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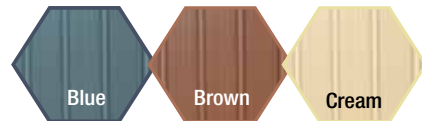
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Dear Residents,

As I write this, the next few weeks/months are uncertain times. We have never put a magazine together in such circumstances. Numerous local events we planned to promote have since been cancelled, and ones that we have featured may be postponed. We will do our best to keep you updated on our Facebook page on both local events, and any other helpful advice we can share at this challenging time.

There is however some light to share, we are delighted that community spirit is very much alive and kicking! In response to Covid 19, a number of community groups have quickly formed to support local people who need assistance - willing offers of help with shopping, collecting prescriptions and telephone calls for company etc, have all been made. See page 5 for full details.

Keeping in mind, members of our community who are most in need, we paid a visit to the North Bristol Foodbank to understand more about the great work they carry out.

For those looking for some much-needed light relief from all the doom and gloom in the national media, we are pleased to share accounts of some lovely events that have taken place in our community, that include - Frampton's Window Fun Trail, the installation of bat boxes at Centenary Field, St. Michael's Dance Troupe participating in the Festival of Youth Dance and Paul's Place marking their 25th anniversary.

To honour the VE Day celebrations this year, the Frampton Cotterell and District Local History Society are producing a VE display, enjoy a taster of this on the centre pages.

Keep Safe.

Kerry & Jaci X

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



From left: Michael, Fran, Tina, Jane, Mary and Maggie
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Frampton Cotterell Window Fun Trail 2020

Village Action intend to make this a regular event during February half-term and would be pleased to receive any suggested themes for the 2021 event.

We are pleased to share a few quotes from some residents:

"Really enjoyed the window trail last night. Would definitely recommend it. The children loved it and the creations are fantastic! Thanks to all those involved."

"Thank you for organising the window trail this week, once again the FC Harriers ran the route as a social run and enjoyed seeing the different interpretations of the theme. Well Done to everyone who took part"

"We really enjoyed our walk through the village admiring the other windows. There were some great ideas and I was impressed with the creativity."

www.villageaction.org.uk

The Window Fun Trail was enjoyed by many people, despite the cold, wet weather! Those who took part by decorating their windows, had a lot of fun getting creative.

Many children were involved in the making of the fabulous displays, and whole families took to the local streets to view them.

Participants used a variety of materials, and interpreted the 'Love the Sea' theme with different, interesting designs.

Community comes together to respond to Covid-19

We are living in unnerving times, as the repercussions of Covid-19 mean, at time of writing, things seem to be changing on a daily basis. As greater numbers of people find it necessary to self-isolate, this situation could be devastating for some people who do not have friends or family close by to support them.

Thankfully, I am pleased to report, it is not all doom and gloom, droves of local people have stepped up to work together to support our community in anyway they can.

There may well be further groups established than the ones featured in this article, but we are pleased to share information on a few vital support networks in our local area that are determined to do their best for local people.



Facebook Page: COVID-19 Help, Support And Volunteering South Glos and Bristol

Natalie Harrison who set up this support group via Facebook told us, "I founded this group with my friend Matt Palmer. It originally stemmed from an idea to post on our local Facebook page that if anybody needed help with shopping whilst self isolating, just to let us know. We had a big response to that post and so matt messaged me and suggested we work together to set up a support page. Over 24 hours we had such a huge response (over 500 members at that time), we edited the group to include the surrounding areas. Over the coming days the group grew and grew to an astounding amount of members (over 4,000 on 19 March), people offering help, people asking for help, even people saying how they felt safer knowing there was help available.

We have been on BBC radio Bristol to let those know about us that may not have internet access. We are working around the clock and have a dedicated admin team (that I must give a shout out to they're totally invaluable to our team!) creating leaflets, teams for different areas and even offering posts with things like activities to do whilst in isolation. As a whole, the team are totally overwhelmed with the response and kindness of everybody on this page. It's something I can say I'm incredibly proud of and I'm certain I can speak for the whole team in saying that."

If anyone would like to enlist the help of this group please do get in touch via their Facebook page.

Facebook Page: Frampton Cotterell and Coalpit Heath: Covid-19 Community Support

A group of Parish Councillors, residents and voluntary workers have come together to set up the Frampton Cotterell / Coalpit Heath COVID-19 Community Support group. The aim of the group is to provide community-based support to residents in need in the Parishes of Frampton Cotterell and Coalpit Heath throughout the COVID 19 outbreak in a safe, collaborative and timely manner; helping neighbours be good neighbours.

They maybe able to support with shopping, phone conversations for company and general essential tasks. The group already has in excess of 180 volunteers all ready to support anyone in need.

At time of writing in mid-March, the team were preparing to post forms through letter boxes for residents to be able to contact their local volunteer should they require support.

You can find more about the group on the Facebook page or if you wish to volunteer request to join the volunteer group through the page. Alternatively you email: COVID19FramptonAndCoalpit@gmail.com.

Facebook Page: Covid-19 Winterbourne and Winterbourne Down Response Group

This is the local Coronavirus response group for residents of Winterbourne and Winterbourne Down. The purpose of the group is to look after each other, keep in contact and respond to local need wherever possible. If you are self isolating, they are here to help, do get in touch.



Help your community in a crisis

The Red Cross can help you share your kindness with those who need it most. By becoming a community reserve volunteer, you will help your community get back on track in the event of a major local emergency. This may be particularly important right now and we are working with the authorities to support the Covid-19 response in the best possible way. Anyone can become a community reserve volunteer; no specialist skills are required and quick training is provided at the scene. You just need to meet the criteria below.

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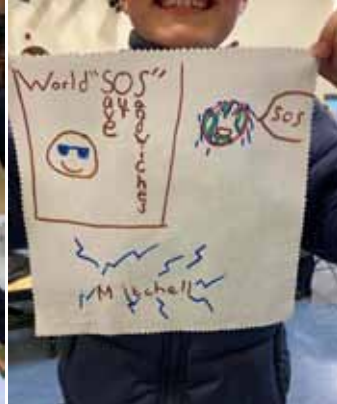
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Winterbourne and Frome Valley Environment Group

Passionate about the environment and building a strong inclusive community

Winterbourne Environmental Group is now part of Friends of the earth, a climate action group being a local solution to a global crisis. Climate action groups are made up of local people coming together to make the communities more climate-friendly.

Winterbourne Environmental Group are running local litter picks involving the local community every month in varying locations around Winterbourne the liaison officer is Sheelagh Mason if you would like to suggest or arrange a litter pick please email winterbourneenvironmental@gmail.com.

Our Share and Repair Café is providing an alternative to throwing away and filling our landfill

sites by repairing jewellery items, re-stitching the dropped hem, servicing the bike that has been in the shed for years and replacing the wire in the old lamp that you've been meaning to sort out for months. It is also assisting in combating loneliness. We seem to never run out of volunteers for baked goodies to go with our tea and coffee in our little pop-up café.

Our second event took place during the middle of storm Dennis, and yet remained very busy with people arriving much past closing time. The majority of the repairs are carried out on site and there is no request for payments, if you wish to donate what you think is appropriate then there is a donation box and this goes towards the next café event. Why not pop down and see us all at our next Share and Repair Café? At time of writing, this is planned to take place on Saturday 18 April, at All Saints Church Hall, Church Road, Winterbourne Down. For further details or if you would like to offer any services please drop an email to winterbourneenvironmental@gmail.com or check our Facebook page for event details Winterbourne Environmental Group.

The Frome Valley Climate Action schools group are working together to create a better environment all around, and this month Hambrook eco-school have invited a local beekeeper *Hives and Herbals* to make Beeswax wraps with them. Alyson gave a talk on how she looks after the hives, how the bees produce the honey and the children were keen to share their knowledge of bees with Alyson. The children then took their time to create their designs on pre-cut cloth and were very excited when Alyson described how they are made and the uses for which they would be useful. The wraps are taken off-site to be dipped into hot wax and allowed to dry before returning to the school a week later with instructions on how to look after them, the results where colourful.

A total of 44 wraps have been created meaning that if the wraps are used at least five times in one week, 220 pieces of single-use plastic is removed from the lunch pack and not going to landfill! Putting it into figures, it takes 25 years to break down one piece of cling film, so that's 5,500 years to break down that much plastic. If you are interested in making your own beeswax wraps or just attending a hive tutorial then contact Alyson at Hives and Herbals. www.hivesandherbals.com

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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Winterbourne
Academy



News from Winterbourne Cricket Club

As we approach the start of the 2020 season, preparations are well underway at Winterbourne Cricket Club, who look to continue the momentum that has resulted in considerable progress both on and off the field of play, over recent seasons.

While the playing season for the junior section doesn't start until April, with the Seniors commencing in May, time will fly with much needing to be done! Indeed, winter nets are already underway at Winterbourne Academy for seniors on a Sunday between 5-7pm, all are welcome.

The club runs five Senior sides, with the 1st team playing in WEPL Prem 2, following promotion in 2018. The focus last season was to consolidate but incredibly at certain points of the season we actually topped the table, finally finishing in an excellent

third position. The 2's failed by a single point to achieve a notable promotion to the Bristol and North Somerset. The 3's achieved yet another excellent promotion to reach Division 4 of the Bristol & District league. The 4's held their own in Division 10 after promotion in 2018, with the 5's gaining yet another promotion to Division 13.

Our Junior section continues to thrive as we look to grow and develop the seniors teams of tomorrow. We have groups from U11 through to U17 and also participate in the ECB All Stars programme, which provides an opportunity for children of 5-8 years old to enjoy the game in a very relaxed environment. A further programme called Dynamo Cricket is being introduced this year aimed at the enjoyment of 9-11 year olds. You can sign up for both at Winterbourne, on-line. All Stars cricket fun takes place on a Friday night, 6.30 to 7.30pm, during which time the bar is open and the BBQ on!

A very notable addition to our ranks last year was the formation of our girls section, whose numbers grew incredibly from 4 to 28. The girls competed in many festivals and represented the club with great pride and enthusiasm. In addition to the girls, we also started the formation of a ladies softball section that we will be looking to grow further this year.

Off the field, the most significant development though last year was the erection of our new 'state

of the art' netting facility which has provided us at last with a safe environment for all players – young and old to develop their batting and bowling skills. Thanks go to St Michaels school, whom we share the school field with and of course the ECB for their support and backing. The nets were opened by our

very own Gloucestershire and England player James Bracey and his Gloucestershire team mate and captain Chris Dent, both of whom play for the club when County duties allow.

We are very fortunate here at Winterbourne CC to have a very committed group of people (all volunteers) who ensure that everything is in place to allow for an enjoyable experience for all concerned. Qualified coaches, bar team, tea makers, 200 club fundraising, committee members, match-day maintenance, scorers and last but not least, our very merry band of ground staff (all players) who prepare in excess of 200 wickets per season.

Finally, as with all clubs we depend on generating income to support all activities, our appreciation goes to those who

very kindly sponsor the club namely ETS, Fruition and Golf Inc to whom we are very much indebted.

We are continually looking to expand the family in all aspects of the club including sponsorship opportunities, should anybody have any enquiries relating to playing or off field activities the club contact details are as follows:

Chris Shine – Junior Section Chairman – chris.shine@btinternet.com

Liz Bracey – Secretary – lizbracey@hotmail.com

Or myself, Hon.Chair, Bob Vickery – [07711 856472](mailto:07711856472) or vickeryb1@outlook.com

One thing you'll always receive is a big welcome when you visit the club.





News from the Floral Friends of Frampton

Spring has arrived!

Spring has arrived at The Park where daffodils and crocuses can now be seen in full bloom. Take a walk through The Park to cheer your spirits after a long grey winter and take your mind off the current bad news. See if you can spot more spring bulbs – there are now plenty flowering all around the village.

The Triangle is also looking great with flowering rosemary and purple and white crocuses. The colourful grasses look good. Soon the tulips and forget me nots will come into flower and then preparations will begin for our summer displays, with tidy up and planting sessions.

Floral Friends would like to thank all local residents and businesses who have helped us over recent years to brighten up our village with flowers.

Cancellation of Spring Plant Sale & Flower Festival 2020

Sadly, due to the outbreak of Coronavirus, we have had to cancel both our annual Plant Sale and Coffee Morning that was due to take place on Saturday 25th April at the Bickeridge Centre, and our Flower Festival, planned for June 13th/14th 2020. We do hope we will be able to bring you better news in the next issue of any events planned for later in the year.

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:

- Could you spare a few minutes regularly? We always need help to maintain the planters (and we always try to share the load and ask people to look after a planter near their home/business to minimise time and effort).
- Could you spare a couple of hours twice a year (late spring and autumn)? We welcome help when we need to replenish the plants in the planters in spring and autumn.

- We run various fund raising activities during the year (coffee mornings, plant sales) and we are always glad of help.
- No time? Donations are always very welcome.
- Sponsorship: If you have a business in the area, or would like to commemorate a special event or person, 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 other forms of business advertising!

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

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

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News from Coalpit Heath WI

Wear a Hat day came early to Coalpit Heath WI, as they chose to wear a variety of hats to this month's meeting to support the upcoming fundraiser for Brain Tumour Research. A bowler hat, cloche hat, straw hat, jester hat, knitted hat, riding hat and wedding hat were just some of the headwear that members were wearing all aiming to win the prize for the best hat!

Our speaker was Melanie Tiley, the fundraising manager for Brain Tumour Research in the South West. She told us that the charity is a volunteer led organisation and was originally founded in 2009 by

patient's families. Melanie then shared some of the shocking statistics about brain tumours. They kill more children and adults under the age of 40 than any other cancer. Up to 40% of all cancers spread to the brain. Less than 2% of those diagnosed with brain tumour survive beyond five years. Despite this only 1% of the national spend on cancer research is allocated to this disease.

A Walk of Hope along the South Bristol Skyline is planned for September 26th. 4 members took part in this enjoyable event last year and raised money to support this cause.

We continue with donations for the Food Bank and were delighted with the fantastic collection of Easter eggs and other food items that were collected at this month's meeting.

If it goes ahead, the meeting in April is a talk from Lt Col Neil Stace, who was runner up in the 2015 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.**

News from Frampton Cotterell WI

Our last talk, entitled 'Midwifery – never a dull moment' by Dorothy Cooke – was a revelation for many of us. Dorothy (pictured right) started as a midwife back in Glasgow in the 70s and even worked for the Sultan of Oman, and in other UAE countries before taking up her role in Bristol. As such she had a wealth of moving and hilarious anecdotes to share – as well as the lighter side of the profession. However there was also a mention of her experiences of FGM whilst working overseas and a reminder of how truly shocking this procedure and it's repercussions are. So, there was indeed a serious side to Dorothy's talk as well as a lot of laughter during the many lighter moments.

If the meeting goes ahead, in April we hope to welcome BBC Radio Bristol's Emma Britton, which we're all really looking forward to. (This will be open to members only as seating is limited).

Other events coming up this year include talks on crafts, bygone Bristol, wire sculpturing and a group trip to see Mamma Mia at The Bristol Hippodrome. We'll also have our Summer meal out in June/July (at the White Horse at Hambrook).

Visitors and new members are welcome to our monthly meetings at St Peter's Hall on School



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 Facebook page.



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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 Brokeridge 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 Brokeridge 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 Brokeridge 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 Brokeridge Centre, Woodend Road Frampton Cotterell.

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A new look and new Patron at Paul's Place

Local disability charity Paul's Place celebrates its 25th anniversary with a new look and new Patron.

The new brand has been created with input from Paul's Place

members, staff and volunteers and aims to better describe the work of the charity and tell the stories of the lives that have been changed from the people using the charity.

Since 1995 Paul's Place has enhanced life for physically disabled adults through providing social activities that connects people, reducing isolation and improving the health and wellbeing. Since opening 25 years ago Paul's Place has supported hundreds of people and the demand remains as high as ever.

CEO, Daniel Cheesman said 'Sadly disabled people are often isolated and less likely to participate in cultural, leisure and sporting activities than non-disabled people, we exist to change this so that no-one is isolated. We work with disabled people to remove the barriers they face and change attitudes.' When asked about the rebrand Daniel said, 'Our new look gives us the opportunity to tell our story and the stories of those people at Paul's Place. We want to show others what we do and the difference we make to the lives of the people we support. Our ethos hasn't changed, we remain positive and fulfilled and ensure that we are helping people to live life to the full.'

At the launching of the new brand Paul's Place also announced their new Patron who is none other than Bristol home baker and Great British Bake Off contestant Briony May. Asked about her decision

to join the charity Briony said, 'After speaking at the Paul's Place Grand Ball last year I was so inspired by what the charity does, I

wanted to be part of it. I was taken with how Paul's Place look beyond a disability and sees the person. I also love how Paul's Place supports people in achieving things that they have always wanted to'.

The refreshed brand is part of a new five-year strategy for Paul's Place that aims to reach and support more people and develop exciting new services that are led by physically disabled adults.

For more information check out their new website www.paulsplace.org.uk



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Emily from Bristol Bat Rescue giving a presentation all about bats!



A noctule bat rescued by Bristol Bat Rescue (image Bristol Bat Rescue ©)



Two out of six of the bat boxes installed at the Centenary Field.

Going Batty over Bats at Centenary Field!

Frampton Cotterell Parish Council had six bat boxes installed at the Centenary Field on 19th February this year.

The bat boxes were handmade by the Frampton Cotterell community, at a Bat Box making workshop that took place last summer. The bat box making event was organised by Village Action and many of the boxes were kindly donated to the Parish Council. Whilst these boxes were being installed, Bristol Bat Rescue gave a talk all about bats and about their rescue charity.

Bristol Bat Rescue talked about all the different species of bats that may be present locally and how the bat boxes will help support them. Over twenty people braved the rainy British weather to see the boxes being installed in the trees, and to learn lots of interesting facts about bats.

Emily Wilson (who ran the session pictured above) from Bristol Bat Rescue reflected and said "Opportunities like this are crucial for inspiring the new generation and securing the future of bats."

Frampton Cotterell Parish Council recently had a wildlife survey done on the Centenary Field and will soon be implementing a new biodiversity management plan to help the local flora and fauna flourish. The six handmade bat boxes were successfully installed and will provide a place for the local bats to roost and help support local wildlife.

Daisy Finniear (Project Officer to Frampton Cotterell Parish Council) said: "I walked around

the Centenary Field last year with my bat detector and recorded 4 different species in the space of 15 minutes, so we know we have lots of bats around that will be very happy with their new boxes! Thank you to everyone that kindly donated their handmade boxes."

Bats are the only species of mammal that have evolved the ability to fly. They are nocturnal (awake at night) and contrary to popular belief, they are not blind. They use echolocation to find their way around and to catch their prey. They navigate by making ultrasonic sounds that bounce off objects.

There are eighteen different species of bat in the UK, all of which are protected species. There may be as many as fourteen species locally, including rare large species of bat such as the noctule.

During March and April, bats will begin to emerge from hibernation in search for food. If you keep an eye out at dawn or dusk, you may start noticing bats taking their first flights after sleeping through the long cold winter months. The smallest of the UK bat species, the Common Pipistrelle, can eat up to 3000 insects in one night! Bats are therefore fantastic at pest control and a vital part of the ecosystem.

As bats begin to emerge from hibernation, you may come across one that has been injured. Bristol Bat Rescue can provide guidance if you find an injured bat www.bristolbatrescue.co.uk.

www.framptoncotterell-pc.gov.uk



We were pleased to meet with a **FRAMPTON COTTERELL** legend for this issue to learn more about his new career.

Former Bristol and Bath winger Barry Whitehead had a successful 35-year career that took him to the top of the game. At 50 years of age, after playing for Bristol and Bath, it was great to end his rugby playing days back where he started with FCRFC.

Barry recently decided to look for a new career, using his childhood memories for inspiration:

"Cutting my nails badly with a very blunt pair of scissors 3 months ago, this triggered a boyhood memory of a hobo chap on his tricycle cycling around Winterbourne offering sharpening services.

With a large stone wheel somehow fixed on the back of the bike, rotated through foot pedals. My parents would send me to him with knives, garden shears etc and it was fascinating to watch his skill sharpening so effectively.

Wondering what the modern equivalent was I found Nationally renowned training course in Radstock and following successful attendance, here we are!"

Barry has invested in a substantial mobile workshop and, with the very best sharpening equipment fitted, most sharpening requirements can be catered for at your home, workplace or you can drop off items at his Clyde Road address in Frampton Cotterell, if preferred.

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News from Frampton Cotterell RFC

1st Team – Thanks to the combined impact of Ciara, Dennis and Jorge, Frampton's 1st team didn't play a single match in February. Having not played for six weeks, Frampton were then tasked with playing three tricky matches in a week. It was somewhat unfortunate that the first match after this winter break was against runaway league leaders Chosen Hill. Frampton competed well for periods of the match, but they couldn't match their visitors' organisation and ability to score points when an opportunity presented itself.

This was followed by a mid-week away semi-final in the Bristol Combination Vase against Imperial. The match was played under floodlights at Bristol Harlequins ground in Brislington. Frampton were soundly defeated by a much heavier and more experienced side who were able to use the awful conditions to their advantage.

The third and last of these three matches was played against Cheltenham North in a home league fixture. North are one of the form teams in the league, and they blew Frampton away with a fine display of power and pace, with which the young Frampton side struggled to compete.

As a result of the ongoing coronavirus pandemic, the RFU have now suspended all rugby – both at a professional and at a community level until 14th April. This includes all matches and all training. In reality, this effectively means the end of the current season for all of those clubs not playing at a professional level. It will be interesting to see how promotion and relegation will be sorted out.

2nd Team – The 2nd team's fixtures have also been badly affected and no games were played in

February. Their only recent fixture was a narrow 22–19 defeat away to local rivals Thornbury, on the first weekend of March. Currently the 2nd team lie in seventh place in their league, many of whose clubs' first teams play at a much higher level than that of Frampton.

3rd Team – As with both the 1st and 2nd teams, the weather has had a severe impact on the 3rd team's fixtures, with no league matches being played in February. The 3rds have managed to fit in a couple of friendly matches to keep their competitive and post-match juices flowing.

Colts Team – Somehow the Colts team have managed to buck the trend and have actually played some rugby! The Colts suffered a narrow defeat in a friendly match on the dark side away at Caerleon, but they did manage splendid away victories in the league at Nailsea and Backwell and latterly at Wellington.

by Andrew Westcott

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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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Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

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- Combat Fears and Phobias
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- Stress and anxiety



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

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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.

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Dancing Matters at St. Michael's



For the past 4 years, St. Michael's Dance Troupe has participated in the 'Festival of Youth Dance.' This is an annual event where primary schools from across South Gloucestershire can come together to showcase their dances in front of friends and family. The absence of a competitive element helps to create a supportive and excitable atmosphere on the day.

In preparation for the festival, the girls had to rehearse hard. Things got a bit more serious at our weekly after-school dance club with only six weeks to prepare. Our intense sessions were spent learning new moves and perfecting our choreography. The children all worked incredibly hard to produce two polished dances.

On the last day of term, St. Michael's dance troupe made the journey to the theatre at Abbeywood Community School. The afternoon began with rehearsals which gave them an opportunity to get a feel for what it would be like on stage and helped to relieve some of those pre-performance jitters. The girls felt incredibly professional when they were asked to choose how they would like their stage lighting. It also gave them a wonderful opportunity to watch the dances of the other schools.

By the time evening came, they were buzzing with excitement. Due to it being the year 2020, the theme of this year's festival was 'Dancing by Numbers'. Consequently our first dance had to reflect this theme. We'd chosen to perform to 'Rock around the clock', a dance all about numbers that got our audience bopping in their seats. The girls embraced the spirit of the fifties, donning bright red skirts, polka dot neckerchiefs and high ponytails when they took to the stage.

By the second half, any nerves they once had were long gone and they positively bounced into the limelight to give their energetic performance to the popular song 'On Top of the World!' The audience clapped along enthusiastically and the girls beamed from ear to ear. The quality of their dancing was excellent; they counted carefully and executed each move with precision. But from watching the dance, the thing that was most obvious was how much they were enjoying it!

After the half term break, the dancers performed in assembly. They were elated by the praise and admiration from both staff and pupils. As their teacher, it is such a rewarding activity to get to enjoy with the pupils. You see a different side to many of the children and it really gives them a chance to shine. It is experiences like this that the children will remember best from school. I'm sure this will just be one of many special memories from their time at St. Michael's.

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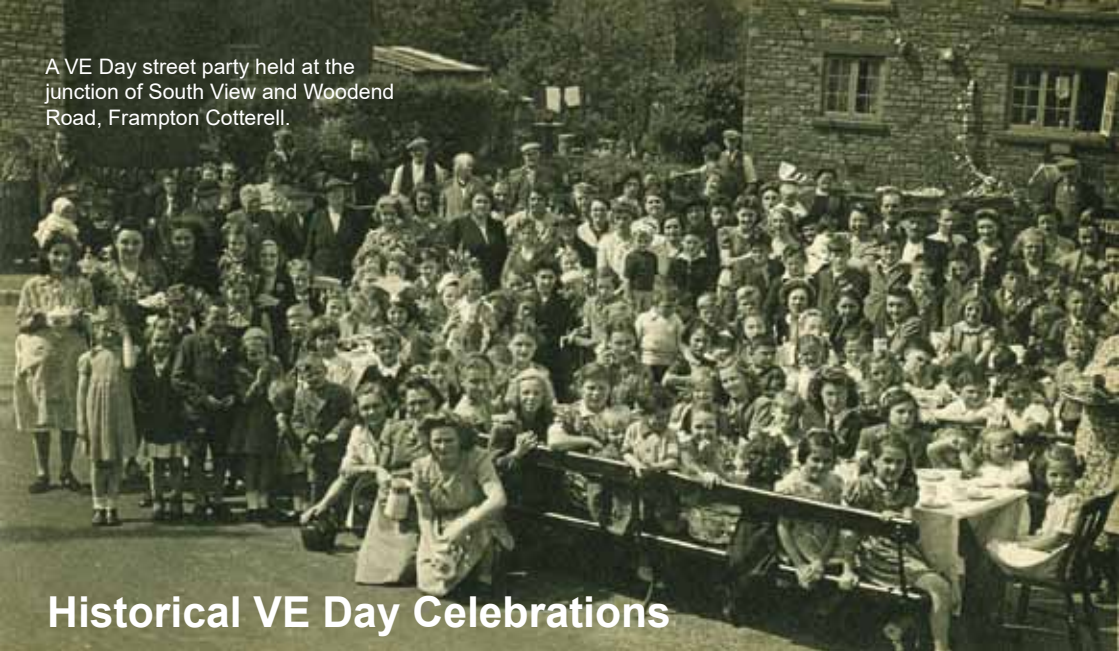
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A VE Day street party held at the junction of South View and Woodend Road, Frampton Cotterell.



Historical VE Day Celebrations

The Frampton Cotterell and District Family History are in the process of producing a display as part of the local VE Day celebrations organised by Frampton Cotterell Parish Council. The display, which will be in the Bickeridge Centre for most of the month May, will include features and photographs on; local VE Day parties in May 1945, residents experiences of the war years, information on where German bombs landed locally, and commemoration of those from Frampton Cotterell and Coalpit Heath who died during the war.

What has emerged is that it wasn't only soldiers and sailors serving overseas who lost their lives during the conflict, but some closer to home. Local men did, of course, die in a variety of theatres of war; one in the Battle of Normandy following the D-Day landings in June 1944, another in Burma at the Battle of Pinwe, and a third soldier killed in Sicily shortly after



A wartime photograph of the Green family from Frampton Cotterell.



A group of girls from Frampton Cotterell Council School proudly display a number of completed pairs of socks they have knitted for soldiers.

the invasion of Italy in September 1943. The great risk for seamen was the threat of attack by German submarines (U-Boats) and three local men in the Royal Navy went down with their ships; in the North Atlantic, off the coast of Africa and near the French mainland, having been torpedoed by U-Boats. A merchant seaman from Coalpit Heath was lost when his vessel was sunk north of the Azores.

Airmen, too, died in varied circumstances; one during take-off, another on landing, whilst a third, serving with Bomber Command, died when his aircraft collided mid-air with a Luftwaffe night fighter over eastern France, during a bombing raid.

Being in Blighty was, however, no guarantee of safety as illustrated by one Frampton Cotterell member of the Searchlight Regiment, who after returning from guard duty at Wookey Hole was

found drowned in a nearby swimming pool. Of the 52 civilians who were killed as the result of a German bombing raid on the 27th February 1941, on the Parnall's Aircraft Factory in Yate, three were from Coalpit Heath and Frampton Cotterell.

A local volunteer in the Home Guard was also killed that day. A Frampton Cotterell employee of Bristol Aeroplane Company was killed as a result of a German daylight bombing raid on the works at Filton on 25th September 1940.



Flight Lieutenant Roy Hussey, D.F.C., D.F.M.



Memorial to those from Henfield who were killed in the Second World War

Can you help? The Local History Society would like to hear from any family members of the 20 individuals who are commemorated on the war memorials in St Peter's and St Saviour's churchyards, as we would like to include some family details and, if possible, a photograph of each of those who lost their lives.

We are also interested to hear from local residents who experienced the VE Day celebrations in May 1945 or know of someone who might have. The Society is looking for memories and photographs of the villages from the war years, to display in commemoration of 75 years since VE Day in May. PLEASE, get in touch!

Please email: secretary_fcdlhs@yahoo.com or contact us through our Facebook page: [framptoncotterelllocalhistory](https://www.facebook.com/framptoncotterelllocalhistory)

Article by *Ian Hadderell*

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View of barns before



View of barns during



West barn before



West barn now

News from Winterbourne's Medieval Barn

Spring at the Barn

The building works are almost finished now and the Trust is getting ready to re-open the whole site in late spring. Volunteers will be unloading all the furniture and equipment that's been in storage containers for the last 14 months, and getting to grips with new spaces, electrics, lighting, and so on... plus a kitchen and indoor toilets!

Final groundworks (paving, re-seeding, etc) have been delayed because of the extraordinarily wet weather, but it is hoped that the full site will be ready to open at the end of May. This would have been

to celebrate a community day but sadly due to coronavirus this has been cancelled, along with many other events and activities planned this spring. Watch the website and Facebook for further announcements.

Would you like to get involved with things at the Barn?

Winterbourne Medieval Barn Trust relies on volunteers to keep this amazing medieval building in community use. When the site is fully re-open there will be more activities and we will be looking

for more people to join the team of volunteers. Volunteering is a very rewarding activity and is a great way to get out and meet people, enjoy the heritage on our doorstep, and maybe learn new skills. You can offer as much or as little time as you wish, from helping out at occasional events to mowing the grass regularly or doing continuous administrative tasks. You may have specialist skills to offer, or have a desire to learn new things, or want to 'work out' for free in the garden or doing maintenance tasks. We have teams who take guided tours, teams that plan events, teams who grow fabulous fruit and vegetables in the garden, people who look after members and volunteers, or

manage equipment and IT systems, or deal with the finances of the Trust, and much more.

Anyone who is interested can find more information about volunteering on the Barn website, and get in touch by email or via Facebook. If you do not have internet access, just talk to other volunteers at an event and they will put you in touch with our volunteer coordinator.

www.winterbournebarn.org.uk

You can also follow us on Facebook and Twitter.

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Thursday 13th August 2020

FLEETWOOD BAC

THE FLEETWOOD MAC TRIBUTE SHOW

Fleetwood Bac were the world's first and are regarded as the UK's most authentic Fleetwood Mac Tribute show, endorsed by Mick Fleetwood himself, raved about by Peter Green's biographer.



Friday 14th August 2020

SKID ROW

Brash New Jersey Rockers **Skid Row** are one of the most popular and endearing Heavy Metal bands to come out of America.



Saturday 15th August 2020

La Voix

La Voix's shows truly are not to be missed! With her hilarious brand new show, new songs and even more gorgeous dresses, this is the **MUST SEE** show of the year!



Sunday 16th August 2020

Si Cranstoun Band



Si, the 'king of vintage' meets the 'Navarones' legends of 'ska'. If you love SKA, CLASSIC SOUL, ROCKIN', R&B, then this is a night you will not want to miss.

Thursday 20th August 2020

Monsters of Roc

Monsters of Roc returns with three killer bands in one night - **UK Guns N Roses**, **Whitesnake UK** and **Hells Bells**. This promises to shake the Castle walls!

Friday 21st August 2020

ALABAMA3

Back by incredible popular demand, **Alabama3** are bringing their holy-rolling, narco-evangelism to Castell Roc 2020. Alabama3 serve up a genuinely innovative mashup of genres and infectious danceable tunes with lyrics that resonate for both the original fans and newcomers alike. Can I get an amen to that?



Saturday 22nd August 2020

KING KING



Right now, **King King** are a band breaking into a swagger. There's no denying the momentum of the Glasgow rockers saluted as 'the best blues-rock band in the world' (Blues Rock Review).

Sunday 23rd August 2020

RUSSELL WATSON



We are absolutely delighted that **Russell 'The Voice' Watson** will be joining us for Castell Roc 2020. Having performed with some of the greatest singers in the world at the greatest venues in the world, we are over the moon Russell will be taking to the stage at Chepstow Castle.

Thursday 27th August 2020

TOTAL POP PARTY 4th Avenue

First is **Total Pop Party** for the younger audience, where they can sing along and party to all the pop songs they know and love. Next **4th Avenue** bring their critically acclaimed 'Boyband' show to the Castle, complete with the biggest hits from Westlife, Boyzone, Backstreet Boys, Take That and even a guest appearance from Robbie Williams!

Friday 28th August 2020

THE BOHEMIANS

Internationally renowned Queen Tribute band **The Bohemians** take you on a high energy roller coaster ride of a concert, featuring the back catalogue of one of the world's most popular and iconic rock acts of all time.



Saturday 29th August 2020

The Craig Charles Funk & Soul Club



The legendary actor, host and broadcaster **Craig Charles** is one of UK's most beloved Funk and Soul DJ's, returning to the castle for another amazing night. Don't miss it.

Sunday 30th August 2020

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Monday 31st August 2020

COMMUNITY BASH

Supported by Chepstow Town Council we throw the doors of Chepstow Castle open for this free entry event. An array of attractions both inside and outside of the Castle including a full day of 'Rock In The Dell' on the big stage. Free entry is also provided to the Castle (saving £5.90 per adult). All proceeds towards a local charity. Tickets are not required. 11:00am - 09:00pm

Castell Roc Music Festival 2020

Tickets are strictly limited and sell-out very fast. Tickets can be purchased via the Box Office at Hannah's Music, Chepstow (01291 627122) or Online at www.castellroc.co.uk

See TICKETS

gigantic

Our licensing agreement stipulates that no food or alcohol can be taken into the Castle. A reasonably priced quality bar selling locally produced ales & ciders as well as lagers, wines and spirits is available on-site. A variety of quality food outlets will also be available. No chairs (folding or otherwise) will be permitted, a seating area is provided limited to 200 on a first come first served basis (additional cost of £1 per ticket). Under 16's must be accompanied by an adult. No dogs allowed. Chepstow Castle is a no smoking venue.

CHEPSTOW EVENTS TEAM

Saturday 13th June "The Swinging 60's Day"
Sunday 22nd August "Nashville Day"
Sunday 29th November "Winter Wonderland" - Christmas lights switch on

Bringing local community events to Chepstow town centre



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

Editor's note: My visit to North Bristol Foodbank took place before the craziness of Coronavirus had set in. Now, more than ever, we need to help to protect the vulnerable in our community. A huge amount of additional people will be suffering from loss of income and inevitably the demand on Foodbanks will go up, at a time when general supplies are being limited through panic buying and potential restocking delays.

Food donations are still extremely welcome, but if you are self-isolating and still wish to support the charity, you can make a monetary donation – no how matter small, it will be greatly appreciated.

Please visit – www.totalgiving.co.uk/mypage/northbristolfoodbank

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

Tesco Bradley Stoke
 Bristol, BS32 8EF

Could your local business or centre become a new local donation point?

Please contact North Bristol Foodbank



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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.

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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.

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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



Easter Message

I have recently been blessed with the gift of a second gorgeous grandson, Jack. As I first held him in my arms a few weeks ago I was overcome once again with feelings of total wonder, awe and, of course, love at the gift and miracle of new life.

This experience has enabled me to reflect a little more deeply on what Easter means to us – the offer to us all of the gift of new life in Christ. As we celebrate the festival of Easter we are all invited by Jesus to accept this free gift of new life in Him gained through His cross. However, I fear that possibly because we have heard the story of the events of Holy Week culminating in Jesus' death on the cross and subsequent resurrection so often, at least for me, and I suspect for many of us, there is a danger of a somewhat apathetic response to hearing this life changing story once again. A danger which arises when we become over familiar with a story. But surely the gift this story offers each one of us, however far we may feel we have moved from God, is one to be celebrated and rejoiced in over and over again. For as we know, through the cross and resurrection Jesus took on our sinfulness because of his unconditional love for us all so we're loved and accepted as an invaluable part of His family forever.

This is 'good news' indeed for us all but particularly for any of us who may be going through tough times – whether that be ill health, work worries, money worries, concerns around family members, or any other struggles we may be facing.

However hard and sometimes 'dark' life may feel Easter reminds us that Jesus is walking every step of our journey with us and as we are clearly told in the bible NOTHING can separate us from the love of God in Christ Jesus. This is indeed the most special gift for any of us so as we celebrate Easter let's remind ourselves once again that Jesus is holding us through the good and difficult times.

'He is risen indeed' Alleluia!!!

Blessings, Jo Strange, Lay Minister



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& Winterbourne Down, in THE DIOCESE OF BRISTOL

Please check our website for updates

www.fromesidechurches.org.uk

Email – office@fromesidechurches.org.uk

All worship in our Benefice churches is sadly suspended for the foreseeable future. We will keep everyone updated with information about how we, as a Benefice, will be striving to meet the pastoral and spiritual needs of our community in the coming months.

May God bless you at this difficult time.

Revd. Malcolm Strange, Rector



See you in 2021!



It is with great regret that the Frampton Festival Committee have decided to cancel this year's Frampton Festival. Not because of the threat of Coronavirus, although had it gone ahead this may well have had an impact on the running of the festival. The committee have not taken the decision lightly but we have been unable to secure a venue for 2020.

As many of you will know, there is currently limited access into the Centenary Field due to a neighbouring wall collapsing and South Gloucestershire Council erecting safety barriers on the edge of the carriageway opposite the gated entrance to the allotments. This means that vehicles towing trailers (fairground rides, food outlets, stage etc.) do not now have sufficient room to turn into what is already a "tight corner". Even the Parish Council's grass cutting machinery can no longer drive in.

The festival committee have been working with Frampton Cotterell Parish Council and South Gloucestershire Council officers in an attempt to resolve the access issue, but because one of the solutions involved alterations to existing utilities, the timescale involved meant that this work could not be completed in time to facilitate the festival in July.

Numerous alternative venues have been explored in an attempt to run Frampton Festival 2020, but unfortunately The Park (or as some know Crossbow Fields) was already booked out for the date required. Other venues were approached.

We would like to thank the Frampton Cotterell Parish Councillors who have actively championed and continue to champion The Frampton Festival to ensure that the Festival, along with the joint Churches Service (held on the following Sunday morning) will return to its home in The Centenary Field ready for 2021.

There may not be a festival this year but the committee are continuing to plan towards putting on the event in twelve months' time, when the aim is to have all the usual attractions – and more – and once again the Beacon will be lit. Thank you to all that have attended The Frampton Festival in previous years and we look forward to seeing you all in 2021.



News from Winterbourne Evening W.I.

Our February meeting was very well attended despite the dreadful weather. Our planned speaker was unable to attend due to illness, so Pam Pontin of Pammy's Baskets stepped in at extremely short notice, for which we were very grateful.

Pam told us that although she had always enjoyed various crafts, she decided to make something using only materials which would normally be thrown away. The resulting recycled baskets are very strong and a medium size will easily hold 8 tins! She also told us several stories of happenings along the way. Pam holds workshops with four people at a time, which are very popular. Members also had the opportunity to ask questions and purchase the attractive bags.

Our W.I. has a varied and interesting programme of speakers lined up throughout 2020, as well as several outings, meals out, skittles and quiz evenings. One of our trips will be to Abergavenny, on market day in June and another to the RNLI headquarters and college in Poole.

If you would like to come along as a visitor, we meet on the second Thursday of the month at the St Michaels Rooms on the High Street at 7.30pm. You can be sure of a very warm welcome.

For more information please contact myself, Margaret on 01454 772816.

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Community Noticeboard

For free listings contact
community@mattersmagazines.co.uk

Winterbourne Library

At time of going to print at the end of March, South Glos Libraries are closed for the foreseeable future. To keep up to date with news on this, please visit –

www.southglos.gov.uk/libraries

Twitter: @southgloslibs

Facebook: South Gloucestershire Libraries

Facebook Pages for Local Support Groups set up to support people impacted by Covid-19

COVID-19 Help, Support And Volunteering South Glos and Bristol

Frampton Cotterell and Coalpit Heath: Covid-19 Community Support

Facebook Page: Covid-19 Winterbourne and Winterbourne Down Response Group

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Charity no. 1057814 www.yategenierilink.org

Tony and Hilary Jay regret that owing to the Coronavirus, the following events will be postponed until the situation has stabilised:

Frampton Singalong

Friendship and Dance

The Mad Hatters
Barn Dance on 9th
May 2020.



Winterbourne Down Carnival 2020 Sadly cancelled

The Winterbourne Down Carnival Committee have made the decision, based on the advice of the Government regarding non essential contact, to cancel all events and activities associated with the 2020 Winterbourne Down Carnival. This covers events on Sunday 3 May and Friday 8 May (VE Day).

We are all disappointed that this decision has had to be taken but we recognise that we all have a duty to ensure the health of everyone in our community.

Please keep an eye on our Facebook Page later in the summer for announcements regarding planning for Carnival 2021.

Co-opted Governor required



The Governing Body of Watermore Primary school plays an important part in ensuring high school standards through our three key roles of setting strategic direction, ensuring accountability and monitoring and evaluating school performance.

The Governing Body is seeking to appoint a Co-opted Governor, who lives or works in our community. We are searching for someone with:

- A commitment to building on the high standards at Watermore and further improving education for all our pupils
- A desire to help shape the future of our school at a time of growth and change
- The ability to support the Headteacher, and staff, whilst holding her to account for the performance of the school
- The ability to work in a professional manner as part of a team, and take collective responsibility for decisions
- The time and capacity to commit to the role, which involves daytime and evening meetings

Our school is committed to safeguarding and promoting the welfare of children. All staff and volunteers are expected to share this commitment. If you are interested in becoming a co-opted governor or would like more information on what it would involve, please contact Kate Goldring, Clerk to Governors, by email (kate.goldring@watermoreprimary.org.uk).

To apply to be a co-opted governor, you will need to fill in an application form from South Gloucestershire Council and provide proof of identity. For further information on the school and the current governing body, please visit our website (www.watermoreprimary.org.uk).

Depending on the number of applications and vacancies available, a panel of Governors will select successful applicants and invite them to join the Governing Body.

Governors are elected for a term of 4 years.

Closing date for applications is TBC.

Winterbourne Musical Theatre presents

THE SORCERER

Musical comedy by Gilbert and Sullivan

Postponed from April/May to 21st – 24th October

Wednesday 21st October 7.30pm
Saturday 24th October 2.30pm

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Index of Local Advertisers

Aerials		Dress Shop		Opticians	
A1 Aerials	45	Gladrags	8	Mike Harbord Opticians	21
Dan Grace Aerials	7,38	Electrician		Spec Savers	25
M D Aerials	38	Gary Smart	43	Painter / Decorator / Tiler	
Accountants & Tax Services		Millard Electrical services	44	Fresh Look Decorators	43
Hards Tax Services	8	Electrical Appliance Repairs		RAW Decorating	44
Barbers		DC-R domestic appliance repairs	45	South Gloss decorator	39
Woody's Barber Shop	19	Engraving		Two Tone Decorating & Building	43
Bathrooms / Fitting		RMG Engraving	18	Pets	
AHM Installations	15	Estate Agents / Property Letting		Bubbles dogwash	4
Inspired Bathrooms	38	Bundy and Bond Estate Agents	1,3	Scamps & Champs Bristol	
Bicycle Repair		Footcare		Dog walking/pet care	4
Rule 4 Cycles	17	IMS Footcare	21	Plumbing / Heating engineers	
Blinds/Curtains		Framing		AK Plumbing	40
Harmony Blinds of Bristol	47	Imaginations Fine Art	18	Gregor Heating	1
The Curtain Company	17	Garden Centres		Home Care Plumbing	42
Builders / Groundwork/Property svcs		Iron Acton Garden Centre	10	Low Cost Plumbing	43
A E Rollin Builder	38	Gardens / Garden Maintenance		Mayo's Heating & Plumbing	39
Beaufort Property Maintenance	42	CJP	42	Peter Ryecroft Plumbing/Heating	45
Colin Yeend Prop Development	42	Colour Fence	2	Pubs / Restaurants	
CWG Design & Build Limited	44	Garden Machinery Sales/Service/Repair		The Globe	35
DJM Masonry & General Building	38	Sullivans Garden Machinery	11	Roller Shutter Doors (Garage)	
Building Supplies		Garment Printing / Embroidery		Garolla	41
Building Supplies (Patchway)	44	Tayz Printing and Embroidery	18	Roofing	
Cafés		Gutter Clearance		Coverall Roofing	40
The Gingerbread Man Coffee Shop	8	GutterPRO.co.uk	7	Rooftech	43
Cakes / cooking		Hair / Beauty / Massage		Security	
Medway Designs	39	Beauty Plus	7	Technisys - Home Alarm Systems	39
Carpet & Upholstery Cleaners		Handyman Services		Schooling / Tuition / Courses	
Bonne Fresh Clean	45	J A Property Services	44	Oscars pre school/Holiday club	23
Car / Motorbike- Repair / Valet / MOT		Health Clubs		St John's on-the-Hill	12
Bailey Valeting	40	Nuffield Health	22	Winterbourne Academy	8
Frampton Garage	40	Home Improvements		Sewing Alterations	
LCM Automotive	42	Colour Fence	2	Medway Designs	39
Child Care / Holiday clubs		Fascialift	43	Sharpening Service	
Oscars pre school/Holiday club	31	Southern Plasticad	48	Go Sharp	17
Cleaning & Domestic Services		Kitchen Refurbishment		Shopping Centres	
Clover Ovenclean	39	Dream Doors	13	Willow Brook Centre	26,27
Elite Hygiene Services	39	Locksmith		Solicitors	
Liza & Sharon Domestic Cleaner	45	Keymaster	44	Henriques Griffith	32,33
Complementary / Holistic Therapies		Lock Stuck and Barrels	45	Stairlifts	
Catherine Smart Hypnotherapy	20	Mobility Solutions		Thornbury stairlifts	14
Just You Holistics	21	AHM Installations	15	Stonemasons	
Osteomyologist - Dawn Clode	21	Brookfield Mobility Solutions	31	DJM Masonry & General Building	38
Computer services: IT - Repair/help		Thornbury Stairlifts	14	Taxi Service	
Frampton Cotterell Computer group	14	Music live performances		Avanti Cars	41
Dentists		Castell Roc music festival	28,29	Frampton Taxis	41
Frampton Dental Practice	20			Windows/Conservatories & Doors	
				Brunei Garage doors sales/repair	40
				Southern Plasticad	48

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