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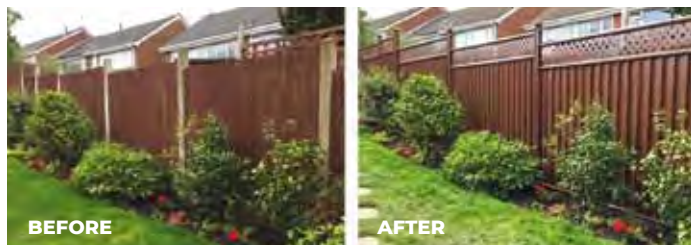
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Dear Residents,

Wishing you a happy New Year and hoping 2021 sees some peace and normality restored. Despite the challenges Covid presented throughout last year, it was heart-warming to see many local people and groups did not let the virus spoil all of our fun and were inspired to think of alternative ways to celebrate and stay together. From light trails, to online Carols in the barn, virtual fairs to treats being delivered to people's homes, people came together and made things work!

St Michael's school uniting with St Michael's church to deliver pre-filmed school nativity plays and carols into the pupils' homes is one such example.

A fabulous new year event to get involved with is the Frampton Cotterell and Coalpit Heath Window Fun. Residents are invited to decorate their windows on the theme of

community@mattersmagazines.co.uk

'Beyond our planet' to create a wonderful, display to be enjoyed during February half-term. Full details inside.

If you are looking for a new challenge this year and to support a brilliant local charity – Paul's Place are looking for people to sign up for the 2021 Bath Half Marathon. Find out how you can be a part of this team.

Connecting with nature is well documented to be good for our wellbeing. We bring you an article from the Frome Valley Growing Project and Avon Wildlife Trust, who both have amazing projects you can get involved with and enjoy this year.

All this along with features from Frampton Cotterell Local History Society, local WI's, Winterbourne Medieval Barn, The Floral Friend's of Fampton and much more!

Warm wishes,

Kerry & Jaci x

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From left: Michael, Fran, Tina, Darren, June, Mary and Maggie
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Join the 2021 Window Fun!

Time to be thinking about involving yourself in this free, fun community activity.

Enter by the 31st January to be included in Frampton Cotterell and Coalpit Heath Window Fun over February half-term.

The theme this year is: 'BEYOND OUR PLANET'

So, let your imagination run wild ... from galaxies, stars, planets and exciting space explorations to science fiction, aliens and more!

It's easy and really enjoyable to do – ideal for involving the family and do please encourage neighbours to do their windows too. Simple is extremely effective – but it's your choice: make your design as simple and quick, or as complicated, as you wish.

Choose your design and cut out the shape(s) in black paper/card or dustbin liner etc – then you can either:

- **A:** Attach your cut-out silhouette(s) to the window; then colour the rest of the window with tissue paper or washable paints etc.
- **B:** Attach your dark background to the window; then colour the hole(s) with tissue paper or washable paints etc.

(See below examples from last year's event).

Draw curtains over any remaining window or black it out with double dustbin liner or similar. Turn on a light and go outside to admire your creation, preferably after dark. Fantastic!

Windows should be lit from dusk between Sunday 14th February and Tuesday 23rd February (half-term plus a couple of days). A table lamp with a timer switch may be useful – or set your mobile alarm to remind you to switch on the light.

To enter (deadline 31st January 2021), you just need to submit your postcode and first line of your address via the contact details opposite.



Email: framcottva@hotmail.co.uk

Phone: Leave a message at The Brockeridge Centre: 01454 864442

In person: Complete an entry form at The Brockeridge Centre, Woodend Rd BS36 2LQ

Trail Maps for you to enjoy the Window Fun will be available after 11th February, from:

Village Action Facebook page or www.villageaction.org.uk or from The Brockeridge Centre.

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News from Winterbourne Medieval Barn

With South Glos in Covid Tier 3, the Trust was unable to hold community events in the Barn during December 2020. But we learnt how to keep some activities going despite strict Covid restrictions and were able to put the talk on Magic and the Christmas Wreath workshop online.

It became clear in the autumn that it would be impossible to hold the very popular Carols in the Barn with a live audience in December, but with amazing ingenuity and technology even this became a virtual community event. Volunteers from Fromside churches filmed their annual nativity

drama in socially-distanced small groups in the Barn, and put it together as a video for everyone to watch at home online over the festive period.

We do not yet know exactly what community events it will be possible to hold in 2021, so keep an eye on the Barn's website and Facebook page for updates. All events must still be pre-booked in order to manage numbers and be Covid-secure. Bookings are available for the following:

The monthly 'Tea and Tour' restarts on Thursday 4th February at 2pm. If you have not yet seen the results of the Barn's year-long closure for restoration in 2019, come along and be amazed! Enjoy a cuppa while you hear about the history of Winterbourne Medieval Barn, then take the opportunity to look around the whole of the recently renovated site.

The popular Apple Grafting Workshop will be held at the Barn on 27 February, again run by Ben Raskin of the Soil Association. In this one day course he will show how and why fruit trees are grafted rather than grown from pips or cuttings, and you will spend most of the day actually making three newly-grafted apple trees to take home with you.



The day costs £45, which includes full tuition, rootstocks and scions (twigs) for grafting, as well as tea, coffee and biscuits during the day. Early booking is essential as rootstocks have to be ordered weeks in advance. The workshop will be socially-distanced and limited to 8 places. Previous participants have rated this course as excellent, and several have gone on to make their own collections of apple and pear trees. Book now on the Barn website. If you have any queries, ring Robert on 0117 957 4921.

The talk planned for November 2020 was postponed (for a second time!) to Tuesday 30th March 2021 at 7pm. In 180 Years of the Gloucestershire Constabulary Sue Webb, force archivist at both police HQ and Gloucestershire Heritage Hub, looks back at policing in the historic county of Gloucestershire (which included what is now South Glos). Tickets are £5 to come along in person or to watch it live-streamed online.

Fingers crossed that in 2021 we can move past Covid chaos and once again enjoy opening the magnificent Medieval Barn to the community for heritage, craft, arts, and education. Maybe even weddings and big gatherings will be allowed again. Happy New Year!

Winterbourne Medieval Barn, Church Lane, Winterbourne, BS36 1SE

For further details about Winterbourne Medieval Barn, visit: www.winterbournebarn.org.uk

Facebook: **Winterbourne Medieval Barn** • WMBT Registered Charity number 1112908



Filming of Carols in the barn

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News from the Floral Friends of Frampton

As with many local groups, 2020 was quieter than most years with the activities that took place. We did however, in a safe way, keep up with tending to planters and planting new bulbs and seeds to bring colour this spring and summer.

We enjoyed taking part in the 2020 Village Scarecrow Trail. We hope our Little Miss Sunshine sat on the bench outside St Peter's Church brought a smile to the faces of passersby.

Before Christmas we updated the seasonal displays around the village. With support from the Parish Council, we have replaced some of our wooden planters with Amberol self watering half barrel planters, made from recycled plastic. They are filled with a mixture of perennial evergreens and winter bedding, and under-planted with bulbs that will pop up in early spring to bring additional colour. Our thanks goes to Giles Davis of Plant Care for supplying compost and for his help in transporting and setting up these planters.

We have also replaced the summer bedding in the remaining planters around the village with Violas, Polyanthus and Bellis. Hopefully these new displays will help to brighten the spirits on dark, dreary winter days.

This spring more of the wooden planters will be replaced with Amberol self watering ones, which will be easier to maintain than the older, wooden style.

Sponsorship – We'd like to thank AJ Homes and Winterbourne Vets for their continued support through the sponsorship of some of the floral displays around the village. If you'd like to do the same for an annual fee, we'd love to hear from you. With a plaque fixed to the planter, it's cheaper than most other forms of business advertising!

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

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

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

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



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Two St Michael's are better than one!

This year has been unlike any other in so many ways. At St Michael's we have been so grateful to have all of the children back in school this academic year despite the strange nature of bubbles, lunch in classrooms and teaching through a visor. One of the many constants during this time has been the fantastic energy and enthusiasm the children bring to school.

A major part of our school celebrations in December is usually our infant nativity performances and our junior carol service. However, faced with social distancing measures to keep everyone at school safe, we found ourselves in the difficult position of being unable to provide live performances for our whole school community to enjoy.

St. Michael's is not a school that gives up that easily. We know that our children love the opportunity to dress up, sing their hearts out and spread Christmas cheer as widely as possible. We equally know that the parents of St. Michael's love to watch their children dress up, sing their hearts out and spread Christmas cheer as widely as possible! Who better to turn to in a time of need than our namesake, St Michael's Church.

Father Malcolm and Morgan Tande heard our call for assistance and volunteered the services of the church to help our school record our nativity and carol service.

Once again the sounds of songs of praise echoed through the corridors of St Michael's, as children sang about stars, Bethlehem and stables.



At time of writing, the school had just completed recording all of the children contributing to a Christmas performance in one way or another. Morgan has patiently used his camera wizardry to spend all morning filming at St Michael's School. The results are fabulous!

All of us at St. Michael's Primary School would like to say a big thank you to both Father Malcolm and Morgan for making it possible to share the Christmas message of love and hope with the whole of our school community.

It is a lovely to think that children from our school are able to snuggle up with family and watch themselves singing and celebrating with all of their friends at school. It is even more amazing to think that they can share this gift with grandparents, uncles and aunts during the holidays.

We hope you all had a Merry Christmas and wish you a very Happy New Year! From us all at St. Michael's Primary School in Winterbourne.



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A local history on – the local!

With pubs in Lockdown once again during November, Frampton Cotterell Local History Society's Chairman – Ian Haddrell identifies a number of local hosteleries that are no longer trading and a few 'locals' that have survived to serve the needs of the community.

The history of pubs can be traced to Roman taverns in Britain, and through Anglo-Saxon alehouses, but it was not until the early 19th century that pubs, as we know them today, first began to appear. In many places, especially in villages, pubs are the focal point of local communities. In his 17th-century diary, Samuel Pepys described the pub as "the heart of England".

The earliest phase of the building of the Horseshoe Inn in Coalpit Heath dates from the late 17th century and George Richard was recorded as licensee in 1738, with the Holder family running the pub for most of the 19th century. It closed in the late 1990s and was converted to dwellings.

The Bunch of Grapes was located in Woodend Road and operated as a pub until 1934, when an application for a licence was refused on the grounds that 'little business was done and that the premises was not commodious for the purpose of a licensed house as other premises in the neighbourhood'.

Numerous developments have taken place at The Rising Sun, Ryecroft Road, from the 19th century up to the end of the 20th century. The Howes family ran the pub for almost 100 hundred years in the 1900s. In 1903 the pub had an annual rateable value £14 10s 0d and was supplied by the Bristol United Brewery.

The Cross Hands (later renamed the Western Coach House) stood on the crossroads of Perrinpit Road, Bristol Road and Church Road. The picture of the Cross Hands depicts a rural impression, very different to today's traffic laden roads. It was converted into dwellings in 2006.

A pub still exists on the site of the Half Moon, Coalpit Heath but the Badminton Arms is a completely different building to the one that had its origins in the early 1800s. Demolished in the 1970s, this prominent local landmark was run by

Mary Marshall and her husband in the 1950s and 1960s, during which period it is claimed that Cary Grant, the famous Bristol born Hollywood movie star, twice visited the pub.

The Huggins family ran The Globe, in Church Road, for over 80 years from around 1840 until the early part of the 20th century. In 1937, Arthur Moon, licensee of the Globe was found unconscious with head injuries with his bicycle beside him, at the bottom of Stoke Hill, Hambrook. He died in Bristol Royal Infirmary. He had served with the 4th Gloucesters in France in the Great War.

In the photograph of the Live and Let Live, a magnificent light hangs above the entrance of the pub, in the 1920s. The sign above informs us that Harry Eaves is landlord, licensed to sell Beer, Ale and Cider. Mrs Lillian Eaves his wife, who died in 1943, stands outside the pub. The 'Live' closed to customers in November 2019.

The Ring of Bells, Coalpit Heath is believed to be of 17th century origin, with 18th and 19th century alterations and additions, and 20th century alterations. Besides its main function of serving beer, in 1837 the pub was the headquarters of a miners' funeral club and, in the late 1700s and early 1800s, a venue for Coroners Inquests.

The Wickwar Brewery supplied beer to the Star Inn in the 1890s, when its address was Watermore Lane (now Church Road). The picture, taken about 1936, shows Mrs Emily Mitchell, wife of landlord Albert, and Ronald Rosslyn standing below a gas powered lamp on the porch.

Text and images thanks to Ian Haddrell, Chairman of Frampton Cotterell Local History Society

Photos: 1: Horse Shoe Inn, 2: Bunch of Grapes – 1920s, 3: Rising Sun – 1950s, 4: Cross Hands, 5: Half Moon during World War 1, 6: Live and Let Live – 1920s, 7: The Globe c.1955, 8: Ring o' Bells – 1900s, 9: Star Inn c.1936.



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Reader Feedback!

On reading the above article, local resident Terrance Stabb kindly got in touch with us to confirm Cary Grant had indeed visited the Half Moon pub in the village during the late 60s.

When enjoying a drink in the Half Moon one evening, Terrance was amazed to see Cary Grant supping a pint at the bar. He said good evening to the star and enquired as to why he had selected his local to drink in? The actor replied he didn't like drinking in town as too many people approached him. Terrance said, "Oh I'll leave you alone then." To which Grant replied, "No, that's ok, it's only you so I am happy to talk."

Terrance took Grant through to the Long bar that had a piano, and the pair enjoyed a couple of hours drinking and having a chat. Terrance described the encounter as a memorable evening.

He then went on to say at the same pub, he had also met Jimmy Edwards – an old English comedian and Jimmy Hill, the then manager of Coventry Football Club. The whole team visited after playing a game in Bristol. Hill told Terrance he had heard it was a lovely pub so the team come to see!

Terrance told us the pub was then run by Fred and Mary Marshall who were great landlords.

He said, "It is a great pity that we lost the pub, it was at the centre of the community for many years."

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If you are unable to make the dates/times above, please contact us and we will find an alternative time to show you around.

Harry Helps the Homeless

We were delighted to hear this month from one local family whose son Harry (pictured right with his younger brother) turned 8 on 13th December. Having discovered that there are homeless people on the streets of Bristol, Harry decided that this year instead of birthday presents from his family and friends, he would like donations for the homeless as *"it's not fair that we have a house and they don't"*

Mum Jessica told us: *"We often talk about life and, as we drive around Bristol, we have seen homeless people. We've discussed how people are homeless and how lucky we are to have a home. In the modern world I feel children have so much it is important for them to know that not everyone has this and we are lucky and to feel gratitude. When discussing his birthday back in the summer (we talk about it early as it is so close to Christmas), Harry said he feels so lucky that he doesn't need anything, so he would like to help the homeless. Instead of having presents.*

"We discussed charities in Bristol and he choose St Mungoes. We set up a just giving page with a goal of £50 but was totally amazed to find it had accumulated to £400 by Harry's birthday. As I write this it is currently at £530 and we are waiting to hear from the charity to donate it!! "Harry is so pleased. We talked about how they may use the money. For example they do courses to help people get jobs so that they can then afford a home. He found it really interesting how they all link together."

Wow what a wonderful young man. Well done Harry for your incredibly selfless act. We hope you enjoyed giving on your birthday and that Santa brought you a special something this year. If you would like to give a little to Harry's fund it is still open and can be found at ...

<https://www.justgiving.com/crowdfunding/jess-witcombe-weeks>




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The Avon Wildlife Trust is the largest local charity working to protect wildlife and inspire people in the West of England. They care for 30 nature reserves – from ancient bluebell woods to Iron Age forts, nationally important wetlands which are a haven for rare, wading birds, and wildflower meadows. They have run numerous fun and informative wildlife events at Says Court.

Their educational and community programmes help people of all ages connect with and benefit from the natural world around them – and take action themselves to help nature's recovery.

2020 was tough on all charities so I know anything we can do to support them will be much appreciated.

And getting involved with The Avon Wildlife Trust is good for our us too; it ticks all of the boxes for the Five Ways to Wellbeing: it enables people to **Connect** – with nature and people; **Be active** – get outside to garden and walk; **Take notice** – observe plants growing and the natural changes in season; **Learn** – all about our local natural world and how we can support it, and there are plenty of new skills to be learnt too; **Give** – your time and/or money to support the charity. In truth, the list of benefits with connecting to the natural world is endless.

Below are some ideas of activities that you may like to get involved with this year, but if none of these take your fancy, please do visit www.avonwildlifetrust.org.uk as there is sure to be something there that will inspire you to get involved.

Get planting! Planting wildflowers in gardens is a great way to connect with nature. Seeds or plants can be purchased from Grow Wilder online store www.growwilder.co.uk or at their site in Stapleton.

Volunteer! COVID-allowing, the trust is planning to reboot their volunteer opportunities in 2021 with new openings in food growing,

wildlife gardening, habitat management and also for their café which should hopefully be opening in spring. People can sign up for announcements at www.avonwildlifetrust.org.uk/form/sign-up-to-volunteer or by following the **Facebook page: AWTGrowWilder**

Wildlife Gardening Club – These sessions are open to anyone and the team welcome people who have only recently discovered their love of nature or gardening. The club will create a supportive community, where people can share their successes and challenges in creating a wildlife friendly garden, each month. These sessions will take place in seasonal blocks, with the first beginning on Wednesday 13 January – and finishing on Wednesday 10 March 2021, 6.30 to 8.00pm. Price: £49 for 3 sessions.

Email: learning@avonwildlifetrust.org.uk



My Wild Child video sessions – Unable to run their usual outdoor sessions with little ones due to COVID, Avon Wildlife Trust quickly adapted and created My Wild Child nature connection video sessions instead. Each of the videos incorporates something for every kind of learner – so far those viewing the videos have learnt about the importance of trees, looked at leaf shape and colour, followed a magical story about rainbows, made their own pair of owl eyes, and met Crinkle the friendly leaf. There is so much just waiting out there for everyone to explore, and it's more important than ever to get outside and connect with nature during this time of uncertainty.

To watch these free video sessions, and get some ideas about connecting with nature with your little ones visit: avonwildlifetrust.org.uk/mywildchild.

Facebook: www.facebook.com/groups/mywildchild

News from Coalpit Heath WI



Santa and his designated elves from Coalpit Heath WI made sure their members all received a little surprise in time for their December meeting. After a small delivery hiccup, all members received their personal 'meeting in a bag' including a card designed by one of our committee members and printed with a poem written by another. Also included were instructions for making a bird feeder using a large fir cone which had been provided. Other goodies included a tree decoration and an all-important raffle ticket for a Christmas hamper of festive goodies put together by the committee members. Members were very appreciative of the efforts that the committee had gone to.

As we are unlikely to have meetings at the start of 2021 we will continue to deliver a newsletter to all members. Our new programme of events is usually published and handed out in January but as yet hasn't been formalised. The first meeting back – whenever it is – will be left free just for members to enjoy being back together. A Christmas meal will also take place at some point in 2021!

We wish everyone a happy and healthy start to the New Year!

Facebook: Coalpit Heath WI

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'Covid, Lockdown & You'

by Charles Allen

Hello, I am a local resident and I am developing a book idea centred around the current situation we all find ourselves unwillingly part of. Of course I speak of this awful worldwide pandemic, COVID-19 and the enforced but painfully necessary Lockdown.

During a period of recovery after a 10 day Hospital stay I embarked on two of my favourite things to help me during this time, drawing and listening to music. I have found them both very cathartic, peaceful and good company. I particularly enjoy sketching portraits as the challenge of getting a likeness, such that others can recognise the sketch is a terrific buzz. I can't claim to have a great record, but it's fun. So I found myself listening to music and sketching who I was listening to. Whether it's Michael Kiwanuka, Frank Sinatra or Eric Clapton I'd give it a go. One day I was listening and sketching when two tracks caught my attention, as the words were so apt for the Lockdown situation, although the songs were over 30 years old.

I then I had this little idea!

Imagine, purely hypothetically, if you were to explain, in 20 years' time, to an audience of 20 year olds, what COVID and life in Lockdown was like for you.

What would be your Top 20 things to talk about and explain to that audience, who weren't born at the time. What would be on your Top 20 List?

My hoped for ambition is to get 40 lists, from 40 different people. Your list and that of the other 39 contributors would be accompanied by one of my music based illustrations, which would be loosely based on one or more of the elements contained in your list. My intention is that the music based sketches will be fun, sometimes irreverent and on occasion thought provoking.

All lists will be anonymous and will not be disclosed to anyone else, but all contributors will be acknowledged at the end of my envisaged book.

My hope is that it will be a wonderful, slightly different, sort of diary of an event we can all look back on in time with some small element of fondness. Albeit it would be a memento of an experience we all would never wish to repeat.

If you are interested in participating please email me at: charlesallen2020@gmail.com



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The growing project is still growing!



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or seeds for a donation, we have far more than we need. We are looking for donations of pallets if anyone would be able to donate some they would be so gratefully received.

Thanks to the Winterbourne Environmental Group we have received our first delivery of tiny trees from the Woodland Trust. We are using these trees to plant a native hedgerow. The hedgerow will provide us with a windbreak, offer a habitat for our more than human friends and, once it is more established we hope to harvest the fruit, berries and blossom. The planting has been in all weathers and has been a real team effort. We have loved doing this work and it seems really important at this time of environmental crisis that we are able to plant trees to offset carbon.

We are also delighted that we have just expanded the project and we have now taken on an extra half an acre. We will be 'rewilding' this area. Rewilding Europe define rewilding as 'a progressive approach to conservation'. It's about letting nature take care of itself, enabling natural processes to shape land and sea, repair damaged ecosystems and restore degraded landscapes. Through rewilding, wildlife's natural rhythms create wilder, more biodiverse habitats.

Our plans are to intervene as little as possible with this area. We will sow some native seeds and plant some native trees but we will not be cultivating the site at all and we truly will let nature do its magic. We started to leave this area to grow 'wild' this year and we have witnessed two main things.

Firstly we are seeing such a quick response from nature to get the bare soil covered over with quick growing plants that are healing and protecting the soil beneath. Secondly, we have been watching so much more wildlife access the area, especially with the arrival of winter. The birdlife in particular are loving this area. We are so excited to have seen Finches, and Tits and lots of Wrens all over the 'rewilding strip'.



We have joined the Rewilding Britain Network who suggest some excellent information and tips on rewilding. Please visit their website for more information on rewilding projects across the UK and also how to rewild in your own garden.

www.rewildingbritain.org.uk

Here is some of what we have done and found by rewilding this year;

1. **Change your perspective, see the habitats and food that weeds and long grass can provide rather than the 'mess'**
2. **Avoid using any chemicals in your garden; pesticides and herbicides have a massive impact on biodiversity particularly in insect life**
3. **Stop digging...try mulching instead, it's a great way to give back to the soil and it is SO much easier!!**
4. **Be brave enough to leave areas of your garden to grow untamed! If you can leave a section of your lawn that you don't cut or a digging a pond can be a great way of introducing new habitats to your small bit of 'wild'**
5. **Once the great web of life is given space to do what it does best everyone seems to jump on board and almost straight away we begin to see more and more biodiversity**



If you are interesting in knowing more about our project or would like to become a member or support us in any way please do get in touch via the contact details below.

Email: thegrowingproject123@gmail.com

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



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Co-op supports breaks for local young carers



Planting bulbs in the young carers garden

Local charity, Carers Support Centre, is delighted to have been selected by the Co-op local community fund this year. This gives Co-op members the chance to support breaks for young

carers just by shopping. Simply select Carers Support Centre as your cause and, for every £1 you spend at any Co-op store, 2p will go to back to you and 2p is donated to young carers breaks.

Despite Covid-19 restrictions, Carers Support Centre are determined that young carers still get a break. The charity recently delivered a range of online group events for young carers, in partnership with local businesses and charities. Young carers who attended said:

"I felt proud of myself because I cooked a meal for my mum. She loved it."

"It was fun, we played lots of games and started to write a play."

"I loved the dance and I thought it was so creative."

Caring is a huge responsibility that should only ever be expected of an adult. Young carers do a fantastic job of caring for someone at home, but it has a big impact on a young life. Young carers struggle to keep up with schoolwork and suffer with stress, anxiety and depression. This is why breaks mean so much to young carers. They give them the chance to take some much-needed time away from their caring role and socialise, relax and just enjoy being kids for a while.

Joss Tagg, Young Carers Service Manager of Carers Support Centre, explains: "Having a break increases young carers' resilience, so they can continue caring for sick and vulnerable family members in a robust and safe way. Joining in with activities helps their wellbeing and creates lasting friendships and peer support. Activities provide a fun and entertaining break, as well as life skills and training. Activities also decrease anxiety, loneliness and isolation."

You can help young carers get more breaks, simply by getting a Co-op membership card and choosing Carers Support Centre as your cause. Becoming a Co-op member is easy. Join and choose Carers Support Centre here: <https://membership.coop.co.uk/causes/49881>

www.carerssupportcentre.org.uk



The Carnival AGM was held on Monday 19th October 2020 by Zoom.

A committee was elected for 2020-21 although it was agreed that due to the uncertain times we are in, there would be no Carnival over the May Day weekend in 2021. However, it is hoped that perhaps a Scarecrow Trail and Treasure Hunt can be organised (Covid rules permitting!) sometime during the weekend.

It was also agreed that the four chosen charities for 2020 (Brace, Trussell Trust, Mind and SSAFA) would each receive a donation of £400. These four charities will remain as our 'chosen charities' for 2021 and further donations considered at the 2021 AGM.

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celebrating its twentieth anniversary.

Unfortunately in March 2020 it was forced to suspend its activities due to Coronavirus restrictions. When the first lockdown restrictions were lifted, the group restarted in September in a limited way and with appropriate C-oronavirus precautions to help people who had specific questions about use of their computers or tablets. However they were forced to close again when the second lockdown was introduced. Now the group is hoping to reopen in 2021 as more people become vaccinated and restrictions are lifted.

Although younger people have grown up with computers, many older people have had limited experience of them in either their working or personal life. The group aims to help them improve

Frampton Cotterell Computer Group

At the beginning of 2020, Frampton Cotterell Computer Group was looking forward to

their knowledge and understanding either through structured exercises which people can work through at their own pace or by answering specific questions which people raise. Because of the informal nature of the group people can also learn from each other as they try different things.

For the latest information contact the Bickeridge Centre, Tel 01454 864442, or visit the Computer Group website www.fccomputergroup.uk.

Frampton Cotterell Computer Group



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.

To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk

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View from Trench Lane

Update from Steve Cooke, Chair, SMOB RFC

New Year Promises a Return to Rugby

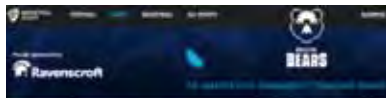
All of us at St Mary's are looking forward to the New Year and a Return to Rugby and we hope some of you will make a New Year's Resolution and come and join us! A great New Year's resolution is for you and your family to take up Rugby at St Mary's, challenge yourself and experience rugby's unique sporting values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

Our **Minis and Juniors** are intending to run an **Open Day on Sunday 10th January** providing we are in Tier 2 or below - when our coaches and current players will be running Covid compliant taster training sessions aimed at all age groups from 6-16.

Come along and check out our facilities and grab a complimentary take away coffee or drink whilst your kids enjoy a run out and the opportunity feel just like our Under 10s do in the photo below – session times will be published nearer the date on www.smobrugby.co.uk and @smobrugby Twitter.



St Mary's Under 10s Team



<https://www.bristolbearsrugby.com/news/player-pathway-club-profile-st-marys-old-boys-rfc-ladies/>

Our **Senior Men's** teams have been training hard through the different stages of the return to play protocols that the RFU have issued. With a set of modified laws approved by the government and the RFU we now intend to start playing friendly and competitive rugby on January 9th.

With the RFU cancelling the League competitions this season due to Covid, we have joined with five other local sides to form our own set of fixtures, minimising travel and playing at a good standard. Joining us in the league are local rivals Frampton, North Bristol, Bristol Saracens, Whitehall and Old Colstonians. We are looking forward to a return to full training as we emerge from Tier 3 of lockdown so that our players from Bristol and Somerset can travel to Trench Lane.

Meanwhile our **Senior Ladies** section goes from strength to strength with the official announcement of our partnership with Bristol Bears:

SMOB Ladies Head Coach, Rich Hynes said: *"It's a huge step forward for the club and our ambitions to promote women's rugby at St Mary's. The programme aligns perfectly with our vision to create an environment where players feel valued and investment in helping them become the best player they can be."* We now run 2 senior Ladies teams so there is room for you to join us.

Continuing our Club's tradition of fundraising it was great to see Donna Price our Ladies 1st XV Hooker run 100Km in November and smash her sponsorship target by raising over £540 for the British Legion Poppy Appeal.



Donna's 100km for the Poppy Appeal

Are you in need of some pain relief and support?

Contact Osteomyology expert – Dawn Clode Ostm, Lic MET, Lic CR, FAO

2020 was undoubtedly a challenging year for us all. We are now several months in to dealing with the negative implications of Covid-19 and for many of us it is starting to take its toll. If you need some help with any kind of emotional or physical pain please do get in touch with Dawn Clode.

When I spoke with Osteomyologist Dawn, she told me these were indeed tough times for everybody, but she was pleased to be able to use her skills as a therapist to help individuals in their time of need. People who had never previously suffered with shoulder and neck pain or an aching lower back, were finding themselves enduring pain due to a change in work circumstances, balancing a laptop while working from the sofa or dining room table is far from ideal! She has been able to help with their discomfort and advise on better working practice from home.

As well as the physical pain, un-suprisingly, an increasing number of people are suffering with emotional problems. Dawn is an excellent listener and inspirator and can deliver treatments for emotional health via Zoom if people feel more comfortable meeting this way.

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These



Dawn Clode
Ostm, Lic MET, Lic CR, FAO

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Dawn works from her Holistic Health Practice in Little Stoke. She will remain closed during lockdown for treatments in person (you can pre-book now) but can offer support online or over the phone.

She is happy for you to get in touch for further information. Please call: **0795 1099 491**
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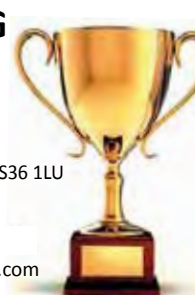
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Building up – the start of the Covid-19 recovery process

Paul's Place was set to celebrate its 25th anniversary in 2020. The vital disability service continues to support disabled adults and their carers living in South Gloucestershire, Bristol and North Somerset.

"Every precaution is taken to ensure the safety of our service users," explains Daniel, CEO of Paul's Place. "Many of our service users continue to express their gratitude, highlighting the difference services like Paul's Place at Home has made during this time when we can't all be together in big numbers at the day facility," Daniel shares.

"Right now we are also focusing on the recovery process, assessing what needs to happen to continue to enhance the lives of our service users. After what has been an incredibly challenging year, it's important we use this opportunity to tailor our offering further," says Daniel.

The charity looks forward to reintroducing important services like Paul's Place Sports. "Although adaptations will have to be made in line with Covid-19 developments, it's vital we support our service users by getting active again," explains Daniel.

It's not only Paul's Place service users who need to become active again. All of us are experiencing the loss associated with not being able to take part in sports and other leisure activities.

This year, the charity hopes to provide opportunities for you to get active again in 2021. Either by dancing at their Annual Grand Ball in October or running in the Bath Half in September.

How one runner didn't let Covid-19 stop him completing his Bath Half

We spoke to one of last year's Bath Half Marathon runners for Paul's Place, Daniel Curl (pictured). Due to Covid-19 his finish line was not in the public race, rather he completed his half marathon along the Bristol to Bath Cycle path.

"I think it was Maya Angelou who said: 'if you get, give. If you learn, teach' and I think that's a philosophy I carry with me day-to-day. I believe Maya's philosophy is so important, particularly these days when people are so in need with so much going on in the world. I know what a difference Paul's Place makes in helping its service users live life to the full."

Carers Support Centre helps carers through the winter



This winter will be a challenging one, and no one is feeling the effects of the pandemic more than family carers. They

give support to family or friends who could not manage without their help. Three in five people will be carers at some point in their lives.

Covid-19 continues to have a monumental impact on carers, not only because of the increased amount of care that many are having to provide, but because of the far-reaching effect that this is having on their relationships, their mental and physical health, their paid work and their emotional wellbeing. In addition, worrying about the winter is causing stress and anxiety for carers, many of whom have had no break from caring for many months.

If you are looking after someone, you might be struggling to take time for yourself. Local charity, Carers Support Centre, understands how incredibly difficult it is for carers right now. Whatever your caring situation, the charity welcomes your call and all their services are free.

CarersLine is their confidential information and support service for carers. You can contact them with

any questions or concerns that you have, to do with your caring role. CarersLine makes time for everyone who gets in touch, and understand the difficulties that carers face. They can help with information about benefits and debt and where carers can go to get specialist help, juggling work and care, breaks from caring and other ways of looking after yourself.

Carers Support Centre's Wellbeing Service gives carers emotional support and aims to help you become more resilient. The service is confidential and is delivered by phone and online. You can choose between three telephone services:

Counselling – a confidential space to talk with a professional counsellor.

Mentoring – if you are new to caring, or tackling a new set of challenges, get advice and understanding from another carer.

Befriending – open to anyone who would like a chat. Their befrienders are available and eager to connect.

Get in touch by calling CarersLine on 0117 965 2200. You will need to leave a message with your name and telephone number and someone from Carers Support Centre will call you back as soon as they can. For free help and advice, visit www.carerssupportcentre.org.uk

When asked how his training went and what advice he would give first-time runners he told us the training was harder than the run itself!

"I joined a gym and because my work commitments were quite heavy, I was up early each morning and in and out of the gym before sunrise." Daniel is a brilliant example of how even the busiest work schedule can allow time to achieve personal goals.

Another great tip from Daniel to first-time runners is to invest in appropriate clothing!

"A few weeks before race day, I bought running shorts. Really not a good idea for anyone with chunky thighs – the chafing is a real killer! So, I wore Lycra joggers... not a good look for a man approaching 40 but ok in a race!"

Like our other runners, Daniel was set to run the Bath Half in March 2020, which due to Covid-19, we asked our runners not to take part for their personal safety. Determined to keep his promise to his supporters he decided to run solo.

"For me, a promise is a promise. I ran the full distance on the Bristol to Bath Cycle path. I started the race in Bath and ran to Bristol."

"My wonderful other half popped up at a few choice places along the route to surprise me and cheer me

on, which was a MASSIVE boost."

"It was also nice to see a couple of others doing the same thing for other charities. This lifted my spirits as we all wished each other well, knowing that we were all trying to do our bit for others."

Could you be our next Bath Half runner?

Get in touch now to secure one of the limited spaces at fundraising@paulsplace.org.uk

For all their latest developments sign up to their newsletter now at www.paulsplace.org.uk or follow them on social media.

Facebook: @PaulsPlaceCharity

Instagram: @paulsplaceofficial



Bath Half – show 2021 what you are made of!

The next Bath Half is set to happen September 5th, 2021.

That means, more time to train, more time to raise funds.

Set yourself a new target for 2021 by completing the Bath Half for Paul's Place.

This is your opportunity to shine and support the disabled adults and carers living in your local community. Spaces are limited.

Book your place today!

Email fundraising@paulsplace.org.uk or call Clair on 07493 343 598

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Week commencing 11th January 2021
Week commencing 19th April 2021

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Thursday - Winterbourne Library

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Cindy.Corbett@sgscol.ac.uk

The latest from Winterbourne library

Libraries continue to work within current Government Regulations with safety measures in place.

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A message from Jo Strange, Licensed Lay Minister

One of the many tools I have found really helpful in respect of my work with young people over the years has been the 'blob tree' – I am sure a number of you will have experienced these, but for those of you who have not a brief explanation from me (see picture opposite!). Basically we are asked to look at the figures on and below the tree and think about where we feel we are at this moment – to identify with one of the figures and then think about why we have chosen that particular position, on or under the tree, in respect of our own personal feelings at that point in time. It may be that we feel very positive and are sitting high up in the branches surrounded by friends, maybe we are feeling quite sad and low and feel we are the person sitting on our own under the tree, or we may feel as if right now our life is a bit out of control and we relate to the person falling out of the tree! As a visual learner I think a 'blob tree' can be a really helpful way of creating a picture of how we are feeling.

Recently I listened to an inspiring reflection focussing around the New Testament character of Zacchaeus. As you may remember from Sunday school days, Zacchaeus was a tax collector (in those days tax collectors were very unpopular because they often took more money than they should). He had heard a lot about Jesus and wanted to see him for himself. So he decides to climb a tree to get a good view of Jesus as he passes by. But Jesus spots him and tells him to come out of the tree because Jesus is coming to his house there and then!

As I thought more about this story the 'blob tree' came to mind. Where in the tree would Zacchaeus put himself – a person who had few or no friends, a person who no doubt was troubled by the guilt he felt at his unscrupulous tax collecting, a person who was undoubtedly very lonely and of course a person who in hearing about Jesus I am sure felt he, Zacchaeus, could never be accepted let alone loved by this amazing preacher. Perhaps this may ring a few uncomfortable bells for you – I know it does for me. Maybe we are not unscrupulous tax collectors but for most of us there are parts of our lives that we feel, at times, ashamed of or uncomfortable about. And so like Zacchaeus we climb possibly to the top of the tree, hidden by the leaf canopy so nobody else can see us and peep down at what is happening, feeling unworthy to be a part of the scene, just a hidden lonely bystander.

But what happens next is good news not only for Zacchaeus but for all of us who may relate to this story. Jesus looks up into the tree canopy and says to Zacchaeus "come down, I am coming to your house right now!" Or in the words of the well-

known Sunday school song 'I am coming to your house for tea!' How must he have felt? How would you or I feel – no time to run the vacuum around, clear the dirty dishes or bake a cake! And yet that is exactly how Jesus is with each one of us – he comes into our homes, our hearts, our lives and accepts us just as we are – our spiritual dirt from lack of spiritual vacuuming, our spiritual hunger from lack of spiritual food because He loves each of us unconditionally and sees beyond our 'dirt' to our God given potential. However wretched or unworthy we may feel Jesus sees us through His eyes of unconditional love.

But it does not end there – as we hear in the story, once Zacchaeus has entertained Jesus in his home (a home that has been despised by society for so long) he spontaneously tells Jesus that he is going to put right the wrongs he has done. As we read in Luke's gospel 'Look Lord! Here and now I give half of my possessions to the poor and if I have cheated anybody out of anything, I will pay back four times the amount.' Jesus does not ask him or tell him to do this – it is simply Zacchaeus' response to the love and acceptance he received from Jesus. And that is the same for each of us – however unworthy we feel, however far from God we feel, however hidden in that blob tree with no friends, we feel Jesus loves and accepts each of us and wants us to 'come down from our hiding place in the tree' and meet with Him and receive His love unconditionally. So let's climb out of the tree and welcome our Lord into our hearts for 'tea' and all that He has in store for each of us his beloved children.

Every Blessing for 2021, Jo



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Would you like to help a local Charity which makes a great difference to people's lives?

Shopmobility South Gloucestershire is looking for more volunteers willing to help out at the scheme. It is based in Yate Library, at Yate Shopping Centre, and it hires out wheelchairs and mobility scooters. People from South Gloucestershire with a Diamond Card concessionary bus pass can also use this to pay for the hire.

To Volunteer for the Scheme or pre-book a scooter or wheelchair please ring **01454 868718** or **07999574474**, or email - shopmobilitysouthglos@yahoo.com.

Or simply call into our office at the Yate Library complex.

In Memory

During 2020 two of Shopmobility South Gloucestershire's stalwart volunteers very sadly passed away.

Granville Olive (photo right) acted as the Shopmobility scheme's Treasurer for many years. Granville was also very active in the local community.

Ann Hulme was a Founding Trustee of Shopmobility South Glos and was the Scheme's secretary for many years. Ann was also a Chipping Sodbury Town Councillor, and was very active in the community generally, particularly with disability Charities.

Shopmobility South Glos Vice Chairman, David Bell, said - "Both Granville Olive and Ann Hulme made a huge contribution to Shopmobility and helped ensure its success and its continuation. They will be greatly missed."



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