



Telephone 01454 300900

June/July 2020

# Winterbourne & Frampton Matters

including Coalpit Heath & Winterbourne Down

6,500 DIFFERENT homes per quarter across Winterbourne, Winterbourne Down, Coalpit Heath and Frampton Cotterell



There are blue skies ahead

Independent Estate Agents

01454 540 200  
[www.bundyandbond.co.uk](http://www.bundyandbond.co.uk)

Award winning  
customer service  
Free professional  
photography

## Relax...

and get a  
**NEW boiler**  
this Summer.

Finance and flexible payment options available  
and a 10 year guarantee\*

Arrange your free boiler survey today  
0117 935 2400 | [www.gregorheating.co.uk](http://www.gregorheating.co.uk)

\*On new selected Worcester Bosch boilers. Terms and conditions apply.



Heating, Electrical & Renewable Energy

Good  
4.8  
out of 5  
Trustpilot

Which?  
Trusted Trade



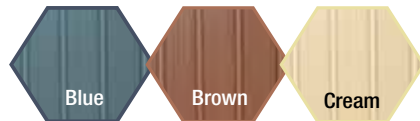
In the Community for the Community since 2009

# No painting or repairs for 25 years? It must be a ColourFence!



## Guaranteed not to warp, crack, shrink, rot or peel†

With the warmer weather arriving, there's always plenty to do in the garden. However, with ColourFence, one of the most tedious, time-consuming jobs disappears overnight. Not just for 2020 but for the next 25 years! That's because there's no need to paint or repair ColourFence. It's guaranteed not to warp, crack, shrink, rot or peel for the next 25 years. Making it one of the world's best maintenance-free fences. And, unlike other fences, ColourFence can withstand wind speeds of up to 130mph. There's a choice of colours to harmonise and enhance your garden's design. You'll find our prices surprisingly competitive too. **To see the full product range, call us today and find out why it makes sense to choose ColourFence.**



- ◆ Guaranteed† not to warp, crack, shrink, rot or peel
- ◆ Withstands wind gusts of up to 130mph
- ◆ No painting or repairs for 25 years
- ◆ Create your look with a choice of colours, designs and sizes
- ◆ No risk professional installation

†Hose down occasionally – terms & conditions apply.

**CALL NOW!**

To see our full range of colours, designs and get a **FREE** 'no-obligation' quote – **CALL**

**0117 259 1789**  
**colourfencebristol.co.uk**

**MADE IN BRITAIN**



*Dear Residents,*

We write this letter with hope things are moving in the right direction, with positive signs that life is beginning to get back to a new normal.

It comes as no surprise to us that the challenging times we have been experiencing has brought out the best in our community. Neighbourhood groups have formed to support those in need in whatever way they can – fetching shopping, dog walking and being on the end of a phone for company. Perhaps, through these acts of kindness, new friendships have been formed, set to continue way past lockdown. This month we hear from Frampton Cotterell & Coalpit Heath Covid 19 Community Support Group, who are still very much active.

We are pleased to share with you images from the fabulous Winterbourne Scarecrow Trail, set up to cheer people up on their

[community@mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk)

daily exercise during lockdown. Over 200 people embraced this fantastic idea. Planned VE Day celebrations may have been curtailed, but in true British fashion, local people made the best of the situation. Socially distanced street parties offered some light relief. Delicious afternoon teas were delivered to local neighbourhoods thanks to team members of WADCA we hope you enjoy their account of the day. For those of you who have found sanctuary in the outdoors – be it your garden or beyond, we are pleased to bring you reports from Winterbourne and Frome Valley Environment Group, Avon Organic Group, The Floral Friends of Frampton and Frome Valley Growing Project.

All this and much more!

Stay safe and well,

**Kerry & Jaci X**

**01454 300900**



From left: Michael, Fran, Tina, Jane, Mary and Maggie  
The sales team at Bundy and Bond

## Award Winning Customer Service

*Proud to be independent with outstanding levels of customer care and award winning customer service. Come and speak to our friendly team about selling your property today.*

**Free no obligation valuations Over 60 years combined experience**  
**Free professional photography for all our properties**  
**Successfully selling homes of all values in BS37, BS36 and surrounding areas**  
**01454 540 200 info@bundyandbond.co.uk www.bundyandbond.co.uk**



## Frampton Cotterell & Coalpit Heath Covid 19 Community Support Group –



*Helping you to help your neighbour*

The Frampton Cotterell / Coalpit Heath COVID-19 Community Support Group neighbour volunteers have helped residents in Frampton Cotterell and Coalpit Heath throughout the COVID19 outbreak. This has ranged from buying shopping through to friendly telephone calls and collecting prescriptions. There have been many acts of neighbourly kindness which have helped so many in our community, which have only been made possible due to the 240 amazing neighbour volunteers. Thank you to each and every one of you.

The initiative has worked with existing groups and organisations to make sure neighbour to neighbour support is received by all those that need it. CVS South Gloucestershire, Southern Brooks and other local volunteer organisations are continuing to provide advice and guidance to us so we can best support our community both now and moving forwards.

Whilst most of our updates are online, we remain focused on reaching those residents that may have missed out on the initial communication. We ask that everyone thinks of those that maybe in that position and reach out to them offering your support now or in the future. Alternatively, please encourage them to contact this group.

With the continued support of the neighbour volunteers it is our hope that the group will continue to run for the length of time required to support our community through this difficult time. We will adapt as the situation continues to change and as ever welcome your feedback.

We feel it is important that Community Leaders work together to ensure all our residents are supported if they require it. We have worked with Frampton Cotterell and Westerleigh Parish Councillors to look at ways that they can continue their support in this important role of bringing groups and organisations together now and in the weeks and months to come.

**Please let us know via Facebook, COVID19FramptonAndCoalpit@gmail.com, or 07742 6049 88** if you have any further ideas on how this group can help neighbours support neighbours.

Continue to take care and stay safe.

*Thank you for supporting our community*

## News from WADCA



Due to the Covid-19 outbreak, WADCA Community Centre is currently closed. Many of the activities normally on offer will be hard to accommodate with social distancing, so we will just have to wait for Government guidance and see how the 'unlocking' process goes.

WADCA gets no income while the Centre is shut. Team members Kelly and Leanne have been furloughed for the moment. Water, gas and electricity bills are low while the building is out of use, but we still have to pay considerable overheads like insurance and licences. We were therefore very pleased to be successful in getting a small business grant, which although it will not cover the loss of

rental income if the lockdown continues for any length of time, it definitely helps keep the Community Centre going and ready to re-open as soon as it is safe to do so.

Replacement of the damaged flooring in the entrance foyer, and refurbishment of the lounge bar, were almost finished when the lockdown started, so there should be a bright new look for centre-users when they are allowed to return! A grant from the Charities Aid Foundation was received for replacing some of the worn-out fire doors, and it is hoped that this work will also be done shortly.

The outside grass and gardens have become very overgrown during lockdown, so any volunteers who can offer to tackle this would be extremely welcome. It would be good to maintain the outside look of the Centre just as well as the inside, both now while the building is out of use, and once we are allowed to re-open.

Although WADCA is closed, Kell's Kitchen has continued to cook for the Wednesday lunch club and Kelly is delivering meals to those in the community who want them. She is doing this as a charity and no income is made by WADCA.

The planned VE Day 75th anniversary event for 8th May obviously had to be cancelled. But Kelly asked South Glos Council's permission to use the £1,500 that had been earmarked for these celebrations so that she as Kell's Kitchen could provide afternoon teas for pensioners and veterans in our area. It was extremely successful and very well-received by local people. Kelly was helped by her daughter Cara with the massive amount of baking and organisation, and they provided over 130 teas! Leanne Woodruff, Louise Worso and Louise's mum did the deliveries. They all deserve a HUGE thank you!

*We hope you enjoy these photos of the Watleys End community enjoying Kelly's amazing VE Day teas and celebrating the anniversary in true British style (with more European-style weather!), photos by Kelly Gower. The Beaver Close/Factory Road photos were taken by resident Mike Couzins.*



## Sarah Howe

Your local residential  
conveyancing specialist

**If you are looking for friendly, expert advice from a lawyer who is available online/ phone, seven days a week, and wish to obtain a no-obligation, competitive quote then please do not hesitate to contact me.**

- + Freehold sales and purchases
- + Leasehold sales and purchase
- + Re-Mortgages
- + Transfers of Equity
- + New Builds
- + Shared Ownership

**Call Sarah on 01454 809775**

Or drop her an email at [sjhowe@setfords.co.uk](mailto:sjhowe@setfords.co.uk)



**www.setfords.co.uk**  
Your Trusted Network of Legal Advisors



**Due to Covid-19, I am doing my utmost to update myself regularly by following the Beauty Industry and Government guidelines, prior to safely reopening the salon.**

**Your health remains paramount.  
Please check my website for updates.  
[www.beautyplusbymyriam.com](http://www.beautyplusbymyriam.com)**

**Thank you  
Stay Safe**

**01454 776938 / 078546 08889**  
147 CHURCH ROAD FRAMPTON COTTERELL, BS36 2JN



# News from the Floral Friends of Frampton



We would like to thank everyone for their support over the last few months, and in particular the kind, anonymous, donor of some marigold plants left on the Beesmoor bed. These have now been planted and will soon be flowering.

## 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.

In these somewhat strange times, we hope that you might have been able to enjoy, when out for your daily walk, some of the flowers that have been blooming in the village over recent weeks.

All the herbs and plants in the Sensory Garden at the Bickeridge Centre are also growing well and are obviously enjoying the good weather as much as we are!

Due to the lockdown we have been unable to work on the planters recently; however we plan to replenish them with some cheerful summer plants over the next few weeks, always abiding to the present regulations of course.

All our planned events (the plant sale and coffee morning, the flower festival and the coach trip) for the foreseeable future have been cancelled. Hopefully we will be able to organise something once things begin to return to normal. In the meantime, we hope you continue to enjoy the flowers around the village and that they help to cheer everyone up.

Recently more wild flower plant plugs were planted in the Glebeland wild flower area and more wild flower seeds were sown. This was to add variety to the display and promote biodiversity.

## WE ARE OPEN



We have opened the doors to our Garden Centre again.  
You are welcome to shop with us in-store following our social distancing rules.  
Please note that our Cafe remains closed.

We have managed to order a large range of plants from local nurseries and are excited to welcome our customers back.

We pride ourselves on being your friendly, independent and local Garden Centre.  
**IRON ACTON**  
Garden Centre  
Wotton Road, South Gos, BS37 9XA  
01454 228 764  
www.ironactongardencentre.co.uk



- 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](mailto:floralfriendsofframpton@gmail.com)

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

**THE AERIAL MAN**  
TV Aerial and Satellite Specialist  
*Affordable Prices - Reliable Service*

- Digital Aerials • Fully Guaranteed • Repairs
- Sky Work • Free Quotes • OAP Discounts
- Poor Reception Problems • Additional TV Points
- Humax Recorders • TV Sales

01454 660 046  
07818 413 451  
[www.theaerialman.co.uk](http://www.theaerialman.co.uk)

**No Problem  
No Call Out Charge**

**Gutters Cleared**  
We remove leaves - moss - grass - growth & debris

**Photos  
Before & After**  
We do a camera survey first

**Safe and  
Sound we do  
it from the  
Ground**

Get an instant price  
**01454 534 035**  
or online [gutterpro.co.uk](http://gutterpro.co.uk)

495+ reviews  
2000+ photos  
**REVIEWS**

**GUTTER PRO** .co.uk  
**SERVICE PLEDGE**

Conservatories & up to 4 Storeys  
Tall buildings, schools, nursing homes and industrial units.

£5million insurance & a Receipt  
Peace of mind that we're a proper business.

**Timed Appointment**  
You can track our arrival online

**Pay after the Job**  
VISA

**GUTTER PRO** 0800 112 0123





Winterbourne library



Whiteshill Common



## Winterbourne and Frome Valley Environment Group

### Passionate about the environment and building a strong inclusive community

At a time when good news is needed – here it is! WEG have continued to work hard behind the scenes at various projects during lockdown. One of which being Whiteshill common (the smaller section to the right as you come off Bristol Road onto Worrells lane). In early April, the Winterbourne Parish Council gave the group the go ahead to start planting the wild flower meadow and look at options for a natural play area, due to the lockdown the play area will be on hold for the time being.

It was agreed with Winterbourne Parish council that the small common would not be mown in the centre to allow wildflowers to grow. Observing what grows this year, will give us an idea of what to expect and enable us to decide what we can plant to encourage further natural wild flowering. It has helped that May happened to be NO MOW MAY <https://www.nationaltrust.org.uk/features/take-part-in-the-no-mow-may-challenge> set up by the national trust.

Moving forwards, the idea will be to look at the possibility of creating a few gentle paths mown through the meadow, so people can walk through and engage closely with the wildlife if they so wish. With many a volunteer in the local area to help out with the digging and planting, it was all action over the last month and now there are a variety of wild flowers and an abundance of insects, birds and probably most interestingly is the natural pattern in which the flowers have taken to grown in a circular pattern.

Due to the exercise regime during lockdown, it has been wonderful to watch a lot more walkers and cyclists sitting down on the small common to rest and take photos of the flowers and wild life there. We have also blue hearts ready to be set up in the meadow to advise people that the meadow

is being left to grow wild on purpose, you can find more information on this campaign at <https://bluecampaignhub.com/about-us>.

WEG are delighted to have received some fantastic reviews relating to the wildflower meadow:

"I've just come back from sitting on the small common at Whiteshill and whilst it's plain to see the meadow is still in its early days, I have not seen as many birds, in particular House Martins popping down to feed on the insects that are in amongst the flowers, beautiful and peaceful."

"Very, much looking forward to bringing my grandson here once lockdown is finished, he will love seeing the flowers and enjoy the play area once it is set up."

Alongside the common the group has also planted a wildflower meadow at Winterbourne library and this has proven very successful and beautiful, providing a natural habitat for local wildlife.

We are also working with Frome Valley Growing Project, which are a few families in Winterbourne that have come together with a shared belief in an ethical framework: earth care, people care, fair shares. The area (field) based in Winterbourne is working to create a sustainable space to grow food as a community, for the community using permaculture growing methods. (Read more on page 16).

If you would like to get involved please contact [thegrowingproject123@gmail.com](mailto:thegrowingproject123@gmail.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**.



While coronavirus has turned our lives upside down in the last couple of months, our wildlife has been thriving, something many of us have now had more time to appreciate than ever before.

With research showing that UK wildlife is in serious decline, the lockdown slowdown has brought a break from the norm that our wildlife urgently needed. Bristol has announced both ecological and climate emergencies, with action plans being drawn up to enable nature to recover on a grand scale. In response to this, Feed Bristol, Avon Wildlife Trust's wildflower nursery, has been renamed as Grow Wilder. Our aim is to play our part in inspiring people, communities, schools and businesses to take action for wildlife and grow wilder food, wilder gardens and wilder people.

As lockdown began, the team at Grow Wilder ambitiously set up an online shop delivering native wildflowers and vegetable plants. Thousands of plants were ordered, many by people having a go at growing for the first time. A team of fabulous volunteers responded to our call to arms to help us

pick, pack and deliver the orders, a task made all the more interesting with social distancing a necessity.

Despite the many challenges of organising over a thousand deliveries in a short space of time, not least in the midst of a global pandemic, it is truly uplifting that so many people across Bristol are creating wildlife-friendly gardens, providing crucial food for pollinators, and helping nature recover from their homes.

We are working up plans to safely re-open Grow Wilder's nursery and, hopefully, an outdoor café to the public in July. A haven of wildflowers, greenery and birdlife, we hope it will be a place where people can come and enjoy nature and a cuppa. Keep an eye on our website for updates on re-opening.

The online shop is still open for wildflower sales [www.growwilder.co.uk](http://www.growwilder.co.uk). And if you would like to learn more about how to create an insect-friendly garden, you can claim your **FREE 'Action for Insects' guide** at [www.avonwildlifetrust.org.uk/action-for-insects](http://www.avonwildlifetrust.org.uk/action-for-insects).



## UP TO 50% LESS THAN A NEW FULLY FITTED KITCHEN

by just swapping the doors and worktops



- Trusted reputation
- Huge choice of doors, worktops appliances, sinks & taps
- Free planning & design service
- Door swaps to full kitchens - tailored to your needs

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

EST. 1999  
VISIT OUR SHOWROOM NOW.  
[www.dreamdoors.co.uk](http://www.dreamdoors.co.uk)

THE UK'S #1 KITCHEN MAKEOVER EXPERTS.

Call for a FREE estimate

**0117 944 3223**

Visit our Showroom: 11/12 The Promenade,  
Gloucester Rd, Bristol BS7 8AL

**Checkatrade.com**  
Where reputation matters  
AVERAGE SCORE 9.6/10



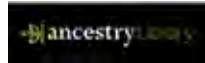


## Your On-Line Library is still OPEN with even more to Discover!

Whilst library buildings remain closed, our online library remains open; go to [bit.ly/d1gitalLibraryServices](http://bit.ly/d1gitalLibraryServices) to discover free digital magazines, eBooks and eAudio available to download 24/7.

**NEW! FREE access to ANCESTRY Library Edition** from home. Usually only available in library buildings, as long as they remain closed, we are able to provide 24/7 access for library members to Ancestry Library Edition with kind permission from ProQuest and Ancestry. Delve into your family history with access to: the Index to civil registrations of births, marriages and deaths; Census returns for England & Wales from 1841 to 1911 and an increasing number of family history datasets from all over the world. Get access from home in 3 simple steps:

1. Click 'Log in' on [www.librarieswest.org.uk](http://www.librarieswest.org.uk) and enter your library membership number (or Temporary ID if you have recently joined online) & PIN
2. Click on the link to Ancestry which should appear at the top of the page (only visible when you are logged into the LibrariesWest homepage.
3. Start exploring your family history!



### NEW! Free online comics

1500+ eComics are now available suitable for all ages – including IDW (Dungeons & Dragons, Ghostbusters, Judge Dredd, Star Trek, Transformers), Marvel (Spiderman, Wolverine, X-Men, Captain America, Avengers), Disney and Dark Horse Comics. Go to <http://bit.ly/LWeComics> to get started. Unless you already have an RB Digital account to access our digital magazines, you will need to create one using your library membership number or Temporary ID if you have recently joined online. When prompted select 'South Gloucestershire' as your library.



### Not a member yet? No problem

☆ Library membership is free - new members can join online at [bit.ly/joinLW](http://bit.ly/joinLW)

\*please enter your email address where prompted on the form for greater control of your account, including easy PIN reset. Where the form says "Pin" and next "Re-enter Pin" it is asking you to choose your own 4-digit PIN and then to re-enter it to confirm your choice.\*

### Don't know your PIN? No problem

☆ Select 'Forgot my PIN' on the login screen at [www.librarieswest.org.uk](http://www.librarieswest.org.uk) and an email with reset instructions will be sent to the email address we hold on your record.

### Online Lego club

Look out on Facebook every Monday for Lego Club online, have fun building a model to meet the challenge for the week and share it with us! So far we've enjoyed seeing some fabulous monsters, space craft and sea creatures.



willowbrookshopping.co.uk

*We're Changing!*

**WILLOW BROOK**  
BRADLEY STOKE SHOPPING

We take great pride in being at the heart of Bradley Stoke - which is why investment in Willow Brook's future is not just continuing but building. A new name style. A new website. And there's more to come. Together we're creating the best local shopping destination we can for our community. Times are changing. So are we.



## 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](http://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.

**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**



- New & Re-conditioned Stairlifts & Warranty
- Removals & Relocations
- Free Surveys & Quotes – No Obligation
- Rentals for Straight Stairs
- Independent, Professional & Friendly Advice
- Over 24 years practical experience



*Independent Stairlift Specialist*  
**01454 413 748 • 07833 318 722**  
[www.thornburystairlifts.co.uk](http://www.thornburystairlifts.co.uk)



## Supporting disabled people through Covid-19

The recent COVID-19 pandemic has seen Paul's Place day facility in Coalpit Heath close until it is safe to re-open. Despite this, the charity continues to offer care and support for their Members (those who use their services) and in the last two months has been busier than ever.

Since the announcement that the day facility was to close, the team took just 24 hours to create the Emergency Response Project and have continued to support disabled people and their carers during the crisis.

Since the end of March Paul's Place launched its telephone befriending service and between then and mid-May has already made 1,880 calls offering the service 7 days a week to those in most need.

In addition to this Paul's Place has partnered with Southern Brooks, South Gloucestershire CVS and South Gloucestershire Council in providing mutual support to people. They have also been getting food parcels out and helping with the collection of prescriptions.

CEO Daniel Cheesman states, "Paul's Place started with a group of compassionate individuals seeing a need in their local community and this still continues to motivate all our staff here today. I am so proud that we have been able to respond so quickly but I want us to do more. The reality is that for many disabled people the impact of coronavirus is going to be felt for a long time yet. We need to ensure that people remain connected with others."

Paul's Place is planning for the next few months as it continues to support individuals who are high risk due to living alone or having other support needs. Telephone calls are a lifeline as are the increasing online services that Paul's Place is offering people.

Daniel also said 'Staying connected virtually, via things like Zoom and other such platforms is now



*the new normal for people and we are working tirelessly to ensure that people can still see their friends, stay connected and live their lives to the full, even in lockdown.'*

**In order to fund this vital work Paul's Place has launched an Emergency Appeal so that it is able to keep on supporting physically disabled people in the coming months.**

Clair, responsible for the campaign has said, "We have been blown away by the support that we have already seen and a lot of money has already been raised by our Members and their carers. It really will make a difference to the work that we will be doing in the coming months. This lockdown will be the reality for many of the people we support for a while longer. To sustain this level of support, we are looking to the local community and asking people to donate whatever they can afford."

If you would like to help support Paul's Place so that they can keep on supporting people most in need please visit

<http://www.paulsplace.org.uk> to see how you can donate, or you can send a cheque, made payable to **Paul's Place (South West), Serridge Lane, Coalpit Heath, Bristol. BS36 2TT.**





## Could YOU be a Neighbourhood Champion?

Since North Bristol Food Bank launched in 2012 it has been providing three-day emergency food supplies to local people in crisis. Currently with their food bank outlets closed due to the Corona Virus, the charity is operating a delivery service.

And as a direct response to a staggering 272% increase in use of the North Bristol Food Bank in April 2020 compared to 2019, they have launched their new campaign to recruit and mobilise local volunteer Neighbourhood Champions. These champs will provide a friendly face, a community link, organising safe food collections and deliveries in order to tackle soaring local food poverty.

**North Bristol Food Bank would love to hear from you if you live in the areas below.**

Perhaps you are already helping your neighbours, but would like to have support in doing so, or connect with others doing similar initiatives in their neighbourhoods? The food bank can help facilitate this and will provide you with a neighbourhood pack which contains helpful information including an updated shopping list, ways to donate, a newsletter with key food bank updates, a letter you can use to post to your neighbours and more.

• Bradley Stoke • Little Stoke • Stoke Lodge • Stoke Gifford • Patchway • Filton • Almondsbury

To become a Neighbourhood Champion visit [www.northbristol.foodbank.org.uk](http://www.northbristol.foodbank.org.uk) to complete a request form.

If you are in crisis email your voucher to [info@northbristol.foodbank.org.uk](mailto:info@northbristol.foodbank.org.uk). The team of volunteers will endeavour to have your goods delivered as soon as possible.

**North Bristol Food Bank, C/O Ebenezer Church, 286 Filton Avenue, Horfield, BS7 0BA • 0117 9791399**



## Caring during COVID – Making carers visible on Carers' Week

### #CaringBehindClosedDoors

Carers Week 8 - 14 June is an annual campaign to raise awareness of caring and highlight the challenges carers face. Carers don't choose to become carers and many don't even see themselves as carers. Throughout the COVID-19 outbreak, family carers have continued to provide unpaid crucial care to their loved ones, with little to no support.

Care is usually provided behind closed doors, in people's homes and is largely invisible to the general public and support services. This hasn't changed during the pandemic. While COVID-19 has very rightly reminded us all of the crucial role of NHS staff and keyworkers, family carers have been largely forgotten. The role of carers has never been more crucial. Yet, while the challenges carers face have increased, their role remains invisible. The majority of carers are struggling alone and do not know that help is available to them.

Carers Support Centre is working locally to support carers of all ages through this very challenging time. Services include information and advice, carers assessments, counselling, befriending, employment support, virtual carers' groups, online training, and the Carers' Emergency Card. On Thursday 11th June, the charity is also holding its first ever online Carers' Open Meeting. Visit their website for more details.

Recent research from Carers UK has found, since the pandemic started, carers are providing 10 additional hours of care per week. The average figure is now a staggering 65 hours per week, with 70% of carers providing more care due to local services reducing or closing. This has been particularly hard for certain groups, such as those caring for someone with a learning disability, autism, or dementia.

This Carers Week, join Carers Support Centre in recognising the massive contribution carers make to families and communities across the UK. Visit the Carers Support Centre website to watch the 'Clap for family carers' video, hear from local carers about what caring during COVID-19 is like, and say your own thank you to family carers on social media using the **#CaringBehindClosedDoors** hashtag.

**If you, or someone you know is a carer, and in need of help, contact CarersLine:**  
**0117 965 2200**

[carersline@carerssupportcentre.org.uk](mailto:carersline@carerssupportcentre.org.uk)  
[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)



**Carers Week 2020**



**Monday 8 June - Sunday 14 June**





### BROOKFIELD MOBILITY SOLUTIONS

BMS is proud to be a **Mobility Adaption Partner** and installer of adaptations available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).



**What can Brookfield Mobility Solutions bring to you?**

- Professional, friendly customer focused team with a wealth of experience in the adapted vehicle and adaption market.
- Quick and efficient fitting and repair service.
- Fully qualified technicians offering both mobile or workshop based services.
- Advice and installation of vehicle aids to include – Push-Pull hand controls, Left foot throttles, Scooter, wheel chair and personal hoists, Control aids, Electronic signalling.
- Advice and installation on a range of mobility aids, including stairlifts.

For full details of BMS's services and product range, please book a visit to their showroom.  
**30-32 Filton Road, Bristol, BS7 0PA • Tel: 0117 239 5018 • [www.brookfieldmobility.co.uk](http://www.brookfieldmobility.co.uk)**





Pranic Healing

Massage

Tibetan Head Massage

Reflexology

**Call: 01454 626439 / 07872 440787**  
**[www.justyouholistics.co.uk](http://www.justyouholistics.co.uk)**

### Are you struggling to cut your toenails?

**Treatments offered include:**

- General Nail Care
- Diabetic Nail And Footcare
- Callus Reduction • Cracked Heels
- Fungal Nail Reduction

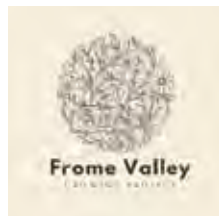
**IMS comes to YOU!** Facebook, message or call Ian to make an appointment: **07981 996 870**  
E: [imsfootcare@gmail.com](mailto:imsfootcare@gmail.com)  
FB & Twitter @FootcareIMS  
**Fully insured and DBS Approved**







## News from Frome Valley Growing Project



Our aim here at Frome Valley Growing Project is to work as a community, for the community to provide affordable locally grown food for our members and other local residents.

We are using Permaculture growing principles to increase biodiversity, reduce our dependency on oil based products and chemicals, and to utilise materials and products found around us that are reused or re-purposed.

People have been so generous in supporting us to get started, we have had donations of manure from Kendleshire Farm stables, local people have donated surplus seedlings and pots and a local tree surgeon is supplying us with wood chip.

We rent a beautiful acre plot in Winterbourne and the land owner is really supportive of our vision. Our members are local families who all come with their own valuable skills and ways of contributing to the project. **We are still looking for a donation of a poly tunnel** to extend our growing season and we are taking on new members and volunteers. As a response to the COVID-19 outbreak we have developed a system so that we have been able to continue growing, and tending to our plants ensuring we are sticking to social distancing guidance.

**If you are interested in becoming a member or supporting us in any way** please do not hesitate to get in contact via the details on our Facebook page, we would love to hear from anyone who is interested. **Phone 07708 758370 or email [thegrowingproject123@gmail.com](mailto:thegrowingproject123@gmail.com)**

**Visit: [www.facebook.com/FromeValleyGrowingProject/](https://www.facebook.com/FromeValleyGrowingProject/)**



## RMG ENGRAVING

Trophies & Glass Supplied

**RACHAEL GALE**

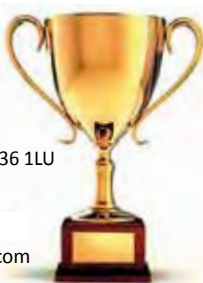
5 Parkside Ave, Winterbourne, BS36 1LU

T: 01454 773316

M: 07881 863408

E: [rachael.gale195@btinternet.com](mailto:rachael.gale195@btinternet.com)

[www.rmgengraving.co.uk](http://www.rmgengraving.co.uk)



**RE-OPENING WITH CARE FROM 15TH JUNE**

**IMAGINATIONS FINE ARTS**

• Picture Framers • Memorabilia • Prints

67 Gloucester Road, Patchway BS34 5JH  
0117 9405 757  
[www.imaginations-fine-arts.co.uk](http://www.imaginations-fine-arts.co.uk)

**TAYZ**  
PRINTING AND EMBROIDERY

Mobile: 07794 601984  
E-Mail: [enquiries.mma@gmail.com](mailto:enquiries.mma@gmail.com)

[@TayzAndTayzPande/](https://twitter.com/TayzAndTayzPande/)  
[tayzprintingandembroidery](https://www.facebook.com/tayzprintingandembroidery)

## News from Frampton Cotterell RFC

Sadly, the Frams season came to a grinding halt due to lockdown! Fortunately, before this happened, the Fram Colts won the Somerset Colts league, secured with a final win over Wellington in muddy conditions to say the least! Benny Burns scored the decisive try. A huge congratulations to the Colts for this great achievement. It's been a great season for the managers/coaches of Colts (Spud Hill, Dave Mouldsdaile and Mark Whiteside) and for head coach Nigel Smith. Nigel has been promoted and takes on the senior coaching role next season for Fram.



With the annual dinner and awards night cancelled due to COVID, the club had to post videos. Weaves presented the awards, while President Nick Knight and Chariman Tony Bleakman posted their personal messages. Well done to all the winners (detailed in table right).

Frams would like to thank everyone who generously donated to their JustGiving campaign. The early end of season and necessary closure of the clubhouse and bar left the club severely struggling financially. A target of £10,000 was set, and we are delighted to report at time of writing, over £13,000 has been raised. **If you would like to contribute please visit [www.justgiving.com](http://www.justgiving.com) and search Frampton Cotterell Rugby Football Club.**

The Frams have continued to keep busy during lockdown and stayed connected/entertained via the following –

- Over 100 members took part in a video Boat race (downing a pint).
- A JustGiving page was set up to raise vital funds for our rugby club to survive
- A superb video with players miming to *Don't Stop Believing* song
- International Zoom lock down drink and reminiscing – representation from England, Wales, Scotland, France, South Africa
- Junior videos passing rugby balls and toilet rolls in some funny places!

by Mike Weaver

Player of year	Harry Blakes
Derek Mayer Senior Clubman	Helen Smith
1st team Players player	Brandon Ball
2nd team Players player	Kyle Sheps
3rd team Players player	Tony Bleakman
Colts Players player of year	Ben Burns
Senior most improved Player	Dan Semple
Boot	Lewis Oakley
Terry Phillips award	Andrew Westcott
Steve Jones memorial award	Zak Smith
Bill Pitt Sportsman - Colts players player	Will Fussell
Colts coach forward player of year	Cameron Smith
Colts coach back player of year	Charlie Hill
Dave Attwood award - Youth rep	Harry Blakes
Junior chairman	Jake darby
Doughboy	Weaves and Smither
Founder chairman award	Tom Bowen Hall

**Woody's**  
BARBER SHOP

Bradley Avenue: Winterbourne  
Open 9.00am to 5.30pm Mon-Tues-Thurs-Fri  
Saturday 8.00am to 1.00pm  
\*closed Wednesdays\*  
NO APPOINTMENT NECESSARY



# Enjoying the great outdoors

Hello my name is Louisa Tickner-Jenkins and I have worked in the early years sector for 30 years and I have been a childminder for the last 14 years.

As I write this, we are 8 weeks into the lockdown and the restrictions are slowly beginning to lift. We are now allowed to go out for exercise more than once a day and venture a bit further, still adhering to social distancing requirements.

I was reflecting recently about what have been some of the key aspects of usual activity that young children have been restricted on. With playgrounds closed many children will not have had many opportunities for climbing and playing on swings or roundabouts, especially if you do not have a garden or those kind of play resources in your garden. **Heading out to the woods provides great opportunities for children to climb and balance.** We are extremely blessed to have a number of inner-city woodland areas and spending time in woodlands can be very calming for children. There are often fallen branches or tree trunks for children to balance along and you can have lots of fun searching for a climbing tree. Make sure you do a quick risk assessment of climbing opportunities;

for example, that all the branches are 'live' so they do not snap and that you are able to keep your child within reach in case they need help. Ensure the tree is a very established tree so that you do not damage it.

**Being outdoors can really help children engage their senses, take full advantage of a cloudy day,** find a space to lie down and cloud watch. Encourage children to use their imagination to see pictures in the clouds. Use water and a paintbrush to 'paint' your own clouds on the ground and see how long it takes for them to evaporate. **Play a game where everyone closes their eyes and listens carefully to what they can hear;** with older children see if they can hear different bird song, perhaps record the bird song and then search online to see if you can identify the bird, and then head out again with some binoculars or homemade binoculars for some bird spotting. Play 'guess the object', where children close their eyes and you ask them to feel an object and guess what it is, for example a twig, leaf, pine cone, stone, shell. You can play the memory game with the same objects where one item is removed and the child guesses which one is missing. **Make up a scavenger hunt** or search online for one to download; it could be a nature scavenger hunt or a city scavenger hunt. If you have an abundance of plants/flowers growing in your garden make potions and explore the smells they create, or buy some flowers from the shops that are on sale and use those.



**Being outdoors provides a great opportunity for collecting 'loose parts' to play with.** Loose parts is a term used to describe a collection of objects/materials that provide opportunities for children to explore their own learning with no pre-planned use, rather than 'toys' that may have a prescribed way to play with them. With loose parts children can combine, redesign, line up, take apart, move, in multiple ways to explore and play with. If you are taking 'loose parts' home from nature ensure the children are not picking live plants/branches/leaves but collecting found items, for example fallen twigs, pine cones, acorns, fallen leaves. Ensure you supervise children fully so they do not pick mushrooms for example that maybe harmful. Loose parts play is something we can do at home either indoors or outdoors. How often do we hear that a child played for hours with the cardboard box a toy arrived in. Collect empty cereal boxes and other boxes of various sizes, empty pots with lids, jam jar lids, pebbles, to name but a few, and store these alongside your child's toys this can breathe new life into toys that had lost interest value for a child.

**We can create pictures and patterns from found objects;** if children would like to create something, a piece of card, a glue stick or double-sided tape enables creations to be more permanent. If you search 'loose parts' online you will come across a plethora of ideas of what to collect, setting items



out so they are inviting for children, and more focused activity ideas using loose parts. Having an old sheet available to make a den over a washing line in the garden, or look in the shed for spare pieces of wood that can be painted to make a road track, or spare guttering for water play, balls, cars. Use loose parts for pretend camping in the garden, make a tent/den, build a pretend fire, make pretend food from stones, sticks, leaves. The story *Alfie's Shop* is a lovely example of loose parts play in the outdoors. The possibilities are really endless, but always ensure any loose parts do not have sharp edges, and anything that presents a choking hazard is not left available for children to help themselves but played with under close supervision and then packed away again.

**OSCARS** is a well established playscheme providing before and after school club and holiday childcare for primary school aged children.



Holiday Childcare  
Throughout the year.

Open from 7.45 until 6pm

Breakfast served until 8.15am

Discounts for siblings

**See our website for full details**

**[www.oscarschildcare.org.uk](http://www.oscarschildcare.org.uk)**

**The Terrapin C/O Frampton Cotterell CofE  
School Rectory Road Frampton Cotterell**

**E-mail: [oscars.terrapin@btconnect.com](mailto:oscars.terrapin@btconnect.com)**

**Telephone: 01454 250528**

Registered Charity No: 1133716

## We Are Open!

- Taking bookings for services keeping to the latest guidelines
- Each dog wiped down with a disposable wipe before & after each dog walk.
- All dogs kept on leads in public areas as instructed.

**Scamps and Champs Bristol** are once again offering pet care services whilst following the latest government and DEFRA guidelines. There are a few changes which will be discussed before any booking is confirmed. Please get in touch if we can help with any of your pet care needs. Stay safe everyone.

**[www.scampsandchamps.co.uk/dog-walking-in-bristol/](http://www.scampsandchamps.co.uk/dog-walking-in-bristol/)**

**Email: [bristol@scampsandchamps.co.uk](mailto:bristol@scampsandchamps.co.uk)**

**Tel: 0789 434 9344**



**BUBBLES DOG WASH**  
Dog and Cat grooming spa.

- No Cages • Nail Clipping • Ear Cleaning
- Scissoring & Clipping • Hydro-Bath

**Professional Affordable Luxury for your pet**

**Call 01454 856159**

**E: [info@bubblesdogwash.com](mailto:info@bubblesdogwash.com)**  
**[www.bubblesdogwash.com](http://www.bubblesdogwash.com)**

**unit 2a, Mays Hill Industrial Estate, Frampton Cotterell.**






## Healing & Training for your Body & Mind

with local Osteomyologist expert – Dawn Clode Ostm, Lic MET Lic CR FAO

Hello everyone, I hope you have all been keeping safe and well in this very different time! Like so many of us my Holistic Health Clinic in Little Stoke had to close on 23rd March and so too did the classroom. Social distancing is not really possible as a holistic health practitioner and teacher of holistic therapies!

However I did start to run the teaching courses online, with great results! So much so that I have decided to offer more virtual online classes through the summer and am planning (hopefully) to start back in the physical classroom from the end of August onwards. See below for what I can offer:

**Online courses**, these are ongoing and will go ahead when I have minimum of 5 people registered for each course, they are held in Zoom.

Please contact me for how to register and pay and let me know which class time suits you.

### REIKI

**Introduction to Reiki** - free Monday 3-4pm

**Reiki 1** - £70 over 2 sessions (same day over 2 weeks) Mondays 7-9pm or Fridays 2-4pm

**Reiki 2** - £90 over 2 session (same day over 2 weeks) Tuesdays 2-4pm or Wednesdays 6-8pm  
I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me

**Reiki Master** - £225 over 2 sessions (same day over 2 weeks) Tuesdays 7-9pm or Wednesdays 2-4pm

I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner, we will need to discuss whether you are ready to go to this level, prior to booking.

There will be a third session for your attunement for each of the above levels on a 1-2-1 basis, which will be put in the diary after the teaching is completed.

Ongoing "circle sessions" will also be set up after each course.

### AROMATHERAPY

**Introduction to Aromatherapy** - free Wednesday 4.30 - 5.30pm

**Aromatherapy level 1** - £90 (there is an additional charge if you want to have this assessed so you can use it in practice setting) Thursdays 6-8pm. There will be 5 sessions starting 18/06/20.

**Advanced Aromatherapy** - £400 (this includes assessment, please pm me for joining criteria) Thursdays 6-8pm. There will be 8 sessions starting 23/7/20.



### REFLEXOLOGY

**Introduction to Reflexology** - free Monday 4-5pm

**Reflexology level 1** £90 (there is an additional charge if you want to have this assessed to use it in practice setting) This will start once a video can be made of the thumb movements on the feet.

**Classroom courses** (all include lunch and are held in North Bristol on Saturday and Sunday, dates are subject to Covid-19 restrictions being lifted!)

**Reiki 1** - £100 Sunday 23/8/20

**Reiki 2** - £125 Sunday 18/10/20 (I will need to see a copy of your Reiki 1 certificate if you haven't previously completed it with me)

**Reiki 1 and 2** - £200 Sunday 15/11/20

**Reiki Master** - £300 Sunday 20/9/20 (I will need to see a copy of your Reiki 2 certificate if you haven't previously completed it with me and you will need to be a Reiki practitioner. We will need to discuss whether you are ready to go to this level prior to booking).

**Aromatherapy level 1** - 3 days - Saturdays 22/8/20, 19/9/20 and 17/10/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

**Advanced Aromatherapy** - Saturday 12/12/20 and Sunday 13/12/20. £500 (this includes assessment)

**Reflexology level 1** Saturday 14/11/20. £125 (there is an additional charge if you want to have this assessed to be able use in a practice setting and you will need an A & P qualification)

**Classroom dates for 2021 will be announced at the end of October 2020, watch this space and our facebook page!**

**Email:** dawn@life-and-soul-empowerment.co.uk

**Call:** 0795 1099 491

**FaceBook:** LifeAndSoulEmpowerment

## 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.

**Is coming out of lockdown making you panic? Do you feel you need help in getting back to normality?** I am using Zoom for all my consultations, so you don't even have to leave home to book in and receive your supportive appointment.

**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  
www.smarthypnotherapist.co.uk

## Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

### Hypnotherapy can help you:



- Stop smoking
- Stop panic attacks
- Lose weight
- Relieve lockdown anxiety
- 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

HARBORD  
OPTICIANS

Welcome to Mike Harbord Opticians - a family practice in Winterbourne Village.

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

A wide range of spectacles from NHS to handmade and bespoke frames.

Call today for an appointment

**01454 775530**

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX



## Optometrists urge lockdown DIY caution

Optometrists are urging DIY enthusiasts to take extra care to avoid eye injuries as home improvement projects prove popular during lockdown.

An estimated 200,000 eye injuries are caused by DIY mishaps every year and Specsavers opticians throughout the UK have treated patients for an array of incidents in the last few weeks – from foreign objects to chemical burns.

**Gaurav Patel, store director at Specsavers Bradley Stoke**, says: 'We often see a spike in these types of accidents with the warmer weather, so as lockdown-DIY becomes popular it's no surprise to see a number of patients contacting us with these types of injuries. Indeed, some stores have reported treating up to three DIY-eye injuries in a single day.'

*'It is important that you are cautious and pay close attention when you are carrying out any activity which might lead to something going into the eye, such as chopping firewood, pruning in the garden, drilling or grinding and that suitable eye protection is worn. In the event that an injury occurs, you can call us on 01454 275020 and we'll be able to discuss the best course of action with you.'*

**Specsavers stores, in line with government guidelines, have suspended routine testing during lockdown, but emergency and essential eye care is still available to those in need.**

In a UK first, Specsavers has launched a free nationwide sight and hearing consultation service offering access to vital advice and care from optometrists and audiologists, via video and telephone link. For more information about Specsavers RemoteCare visit: <https://www.specsavers.co.uk/online-consultation-service>

As well as RemoteCare, anyone concerned about their eye and hearing health can access care through a variety of ways, including 'Specsavers Ask the Expert' public group on Facebook and the Specsavers website care hub. Customers who have an existing prescription can buy glasses and contact lenses online at [specsavers.co.uk](https://www.specsavers.co.uk)



For general queries about glasses, contact lenses or hearing aids; including replacements or repairs, customers can still call the store and they will be able to help.

Below, Gaurav provides advice on DIY danger areas and on the action you should take if you do have an eye injury – but stresses prevention is better than cure and says suitable eye protection is the real solution.

### DIY EYE HAZARDS

**Trimming the hedge:** 'Twigs in the eye are incredibly common – sometimes people may fail to notice the tip of a branch as they lean over to prune a hedge or push piles of twigs into the bin. This can cause anything from small scratches to ripping off layers of the cornea which can be extremely painful.'

**Mowing and strimming:** 'Watch out for objects hidden in your lawn that could be caught up and spat out by your lawnmower or strimmer, like rogue clothes pegs for example.'

**Handling irritants:** 'It's so important to avoid touching or rubbing your eye as there are chemicals which can burn the eye and even plants that can cause severe allergic reactions. We have treated reactions that have caused significant swelling or have caused tiny blood vessels to leak and cause extreme redness.'

**Power tools and pressure washers:** 'Take extra care using power tools and pressure washers that can cause foreign objects to fly into the eye at speed. We once treated a man who had used electric shearers on a hedge concealing a wire fence – he thought it was a piece of bark that was

causing his eye pain but when we examined him we realised it was actually a small piece of metal which had lodged itself right inside his eye.'

**Paint, solvents and chemicals:** 'Paint can contain chemicals that are severe irritants while substances with a high alcohol content – even alcohol-based hand gel for example – can be a real danger as it can remove the epithelium... the layer of tissue that covers the cornea.' Strong alkalis such as caustic soda and wet plaster and cement are also very harmful to the eyes.

**Joinery:** 'This can be a key culprit of foreign objects in the eye. Don't risk hammering without safety goggles on as it's so easy for a nail or flint to spark back up into the eye.'

### DIY SOS: WHAT TO DO

**Foreign object in eye:** 'The more you blink the more damage you can potentially cause. Imagine it like a leaf stuck on your windscreen wipers... it will keep scraping and scratching. Try to flush it out, and if need be use your eyelashes to lift the eyelid off the surface of your eye while you do so. See your optician who can swab to remove the foreign body and apply an antibiotic ointment to help prevent infection and lubricate the eye with a gel or ointment for up to three months to prevent a recurrence of the scratch.'

**Chemicals or solvents in the eye:** 'Irrigate, irrigate, irrigate! It's essential to flush out the eye immediately with water. Tilt your head so the water runs across your eye towards your ear... you don't want it running in the other direction where it could potentially transfer chemicals into your other eye. Alkali substances are so dangerous that time really is of the essence - so use any water source you have to hand and flush out for a good 20-30 minutes as well as seeking urgent medical assistance.'

**Cuts:** 'If you get a cut on the outside of your eye, on your eyelid for example, clean it out and treat it like you would with any other scratch – keeping it clean and dry and applying antiseptic ointment if need be – and attend A&E if you think stitches are required. If, however, the cut or scratch is on the eyeball itself and is causing pain or visual disturbance you should definitely seek help from an optician.'

# Specsavers

**Black eye:** 'Many black eyes will heal by themselves within a few weeks but if you do experience problems with your vision, issues focussing up close, pain in reaction to light or distortion of lines, speak to your optician. In extreme circumstances a significant bump could cause iritis, retinal detachment or bruising of the layer beneath the retina.'

**Perforated eyeball:** 'While some eye injuries may cause an eye to water, a perforated eyeball is much more serious and can release fluid from inside the eyeball, reducing the pressure in the eye and may cause severe infection which can travel to the brain. If the eyeball is perforated your vision will usually be severely reduced (only able to see movement, or possibly nothing at all). This is a medical emergency and we'd recommend going straight to hospital for treatment.'

## MEDWAY DESIGNS Sewing & Alterations

- Bridal Wear • Alterations
- Evening Wear • Day Wear
- Soft Furnishings & re-upholstery

Ask about sewing lessons

Delivery & Collection Service Available

**Lois Coulson**

**0117 969 1798 /**

**07950 396064**

[loiscoulson@ymail.com](mailto:loiscoulson@ymail.com)

**14 Watch Elm Close  
Bradley Stoke**

Call now for a friendly personal service





## Winterbourne Scarecrow Trail! Lockdown 2020

Winterbourne Matters was delighted to hear from local 'scarecrow lady' Kay Harris, whose initiative of starting a lockdown scarecrow trail to make daily walks more interesting has raised over £1200 for St Michael's Primary School.

Kay stated "I sent out a request to people in the village and local businesses to see if they would be interested in setting up a scarecrow trail to cheer up people on their daily walks. Genuinely, I was only really expecting about 20 people to join at most. There ended up being over 210 scarecrows on the trail map and at least 25 more later additions! The response has been overwhelming and I am thrilled to have set up a fundraiser for St Michael's primary school. The GoFundMe page is on the facebook page [Winterbourne Scarecrow Trail 2020](#) (it is a registered charity) all funds raised will go towards library books and play equipment when the children finally do return to school. The trail has brought a lot of joy to our community in strange times and I am really proud to be a part of it."

What a fantastic show of community in the midst of difficult times. These have put a smile on so many faces throughout May and given those daily walks a real purpose, especially making them more interesting for all the children giving them something to look forward to.

We have included a selection here, but you can view more on the facebook page above - all the different ideas have been simply amazing. Celebrating our Key Workers and VE Day were popular themes.



"This has been a great way of getting into the community spirit and having fun, when we are otherwise feeling so isolated in our day-to-day lives."

donor comment  
on fundraising page



<https://www.gofundme.com/f/winterbourne-scarecrow-trail-2020>





## Engineering Club Not Defeated by Coronavirus

Since last September, the Engineering Club at Frampton Cotterell C of E Primary School has been hard at work building an electric 'Greenpower Goblin' racing car.

They had planned to race the car against other schools at two events, in May and June. However, knowing this was unlikely to be possible, the team took the opportunity to test the car in the school playground on the last day before the school shutdown. The team had just completed the assembly of the mechanical and electrical parts, so the car was drivable just in time!

Unfortunately four team members were in isolation but each of the remaining eleven got to do three laps of the playground in front of an audience of fascinated Key Stage 1 pupils. First up was Isaac, who said the car went much quicker than he was expecting. Retired engineer Steve Harrison, who started the club last year, said it was great to see a big grin through the helmet visor as each driver stopped at the finish line.

Teaching Assistant Lyn Cox runs the club with Steve and commented that the team has worked really hard and co-operated fantastically. "They've achieved a huge amount so it's great that they've been able to see the fruits of that."

Head teacher Pete Barnard was also there to watch. He said, "The pupils have loved being a

part of this exciting club and to see the smiles on their faces made for a priceless memory in such tough times."

The team have named their car Frampton Falcon because, as team member Jacob



explained, the falcon is the fastest animal in the world. They've designed some imaginative bodywork, including wings, feathers and even a beak which the driver will be able to open and close using a foot pedal. If the school reopens before the end of the academic year and the club restarts then turning those designs into reality will be the first priority.

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

The team would like to thank the local businesses that have donated the funds to make this club possible: Bisson Ltd, Cherry & White Tool Hire, Cotecs Ltd, Hallows Dental Practice, Renishaw, Rolls-Royce, Sabre Jetting Services Ltd and the Alex Timpson Trust.

[www.fcceprimaryschool.co.uk](http://www.fcceprimaryschool.co.uk)

*The*  
**Globe**  
*at*  
**FRAMPTON COTTERELL**

Church Road, Frampton Cotterell  
Bristol, BS362AB

01454 778286

[info@theglobeframptoncotterell.co.uk](mailto:info@theglobeframptoncotterell.co.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.

Barry is offering local residents a 10% discount on orders over £20 with this advert. Give him a call on **07824 975 919** or visit [www.gosharp.co.uk](http://www.gosharp.co.uk) for more details.



**SHARPEN TO REUSE**

- Kitchen Equipment • Knives • Scissors
- Clipper Blades • Gardening Tools
- Woodwork/Tradesman tools

**call Barry 07824 975 919**  
[info@gosharp.co.uk](mailto:info@gosharp.co.uk) / [www.gosharp.co.uk](http://www.gosharp.co.uk)

**10% OFF**  
all orders  
over £20 with  
this advert

**MOBILE SERVICE**

## The Curtain Company

*Made to measure Curtains and Blinds*

Free Estimates  
Free Expert Advice  
Wide Range of Fabrics  
Poles and Tracks  
including Bay Windows

Fitting and Hanging Service  
All Types of Blinds

**01454 327597**

**07540 612604**

[www.thecurtaincompany.co.uk](http://www.thecurtaincompany.co.uk)



### Specialist Bicycle Build, Servicing & Repair

*"It's all about the bike..."*

From Mountain bike to Racers ~ Kids bikes to Commuters we will come to your home or place of work and keep your bike in peak condition.

- Servicing • Repairs • Bike Build
- Collection/Return • Mobile Service

**Tel: 01454 838144 ~ 07870 574349**  
[www.rule4cycles.co.uk](http://www.rule4cycles.co.uk) rule4cycles





## News from the Crossbow Singers

As with all choirs and similar groups, Crossbow Singers have been unable to hold rehearsals since the middle of March. It's really sad not being able to sing together, but some of our members have

been able to meet for a chat via Zoom on a Monday evening. This has been lovely, has kept us together and has brought news about many of our members who aren't able to join in at the moment.

Not long before 'Lockdown', the choir realised that they would soon need a new piano and this became quite a worry for us. Our Musical Director, Carolyn Dutton, sourced a really good second-hand piano, which she had tried and liked and which our pianist, Mary Darby, had also played and liked. Unfortunately, though, our funds didn't quite stretch far enough to cover this unexpected expense.

Our very good friends, Frampton Cotterell and District Community Association (FCDCA) agreed to fund the purchase of the piano, pending such time as we could raise the money to buy it from them,

which we agreed would be September. With the onset of the pandemic and the closing down of our weekly meetings, this outcome was in jeopardy, as we had expected to raise most of the funds from the sale of our Summer Concert tickets. It had become obvious, however, that our Summer Concert would not be taking place.

Frampton Cotterell Parish Council to the rescue! Our Chairman, David Burman, approached the Parish Council and, at the beginning of April, the Crossbow Singers received financial assistance from them to the tune of £900. With the money we already had in the bank, this will be enough to buy the piano from the FCDCA, as arranged.

We would like to thank all involved with the purchase of our new piano and we look forward to the time when we can be together to sing joyfully to its dulcet tones. We hope it won't be too long before we can welcome you all to our next concert.

To all our choir members, loyal audience and future friends and followers, please keep safe and well. We look forward to seeing you all when we can.

**Chris Palmer, Choir Secretary**



## Pupils and staff on a virtual learning journey with St John's on-the-Hill school

Utilising the technology of Google classroom, pupils are able to access a full timetable from home after the nationwide school closure programme due to the Covid-19 crisis.

Teachers are on hand to respond to any questions the children have throughout the day. So far they have been blown away by how quickly their pupils have bought into the whole concept and, showing true resilience, simply adapted to learning from home.

Following a morning of core subjects, children then follow a 'what next?' programme in the afternoon, including exercise and reading. On Monday they even attended a virtual West End performance of 'Wind in the Willows'. [www.willowsmusical.com](http://www.willowsmusical.com)

Director of Studies Rachael Shakeshaft said: "Seeing all the pupils appear in our virtual classes, being able to chat to them and help them with their learning is so important to us. Teachers have shown such dedication getting this up and running so quickly. We are so proud of our pupils adapting to working this way."



## News from Coalpit Heath WI

Like everyone else, our monthly meetings have been put on hold. We were very disappointed that Lt Col Neil Stace from the television programme, *The Sewing Bee* was the first to be postponed as we had been looking forward to it very much. Fortunately for all the sewing lovers amongst us, the programme that he was a runner up in is currently back on our screens. We hope he will be able to join us next year. Our annual resolutions meeting has also now passed and subsequent meetings including the group meeting also look unlikely. The beautiful posters

made for this event were used on VE day. Our programme of events will resume when we are able and any further information will be on our **Facebook page if you search @WICoalpitHeath**.

Members have still been busy during this lockdown period. Several have been occupied supporting keyworkers by making and supplying drawstring bags and button bands for the BRI, St Peter's hospice and local care homes. We were also pleased to be able to share our support for all keyworkers by adding a special thank you banner to the fence on the Badminton Road.

Our WhatsApp group and emails have been helping to keep members connected, along with phone calls to those who are not able to access either. A newsletter is also going to all members shortly.

News from members includes updates on nesting ducks to photos of the ducklings, a weekly tea cosy knit with the completed project revealed section by section, and various garden photos including our flower bed at The Manor Hall (beautiful Iris pictured). In honour of VE day we collected photos of our decorated houses and many enjoyed a celebratory tea. It was interesting to hear about wartime experiences and celebrations from those members who were about in 1945.

## Come and see why St John's is rated 'Excellent' in all categories



### ISI Inspection Report 2019

- 'Pupils are highly motivated and embrace new challenges and opportunities.'
- 'Pupils are highly articulate, eloquent and confident communicators orally and in writing.'
- 'The wide and well-planned curriculum supports the achievement of all learners.'



Tutshill, Chepstow NP16 7LE. Tel: 01291 622045  
[www.stjohnsonthehill.co.uk](http://www.stjohnsonthehill.co.uk)  
 email: [admissions@stjohnsonthehill.co.uk](mailto:admissions@stjohnsonthehill.co.uk)

A co-educational day and boarding school welcoming children from 3 months to 13 years





Image 1

## Local History Facebook page is a Lockdown Hit!

The Frampton Cotterell and District Local History Society are celebrating, after their new Facebook page has become a local hit during the lockdown, with 400 Likes in just 8 months!

"We started the page mainly to let people know about our events, and almost immediately we noticed a much bigger audience attendance at our regular history talks, which in normal times we hold on the third Wednesday of the month, 7:30pm at Zion Church in Woodend Road, Frampton Cotterell. Our talk by Professor Ronald Hutton, in November, was a sell-out – we had to bring in extra chairs, it was packed!", commented committee member, and Facebook administrator, Sarah Cleaver.

In February, we made an appeal to villagers for memories and photographs relating to the war years, and interest in our page grew from there. During the lockdown, many more villagers have liked our page, and we have had some wonderful contributions, such as photographs from 1977 and 1981 street parties, festival floats from the 1970s, some fascinating aerial shots from the

early 1980s, and some interesting 'then and now' pictures.

As we were not able to put up the display about the villages during WW2 which we had been working on (for VE Day), we used the Facebook page to share stories and pictures we had been given. We learned of a vegetable patch behind the school (now Crossbow), a searchlight which was sited in

the field at the top of Church Road, and where villagers bought their milk, bread, meat, and sweets! There was a lovely story of a local man who was posted abroad with the RAF and came home with a war bride and baby daughter, and who then lived in a prefab in Frampton Cotterell, and served on the Parish Council.

We are still collecting old photographs and memories (in fact, the album with the most Likes at the moment is about our village pubs!).

**If you are interested in our local history,** do please visit us at [www.facebook.com/framptoncotterelllocalhistory](https://www.facebook.com/framptoncotterelllocalhistory) and give the page a Like. Contributions are very welcome!

We hope you enjoy this selection of photographs submitted by local residents.

### Image descriptions

1. Aerial view of St Peter's church in the 1980s
2. The Handy Shop, Lower Stone Close, 1989
3. Cow crossing the road at The Western Coach House, 1980s (courtesy Mike Colwill)
4. Silver Jubilee street party, Meadow View
5. Church Road, Frampton Cotterell – includes The Globe, St Peter's church, Church Farm and The Waterworks
6. Coalpit Heath Tennis Club, 1920s (courtesy Carole McLaren)
7. The Windmill, Ryecroft Road, Frampton Cotterell



Image 2

### The Gingerbread Man Coffee Shop

*Independent, family-run coffee shop  
Brunches, Lunches, Coffee, Cake*

#### New Opening Hours:

Monday - Friday 8am - 4pm

Saturday - 9am - 4pm Sunday CLOSED

**01454 777250**

145-149 Church Road, Frampton Cotterell BS26 2JX



### Hards Tax Services

Chartered Tax Advisers and Chartered Accountants

- Self assessment tax returns
- Small business accounts
- Payroll and VAT
- Tax planning advice, including property taxes

For a free no-obligation appointment, contact  
Adrian Hards on: **01454 777218 or 07971 133730**  
email: [adrian@hardstaxservices.co.uk](mailto:adrian@hardstaxservices.co.uk)

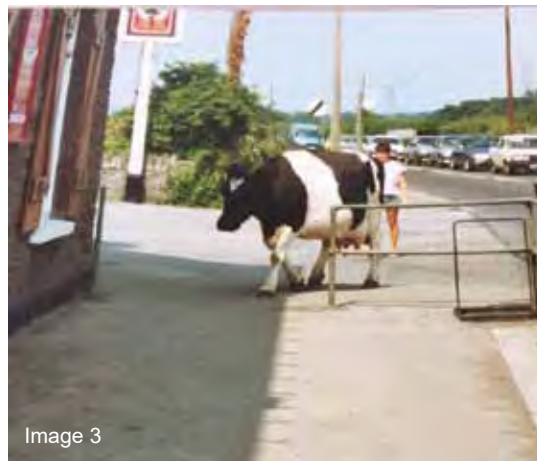


Image 3



Image 4



Image 5



Image 6

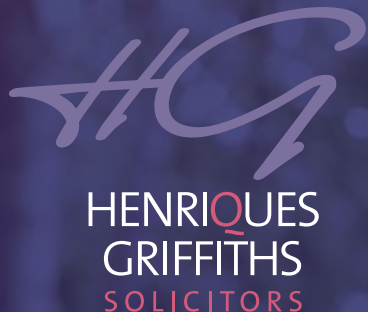


Image 7



Image 8





## Wills, Trusts and Probate

Friendly, local legal advice  
tailored to your needs

Give us a call today

### Henriques Griffiths

Bristol office: 0117 909 4000  
18 Portland Square, Bristol BS2 8SJ

Winterbourne office: 01454 854 000  
107 High Street, Winterbourne  
Bristol BS36 1RD

Email [info@henriquesgriffiths.com](mailto:info@henriquesgriffiths.com)  
Visit our website [www.henriquesgriffiths.com](http://www.henriquesgriffiths.com)  
Home visits may be available

### 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
- **A direct line** with a specialist member of our team
- **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**



## Community Matters : Happy to Help!!

Dear Matters: Good morning. My son who is 8 years old receives the National Geographic Kids Magazine each month and loves to read the articles and engage in the activities. This month he was learning about lesser known endangered animals and readers were encouraged to find out more about the animal and write an article in their local magazine to educate people about the animal and the issues surrounding its endangered status.

Please find his article attached which he researched, wrote and published himself. He would love to have it published in your magazine as an example of some meaningful writing completed while learning from home during the lockdown. There is even a corona virus link...! Heidi Hall

### Saving an un-known endangered animal

When people think of endangered animals, they probably think of the white rhino, pandas or leatherback turtles, but unfortunately, there is an animal in danger that people simply do not know exists. Have you ever heard of a pangolin? I doubt it.

It's time to find out more about these curious creatures.



termite and ants. They are fully armoured with scales from head to tail and their large scales, which make up 20% of their body weight, are made of keratin (like rhino horns) making them desirable in the illegal trade. In 1 year alone, over 1 million pangolins were poached and trafficked to China, where the meat is considered a delicacy and their scales are traded to be used in traditional medicine.

There are 8 species of pangolin, 4 in Africa and 4 in Asia. All are endangered or critically endangered. A pangolin only weighs 4-7lbs. It is nocturnal and eats 70 million ants per year using a tongue that is longer than its entire body.

Unfortunately, Pangolins are known to carry a strain of the coronavirus. It is not the exact one currently proving so deadly to humans, but by ensuring there is a complete ban on poaching and trafficking them, the threat of it spreading to humans is less likely.

#### What can be done to save these creatures?

Even though there are laws in place to protect the trafficking of pangolins, they are still in demand and in decline. They are heading for extinction if something is not done to save them. People can buy a cuddly pangolin or donate money directly to WWF to raise funds to support this cause.

By William Hall aged 8.

*Well done William - what an interesting and informative article! Thank you so much for sharing it with us. I enjoyed learning about pangolins!*



The name Pangolin comes from the Malay word 'penggulung' which means roller, because they curl into a ball if distressed or under attack. Pangolins are often mistaken for reptiles but they are actually scaly mammals, which eat



A pangolin in defensive position



Scales being sold illegally

## News from Elm Park Primary



What a very strange few months it has been for all of our community. Although school remains closed to the vast majority of children, we have continued to develop and improve our school

for all of our children. Our 'Connected Curriculum' grows from strength to strength, embedding our key learning drivers of community, creativity and wellbeing. Our children truly excelled in our joined up learning of foundation subjects and have used their deepening knowledge and skills to create some true masterpieces! It was wonderful to be able to share the whole school learning with families in our open event.

**Elm Park Lockdown** – During lockdown, we have continued to support our families through our home learning and have been wowed by how creative and inventive the children have been. If you happen to walk past the school, don't forget to take a photo of our new resident scarecrows, sitting under the Elm Park sign. Just like our amazing children, they love to read and enjoy getting active.

**We miss you** – We have all missed being together as a school, particularly seeing our children play together, Hot Chocolate Friday's, our notes home to celebrate children's individual successes and finding out who is leading the Time-tables Rockstars leader-board. Our staff team have all commented on how much they have missed, not only our Elm Park families, but also our local community, so we wanted to pass on this message to you all.

**Come and join our family** – At time of writing, we are preparing to welcome back our children at the start of June. We have a few spaces in next year's reception class. If you would like to come and see all that our amazing school has to offer, please do get in touch as we would love to give you a 'socially distanced' tour. Looking forward to seeing you all very soon.

**Carol Bond**  
Acting Head Teacher





## Hope of a brighter future

As a Christian, it is my belief that we were created to live in community and to share what we have and what we know with others, in order that everybody can live a full and happy life. Jesus said 'I came that they may have life and have it abundantly' (John 10:10)

As I write this, we are beginning to plan how we might 'be church' when the lockdown releases. How we enable our buildings to be used for private prayer and still ensure all who wish to use the buildings are kept safe. A system of directions, barrier sand, hygiene. It all seems a little counter intuitive. As followers of Christ, who healed the lepers with his touch (Matthew 8), we are thinking as ministers how we are the hands of Jesus on earth from a 2m distance. Beyond this, how will people be able to gather for worship? Life has changed, things will be different and we need to ensure that lessons are learnt.

For a long time humanity has been building walls around ourselves to protect what we have, to make us happy. Sometimes we do this with our friendship groups and dare I say we may also be guilty of this in our church communities. We often look for what divides us from others and use that as an excuse to exclude.

We should be focussing on the things that unite us. Covid-19 has had a major effect on people, many have lost lives, leaving families who have not been able to say goodbye in the way they may have needed. Others will have suffered financially and many will have had a negative experience of isolation. People have lived in fear, but there is hope beyond that fear.

If Covid-19 has taught us anything, it is that we need each-other. Building barriers around yourself and excluding others is not God's plan and is not what will bring us life. Perhaps, like me, you took for granted the company of others until it was taken away. Over the weeks we have found new ways and new technologies which have enabled us to be close to each-other in a non-physical way. As a church community we have even managed to communicate more regularly and lift each other in prayer more often through the WhatsApp groups.

When I wrote my reflection for March, I was unaware that by the end of the month the view of the whole world would be different. I spoke then of a common good, but instead what we got was a common cause. To ensure we defeat Covid-19 and in the process we have learnt to love each other. We have learnt to show care and concern for others during this time, whether that is by putting rainbows in our windows, clapping for our carers and keyworkers, making a scarecrow as part of the trail or checking in by phone with those



who might be lonely or troubled. Perhaps you put up your dove of peace for VE day, you may even have had a socially distanced street party. In all of these things you have brought light to others in what has been a fairly dark time and Jesus himself called us to be light to the world (Matthew 5).

When the time is right we will again be able to be together physically, but until then keep strong, engage with others as best you can and look out for each other. The time is coming when we will see a brighter tomorrow, when not only will we have defeated Covid-19, but the world will show more love and care for one another than it did before. When people seek to be caring and kind and not isolated and withdrawn. When they look to share what we have and know and not keep it for our own glory.

What we need to do now is remember the lessons we have learnt at this time and take that forward into the future. To be kind and generous to all when life is again 'normal', whatever that may look like. To continue to think of others who may be sad or lonely and to reach out to them the hand of friendship. Look for the good in others and help to be part of a stronger and united community.

The rainbow in your window is like a smile and a kind word in the street. Be nice to each other and work at building bridges not walls.

Take care of yourselves and each-other,

**Revd David Jones**



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

[fromesidechurches.org.uk](https://fromesidechurches.org.uk)

Email – [office@fromesidechurches.org.uk](mailto:office@fromesidechurches.org.uk)

**Why not join us for Sunday worship – online each Sunday at 11.00am**

<https://fromesidechurches.org.uk/messages-resources-for-the-current-crisis/>



## Winterbourne Medieval Barn

As you can imagine there's been a slight change of plan to re-opening at Winterbourne Medieval Barn since our last update. We're pleased to let you know that the project has now finished, with just a few bits of tidying up to do inside and outside of the barn. Everyone involved with the project is thrilled with the barn's new appearance, and we'll hope you agree! These stunning pictures were taken just a few weeks ago and show the new-look main barn, as well as the new, functional West Barn Spaces.

Unfortunately, all events at the barn have been postponed, and at the moment there's no plans for any events before September. You can follow Winterbourne Medieval Barn on Facebook and Instagram for any updates, and you can sign up to their mailing list on their website.

The good news is that the West Barn (rooms pictured) is fully heated, and will be comfortable for workshops and talks all through the year. The team are hoping to make the most of this and re-schedule as much as possible for later in the year, and add even more events at the beginning of next year!

The team are also now taking bookings for private events later this year and next.

If you're interested in using the barn for a big event like a wedding reception or birthday party, or something smaller like a workshop, regular class, or smaller family get-together, you can get in touch with Hazel via [hire@winterbournebarn.org.uk](mailto:hire@winterbournebarn.org.uk) who will be very happy to help.

**Mention that you've read about the barn in Winterbourne & Frampton Matters magazine for a small discount on your hire!**





**DJM Masonry & General Building** are a local building firm based in Frampton Cotterell. As well as specialising in stone masonry they carry out general building, landscaping and restoration work.

Their services include –

- Cleaning, conserving and repairing stonework
- Restoring or replacing damaged stone features
- New Build – stone walling and bespoke stonework

Call 07909 632 563 and visit their Facebook page: DJM Masonry & General Building to see more.



**DJM MASONRY & GENERAL BUILDING**  
General building work, landscaping, restoration

Our services cover –  
cleaning, conserving and repairing stonework, restoring or replacing damaged stone features and building new walls/bespoke features

 **07909 632 563**

## South Gloss Decorating

Painters & Decorators

Interior and Exterior

Affordable, Reliable, Professional

Dave Beauchamp

0117 956 9932

07739 382 524

[www.southgloss.co.uk](http://www.southgloss.co.uk)

[www.facebook.com/southgloss](https://www.facebook.com/southgloss)




**Home alarm systems**

- Installation of wireless & wired alarms
- Repairs & Servicing
- New bell boxes, detectors and door contacts
- CCTV and Intercoms

**0117 9075709 - 07938 861504**  
[www.technisys.co.uk](http://www.technisys.co.uk) - [info@technisys.co.uk](mailto:info@technisys.co.uk)  
Based in Stoke Gifford

**A E Rollin & Sons Ltd.**  
Established 1959

Family run Builders & Roofing Contractors  
Extensions: Renovations: Conversions: Refurbishments  
Brick & Stone work: Carpentry: Roofing: Patios & Paving: Fascias & Soffits  
49, Nicholls Lane, Winterbourne, Bristol.  
Email: [aerollinandsons@virginmedia.com](mailto:aerollinandsons@virginmedia.com)  
Tel 01454 773684



**Building Supplies (Patchway) Ltd**  
[www.buildingsuppliespatchway.co.uk](http://www.buildingsuppliespatchway.co.uk)  
**Early Season Offers up to 50% OFF**  
(inc clearance and end of line)

Station Road, Patchway, Bristol BS34 6LR  
**0117 969 8461**  
email: [pbs-shop@virginmedia.com](mailto:pbs-shop@virginmedia.com)  
Follow us on twitter @BPatchway

**PROFESSIONAL PEST CONTROL**

- Rodents • Wasps • Moles Squirrels
- Feral Pigeons • Foxes • Fleas
- Carpet Moths • Rabbits etc

Call JEFF: 07745 209947 / 01454 416620

Domestic & Commerical  
CALL FOR FREE ADVICE incl WEEKENDS

**HOME CARE Plumbing & Heating Ltd**

- For all your plumbing needs
- Free quotes
- Family run
- Local business
- Boiler repair specialists
- Up to 10 years guarantee on Worcester boilers

**01454 414438 / 01173 035179**  
[www.homecare-plumbing.co.uk](http://www.homecare-plumbing.co.uk)  
Established over 17 years

**Inspired Bathrooms**  
Design & Installation

- Bathrooms
- Wetrooms
- Tiling
- General Plumbing
- Workmanship guaranteed
- Portfolio and references available on request

Call us on  
01173 307 537 or 07853 069 280  
[www.inspiredbathrooms.net](http://www.inspiredbathrooms.net)  
[inspiredbathrooms@hotmail.co.uk](mailto:inspiredbathrooms@hotmail.co.uk)  
Inspired by you, designed & installed by us

**MD Aerials**  
Call Michael Dagger  
T: 01454 418 341 M: 07817 304 236  
[mike@mdaerials.co.uk](mailto:mike@mdaerials.co.uk) [www.mdaerials.co.uk](http://www.mdaerials.co.uk)

All types of aerial and satellite work undertaken including:

- Aerial Installations
- Reception problems
- Additional room feeds
- TV wall mounting
- Setting up and tuning
- CCTV
- Wi-Fi access points
- Free Quotations

Over 30 years experience

**W.J.M Plumbing & Tiling**  
FULLY QUALIFIED  
Ciphe Member

24 hour call out - No Job Too Small  
Bathrooms ~ Kitchens  
Unblocking Drains ~ Leaks Repaired

Reliable, Affordable  
Friendly Service.  
**TEL: 01454 851830**  
**MOB: 07902 383219**  
Based in Coalpit Heath

**Mayo's Heating & Plumbing**

Boiler fitting, repairs and full system upgrades including radiators!

Full Bathroom upgrades, including wetrooms.  
Landlord certificates and general plumbing.

Call James:  
**0117 904 3172 or 07952 272 851**  
[m6yos@hotmail.com](mailto:m6yos@hotmail.com)





**C.J.P Landscaping**  
**& Tree Maintenance**



NCH Arboriculture  
Qualified Bricklayer  
Full Public Liability Insurance  
Micro Digger and  
Chipper Facility

- Hedge Trimming • Tree Work • Stump Grinding
- Drives, Patios & Decking • Fencing
- Raised Sleeper Beds

All types of Landscaping and  
Drainage undertaken

Contact us: 07879 845 051 / 01454 528 744  
[parsons.com@hotmail.com](mailto:parsons.com@hotmail.com)  
Find us on Facebook for our full portfolio

## R.A.W DECORATING

### PAINTING AND DECORATING

- All decorating work undertaken
- No job too large or too small
- 16 years' Experience
- Fully insured

07776 016159 / 01453 541932  
[richardwilley1@btinternet.com](mailto:richardwilley1@btinternet.com)

## Bailey Valeting

80 Down Road, Winterbourne Down, BS36 1BZ

- Mini Cleans
- Full Cleans
- Full Valets
- Patio cleans

call Jason  
01454 778986  
07789 970611



## Garage Doors

Installation | Maintenance | Repairs

Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors



VARIOUS STYLES  
TO SUIT YOUR REQUIREMENTS



Call Brunel doors  
for your free no  
obligation quotation

**BRUNEL DOORS**  
01454 882212

Visit our website: [www.bruneldoors.co.uk](http://www.bruneldoors.co.uk)

## Frampton Garage

South Glos Ltd.  
Tel: 01454 777841  
Your local choice for vehicle repairs and maintenance

### MOT's

£34.95  
Free Retest

### Seasonal Service

£79.50 +VAT  
Other services available

Includes engine oil and filter change, all fluid levels checked and tested, lights checked and replaced if necessary, Tyres and wheels checked, full underbody and under bonnet inspection, Visual brake check included.

Tracking £24.95+VAT  
Diagnostics scan £24.95+VAT  
Free Courtesy Car

We also do:  
Air-con services and regas  
Electrical repairs  
Diagnostics  
Engine work  
Camber and caster alignment  
Light bulbs and wipers

Tel: 01454 777841  
6 The Causeway, Coalpit Heath, Bristol, BS36 2PD  
[www.framptongarage.com](http://www.framptongarage.com)  
Email: [framptongaragesouthglos@hotmail.com](mailto:framptongaragesouthglos@hotmail.com)



## Avanti Cars

Serving Winterbourne, Frampton, Coalpit Heath & locality



- 4 & 6 seater vehicles
- Evenings out
- Local & long distance
- Lady driver available
- Airport & seaport transfers
- Friendly reliable service
- Weddings/special occasions
- Credit & Debit Cards

Tel: 0117 931 1473 Mobile: 07973 705522  
[www.avanticars.org.uk](http://www.avanticars.org.uk)


## FRAMPTON TAXIS

ALL UK AIRPORTS. PORTS & STATIONS COVERED  
4, 5 & 6 SEATERS AVAILABLE  
Lady driver available on request.   
For a Friendly Prompt Service call or E-Mail:  
07960 067767 - 01454 279517  
E: [framptontaxis@tiscali.co.uk](mailto:framptontaxis@tiscali.co.uk)  
[www.framptontaxis.co.uk](http://www.framptontaxis.co.uk)



## MOT £20

SERVISING & MOT OFFERS  
WHEN BOOKED WITH A SERVICE



We also offer the following services

• Engine diagnostics	• Repairs	• Tracking
• Air Conditioning	• Exhausts	• Diagnostics
• Brakes	• Clutches	



## Tel: 0117 239 9683

Unit 4 Fairway Industrial Centre, Golf Course Lane, Filton, Bristol BS34 7QS

[www.LCMService.co.uk](http://www.LCMService.co.uk)

## GAROLLA

ROLLER SHUTTER DOORS



### THERMALLY INSULATED ELECTRIC GARAGE DOORS



- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available

Free Disposal of your Old Door!

Great For:  
Space Saving  
Kerb Appeal  
Ease of Use  
0800 468 1982

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - was £1354  
**NOW ONLY £895**  
INC. VAT & FULL FITTING  
MADE TO MEASURE, CALL US TODAY

Save £459

0117 369 1061  
Phone Lines Open 7 Days a Week  
07537 149 128

Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override



## The Aerial Man (Dan Grace) - still here for you!

The Aerial Man (Dan Grace) Ltd wants to let readers know that they are categorised as Key Workers by the government under the broadcast and communications category and hence still open for business.

The team at the Aerial Man is specialised in a wide range of television and audio services. They stress that they are following high levels of Health and Safety standards in regard to the coronavirus, introducing screening of customers before booking them in and before visits are made to properties, when correct protective equipment is used.

*"If you are struggling financially during these strange times, it might be worth considering reducing your TV subscription packages to save money - there is so much great content available on Freeview now."*

**THE AERIAL MAN**  
TV Aerial and Satellite Specialist  
*Affordable Prices - Reliable Service*

- Digital Aerials • Fully Guaranteed • Repairs
- Sky Work • Free Quotes • OAP Discounts
- Poor Reception Problems • Additional TV Points
- Humax Recorders • TV Sales

FreeSat **01454 660 046**  
Freeview **07818 413 451**  
www.theaerialman.co.uk

Which? Trusted Trader

**"We have used Matters to promote The Aerial Man for many years now - it is a great source of advertising for us."**

**We monitor our calls closely and regularly receive over 60 jobs per year resulting in £11k worth of business for us annually from our eighth page adverts, which is a great return on our advertising spend."**

**Richard McKenzie, The Aerial Man**

**Liza and Sharon Domestic Cleaning Services**



- Weekly & Fortnightly Cleans
- Spring Cleans
- Fully Insured Operatives

**Tel: 01454 777 248**  
**Mob: 07971 013 914**

**clover ovensclean**

Clover Ovensclean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system

**Call Heath on 07943 870400**  
**www.cloverovensclean.co.uk**

**Professional Oven Cleaning Services**

**BonneFreshClean**  
Carpet & Upholstery Cleaning Specialists

**NCCB**  
MEMBER SINCE 2001

Professional carpet, upholstery and leather cleaning carried out with care by an all-female team

For a free no obligation quotation call Karen on **01454 436001** or **07774 908410**  
**www.bonnefreshclean.co.uk**  
44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ

**Elite**  
HYGIENE SERVICES  
Based in Winterbourne  
**elite-hygiene.com**

For all your Domestic & Commercial Cleaning Needs  
Deep Cleaning & Daily Clean Specialist  
Full insured, Uniformed Staff

- ▣ Kitchens ▣ Washrooms & Toilet Descaling
- ▣ Carpets ▣ Upholstery ▣ Fire & Flood Damage
- ▣ Patio & Gutter Cleaning ▣ Painting & Decorating
- ▣ Emergency drain cleaning service

**Tel: 01454 777826 / Mob: 07850 873067**

## 1st Call

- Lock Opening
- Garage Security Locks
- High Security Padlocks
- Digital Locks
- On Site Key Cutting
- Locks for uPVC Doors & Windows



www.keymasterbristol.com

Based in  
Frampton  
Cotterell



**Local Mobile Locksmith**

MLA Approved Locksmith Company Providing Fast, Personal Service at competitive Rates

Major Credit Cards Accepted



**Carl Jenkins** MMLA MBLI  
Qualified Engineer



**0117 957 0011**  
E: info@keymasterbristol.com

**CWG DESIGN & BUILD LTD**  
- A comprehensive building service from design to completion -

Local reputable building contractors with over 30 years' experience - references available upon request  
New builds with NHBC warranty, extensions, loft conversions, annexes, renovations and lots more

**NHBC** **citb**  
Registered with

Tel: 07980 858249, 01454 501104,  
cwgdesignandbuild@gmail.com

**ElecSa** Part of the ECA group  
**M. E. S** **TRUST MARK**

**Millard Electrical Services**

- Additional lighting & Power • Showers.
- Kitchen Upgrades • Fuseboard Replacements
- Outdoor power • Complete rewires • Fault finding
- Testing • Landlord certificates

Please contact Tom for a free quotation on:  
Tel: 01454 603687 Mobile: 07828 555925  
Email: tmillard-mes@hotmail.co.uk

## J A Property Services

**Kitchens**  
**Bathrooms**  
**Tiling**  
**Interior & Exterior Decorating**  
**General Maintenance**

**0117 431 5132 /**  
**07973 905323**

email: japroperty01@gmail.com

**TWO TONE**

**DECORATING & BUILDING SERVICES**

- Interior & exterior painting & decorating
- Extensions
- Renovations
- Loft conversions
- Roofing, fascias, gutters
- Free estimates
- Private or commercial
- Small or large projects
- Fully insured
- References available
- Bristol based
- 25 years experience
- Insurance work undertaken

**For decorating projects call**  
**Steve: 07389 700657**  
**or Mike: 07389 701669**

**For building projects call**  
**Terry: 07990 983277**



From a single tile to a whole roof, all build and roof works undertaken, pitched and flat.



**ROOF-TECH**  
Bristol

We have over 20 years experience are fully insured and all work is guaranteed.

For a FREE, no obligation quote and roof survey, just give us a call.

Office: **01275 540952** Mobiles: **Ben Peters: 07724 681620** or **Steve Coles: 07724 639830**  
E-mail: [roof-tech@hotmail.com](mailto:roof-tech@hotmail.com)

*Fresh Look Decorators*

**Male and Female Decorators**

- Interior & Exterior • Painting
- Decorating • Wallpapering

**Perfection • Value • No VAT**

**Telephone: 01454 880520**  
**Mobile: 07900 496869**  
Email: [freshlookdecorators@hotmail.co.uk](mailto:freshlookdecorators@hotmail.co.uk)



**Colin Yeend**  
**Property Developments Ltd**  
Frampton Cotterell, BS36 2JP

*Offering a complete building service with detailed quotations provided*

- New Build
- Groundworks including on site crushing
- Extensions • Renovations
- Loft conversions

**Building plots always wanted**

**30 Years Experience** **07889 601111**  
[colin.yeend71@gmail.com](mailto:colin.yeend71@gmail.com)



**BEAUFORT**  
PROPERTY MAINTENANCE



**FREE QUOTATION**  
No Obligation

- PAINTING & DECORATING
- HOME IMPROVEMENT
- BUILDING MAINTENANCE & REPAIRS

Call for your free quotation:  
**01454 777 887 or 07980 301 905**



**PVCu Fascia Boards**  
**GUTTERING**  
**SOFFITS**  
**CLADDING**

**01454 269011**  
**07813 006950**  
[matt@fasciabristol.co.uk](mailto:matt@fasciabristol.co.uk)  
[www.fasciabristol.co.uk](http://www.fasciabristol.co.uk)

**GAS HEATING AND PLUMBING PROBLEMS**

Resolved inexpensively by friendly local Gas Safe engineer

All work fully guaranteed - No VAT - No callout charge

Landlords Certificates - Boiler Replacements - Servicing

All makes and models - Cookers - Fires - Weekends / Evenings



**Peter Ryecroft 01454 250530 / 07968 281317**  
Visit Owl's Website at [www.atpitch.com](http://www.atpitch.com)

Emergency number: **07798 905 337**  
Keep it in your mobile

**Lock Stuck and Barrels**  
*The complete door and window service*

**Locked out?**  
**Need to replace or change your locks?**



- Swift LOW cost emergency service to all home/commercial lock outs.
- Non destructive methods gaining entry quickly and efficiently from the initial call.
- Keys or handbag stolen? Burgled! Need your locks changed or re keying on a new home, call us.

**ALSO: LOW cost Repair / replacement of UPVC / ALUMINIUM WINDOW and DOOR: LOCKS, HINGES, HANDLES AND MISTED UP / BROKEN DOWN DOUBLE GLAZED UNITS.**

Full explanation and costs given before any works carried out. All work fully guaranteed. **No call out fee**

**Call Dave on 07798 905 337**  
[www.thebristollocksmith.co.uk](http://www.thebristollocksmith.co.uk)  
Based in Frampton Cotterell




**D-CR DOMESTIC APPLIANCES**

**DOMESTIC APPLIANCE SALES AND REPAIRS**

- WASHING MACHINE
- TUMBLE DRYER
- DISHWASHER
- FRIDGE FREEZER
- COOKER
- HOB OR HOOD

**Tel 01454 850522 or 07917441539**  
EMAIL: [d-cr@live.co.uk](mailto:d-cr@live.co.uk)  
[www.d-crdomesticappliances.co.uk](http://www.d-crdomesticappliances.co.uk)

Proud member of **WTA**

**LOW COST PLUMBING**



- ✓ Taps, Washers
- ✓ Toilets, Cisterns
- ✓ Leaks, Blockages
- ✓ Tanks, Overflows
- ✓ Lead Pipes, Stopcocks...etc...

**OAP DISCOUNTS and NO VAT**  
**0117 957 5092**

**GARY SMART ELECTRICAL**

**Domestic, Commercial and Industrial Installations**

All electrical work undertaken ...

- Rewiring • lighting • bathroom showers • kitchens • garden and garages etc
- Safety inspections, Periodic Testing, Fault finding and Repairs

Fully qualified City & Guilds  
Electrician 17th Edition Part P Registered  
**07805 070 947 • 0117 987 1437 • [garysmart@sky.com](mailto:garysmart@sky.com)**  
All backed with a 6 year Niceic insurance policy



**A.1. AERIALS**

- Digital TV Aerials
- Sky Digital / Freesat / FreeviewPlay
- Repairs
- Extra TV Points
- Phone now for Free Quotation

**07956 491495 / 01454 318873**  
[www.a1aerialsbristol.co.uk](http://www.a1aerialsbristol.co.uk)





# Index of Local Advertisers

<b>Aerials</b>		<b>Conveyancing</b>		South Gloss decorator	39
A1 Aerials	45	Sarah Howe Conveyancing	5	Two Tone Decorating & Building	43
Dan Grace Aerials	7,42	<b>Electrician</b>		<b>Pest Control</b>	
M D Aerials	39	Gary Smart	44	Professional Pest Control	39
<b>Accountants &amp; Tax Services</b>		Millard Electrical services	43	<b>Pets</b>	
Hards Tax Services	30	<b>Electrical Appliance Repairs</b>		Bubbles dogwash	18
<b>Barbers</b>		DC-R domestic appliance repairs	45	Scamps & Champs Bristol	
Woody's Barber Shop	17	<b>Engraving</b>		Dog walking/pet care	18
<b>Bathrooms / Fitting</b>		RMG Engraving	16	<b>Plumbing / Heating engineers</b>	
Inspired Bathrooms	38	<b>Estate Agents / Property Letting</b>		Gregor Heating	1
<b>Bicycle Repair</b>		Bundy and Bond Estate Agents	1,3	Home Care Plumbing	38
Rule 4 Cycles	27	<b>Footcare</b>		Low Cost Plumbing	44
<b>Blinds/Curtains</b>		IMS Footcare	15	Mayo's Heating & Plumbing	39
Harmony Blinds of Bristol	47	<b>Framing</b>		Peter Ryecroft Plumbing/Heating	44
The Curtain Company	27	Imaginations Fine Art	16	WJM Plumbing	39
<b>Builders / Groundwork/Property svcs</b>		<b>Garden Centres</b>		<b>Pubs / Restaurants</b>	
A E Rollin Builder	38	Iron Acton Garden Centre	6	The Globe	26
Beaufort Property Maintenance	45	<b>Gardens / Garden Maintenance</b>		<b>Roller Shutter Doors (Garage)</b>	
Colin Yeend Prop Development	45	CJP	40	Garolla	41
CWG Design & Build Limited	43	Colour Fence	2	<b>Roofing</b>	
DJM Masonry & General Building	38	<b>Garment Printing / Embroidery</b>		Roottech	44
<b>Building Supplies</b>		Tayz Printing and Embroidery	16	<b>Security</b>	
Building Supplies (Patchway)	39	<b>Gutter Clearance</b>		Technisys - Home Alarm Systems	39
<b>Cafés</b>		GutterPRO.co.uk	7	<b>Schooling / Tuition / Courses</b>	
The Gingerbread Man Coffee Shop	30	<b>Hair / Beauty / Massage</b>		Healing for your body and mind courses	
<b>Cakes / cooking</b>		Beauty Plus	4	with Osteomyologist Dawn Clode	20
Medway Designs	23	<b>Handyman Services</b>		Oscars pre school/Holiday club	19
<b>Carpet &amp; Upholstery Cleaners</b>		J A Property Services	43	St John's on-the-Hill	39
Bonne Fresh Clean	42	<b>Home Improvements</b>		<b>Sewing Alterations</b>	
<b>Car / Motorbike- Repair / Valet / MOT</b>		Colour Fence	2	Medway Designs	23
Bailey Valeting	40	Fascialift	44	<b>Sharpening Service</b>	
Frampton Garage	40	Southern Plasticad	48	Go Sharp	27
LCM Automotive	41	<b>Kitchen Refurbishment</b>		<b>Shopping Centres</b>	
<b>Child Care / Holiday clubs</b>		Dream Doors	9	Willow Brook Centre	11
Oscars pre school/Holiday club	19	<b>Locksmith</b>		<b>Solicitors</b>	
<b>Cleaning &amp; Domestic Services</b>		Keymaster	43	Henriques Griffith	32,33
Clover Ovenclean	42	Lock Stuck and Barrels	45	<b>Stairlifts</b>	
Elite Hygiene Services	42	<b>Mobility Solutions</b>		Thornbury stairlifts	12
Liza & Sharon Domestic Cleaner	42	Brookfield Mobility Solutions	14	<b>Stonemasons</b>	
<b>Complementary / Holistic Therapies</b>		Thornbury Stairlifts	12	DJM Masonry & General Building	38
Catherine Smart Hypnotherapy	21	<b>Opticians</b>		<b>Taxi Service</b>	
Just You Holistics	15	Mike Harbord Opticians	21	Avanti Cars	41
Osteomyologist - Dawn Clode	20	Spec Savers	22,23	Frampton Taxis	41
<b>Computer services: IT - Repair/help</b>		<b>Painter / Decorator / Tiler</b>		<b>Windows/Conservatories &amp; Doors</b>	
Frampton Cotterell Computer group	12	Fresh Look Decorators	44	Brunel Garage doors sales/repair	40
		RAW Decorating	40	Southern Plasticad	48

EDITOR'S NOTE: Winterbourne and Frampton Matters is independently published and delivered FREE to every home (c 7,000+) in Winterbourne, Frampton, Coalpitheath, Winterbourne Down and Moored. The views and opinions expressed are not necessarily those of the editors (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in April 2009 we have used many of the services ourselves). Any feedback or experience is welcomed. We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business, Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included. All artwork created by Matters Magazines must not be published in any other media without our permission. © Matters Magazines 2015 © Winterbourne & Frampton Matters 2020.

If your group, organisation or business would benefit from appearing in this magazine please call Jaci on 01454 300 900.



Visit us at  
BS34 5PA  
Unit 10 Smiths Ct, Patchway  
BS32 8EF  
Willow Brook Ctr, Bradley Stoke

- ✓ We measure, make and fit ALL types of blinds
- ✓ Make your house a home with our all NEW 2020 styles
- ✓ 5 Year no quibble guarantee



01454 616848  
0117 9314141  
07970 803137

www.harmonyblindsofbristol.co.uk

Spread the cost  
with our  
0% Interest  
Payment Plans

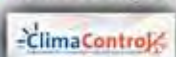


# Southern Plasticlad Ltd.

## WINDOWS, FASCIAS, CONSERVATORIES AND ROOFS

Conservatories to your  
Individual tastes and budget  
Georgian · Victorian · Lean-to  
OR

ALL NEW **GUARDIAN** warm roof system



**Guardian**  
WARM ROOF

*Flat Roof Problems?*

**RUBBERBOND**  
FLEECEBACK  
EPDM



We specialise in  
all types of roofing  
including pitched  
roofing.

We can offer a  
number of different  
styles of roof  
tile or simply  
replace the  
existing tiles



Composite Doors  
Available in a variety of colours  
and Designs  
Giving the appearance of a solid door



Double glazed windows and Doors  
upto A+9 Rated  
Contemporary or Traditional  
Choice of colours · Range of Styles



At last a proven permanent solution  
with RubberBond EPDM  
Proven to last over 50 years

PVCu Solid · Replacement Fascias  
Soil Stacks and Cladding  
Guttering · Soffits  
Choice Of Colours · Range of Styles



**FENSA**

Registered Company 30873



VISIT US TODAY FOR A GREAT BARGAIN!

[sales@southernplasticlad.co.uk](mailto:sales@southernplasticlad.co.uk)  
[www.southernplasticlad.co.uk](http://www.southernplasticlad.co.uk)

SHOWROOM OPEN  
MON-FRI 9am-5pm SAT 9am-12pm

Unit 4 Ram Hill Business Park  
Ram Hill, Coalpit Heath BS36 2TX

**Freephone 0800 542 6066**

**Telephone 01454 777 732**