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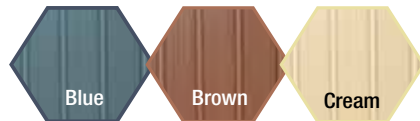
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MADE IN BRITAIN



Dear Residents,

We hope the Sunflower on the front page brought a smile to your face, such a happy plant. The particular bloom featured, resides in the Frome Valley Growing Project. You can read more about this fabulous community initiative on the centre pages. They have much good news to share and welcome local people to join them.

Watermore School would like to invite you to take part in their annual 10K race, the much looked forward to annual event has adapted to current circumstances and has moved to become a virtual race. You can take part between 18 - 25 September.

The renovations at Winterbourne Medieval Barn are now complete and this historic venue can't wait to welcome people for a tour (both in person and online) during their Heritage Open Days, over the weekend of 12th and 13th September.

community@mattersmagazines.co.uk

Local charity Paul's Place are also working hard to re-open their physical building and welcome their members back. Read more about how their work is vital to those it serves and how you can support them.

We are pleased to share how a local scouting group has shown kindness to some of the older residents in our community. During what has been a difficult time for many, their bright gifts have brought some much needed cheer.

On the subject of bringing joy, The Floral Friends of Frampton continue to work hard to bring beautiful blooms for all to enjoy.

All this and updates from The Frampton Cotterell and District Local History Society, Frams Rugby Club, The Fromeside Benefice, Coalpit Heath WI and much more!

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



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



Around the village – As well as the planters and hanging baskets flourishing around the village, the wildflower areas have also been flowering and attracting lots of wildlife.

Sunflowers are blooming in Crossbow Park and the Beesmoor border on Woodend Road is also thriving, where you will find a range of mid-summer perennials in flower together with the annuals. There is certainly plenty to see and enjoy for passers-by. (By the way – did you know you can now find the Beesmoor border on Google maps?).

Sensory Garden – The Garden at the Bickeridge Centre has recently been tidied and some of the planting restocked. We very much appreciate the



wood chips kindly donated by *Old Down Tree Surgeons*; these have been used to replenish the wood chip area in the garden.

Why not enjoy a peaceful moment amongst the herbs, flowers and vegetables?

Could you help?

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

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

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

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

PLAN NOW FOR SPRING



Now is the perfect time to start planning and planting bulbs ready for fantastic flower displays in spring.

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News from Coalpit Heath WI



Our monthly newsletters have proved very popular with members. The publication of each, timed to match the dates when we would have held our meetings. This month members were also delighted to receive

their coasters (as above) 'just the tonic needed', and 'a lovely surprise gift'. With the aid of information and an identification chart in this month's newsletter, we can also raise awareness of the declining bee population.

Our other challenge for this month is to add hearts to the display on the Badminton Road fence. In normal circumstances we would be able to get together to create something, however this year members are invited to come and add a heart in wool onto the fence. Instructions were sent out to



all at the beginning of the month and now there are over 30 yarn wrapped hearts around our banners which is fantastic. Until the end of August we would love to see how many more could be added. Why not help us out and give it a go?

A small group of members managed to meet up this month and all agreed it was lovely to have the opportunity to see other members face to face. Sadly it looks unlikely that our meetings at St Saviour's hall will be able to start up again for a while, so any future events are also likely to be outdoors.

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Girls Rugby with Dings

Girls rugby is the fastest growing girls team sport in the UK. Come and see what all the fuss is about!

Dings Crusaders Rfc girls will be entering their 3rd season from September. Dings offer girls Rugby for all ages, with mixed rugby from year 1 through to year 6 followed by:

- Under 13 girls school years 7 & 8
- Under 15 girls school years 9 & 10
- Under 18 girls school years 11 & 12

The girls train on Wednesday evenings and play matches every Sunday from September till April.

We are based in our new state of the art stadium at Shaftesbury Park in Frenchay. Just off of the M32.

The teams are going from strength to strength, and have had many representative honours this season, but could do with more numbers in the year 7 to 10 age groups.

At Dings we have 4-5 RFU coaches in each age group and have a 'growing the person not just the player' centred approach.

If you would like to try rugby or take your game to the next level then please get in touch with us. Just search Dings Crusaders or find us on most social media platforms or email: girls@dingsrugby.co.uk or call Steve on 07967 023043



Lily Hayward, going into year 8 at Patchway Community College.

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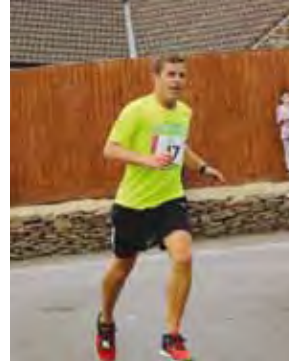
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Join in the Watermore School Virtual 10k Race between 18 September – 25 September

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





Frampton Cotterell and Coalpit Heath Summer Supplies Scheme

Frampton Cotterell and Coalpit Heath Community Support

Summer Supplies

Providing free breakfast & other items to those in Frampton Cotterell & Coalpit Heath

This is a local community initiative open to everyone through the school summer holidays.

- Breakfast hamper delivered to your home every Monday.
- Example items we plan to have available are milk, juice, cereal, jam, bread, fruit, etc.
- Baby packs & hygiene packs available on request.

If you or someone you know would like a delivery, please contact:

- Email: COVID19FramptonAndCoalpit@gmail.com
- Mobile: 07742604988

For further support – Visit: www.thecommunityhub-basg.co.uk
 Facebook: Frampton Cotterell and Coalpit Heath: Covid-19 Community Support

Since the start of lockdown, the Frampton Cotterell and Coalpit Heath Covid-19 Community Support Group has had over 200 volunteers ready and willing to do shopping and other errands for people who are isolating at home in the two villages. Their help has been a real lifeline to many people who don't have friends or family close by to assist them.

Building on this amazing community spirit, the Summer Supplies Scheme is buying, packing and delivering bags of food and other essential supplies to local families every Monday during the summer holidays. They have been supporting around 40 families each week since the start of the school break.

If you or someone you know would like a delivery, please email: COVID19FramptonAndCoalpit@gmail.com or ring 07742 604988.

Thank you to everyone who has volunteered to help the scheme or helped out as part of the Community Support Group.

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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News from Winterbourne Medieval Barn

Adventure Wednesdays!

Winterbourne Medieval Barn site re-opened in August to offer family activities each Wednesday.

Safety is top of the list with social distancing in place. Families will also get a designated arrival time slot and be guided through a series of adventurous activities lasting approximately two hours. Because of Covid precautions it is essential that families sign up online in advance. It is not possible to allow anyone to just turn up at the gate without a prior reservation. The event listing on the Barn website will detail all the precautions being taken to keep everyone safe. To make a reservation, visit the website www.winterbournebarn.org.uk or Facebook.

Circus Adventures – Wednesday 26th August

Roll up, roll up! At the Barn Big Top! We invite you to take part in the greatest show on earth. Make your ringmaster bow tie, your very own juggling balls, and even try your hand at a spot of lion taming!

Heritage Open Days, Guided Tours 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.

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. 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.

Monthly talks return

The Trust plans for the monthly programme of talks and craft workshops to resume in October. Details will be posted on the Barn website shortly and bookings can be made online at Ticketsource. It is essential to pre-book even where events are free of charge.

Cow Byres workshops

New tenants are currently moving into the renovated Cow Byres workshops, offering the Trust a glimpse into the diverse worlds of craft beers, heritage architecture, handmade pottery, and organic soap, aromatherapy and skincare. These businesses will soon be opening their doors to sell their products or run workshops for the public, and the Trust is delighted to have them as part of this unique heritage site.

Space for Hire

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 Matters Magazines for a small discount on your hire.**

www.winterbournebarn.org.uk

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Ian Evans
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Ian will cover paying for long term care and the issues that people may have in later life - including Powers of Attorney and the cost of care.

What does good dementia care look like? How do I prepare for dementia care costs?

Planning for your own or a loved one's dementia care and the ensuing costs is something that many people have very little experience with...

Which is why it is helpful to find out about the options available and where you need to go to find the answers.

Join us for this free online webinar with financial and care home experts who will provide free guidance on some of the key challenges and advice to avoid the pitfalls.

To book a free place: www.alzheimers-brace.org/Event/planning-dementia-care

BRACE Alzheimer's Research
www.alzheimers-brace.org Charity No: 297965

Healing & Training for your Body & Mind

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

After months of being closed due to lockdown, it is fantastic to have reopened my Holistic Health Clinic in Little Stoke. It is wonderful to be welcoming patients back to my practice, with all the necessary precautions and new routines set in place.

If you are experiencing pain of any kind – emotional or physical, I am here to help, so please do get in touch to book in a session.

Although closed to meet people in person over recent months, I have very much enjoyed sharing my healing knowledge online through a number of courses. These have proved to be so successful that I plan to continue with both online and classroom courses for the duration of 2020 and into 2021. If you are interested in learning some holistic skills please find further course information below.

Online courses, these are ongoing and are held via Zoom.

REIKI – Introduction to Reiki, Reiki 1, Reiki 2 and Reiki Master. Ongoing 'circle sessions' will also be set up after each course.

AROMATHERAPY – Introduction to Aromatherapy, Aromatherapy level 1 and Advanced Aromatherapy.

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 – Sunday 23/8/20, £100.

Reiki 2 – Sunday 18/10/20, £125.

Reiki 1 and 2 – Sunday 15/11/20, £200.

Reiki Master – Sunday 20/9/20, £300.

Aromatherapy level 1 – 2 days – Saturdays 22/8/20, 19/9/20. £125.

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

Reflexology level 1 Saturday 14/11/20. £125.

For more info and to book in, please get in touch.

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

Call: 0795 1099 491

Facebook: LifeAndSoulEmpowerment



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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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E: Catherine@smarthypnotherapist.co.uk
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info@winterbournedownscouts.co.uk



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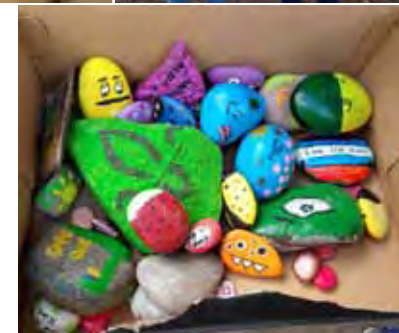
Frampton Scouts Caring for their Community

Explorer Scouts from Zeus Explorer Scout Unit, based in Frampton Cotterell, and Beavers and Cubs from 1st Frampton Cotterell, have worked together to create their own personalised kindness rocks for Bridge House, a care home in the village.

Chris Harris, the Explorer Leader at Zeus said "Residents at our care homes are finding it difficult at the moment and our members wanted to do something to remind them that they are valued members of our community."

The Scouts produced 67 rocks, which were delivered to the home by Philip and Matthew Smith (pictured above) who are members of the Explorer Scout Unit.

Other activities they have done during lockdown include online Escape Rooms, making cakes and quizzes.



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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.

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 *Supporting Young Children Through Change and Everyday Transitions: Practical Strategies for Practitioners and Parents*, with a chapter on school.

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Winterbourne
Academy

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24TH
SEPTEMBER**

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Abbeywood
Community School

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OCTOBER**

www.abbeywoodschool.com

See individual websites for details on how you can take part.



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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 encouraged local residents to use their daily exercise to litter pick, by working with South Gloucestershire Street Care, who 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.

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 24).

If you would like to get involved please contact 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.**

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News from the Crossbow Singers



Well, who knew in March when we reluctantly disbanded 'for a few months' at the beginning of the Corona Virus Lockdown, that we still wouldn't be able to regroup and sing together in September? Nevertheless, via regular Zoom meetings, emails and phone calls, we have managed to keep in touch with one another, with the intention of maintaining the friendly and supportive culture of the Crossbow Singers' Family. Our most recent venture has been to distribute a questionnaire to all our members asking for their opinions on the way forward. It seems that any musical groups, choirs in particular, are in an especially difficult situation, as singing is not allowed at the present time!!

We have discussed the possibility of returning to our base, Crossbow House in School Road, in September, possibly just to socialise with one another and perhaps listen to recorded music. However, as we have almost 50 members, social distancing would be impossible. Added to that, many of our members are in the vulnerable age-group or are actually being shielded. Therefore a return of any kind in September has been deemed extremely unlikely.

We are undaunted! We plan to start up the Zoom meetings again in September and our brilliant

Musical Director, Carolyn Dutton, has offered to carry on teaching us some music theory. Carolyn began this during our Monday evening Zoom meetings in June and it was very successful. She has the knack of being able to pitch the 'classes' in such a way that they are of interest to those who already have a knowledge of music and to those who had no musical background at all! We are so lucky to have such a talented leader.

So, can we see the road ahead? Well, no-one knows what the next few months will bring, but we are planning a return to Crossbow House at the beginning of November, following the school half-term week. This will be entirely dependent on the Covid-19 situation at the time. Appropriate social distancing and any other government guidelines would, of course, be strictly followed. We are trying to remain hopeful and positive.

We wish you all a safe journey through these difficult times and hope that when you read our next article in *Winterbourne & Frampton Matters*, Crossbow Singers will be meeting together again in person!!

Take care,

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 month, 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 23rd APRIL - 'Rock Legends' U2UK, Cloneplay & Stereophonics

SATURDAY 24th APRIL - Craig Charles Funk & Soul Show

SUNDAY 25th APRIL - '90's to the 00's' Shayne Ward, Sive, Phats & Small

FRIDAY 30th APRIL - 'Twist Up Night' with 'Si Cranstoun' plus 'The Navarones'

SATURDAY 1st MAY - 'King King' plus 'Cats in Space'

SUNDAY 2nd MAY - 'Monsters Of Rock' - Featuring 'Uk Guns N Roses' 'Widesnake 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 maybe 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 27th AUGUST 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 29th AUGUST 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! 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

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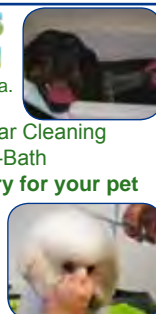
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News from Frome Valley Growing Project

There have been some massive developments for us at the Frome Valley Growing Project! We are delighted with our new play area for the children to use whilst our adult members get on with planting and watering. The play area was built for free, by an enthusiastic bunch of our members, using waste materials and donations from local residents. Thank you to everyone who donated items, they have been put to really good use!

We also now have running water, which, after months of lugging watering cans around our acre plot is making a world of difference! We are looking for more watering cans, as many of ours have holes in, so if you have a spare can that you no longer use we would love to give it a new home!

Another exciting addition is the arrival of our bees! A big thanks to Dan Ball and Andy Beebee for supporting us to make this happen. The swarm, which came from St Michaels Church last month is happily settling in to their new home and we look forward to perhaps even harvesting some honey this year.

Our plan is to begin planting a food forest area at the southern end of our site. A food forest, also called a forest garden, is 'a diverse planting of edible plants that attempts to mimic the ecosystems and patterns found in nature'. (Project Food Forest 2016). Our vision is that this space can be used by the community for food harvesting for generations to come. We are looking for donations and suggestions of fruit and nut trees that will withstand our clay soil and exposure to strong northerly winds. Please do get in contact if you can help with this.

Please also get in contact if you are interested in receiving any of our surplus fresh veg. We have vegetables available to be delivered to, or collected by local residents. We currently have lots of kale and salad leaves available but what we have changes according to season. We are accepting

donations for the project for this veg via PayPal.

Our vision here at the Frome Valley Growing Project is to regenerate the land and soil, increase biodiversity and provide a space for learning and connection for the people who live in the local area. We use permaculture principles to plan and achieve this. If you would like to know more about permaculture we would be happy to recommend local and online courses. We are also hoping to take on volunteers again for our regular working parties. These working parties will be managed in a way that is in accordance with social distancing guidelines.

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

Email: thegrowingproject123@gmail.com

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



News from Frampton Cotterell RFC



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

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

At this time, when we do not have matches to report on, we thought we would share with you some happy memories of the club over the years for everyone to enjoy.

by Mike Weaver



An old Fram first team photo – mid 80s.



The 'class of 2015, now providing players to Fram's first team



Frampton's relationship with Vets team Vieux Loups (Old Wolves) suspended this year due to COVID 19 but photo from happier days in 2015 at home in Fram, the good times will return!

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Senior tour to Weymouth, 2012. Theme was to spend the weekend dressed in an Olympic outfit, as London was hosting the games that year.



Colts tour to Newquay 2018. Theme was Girl guides, with the coaches as the group leaders – great!

Probably Frampton's greatest moment in their history, winning the Bristol combination senior Vase in 2004, beating Cleve 9-7. The final was played at Clifton's ground and Fram were the underdogs, as opponents Cleve played in a much higher league.



Four Fram and Old wolves players from last seasons game at Fram 2019.

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Who We Are

Established in Bristol in 1973, Henriques Griffiths are a community-focused law firm with over 45 years' experience helping our clients plan for the future. With offices in central Bristol and Winterbourne we aim to deliver excellent legal services within the local community.

Estate Administration

When a friend or family member dies, it can be a very distressing time. We have years of experience in applying for Probate and administering estates. Let us guide you through this difficult time. We can handle every aspect of the estate administration process on your behalf, including completing the Inheritance Tax return, obtaining the Grant of Probate and ultimately distributing the estate to the Beneficiaries:

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

Wills and Inheritance Tax

Without a valid Will, you risk your property being distributed according to the Rules of Intestacy, which may be completely at odds with your wishes. We offer practical legal advice, ensuring your final wishes are accurately recorded, your assets safeguarded, and your interests protected.

We can also assist you with Inheritance Tax planning, ensuring you understand and take advantage of the available Inheritance Tax allowances to preserve as much of your wealth as possible so it can be passed down to the next generation.

Pricing: standard Wills start from **£180 + VAT** or **£300 + VAT** for a mirror Will (for a couple).

Lasting Powers of Attorney

It can be difficult to imagine not having full mental capacity to make decisions for yourself, but many people do lose the ability to run their day to day lives and have to rely on others to manage their affairs. A Lasting Power of Attorney allows you to choose a trusted person to help you manage your finances and/or health and welfare if you become unable to do so in the future. We are highly experienced in supporting individuals and their loved ones with the issues surrounding mental capacity and can assist with drawing up a Lasting Power of Attorney and registering the same with the Court.

Pricing:

- 1 LPA: **£450 + VAT**
- 2 LPAs: **£650 + VAT**
- 4 LPAs: **£950 + VAT**

Disputed Wills

Nowadays disputes about a deceased person's final wishes are common amongst grieving loved ones. We'll provide sensitive and practical advice and help you resolve the matter as quickly and amicably as possible.

Get in touch to arrange your no obligation initial consultation

Frampton Cotterell Computer Group Celebrating 20 years



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

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

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

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

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

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

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

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

Frampton Cotterell Computer Group

www.fccomputergroup.uk

If you would like to learn how to use your computer or brush up on old skills, we are here to help you with one to one and group sessions. We meet at The Brokeridge Centre, Woodend Road Frampton Cotterell.

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Popular disability charity, Paul's Place, makes plans to reopen after lockdown.

The popular South Gloucestershire disability charity, Paul's Place, is planning to reopen after the lockdown.

Paul's Place is a charity that enhances life for physically disabled adults, through social activities that connect people, reduce isolation, improve health and wellbeing and give people the opportunity to develop new skills, enjoy new experience and live life to the full. In March, due to the coronavirus crisis, the charity was forced to close its day facility in response to government guidelines and the lockdown situation.

Since closing the day facility in Coalpit Heath, Paul's Place has continued to support those physically disabled, people who rely on them by setting up the 'Paul's Place at Home' Project. Staff and volunteers have kept in regular contact with people through telephone calls and daily online meetings that people take part in from their own homes. CEO Daniel Cheesman said, "Overnight we were forced to embrace technology and offer Paul's Place online to people. I am really proud that we have continued to stay in touch with members and we now have a new and much-loved service in 'Paul's Place at Home'."

Daniel continued to explain the impact that Coronavirus has had on disabled people, "The reality is that for many physically disabled people the impact of lockdown has been life changing. People are naturally worried about their physical health, but it is the impact that we have seen on people's mental health that has been the most worrying. 'Paul's Place at Home', has meant that people have stayed connected with others and it has become a real lifeline for them."

With the lockdown restrictions changing, Paul's Place is planning to reopen face to face projects. Staff have already started to make home visits to members, and small groups of people are meeting, socially distanced in community spaces. Daniel explained the complications of reopening the day facility. "Reopening the day facility is a huge responsibility and with it comes a mixed set of emotions. We are excited to be opening again so



that we can see people and offer our much-loved service. Safety is the number one priority and when we reopen things will look a little different. Like all businesses, we are complying with the social distancing requirements and have put in place things to help us manage this. We are working closely with our members (the people who use Paul's Place) to ensure that with any changes, we keep the essence of Paul's Place."

It is the essence of Paul's Place that has proved the longevity of the charity, as this year Paul's Place is celebrating its 25th year. The charity had several fundraising events planned throughout 2020, to help celebrate and bring in much needed charitable funds to the charity. As well as adapting the services that the charity offers, Paul's Place has also adapted its fundraising plans and has held many virtual fundraising events in the last four months including a fortnightly online quiz and a virtual cream tea. Covid-19 has had a big impact on Paul's Place ability to fundraise this year, but the charity is now working hard to secure new funding into the organisation, so it can continue to fund its essential services.

To make a donation to Paul's Place visit: www.justgiving.com/campaign/paulsplaceemergencyappeal or go to their website www.paulsplace.org.uk.

Remember loved ones by moonlight and support Children's Hospice South West

Children's Hospice South West (CHSW) is inviting people to remember and celebrate the life of a loved one and raise vital funds for the charity.

A Memories by Moonlight ceremony will be broadcast live on Facebook from CHSW's Little Harbour Children's Hospice in St Austell at 9pm on Saturday, 26th September, giving people the opportunity to light a candle and join together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Charlton Farm near Bristol, Little Harbour and Little Bridge House near Barnstaple. It will include music, poems and a two-minute applause to celebrate loved ones whose names will appear on the screen.

Kiley Pearce, Events Fundraiser for CHSW said: *"Due to the pandemic, the charity has had to adapt many things over the last few months – the care and support we offer to children as well as the fundraising events that help to fund that vital support for more than 500 local families."*

"We hope our new Memories by Moonlight event will give people a lovely way to support the work we do while remembering their loved ones."

Everyone who registers to take part in the event, which is being sponsored by National Friendly, will get the chance to join the virtual memory ceremony. People can then choose to simply donate in memory of their loved one or complete a walk or activity that reminds them of their loved one and ask friends and family to make a donation towards this.

Participants will receive a beautiful memory pack in the post, which will include a candle bag to decorate, along with a tea light to light on the evening and a booklet to accompany the memory ceremony.

Kiley added: *"We are delighted to be bringing Memories by Moonlight to people and look forward to connecting with everyone joining us for the memory ceremony on the evening of 26th September, which we are sure will be a very special night."*

To register for Memories by Moonlight simply visit www.chsw.org.uk/moonlight. Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post.

For more information about the event, you can also call the CHSW Fundraising Team on 01726 871800.



News from Winterbourne Library

Limited library services now available

Now COVID-19 lockdown restrictions have eased, our libraries have introduced pre-bookable services to borrow books, DVDs and audiobooks and access a computer and use the Wi-Fi. This is so you can access them in a safe and controlled way. It does mean visiting the library in the way we were all used to before lockdown, for the moment, is not possible.

Find something to read

You can order up to six items to collect at a pre-booked time of your choice. Complete a *Click and Collect* webform for the library online at www.sglibraries.eventbrite.com or call **01454 865022** Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm and speak to a member of library staff.

Book for 1 hour free use of a computer or our Wi-Fi using your own device. Call 01454 868006 Monday to Thursday 8:45am – 5:00pm; Fridays 8:45am – 4:30pm.

Our free online library is still open 24/7

eBooks, eAudiobooks, eComics, digital magazines and newspapers continue to be available for library members to download anytime – www.southglos.gov.uk/eresources has all the details.

It now also includes Who Else Writes Like?, and for children, Who Next? where you can find authors who write in a similar way to those you have already enjoyed reading. Simply log in with your library card number and select South Gloucestershire.

Lego Club online continues! Find each week's theme on Facebook on Monday, have fun building a model to meet the challenge and share it with us! So far we've enjoyed seeing some fabulous buildings, space craft, minibeasts and sea creatures.

Not a member yet? No problem

Library membership is free – new members can join online at bit.ly/joinLW

Please enter your email address where prompted on the form for greater control of your account, PIN reset. Where the form says 'Pin' and next 'Re-enter Pin' it is asking you to choose your own then to re-enter it to confirm your choice.



Silly Squad, Summer Reading Challenge 2020

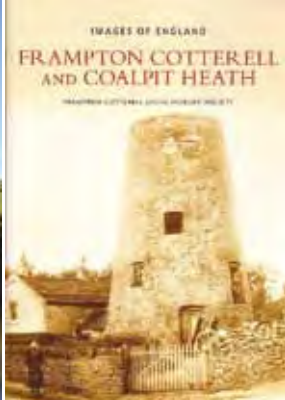
Children aged 4–11 years can take part in Silly Squad, Summer Reading Challenge 2020 at home. This year's challenge is all about funny books, happiness and having a laugh! The Silly Squad is a team of animal friends who love to go on adventures and get stuck into all different kinds of brilliant books.

Ask for a free Silly Squad Summer Reading Challenge bag while stocks last when you collect your child's library books. The bag contains everything you need to get started including a super-duper joining poster, stickers (beware – some are stinky scratch 'n' sniff stickers!), a guide for parents/carers and some Silly Squad crafts. www.summerreadingchallenge.org.uk

Find the latest information on our website www.southglos.gov.uk/librarychanges
Facebook page – facebook.com/sglibraries



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 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

Minister's Message

As many of you are aware, behind the Rectory in Winterbourne there are several fields. I have to be totally honest and admit that since moving here in September – nearly four years ago, I have not really taken much notice of these fields. That was until the Lockdown! As a regular swimmer (not a good one but somebody who feels the physical and mental benefits of early morning exercise), I suddenly felt bereft of my opportunity to swim and decided to try walking as a 'lockdown replacement' and hence the start of an incredible journey with God!

As one of many people who has an underlying health issue and therefore the need for extra care, the field behind our house at 5.30am seemed to be the safest place for me to start this new exercise regime. In the first couple of weeks I felt very restricted – I can remember saying (or more like 'moaning') to Malcolm that the two fields felt a bit like a prison exercise ground, and to be totally honest I felt very sorry for myself, trapped and quite lonely. These feelings were expressed to God regularly as I tramped around the fields – Him hearing my moans and groans day after day! I am so grateful He is a patient God!

However, as God so often does – an amazing transformation has happened over the weeks. From feeling like a prison exercise ground, with no freedom, the two fields have evolved into a very very special place to me. A 'thin space' – a place where one's closeness to God is almost tangible! Of course, they have provided the space for me to continue to exercise and thus stay fit but so much more than that. During my daily walk I have been more and more aware of God's presence with me and His love for me. Over the four months I have had the intense joy of watching God's beautiful world blossom from early spring into summer – beautiful grasses (I never realised how many there are), wild flowers in abundance, trees moving from those first signs of life into a beautiful green canopy and of course the amazing bird song. In addition, I have regularly been joined on my walks by deer. As I have been submerged into nature I have been totally overwhelmed both by the beauty of God's creation and the amazing complexity and interdependence of it. It has also been a time of God challenging me – on one particular morning I clearly heard God suggest to me that it was time I forgave someone from my past who had hurt a person very dear to me.

During this time I have carried the same fears that many of us have about the virus, fears about our loved ones, fears about what the future may look



like but I have felt the freedom to express these to God which has been incredibly liberating. I know I am not alone in having found this a fearful, difficult time but just like my experience above God walks with us, He understands all our feelings, He feels them with us and He will not forsake or leave us. That is true for that moaning walker mentioned at the start of this and it is true for each of us!

It reminds me of that amazing passage in Romans 8:

'And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.' – and I feel at this time we should add Covid 19 to those things which CANNOT separate us from God's love.

I am determined as we move into the 'new normal' to continue to value and love my God given 'thin space' behind the rectory and not let the busyness of life mean it is neglected. We all need to find that quiet space to allow God to remind us that He does indeed walk with us every step of the way – whether we are aware of his presence or not and that indeed is something to be thankful for!!!

Blessings, Jo

Jo Strange, Licensed Lay Minister



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www.fromesidechurches.org.uk

Email – office@fromesidechurches.org.uk



The Parishes of Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down

Church Services will be available in August and September. Please visit the Benefice Website for details. An On-Line service will continue for those who are not able to attend

www.fromesidechurches.org.uk



Messy Church at Fromeside continues online at www.fromesidemessychurch.wordpress.com

News from St Saviours Church

St Saviours Church is pleased to have re-started their services in church. Some pews are roped off to create some physical distancing, there are arrows on the floor to direct movement and visitors must wear masks and use hand sanitizer.

Sunday Services

8.00am – Holly Communion

10.00am – Church Service (non-eucharistic)

6.00pm – Holy Communion

(No singing or Choir)

Monday to Saturday (not Friday)

8.30am – Morning Prayer

5.00pm – Evening Prayer

Ride and Stride walk – Saturday 12th September

This year we are going to ride or stride (or car if you like) from Iron Acton Church back to St Saviour's. The route is along Frampton End Lane, though there is an alternative walk route via the River Frome if anyone prefers.

We're meeting at St James the Less Church, Iron Acton at 2.00pm. We hope you can join us.

If you can't join us, then come to St Saviour's Church; it will be open from midday to 4.00pm for the event.

AGM, 16th September, 7.30pm

Harvest Festival, 27th September

Service at 10.00am

Dedication Anniversary, 11th October

Service at 10.00am



Together for Fromeside Churches supporting Christian Aid!**

Christian Aid Week 2020

This year was certainly a Christian Aid Week with a difference! 'Together for Fromeside 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 Fromeside 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)



South Glos Hockey Update

After an abrupt and sad end to last season, South Glos Hockey Club are looking forward to the prospect of returning to hockey for the new winter season!

We are patiently waiting for information from England Hockey about how and what this will look like due to COVID-19.

If you are interested in learning a new sport, returning from a break or looking for a new club, then please get in contact with us to find out more information regarding training and games. Due to the current situation, information changes regularly and quickly- please see our website, instagram and Facebook page for regular updates and information regarding training, matches and joining.

Website: www.sghc.org.uk

Facebook: [SouthGloucestershireHockeyClub](https://www.facebook.com/SouthGloucestershireHockeyClub)

Twitter: [Southgloshe](https://twitter.com/Southgloshe)

Instagram: [southgloshockey](https://www.instagram.com/southgloshockey)

Or if you want more information, please get in contact at info@sghc.org.uk

We look forward to hearing from you!

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A talk about **"The Engine House Network"**

AGM 2020

Our postponed AGM followed by a Talk

Wednesday 7th October 2020

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214 Badminton Road, Coalpit Heath, BS36 2QB

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

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* The Miners Institute are expecting to reopen before 7 October, but in the event that it is still closed, we will try to find an alternative venue and advertise the change as soon as we know – and on the door of the Miners for anyone who goes there on the day.

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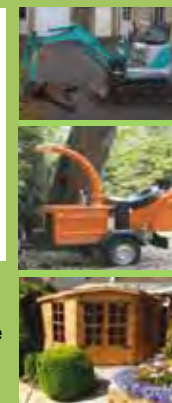
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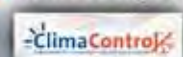
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