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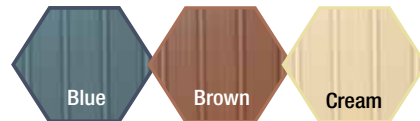
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*Dear Residents,*

As you can see from our front cover, it was 15 years ago our community magazines launched. Starting in Bradley Stoke, we quickly grew to cover the surrounding areas of Little Stoke, Stoke Gifford, and Winterbourne, to provide local communities with their own version of the Matters magazine. We would like to thank you for the ongoing support of our magazines and look forward to being 'in the community for the community' with our publications for many more years to come.

The best part of job is hearing from and promoting the work of the numerous local groups that work hard to make our community a better place to live. We hear from many of them in this issue. If you have a local group, event or good news story you would like us to feature, please do get in touch, we always love to hear from you.

Watermore School would like to invite you to take part in their annual 10K race, the much look forward to annual event has adapted to current circumstances and has moved to become a virtual race - read how you can get involved.

The Frampton Cotterell and District Local History Society have started a 'Lockdown Album' of pictures on their Facebook page - and they are asking for your help. There is a prize up for grabs so do get involved!

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.

Take care until next time, **Kerry & Jaci X**

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From left: Michael, Fran, Tina, Jane, Mary and Maggie  
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# News from the Floral Friends of Frampton

the display and promote biodiversity. After a very dry spell they have received some welcome rain and are looking healthy and ready to put on a good display later in the year.

## Woodend border flourishes

Despite drought conditions, through careful care and management, the Woodend/Beesmoor border continues to thrive and is full of beautiful colourful flowers this June.

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.

## Events postponed

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.

In these somewhat strange times, anything that can help to bring a little cheer into everyday life, is to be appreciated. We are trying to maintain the flowers around the village as best we can, and hope that you have been able to enjoy, some of the flowers that have been blooming in the village over recent weeks.

## Summer displays

We have now replenished the plants in all our village planters with summer bedding, and the hanging baskets have arrived to complete the scene. Due to current Covid-19 constrictions, we have not been able to completely renew the displays but they will, nevertheless, help to brighten up the village.

## The work continues .....

Volunteers have tidied the gateway planter by the traffic lights and planted Verbena Bonariensis, kindly donated by a resident along with bedding Begonias for summer colour.

The Triangle flower bed has also been tidied; due to recent drought conditions the plants are struggling to survive, but with the kind support of the landlord of the Rising Sun, we watered the area and then scattered some wild flower seeds to create a bright display later this summer.

Recently we planted more wild flower plug plants in the Glebeland wild flower area and more wild flower seeds were also sown. This was to add variety to



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.

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**Could you help?** It takes time, effort and funds to maintain the planting around the village benefiting the local community, the environment, and the wildlife. If you would like to help there are various ways in which you can do so:

- Could you spare a few minutes regularly? We always need help to maintain the planters (and we always try to share the load and ask people to look after a planter near their home/business to minimise time and effort).
- Could you spare a couple of hours twice a year (late spring and autumn)? We welcome help when we need to replenish the plants in the planters in spring and autumn.
- We run various fund raising activities during the year (coffee mornings, plant sales) and we are always glad of help.
- No time? Donations are always very welcome.
- Sponsorship: If you have a business in the area, or would like to commemorate a special event or person, you may like to consider sponsoring a planter or gateway for an annual fee – with a plaque fixed to the planter/gateway it's cheaper than most other forms of business advertising!



If you can help in any way, we'd love to hear from you, email [floralfriendsofframpton@gmail.com](mailto:floralfriendsofframpton@gmail.com)  
Remember – all our latest news is available at <http://ffframpton.wixsite.com/frampton-cotterell>.

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## Join in the Watermore School Virtual 10K Race

Tickets are now on sale for people to sign up to the seventh Watermore School 10K race. Due to Covid-19, this year's popular community event will be a new, virtual race – with added bonus of a 5K option!

As social distancing measures need to be in place, large numbers will not be able to gather in the school grounds; a virtual event is therefore the next best thing!

### There are lots of benefits to a virtual race:

- MORE choice; 5K, 10K and rainbow run
- It can be completed ANYWHERE! Treadmills, gardens etc
- No date restriction – you are given a choice of SEVEN days
- Medals can still be WON!

Laura Thomas, Race Director told us,

"For the past 7 years, Watermore School has held a 10K race, this has attracted over 2,500 runners and raised over £30,000 for the school!

It is always such a fun, family event with a group warm up, marshals all along the route who bang drums, blow whistles and cheer on the runners! We always get so much support from local people who come out and high five the runners, encouraging them as they run. Then it is back to the school for the prize giving, along with ice creams, a BBQ and a well-earned beer! The runners can relax in the sunshine and toast their success.

We also usually have a children's rainbow run. The children run a lap of the school field and get paint powder thrown at them as they go! They love it and so do the adults throwing the paint!

The event is vital to the school, it is the main PTFA fundraiser, making more than our summer or Christmas fayre. Previously, the money raised has gone towards play equipment, workshops, pantomimes, trips, children's Christmas parties. The PTFA focus on enrichment, and now it has never

been so important to have that extra help and support for the children when they return in September.

We were determined to still go ahead with the 2020 race, even if we wouldn't be able to hold the event as we usually do due to the current restrictions. The virtual race offers so many benefits, we are offering more choice with a 5k, 10K and the rainbow run. You have 7 days to complete the course, you can run it anywhere, treadmill, garden, around the park! You can still receive that all-important medal to add to your collection.

We have a range of pricing options, including a family ticket, we are encouraging everyone to take part and we will have cartoon pictures along the route for children to spot (if you are feeling brave and fancy the original route with all those hills!).

We are trying our hardest to still raise money for the school as we feel it is a time when the children will need the most support and this extra funding can be used to support that."

To join in the fun of the virtual event visit:

[www.watermore10k.co.uk/online-entry](http://www.watermore10k.co.uk/online-entry)



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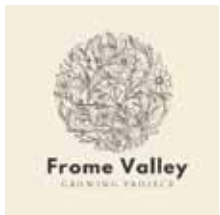
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## News from Frome Valley Growing Project



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/)**



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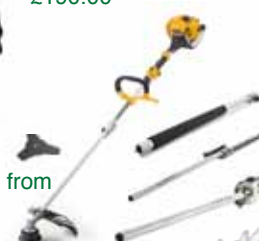
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This the field next to the Hambrook Sports Club, where cows roam freely from the neighbouring farm. WEG member Kim cleared as much litter as she could with her five year old, before eventually running out of bags.

## Winterbourne and Frome Valley Environment Group

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

Winterbourne and Frome Valley Environment Group (WEG) as a group were fortunate enough to be able to organise structured group litter picks earlier this year, with the aim to run them monthly. Then Covid-19 struck, and with that lockdown, which meant the litter picks came to a halt, but we are now hoping to re-start them as soon as is possible.

During our March litter pick we managed to fill twenty five large bags of litter in just over one hour! This was tackling litter on our roads as well as open spaces.

During the lockdown we have encouraged local residents to use their daily exercise to litter pick, by working with South Gloucestershire Street Care, who have provided the equipment including both adult and children grabbers, bags and bag loops alongside gloves. These kits have been shared with local residents across

Winterbourne, Hambrook and Frampton Cotterell and we have had reports back of many bags being filled, ready for collection from South Gloucestershire Street Care.

**If you would like a kit please contact [winterbourneenvironmental@gmail.com](mailto:winterbourneenvironmental@gmail.com).**

Have you noticed that the litter around you has increased? There is certainly a noticeable amount of personal protective equipment (PPE) around, not only is this very bad for the local eco system, or further if it travels in the Frome Valley, but also has nasty consequences should these items be contaminated with Covid-19 and not disposed of correctly.

Between the end of February and mid-April this year, more than a billion items of personal protective equipment were given out in the UK alone. In a hospital it is disposed of as clinical waste but out in the public domain it appears to be littering our streets and woodlands, washing up on beaches across the world. Birds are getting entangled in them and none of which are recyclable, compostable, even the ones that claim to be unless they are within a specific composting environment which our compost caddies, riverbanks or streets are unable to provide.

In light of the latest update from the government we will be looking at getting back to the litter pick groups soon. If you are interested in attending please keep an eye out on our Facebook pages for future events <https://www.facebook.com/Winterbourneenvironmentalgroup/notifications/>.

WEG 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 8).

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

**WEG 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](#).**

## Family Move to Frampton for local Independent Mortgage Broker

It was lovely to chat to Paul Collins who moved into the area with his young family just prior to lockdown.

*"I'm so glad we had made the move from central Bristol before the lockdown started" Paul told me. "We have had some lovely walks and enjoyed exploring the local area around our new home. We have met lots of lovely friendly people and are looking forward to now being able to get into village life and join in with things locally, such as The Globe Golf Society, just as soon as we can."*

Paul also looks forward to meeting more local people through his own business as an independent mortgage broker. He has worked in the financial industry for over 16 years and run his own independent business for the last 2½. With 71 5\* reviews on Google and no broker fees for loans over £100,000, why not book a free mortgage consultation with him and see if he can find you a better deal on your mortgage?

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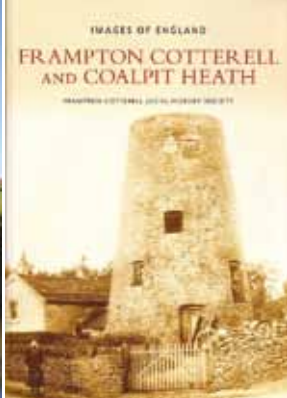
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Image 1



# A snapshot in time – can you help?

The Frampton Cotterell and District Local History Society have started a 'Lockdown Album' of pictures on their Facebook page – and they are asking for your help.

The album contains pictures of the local area taken during lockdown, but there are many streets, businesses and views which are not yet present in the collection.

The idea is to create a 'snapshot in time' so that in future years, we can look back at the time of lockdown and remember what the villages looked like at that time.

"When researching the villages during World War 2 for the VE Day display, we noticed that we had relatively few pictures of the villages from that time – and how precious the few pictures that we did have were," says the Society's Facebook administrator,

Sarah Cleaver. "So, I thought we could gather the village's views of their own streets, views from their walks, churches, VE day parties and decorations, shops, pubs, or anything of interest for future villagers to enjoy. We've been given some shots of some streets, but many are missing. We have had a wonderful view of Nightingale Bridge given to us; a view of the Globe pub on a sunny day with an empty garden; images that include a bus and train; and Steve Slade has given us a series of shots from the air, including the new buildings taking shape. So now we are asking – if everyone could give us a photograph of their street or anything of interest, taken during 2020, to add to the collection, we would be very grateful."



Image 2

The Society's Chairman, Ian Haddrell, is hoping for a good response from local residents and as an incentive the society will present a copy of its book of old photographs 'Frampton Cotterell and Coalpit Heath' to the person

who submits the photograph considered to best capture the area during the lockdown period.

Please post them to [www.facebook.com/framptoncotterelllocalhistory](https://www.facebook.com/framptoncotterelllocalhistory) Thank you!

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



Image 4



Image 5



Image 6



Image 7



Image 8



Image 3



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## Featured images

1. David Bateman – Nightingale Bridge
2. Trudy Branton – GWR train from Halfpenny Bridge
3. Steve Slade – Blackberry Park
4. Sarah Cleaver – The Globe with an empty garden
5. Bickeridge Centre, Woodend Road
6. Church Road shops
7. Live & Let Live
8. Take Away, Badminton Road



## News from Frampton Cotterell WI



Sadly, this year's diary events have taken a beating for us all. Still, you just can't keep a good WI down and the members of Frampton Cotterell WI have been no exception!

Many of our members have been taking specific positive action or getting creative over the last few months in order to help others at this difficult time.

For example, our president Rosey Simpkins has been sewing scrub bags and masks, member Georgina Moore has been making crocheted rainbow keyrings, window hangings and fabric masks, and other members will have been volunteering in local groups and helping their

neighbours with shopping, deliveries, etc.

The Committee has become 'high-tech' overnight, like many of us, and continued to meet every month on Zoom so that we are ready to hit the ground running once we are able to socialise again. The take up on Zoom has also allowed us to arrange a monthly quiz night which enables us to at least have a virtual 'get-together' and catch up, whilst having a lot of fun! Many thanks to Jan Moore for chairing those for us and to Elaine and Rosey for setting everything up!

Many of us have to give a shout out to our 'honorary member' Karen Davis, at Karen At LTD as she has been helping many of us through these difficult times with her amazingly uplifting online Zumba classes. Thank you so much Karen – you're a star and we'll be forever grateful for all you are doing!

As we go to press, we cannot be 100% sure of when we'll be able to take up our monthly meetings again, however that day will come – and if we can be optimistic, perhaps our September meeting (Green Craft evening on the 22nd), or our October talk (Wire Sculptures on the 27th) will be the one where we can all start to get back to normal. And when it's possible, we certainly plan on arranging a buffet night or similar as soon as we can, as there is going to be a lot of catching up to do amongst members! Can't wait!

Under normal circumstances, visitors and new members are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month. There is a charge of £2.50 for the evening and any new members can also join by paying a membership fee.

In the meantime, if you're interested in joining us please let us know and get in touch via our Facebook page. Special interest groups that meet separately including a book club, craft group, choir and our skittles and darts teams.

**Please search FramptonCottWI to find out more, and to like our page.**



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**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.



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## News from Frampton Cotterell RFC

After months of inactivity at Fram, following the shutdown in March, the players got back to a little form of normality with the resumption of pre-season training at the start of July. Strict guidelines implemented by RFU, meant social distancing, hygiene stations and restricted numbers.

New senior coach Nige Smith, ran two staggered sessions with five players, with help from Joe Cleary, Rob Keir, Sam Rumley and Mike Ashwin. Supervision of sessions was carried out by Club captains Mike Weaver and Mark Smith, including the role of toilet attendants! A special mention to Helen Smith, who set up the online, slot booking session, and the help from the FCRFC COVID steering group.

A small step, but great to see the boys out running around on pitch again!

*by Mike Weaver*



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# Supporting children through transitions

**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 nearing the end of June and some children will have started going back to school and younger children have started to go back to their early years setting. We are all experiencing transitions as we move through the easing of lockdown. Some people love change and thrive on variety, while others can find it a challenging time. Young children can struggle with change if they are not prepared for it, they bring a short amount of life experience to a new situation and that can make change overwhelming. Think about when you started a new job and how that feels. We as adults are able to articulate those feelings and share them with a friend and find reassurance; young children may be yet to develop all those skills.

**One of the biggest changes on the horizon is children who will be starting school in September joining Reception.** Some children may have been attending an early years setting prior to lockdown and are now able to go back there. If so speak to your child's key carer and find out what they are doing to support the children during this transition period. Primary schools will have a plan for settling in their new children and will contact families once they have a clearer idea of how schools will be opening in September. In the meantime there are things we can do at home.

**Life story work is a great tool to help children make sense of what is going on in their world.**

One aspect of this is to make a book about it. The story is personalised to your child, a selection of photos and or drawings that illustrate the following;

1. Where we were prior to lockdown, for example, going to pre-school, older siblings to school, mum and dad to work.
2. What happened in lockdown, for example, everyone at home, then going back to pre-school, seeing family/friends again – socially distanced of course.
3. What's happening next, for example, starting school. The text can be personalised to your family and circumstances. Children can help make the books choosing photos and sticking them in, older children can help to write the 'story'. Read it a couple of times with your child and leave the book in an accessible place so they can initiate when they would like to read it. As the transition of school occurs you can add more photos to illustrate their journey.

**Familiarity creates predictability, which can help children manage a transition.**

How often do we check on a map if we need to go somewhere new, or even make the journey a day or two before so we know where we are going especially if it's a work-related journey. These processes can help create a sense of ease and we can create that same sense of ease for children too. Think about practising putting on school uniform if your child is willing, or dress a teddy bear up in it. Take a walk on a regular basis that is the route you will take to get to school. Stand outside the school gates and talk about what happens in school – don't worry that you may not know the exact details, a broad overview of how the day runs will help your child to predict what will happen. Predictability helps to create a sense of ease.

**Role play is a fantastic tool to explore new experiences.** If your child will be taking a packed lunch role play lunch times, use their lunch box, set up teddy bears to be other children, role play register time making up a pretend register encouraging your child to listen carefully for their name. There are lots of well written story books too about starting school.

**It's not just our younger children who will be going through transitions.** There is a lot of uncertainty of how schools will be re-opening in September and potentially the school day could look a bit different. Settling primary school children back into school with an unfamiliar routine may present challenges for some children. It's really important to have an early open dialogue with your child's teacher. If children are not in school full time in September making a weekly chart using pictures and/or words to show which days are school days and which are home days can help children. A sticker or magnet can be moved each day so your child knows which day it is and what will be happening the next day. For children who are struggling to make sense of how they are feeling, there is a resource called 'the jelly baby tree' – it's easy to find online. This resource provides a starting platform to explore how your day has been, how you would like to feel during the day and discusses what strategies your child can use to work towards their goal.

**Some children will be making the transition to secondary school.** This is a big step in a child's education and they often need as much transition support as when they started in Reception, just in a different way. A practice walk to school to work out the safest place to cross roads and which entrance they go in at the school can help.



**Making a checklist of all the items they need on a daily basis to ensure nothing is forgotten can help create a sense of ease.** Talking to your child about the learning opportunities there will be at secondary school that they may not have had at primary school, for example, fully equipped science labs, engineering rooms, the sports facilities. There can be quite a sense of loss for a child as they leave the safety net of primary school, where often they have been in the same class of students for many years. Given the choice some children would opt to stay at primary school; for others it's an exciting new adventure and one they are very ready for. A good friend of mine gave me a great piece of advice when my eldest daughter started secondary school, to 'expect a bumpy ride in Year 7'; I was ready for the bumps and more able to deal with them. Remember that first day in a new job and how long it can take to settle in and feel really comfortable and confident, and then transfer those feelings to these transitions our children will be going through. This is also applicable for young people starting college in September. Their safety net was secondary school – and now starting a new chapter possibly with no one else they know; it can be daunting.

**Transitions can generate a number of feelings, emotions and behaviours.** It's really important we name the feelings we see. There is nothing more frustrating than talking with a friend about something that has generated high feelings for yourself and the other person does not acknowledge those feelings and instead tries to distract you with something else. In my experience when a child is upset, if we name the feelings we see and validate those feelings the child recovers much quicker than if we try to distract them with something else. Once we name the feelings we can discuss strategies to manage those feeling and situations.

For further reading, my aforementioned good friend has written in more detail about supporting young children through transitions, with a chapter on school. Due to be published in July, *Supporting Young Children Through Change and Everyday Transitions: Practical Strategies for Practitioners and Parents* can now be pre-ordered.



## Mission

To support and enable all learners to believe in themselves, achieve beyond their expectations and develop the skills needed to succeed and enjoy life.



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## 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 02/07/20.

**Advanced Aromatherapy** - £400 (this includes assessment, please pm me for joining criteria) Thursdays 6-8pm. There will be 8 sessions starting 13/08/20.



### 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

## 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.

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

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

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

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

**If you are pregnant then as an Easibirthing practitioner**, I offer 5 sessions to help prepare you for labour, helping you to stay in control and working

towards a calm, comfortable birth.

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

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

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

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

Catherine Smart  
DHP MNCH  
CHBP



Call me on: 07964 991689 • E: Catherine@smarthypnotherapist.co.uk  
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## Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

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- 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

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

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## 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**



## Castell Roc Announcement:

Apologies in taking so long to bring news of 'Castell Roc 2020' but I don't think you will be surprised to hear that due to covid 19 none of the events due to take place this August, will be happening this year!

This pandemic has affected everyone and everything and, as well as keeping in line with 'Welsh government' guidelines, foremost in our minds is keeping everyone safe,

At the same time, we at Castell Roc want to try and give all our supporters some 'light at the end of the tunnel'. We don't want to have to keep everyone waiting for near on 18 months as we know how much everyone looks forward to this fantastic annual event, SO ....

**There will be a special 'SPRINGTIME CASTELL ROC' for 2 weekends in Spring 2021 (Friday 23rd - Sunday 25th April & Friday 30th April - Sunday 2nd May). 6 fantastic shows in the glorious grounds of Chepstow Castle!!**

The following will take place ;

**FRIDAY APRIL 23RD- TBC**

**SATURDAY APRIL 24TH - CRAIG CHARLES FUNK & SOUL SHOW**

**SUNDAY APRIL 25TH- TBC**

**FRIDAY APRIL 30TH- 'TWIST UP NIGHT'- with 'SI CRANSTOUN' plus 'THE NAVARONES'**

**SATURDAY MAY 1ST - 'KING KING' plus 'CATS IN SPACE'**

**SUNDAY MAY 2ND - MONSTERS OF ROCK' - featuring 'UK GUNS N ROSES' 'WITESNAKE UK' & 'HELLS BELLS'.**

If you have already purchased early bird tickets for any of these shows in August 2020 'THEY WILL BE VALID FOR THE SPRINGTIME DATES', however bad news is as social distancing rules may still be in place, we are only able to sell a percentage of the venue capacity. We are over half way sold on some shows already so to make sure of tickets, don't leave it too late as you may be disappointed !! Standard tickets ONLY available (all early bird sold out!)

After we are up to maximum amount of sales, we can put you on a waiting list and you can purchase tickets 'ONLY IF' social distancing is relaxed !! TICKETS NOW ON SALE !!

**The following shows are re-scheduled for August 2021, and tickets you already hold are valid for the new dates:**

**FRIDAY AUGUST 27TH 2021-'BOHEMIANS' & 'FLEETWOOD BAC' (double bill) If you hold tickets for 'Fleetwood Bac' show OR 'Bohemians' either are valid for this 'double bill show'**

**SUNDAY AUGUST 29TH 2021- 'WHITNEY - QUEEN OF THE NIGHT'**

If you have tickets for any of the re-scheduled shows and cannot make the new dates, a full refund is available!

**The rest of the shows for 'Castell Roc 2020' we are sorry to say are cancelled 'For Now' - these include:**

**• Skid Row • 'It's Party Time' with La Voix  
• Alabama 3 • Russell Watson • Total Pop Party**

All tickets sold for the cancelled shows are refundable. Online tickets have already been refunded but if you purchased tickets over the telephone or in person at Hannah's Music, please contact the box office; Tel - 01291 627122. For tickets and information visit [www.castellroc.co.uk](http://www.castellroc.co.uk)



**Together for Fromside Churches\*\* supporting Christian Aid!**

### Christian Aid Week 2020

This year was certainly a Christian Aid Week with a difference! 'Together for Fromside Churches' always support this amazing charity, but with 'lockdown' we couldn't hold our usual community events - the Big Brekkie, soup lunches, plant sale, coffee mornings, cream teas and train rides. However, we did hold a virtual quiz, there were daily puzzles on the local Facebook blogs, plants were sold to friends, virtual church services were held, and there was even a lockdown version on YouTube of 'Ain't Misbehavin' by one of our musical supporters!

I'm delighted to report that we raised in excess of £3809 - £3544 via Just Giving (incl Gift Aid), plus some cheques sent direct to Christian Aid. A big thank you to everybody for their support and generosity.

**"Love never fails. Coronavirus impacts all of us. But love unites us all"**

### Christian Aid Community Partnership Lebanon & Iraq

Last December 'Together for Fromside Churches' launched a Community Partnership with Christian Aid to help Syrian refugees in Lebanon and Iraq. We committed to raise £5K by the end of 2020 and this would be matched 6x by the charity *Bread for the World*.

Incredibly by the end of April we exceeded our target! So far, despite some of our planned fundraisers being cancelled, we have raised £6,766. This is amazing! Thanks to everyone for their support to date, particularly those involved with the production and distribution of the Jig Word puzzle book, which has raised over £4K. With 5 months still to go, watch this space!

**Further information via Zion Church Office:  
01454 776618**

**Alison Bray**

\* (Coalpit Heath- St Saviour's; Frampton Cotterell- St Peter's & Zion United; Iron Acton- St James the Less; Winterbourne-Salem Methodist & St Michael the Archangel; Winterbourne Down- All Saints & Bethesda Methodist)



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Life at St.Michael's CE Primary School, Winterbourne is a little different right now than previous years. Due to the Coronavirus lockdown and guidance from our government leaders, we currently only have some

Reception, Year 1 and Year 6 children in school.

Many of the children in our school are learning remotely at home. All staff have been working hard

## News from St.Michael's CE Primary School

to support the parents and children that have been learning at home. There have been weekly lesson plans exchanged, group video calls, phone calls, stories read to children virtually, emails, letters, cards and more exchanged between our school families and staff. The school have also been supported by Father Malcolm and his wife from St.Michael's Church who regularly email virtual assemblies to provide comfort and encouragement to the school community.

We have been impressed with the support, commitment and creativity of our school families that have embraced this opportunity to home school their children. We are very proud of the children in our school and the work that they have been submitting.

During these unprecedented times it would have been quite easy for the children to have sat back and tried to do as little work as possible. However we have witnessed the pupils at St.Michael's school rising above these difficult times and choosing to still prioritise their learning, but also looking out for each other. They have been writing caring cards to each other, supporting the NHS by creating rainbow

pictures to be hung in their windows at home, baking treats for their neighbours, phoning each other to be a good friend, holding video calls where the children can have virtual dance parties and show and tell sessions. We even had a parent from school that organised a scarecrow trail in the Winterbourne neighbourhood to brighten members of the community's day. It encouraged children to get some exercise and walk with their families around their neighbourhood on an exciting scarecrow trail. Thank you to Kayleigh Harris for organising the fantastic trail and anyone else in the community that participated in the trail by making a scarecrow as you uplifted a community in a time of uncertainty.

As you can see we couldn't be any prouder of the pupils, parents and carers of our school.

The Vision of St.Michael's CE Primary School is to, 'Enjoy the Present', 'Educate for the Future' and 'Inspire with Love'. All 3 areas of our school's vision

have clearly been visible as the children have been learning whilst having fun, being kind to each other and supporting and encouraging our school and local community.

Thank you to the key workers that have worked tirelessly to provide us all with essential services. We are very grateful for your time and sacrifice.

We wish everyone in the community good health and best wishes.

**Sariah Ithier** (Reception Teacher)  
and all the staff at St.Michael's CE Primary School, Winterbourne.



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## 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)

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Registered Charity No: 1133716

## Bradley Stoke Judo Club

During lockdown Bradley Stoke Judo Club players have featured heavily in a world wide Fightingfilms Covid 19 Video, entitled 'A tribute to the Judo family' published on You Tube <https://youtu.be/RB1EIzC7Bdg>.

### BSJC had a crazy year in 2019!

- Qualifying 4 players to fight for GB at the European in Warsaw.
- They were also selected to travel to Japan along with Pete Douglas being selected as a Coach to travel.
- We also had 3 members selected to travel to Azerbaijan for the Youth Olympics, where Tatum Keen took a amazing 5th place and was selected to be the flagbearer for Team GB.
- British Judo Coach of the year was B.S.J.C Pete Douglas.
- GB Cadet Girl of the year was Tatum Keen
- GB Cadet boy of the year was Ethan Nairne.
- BSJC also took Top Club of the year Bronze.
- Taking 8 Gold Medals and 3 Bronze Medals at the recent Commonwealth Games.

**With such a fantastic year behind them, BSJC started off 2020 in great form expecting to chase the above results.**

The year started well with six players qualifying in the GB Junior Elite Development Squad - a massive achievement!

At the Scottish Open Championships in January BSJ were on the the medal podiums again, with Tatum winning Double Golds for Juniors and Seniors and Josh winning his first Gold as a Junior at u55k.

Elle Young medalled at the British University Championships which qualified her for the European Championships in Slovakia next month, which has now sadly been cancelled.

We also have a team of mixed ages, 16 in total, hopefully travelling to Japan in October if things improve.

Covid has affected us the same as everyone else but we have remained positive. Training is going really well over zoom and we are ready to hit the ground running.

Our long term targets are that we have players close to qualifying for the 2022 Commonwealth Games and also in the qualification race for the Paris 2024 Olympics!

Watch this space!!





## Frampton Cotterell Computer Group Celebrating 20 years



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

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

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

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

securely, dealing with digital photographs, keeping track of finances using spreadsheets, creating and managing email accounts and taking advantage of cloud computing services.

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

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

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

### Frampton Cotterell Computer Group

[www.fccomputergroup.uk](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 Bickeridge Centre, Woodend Road Frampton Cotterell.

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

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



## News from Winterbourne Medieval Barn

### Heritage Open Days, 12th and 13th September



Winterbourne Medieval Barn is no stranger to epidemics! It was built in 1342, just a few years before 'The Black Death', also known as 'The Plague', spread across Europe from central Asia, sweeping across England in 1348. Millions of people in Europe, Asia and North Africa died from this disease between 1346 and 1353, and the sudden loss of a third of the population changed the social structure and future history of our country forever, leading to events like the Peasants' Revolt in 1381.

Covid-19 has hit the world with an unexpected force and disrupted our lives significantly, but thank goodness for our NHS and modern science and technology. We are beginning to see signs of 'life after the Covid crisis', including the hope of re-opening Winterbourne Medieval Barn in the coming months.

None of us have seen the outcome of the year-long closure for refurbishment work yet, but provided that Covid recovery rules allow it, the hope is to re-open for guided tours as part of the national Heritage Open Days weekend of 12th-13th September. Tours will take place hourly at 2pm, 3pm and 4pm each day and although there is no charge, they must be pre-booked.

So, be one of the first to have a guided tour of the newly renovated Barn which has seen so many changes over almost 700 years! Numbers will be strictly limited to enable safe social-distancing. Book a free place on Ticketsource via the Barn website from mid-August.

If you can't join us in person, we'll also be putting up lots of digital content over the weekend, including family activity ideas and audio stories from our volunteers.

We hope that a programme of talks and craft workshops will resume in October. Details will be posted on the Barn website and Facebook as soon as we are able to confirm that public events are allowed to restart. And additional digital content will also be available.

### Cow Byre Workshops now available for Small Businesses

As part of the restoration project, the Victorian Cow Byres have been updated and transformed into modern versatile workshop spaces. We are thrilled that we can now offer these for rent to small arts, heritage, craft, and rural businesses. There are two sizes of workshop unit currently available, each individually metered for electricity and water, with access to communal areas consisting toilets, kitchenette, and parking. For more details see the 'Latest News' on the Barn website: [www.winterbournebarn.org.uk/latest-news/](http://www.winterbournebarn.org.uk/latest-news/) or email: [hazel.hatton@winterbournebarn.org.uk](mailto:hazel.hatton@winterbournebarn.org.uk).

**Spaces in the newly-refurbished West Barn are also available for hire** by the hour throughout the year for meetings, talks and small social get-togethers. And bookings are now being taken for bigger private events like wedding receptions in the medieval barn. To discuss requirements please contact Hazel 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.**

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)



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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:

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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**



## 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.
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### 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.



Winterbourne library – here to help as safely as we can

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1 hour free use of computers or Wi-Fi each day  
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### Winterbourne library appointment times from 14 July

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Friday 10am – 4pm

Saturday 9:30am – 12pm

Full information is on our website:

**[www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges)**





## Paul's Place at Home



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

### May 2020

# 30



individuals were taught to use new technologies like Zoom and WhatsApp group calls to stay connected

# 104



video calls using Zoom and WhatsApp groups were made

Virtual activities held so far included; relaxation sessions and art sessions



### Care for Carers

Every Friday our carers meet via Zoom for peer support, as well as receiving their 1-to-1 personal calls



### Keeping everyone safe and well

Our goal is to protect the 94 disabled adults and 74 carers who are part of Paul's Place throughout the coronavirus crisis, letting them know they are not alone



# 659



1-to-1 phone calls, to discuss any worries and provide companionship

# 42



pamper and food packs delivered with donations received from Waitrose & Partners, as well as food donations from Sainsbury's

Phone: 01454 777236 | Email: [info@paulsplace.org.uk](mailto:info@paulsplace.org.uk) | Charity No.: 1180398  
Address: Paul's Place (South West), Serridge Lane, Coalpit Heath, Bristol. BS36 2TT



## Paul's Place at Home and Cream Tea Summer Fundraiser

Paul's Place in Coalpit Heath has continued to support physically disabled adults in South Gloucestershire throughout the lockdown. Due to the charities usual services having to 'pause' the popular local charity has developed the Paul's Place at Home project. Through this the charity is continuing to support people from their own homes.

CEO Daniel Cheesman said, "I am really proud that we have been able to develop Paul's Place at Home. Through this new service we have continued to stay in touch with people offering daily telephone calls, seven days a week as well as regular Zoom meetings that offering many of the activities that we would normally run at our day-break centre. The reality is that for many disabled people the impact of Coronavirus is huge, cutting off contact with the outside world, Paul's Place at Home has become a real life-line for people."

As well as the changes in the charities services Paul's Place has also had to adapt its fundraising plans. Many of the planned fundraising events have been postponed or cancelled, bringing a financial loss to the charity. Taking the learning from running the service online, Paul's Place is now running some virtual fundraising events and is currently planning a virtual Cream Tea.

Fundraising Manager Clair Armstrong said "The Paul's Place Cream Tea has become a regular and much-loved event over the last 25 years, and is one of the highlights of the fundraising calendar. We have decided that this year, rather than cancel, it will go ahead virtually!"

Paul's Place is asking people to get involved by hosting your own cream tea event at



home during July. You can invite your friends and family, either virtually or in person – remembering to follow government guidelines and enjoy time spent together safely. Paul's Place is suggesting a donation of £5 per person and donations to be made via JustGiving to our Emergency Appeal (more details on the website).

To inspire people Paul's Place has put some resources online these include ideas for a poster (to share with others) and some bunting. As if this wasn't enough Paul's Place fabulous Patron, local Bake-Off contestant Briony May has shared two of her best scone recipes especially for the event.

Paul's Place would love you to get involved, so dust off those aprons, get baking and share your pictures online this July. To find out more about the event and how to make a donation visit the website

[www.paulsplace.org.uk/news](http://www.paulsplace.org.uk/news)



## Time for Tea

Cream Tea at Home  
In aid of Paul's Place



PAUL'S PLACE (SOUTH WEST) | Charity No.: 1180398 | Company No.: 11165504  
Paul's Place (South West), Serridge Lane, Coalpit Heath, Bristol. BS36 2TT



# Minister's Message

Dear Friends,

As I write this month's Minister's Message, we are in the process of reopening our churches of all denominations as the Covid-19 lockdown situation begins to see some relaxation. Ministers from the Fromside Benefice churches have, for some time, taken the opportunity to conduct the morning and evening office in their respective churches several times per week, and since Monday 15th June you may have heard the local parish calling bell being rung at different times to indicate that the office of morning or evening prayer is about to take place.

Further to this, the Fromside Benefice Churches have begun to allow everyone to come into church for 'private prayer' since Monday 15th June. Each of our churches are opening for this on two occasions every week. For example, St Peter's Frampton Cotterell is open to all who wish to pray on a Thursday morning from 09:30 to 12:30 and on a Sunday afternoon from 14:30 to 17:30. For the times of opening for other churches within the Benefice (see opposite) and for churches of other denominations, please see their respective websites and notice boards.

Having been present at the St Peter's sessions and from talking to others, I know that my colleagues and I have had the privilege of welcoming a goodly number of individuals into church simply to pray. I believe that many of those who have taken the big step to re-engage with their local church building have found a real level of positive emotional release and comfort, simply from being with God in what many of us see as a holy and sacred space in which people have prayed and connected with God for hundreds of years. I encourage all of you who haven't yet made the decision to give it a try. I'm sure that God would love you to join him.

Looking forward towards the future I was struck by the collect for the first Sunday of July, the 4th Sunday after Trinity, which is as follows:

*O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy;  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through all things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father;  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.*

**Amen.**

Many of us have lost some level of trust in numerous things that we once felt very confident about, whether they be government, local organisations, other institutions, certain individuals or even our cars, which having not moved for weeks, suddenly needed new batteries! (Not mine so far, but one never knows... because I have heard of many.)

Throughout all we have passed through, and indeed all we still have yet to pass through, for me the timeless truth of the 4th Sunday of Trinity collect is simply that we understand that it is only our reliance upon God, Father, Son and Holy Spirit, that will allow us to 'pass through all things temporal', whether they be Covid-19 or any other worldly thing which causes us pain or distress of any kind, by assisting us to maintain our individual hold on things eternal in the reality of God's true love for us as his children. No matter what is going on around us.

I wish everyone joy in their participation in the family of God in the coming weeks, and a wonderful summer break, in the assurance of God's love for us all.

Every blessing, Bob,

**Bob Conway,**

Associate Minister Fromside Benefice



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

[fromsidechurches.org.uk](http://fromsidechurches.org.uk)

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



## St Saviour's Sunday services resume!

The PCC have agreed that St Saviours are ready to resume 'normal' Sunday services from Sunday 5th July. 8.00am Holy Communion, 10.00am Morning service, 6.00pm Holy Communion.

The church is still open for private prayer: Monday to Thursday and Saturdays, from 8.30–9.00am and 5.00–5.30pm (NB not Friday or Sunday).

Restrictions mean there won't be any tea or coffee. Please use the hand sanitizer on entry and remember to socially distance – follow the arrows.

There is lots of information updated weekly on the church website, so do check that out regularly.

[www.coalpitheath.org.uk](http://www.coalpitheath.org.uk)

## Virtual Village Hall

Virtual Village Hall is brought to you by Royal Voluntary Service and supported by players of People's Postcode Lottery.

The Virtual Village Hall is a programme of free, themed online activities designed to enjoy at home. Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment. You'll find a wide range of sessions to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand when suits it you.

[www.royalvoluntaryservice.org.uk/virtual-village-hall](http://www.royalvoluntaryservice.org.uk/virtual-village-hall)



**at Fromside**

For on-line resources please visit

<https://fromsidemessychurch.wordpress.com/>

## Fromside Benefice Church Opening Times for Private Prayer

**All Saints, Winterbourne Down**

Thursday – 10.00am to 1.00pm  
Sunday – 2.30pm to 5.30pm

**St Peter's Frampton Cotterell**

Thursday – 10.00am to 1.00pm  
Sunday – 2.30pm to 5.30pm

## The 5 Finger Prayer

**Thumb:** These closest to you, your family.

**Pointer:** Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

**Index:** (tallest) Those that lead us, (Government) ask for guidance & wisdom.

**Ring:** (weakest) These that are weak, in trouble, or in pain. We cannot pray too much for them.

**Pinkie:** (smallest) Our prayers for ourselves & our own needs.





## News from Coalpit Heath WI



At Coalpit Heath WI we are working hard to keep in touch with all our members. A newsletter full of updates, quizzes and photos was distributed to members for our June meeting date and was much appreciated by all. Leigh Smith, our programme organiser, has taken on the editorial role and worked hard to produce a fabulous newsletter. The next edition is currently underway and should feature some lovely garden photos from members.

As part of our July welfare package for members, a coaster, which has been beautifully designed by our member Jacquie at Jellibaby designs, will be given to all along with some information about bee friendly planting. We hope members will look out for the different varieties of bees in their gardens this summer.

Members have also been offered the chance to take part in Gentle Dance or Gentle Yoga via Zoom. For twelve weeks from the end of June, free sessions are being led by Jules Allan. These sessions are being funded to provide activity for those currently facing barriers to accessing exercise classes.

The committee have also had a meeting online and are aiming to facilitate some social distant meet ups for those members that would like to do so. We are aiming for the first to coincide with our July meeting date and are keeping our fingers crossed for continuing good weather.

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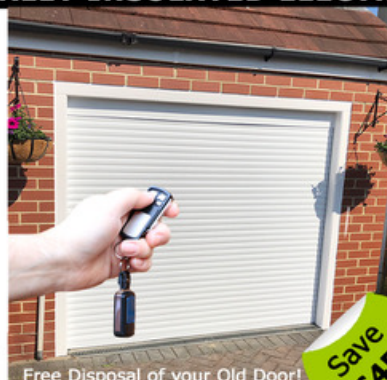
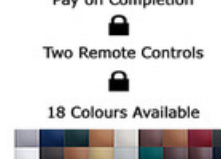
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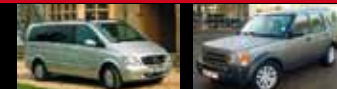
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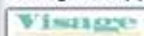
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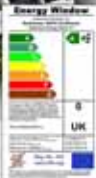
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