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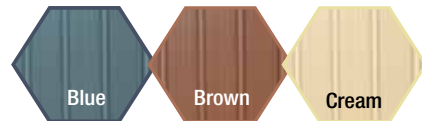
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Dear Residents,

As you can see by the front cover, reception pupils at St Michael's school in Winterbourne have enjoyed a fab term learning all about dinosaurs, we hope you enjoy sharing in the roarsome fun!

Matters Magazines recently returned to the North Bristol Foodbank to learn more about their work. Sadly there is an overwhelming need for these services at this time. If you are a local business or group, perhaps you could set up as a local food collection point? This is a simple way to support their great work. Read more on the centre pages.

Local charity Paul's Place are celebrating their 25th birthday this year. They share with you all the different ways you can join in the celebrations, and support this fabulous charity at the same time.

It is always great to feature a new local group, this month we are pleased to introduce you to Winterbourne and Frome Valley Environment Group. They are carrying out some excellent work in our community and welcome new members.

To mark the VE Day celebrations this year, Frampton Cotterell Parish Council are organising an exhibition that will be on view at the Bockeridge Centre during May 2020. Frampton Cotterell and District Local History Society are producing a VE display, and would love your contributions please.

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

Best wishes,

Kerry & Jaci X

community@mattersmagazines.co.uk **01454 300900**

From left: Michael, Fran, Tina, Jane, Mary and Maggie
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Winterbourne Down Carnival 2020

With the change of the May Day Bank Holiday to Friday 8 May, to incorporate VE Day, the Winterbourne Down Carnival will be held on the Friday. However, the previous Sunday (3 May) will see our Village Treasure Hunt, Playing Out and Songs of Celebration – this year hosted by Bethesda Methodist. A full program of activities is being put together comprising old favourites and some new initiatives.

Thanks to UWE Bristol and Quartet Community Foundation, we have received a UWE community grant. This means we are able to explore ways to reduce waste from our Carnival this year. UWE Bristol students will be working with us to install recycling bins on the day, as well as better ways to package our food and drink. Additionally, thanks to UWE Bristol and Quartet Community Foundation, our Carnival will be working with local students during 2020 on a Community Grant Award. Alongside expert advice from their lecturers, we will be exploring how to reduce waste on Carnival day, as well as joining forces with Winterbourne Environmental Group to communicate about environmental issues. If you are interested in how we can improve our environmental impact then get in touch!

The Carnival has also been awarded a South Gloucestershire Council Grant to help with equipment, essential for the safe and enjoyable organisation of the Carnival as well as equipment for the comfort of our attractions and supporters.

Winterbourne and Frome Valley Environment Group

Passionate about the environment and building a strong inclusive community



Winterbourne and Frome Valley Environment Group started in April 2019, with just two local community members from Winterbourne Down and Hambrook. Since then it has grown in size to a committee of six and is still growing. The group covers Winterbourne, Hambrook and the wider Frome Valley area.

We aim to improve the local environment, community and protect it for the future generations to enjoy. We have to date planted 25 indigenous trees on the small part of Hambrook common, recently secured community funding for re-wilding meadow seeds, appropriate for the area, and on Saturday 18 Jan 2020, we ran our first, very successful Winterbourne Share and Repair café. This spring, we will be sowing a meadow by the Winterbourne library.

We are also working with the community arranging litter picks, the most recent being around the Greenfields, at the start of February. The day was a great success, with a turnout of around 20 people coming from as far as Downend, to help shift the debris in and around the area. We arranged for collections of the full waste sacks with South Glos council and it was all collected on the following Monday.

In Hambrook, we are working together with the teachers and parents of Hambrook School and residents to reduce the speed limit on Bristol Road, by the Whiteshill church, the only stretch that still appears to be 40mph, while the rest of the road is 30mph. This presents an unsafe area of the road right near the school and Whiteshill common, where the community come to play football, cricket or just to bring families to picnic. We recently submitted a petition for a speed reduction and now await the outcome.

We enjoy working with school Eco Clubs, at St Michael's School in Winterbourne, we have planted trees and we will be sowing a wildflower meadow there in March. Hambrook Eco school club helped

us plant the trees on Hambrook common.

Working closely with the Eco school network is one of our aims, to help encourage children to be involved with their community and a sense of ownership.



A successful Share and Repair café



We welcome more members, if you would like to get involved please contact us via our **Facebook page: Winterbourne environmental group** or **Instagram: Winterbourne and fromevalley eco**.

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News from Frampton Cotterell RFC

Frampton 1st team V Chosen Hill – Cup Final

1st Team – The recent highlight was Frampton's appearance in the final of the Gloucestershire RFU Senior Vase against Chosen Hill, in a match played under floodlights on Cheltenham Tiger's 4G pitch. Chosen Hill are the runaway league leaders and are quite rightly favourites to gain promotion at the end of the season. However, on the night Frampton competed admirably, and despite losing by 29 points to 15, their performance drew plaudits from everyone in attendance.



Unfortunately, Frampton's league form continues to evade them. Two matches have been played since the cup final and both have resulted in narrow defeats. In the first, Whitehall took Frampton's undefeated home record with a 25 points to 20 win. Frampton started slowly and were 12 points down in the first 10 minutes. They clawed their way back into the match, but unfortunately, injuries disrupted Frampton badly in the second half which allowed Whitehall a way back into the game.

Frampton also lost narrowly away to Berry Hill. Never an easy place to go and play, Frampton looked to have done enough to get that elusive first league win of 2020, but Berry Hill fought their way back into the match and took the spoils with a late drop goal. Next up is a home match against second placed Cheltenham North.

2nd Team – The 2nd team's improved form looks to be continuing. Despite losing at home by 29 points to 19 against a very quick Thornbury team, the 2nd team redeemed themselves the following weekend with a splendid win over Lydney, a team that had soundly defeated Frampton back in November. Frampton's match against Matson was postponed, but their next match is a home fixture against second placed Old Centralians, with whom Frampton drew earlier in the season.

3rd Team – Unfortunately, through postponements, the 3rd team have not managed to play any further fixtures following their win over Ashley Down. This has allowed Ashley Down to leapfrog over Frampton to regain the league leadership by one point. The league title is still very much to play for.

Colts Team – The Colts team continue to grow and mature together as a group. After several weeks without a match, the Colts travelled to Keynsham for a Sunday fixture, where they suffered a narrow defeat in very muddy and very wet conditions.

They followed this up with another away fixture at Chippenham, where the match was played on Chippenham's 4G pitch. Despite playing well, Frampton somehow found themselves 10 points down at half time. They turned this around in the second half to record an excellent 12 points to 10 victory. And lastly, playing on the main pitch at Crossbow, Frampton enjoyed a comfortable bonus point – 27 points to nil home league victory against Wellington!

Next up Frampton have their longest trip away to play league leaders Wiveliscombe. The Colts team are more than capable of recording a victory there. The future is bright; the future is green and yellow.

by Andrew Westcott

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VE DAY – 75th Anniversary



The country will mark the 75th anniversary of Victory in Europe (VE Day) on Friday 8 May 2020, to pay tribute to those who served in one of the most significant periods in the nation's history. On Friday 4 May 1945, German forces in north-west Europe surrendered to Montgomery's HQ on Lüneburg Heath. Three days later, on Monday 7 May, the German supreme command surrendered at Rheims in France.

Frampton Cotterell and District Local History Society are contributing to the occasion by producing a VE display, focusing on Frampton Cotterell and Coalpit Heath, which will form part of an exhibition being organised by Frampton Cotterell Parish Council that will be on view at the Brockeridge Centre during May 2020.

Above: One of a multitude of VE Day parties that took place throughout the country in May 1945 to celebrate the end of the Second World War in Europe. This one is for the residents of The Ridge, Coalpit Heath.

Left: Another VE Day street party, this one held at the junction of South View and Woodend Road, Frampton Cotterell, in front of No. 178 Woodend Road.



Do you remember Frampton Cotterell and Coalpit Heath in World War 2?

The Local History Society is looking for memories and photographs of the villages from the war years, to display in commemoration of 75 years since VE Day. We are hoping that local residents will be able to share their memories and stories about their own experiences of living in the area during those war years, or perhaps those of their parents or grandparents. The society already has a number of photographs of local VE Day celebrations, but hopefully other pictures of that time may come to light. Did your local relative serve in the armed forces? Or perhaps you remember one of the 15 bombs that landed locally during the war?

If anyone has any local information about VE Day 1945 in Frampton Cotterell or Coalpit Heath can they please contact the society by email: secretary_fcdlhs@yahoo.com or via our Facebook page: [framptoncotterelllocalhistory](https://www.facebook.com/framptoncotterelllocalhistory).

News from Frampton Cotterell WI

We welcomed members back in the new year with a talk from Phillippa Parish on 'The Foundations of Health'. Phillippa shared her extensive knowledge of good nutrition with us, covering the areas of digestion, blood sugar, hydration, liver function, sleep, stress, exercise and relaxation. She also shared some common sense ways that we can look after ourselves and we all learnt some new tips to put into practice for a happy, healthy 2020.

On the same evening, we held a sale of donated Christmas gifts to raise funds for charities supporting the recovery of the Australian bush fires. We were delighted to raise a sum of £160, which we intend to top up to £200 over the coming weeks.

On Tuesday 4 February, we all enjoyed our annual New Year's meal at The White Horse at Hambrook.

At time of writing, we are looking forward to our February talk entitled 'Midwifery – never a dull moment' by Dorothy Cooke. We are expecting some real-life 'Call The Midwife' tales, which should prove to be both entertaining and enlightening!

Coming up later in the year, we have talks on Dogs for Medical Detection, Sculpture, Crafts and Local History, as well as a talk by BBC Radio Bristol's Emma Britton in April, which we're all especially looking forward to. 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 WI cake stand at The Frampton Festival on Saturday 11 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](https://www.facebook.com/FramptonCottWI) to find out more, and to like our Facebook page.



Enjoying a delicious meal at The White Horse at Hambrook

In memory of Merle: It is with sadness we share the very sad news that one of our longest serving members, Merle Summers, sadly passed away around New Year. As well as being our President for several years, Merle was Chairman of the WI Combined Arts Committee from 1988–1992. She was then Avon Federation Chairman from 1992–1996, and was also a member of the Avon Federation Choir for an impressive 40 years!

Merle was extremely knowledgeable about the history and objectives of the WI and as such is a great loss to our group, and to all who knew her. Her loyalty, support and dedication to the WI was unsurpassed and she will be greatly missed.

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News from the Floral Friends of Frampton

Very Early Signs of Spring?

Take a look at the flower border at Woodend, and find the very first signs of Spring. Bulbs will be up very soon. In the meantime we found the flowers above – can you find more?

Spring Plant Sale & Coffee Morning – 25 April 2020

Our annual Plant Sale and Coffee Morning will take place on Saturday 25 April at the Bickeridge Centre in Frampton Cotterell, opening at 10am. Come along and browse the plants we will have for sale and enjoy a cup of coffee (or tea) with a slice of delicious cake. Hopefully spring will definitely have



sprung by then and we might be able to sit in the sun in the Sensory Garden!

Flower Festival 13/14 June 2020

We're organising a Flower Festival (located at Zion United Church in Frampton Cotterell) for 13/14 June 2020 which 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! Remember our last Flower Festival in June 2017, with the theme of Floral Hats which attracted many visitors to the displays? Please help make this one just as successful!

Visit to John's Garden at Ashwood Nursery 16 July 2020

Would you like to join us on a coach trip to John's Garden at Ashwood Nurseries in the West Midlands on Thursday 16 July 2020? A guided tour of this lovely garden (have a look at www.ashwoodnurseries.com/visit-us/johns-garden/ for more information) will be followed by a short visit to the Jinney Ring Craft Centre (www.jinneyring.co.uk) in Droitwich. The price is £30 per person which includes the coach fare, guided tour of John's Garden plus a small donation to Floral Friends. Further information will be available at our Spring Plant Sale and Coffee Morning, when you can reserve your place with a deposit. Alternatively for further details please contact: littlebrence@gmail.com.

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/fframpton-cotterell>.

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Air Cadets take to the skies

At the end of January, three air cadets from 37 Squadron Frampton Cotterell got a chance to fly over the Bristol channel and take the controls of a light aircraft.

As members of the Royal Air Force Air Cadets they were given the opportunity of an AEF (air experience flight). After an early morning drive from Bristol, they arrived at MOD St. Athan. Here they were given a briefing on how to approach and board the aircraft. They practiced the correct procedure should they have to use their parachute or life jacket. The weather was good and 8 cadets in total managed a 25 min flight each. The cadets that had previously completed their ground school training, including a session in a flight simulator, were presented with their blue wings flying badge to wear on their uniform.

Other activities the Royal Air Force Air Cadets get involved in include, gliding, climbing, SCUBA, shooting, DofE, overseas expeditions, drill, STEM, radio and much more.

37 Squadron parade every Monday and Thursday evening at their HQ behind the Royal British Legion in Ryecroft Road in Frampton Cotterell.

We are actively recruiting new cadets and are open to all boys and girls age 12 (Yr8) to 17 and not just those considering a career in the RAF. We are also welcoming new adult staff volunteers. No previous military experience necessary, just an enthusiasm for teamwork and to assist the next generation!

See <https://www.raf.mod.uk/aircadets/> for more information.

To register your interest, please email oc.37@aircadets.org and we will be more than happy to show you around.



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News from Coalpit Heath WI

It has been a busy start to the new year for Coalpit Heath WI. We have already had two meetings, the first being from two PCSO's from the Yate beat, who spoke to us about crime prevention. They gave us lots of helpful advice and provided clip on bells for our purses which help to prevent pick-pocketing.

In February, Susan Marshfield MBE (pictured right) came to talk about her memorable day at Windsor Castle. She brought her special day to life with lots of fascinating details about the building and all the different members of palace staff who she encountered during her visit. Susan was awarded her MBE for services to the community in South Gloucestershire. During her conversation with Prince William, she spoke about her work with BRACE and the importance of providing apprenticeships in education.

We continue with donations for the Foodbank and have published a new list on our Facebook page (although any donations are welcome). We will be making a special collection of Easter Eggs at our next meeting.

55 hearts – knitted, crocheted, made from felt and fabric have been created by members, ready to be



sent to our local NICU unit. The hearts will be given out on Mother's Day to any mums whose babies are in the unit on March 22nd.

Our March meeting will be from Melanie Tiley of Brain Tumour Research. Attendees will be encouraged to wear a hat to support the charity. The meeting in April is a talk by Lt Col Neil Stace, who was runner up in the Great British Sewing Bee.

Join us! 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.**



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Join Paul's Place in their 25th Birthday Celebrations

Paul's Place is a local charity, based in Coalpit Heath, that enhances 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.

2020 is a big year for the charity Paul's Place as we will be celebrating our 25th Birthday and we have events planned throughout the year to help us

celebrate. One such event is a **Comedy Night in partnership with WADCA on Friday 24 April** for more information please contact us. We are also **still looking for people who would be willing to run for Paul's Place at the Bristol 10K on Sunday 3 May 2020.**

Thank you and please continue to support us –

Over the last 25 years we have been amazed by the support that we have received from the local community, and we wanted to take this opportunity to thank everyone for their support to date. We would like to invite you to join the celebrations in our 25th year and we are looking for people to fundraise on our behalf. Your help will enable us to help support more disabled adults to live their life to the full. We are not asking you to do this alone and we can work with you to organise your own event be it big or small. Alternatively, you might be part of a group or club that would like someone from Paul's Place to come along to talk to the group about our charity, our 25-year history and the difference we make.

If you would like to fundraise or have a Paul's Place talk then please contact Clair on carmstrong@paulsplace.org.uk or call on 01454 777236 • www.paulsplace.org.uk



Fun of Tyrannosaurus proportions at St Michael's School

There was great excitement in the Reception class at St Michael's, Winterbourne, when they returned from the Christmas break. Huge footprints had appeared on the carpet! Reception had been visited by a dinosaur! The children shrieked with excitement as they walked through the door. On examining the prints, they concluded they must have been made by a Tyrannosaurus Rex, as the footprints only had 3 toes each.

Later in the day, they discovered that the dinosaur had laid lots of frozen eggs. The children had great fun using pipettes of warm water to melt the ice to reveal baby dinosaurs inside.

All of the learning this term has been based around their dinosaur topic. In mathematics they measured footprints with cubes, and compared lengths. Weighing scales were used to compare the weights of dinosaurs, saying which is the heaviest or lightest. Reception enjoyed learning about how dinosaurs used to roam the earth, as well as taking part in their own historical dig – brushing away the sand to reveal buried dinosaur bones below.

The dinosaurs inspired the children to write – they all labelled a dinosaur and wrote sentences to describe them. A roarrrring good term for all!



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Dawn told us, "Many times it seems easier to give up and settle with what you know and where you are, however just a little 'pain' can see you breaking through to new horizons and greater achievements in any area of your life".

Dawn offers Confidence and Self Esteem Coaching, where she will empower you with techniques to achieve your goals and boost your self esteem over a 4 session programme.

Other treatments Dawn offers to relieve the symptoms of anxiety are Thought Field Therapy (TFT) – specialised tapping with the fingers at

meridian points on the upper body and hands and, Rapid eye therapy that accesses the brain to help with emotions, it is in similar vein to hypnotherapy.

Dawn shares, "Living in wellness is about the whole of you, good mental health is achieved through being kind to yourself in mind, body and soul. Time needs to be taken to examine what you are feeling in the moment before you can move forward with the future. I will help you on your individual journey in a safe, non-judgemental place."

Take positive action now, contact Dawn to book in or for further information.

Call: **0795 1099 491**

Visit: www.life-and-soul-empowerment.co.uk

Her holistic treatment room is in Little Stoke.



*As Henry Ford said,
"Whether you think
you can or whether
you think you can't,
you are probably
right and you'll prove
it to yourself!"*

How can Hypnotherapy help you?

by Catherine Smart DHP MNCH CHBP

I have been practising as a Clinical Hypnotherapist for 14 years and would like to give you an insight into how hypnotherapy can help you.

Hypnotherapy lowers your anxiety and is a calm, relaxing but effective process which is a very enjoyable way to change the way you see things.

If you are struggling with any fears or phobias, perhaps you are a nervous flyer or have a fear of heights or just afraid of everyday living, hypnotherapy can help you overcome these fears and get back to living a confident and fulfilling life.

Hypnotherapy can also help with fertility issues, whether you are struggling to conceive or if you are embarking on an IVF journey, hypnotherapy can help by lowering your anxiety and bringing you some control whilst going through this anxious time.

If you are pregnant then as an Easibirthing practitioner, I offer 5 sessions to help prepare you for labour, helping you to stay in control and working towards a calm, comfortable birth.

Are you worried about your weight and struggling to lose those pounds?

Once again hypnotherapy can help put you back in control of your choices, lowering your anxiety around food and weight and helping you to look at your options in a different way, dispelling those old eating patterns and helping to maintain control over your diet and weight issues.

If you are at all anxious, nervous and suffering from low self esteem, give me a call, Hypnotherapy really can help!

If you want to stop smoking or you vape and want to kick the habit, one session should do the trick.

Do you suffer from IBS or stomach related anxiety issues? By lowering your anxiety and helping you manage stress in your life, hypnotherapy can really help ease IBS type symptoms, please give me a call.

Catherine Smart



Call me on: **07964 991689** • E: Catherine@smarthypnotherapist.co.uk
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- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety



Based in Winterbourne

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

Call me on: **07964 991689**

E: Catherine@smarthypnotherapist.co.uk
www.smarthypnotherapist.co.uk



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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

Shopmobility maintains increased hours

The Shopmobility South Glos extended opening hours will now continue for the foreseeable future. The opening hours were extended as a trail from 2pm to 4pm on a Thursday between Easter and Christmas last year. The popular scheme, based in Yate Library, has decided to continue with these extra opening hours.

This will mean our hours during the week will be 09.30 to 4pm on a Tuesday, Thursday, and Friday and until 2pm on a Saturday.

The service provides mobility scooter and wheelchair hire on a daily and on a 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 too.

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.

Shopmobility South Gloucestershire, based in the Yate Shopping Centre, is also looking for more volunteers to help operate and promote the service.



There are opportunities to help the organisation to deliver the service especially if it is able to expand its operations, and opportunities to deliver it's promotion strategy to help the service reach more users.

Shopmobility South Gloucestershire had a very busy Summer last year with record numbers using the Scheme.

David Bell, Vice Chairman of the scheme, said - "This is wonderful news and shows the need for Shopmobility."

Please contact the scheme at -

Telephone 01454 868718 or 07999 574474 or email shopmobilitysouthglos@yahoo.co.uk and detail what you might be interested in doing, or request further information on the scheme.

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, provides support and information and a place to share experiences and ideas. Each session focuses 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, tells us this group provides a relaxed and informal opportunity for people to meet. She said "It is 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' runs every second Tuesday of the month at 2pm. 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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Events at St Saviours Church, Coalpit Heath



Easter Fayre – Saturday 4 April, 2pm, in the church hall. Many stalls, books, games, plants, tombola, raffle, refreshments with home-made cakes. Do come along meet new friends and enjoy the afternoon.

Senior's, Social Fitness and Friendship Club – Wednesday mornings, 10–11.30am, in the church hall. Seniors citizens of all abilities engaging in friendship, fitness, physical and social activities. Do come along and improve your posture and balance strength and flexibility. £5 per person, including refreshments. To register your interest contact Adam Dyer on 07825 155954 or Ann Carter 01454 319699, or just come along. Sponsored by South Gloucestershire County Council.



Butterflies Babes and Toddlers Group – Looking for something to entertain your baby or toddler?

Butterflies are a friendly and welcoming group and would love to see you. It's £3 per family, pay as you go during school term only. Plenty of toys, dressing up, book corner and song time. Mondays, 10–11.30am in the Church Hall, Beesmore Road, BS36 2RP. www.butterfiestoddlersgroup@gmail.com



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

www.coalpitheath.org.uk



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The Frampton Globe Trot is back with an 8 mile off road race taking place on Saturday 28 March 2020. The race starts and finishes at The Globe Frampton Cotterell, taking in the glorious South Gloucestershire countryside along the way, to raise money for Frampton Cotterell C of E Primary School. **Facebook: The Frampton Globe Trot.**

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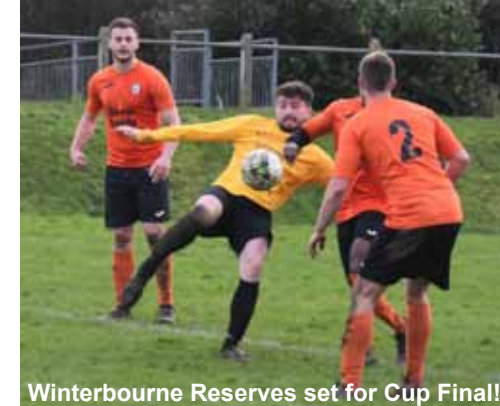
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Cricket is on the agenda despite the weather!

Following a successful registration night in January, Coalpit Heath CC has commenced preparations for the forthcoming season. Winter nets are being held at Yate International Academy on Sunday evenings from 6–8pm for adult and senior players, and under 17s and 15s between 5–6pm. Junior nets are being held at the same venue on Wednesday evenings between 6–7.00 pm.

Anyone interested in playing cricket this summer at any level would be very welcome. The club runs three Saturday teams and youth teams from Under 9s to under 17s. For even younger players the club will run All Stars sessions again this year, more details will follow shortly.



Winterbourne Reserves set for Cup Final!

The Winterbourne Reserves are delighted to have made it through to the Gloucestershire FA (GFA) Minor South, Cup Final, after beating Bradley Stoke Town, A team, in semi final on penalties!

The match took place on a very heavy pitch, with both sides not really creating any clear cut chances. The game was destined for a penalty shoot-out!

Both teams scored penalties in normal time, plus Winterbourne keeper, George Sowden saved one with 20 minutes to go, which could easily have been the winner.

In the shoot-out, George yet again saved 2 penalties to put Winterbourne Reserves through, winning 4–2!

The team are now busy preparing for the final, which will take place on 7 April, against APS, from The Downs League.

We wish Winterbourne Reserves luck, as they are currently on for a League and Cup double, as they sit top of District 4 – unbeaten!



Winterbourne Reserves
(in yellow) in action
during the semi-final



It was back in March 2013 that Matters Magazines first paid a visit to the North Bristol foodbank headquarters on Filton Avenue, during their first full year in operation.

As a result of this meeting, our community magazines worked with local schools to run an Easter appeal. I am delighted to report that many of our local schools still organise large collections over Harvest and Easter, in fact, the foodbank told me out of all the schools across Bristol that generously make collections for the charity, it is the schools in the Bradley Stoke, Little Stoke Gifford and Winterbourne areas that donate the most.

It was good to meet with the dedicated North Bristol foodbank team again, who are still working tirelessly for local families. foodbank Manager Matt Dobson took some time out to bring me up to date.

In 2018 the North Bristol foodbanks (Yate, Thornbury, Filton, Horfield, Lockleaze, Patchway, Mangotsfield and Southmead) fed 6,961 people (individuals helped not the number of food packages). In 2019, the same food banks fed 9,500 people, up a staggering 40% from 2018. These figures make tough reading.

A large part of this increase is due to the roll-out of Universal Credit, that sees people have a 5-week waiting period for benefits to come through when they apply or have a change in circumstance.

Matt told me that foodbanks do not want to exist! They will of course not leave people vulnerable who are in the midst of a crisis but a large part of what they do is campaigning to make much needed changes to our welfare state.

The Trussell Trust, who the foodbank is associated with, currently has a campaign *Five Weeks Too Long* that it would be great if you could support. It only takes a minute to sign up at – www.trusselltrust.org/five-weeks-too-long.



L to R: Manager Matt Dobson & North Bristol Foodbank co-founder Stewart North

So how does the Foodbank system work?

Step 1: Nonperishable food is donated by the public.

Step 2: Volunteers sort and pack food into emergency food boxes.

Step 3: Frontline care professionals such as doctors and social workers give Foodbank vouchers to people in crisis.

Step 4: Foodbank vouchers are exchanged for 3 days of food at a Foodbank.

Step 5: Foodbank staff take time to listen and signpost clients to further support.

The rise in living costs is another key contributor. Rent prices in Bristol and surrounding areas are through the roof. Matt told me that many families find that after paying their rent and fuel costs they only have £20 leftover to cover everything else.

The team is also seeing a sharp rise in people with mental health issues, so as well as offering food, they are working hard to help get them to the right people or organisations to support their overall welfare.

The foodbanks take time to talk with people about their individual circumstances and signpost them to the relevant advice centres etc. They currently work with 320 referral agencies.

I asked Matt if the rise in the use of the foodbanks had helped lift the stigma that can come with using these facilities? He told me that, although some press outlets report that 'of course people are going to want to take advantage of free food', that is not the case at all; many are still reluctant. He had met with a lady that week who had been given a food voucher three weeks previously; she had been back and forth in front of the doors of the foodbank but wasn't able to bring herself to go in. When she eventually did, she was relieved and pleased to be met with such a warm, considerate welcome.

Matt explained that people from any walk of life can find themselves in crisis and the foodbanks are here to offer help and support without any judgement.

"We are always so blown away by the support of our local community. We couldn't run foodbank without the people and business owners that live and work in our community. Not only is the physical support through food and financial donations invaluable, but the picture this shows our city of a community uniting together to support the most vulnerable is incredibly powerful!"

Foodbank manager, Matt Dobson

How can you help?

1. Make regular donations of one or two of the items listed (this can cost less than a £1!) to a local drop-off point.
2. Support the *5 Week Too long* campaign and put pressure on your local MPs by writing to them to demand change to the welfare state.
3. Make a financial donation to ensure this good-work can continue.
4. Could your local business or community venue become a collection point?
5. Run a fundraiser at a community group or place of work.

The foodbank always welcomes new local groups or businesses to set up as collection points or run fundraiser events; do get in touch with them on the contact details below if you would like any further information on how to go about this.

The North Bristol Foodbank is thankful that they are currently well-covered with 200–300 volunteers that work across the outlets each week.

Matt told me that, although the work is incredibly challenging and the foodbanks are sorry that they have to exist, joy comes from the the incredible support that the community shows the project, it's a community behind a community.

North Bristol foodbank

286 Filton Avenue, Horfield, BS7 0BA
info@northbristol.foodbank.org.uk
 0117 9791399

Shopping List Top 10 items

Instant mash
 Instant coffee
 Chopped tomatoes
 Tinned meat
 Sponge pudding
 Tinned spaghetti
 Tinned potatoes
 Rice pudding
 Dental items

Local Donation point

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Dilapidated West Barn



Before, in south range looking west



Now, looking at south range

Winterbourne's Medieval Barn – News & Events

Re-development Project – nearly complete!

The building works are almost finished now, and the Trust is getting ready to re-open the whole site in late spring. The gallery linking the Medieval Barn to the newly-refurbished West Barn, is now glazed and has a lovely, even, stone floor. It will house a time-line display about the history of the Barn and surrounding area.

Volunteers were recently allowed to visit the garden, which has been untouched for a year and is in need of a little TLC. Planning can now begin for this year's crops. Anyone who would like to get involved with some gardening, or other jobs on site, should follow the links on the website or get in touch by Facebook.

Once the site has been handed back to the Trust, volunteers will need to unload furniture and equipment that's been in storage containers for a year, and work out where things can go, as well as getting familiar with the new electrics, lighting, water, and so on. So until June, talks and craft workshops will continue in the Cartshed. Bookings are now open for the first spring events – details can be found on the barn website and Facebook, and tickets are available on Ticketsource.co.uk.

Events and activities

From **Tuesday 7 to Friday 10 April, Fi Harris will be stationed in the Cartshed as Artist in Residence**, offering free drop-in crafting opportunities all day. Come and explore a range of craft techniques like drop-gap braiding, peg-loom weaving, and big knitting, and help create a community wall-hanging to celebrate the re-opening of the Barn site. Fi will also do a couple of short wet-felting demonstrations each day.

In addition to the free activities, Fi will also run daily workshops in: Wet Felted Landscape (11.45am–2.30pm), Lino Block Printing on Paper (1–1.45pm), Screen Printing on Paper (3–3.45pm). These cost is £10 per person. To book, email Fi Harris – feltbyfi@gmail.com.

Other craft workshops you can now book online (Ticketsource) include –

Thursday 23 April, Screen Printing on Paper, 10.30am–2.30pm. Screen printing is the process of pushing ink through a 'silk' screen using a stencil to resist the ink to form an image. Cost £40 per person.

Saturday 16 May, Fused Glass Curve Workshop, 10am–12noon. Make your own unique and beautiful design on a pre-cut, flat piece of glass. Suitable for complete beginners as well as those who have already caught the fused glass bug! Cost £35 per person.

Saturday 16 May, Fused Glass Jewellery Workshop, 1.30–3.30pm. Make fused glass jewellery with the stunning colours of dichroic glass. The basic 2 hour workshop costs £20, and includes one pendant or brooch. Additional items cost £9 each payable on the day, and you can make as many items as you wish in the time. Items will be taken away for kiln-firing and returned to the Barn within 2 weeks for you to collect.

On Good Friday, families are invited to join us at 11.30am, for **Easter themed craft fun**, followed by an **Easter Egg hunt!** It costs £3 per child. Book on Ticketsource.

And on **Friday 24 April at 4pm**, all ages are welcome to join us for the **international City Nature Challenge** on behalf of Bristol and Bath. Our area was the European winner last year, spotting more species than anywhere else! So take a walk down to Monks Pool Nature Reserve with us and help the Bristol and Bath area defend its title. Smartphones and tablets are helpful for identifying wildlife as you go along. This event is free, but please book in advance so we know numbers. It will go ahead rain or shine!

Monthly talks resume in April after a winter break. Tickets are £5 on Ticketsource.co.uk.

Tuesday 28 April, 7pm – Sabrina, Goddess of the River Severn, a fascinating talk by Nicola Haasz on the River's journey, folklore, ancient water worship and historic finds.

Tuesday 19 May, 7pm – 180 Years of the Constabulary. Sue Webb, the force archivist at police HQ and the Gloucestershire Heritage Hub, looks at records from the old historic county of Gloucestershire.

Tuesday 4 August, Shakespeare in the Barn, 7pm. The Festival Players perform Shakespeare's most popular history play, HENRY V. Exhilarating entertainment for a summer's evening! Tickets £14 (£10 child) now on sale at Ticketsource.co.uk.

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 this year. Every time Co-op members shop, 1% of their spend on Co-op products can be given to their chosen community project. The Trust would love Co-op Members to choose WMBT by following the link <https://membership.coop.co.uk/causes/38273>.

If you are not already a Co-op member it only costs £1 to register – sign on at their website – www.coop.co.uk/membership.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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Saturday 22nd February | Country Rock Night – Country Rock Band, One for the Road will be serving up a night of toe tappin' leg slappin' country music - £5 per person

0117 974 9740



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

All our events are open to both members and non-members. 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.

TICKETS SELLING FAST for August's Castell Roc music festival

Early bird tickets for most of the shows are 'sold out', standard tickets are now on sale.

Important changes for 2020:
FOLDABLE CHARIS WILL NO LONGER BE ALLOWED IN.

Instead, chairs will be provided for an extra £1 per ticket. Only 200 seated tickets are available on each night, so if you are looking for 'seated tickets' for any of the events, book sooner rather than later.

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 Crows'

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'



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.

Come and meet Kipper at Rhymetime

Tuesday 3 March 10.30

Pre School Storytime:

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



Duplo Club: Saturday

21 March and Saturday 25 April, 10.30 – 11.30. 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 14 March and 18 April, 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 7 and 21 March and 4 and 25 April, 10am–12 noon.** New members will always be made welcome by this friendly group. Share tips and ideas for your knitting, sewing or crochet projects.



Lego Challenge

– Crazy Cars, **Wednesday 15 April, 2.30–3.30pm.** Booking required – limited places. Suitable for age 7+.

Holiday Drop in – Leap into London! Landmark Crafts with an Easter Twist. **Friday 17 April, 10.30 – 12 noon.** Suitable for age 4–10.

Quiz Night – Tuesday 21 April, 7–9pm. You're welcome to bring your own tipple, glasses and light refreshments will be provided. Teams of up to six people. £3.20 per person, tickets from the library.

Date for your diary! Come and join us at the Library for a **Spring Singalong, Friday 1 May 2 – 3pm.** Refreshments provided.

T: 01454 868006

E: winterbourne.library@southglos.gov.uk

Visit: www.southglos.gov.uk/libraries

Twitter: **@southgloslibs** • 'Like' us on

Facebook: **South Gloucestershire Libraries**

Winterbourne Musical Theatre presents

THE SORCERER

musical comedy by Gilbert and Sullivan

Wed 29th April - Sat 2nd May
Weekdays at 7.30pm
Saturday at 2.30pm

Come to tea!

at WADCA
Watley's End Road, Winterbourne

Tickets £10
tel. 01454 317408

CHEPSTOW DRILL HALL
Saturday 18th April 19:00 - 22:30

THE JERSEY QUARTET

FEATURING THE SMASH HIT'S LEAD FRANKIE VICKI AND THE FOUR SEASONS

This all star West End cast features performers who have been in the smash hit musical THE JERSEY BOYS & other musicals.

The Jersey Quartet have recently been nominated for a time out 2019 Dubai for best theatrical production and have been lucky enough to have toured all over the world.

Tickets £18.00 (incl booking fee)
Hannake Music—Moor Street (01291 627122)
Online via www.castellroc.co.uk

Brought to you by **Castell Roc**

The Ultimate Bee Gees Show

Stayin' Alive

All the hits... 'Tragedy', 'Jive Talkin'', 'Night Fever' 'You Should Be Dancing' and many more!

"The definitive Bee Gees tribute. They have no equal."
Mark Rich 'The Stage' October 2011

Tickets £13.50 (plus booking fee)
Hannake Music—Moor Street (01291 627122)
Online via www.castellroc.co.uk

CHEPSTOW DRILL HALL
Saturday 21st March 19:00 - 22:30

Brought to you by **Castell Roc**
All proceeds towards funding **COMMUNITY BASH**

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www.oscarschildcare.org.uk

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Strive for the Common Good

Christmas seems like just yesterday, yet we find ourselves preparing for Easter. Perhaps we were not all as eager as the supermarkets, who had an aisle of chocolate eggs by the end of Boxing Day, only interrupted by the need to sell vast quantities for Valentine's Day.

There is a lot to look forward to at Easter, another period of rest from the busy pace of everyday life. A time where we make extra efforts to spend time with friends and family. It is not Easter yet however, so I would like to encourage you to consider what sort of preparation you will need. I don't mean making sure we have enough food to feed those we invite, or enough hot cross buns and chocolate eggs.

In the Christian year we recognise this time of preparation as Lent. This is often seen as a time of fasting or denying ourselves, as this is associated with the 40 days Jesus spent in the wilderness being tempted. I appreciate some of you will have started your Lenten discipline before you read this, others will think you have missed the start so why bother? Jesus spent his time in the wilderness so he might better understand what it means to be fully human. Lent therefore, is a time for us to discover what it means to be fully human. To strip away the things of the world which diminish our humanity. So I am not talking about the traditional detox of the body through a change in diet. I am not talking about something temporary, but a permanent change

in the way we see the world. I am talking about a searching of the soul to realise the plan for humanity and the plan God has for us as individuals.

As human beings we were made to live in community, yet increasingly there seems to be a desire to think in terms of achievement, wealth, power and status. These are things which are a distraction from the humanity God created us to have. I believe God created us to ensure that all humanity is living abundantly and for that he has provided adequate provision. So I urge you at this time to think what a difference you can make as an individual in your community, or even in the world, if you put aside your desires and concentrate your time, money and efforts into shaping your life toward the common good?

It is easy to think what can I do? One voice in isolation is pointless. I draw your attention therefore to the example of Greta Thunberg – one girl who started skipping school to protest at the lack of action on climate change. The experts with the combined voice were largely ignored in favour of corporate greed and the economic benefits of the minority. Yet Greta spoke with a confidence and authority that has led to a following of millions, who now have joined with her to ensure the climate crisis is taken seriously. Greta, just one school child, has led to a change in the mind set of many and we can all do likewise.

As we prepare for Easter and we reflect on the sacrifice made by Jesus on the cross for all of us, I ask you to consider what it is God is placing on your heart? What has he made you passionate about? What is it that you can do to inspire others to help make the world a better place for all?

Blessings, Revd David Jones



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

Messy Church at Fromeside
Saturday 18 January,
15 February & 21 March

An all age afternoon of fun, games, craft, activities, followed by a meal and including a praise service. **4pm to 6pm**

All Saints Church Hall

27 Church Road
 Winterbourne Down
 Bristol BS36 1BX



Frampton Cotterell Computer Group Celebrating 20 years



Twenty years ago, Frampton Cotterell Parish Council decided to set up a computer group in the newly opened Bickeridge Centre with the primary

aim of helping older people come to grips with home computers. At that time, less than 40% of UK households had a computer at home and even fewer had an Internet connection. Many people, particularly of an older generation, had never used a computer but were interested in finding out how to use one and in discovering the benefits they might offer in their daily life.

A group of volunteers came together, purchased some desktop PCs with money obtained via community grants and started offering classes to help people who wanted to learn about using a home computer. In 2008, the group became independent of the Parish Council while still occupying a room at the Bickeridge Centre and maintaining a close working relationship with them.

Keith Powell who has been chairman of the group since it became independent said, "When we started, few people would have imagined we'd still be going 20 years later! We've seen many changes over the years, with fewer people now being completely new to computers and more wanting help with specific questions. Technology has also changed significantly with the introduction of tablets and smartphones as well as major changes to software such as Windows and MS Office. Our team of volunteers has adapted to these changes and we are still assisting people with a wide range of issues. These include: using the internet safely and securely, dealing with digital photographs, keeping track of finances using spreadsheets, creating and managing email accounts and taking advantage of cloud computing services.

"People come to us from across South Gloucestershire and even further afield because of our unique approach. Some come for just a few sessions, others continue to attend for longer periods both for the intellectual stimulation and for the social interaction provided by learning as part of a group. Either way we aim to provide assistance in a relaxed, friendly environment with one helper for at most two learners."

At its peak the group ran six sessions per week for up to 9 people per session and more than 1,000 people have been helped since the group started. It is still going strong with around 30 people attending one of the four sessions held every week.

If you'd like to learn more about what you can do with your computer, tablet or smartphone, drop in to the Bickeridge Centre in Woodend Road, Monday to Thursday mornings for a chat, or call the Centre on 01454 864442 to book a session.

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.

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

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



Memory Cafe

at

The Greenfield Centre
 Park Avenue, Winterbourne

First Monday each month
2 - 4pm

An informal gathering for anyone who feels they may have memory problems, and those who care for them.
 No charge, just drop in.

Enjoy refreshments and have a chat.
Varied activities each month.
Fully accessible.



Dementia Friends Information Session

Come along to our free session, and find out about the small ways that you can help to make your community and church more Dementia Friendly

On: Saturday 21 March 2020

Time: 10:30am - 11.30am

At: St. Michael's Rooms, 95 High Street, Winterbourne, BS36 1RD

Access: Disability access

An opportunity to hear about ways you can make your community more dementia friendly, support friends and reduce your risk of dementia.

For information and to book your place telephone Mary on 01454 775003



A member of
South Gloucestershire
 Dementia Friendly Communities



Community Noticeboard

For free listings contact
community@
mattersmagazines.co.uk

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.

Unaffiliated Horse Trials

& Pony Club Area 10
Qualifying Classes



Sunday 12th July 2020
at Chepstow Racecourse

Classes from 80cm - 110cm
for all riders over 12
and horses over 5 years of age

Schedule & Entries via

www.equoevents.co.uk

What's on at The Miners

Coalpit Heath
Village Hall



Mind, Body & Spirit Show

Saturday 7 March 11am – 5pm
A wonderful day of well being.

Vinyl Night with 'The Vinyl Font-Ear'

Saturday 21 March 7.30pm to late

Back again by popular demand – a night of non
stop dancing and fun

all played on good old fashion vinyl. Tickets £4
each.

'Lewis Hutton'

Saturday 25 April, 8pm to late

Lewis is a high class performer who is a highly
trained singer and entertainer. This is a night
not to be missed, with music from swing to pop.
Something for everyone! Tickets £5 each.

www.cphvh.co.uk

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

The Manor Hall at Coalpit Heath

CIO Registered Charity Number 1169917



Community Coffee Mornings 2020

19th March & 16th April

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.

South Gloucestershire Mines Research Group



Our AGM followed by a Talk

Wednesday 18th March 2020

in the Miners Institute (aka Coalpit Heath Village Hall)
214 Badminton Road, Coalpit Heath, BS36 2QB

AGM at 7:30pm for 8:00pm prompt start followed at about 9:15pm by

A talk about "The Engine House Network"

AGM
2020



Steve Grudgings will speak
about the recently proposed
Engine House Network.

A new purpose for old Engine Houses

One of only two intact Bull
Engine Houses in England at
Roachburn, Carlisle

Non members welcome - £2 each for the talk
(Membership is £17.50 per year, includes talks, newsletters)

Table Top Sale

Saturday 28 March, 2-4pm

St Peter's Church, Church Road,
Frampton Cotterell, BS36 2AB

50p entry. Homemade cakes, tea and
coffee for sale

Tables £5 – contact Sarah on
07827 336656

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

FRAMPTON
COTTERELL and
DISTRICT

LOCAL HISTORY
SOCIETY

Meetings at Zion Church
Hall, Woodend Rd,
Frampton Cotterell,
BS36 2HY

Wednesday 18 March, 7.30pm

Port to Port: An historical journey,
the length and breadth of the
Sharpness to Gloucester Canal. A
talk by Paul Burnett, founder of the
'Friends of Purton' society dedicated
to preserving the Purton Hulks.

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

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



@

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

Frampton Cotterell & Coalpit Heath Village Diary 2020

March

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

Mon 2 – Memory Cafe, Greenfield Centre in Winterbourne, 2–4pm. It's free to attend, and run by the Alzheimers Society and volunteers. It's an informal social, with refreshments, and different activities each month. Folk can stay for the full 2 hours or go whenever they wish.

Tue 3 – Community Walks. Bury Lanes & Woods stroll, meet 10.30am Golden Heart. 1.8mile/1hr, steps, steep slope, uneven ground. Or Bradley Brook 3 miles, with stile.

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

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

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

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

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

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 & Dance for over 50s, The Miners, 2–4pm. £4 incl refreshm'ts. Gentle exercise, easy circle dances. 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.

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

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

Thurs 19 – Manor Hall community coffee morning, 10am–12.00 noon. Sponsored by NISA. T: Alison Allan 7873 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. Info, 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 Road, 7.45–10pm. £2.50.

Wed 25 – Litter Busters, 10am–12.00. More info E: framcottva@hotmail.co.uk

Wed 25 – Forget-me-not Singalong Group, Zion, 2–3.30pm. For local people who like a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Sat 28 – Fun Team Quiz, WADCA 8pm. £6ppn. T: 01454 773370. You will be in teams of 6.

April

Wed 1 – Coffee Morning, Salem, Watleys End, 10–11.30am. All welcome.

Wed 1 – 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 1 – Coalpit Heath WI, 7.45pm, St Saviours Church Hall, T: 07935 071291 / E: carolinemjohnston@hotmail.com. Visitors always welcome!

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

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

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

Mon 6 – Memory Cafe, Greenfield Centre in Winterbourne, 2–4pm. It's free to attend, and run by the Alzheimers Society and volunteers. It's an informal social, with refreshments, and different activities each month. Folk can stay for the full 2 hours or go whenever they wish.

Tue 7 – Community Walks. Daffs, Glebe and Park stroll, meet 10.30am St Peters church. 1.5 miles, 45 mins. Or 3.5 miles walk along Frome, with stile.

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 01454 775786 or Rona 01454 886925.

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.

Tue 14 – Friendship & Dance for over 50s, The Miners, 2–4pm. £4 incl refreshments. Gentle exercise, easy circle dances, live music, experienced teacher. Beginners/improvers welcome. More info T: 07515 351813 / E: hilary.coach@icloud.com.

Wed 15 – FC & District Local History Society, Zion hall, 7.30pm. Non-members £4 incl light refreshments. E: secretary_fcdlhs@yahoo.com or see Facebook.

Thurs 16 – Manor Hall community coffee morning, 10am–12.00pm. 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, 2–3.30pm. For local people who like a singalong. Carers welcome to stay. Details from Jean 01454 775786 or Rona 01454 886925.

Tue 28 – Talk: Sabrina, Goddess of the River Severn, Winterbourne Medieval Barn, 7pm.

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

Wed 29 – Litter Busters, 10am–12.00pm. If you would like to get involved please email Village Action E: framcottva@hotmail.co.uk

Wed 29 & Thurs 30 – The Sorcerer, Winterbourne Musical Theatre, WADCA, 7.30pm. Tickets £10 T: 01454 317408 www.winterbournemusical.co.uk.



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- Create documents such as letters and posters.
- Learn about ICT, safety and security when working online.

Courses start in February at the following venues:

Monday – Winterbourne Library
Monday – Emersons Green Library
Tuesday – Downton 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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For building projects call

Terry: 07990 983277

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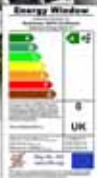
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