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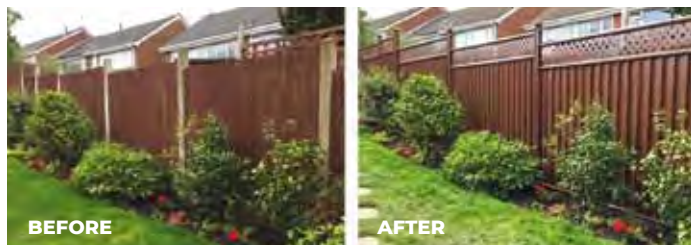
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Dear Residents,

We hope lots of you got to experience the 'out of this world' window trail organised by Village Action. We think the participants excelled themselves this year with the fabulous aliens, planets, space ships and star wars characters displayed on local windows during half-term – a fantastic bit of escapism!

With many more of us turning to home-deliveries over the past year, the Frampton Cotterell and District Local History Society share with us a fascinating article illustrating delivery services in years gone by, well worth a look on the centre pages.

The Winterbourne Medieval Barn are always busy organising events for the whole community to enjoy, this has been tricky over recent months but they have a selection of activities lined up that will take place whether we are in lockdown or not.

community@mattersmagazines.co.uk

We bring you news on a commemorative bench to celebrate the life and work of the late, local author Dick King-Smith.

If you are looking for a new challenge 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 over the coming months.

All this along with features from Elm Park Primary School, The Floral Friend's of Frampton, Frams Rugby, The Fromeside Benefice 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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FANTASTIC! What an incredible display of windows in Village Action's event over February half-term!

They were definitely 'Out of this World' with diverse interpretations and a variety of materials (with much recycling) adding to the effect and enjoyment. There were amazing creatures, brilliant flying objects, splendid space scenes, famous Sci-Fi films – and even two wonderful changing light shows. Glad that I wrapped-up warm and didn't miss any of them – with the added delight of a child's shriek of excitement coming through the darkness as they spotted a window.

All ages were involved and there was evidence of art, science, maths and problem solving – plus obvious patience from some! It's interesting to hear the reactions and enjoyment from residents both participating in decorating their own window and in viewing the efforts of others. I wonder if you can match any comments to a particular window?

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

A first-time participant said: "Really pleased with the window. Our daughter in law did most of it with help from our granddaughters. We had a brainstorming face time meeting and discussed our ideas... little lights and glow in the dark stars... all stuck to an old bed sheet. We really enjoy art and crafts so were happy to be involved."

"We had a lot of fun thinking of what aliens would look like and then making them to fit the window. We used black card to create silhouettes, then picked out eyes and mouth with colour gels to make them look more out of this world!"



"...joint effort by all the family: my two boys and husband are huge Star Wars fans so it was an obvious choice!"

Encouraging comments to have a go next year:

"...such an enjoyable and relaxing family activity for a cold, winter weekend. It was surprisingly simple to make and really brightens our window"

One couple said, "we had good fun designing and making it, we used coloured cellophane this year instead of tissue paper, it worked really well. The kids love the design and we can't wait to go out as a family to enjoy the other displays."

"...16 year old did some very complex maths to scale the planet sizes ... very effective and lovely to do something with a teenager away from his screen."

Someone's technical detail: "...a simple black sheet of paper, cut into a stencil... image found on the internet. The bits that appear to be suspended in mid-air are held there by magic. Well, sticky tape is pretty magic, isn't it?"

"... something with a humorous yet serious, up to date message. Star Wars is a franchise that I grew up with. With Bristol's Dave Prowse dying last year, it's a very moving local connection."

"This event brings some fun and colourful light to a cold winters evening and hopefully a smile to all the viewers."

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

"... been a real pleasure walking round our village, spotting the wonderful windows on display. Well done to all who have taken part."



NEXT YEAR'S FEBRUARY WINDOW FUN will be publicised after January 1st 2022 – watch this space! If you'd like to suggest a theme, please contact Village Action via:
www.villageaction.org.uk
or Facebook: @FCVillageAction

Article by Jen from Village Action.

Photos kindly provided by participants.

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News from the Floral Friends of Frampton

As with many local groups, our meetings and activities have been less over the last year. We have however, in a safe way, kept up with tending to planters and planting new bulbs and seeds to bring colour this spring and summer.

The Hellebores in the Beesmoor border have come into bloom – and the recent snow showed them off to perfection! The crocuses are out in the Park and other bulbs are beginning to pop up around the village – let's hope it's not too long before we have a display of daffodils to brighten up the dull days

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>.

Post-Lockdown Offer

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aztechotelbristol.co.uk
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Commemorating Dick King-Smith

Dick King-Smith was the late, local author to many much loved children's books, such as the Fox Busters and The Sheep Pig (Babe).

The King-Smiths lived on Woodlands Farm (near Blackberry Drive) between 1948 and 1961.

In 2019, Frampton Cotterell parish celebrated the life and works of the author with the Dick King-Smith themed scarecrow trail. At the end of 2020, the village was delighted to take the celebration further with the installation of a more permanent commemoration: a stunning wooden bench carved by the talented Andy O'Neill of Wildwood Carving (pictured above). The bench was inspired by the animals and characters from the authors novels.

The bench is located just a stones throw away from Woodlands Farm in Blackberry Drive open space and is situated next to the boundary of Westerleigh and Frampton Cotterell parishes.

The animals Dick cared for on this farm inspired many of the characters in his novels. These animals have been captured in this beautiful bench, to be enjoyed by local residents for many years to come.

Tristan Clark, who is a councillor to both Frampton Cotterell and Westerleigh Parishes, explained all, "Westerleigh Parish Council and Frampton Cotterell Parish Council jointly commissioned wood sculptor, Andy O'Neill, to produce a bench commemorating the work of the much loved children's author, Dick King-Smith. The author lived with his family at Woodlands farm for over a decade. Due to the current COVID restrictions, we sadly cannot hold a dedication ceremony at present but we hope you



will join us sometime later in 2021, when we hope a member of the King-Smith family can join us to officially dedicate the new bench."

Frampton Cotterell Parish Council shared, "Thank you to all those involved in the project, including our brilliant volunteers and councillors who made this happen. If you would like to volunteer on similar future Parish Council projects, please contact Clerk to Council on clerk@framptoncotterell-pc.gov.uk".



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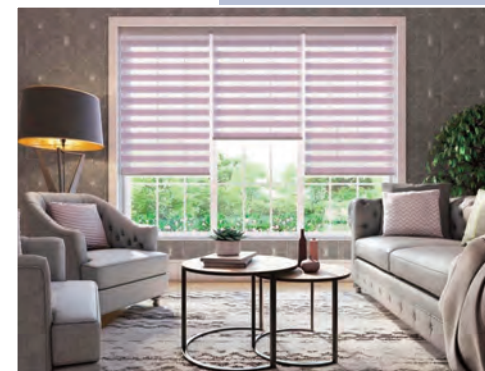
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Young Carers Action Day: Protect young carers' futures

Did you know that many local children and young people are caring for someone at home? Young carers are just kids, yet they care for someone at home who could not do without their help. The average age of a young carer is just 13 years old, and some are as young as 8.

Local charity, Carers Support Centre, is raising awareness for Young Carers Action Day, which is on 16 March. The charity supports young carers with assessments, one-to-one and family support, groups and activities.

Young carers carry a heavy responsibility, caring for sick and disabled family members. They are often

anxious, isolated and lonely; fall behind with school work and are bullied.

Local carer Tasha was supported by Carers Support Centre's young carers service when she was a young carer. She said:

"The support and respite were incredible, and everyone was so encouraging. Without Carers Support Centre, my life would have taken a completely different path. They gave me a voice and made me feel listened to. The charity gave a lot to me and I wanted to give back, so I now volunteer for the young carers service."

This year, young carers want the day to be about their futures. They aim to highlight the incredible skills they have developed through being a carer – like resilience, time-management, organisational skills and empathy. These are all important skills, not just for young people moving into higher education – but also for those looking to enter the workplace. What's more, they are skills highly sought after by employers.

Carers Support Centre asked some of their young carers what they thought about the theme:

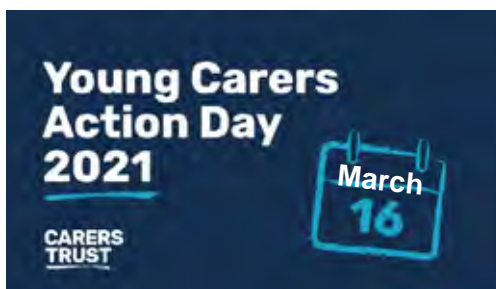
"People don't really think there's anything positive about being a young carer, but there is."

"You do learn a lot from caring, it's the responsibility you get from it mainly. And you learn to do things yourself without needing another person to help you out with it."

To mark Young Carers Action Day, Carers Support Centre is making a short film for local schools. In the film, those who were once young carers will share their experiences of caring and how they have achieved their goals. The films will highlight the skills of young carers, and inspire them to follow their aspirations.

If you know a young person who looks after someone at home, please visit the Carers Support Centre website to learn more about their services and how to make a young carer referral:

www.carerssupportcentre.org.uk



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Frampton Cotterell RFC

Mike Weaver Senior Club Captain

Frampton hosted a Covid trial game at North Bristol 4G pitch on Tuesday 29th December

Our last game took place at the end of December under strict Covid guidelines laid out by RFU and government. The game was also played under the new adapted RFU rules which meant no scrums or mauls.

A great turnout saw nearly 40 players on a cold evening and expertly refereed by Combination referee Callum Hill.

'Onwards and upwards' was the message from Club captains Mike Weaver and Mark Smith, and club head coach Nige Smith was mightily pleased with the effort and commitment. All hoped that 2021 would bring some more rugby and normality. Sadly with lockdown 3 occurring from early January there has been no matches since.



Covid CatchUp

Some older Frampton players and sponsors of the club had a Covid virtual call as part of the club's management of keeping people engaged during this difficult period. More calls are planned over coming weeks with current players to try and keep everyone updated.

The call had an international flavour with ex first team captain Dean Morsner joining from Johannesburg, South Africa. Current club captains Mike Weaver and Mark Smith also invited players from across the UK so there was attendance from Ireland, Scotland and Wales. As you can see, the call was full of fun and laughter and memories of good times playing and social encounters.



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Frampton Juniors

Matthew Marsh, Vice-Chair

Whilst rugby at Frampton Cotterell has been very quiet, the committee and sponsors have been busy behind the scenes.

We are really lucky to have such great supporters from our members, parents and local businesses. From our membership monies, the support of ETS Electrical, Harris Sport and Chipping Sodbury Motors we have been able to replace all of our Under 7, 8 and 9 shirts and also replace 25 shirts for our older Juniors - that's over 100 shirts in total!!

On behalf of the club, a massive thank you for all the support to ensure we have the best turned out squads in the region.

Due to Covid, Frams Rugby unfortunately cannot currently meet for training or matches but if you are interested in finding more out about the club please contact (for seniors):

Club Captains Mike Weaver 07962 018 021 or Mark Smith 07721 748 226 and

(for juniors) JAKEDARBY@hotmail.co.uk

or visit club website <https://www.pitchero.com/clubs/framptoncotterell/>

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At the last Carnival AGM (held on Zoom), a committee was elected for 2021.

Sadly, 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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Frampton Cotterell Computer Group

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

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

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 Brokeridge 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 Brokeridge Centre, Woodend Road Frampton Cotterell.

To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk



News from Frampton Cotterell WI

This February the WI committee worked behind the scenes again – this time on a little Valentine's themed surprise for our members! A gift bag was distributed to members' homes by committee members, containing a bespoke WI flower pot, soil, Freesia corms, growing instructions and a 'Show the Love' card sending best wishes. The idea being that members will plant and nurture the plants as they grow, and post photo's on our Facebook page so that we can see how things are coming along! A big thank you goes out to our member Georgina Moore (Hiya Georgie Designs on Facebook), who designed and made up the lovely and unique flower pots that were included in the gift bags.

We hope that by the time the plants flower we will know when we might all be able to meet again in person. Many of our members have had their vaccinations as we go to press and we're all impressed and grateful for the speed and organisation that has gone in to the UK vaccination programme. Our thanks go out to the NHS and volunteers who have helped to make this happen, as it means that each day really does bring us a step closer to being able to meet again as a WI.

We're planning on continuing with a monthly online Zoom quiz in March, in place of the normal meetings

— and there is hope that perhaps in April or May we may be able to meet up somehow, even if that's outside. Fingers crossed, for us all!

As always, watch this space and our Facebook page for future event dates and more details.

Under normal circumstances, visitors and new members are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month. There is a charge of £2.50 for the evening and any new members can also join by paying a membership fee. In the meantime, if you're interested in joining us please let us know and get in touch via our Facebook page. Special interest groups that meet separately including a book club, craft group, choir and our skittles and darts teams. Please search FramptonCottWI on Facebook to find out more, and to like our page.



Volunteers Needed For

Community Litter Pick

Saturday 13th March

For Winterbourne, Winterbourne Down, Wetleys End, Moorend, Hambrook, Kendleshire and Frenchay

Winterbourne and Frome Valley Environmental Group are planning a litter pick in March, this is going to be carried out in individual or family groups so will fit into the current lockdown criteria.

facebook.com/groups/WinterbourneEnvironment
or
07799 640420

COVID Safe rules will be followed - all pickers need to work independently in bubbles

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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 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**

Introduction to UK Amphibians –online course – Learn all about the ecology and history of amphibians in the UK on this online short course. Covering both practical ID and survey skills, you will learn the best ways to confidently identify each species and the places you're most likely to find them. You'll also discover the best ways to take action for amphibians and hear our top tips for creating suitable habitat in your garden and local green spaces. 2 hour interactive online course with Matt Collis. Monday 8 March 2021, 6–8pm, £15.

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

On behalf of Frampton Festival

Taking our lead from Glastonbury, the Frampton Festival will be taking a break during 2021, due to the uncertainty around the Covid-19 pandemic. The festival committee are working with Frampton Cotterell Parish Council to secure the use of the Centenary Field (off Mill Lane) for the return of the festival in mid July 2022. Currently access to the Centenary Field is partially blocked, but it is hoped that this can be resolved by the time the festival returns in 2022.

This decision includes the annual open air service of worship which usually takes place on the Sunday of the Festival Weekend.

Background Information:

The Frampton Festival is a popular community event run by a group of volunteers, held on a Saturday afternoon/evening in the middle of July. The festival offers a range of activities and entertainments for all ages – from fairground rides for toddlers, circus acts for all ages, special guests such as Peppa Pig, brass bands and our headline acts later into the evening. The grand finale is the lighting of the beacon and an amazing firework display.



The Festival offers an opportunity for local charities and community groups to have a stall at the festival for fundraising or awareness-raising purposes.

The festival is funded by a blend of income from advertising, donations from sponsors, grants from organisations, and collections of the gate from festival-goers. It would be impossible to run the festival without the support of local groups, such as the scouts and guides, and our team of regular suppliers who often donate goods and services.

For further information please contact the committee secretary:

info@framptonfestival.co.uk

willowbrookshopping.co.uk

Fresh start

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Aspirations

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TAYLORS

#Walk1000 Miles

In our January/February edition of Bradley Stoke Matters, we shared the story of local 12 (now 13) year old Thom who last year walked 1000 miles raising funds for Ronald McDonald House in Bristol. If you didn't see it, you can read Thom's story via the on-line version of the magazine via BradleyStokeMatters.co.uk.

As I put in the Editor's note at the end of the article, Thom really inspired me and I'm pleased to say that I signed up to complete the challenge in 2021. As I write this, half way through February, I have already completed 150 miles (which is about 150 miles further than I would usually walk)! Hopefully as the weather improves and the days get lighter (and fingers crossed we can walk a bit further afield than from our own front door!), my mileage will increase.

For March I have signed up to walk 100 miles for Dementia UK. This is a charity close to my heart, not just because none of us are getting any younger, but also because this horrid disease stole the last couple of years of my lovely Nan's life and I would love to see more progress being made into understanding more about Dementia and how we can defeat it.

If anybody would like to support me in my fundraising efforts, I have a fundraising page via facebook from which all proceeds go directly to the cause. It's a bit of a complicated

link so I'm happy for anyone to contact me via the Bradley Stoke & Little Stoke Gifford Matters facebook page and I can share the link that way too!

<https://www.facebook.com/donate/257337942455362/>

Easter Family Fun!

Keep your kids busy in the fresh air over the Easter holidays by joining in the hunt for some letters hidden in Easter eggs around Bradley Stoke.

Following a trail map, you will need to collect the letters displayed on each egg which will spell out an Easter message. Once you have solved the puzzle, return your trail map and enjoy a yummy chocolate egg. Each completed form will be entered into a prize draw to win even more Easter treats!!

All proceeds from the Easter egg hunt will be donated to The Brightwell in Bradley Stoke, a charity which provides therapies and support to local people living with neurological conditions such as Multiple Sclerosis, Fibromyalgia, Stroke, Chronic Fatigue and Cerebral Palsy.

After a very difficult year when all our events were cancelled owing to Covid-19, your support is greatly appreciated.

Trail maps will be available to download online at www.thebrightwell.org.uk from Monday 29th March.

For further information, please contact claire.wingate@thebrightwell.org.uk



Thank you!
Jaci x

Struggling with life? Receive some online support

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

As we fast approach a year of living with a pandemic and all the detrimental effects this has on our lives, it is no wonder there is a general sense of exhaustion as a nation. For some, the emotional impact goes beyond tiredness and they are struggling to get through this time. If this is you, or a friend or family member that needs help, get in touch with local therapist Dawn Clode who is well equipped to help.

I have visited Dawn for many years now to receive treatment for back and shoulder problems but her skills go far beyond delivering physical treatments that are not available at this time.

Dawn is an excellent listener and inspirator. She can deliver emotional healing via zoom. Techniques she can teach include –

- Confidence and Self Esteem Coaching
- Neuro-Linguistic Programming (NLP)
- Business & Life Coaching
- MAGIC – A Coaching Programme for Young People
- Mentoring

Dawn told us,

“It is my job, and privilege to support you in your journey to wellness in every way I can. It is my aim by working together we can ensure you become the best you possibly can be in Mind, Body and Soul!”



Dawn Clode
Ostm, Lic MET, Lic CR, FAO

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**

Visit: life-and-soul-empowerment.co.uk

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- Relieve lockdown anxiety
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety

Based in Winterbourne

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

Call me on: **07964 991689**

E: Catherine@smarthypnotherapist.co.uk
www.smarthypnotherapist.co.uk

Home Deliveries by Trevor Thompson and Ian Haddrell

With an increase over the past year in the number of home deliveries of on-line purchases and grocery orders, we take a look at local delivery vans from a bygone age. In many ways they were the lifeblood of the local villages particularly for the elderly and they held a special place for news and gossip, and for keeping in touch with neighbours.



Picture 1 – Two businesses in Woodend Road, opposite Zion Chapel, run by members of the Hale family, about 1920. John Hale on the left, a saddler and leather worker, stands in the doorway of his shop. His son Roland John Hale is standing outside of his butchers shop. Roland's business lasted until 1938 and John Hale died in the 1940s. Roland Hale's butchers shop became The Frampton Cotterell Cycle Depot in 1946, this survived until the start of the new millennium when it was demolished for a new house and garage.

Picture 2 – A fine example of the work of F. Drew & Sons, Motor Body Builders of Court Road is this delivery van for Frank Draisey of Winterbourne. From taps at the rear, paraffin oil and methylated spirits were dispensed; soaps and powders from the cupboards on the sides; brushes, pots and pans were stored on the roof. The wooden cask strapped on the wheel arch contained vinegar.



Picture 4 – George Henry Payne, the son of William Henry Payne a grocer and shopkeeper in Coalpit Heath, established his bakery business in Woodend Road the 1890s. Delivery boy Percy Dando takes a respite from his bread round, sometime in the 1930s, to pose on Ryecroft Road with Ella Payne, daughter of George Payne, the proprietor of the business. Herbie Skidmore apparently oblivious to the photographer continues his work in the doorway of the windmill.



Picture 3 – Florence Draisey drives a Morris Cowley shop on wheels for her father Frank. Florence also developed a drapery section in the Draisey hardware shop in Woodend Road; the business closed about 1950 following Frank's death. One of the headlights appears to be covered indicating that this is wartime and the 'black-out' is in operation.



Picture 5 – The two ladies standing in Park Avenue with their traditional bread baskets are Royston Payne's niece, Ina Hale (daughter of Roland Hale and Rebe Payne) on the left, and Marion Bowyer who drove the bread van. This was 1948 and home deliveries continued into the 1960s.



Picture 7 – Times and modes of transport have moved on particularly for Watts' bakery, which is now making deliveries in motorised transport. Is that John Palmer Watts standing by the van?



Picture 9 – The Frampton Cotterell & District Co-operative Society was founded in 1894 and by 1900 had 230 members and were involved in a range of business activities; flour, bakery, grocery, coal, drapery, tailoring, and ironmongery. The Co-op delivered bread as did Brookmans bakery. The former Co-op shop in Woodend Road is now part of NISA.

For all of you interested in local history, this article was provided by members of the Frampton Cotterell and District Local History Society, who in normal times meet monthly for interesting talks and meetings. These are obviously not possible at this time due to Covid but you can head over to their Facebook page: Frampton Cotterell and District Local History Society to be kept up to date and receive regular posts on lots of local historical gems.



Picture 6 – J.P. Watts of Church Road, Frampton Cotterell also had a delivery van. Watts who came to Frampton Cotterell from Iron Acton took over the bakery and confectionery business from his former employee Harry Eaves. Horse-drawn baker's delivery vans were prominent in the area as four bakers in Coalpit Heath and Frampton Cotterell provided strong competition for the daily loaf.



Picture 8 – A competitor of Payne and Watts was William Davis of Church Lane, Frampton Cotterell whose business was established in the 19th century. These light, two-wheeled domestic delivery vans were a common sight during the 1930s.





Bored of the usual virtual family Quiz? Let Paul's Place inspire you as they share how they are keeping 'virtually connected' during lockdown!

Paul's Place, a local charity for physically disabled adults and their carers based in Coalpit Heath, has been running a virtual service for nearly 12 months. With restrictions still in place they wanted to share what they have been doing, in the hope that it might inspire you to try something different to stay connected with your friends and loved ones.

While restrictions continue, Paul's Place has developed an exciting programme of virtual activities and currently has fourteen, two-hour sessions to choose from each week. The aim is to offer something for everyone. Shining a spotlight on some of those activities begins with 'Fox's Tours'. Run by popular Support Worker Bob, Paul's Place service users are encouraged to re-live some holiday fun, as everyone is encouraged share their travel stories and photos on Zoom, providing fun facts about each destination along the way.

Other activities include getting creative with 'Ashleigh's Art Attack', people learn how to make new crafts using regular household items. Paul's Place also recognises just how difficult lockdown has been on everyone's mental health. The weekly 'Tuesday Blue's' allows people the opportunity to speak honestly with others about how they are feeling at this difficult time.

Paul's Place CEO Daniel Cheesman has said that the success of Paul's Place at Home has been offering variety to people, "We have looked at the team and played to people's strengths. One of our team members is really well travelled and loves holidays so it has been easy to ask them to facilitate a travel themed Zoom." He continued to say, "A recent report from the Office of National Statistics has shown that the nation's well-being scores are at the lowest levels since the survey began in March 2020. This latest lockdown has felt the hardest, so it has been important to us to get creative and find new ways to keep the people who rely on Paul's

News from Paul's Place

Place connected. The team has worked really hard to put together a menu of virtual services with something for everyone."

In order to provide this support to physically disabled people, Paul's Place needs your help. The rollout of the vaccine is bringing hope, however, the reality of in-person fundraising remains unclear and virtual fundraisers are still the best way forward for Paul's Place.

Charities like Paul's Place remain optimistic and continue to find innovative ways to fundraise online. As well as hosting their own virtual events in 2021, it is the community Fundraisers that make a big difference to this local charity.

Have you had a fundraising idea and looking for a cause to support? If the answer is yes, then Paul's Place would love to hear from you.

Visit www.paulsplace.org.uk/support-us/ today for more information on fundraising and get in touch! It might be that you want to organise your own fundraiser, or want to make a donation regularly, whatever your thoughts please do get in touch.

If you are looking to get more active this year why not run the Bath Half for Paul's Place? Read how one local resident took on this challenge below.

To stay up to date with fundraising events in your area, follow them on Facebook and Instagram:

Facebook: @PaulsPlaceCharity

Instagram: @paulsplaceofficial

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 top right). 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."

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



Paul's Place (South West) | Serridge Lane, Coalpit Heath, BRISTOL, England. BS36 2TT

Registered Company No: 11165504 | Registered Charity No: 1180398 | www.paulsplace.org.uk | 01454 777236



The growing project is still growing!



We are so pleased that we are continuing to produce lots of lovely seasonal food and we have collected thousands of seeds for next growing season.

Please do get in contact with us if you would like us to deliver you some veg

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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Pictured above:
Key Stage 1 Critical Worker bubble working collaboratively to build a den
Year 6 challenge – paint or draw a picture of a mammal. Painting by Max

Lockdown Update from Elm Park

by Mrs Carol Bond – Head Teacher



On Monday 4th January, my staff and I began our INSET day with a great deal of excitement. The plans were set in place for our children to return for the start of a hopeful new year. At 8pm, we sat and listened to the latest update, hearing the news that many had feared – schools were closed.

As a team,

we felt a mixture of emotions but one thing was certain. We were ready! Our remote learning offer had been ready since September, it had been shared with all of our families and had a successful test run when we closed a bubble during term 2.

The Kindles we had purchased were charged and ready to support families without technology at home. The portable Wi-Fi was also ready for those families who required it. Our critical worker questionnaire was sent out to parents and our lessons began to be moved to our remote learning platforms – Seesaw and Tapestry.

Teachers worked tirelessly to make adaptations, record lessons and prepare for live teaching during our morning meetings. Teaching Assistants set up Critical Worker bubbles to support our frontline workers and vulnerable families. Everything that we had planned began to slot together.

At the time of writing this, we have 70 children in total coming to our Critical Worker provision. This is roughly a third of our children on roll. All children, whether they are using the provision or remote learning, are accessing the same high quality provision. Learning continues to progress with all

planned learning for Term 3 being adapted to suit remote learning.

We have been thrilled with the feedback we have had from our families about how the changes we have made to our offer since the last lockdown have impact on their children's learning. Some of these changes include:

- online learning
- daily class meetings and live learning with teachers
- instant feedback and marking
- recorded lessons, delivered by the class teacher

Our kitchen staff have been incredible by continuing to provide meals for our Critical Worker provision and have also been supplying our families, who are eligible for free school meals, with fantastic food parcels, which include a variety fresh produce every week.

We have been able to ensure, where possible, that staff are able to work remotely, in keeping with the latest Government Guidelines. During a 'lockdown' school day, we have approximately 15 members of staff on the school site to ensure a smooth running of the critical worker provision, whilst the other 20 staff members work remotely.

We have been truly impressed with the incredible commitment our children have shown in completing their remote learning. It is wonderful to see, on a daily basis, the high quality writing, maths and connected curriculum learning taking place. We are grateful to all families for working with the school to support our children with this.

We have also been very blessed to be part of the wider community, that of the village of Winterbourne. We have received a laptop from a hospital matron and a mini iPad from another member of the local community to help us support our families with our learning offer. Additionally, we have also been very fortunate to work so closely with The Fromside Churches, who kindly donated £1,500 to our school to support families most in need.

As part of our plan for a hopeful 2021, we have set our families a challenge to spread a bit of cheer. As you take your daily exercise, please do look in people's windows to see if you can spot an Elm Leaf. It may be decorated and have an uplifting message to brighten your day from all at Elm Park.

The latest from Winterbourne library

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

Click & Collect and Computer access

Services we are typically able to offer during this time include borrowing items using 'Click & Collect' and limited computer access – we strongly recommend checking our website www.southglos.gov.uk/librarychanges or calling **01454 865022** for current information before leaving home, as services may change at short notice.

Census support

South Gloucestershire libraries will be able to assist people in completing the Census. The support will be provided via telephone. As further details become available they can be found at www.southglos.gov.uk

Stay home and stay safe with our digital services. Our free online library is always open.

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.

Why not become a member?

If you are not already a library member you can join online at bit.ly/joinLW. Membership is free. You will receive an Online Membership number which will work for our digital services right away. Please enter an email address when you register for greater control of your account.

Find the latest information on our website www.southglos.gov.uk/librarychanges

Facebook page – facebook.com/sgloslibraries



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Early 2021 at the Barn

The Barn has been shut since November because of covid, but the Trust has learnt how to run some of their activities online, and this will be the plan until at least late February.

The traditional Carols in the Barn was filmed by Fromeside churches without an audience, and has been watched on the Barn and Churches websites by over 720 families all over the world! We certainly couldn't have fitted all those people into the Barn in person, so at least more folk were able to be part of this traditional favourite in the restricted festive season of 2020.

Whilst we remain in lockdown, the Trust has tried to come up with some online activities that anyone can join in:

Building Architects' talk/video on the website



Barn before renovation

Most of the Barn site was closed for a year from March 2019 while major restoration and refurbishment work was carried out, funded by the National Lottery Heritage Fund.

The plan to re-open to the public in spring 2020 was of course thwarted by covid19, and due to subsequent restrictions on crowds only a limited number of people have been able to see the transformation so far.

In this online video the architects and builders will show what they have done to bring the whole of this heritage site into use with modern standards while preserving its important historical features.



Barn after renovation

Medieval Dinner Party at Home!

A wonderful opportunity for the whole family to try some living history!

Join in on the website or Facebook where the Trust has uploaded videos showing you how to create different elements for your very own Medieval family dinner party. There is a full list of all the materials and ingredients you'll need.

The five videos show:

- Medieval Fancy Dress
- Making Music, Medieval Style
- Decorate the Table
- Baking Medieval Bread
- All in a Stew...Cooking up the Pottage!



As we write this in early February, we are still in national lockdown, making it very difficult to plan community activities for the next few months, so please keep looking on the Barn website and social media to see what the Trust will be offering this spring. All events will be bookable online and numbers will be limited.

Some dates are now fixed, and more will be added as soon as possible:

Monday 1st - Friday 5th March - Medieval Movement Week!

Ever wanted to know what dance was like back in medieval times? Now's your chance to find out as we move like medieval folk!



Each day at 10am a video will go up on the Barn's YouTube channel showing a section of a medieval dance. Join us each day, and we'll put it all together at the end of the week. You don't need experience or specialist equipment, just bring your bodies. We'll show you standing and seated versions, so however you move, we can do it together!

<https://www.youtube.com/channel/UCsPaGMnmK1vX5r5wOUOcJg/videos>

You can also join in on our Facebook page and website.

Saturday 6 March - Online Decoupage Lampshade Workshop, 10.30am - 12.30pm

Decorate a beautiful lampshade using decoupage techniques. We'll explore adding textiles, colours, and embellishments to

transform a plain standard lampshade into a unique feature for your home. This fun and informal workshop will be run by Jasmine, our Community Engagement Officer. No previous experience is needed. All materials are provided - we'll post a pack of materials to you in advance, and when we meet online at 10.30am Jasmine will show you how to put together your creations. She will be in touch before the workshop to discuss material choices so that we can send you colours and patterns that would fit your personality and your home.

£30 per person for full tuition and materials. Book a ticket through the Barn website.

Tuesday 30th March - Talk : 180 Years of Glos Constabulary, 7pm.



Force Archivist Sue Webb will reveal the history of the police in the historic county of Gloucestershire (which also covered what is now South Glos). It is hoped that a live audience will be allowed into the Barn for this talk, but it will also be live-streamed anyway. All tickets cost £5 via the Barn website and must be booked in advance.

Other community activities we hope to run for the early spring include an online Corn Dollies workshop and a Birdsong Early Walk & Breakfast. Dates will be put on the website as soon as possible.

Winterbourne Medieval Barn,
Church Lane, Winterbourne BS36 1SE

For further details see
www.WinterbourneBarn.org.uk

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

Are You Lonely? Are You Isolated?

Four Towns Community Transport was founded in 1999 and merged with Vale Link Community Transport in 2005. We are a registered charity controlled by an unpaid board of Trustees. We provide transport to those members of the community who, for whatever reason, cannot use existing transport services.

Our aim is to promote social inclusion within South Gloucestershire by helping residents to be self-sufficient and maintain their personal independence. We provide essential travel (supported by South Gloucestershire Council) for Diamond Travel Card holders as well as social trips for leisure. If you do not have a Diamond Travel Card you may still be able to become a member of 4T&VL and pay to use our services.

We make over 90,000 trips each year taking people to:

- The supermarket and other shops
- Work or education
- Lunches, on social visits and local trips
- GP and hospital appointments

Who can use our services?

You need to live in the Four Towns and Vale Link area: Almondsbury, Alveston, Aust, Bradley Stoke, Charfield, Cromhall, Falfield, Filton, Frampton Cotterell, Hallen, Hill, Oldbury on Severn, Olveston, Patchway, Pilning, Severn Beach, Rockhampton, Stoke Gifford, Thornbury, Tortworth, Tytherington, Winterbourne

ONE or more of the following must apply:

- Aged 60 years or more
- Have special needs
- Be on benefits
- Have access problems
- Be a Diamond Travel Card Holder

You'll need to become a member

Four Towns and Vale Link will be offering free membership for the year from April 2021. This will be for our existing members (who paid last year.) From the April renewal date.

For each new member there will be no change in fee this year. Its only £15.00 to join, with group membership remaining at only £20.00 for a full year.



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Calming the Storm

As I write this we are still in the midst of our third lock down, with little idea of the next steps that will be recommended towards a return to normal. I expect it will be a different sort of normal that we will have to get used to, but it will be nice to plan holidays, have shopping trips and be able to get together again.

News reporters and commentators keep saying, 'We are all in the same boat'. I am not so sure about that, we might be in this pandemic together but we are each in a different place when it comes to coping with lock down restrictions. Imagine being on a cruise ship in this situation. The clinically vulnerable would have to shield in their hot, stuffy claustrophobic cabins. Those keen to exercise would walk the decks, trying to maintain the correct social distance from others doing the same activity. Frustrated at these conditions people can become fearful and experience a sense of hopelessness; some become reckless.

Comparing our own pandemic experiences to being on a boat reminds me of the passage in Luke's gospel, when Jesus and his close friends and disciples were taking a boat trip across a lake (Chapter 8 verses 22-25). Jesus was tired and settled down for a nap when a storm began to rage all around. Some of the disciples were experienced fishermen and used to handling a boat in rough weather but as the wind blew, the waves crashed over the boat and it took on water. They became afraid and began to shout, waking Jesus up. He stood up, faced the storm, said something, the weather changed and began to calm and they continued on their journey to the opposite shore. He asked why they were afraid, had they lost their faith in God who protects them?

After any cruise or small boat trip the sight of the approaching shore is wonderful. It means coming back to the routine of familiar things, and to loved ones at home. Soldiers returning from conflict in distant lands have



said it is the best sight, guaranteed to bring a tear to the eye and a lump to the throat. The pandemic has been our raging storm, causing chaos in our ordered lives, but our shoreline approaches thanks to the vaccination programme.

No matter what kind of storms we face in life we can find strength in the words of the gospels. The disciples lost their faith for a moment; a sense of losing control in any situation, robs us of stability allowing anxiety to take over. Coming to know God through Jesus gives us the power to dispel our worries and face our fears in the knowledge that we are not alone. Jesus teaches us to trust in God who protects us through all the events in our lives, giving us strength in faith and providing calm to enjoy whatever becomes new normal in our everyday lives.

Blessings,


Val Slade, Licensed Lay Minister



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