.

For more information and how to apply
please follow this link: www.avonwildlifetrust.org.uk/get-involved/volunteering-opportunities/volunteer-placements

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

Looking for a new challenge this 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.

This is a voluntary post, which takes about 5-8 hours
a week, and would particularly 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
www.wadca.co.uk • 01454 776268
ca.winterbourne@gmail.com



@

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.

the WI
INSPIRING WOMEN



* Frampton Cotterell and district community association

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From Nuffield Health, Stoke Gifford.



Stand Up Comedy Night

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From Country Rock Band
'One for the Road'

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You must be 16 or older to attend. Free creche service is
available for members.

To reserve a ticket or for more information please call 0117
974 9740 or simply pop in and see us.

0117 974 9740



Nuffield Health, Hunts Ground Rd, Stoke Gifford, BS34 8HN

Treasure Island Panto, 2019



In December 2019, Winterbourne Musical Theatre presented five packed, public performances of Treasure Island at WADCA. There was also a performance given specially for local people living with dementia, along with their carers, which was supported by South Glos Council.

Audiences loved the show, which was written by Alan Frayn and presented by arrangement with Stage Right Creative Ltd.

The Musical Theatre' group's next production at WADCA will be The Sorcerer in late April 2020.



Photos by Peter Cope



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

"Give me a light that I may tread safely into the unknown"

The Christmas festivities are past, memories of New Year celebrations fading for many of us party poppers! Nativity figures are sadly returned to the cupboard and dusty decorations are either discarded or packed away for revival next Christmas. Perhaps you are feeling overloaded - food wise and TV with the battle of the 'soaps' and election fever!

Well, Christmas is past and what do we have to look forward to in 2020? The UK has a new government of sorts, and climate change is a very real concern to our planet that we have to take seriously and take action to preserve.

In society we have become accustomed to looking on the dark side of life, so what will it take to get positively motivated and reignite or recover our sense of hope? Giving the body a detox might help. This is not just looking at food and drink consumption, but how much TV, social media and activity is taking our time away from family and friends. For the body seen as the community, detox could mean reviewing our activity, or lack of it, and looking around at others who might need a helping hand or a listening ear. Perhaps looking away from our mobile phones to take time to smile and say good morning, or even to thank a stranger for an act of kindness.

Making New Year resolutions can increase guilt, in my experience of a few weeks of trying hard to change! Have you ever exclaimed "how can God help me in my confused and tired state?" We could try feeling less guilty about the do's and don'ts, by giving time to our inner lives - deemed prayer. It might be the fresh start we need, and entering into a prayer life might be the means to move on positively, personally enriching and together in Fromeside in 2020. There are many approaches to prayer that are always accessible, for all ages, to cope with the dark days that we all face at some time during our lives. It is in the handing over to a greater power - and for me that is the adult Jesus in God - that we find help, fulfilment and spiritual food for the journey ahead.

We can thank God for the past, as we can always sift goodness from difficult situations. During 2019 Fromeside Benefice made strong connections within the schools, setting up Messy Church, prayer quiet days and building on the work of the past in community projects. In 2020 we hope to reach out to more people in surrounding communities as a thriving Mission Area, to strive for unity and purpose, engaging with all ages.

How? Being honest to our feelings, finding ways to connect with others and new opportunities to invest positively in our community. This begins with prayer.

A few years ago, a prayer came to my notice, written by a local lady Minnie Louise Haskins from Warmley and quoted by King George VI in his Christmas message back in 1939, as the country faced uncertainty. Its relevance I believe speaks to us as we begin 2020 and face an unknown future.

I said to the man who stood at the Gate of the Year, "Give me a light that I may tread safely into the unknown" and he replied, "Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way." So I went forth, and finding the hand of God, trod gladly into the night.

May God bless your journey of faith and fill your lives with hope for the future.



Revd Julia Chard



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at Fromeside

**Saturday 18 January,
15 February & 21 March**

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All Saints Church Hall
27 Church Road
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Frampton Cotterell & Coalpit Heath Village Diary

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.

Tues 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!

Fri 10 – Frampton Folk Club, Crossbow, School Road, 8–11pm. £2. Acoustic music club. Play, sing, listen. Tel: Andrew 07974 151437 / andrew.edgington77@gmail.com.

Sun 12 – Christingle Service, St Saviours 6pm. In aid of The Children's Society.

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

Tues 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.

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

Thurs 16 – Manor Hall community coffee morning, 10am–12.00 noon. Sponsored by NISA. T: Alison Allan 7873 747513 for more details.

Thurs 16 – 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 17 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

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

Tues 28 – Frampton Cotterell W.I. St Peters Hall, School Rd, 7.45 - 10pm. £2.50. T: 01454 773426 or 01454 778900.

February 2020

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

Mon 3 – Gardening and Social Club, Manor Hall 2–3.30pm. All welcome. £2.50 incl refreshments. T: 07873 747513 / 01454 774279

Tues 4 – Crocuses and Duck Pond stroll, meet 10.30am Coalpit Heath Village Hall. 2 miles, one hour. Or 3.75 miles country walk to Ram Hill Colliery with stile.

Wed 5 – Coffee Morning, Salem, Watleys End, 10–11.30am. All welcome.

Wed 5 – 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 5 – Coalpit Heath WI, 7.45pm, St Saviours Church Hall, T: 07935 071291 / E: carolinemjohnston@hotmail.com. Visitors always welcome!

Fri 7 – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 / crossbowhouse@gmail.com.

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

Tues 11 – Mothers Union, St Saviours Hall, 2.15pm. A variety of speakers. T: 01454 777664.

Wed 12 – 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 12 – 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 14 – Frampton Folk club, Crossbow, School Road, 8–11pm. £2. Acoustic music club. Play, sing, listen. T: Andrew 07974 151437 / andrew.edgington77@gmail.com.

Tues – Friendship & Dance for over 50s, The Miners, 2–4pm. £4 incl refreshm'ts. Gentle exercise, easy circle dances, live music, experienced teacher. Beginners/improvers welcome. More info T: 07515 351813 / hilary.coach@icloud.com.

Wed 19 – FC & District Local History Society, Zion hall, 7.30pm. £4 incl light refreshments. Members free (£15pa). secretary_fcdlhs@yahoo.com.

Thurs 20 – Manor Hall community coffee morning, 10am–12.00 noon. Sponsored by NISA. T: Alison Allan 07873 747513 for more details.

Thurs 20 – 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 21 – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Sat 22 – Apple Grafting Workshop, Winterbourne Medieval Barn, 10am–4pm. £45. Learn how to graft your own apple trees to take home, under the tuition of Ben Raskin. Book online at Ticketsource.co.uk / www.WinterbourneBarn.org.uk.

Tues 25 – Frampton Cotterell W.I. St Peters Hall, School Road, 7.45–10pm. £2.50. T: 01454 773426 / 01454 778900.

Wed 26 – 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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Courses start in 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.



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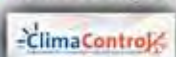
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